

NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking.

204th Issue

August, 1995

\$2.50

Nationals Draw 1300 to Michigan

Athletes Come From 50 States and 16 Countries

A total of about 1300 athletes, age 30-and-over, from all 50 states and 16 foreign countries, took part in the 28th annual USA National Masters Track and Field Championships on July 5-9 at Michigan State University in East Lansing, Mich.

The number was the third-largest ever for a national meet, surpassed only by the 1400-plus entries in San Diego (1989) and Eugene (1994).

Of the total 1259 competitors who appeared in the program, 957 (76%) were men and 302 (24%) were women, the same percentages as last year.

A total of 269 foreign athletes took part (180 men and 89 women), most of whom were using the meet as a tune-up for the World Veterans Championships the following week in Buffalo, New York. They came from Armenia, Australia, Brazil, Canada, Finland, France, Germany, Great Britain, Guyana,



Each of these men won their respective 100-meter races at the Nationals, then met in the *National Masters News* age-graded race to see who was the "fastest of the fast." From left: Clarence Trahan, 80; Mike Johnston, 73; Bill Weinacht, 78; Ken Dennis, 58; Marion McCoy, 45; Kevin Nance, 41; James Bonilla, 39. Dennis won the \$100 first prize with Nance second and McCoy third. Photo by Jerry Wojcik

Hong Kong, Namibia, New Zealand, Puerto Rico, Russia, South Africa and Spain.

Thus, a total of about 1020 participants were from the USA, down 25% from the 1356 U.S. competitors last year in Eugene.

"A lot of U.S. athletes were saving their money and vacation time to go to Buffalo," said several observers.

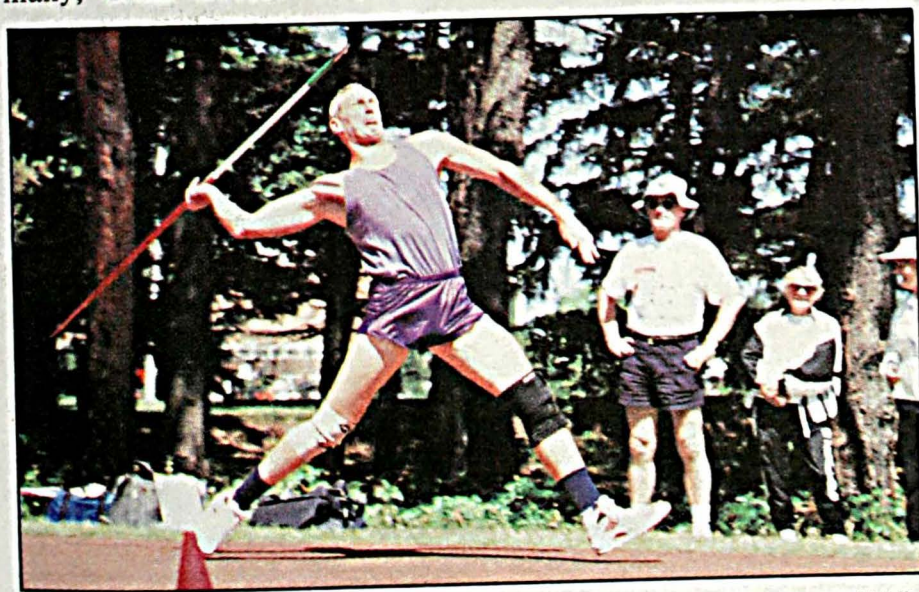
Twenty-one athletes were age 80-or-over, and 111 were over 70. At age 93, Ohio's Everett Hosack was the meet's oldest competitor.

With family members and friends included, the meet had an economic impact on the Greater Lansing community of \$1.26 million, according to standard economic estimates.

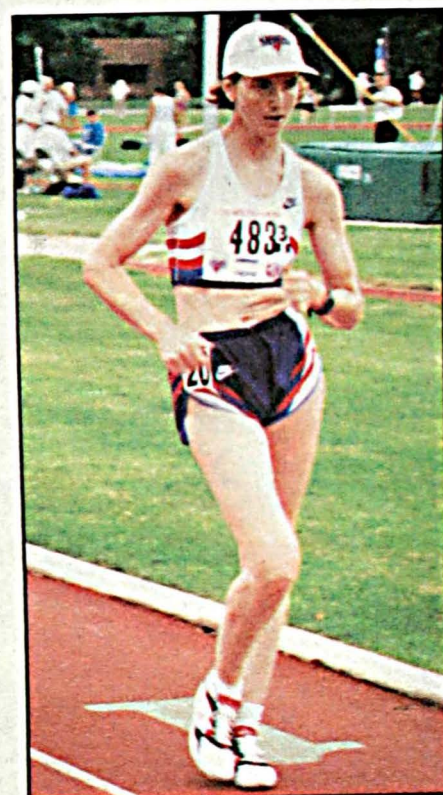
There were the usual technical snafus in the meet, but overall the event received good reviews.

"The people in my tour group thought the meet was excellent, said Collin Couper, who brought 130 Australian athletes to the event. "We had a marvelous time."

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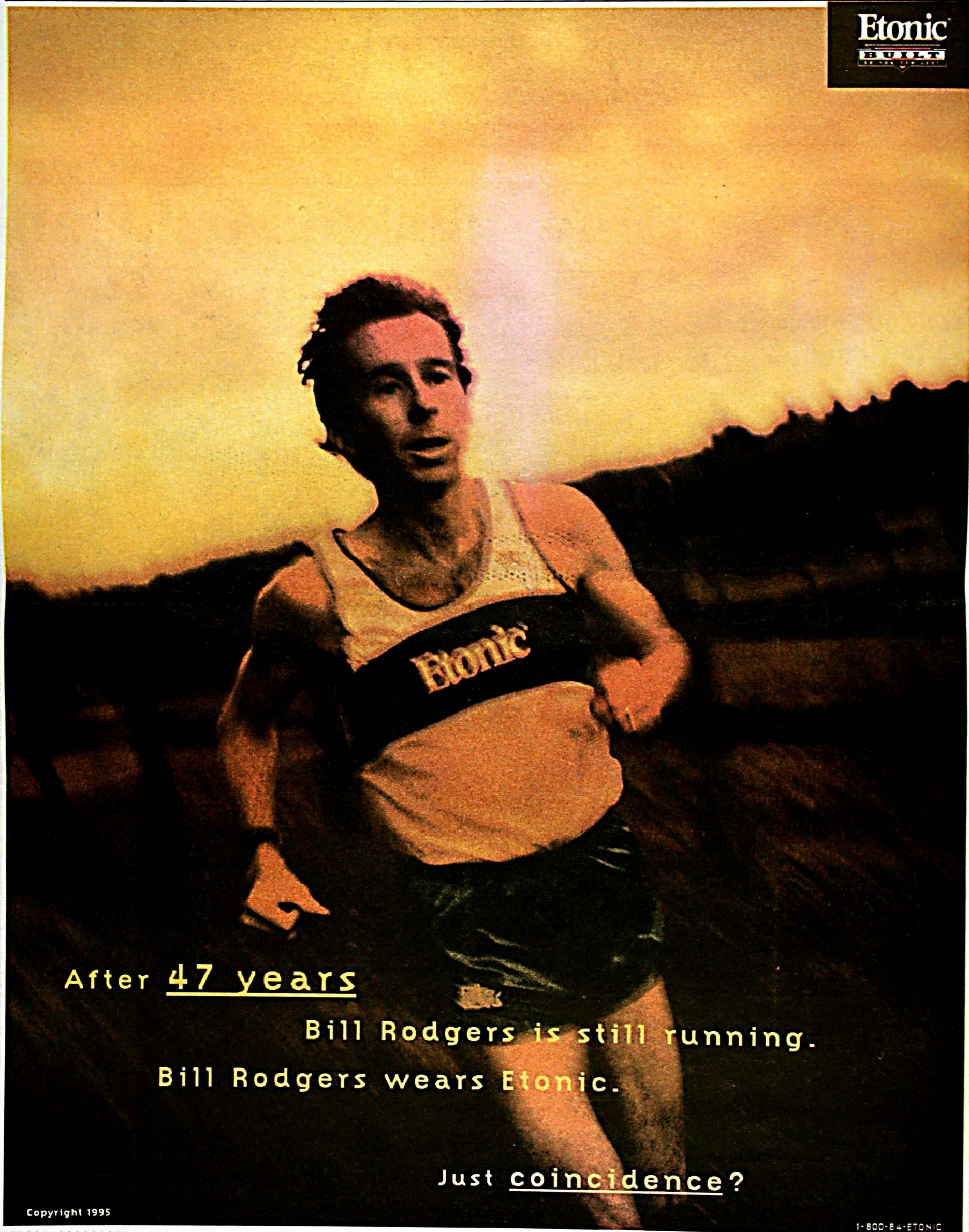


Phil Conley, California, M60 winner (152-7) in the javelin at the Nationals. Photo by Jerry Wojcik



Victoria Herazo, Nevada, winner (23.54) W35 5000 racewalk at the Nationals. Photo by Jerry Wojcik

Etonic
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BY THE FAN LAST



After 47 years

Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?

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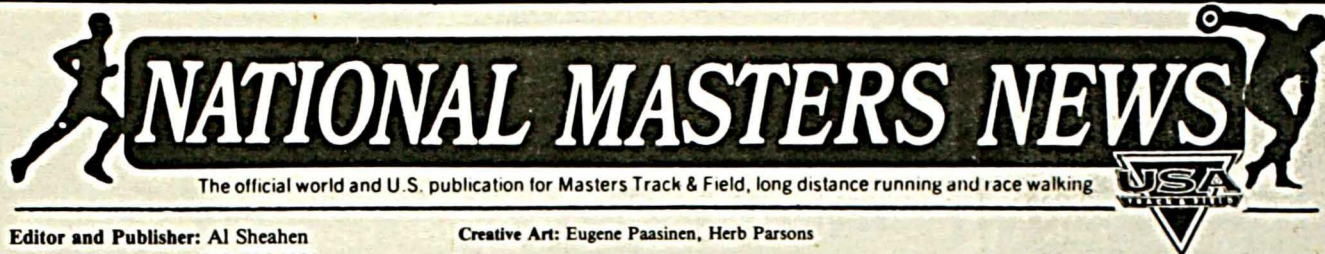
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 for men and women over age 30. Each month it
 delivers 24 to 48 pages of results, schedules, entry
 forms, age records, rankings, photos, articles, training
 tips, and all the inside scoops and information that af-
 fect the world of masters athletics competition.

Some masters events are sponsored by USATF, the
 national governing body for athletics in the USA.
 Some are sponsored by individuals, clubs or other
 senior organizations.

Generally, anyone age 30 or over may come to a
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 Some require a current USATF card (\$7 to \$12 per
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NATIONALS

I wish to give thanks and praise for what Randy and Jacque Williams are doing for Michigan masters track. With the summer weekly series track meets, the Cities Championships, the Flint International Meet, and, finally, the National Masters Championships in East Lansing, it is finally a reality that masters track is here in Michigan. I would like to give praise and thanks to all the officials and workers for making this meet so enjoyable with their outgoing, cheerful attitude. The starters were outstanding - the overall best I have ever seen. The results were posted right after the race, and a copy of any race result was given out for the asking, within seconds. A special thanks to Carroll de Wiese and Marilyn Morehead for all their hard work at the Nationals and for their involvement in Michigan track.

Chuck Sochor
Gowen, Michigan

AGE-GRADED RACES

The 100m age-graded race you sponsor in the National meets is so exciting mainly because of the close finish resulting from the modified distance each age-group winner covers. I'd like to see age-graded races offered for more distances (the 200 through 1500) — not just for the excitement, but to be fair in offering such events for both sprinters and middle distance competitors.

Jeff Brower
Austin, Texas

BILL TAYLOR

Bill Taylor was British to the core. He was a gentleman and a gentle man possessed of many characteristics we all admire. As Stadia Chairman he displayed a substantial knowledge of athletics as well as their impact on the master athlete.

As a member of the WAVA Council for several years, I had ample opportunity to observe Bill's temperate leadership style, a definite breath of fresh air compared to some of the devious endeavors of a few fellow members. Because of his obvious leadership qualities he was asked to run for WAVA President but declined. He was not driven by ambition. Had he been willing to run for the office, the course since taken by WAVA may have been different.

It was a privilege to know and work with Bill Taylor. I, for one, will miss him.

David Pain
San Diego, California

JAY SPONSELLER

Jay is gone. We know this. It can't be changed.

But, we'll be reminded of him many times as we compete in the sport he loved and to which he was so dedicated.

When we see an athlete put everything into his race to the finish line as Jay did, when we see an athlete sincerely congratulate the very few who crossed the finish line ahead of him as Jay did, we'll remember and we'll recall the encouragement he gave to others of us

who strove, and still strive, to follow his strenuous example.

I think of Jay every time I wear my "wet shoes" in a race. (Jay several years ago generously passed on to me an almost new pair of track shoes which had shrunk after being soaked on a wet rainy track.) Every time I've won a race since, I credit the feat a bit to Jay's shoes as they tried to hang on to their former habits.

Jay knew what lay ahead of him in the last few months. But he was the same Jay — affable, encouraging, interested and exemplary.

It has been athletes like Jay Sponseller who have made the wonderful world of masters track and field the satisfying, exciting and stimulating area of endeavor that it is.

Thank you Jay Sponseller — competitor, mentor and friend.

Milo W. Lightfoot
Warsaw, Indiana

PROMOTER AWARD

I would like to recommend that the *National Masters News* establish a Promoter-Athlete Award to Hugh Sweeny. Through his tireless efforts he successfully promoted, organized, and participated in two of the greatest all-time special indoor masters mile races in Boston last January and February.

By himself, Hugh contacted many meet directors, networked with many interested entrants, found a sponsor (Etonic), secured discounted hotel accommodations, financed a professional photographer to record the meets, and became a journalist to report the results. With all these duties, he still found time to train and become a serious contender in both races, finishing within two seconds of second place in one of the races which established the current world indoor



Winners in the 100m, Mary Libal #50240, W40 (12.77), and Denise Foreman, W35 (12.83), Hayward Masters Classic, Eugene, Ore., June 24. Foreman later broke the U.S. W35 record for the long hurdles with a 65.10.

Photo by Suzy Hess

mile record.

There may be many promoters who can put together a superb special event but they usually have staff and resources and usually don't end up almost winning the race in world class times. The three races set up by Hugh were run in two meets over 18 days and established four world age marks for 50-54-year-olds in the 800, 1500, and mile run. They were run on a first class track, in first class national meets, with first class officiating, and before 5000-8000 first class appreciative fans.

Special invitational age mile run events have long been established in every major sponsored meet for many years (including high school, college, and open elite categories). Only recent-

Continued on page 13

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- 1-\$11.96, 3-\$33.30 (\$11.10 each)

Next Nutrition

- ProOptibol (2.2 lbs.) - Retail \$26.95
1-\$21.56, 6-\$119.76 (\$19.96 each)
(Chocolate, Vanilla, Very Berry & Original)

- 2 Gro 2000 (4.55 lbs.) - Retail \$29.95

- 1-\$23.96, 6-\$133.20 (\$22.20 each)

- (Chocolate, Strawberry & Vanilla)

- Pro Opti Bar - Chocolate Retail \$1.59/Bar

- 12-\$16.80, 24-\$30.00 (\$1.25 each)

- Hypro Cell Energy Exercise Drink (1.51 lbs.)

- Fruit Punch Retail \$19.95, 1-\$15.96, 6-\$88.80 (\$14.80 each)

- Ultimate Whey Designer Protein (2 lbs.)

- 68% Better Than Egg Whites * Absorbs 200% Faster

- Vanilla Retail \$39.95, 1-\$31.96, 6-\$168.00 (\$28.00 each)

Optimum Nutrition

- Pro Amino Sports Bar - Retail \$1.50/Bar

- 24-\$32.40, 36-\$43.20 (\$1.20 each)

- (Chocolate, Peanut, Butter Pecan, Burgundy Cherry

- & Blueberry Cheesecake)

Strength Systems USA

- Ultra Paks - Special 30 Day Multi-Vit/Mineral And More For Runners

- And Endurance Athletes - Retail \$26.99, Our Price \$21.60

- Gold Paks - Special 44 Day Multi-Vit/Mineral And More For Power

- And Strength Athletes - Retail \$37.99, Our Price \$30.40

- Yohimbe Bars - Chocolate Raisin Nut

- Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each)

Twin Lab

- Ultra Fuel Bars (Vanilla & Chocolate)

- Retail \$2.69/Bar 12-\$25.99, 24-\$49.99

- Ultra Fuel (Powder)

- Retail \$17.99, 1-\$14.99, 6-\$80.94 (\$13.49 each)

- (Orange, Tropical Fruit, Lemon & Grape)

- Carbo Fuel (43 oz - Powder)

- Retail \$19.99, 1-\$15.99, 3-\$44.46 (\$14.82 each)

- Phosfuel (180 Capsules)

- Retail \$18.99, 1-\$14.99, 3-\$41.97 (\$13.99 each)

- Metabolift Thermogenic Formula

- 120 Capsules \$21.95, 1-\$17.56, 3-\$48.90 (\$16.30 each)

Alacer

- Emergen C - 35 Paks \$12.65 - At Elite \$10.00

- Emergen C - Lo Cal - 36 Paks \$12.65 - At Elite \$10.00

- Emergen C - Lite - 36 Paks \$11.55 - At Elite \$9.20

- Super Gram II - 100 Tabs. \$19.25 - At Elite \$15.00

- Super Gram III - 100 Tabs. \$20.85 - At Elite \$16.50

- Emergen C Sports Pak - Makes 3 gallons \$13.85

- 1-\$11.08, 3-\$30.75 (\$10.25 each)

- Pro Lysine Ascorbates - 90 Tabs. \$17.95 - At Elite \$14.25

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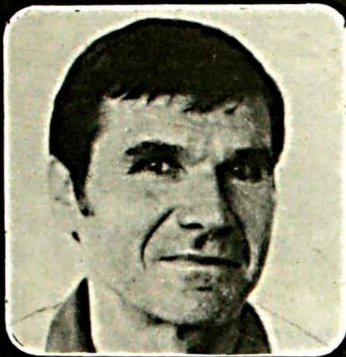
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Third Wind

by MIKE TYMN

Big Newk: "Take Care of the Legs"

At 69, Don Newcombe is aging gracefully. His body doesn't appear much different than it did when he was throwing bullets for the Brooklyn Dodgers 40 years ago.

"It's the legs," said Newcombe, the only player in the history of major league baseball to win Rookie of the Year (1949), Most Valuable Player (1956), and Cy Young Award (1956) honors. "If you keep the legs conditioned, everything else follows. I've always believed that."

Now five pounds below his playing weight of 240, the 6-4 former flame-thrower keeps in shape these days by putting in 25 miles on his mountain bike three or four times a week while at home and walking up to ten miles at a time when he's on the road. A seven-handicap golfer, he also prefers to walk rather than ride around the courses when conditions permit.

Washed Up At 32

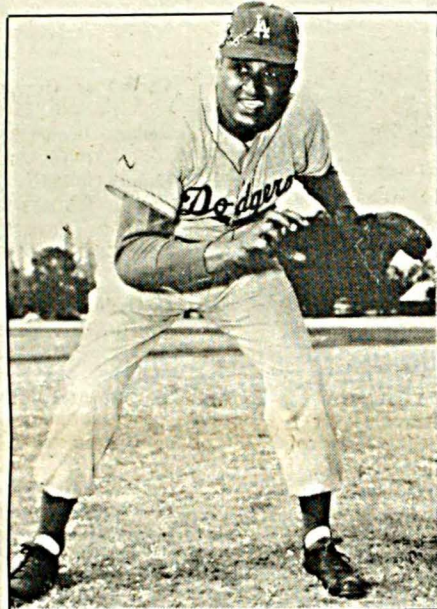
But "Big Newk," as he was called during his heyday, also knows what it means for an athlete to age prematurely. "I was washed up at 32," he lamented during a recent visit to Honolulu, during which I had an opportunity to talk with him. "I won 27 games (with only seven losses) at 30. I should have continued pitching like that for another four or five years at least. But I let success go to my head. I didn't take care of my body. I didn't do drugs like they do now. We didn't have them back then. But I did a lot of drinking and carousing. I became an alcoholic. That's why I'll never make it to the Hall of Fame. I didn't have enough good years."

Newcombe, who won 149 games during 10 seasons in the majors, including three 20-win seasons, was one of the now legendary *Boys of Summer*, a team that included four who made it to the Hall of Fame — Jackie Robinson, Peeewe Reese, Duke Snider, and Roy Campanella. The great Sandy Koufax was also a member of the Dodgers in 1955, when they won the World Series, but was a virtual unknown until after the team moved to Los Angeles in 1958.

"There are not too many of us left," said Newcombe, referring to the fact that Robinson, Campanella, Gil Hodges, Carl Furillo, Junior Gilliam, Billy Cox, Sandy Amoros and several other members of the old Brooklyn team all passed on prematurely.

No More Hard Drinking

Newcombe had given up hard drinking more than 20 years before he began his conditioning program at around age 63, but his weight was up to 275-280 and his only exercise was golf several times a week. "My blood pressure was way up," he recalled,



Don Newcombe
...Then

"and both my doctor and my girlfriend told me I'd better start doing something about it. I gave up pork and beef and started walking and running up to 10 miles at a time. I started the mountain biking about two years ago."

At a time when not many ball players did much in the way of conditioning outside of playing the game, Newcombe regularly ran. "I've always believed in running," he offered. "When I was playing, I'd do wind sprints for an hour, sometimes two hours. Pitching is all in the legs. The same with hitting. It comes from the legs. The wrists, too, but the wrists follow the legs. It's that way in just about every sport I know, except maybe pool playing, if that's considered a sport."

Too Much Weight Training

As Newcombe sees it, one of the reasons why many of today's players are injured so often is that they do too much weight training and not enough running. "I'm not an orthopedic doctor, so I'm not really qualified to say, but in my opinion these guys today are doing too much training on the (weight) machines," he explained. "They're building muscle but they're not keeping that muscle stretched out.



Don Newcombe
...Now

A lot of them jog, but they've got to get out there and really run to stretch those hamstrings. That's the way I see it."

Still associated with the Dodgers as director of community relations, Newcombe doesn't go so far as to call today's players wimps, but he shakes his head and rolls his eyes when discussing the durability of the players, especially when considering the money they are being paid.

"They pamper and baby them so much now," he went on. "Walter Alston (then Dodgers manager) started this counting pitches thing in 1954; you know, a guy throws 120 pitches and he comes out. I told Walter I didn't want any of that stuff. I was a major league baseball player and I was paid to go nine innings. To me the true test of a pitcher would always come in St. Louis or Cincinnati during July or August when it was really hot. I'd always get stronger in the eighth and ninth innings. That was because I did a lot of running and kept my legs in shape.

"Now a guy goes six or seven innings and comes out for a set-up man and then a closer. Then he needs four days rest. We pitched on three days rest, sometimes two, and we didn't have a disabled list when I played. I didn't know what a rotator cuff was when I was pitching. Now it seems like every pitcher I talk to is worrying about his rotator cuff. And, a lot of them have groin problems. It's because they're not conditioning the legs right."

Creating An Imbalance

Newcombe feels that the upper body

weight work without the speed work for the legs is creating an imbalance that results in many of the problems. "If I were a pitching coach, I'd keep them off the machines and have them do more running. I never lifted weights and I could throw as hard as anyone.

"See this arm?" Newcombe pulled back his golf shirt sleeve. "It's just as straight as it's ever been."

I had the privilege of watching Newcombe in only his second or third start for the Dodgers back in 1949. It was in a game against the New York Giants at the Polo Grounds. I recall sitting there in awe feeling sorry for the catcher (Campy, or was it Bruce Edwards?) as the ball seemed to explode in his mitt after Newk unleashed his near 100 mph fastball at the Giants. I still have the scorecard from that game and surprised Newcombe when I produced it.

In addition to working for the Dodgers, Newcombe also does marketing and public relations work for a company that offers structured settlements for insurance companies to accident victims. He said he's on the road more than he's at home. He frequently lectures on drug and alcohol abuse.

"I now correlate my body to a Rolls Royce," Newcombe ended. "It's the finest piece of machinery I've ever seen, as long as you take care of it. Look at Mickey Mantle. He didn't take care of his body. You've gotta take care of it.

"You've gotta keep those legs strong. I'm convinced of that." □

Highlights of The Nationals

Some of the top U.S. performers, by division, at the USATF National Masters Championships in East Lansing were:

M30

Kettrell Berry, California, repeated as 200 and 400 national champion. Pat Wagner, California, took the 1500 and the steeplechase. Steven Skocik, Oklahoma, won golds in the 5000 and 10,000.

M35

James Bonilla, California, sped to wins in the 100 and 200. Peter Grimes, another Californian, defended his titles in the short and long hurdles. Ken Jansson, Kansas, threw to firsts in the SP and HT.

M40

New master Steve Blum, California, triumphed in the 5000 and 10,000. Jeff Kingstad, Wisconsin, topped the field

in the PV. Peter Farmer, North Carolina, won the HT contest.

M45

Marion McCoy, Georgia, dashed to 100 and 200 firsts. Stan Druckrey, Wisconsin, zipped to the LH victory. Ed Morland, Kansas, broke the U.S. record in the javelin. Bill Penner, California, captured both walks.

M50

Stephen Robbins, Washington, defeated quality fields of foreign guests and U.S. runners in the 100 and 200. Salih Talib, New York, pulled off a 400 and 800 double. Courtland Gray, Texas, hurdled to two wins. George Mathews, Washington, blasted the hammer to a gold.

M55

Desmond O'Rourke, Washington, was impressive with wins from tough

Continued on page 9



Hugh Adams, California, M55 winner (62.96) in the long hurdles, at the Nationals.

Photo by Jerry Wojcik

1995 U.S. NATIONAL MASTERS TRACK & FIELD CHAMPIONS EAST LANSING, MICH., JULY 5-9

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
100	Merricks	Bonilla	Nance	McCoy	Robbins	Dennis	Mathis	Brown	Kennell	Weinacht	Trahan	--	--
200	Berry	Bonilla	Jones	McCoy	Robbins	Buss	Mathis	Sochor	Hipple	Weinacht	Trahan	--	--
400	Berry	Blackwell	Gonera	Allie	Talib	Tolliver	Mathis	Brown	Hipple	Alexander	Lightfoot	--	--
800	Kastor	Lindsay	Easley	Cornwell	Talib	O'Rourke	Miller	Selby	McManus	Bulkley	Dyer	--	--
1500	Wagner	King	Aspel	Serrao	Frisby	O'Rourke	Goldman	Beall	McManus	Boots	Dyer	--	--
5000	Skocik	Cleary	Blum	Hunt	Frisby	Fodor	Heitzman	Beall	O'Neil	Jacobs	Healy	--	--
10,000	Skocik	Harding	Blum	Owens	Boal	Parrott	Heitzman	Forshee	O'Neil	Dilworth	Healy	--	--
SH	Thompson	Grimes	Zahn	Gilliard	Gray	Adams	Trinkner	Stookey	Kennell	Bulkley	Todd	--	--
LH	Schneebeck	Grimes	Pannell	Druckrey	Gray	Adams	Trinkner	Stookey	Buschman	Bulkley	--	--	--
SC	Wagner	Higdon	Campbell	Blinkship	Deweese	Brawner	Ravenscroft	Sanchez	Kuric	Bulkley	--	--	--
HJ	Helton	McBarnette	Nelson	Sauers	Wood	Pawlik	Sullivan	Stookey	Buschman	Gillett	Elliott	--	--
PV	Babits	Olsen	Kingstad	Davis	Morris	Lance	Jankovich	Donley	Grosh	Warwick	Lightfoot	--	--
LJ	Johnson	Morning	Thornsley	Boswell	Medley	Adams	Bonifield	Stookey	Kennell	Alexander	Trahan	--	Hosack
TJ	Helton	Crawford	Santos	Rodenbeck	Medley	Bohigian	Brandt	Stookey	Kennell	Yenaki	Trahan	--	--
SP	Albert	Jansson	Gunn	Shumaker	Wallin	Keshmiri	Olson	Hawke	Walmroth	Nordgren	Carter	--	--
DT	Larcinese	Hambrick	Umshler	Dupuis	Pratt	Keshmiri	Palmer	Garrahan	Carter	Hagemann	Carter	--	--
HT	Wiesemann	Jansson	Farmer	Sager	Mathews	Carl	Chadbourne	Hawke	Walmroth	Minah	--	--	Hosack
JT	Llewellyn	Lorenzen	Nielsen	Morland	White	Eisenhart	Conley	Mather	Stein	Nordgren	Todd	--	--
PENT	Switnicki	Winkel	Dubose	Lapp	Angus	Lance	Jankovich	Daprano	Carter	Alexander	Todd	--	--
4x100	Maryland Masters		Central Park TC		--	--	--	--	--	--	--	--	--
4x400	West "B" Team		East "B" Team		--	--	West Team	--	--	--	--	--	--
4x800	Ohio Alumni		Over the Hill TC		--	Motor City Striders	West Team	--	--	--	--	--	--
5000 RW	Barstis	Gura	Dewitt	Penner	Carmines	Elwarner	Green	Genzlinger	Mimm	Dyas	--	--	--
20K RW	Rohl	Morgan	Clifford	Penner	Friedlander	Whiteman	Green	Genzlinger	Mimm	Dyas	--	--	--
100	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90
100	UpshwMrgrm	Alston	Thompson	Tucker	Robinson	Bergen	Obera	Peterson	Holland	Antonijevec	Mehl	--	--
200	UpshwMrgrm	Nielsen	Board	Craighead	Robinson	Bergen	Obera	Peterson	Holland	Antonijevec	Mehl	--	--
400	Schultz	Nielsen	Thompson	Stiles	Frankel	--	Obera	OndrLenrd	Norckauer	--	Mehl	--	--
800	Osbourne	Sterrett	Poenisch	Kimche	Upton	Cleveland	--	OndrLenrd	Norckauer	--	Mehl	--	--
1500	--	Hervert	DcksnTylr	Shirley	Ottaway	Cleveland	--	Filreis	Russell	--	Mehl	--	--
5000	Robertson	--	Dowling	--	Spitler	Morehead	--	Smalley	Norckauer	--	Mehl	--	David
10,000	Robertson	AndrwTrnr	Dowling	Brnowski	Davis	Hodges-Hite	Gilmore	Smalley	Russell	--	--	--	--
SH	Mims	Mendenhall	Sweezy	--	Carter	Sisley	--	Valien	--	--	--	--	--
LH	UpshwMrgrm	Nielsen	Thompson	--	--	--	--	McDaniels	--	--	--	--	--
SC	--	Brandt	Wright	--	Ottaway	--	--	--	--	--	--	--	--
HJ	Yurth	Mendenhall	Lowery	Stratton	--	Sisley	Miller	McDaniels	Hinton	--	Evans	--	--
PV	--	--	--	MacDonald	Sisley	--	--	McDaniels	Hinton	--	Evans	--	--
LJ	UpshwMrgrm	PopeGreen	Lowery	Stratton	Carter	Grissom	Kuehne	McDaniels	Hinton	--	Evans	--	--
TJ	UpshwMrgrm	Boslaugh	Lowery	Stratton	Carter	Sisley	Kuehne	McDaniels	Hinton	--	Evans	--	--
SP	Brdnbckcrp	Finsrud	Allegre	Tucker	Hilliard	Grissom	Miller	Holland	Hinton	Gradick	--	--	--
DT	Goldberg	Finsrud	Wilson	Struppeck	Hilliard	Grissom	Hicks	Holland	Hagemann	Jarvis	--	--	--
HT	Goldberg	Boslaugh	La Chiusa	--	Hilliard	Grissom	Hicks	Holland	Hagemann	Jarvis	--	--	--
JT	Delaney	Welding	Allegre	Struppeck	Huff	Sisley	Miller	Lorenz	Hagemann	Gradick	--	--	--
PENT	Yurth	--	--	--	--	--	--	--	--	--	--	--	--
4x100	West Team		--		West "C" Team		Far West Region		--	--	--	--	--
4x400	--		--		--		--		--	--	--	--	--
4x800	USA New Jersey		Motor City "B"		Motor City Striders		--		--	--	--	--	--
5000 RW	--	Herazo	McLaughln	Davis	Stowe	Richardson	Parks	Nesley	Norckauer	Watkins	--	--	--
20K RW	Sonnatag	Herazo	Abell	Smith	Bocci	Richardson	--	Nesley	Thompson	Watkins	--	--	--



The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Athlete's Foot

Q. I love running and swimming during the summer months but as soon as I start an exercise program and start sweating, I get athlete's foot. Is there anything I can do about it?

A. As summer rolls around and our athletic expectations soar, it is not unusual to pick up athlete's foot from gymnasium floors, swimming pool decks and shower room floors.

Probably the most common fungal infection in athletes, it usually manifests itself as a red, scaling infection found between the 3rd and 4th toes.

However, other forms may occur. It may appear as a small vesicle, or bulb, on the arch or instep or as a dry, scaling type of condition on the balls of the feet. We really don't know why people develop these different types of lesions — some dry, some moist. Perhaps it is an allergenic or hypersensitivity reaction.

The most obvious treatment for this condition is prevention. Keep the feet dry and clean. Wear absorbent cotton socks, and change them two to three times daily, at least.

For acute cases, use moist, astringent compresses, such as a Burrows solution, which will remove the crusts and macerated tissue as well as kill the fungus and bacteria.

Once the inflammation has subsided, a topical anti-fungal ointment may be tried. In severe cases, oral griseofulvin may be used.

Vinegar and water soaks at a 1:1 ratio are also recommended. The change in skin acidity may reduce the chance of fungal infection. This may be tried 2-3 times weekly for 10 minutes. □

Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, P.O. Box 50098, Eugene, OR 97405.

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Meet directors (from left) Judi Brown, Jackie DeVose-Williams, and Randy Williams, with Carroll Dewiese, meet co-manager, at the Nationals.
Photo by Jerry Wojcik

Nationals Draw 1300 to Michigan

Continued from page 1

There were some problems in the throw events (see "The Weight Room," page 16). Two of the javelin records could not be recognized because the field went downhill. The hammer circle had no ring. Some shot putters had to be bussed to another field.

Some complained that the promised free shuttles from the airport never showed up. The banquet was overcrowded and overpriced. The program didn't arrive until the fourth day (Saturday), but when it did appear, it was loaded with good information.

The awards presentations were made only once or twice a day, causing athletes to hang around for several hours. It rained on Friday and Sunday. No one was designated to approve records. The track was 440 yards, not 400 meters.

But the officiating was outstanding; officials were friendly, courteous and professional. At their own expense, they came from throughout the USA to help direct the meet.

The paperwork flow, directed by Hy-Tek's brilliant computer wizard, Charlie Hodgson, was magnificent — the best ever at a national meet. Results were usually produced and posted within minutes after an event, and included the age-graded mark and percentage for each athlete. Runners wore lane numbers on both hips, instead of the usual one hip, enabling the officials and the announcers to easily identify them. Hodgson produced entry lists, and smoothly organized the seedings and advancement procedures.

"Charlie saved the meet," said Pete Mundle, World and USA Records Chairman. "He controlled the whole thing, and kept it running smoothly."

TV stations broadcast 60-second clips daily on the evening and nightly news. The Lansing *State Journal* did three stories each day by different journalists, published the results (first three) of every event, and printed up to four photos of athletes daily.

The *Detroit News*, located 90 miles

away, did daily stories and even published photos of Errol Lee and Ken Brinker, M45 sprinters, on its front page — hitherto unheard of, and a tribute to the talent of Media Director Brad Dewitt. Even more impressive was that the news stories and TV spots featured athletes from *all* age groups, rather than just the oldest athletes the media usually focuses on. It was a delight to browse through the morning papers.

The awards ceremonies were a low-key, friendly, hands-on experience with Carroll DeWiese and Barbara Kousky making the presentations off to the side of the track.

Competition was held in the traditional five-year age-groups for both men and women from age 30-34 to 90+.

Gold, silver and bronze USATF medals were awarded to the top three U.S. citizens in each event, with ribbons going to the fourth, fifth and sixth-place finishers. Per USATF masters rules, foreigners who placed in the top three received comparable non-championship medals.

The quality of the competition was remarkably high, with eight world and eight U.S. age-group records bettered.

The meet was directed by Randy Williams, Judi Brown, and Jacqueline DeVose-Williams, with able assistance from Marilyn Morehead, Lee Slick, Barbara Kousky, Sandy Pashkin and John Gifford (Lynx Timing), Eric Zemper, Frank Alongi, Ken Gibson, and dozens of dedicated volunteers who worked up to 16-hour days to make the meet a success.

"The five-day schedule (instead of the normal four) was critical," Randy Williams said. "It enabled us to get everything in on time."

Indeed, the meet was almost always on schedule. There were a few gaps in the competition on Thursday and Friday when scheduled heats were cancelled due to athletes scratching from events they had signed up and paid for.

Continued on page 9



Paul Heitzman, Kansas, 5000 M60 winner (19:25.87), USATF National Masters Championships, East Lansing, Michigan, July 5-9. Photo by Jerry Wojcik

Nationals Draw 1300 to Michigan

Continued from page 8

Great Performances

Marge Allison, 50, of Australia, set two of the eight records in the W50 200 (26.84) and 400 (58.75). It was the first time a woman over age 50 had ever run a lap of the track in less than one minute.

Three women's world age-group records were set in the pole vault. England's Barbara Blurton impressively won four events (100, 200, 400 and 800) in the W45 group.

James Stookey of Mass. took four golds in M65 action. The Australian runners dominated the middle distance events in some age groups.

Jim O'Neil, 70, of La Jolla, Calif., continued his streak as the only athlete to compete in all 28 national championships, winning both the 5000 and 10,000.

For more competition details, please see story on page 7.

About 100 competitors attended the athletes' meeting on Saturday night, where Kousky, USATF Masters T&F Chair, passed out awards to the 1994 age-group athletes of the year. Potential new rules were discussed, and presentations were made by represen-

tatives of next year's nationals in Spokane (August 14-17) and the North American Championships to be held a week later in Eugene.

Age-Graded Dash

A highlight of the five-day event was the *National Masters News* age-graded 100-meter dash on closing day. Each age-group 100m winner was given a distance handicap based on age-group and sex, using the WAVA age-graded tables.

In the women's race, California's Irene Obera, who, at age 61, got a handicap of 19.7 meters, held off a good field with a time of 10.50 and won \$100 first prize. Australia's Ann Cooper (66, 11.26) won \$30 for second, with Britain's Jocelyn Harwood third (37, 12.03).

In the men's contest, California's Ken Dennis (58, 10.46, \$100) became the "fastest of the fast" by holding off fast-closing Kevin Nance of Arizona (41, 10.51, \$30) and Georgia's Marion McCoy (45, 10.72, \$20).

"I was third a year ago, second this year, and I promise I'll win it next year," said Nance.

"I knew I could beat those younger guys," Dennis said. "I've run four of

these races and always finished second. It feels good to win one."

A photo of Obera winning the race appeared in full color the next day on the front sports page of the *State Journal*.

Jack Lance summed up the meet as well as anyone could. The 68-year-old from New Jersey earned a silver medal in the M65 triple jump, and placed sixth in the 300 hurdles. The silver brought his masters medal total to 290.

But with all his success in track and field, Lance said there is so much more to masters track than just winning.

"I just compete for the fun of competition," Lance said on the victory stand. "You just can't beat the camaraderie out here. I haven't met a masters runner I didn't like." □

—Al Sheahen



M65 winners on the victory stand at the Nationals in East Lansing, Michigan, July 9: (L) Allen Meddings, GBR (200, 26.87) and Chuck Sochor, MI (200, 27.51).

Photo by Jack Greenwald

Highlights of the Nationals

Continued from page 7

fields in the 800 and 1500. Hugh Adams, California, swept both hurdles. Dale Lance, Oklahoma, won the pentathlon on the first day, and returned to win the PV.

M60

Jim Mathis, Tennessee, defeated top-notch fields in the 100 and 200 but finished second to Miloje Grujic, South Africa, in the 400 to still win three golds. Paul Heitzman, Kansas, at age 64, defeated both guests and U.S. runners in the 5000 and 10,000. Clarence Trinkner, Wisconsin, zoomed to hurdle wins. New M60 Phil Conley, California, won the javelin throw from Robert Youngs, Connecticut, by seven inches with a 152-7. Racewalker Max Green, Michigan, dethroned Jack Bray

in the 5000 and outstrode Canadian Stuart Summerhayes for the 20K win.

M65

James Stookey, Massachusetts, was the best of an outstanding division with wins in both hurdles and flat jumps. Harry Hawke, California, repeated his 1994 wins in the HT and SP. Vance Genzlinger, Michigan, did his home state proud with firsts in both walks. Earl Fee, Canada, broke the M65 300H WR with a 46.42.

M70

Tom Kennell, Florida won the 100, short hurdles, LJ and TJ. John McManus, New York, was the 400 and 800 champion in Eugene last year. This year, he is the 800 and 1500 champion. William Walmroth, Michigan, threw to SP and HT firsts. Robert Mimm,

New Jersey, replaced Don Gladding, Arizona, as racewalk double winner.

M75

Dan Bulkley, Oregon, did not take a gold last year in Eugene. This year, he mounted the top of the victory stand four times. Bill Weinacht zipped to 100 and 200 firsts. Another New Jersey athlete, Tim Dyas, swept the walks.

M80

Clarence Trahan, California, nabbed four ribbons in the 100, 200, LJ and TJ. Dudley Healy, New Jersey, won both long distance races. Ross Carter, 1995 USATF Masters Athlete of the Year, repeated for the umpteenth time as SP and DT champion. Lee Todd, Nebraska, won the pentathlon and JT but was denied a U.S. record in the lat-

Continued on page 17

AGE GROUP RECORDS SET AT 28th USA NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS; EAST LANSING, MICH., JULY 5-9, 1995

WORLD RECORDS					
Event	Age	New Mark	Name	Old Mark	Held By
200	W50	26.84	Marge Allison	26.84	Jan Hynes
400	W50	58.75	Marge Allison	60.02	Marge Allison
300H	M65	46.42	Earl Fee	47.82	Arne Petterson
5000	W90	54:33.60	Kiki David	None	
PV	W55	2.40	Becky Sisley	2.00	Dorothy McLennan
PV	W65	2.00	Leonore McDaniels	1.74	Leonore McDaniels
PV	W70	1.60	Margaret Hinton	1.40	Margaret Hinton
HT	W55	44.78	Evaun Williams	43.88	Evaun Williams
U.S. RECORDS					
400	W60	70.78	Irene Obera	71.17	Betty Vosburgh
2000SC	W50	8:15.03	Joan Ottaway	10:6.19	Judy Groombridge
HJ	W60	1.25	Christel Miller	1.24	Leonore McDaniels
PV	W50	2.65	Joy McDonald	2.24	Barbara Stewart
LJ	W80	1.37	Sheila Evans	None	
HT	W35	40.28	Sarah Boslaugh	39.66	Joan Stratton
HT	W65	24.02	Bernice Holland	22.90	Harriet Boyd
JT	M45	61.88	Ed Morland	61.54	William Buffaloe

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Masters Racewalking

by ELAINE WARD

10K for Masters Men Over 70?

In the June issue of *Racewalking in the 4-Regions* with its 5K, 10K and 20K national/regional rankings, the section on the "Masters Athlete's Voice" raised an issue that has been addressed before, but one that some athletes felt should be reopened for discussion. Concern was expressed over the stress placed on older athletes who seriously train for the 20K championship. The suggestions made so far are: (1) change the 20K championship distance to 10K for men 70 and over, (2) change the 20K championship to 15K. Your opinion is solicited as it would be helpful to get a polling of what men over 60 think in particular. The opinions of events directors are important also.

Bob Mimm, M70, responded to the "4-Regions" immediately and succinctly and his comments are printed below along with those of Bev LaVeck, masters racewalking liaison to the Masters Track and Field Committee.

Bob: Let me say that I disagree with changing the 20K to 15K or 10K. Some individuals gain endurance with maturity. It could help compensate for the loss of speed.

Bev: The 20K is a tough racewalk, especially in warm weather when the Masters T&F Championships are held. Participation in the road walks drops off markedly after age 70, due perhaps to the distance.

Participation by women in the Masters T&F Championships increased markedly after the road walk distance was decreased from 20K to 10K. This



Allie Walker, 86, Springfield, TN, winner of 6 gold medals and a silver in the road race and racewalk events at the National Senior Sports Classic V, San Antonio, TX.

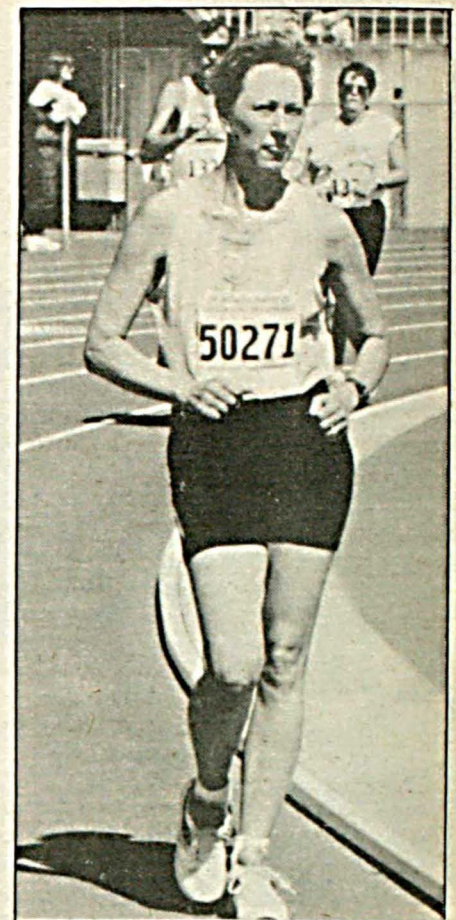
Photo by Rick Rickman/USNSSO

might be coincidence, since the number of racewalkers was growing anyway, but the distance change probably played a role. I recall that masters women became enthusiastic about the 10K racewalk at the 1989 WAVA meet in Eugene, where we all realized how much easier the shorter distance was. I've heard of no requests by the women to return to 20K.

A disadvantage of changing the 20K is that it might reduce the opportunities for those older men who want to walk the longer distance. No longer would a 20K championship be mandatory for this group (just like it's no longer mandatory that there be a women's 20K championship). However, future national and regional championship event directors who offer the women's



Sue Laks, 45, second W50 (31:20.97), 5000m racewalk, Hayward Masters Classic, Eugene, Ore., June 24. Photo by Jerry Wojcik



Lida Smith, 44, first W40 (31:57.34), 5000m racewalk, Hayward Masters Classic, Eugene, Ore., June 24. Photo by Jerry Wojcik

20K might add the M70+ 20K championship.

Another problem with reducing the

20K to 10K for M70+ is that the annual masters men's national 10K cham-

Continued on page 11

Giulio de Petra

by ELAINE WARD

Giulio de Petra, 84, an avid racewalker since age 15 in 1925, died June 20. His love of racewalking and his integrity as an athlete were part of the essence of the man, as the many who knew him can attest.

Wrote Bob Mimm, on hearing of the passing of de Petra: "The news regarding Giulio is so sad. He seemed to be in such good health. In Japan, Giulio moved down from M80-84 in order to compete with Bill Moreman and me as a team in M65-69. We won with Giulio's outstanding 2:29. It was extremely hot, too."

De Petra's first victory was in April, 1925 at a race in Naples, Italy. In 1927, he finished second in his first Marathon Racewalking Championship. The same year, he finished ahead of the best Italian walkers at the 20K Grand Prix of Padova. He won the 25K Italian National Championship on a track soon afterward and qualified for the Molinary Trophy in London, England, where he represented Italy.

From 1927 to the beginning of the Second World War, he continuously competed in all national and international events. During this time, he completed his studies as a law student, earned a doctorate degree in jurisprudence and another in the social and political sciences. He also was in charge of organizing track and field in

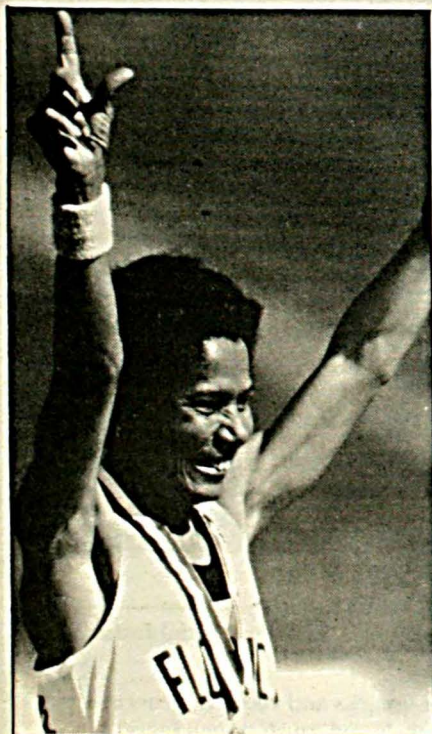
the cities of Naples, Pescara, Reggio Emilia and Pisa. His hopes of competing in the 1936 Olympics in Berlin ended when he was drafted into the Italian army and sent to Ethiopia. He emigrated to the United States in 1948.

When interviewed in February, 1991, de Petra said, "If I miss a day of training, I feel guilty. My body doesn't feel good. So every morning I am out as soon as it is light and this sets me up for the rest of the day. It's a very healthy sport and a very important part of my life.

"My goals depend on my health. I would like to racewalk until the day before I die. (De Petra's hope was realized, as he had completed a 13-mile workout June 19. — EW) I do not have time goals per se. As the years go by, my speed slows. It is something that bothers me because I feel young. I don't feel the years. I feel as young inside as I did at 50. And so I say, 'Why do I go so slow?' I used to walk a 5K in 23-plus minutes or a 10K in 47-plus minutes. Now it takes me 1:07 to 1:08 to do a 10K."

In a letter dated May 31, de Petra said, "I am going to Buffalo and will continue on to Italy. I will be in Europe two months and will return to Carmel around Sept. 15."

De Petra passed away with his spirit embracing the future. May we all be blessed by his example. He will be sorely missed. □



Lupe Parsons, 61, Ft. Lauderdale, FL, won two gold medals and a silver in the road race and racewalk events at the National Senior Sports Classic V, San Antonio, TX.

Photo by Rick Rickman/USNSSO

Racewalking

Continued from page 10

championship would no longer be a national championship for them.

A 15K "compromise" has been suggested. I see two disadvantages, although neither is insurmountable: (1) many racewalk courses are 2000 meters, and the 5K and 15K splits aren't certified; and (2) the 15K is currently not a common international distance, and for world best performance purposes it would be good to have our championship distances correspond to conventional WAVA distances. WAVA might be persuaded to change to a 15K, but event directors may balk at the logistical problems of

putting on three distances at the WAVA T&F Championships: 10K for women, 15K for M70+, 20K for M40-69.

The next possible USATF Rules change will be at the 1996 Convention, and no competition changes would take place before 1997. That gives plenty of time to consider the merits of a change. Again, contact Bev LaVeck (206-524-4721) or Elaine Ward if you have an opinion. Elaine will publish short responses and highlights of long responses in *NMN* and *Racewalking in the 4-Regions*. Send responses to Elaine Ward, 1000 San Pasqual, #35, Pasadena, CA 91106-3393. □

Seniors

by JOHN J. GLEASON

There are runners who run just for the fun
There are runners who run to compete
Some run I am told for a natural high
Some run to work off what they eat.

Some run so fast they're considered world class
Some run with a much slower stride
And though some may drop to the back of the pack
We can all start our race side by side.

So where do you find encouragement
To whom do you look to for strength
Where do you find the presence of mind
For a sprint or a race of great length?

You may tell me you look to the heavens
And for you that may work out just fine
We all seem to need inspiration
And I'll tell you where I look for mine.

I look to the senior runners
For they have the will to endure
They make fewer mistakes than most of us
And their game plans seem much more secure.

But the thing I admire most of all
Aside from the things that they do
Is with all of the wisdom that they possess
They're so willing to share it with you.

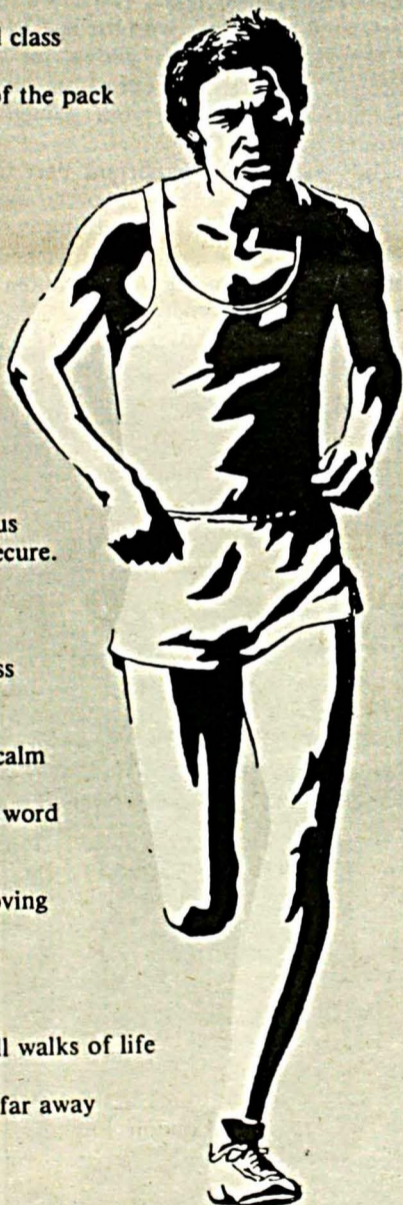
There's always a smile, there's always a calm
There's always the stature and grace
That will always pass on an encouraging word
Be you running in first or last place.

They have chosen to keep themselves moving
They have chosen to keep themselves fit
A slow sedentary lifestyle
Is the bane to which they won't submit.

They are proud men and women from all walks of life
Who have sometimes suffered a loss
And at times when the finish line seems far away
They become more determined to cross.

So I say from my heart, senior runners
Please keep doing the things that you do
And always be there at the races
'Cause it's just not the same without you.

So please let my words sincerely reveal
The true admiration and respect that I feel
And because to time you will not concede
You are all the inspiration I need.



ALONGI INTERNATIONAL RACEWALK CLASSIC

Dearborn, Michigan September 30, 1995

Ross Barranco:
3235 Musson Road • Howell, Michigan 48843
Phone: (517) 545-WALK (9255) • Fax: (313) 496-2262

LEVAGOOD PARK

To Metro Airport and Ramada Inn

EVENTS SCHEDULE

9:00 a.m. - 10:00 a.m.
3 Km M,W Unjudged Healthwalk
open to all ages with whole family emphasis.

10:00 a.m. - 11:45 a.m.
10 Km M "North American Junior Team"
20 Km M "International" Intermediate(20-23)
20 Km M "International" Open (24 +)
* 10 Km M Intermediate (20-23)
* 10 Km M Senior (24-29, 30-34, 35-39)

11:45 a.m. - 1:00 p.m.
Free Racewalk Clinics - Novice and Advanced Refreshments

1:00 p.m. - 2:15 p.m.
5 Km W "North American Junior Team"
10 Km W "International" Intermediate (20-23)
10 Km W "International" Open (24 +)
* 10 Km W Intermediate (20-23)
* 10 Km W Senior (24-29, 30-34, 35-39)

2:15 p.m. - 3:15 p.m.
* 5 Km W Junior (19 & under)
* 5 Km W Masters (40 + in 5 year age groups)

3:15 p.m. - 4:45 p.m.
* 5 Km M Junior (19 & under)
* 10 Km M Masters (40 + in 5 year age groups)

* Asterisked events are included in Racewalking Club Championship and are open to individuals as well. These events are a part of the Southern Michigan Racewalk Grand Prix and the Mid-West Racewalk Circuit.

Evening Program

Ramada Inn—Metro Airport
6:00 p.m. Cocktails (cash bar)
6:30 p.m. Buffet, Awards Presentation,
Dancing and Entertainment until 11:00 p.m.

Official Entry Form • Alongi International Racewalk Classic

A Separate Entry Form Is Required For Each Participant September 30, 1995

Name _____
(Last—Apellido—Nom de famille) (First—Llamar—Nommer) (MI)

Address _____
(Number) (Street) (City) (State) (Zip)

Age (on 9/30/95) _____ Male _____ Female _____ Birthdate _____

Phone: _____ Club: _____ USA T&F# _____

In consideration of my participation in the Alongi International Racewalk Classic, I hereby release and discharge USA&TF, the City of Dearborn, the Wolverine Pacers Athletic Club, and all official sponsors connected with Alongi International Racewalk Classic events. This is binding upon heirs, executors, administrators and assigns for all parties, jointly and severally. I agree to hold and save all parties harmless from and against any and all actions, claims, demands, liabilities, loss damage or expenses of whatever kind or nature, including attorney fees, which may at any time be incurred by reason of my participation for the said Alongi International Racewalk Classic. I have full knowledge of the risk involved. I am physically fit and sufficiently trained.

Signature: Athlete _____

Parent or Guardian _____
(To be signed if under 18 years of age.)

Males and Females of All Ages:

3 km Healthwalk (families)

Club & Individual Events:

5 km W Junior (19 & under)*
 10 km W Intermediate (20-23)*
 10 km W Senior (24-39)*
 5 km W Masters (40-99)*
 5 km M Junior (19 & under)*
 10 km M Intermediate (20-23)*
 10 km M Senior (24-39)*
 10 km M Masters (40-99)*

International Events:

5 km W Junior Team (14-19)
 10 km M Junior Team (14-19)
 10 km W International (20-23, 24+) 58 min limit
 20 km M International (20-23, 24+) 1 hr 45 min limit

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Training Advice

by GUY AVERY

Eight Rules for Better Weight Training

Over the past few years, we have seen that strength training, once considered taboo for distance runners, is actually very beneficial and can help performance. In spite of this, runners remain confused about how to properly lift weights to increase performance and prevent injuries.

This article outlines eight basic guidelines for weight training that you can follow to make your strength training workouts more effective and enjoyable.

Rule #1: Begin with a thorough warm-up. The warm-up functions to increase blood flow to the muscles, preparing them for training and also helping to prevent injury.

An example of a good warm-up includes 10 to 15 minutes of easy aerobic exercise (walking, running, biking, rowing, or stair climbing), followed by gentle stretching of all the muscle groups, with particular emphasis on tight areas and the muscles which will

be worked heavily. After this warm-up you are ready to begin your workout.

Rule #2: You should always sequence your exercises to train the larger muscle groups first in order to avoid fatiguing the smaller, accessory muscles. Fatiguing these muscles will decrease the amount of total work possible throughout the entire workout.

For example, you should begin your workout with exercises which work very large muscle groups and cross two joints (i.e., squats, leg press, bench press, and lateral pull-downs). Next, you should choose exercises that involve using both arms and/or legs

(bilateral bicep curls, knee extensions, and leg curls) as opposed to a single (unilateral) arm or leg.

Rule #3: In order to be effective, you must choose the correct number of repetitions to perform. As a runner, you want a combination of strength and endurance; therefore, you should perform 8 to 12 repetitions of each exercise.

Rule #4: In general, you should perform one to three sets (groups of repetitions) of each exercise to maximize the effectiveness of the workout. The number of sets will vary depending on: (1) the amount of time you have available to lift weights, (2) the purpose of each exercise (i.e., to correct a muscular imbalance, or maintain a base level of fitness), and (3) your individual preference.

Rule #5: To choose the appropriate amount of weight for each exercise, you should pick a weight or resistance level that allows you to complete 8 repetitions with the last 2 to 4 being difficult. Use this weight until you can perform 12 repetitions with the last 2 to 4 being difficult. At this time, increase the weight or resistance level to the point where, once again, you can only perform 8 repetitions with the last 2 to 4 being difficult. This allows for a gradual, long-term progression and minimal injury risk in your strength training program.

Rule #6: A very important part of weight training is proper breathing. The correct method of breathing is to exhale during the primary movement and to inhale during the secondary movement of the repetition.



First master, David Webster (42, 17:02) at NationsBank Olympic Day 5K, June 11, Washington, DC. Photo by George Banker

For example, you should exhale when pushing up during the bench press, pulling down during the lateral pull-down, pulling toward you during the seated row, extending the leg during the knee extension, and pushing up during the squat. Then, you should inhale when lowering the weight during the bench press, returning the weight to the starting position during the lateral pull-down and the seated row, bending (flexing) the knee during knee extensions, and lowering the weight during the squat.

Rule #7: For optimal training you should take one second to perform the primary movement and three seconds to perform the secondary movement of each repetition.

For example, during the bench press, you should take one second to lift the weight (primary phase) and three seconds to lower it (secondary phase). You may need to adjust your current training weight for each exercise, since this requires greater and more effective work of the muscles.

Rule #8: Complete each workout with a thorough warm-down. Ten to 15 minutes of aerobic exercise will help to flush the metabolic waste products from your muscles. Also, stretching after working out is the best time for producing permanent lengthening of the muscles.

By following these simple guidelines, you can increase both the fun and effectiveness of your strength training workouts. □

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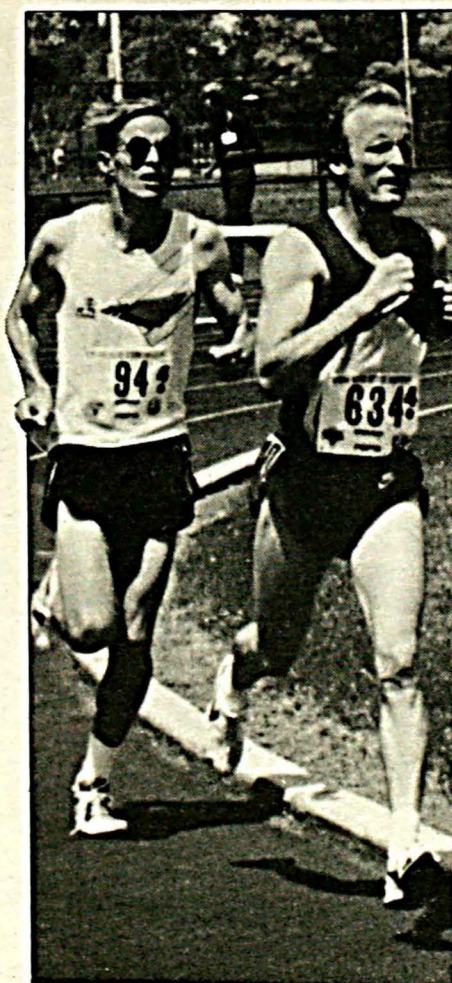
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RUNNER'S
WORLD



Steve Blum, California, trails Doug Kurtis, Michigan, in the M40 10,000 at the Nationals. Blum went on to win in 32:45. Kurtis, the premier masters marathoner in the U.S., was second. Photo by Jerry Wojcik

Write On!

Continued from page 4

ly has an invitational masters mile event been included and in only selected meets and mostly for the 40-44-year-old group. Hugh has shown that 50-65-year-old groups can still run a highly competitive mile which would put them on the same finishing straightaway very close to some of the invitational high school mile runners.

I hope Hugh Sweeny's hard efforts won't go unnoticed next indoor season and we will see many more invitational aged mile events from teenage to senior age levels.

*Thomas Sullivan, M.D.
Oakbrook Terrace, Illinois*

TATIANA POZDNIAKOVA

The article by Marilyn Mitchell in *National Masters News* (June issue) titled "More From Beantown" reports:

"Keep an eye on 39-year-old Tatiana Pozdniakova of the Ukraine, whose 2:40:26 placed her 17th overall in the 1995 race . . ."

I realize the article is on Boston, but more notable would be to add to this Boston result, her 1995 Houston Ten-neco Marathon result: 1st overall in 2:29:57! Yes, we'll have to watch for her.

*Kathy Barton
Houston, Texas*

OLYMPICS?

This letter is in response to page 17 of the July issue of NMN. I am sure it is important to NMN to have full page advertisements. My first reaction to it was that it was a joke. But looking closer it must be real. As you know, both MT&F and MLDR have worked closely with the U.S. Olympic Committee. Such organizations as this are *not* authorized to use the word "Olympic." Also, such race results as a backward 50 and 400 in fastwalk (whatever that is) are not in keeping with the normal subject matter in NMN.

*Charles DesJardins
Carson City, Nevada*

**FIFTEEN YEARS AGO
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- Jim Burnett Sets M40 400 WR of 49.36.
- Dorothy Stock Sets W45 WRs in 5000 (18:47) and 10,000 (38:45)
- 47 Compete in National Decathlon in Denver

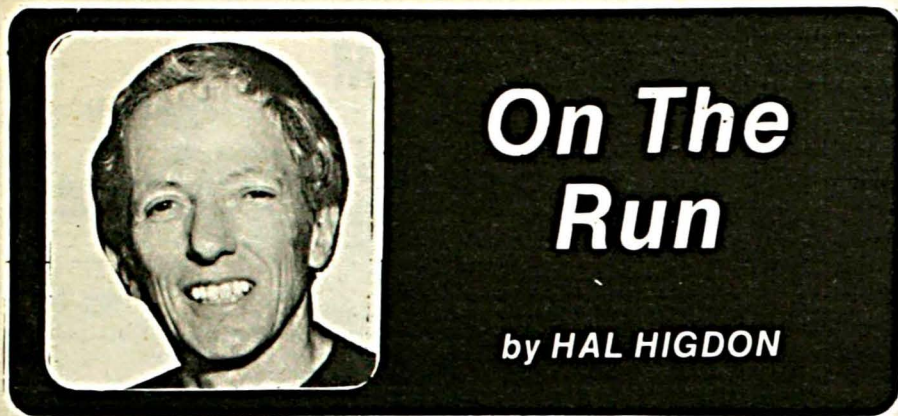
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On The Run

by HAL HIGDON

Deja Vu at MSU

Driving onto the Michigan State University campus in East Lansing in July, I experienced deja vu. When had I been here before? What seemed so familiar?

I had come to MSU to compete in the USATF National Masters Championships, the track and field meet for men over 40, women over 35. The Nationals have become an annual ritual for me, but this was the first time the meet had been held at Michigan State.

Then I saw the river, meandering through campus.

It was autumn, 1951. I was a junior in college competing in the NCAA cross-country championships. The distance then was four miles, shorter than the 10,000 meters run these days. The course followed a dirt path, out-and-back, along the Red Cedar River.

Other than the river, everything has changed. The dirt path has been paved. Parking lots have replaced the field where we started and finished the race. The football stadium has been enlarged. Four decades ago, the University was called Michigan State College, not yet a member of the Big Ten.

Several hundred lined up at one end of the field about a quarter-mile long. When the starter fired his gun, we sprinted to the field's far end. I recall circling a golf green and heading back



John Cleveland (left) and John Grosh, needed seven jump-offs to decide the M70 pole vault winner at the USATF National Masters Championships, East Lansing, July 5-9. They are training partners from Bend, Oregon. Grosh was the winner on fewer misses, each ending at 9-2 1/4. Photo by Suzy Hess

in the direction we came, then out along the river. My memory may be flawed, because no remnant of a golf course remains. Maybe it was a practice green.

A jam at the turn caught those who had started slowly. I was reduced to walking, losing precious time. I never did catch up and finished far back, around 100th place.

During that era, the NCAA meet was held each year in East Lansing. As a senior, I returned armed with the knowledge that I would need to start fast to avoid getting caught at the turn.

When the gun sounded, I sprinted sharply to the front. Running with the leaders through the turn, I experienced no delay. I was fourth at the mile, running much too fast for my ability. I faded badly, finishing around 100th once again.

Sometimes we learn from our mistakes; sometimes we are trapped by them. I never again ran the MSU course. The NCAA eventually moved its meet elsewhere.

Cross-country was not being con-

tested in East Lansing, so I ran a track 5000 meters. Fifteen competed in my age group. I ran slowly at first, then began to pick off faster-starting runners one by one. By the finish, only a runner from Kansas City and another from Australia remained in front of me. That was better than my previous national championship finishes in East Lansing four decades before.

While still in town, I took a run up the river along the path now paved,

finally reaching a nature preserve, an island of trees and trails amidst a sea of development — educational and residential.

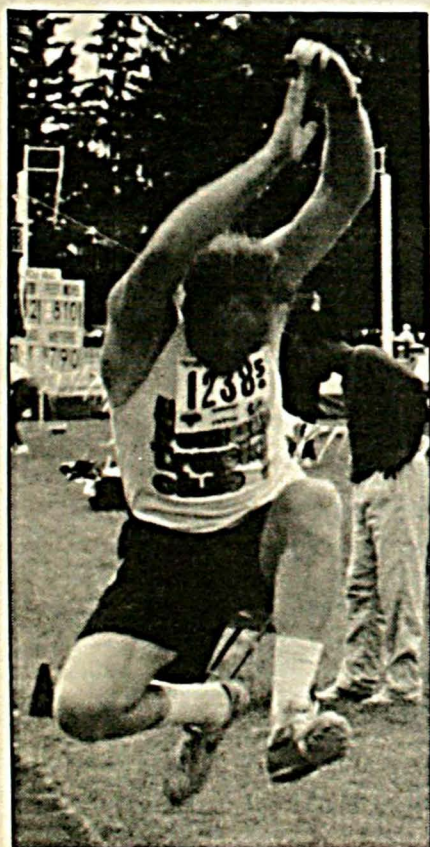
Was I retracing the steps of my youth? Deja vu could carry me only so far. Was it Shakespeare who said the past is only prologue? I am willing to let my mind linger momentarily on past glories and indiscretions, but the footsteps in front of me seem more important now. □

The Largest American Road Races in 1994

(E = Estimated number of finishers, complete results unavailable)

FIN '94	RACE NAME	DIST	CITY, ST	DATE
1	55272 EXAMINER BAY TO BREAKERS	12K	SAN FRANCISCO, CA	05/15/94
2	55165 LILAC BLOOMSDAY RUN	12K	SPOKANE, WA	05/31/94
3	45000 E PEACHTREE ROAD RACE	10K	ATLANTA, GA	07/04/94
4	33050 BOLDER BOULDER	10K	BOLDER, CO	05/30/94
5	29735 NEW YORK CITY	MARA	NEW YORK, NY	11/06/94
6	28500 E CRESCENT CITY CLASSIC	10K	NEW ORLEANS, LA	04/16/94
7	28000 E GREAT ALOHA RUN	8.25M	HONOLULU, HI	02/14/94
8	25799 HONOLULU	MARA	HONOLULU, HI	12/11/94
9	17775 E RACE FOR THE CURE: DC	5K	WASHINGTON, DC	06/18/94
10	17707 QUAD-CITY TIMES BIX 7	7.1M	DAVENPORT, IA	07/30/94
11	17283 AUSTIN AMERICAN STATESMAN CAPITOL	10K	AUSTIN, TX	04/10/94
12	16200 E CHEMICAL CORP. CHALLENGE: NYC #2	3.5MI	NEW YORK, NY	05/23/94
13	14840 CITY OF LOS ANGELES	MARA	LOS ANGELES, CA	03/06/94
14	12749 CHEMICAL CORP. CHALLENGE: CHICAGO	3.5MI	CHICAGO, IL	08/14/94
15	12716 MARINE CORPS	MARA	WASHINGTON, DC	10/23/94
16	12181 OFFICE DEPOT CORPORATE CHALLENGE	3.5MI	ATLANTA, GA	09/14/94
17	11900 E CHEMICAL CORP. CHALLENGE: BOSTON	3.5MI	BOSTON, MA	07/28/94
18	11061 OMAHA CORPORATE CUP	10K	OMAHA, NE	09/25/94
19	10490 E OFFICE DEPOT CORPORATE RUN	5K	MIAMI, FL	05/05/94
20	10238 INDIANAPOLIS LIFE 500 FESTIVAL	HIMAR	INDIANAPOLIS, IN	05/06/94
21	10000 E WHARF TO WHARF	6MI	CAPITOLA, CA	07/24/94
22	9900 E CHEMICAL CORPORATE CHALLENGE: NYC #1	3.5MI	NEW YORK, NY	05/17/94
23	9674 COWTOWN	10K	FT. WORTH, TX	02/26/94
24	8900 E MANCHESTER ROAD RACE	4.77MI	MANCHESTER, CT	11/24/94
25	8550 E CHEMICAL CORP. CHALLENGE: NYC #3	3.5MI	NEW YORK, NY	08/31/94
26	8550 E NATIONWIDE HOOD TO COAST RELAY	19.1MI	MT. HOOD SEASIDE, OR	08/26/94
27	8505 RACE FOR THE CURE: DALLAS	5K	DALLAS, TX	10/22/94
28	8428 RACE FOR THE CURE: PORTLAND	5K	PORTLAND, OR	09/25/94
29	8126 WEINHARD'S ALE/ST. PATRICK'S DAY DASH	4MI	SEATTLE, WA	03/13/94
30	8101 BOSTON	MARA	BOSTON, MA	04/18/94
31	7760 E NEW TIMES PHOENIX	10K	PHOENIX, AZ	11/13/94
32	7625 CHERRY CREEK SNEAK	5MI	DENVER, CO	04/24/94
33	7500 E DALLAS TURKEY TROT	3MI	DALLAS, TX	11/24/94
34	7500 E RACE FOR THE CURE: PEORIA	1.6MI	PEORIA, IL	05/07/94
35	7373 COOPER RIVER BRIDGE RUN	10K	CHARLESTON, SC	03/26/94
36	7223 LASALLE BANKS CHICAGO	MARA	CHICAGO, IL	10/30/94
37	7185 RACE FOR THE CURE: NEW YORK	5K	NEW YORK, NY	09/11/94
38	7054 MICHAEL FORBES TROLLEY RUN	4MI	KANSAS CITY, MO	04/24/94
39	7003 FALMOUTH ROAD RACE	7.1MI	FALMOUTH, MA	08/21/94
40	6845 PHILADELPHIA DISTANCE RUN	HIMAR	PHILADELPHIA, PA	09/18/94
41	6597 RICHARD S. CALIGUIRI GREAT RACE	10K	PITTSBURGH, PA	09/25/94
42	6476 CARLSBAD 5000	5K	CARLSBAD, CA	03/27/94
43	6403 ARMY TEN MILER	10MI	WASHINGTON, DC	10/16/94
44	6000 JUNIOR BLOOMSDAY	2MI	SPOKANE, WA	04/16/94
45	5987 OVER THE BAY BRIDGE	4MI	SAN DIEGO, CA	05/15/94
46	5930 E MILWAUKEE JOURNAL AL'S RUN	8K	MILWAUKEE, WI	09/23/94
47	5870 REVCON RUN FOR WOMEN	5K	LOS ANGELES, CA	05/07/94
48	5794 GATE RIVER RUN	15K	JACKSONVILLE, FL	03/12/94
49	5765 ATLANTA	HIMAR	ATLANTA, GA	11/24/94
50	5764 SPRING LAKE	5MI	SPRING LAKE, NJ	05/28/94
51	5721 NEWSDAY LONG ISLAND	HIMAR	EAST MEADOW, NY	05/01/94
52	5605 IDAHO WOMEN'S FITNESS CELEBRATION	5K	BOISE, ID	09/24/94
53	5579 GASPARRILLA DISTANCE CLASSIC	15K	TAMPA, FL	02/26/94
54	5573 WALT DISNEY WORLD	MARA	ORLANDO, FL	01/16/94
55	5500 E DALLAS TURKEY TROT	8MI	DALLAS, TX	11/24/94
56	5500 E SAN FRANCISCO ZOO RUN	7MI	SAN FRANCISCO, CA	01/22/94
57	5500 E SOUND TO NARROWS	12K	TACOMA, WA	06/11/94
58	5489 TWIN CITIES	MARA	MINNEAPOLIS, MN	10/02/94
59	5421 ADVIL MINI MARATHON	10K	NEW YORK, NY	06/04/94
60	5350 E CHEMICAL CORP. CHALLENGE: BUFFALO	3.5MI	BUFFALO, NY	06/21/94
61	5324 REDONDO BEACH SUPER BOWL	10K	REDONDO BEACH, CA	01/30/94
62	5185 RACE FOR THE CURE: DETROIT	5K	DETROIT, MI	04/16/94
63	5100 E CRAZY LEGGS	5MI	MADISON, WI	04/30/94
64	5100 E RUN TO THE FAR SIDE	5K	SAN FRANCISCO, CA	11/27/94
65	5051 REVCO-CLEVELAND	10K	CLEVELAND, OH	05/15/94
66	5022 GASPARRILLA DISTANCE CLASSIC	5K	TAMPA, FL	02/26/94
67	5017 RACE FOR THE CURE: NEWPORT BEACH	5K	NEWPORT BEACH, CA	09/25/94
68	4800 E RACE FOR THE CURE: PITTSBURGH	5K	PITTSBURGH, PA	05/08/94
69	4725 E BEACH TO BAY RELAY	4.4MI	CORPUS CHRISTI, TX	05/14/94
70	4700 E JIMMY STEWART RELAY	RIMAR	GRIFFITH PARK, CA	04/10/94
71	4680 E RACE FOR THE CURE: HOUSTON	5K	HOUSTON, TX	10/01/94
72	4597 NYRRC NEW YEAR'S EVE MIDNIGHT RUN	5MI	NEW YORK, NY	01/01/94
73	4566 GET IN GEAR	10K	MINNEAPOLIS, MN	04/30/94
74	4541 NORTHERN TELECOM CHERRY BLOSSOM	10MI	WASHINGTON, DC	04/10/94
75	4536 PORTLAND	MARA	PORTLAND, OR	10/02/94
76	4535 E DINOSAUR DASH-MILWAUKEE MUSEUM	5K	MILWAUKEE, WI	04/24/94
77	4500 E DO THE BRIDGE	4MI	SAN DIEGO, CA	10/16/94
78	4473 RACE FOR THE CURE: ATLANTA	5K	ATLANTA, GA	10/29/94
79	4463 BOBBY CRIM	15K	UTICA, NY	07/10/94
80	4445 GRANDMA'S	10MI	FLINT, MI	08/27/94
81	4444 MERCURY NEWS	MARA	DULUTH, MN	06/18/94
82	4323 BROAD STREET RUN	10K	SAN JOSE, CA	03/20/94
83	4306 SHAMROCK SHUFFLE	10MI	PHILADELPHIA, PA	05/01/94
84	4242 AMERICA'S FINEST CITY	8K	CHICAGO, IL	03/27/94
85	4200 E AZALEA TRAIL RUN: MOBILE	HIMAR	SAN DIEGO, CA	08/21/94
86	4081 KENTUCKY DERBY FESTIVAL	2MI	MOBILE, AL	03/26/94
87	4045 NORDSTROM BEAT THE BRIDGE	HIMAR	LOUISVILLE, KY	04/30/94
88	4024 COLUMBUS	8K	SEATTLE, WA	05/22/94
89	4008 TULSA RUN	MARA	COLUMBUS, OH	11/13/94
90	4000 BLUE CROSS GOVERNOR'S CUP	15K	TULSA, OK	10/29/94
91	4000 E CELEBRATION IN THE OAKS	5K	HELENA, MT	05/04/94
92	3983 JINGLE BELL RUN	2MI	NEW ORLEANS, LA	12/10/94
93	3960 E RACE FOR THE CURE: BALTIMORE	5K	SEATTLE, WA	12/04/94
94	3956 BOWLING GREEN CLASSIC	5K	BALTIMORE, MD	10/01/94
95	3948 HOUSTON-TENNECO	10K	BOWLING GREEN, KY	10/01/94
96	3911 CRESCENT CITY FALL CLASSIC	MARA	HOUSTON, TX	01/16/94
97	3900 BILL RODGERS JINGLE BELL	5K	NEW ORLEANS, LA	11/12/94
98	3774 E RUNNING'S SPORT THANKSGIVING DAY RUN	2.5MI	BOSTON, MA	12/11/94
99	3688 SEAFAIR TORCHLIGHT RUN	10K	BOSTON, MA	11/24/94
100	3688 SEAFAIR TORCHLIGHT RUN	8K	CINCINNATI, OH	11/24/94
			SEATTLE, WA	08/05/94

(Compiled by Road Running Information Center)



Bill Wood, 50, California, in the triple jump at the Nationals. Photo by Jerry Wojcik

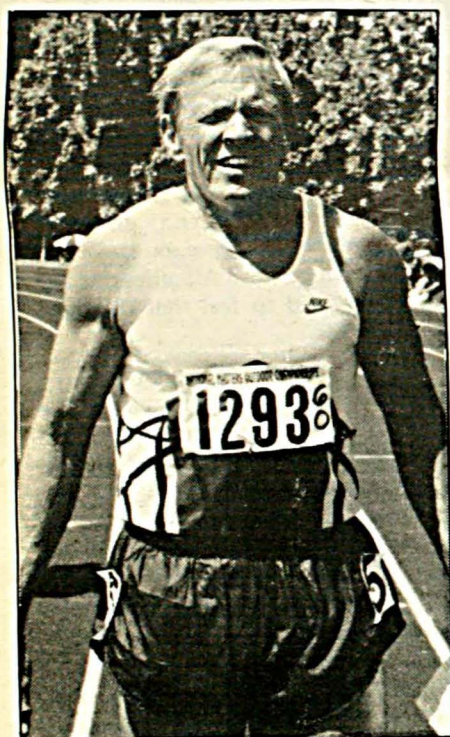


Age Grading

How Fast Do We Age? New Data Suggest Not as Fast as We Thought

How much of our physical abilities do we still retain at age 40? At age 60? At age 80? More than we might think, as shown by the new Age-Graded Tables compiled by the World Association of Veteran Athletes (WAVA).

Taking the performances of thousands of runners, throwers, jumpers and walkers over the past 25 years, WAVA, the official world governing body for the sport, has compiled tables which show how much the abilities of a well-conditioned individual vary at each age from 8 to 100 for all common track and field, long distance running and racewalking events.



Jim Mathis, Tennessee, captured three golds in the sprints at the Nationals.

Photo by Suzy Hess

Decline Varies

The decline varies by event. For example, at age 40, a marathoner can run within two percent of his/her best-ever time, while a 40-year-old sprinter loses five percent. At age 50, the decline is nine percent for the marathoner and 11 percent for the sprinter. At age 60, the drop-off is about 16 percent. At 70, it's 23 percent and at 80, 31 percent.

In other words, the data show that 80-year-olds can theoretically run 69 percent as fast as they did in their prime.

In the jumps, the decline is greater, varying from about 10 percent for the 40-year-olds, to 20 percent at 70 and 30 percent at 60, 40 percent at 70 and 50 percent at age 80 — a drop-off of about one percent a year.

The tables confirm that after a certain age (which varies from approximately 30 to 40), performances always get weaker and weaker in a continuous or ever-increasing manner. For example, the loss in performance from age 49 to 50 is, percentage-wise, equal on greater than the loss from age 48 to 49. The difference in performance between a 69-year-old man and a 65-year-old man is far greater, for example, than that of a 44-year-old man and a 40-year-old man.

Masters vs. Youths

The tables also chart the abilities of youths. For example, a good 62-year-old sprinter will beat a comparable 9-year-old. But when the man turns 63 and the boy is 10, the youngster will win. A 50-year-old and a 12-year-old



At the start of the National Masters News Age-Graded Mile, Hayward Masters Classic, Eugene, Ore., June 24, from left: Marcia McChesney, 65, Bill McChesney, 67, Donn Kirk, 64, Sharon Gerl, 47, Herb Phillips, 54, John Keston, 70, Ken Bell, 44, Bill Cooper, 52, and Dawn Russell, 70. Keston was the age-graded winner of a \$50 prize with an 88.1% 5:52.03. Bell was first in 4:48.64.

Photo by Jerry Wojcik

are about equal, as are a man, 39, and a boy, 16.

"The tables are fun for all ages from 8 to 100," says Al Sheahen, chairman of the WAVA Age-Grading Committee, and editor of *National Masters News*, the official world and U.S. publication for the sport. "If older people exercise regularly, they can retain much more of their physical abilities than we previously thought possible. The evidence proves it."

"Age grading can relieve two problems in masters running: inevitable and often depressing slowdown with age and the confusion with age-group awards," says Joe Henderson, noted author of *Running Commentary*. "These tables give runners a way to im-

prove indefinitely and they give races a way to award fewer but more meaningful prizes."

Age Grading Essential

WAVA age grading or best performance scoring is absolutely essential in scoring runners in the Clydesdales, the vast majority of teams where ages vary, and in masters performances for prize money. Many races are using this system — the positive comments by the experts nationwide are too numerous to mention in this column.

For a copy of the 60-page Age-Graded Tables book, which includes easy-to-follow samples and charts, send \$6 plus \$1.25 postage to *National Masters News*, P.O. Box 50098, Eugene OR 97405. □

Masters Age-Graded Tables

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Chart your own performance progress.

□

- Includes single-age factors and standards for each age from 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 track & field meet, road race or racewalk.

□

- 60 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes.

□

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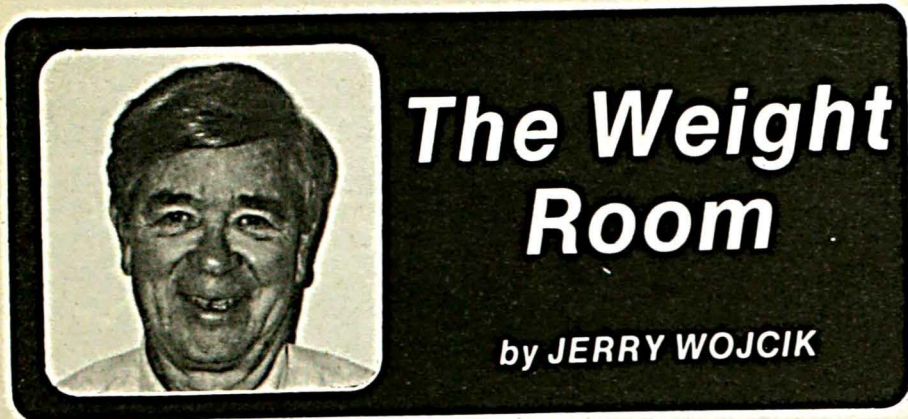


Deborah Stegman

Bronze Medalist 3K Racewalk National Masters Indoor Championship, Feb. 95 • Silver Medalist 10K Along International Racewalk Classic, October 94
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The Weight Room

by JERRY WOJCIK

Spartan Conditions at Michigan State

When the East Lansing group presented its bid for the 1995 Nationals Convention, I voted for it enthusiastically. Michigan State is my alma mater, and Detroit is my hometown.

MSU is considered one of the most beautiful campuses in the U.S. despite extensive construction. My immediate family, my 93-year-old mother and my married sister, live in a Detroit suburb. After a 35-year hiatus, I could revisit the campus from which I graduated in 1952, and combine it with a family visit.

The campus is still beautiful, and I enjoyed seeing the family matriarch at the Wojcik compound, but my enthusiasm for the meet has waned.

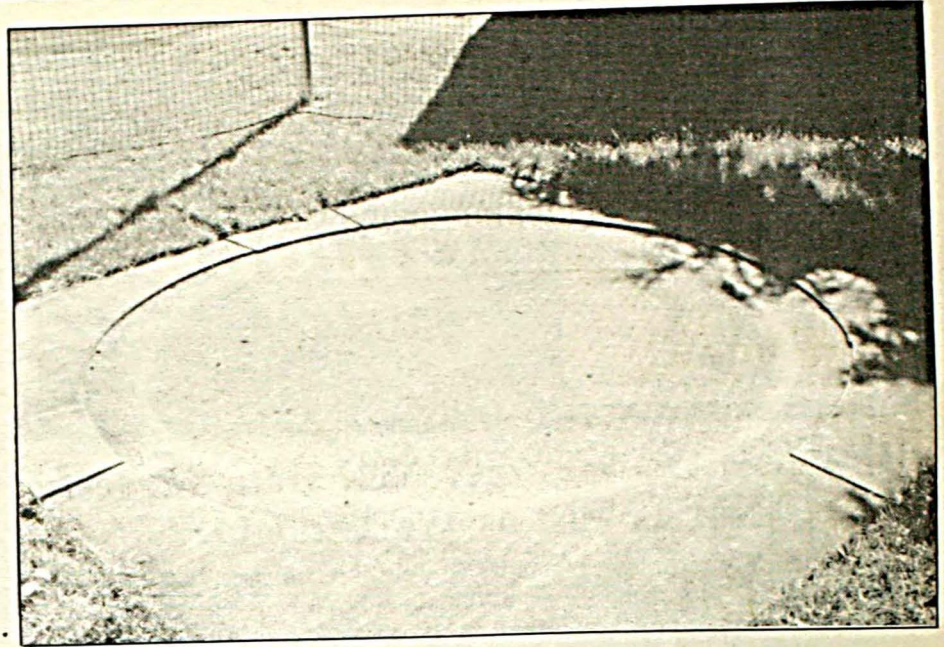
Conditions for throwing at the track were as bizarre as the weather, which

went from heat and humidity on one day to the lowest high (67°) ever recorded, on another day.

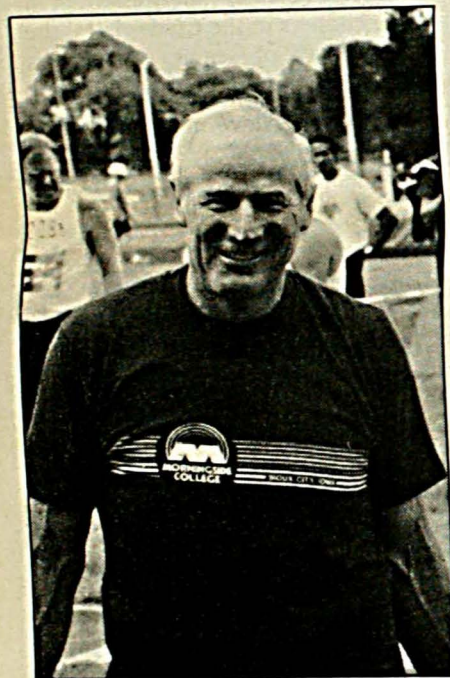
In the throws, for starters, there was no bona fide hammer ring. Instead, a white circle was painted on the discus ring. Whoever did it had not enough smarts to paint the circle against the front edge of the ring, so that throwers could at least use the lip to avoid fouling. The officials, placed in the very difficult position of judging fouls under the worst conditions, were accommodating. They gave throwers the two or so inches of the painted circle, but throwers whose feet ended up eight inches or so beyond the line were given fouls. Even worse for some throwers, the protective cage was of webbed cloth or plastic on a metal frame with an overhang that caught the handle of many throws, consequently shortening them. The cage also gave discus throwers fits.

Despite this, Sarah Boslaugh, New York City, set a U.S. W35 record, and still was so angry with the conditions that she said she was going to demand that her entry fee be returned.

The javelin run-up was a slight uphill, but the landing area had at least a two-foot drop beyond the 100' range.



Hammer circle in the discus ring. USATF National Masters Championships, East Lansing, Mich., July 5-9. Photo by Jerry Wojcik



Arnie "Wrong Way" Brandt, 60, Sioux City, Iowa. Photo by Jerry Wojcik



Vanessa Hilliard, Florida, W50 hammer throw winner, and one of her hang-ups, at the Nationals. Photo by Jerry Wojcik

almost comedic interpretations of the rules again.

"The hammer throw ring was a huge disappointment," said Ed Daniels, M40, Concord, N.H. "The high school backup for the shot and discus was adequate."

Only the shot put was held in the infield, so throwers again received minimum spectator exposure. I can't recall any mention of a throw event in progress, except perhaps for the shot, during the announcing.

At the athletes' meeting Saturday night, explanations were given for the poor throwing sites. Attendees at the meeting seemed to feel that the meet was a success.

Again, these championships reflected what is so often the case at a masters track and field meet. There are two meets: a good one for the runners and jumpers, and a bad one for throwers.

Next year's championships will be held in Spokane, which had representatives at the athletes' meeting to hype the event. Rex Harvey, Masters Multi-Event Coordinator, mentioned at the meeting that the throw facilities in Spokane are not up to championships caliber. What will be done to make the meet in Spokane, August 14-18, a genuine championships for throwers?

Not all experiences were tales of woe, however. Arnie Brandt, 60, Sioux City, Iowa, contacted me before the championships to inquire about the weight pentathlon. I explained how it worked, what the weights were, etc. When Arnie filled out his application, he checked off the pentathlon, thinking it was a weight pentathlon. When he arrived in East Lansing and discovered that the event he had entered was the regular pentathlon, he decided to do it anyway and finished third U.S.! He also took a gold in the triple jump. The last time I talked to him, he wanted to know what the decathlon events were. I hope he doesn't end up doing the Iron-Man Triathlon! □

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Highlights of the Nationals

Continued from page 9

ter because the throwing site was of sub-record caliber.

M90

Everett Hosack left early for Ohio with wins in the LJ and HT.

W30

Joy Upshaw-Margerum, Hawaii, was the standout with wins in the 100, 200, long hurdles, LJ, and TJ. Dori Robertson, Washington, ran away with wins in the 5000 and 10,000.

W35

Donna Nielson, California, was the gold medalist in the 200 (28.00), 400, and long hurdles. Jocelyn Harwood, Great Britain, won the 200 in 25.56. Martha Mendenhall, Washington, was U.S. best in the short hurdles and HJ. Harwood won the SH in 14.55. Carol Finsrud, Texas, took the SP and DT handily. Sarah Boslaugh, New York, combined a U.S. W35 HT record with a gold in the TJ. Victoria Herazo, Nevada, is the division champion in the 5000 and 10K walks.

W40

Cathy Dowling, Texas, one of the top ranked collegiate distance runners in the U.S. at age 40, who has two years of eligibility left at Southwest Texas State, breezed to 5000 and 10,000 golds. Irene Thompson, New York, won two sprints and the long

hurdles. Linda Lowery, Georgia, swept the jumps, minus the PV.

W45

Lorraine Tucker, Massachusetts, showed speed and strength with 100 and SP golds. Barbara Stratton, California, garnered golds in the HJ, LJ, and TJ. Lurline Struppeck, Louisiana, maintained her championships in three throws.

W50

Marge Allison, Australia, broke WRs in the 200 (26.64) and 400 (58.75). Joan Ottaway, California, lowered the U.S. W50 steeplechase record. Joy MacDonald, Florida, upped the U.S. PV record. Another Floridian, Vanessa Hilliard continued her dominance in the throws with SP, DT, and HT golds.

W55

Becky Sisley, Oregon, probably the best all-around woman athlete in the nationals, won the short hurdles, HJ, TJ, JT, and PV, the last with a WR 2.40, and was denied a U.S. record in the JT because of a sharply-sloped sector. Joanne Grissom, Indiana, was the best of the throwers with three blue ribbons. Elton Richardson, New York, outlegged the field in both RWs.

W60

Irene Obera, California, swept the sprints, with a U.S. record 70.78 in the



John Tucker, Virginia, second M45 in the pentathlon, USATF National Masters Championships, East Lansing, Mich., July 5-9, receives his medal from Barbara Kousky, USATF T&F chairperson, at the awards area. Carroll Dewiese did the announcing. Photo by Jerry Wojcik

400. Christel Miller, California, added a JT gold to a new U.S. HJ record (1.25).

W65

Leonore McDaniels, Virginia, took five golds, topped by a WR PV of 2.00. Bernice Holland, Ohio, ruled the throwing roost on the basis of three wins and a U.S. record HT. Pat Peterson, New York, Sumi Onodera-Leonard, California, Nancy Smalley, Colorado, and Patricia Nesley, D.C., all took two firsts.

W70

Margaret Hinton, Texas, a five-time winner, included a WR PV of 1.60. Mary Norckauer, Louisiana, had the four most interesting wins of the meet

— 400, 800, 5000, and 5000 RW — when combined with her second-place in the HT behind top thrower Libby Hagemann, Massachusetts.

W75

Gertrude Antonijevic, Illinois, was a two-time gold winner in the 100 and 200, as were Kathy Graddick, Florida, and Betty Jarvis, Oklahoma, in the throws, and Imogene Watkins, Mississippi, in the walks.

W80+

Pearl Mehl, Colorado, took every track gold from the 100 through the 5000. Sheila Evans, Indiana, set a U.S. record for the W80 LJ (1.37). Michigander Kiki David, 91, set a WR for the 5000 (54:33.60). □

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Speaker's Corner

by TOM SEAVER

Ruminations of A Running Romantic: A Dash Down Memory Lane

In 1996, the Summer Olympic Games will be hosted by Atlanta. Through the hoopla that accompanies this great sporting spectacle, America will once more rekindle its passionate love affair with that ten-event track and field competition known as the decathlon. And, inevitably, sportscasters will contribute to the hype by repeatedly voicing one very overused adjective — grueling — to describe it.

Now, being a gladiator in the ancient Roman Coliseum was grueling, running the gauntlet is grueling, competing in the Iron-Man Triathlon is grueling. But the decathlon, judging from my years of participation, hardly qualifies as grueling. The one-hour variety, maybe; but the usual two-day affair, definitely not.

Back in 1961 I competed in a track and field competition — of which, I dare say, 99% of my readers have never heard — which was decidedly more strenuous than your normal decathlon, for all ten events were contested in a single day. The order of events for the A.A.U. National All-

Around Championship was: 100 yd. dash, shot put, high jump, 880 yd. walk, hammer throw, pole vault, 120 yd. high hurdles, 56-lb. weight, broad jump, mile run. (Try all that in one day, Dave and Dave.)

As I was a true farm boy from rural Michigan, who had never even seen a 16-lb. hammer or a 56-lb. weight, I enlisted my brother's help in fashioning reasonable facsimiles of these implements. A 15-lb. feed scale weight, attached by a metal cable to a makeshift handle, became my "hammer." For the "weight," we started with a piece of broken tractor axle and welded scraps of metal to it until the desired



Everett Hosack, Ohio, the oldest competitor at age 93, in the hammer, USATF National Masters Championships, East Lansing, Mich. July 5-9.

Photo by Jerry Wojcik

heft was achieved. Not very pretty, but it was serviceable.

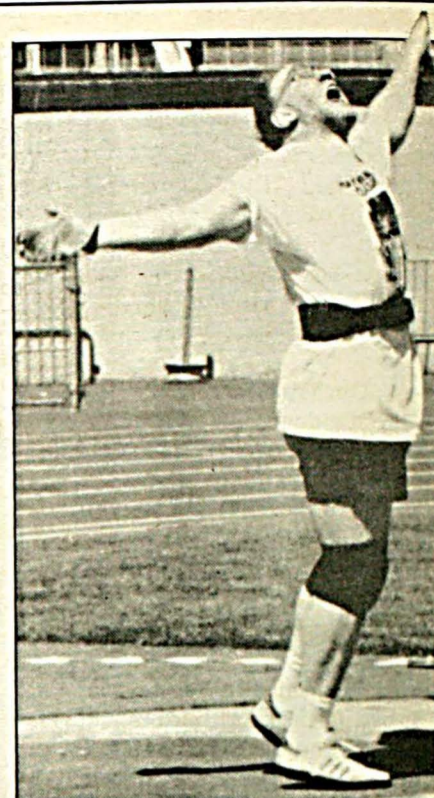
Space for a throwing area was easy to find for the 56-lb. weight as I never broke 23-0 until the national meet. The hammer, however, proved to be a greater challenge to my ingenuity, although I did eventually locate a site. Our family garden just happened to lie within the sector, and that year several string bean and tomato plants never made it to maturity. The entire vegetable plot resembled a mine field.

After rather inadequate training for the ten-er (my form in the 880 yd. walk never did get past laughable), the long-awaited departure day finally arrived. Leaving my dad and two siblings to hold down the farm in our absence, Mom, the "little kids," and I headed for Baltimore in my folks' '58 Pontiac. On the Ohio Turnpike we had a blow-out, and then, down the road a piece, limped into a service station to have the brake shoes replaced. (I had left the emergency brake on after changing the tire.) Because we were on a very limited budget and now had no spare, we made sandwiches and ate our meals in parks. (Later we returned home with \$28 — just about the price of a new tire.)

On a very balmy meet day, I quickly struck up a friendship with another all-rounder, Henry Chomicki, a wrong-footed vaulter who was kind enough to lend me his pole. (One of several tip-offs that I was strictly a novice was my failure to bring any equipment to the competition, except for my black Monkey Ward kangaroo spikes.)

Although competing in three of the events (880 yd. walk, hammer and 56-lb. weight) was a new experience for me, I managed to avoid disgracing the family name and maintained a position somewhere in the middle of the pack.

Fortunately for the athletes, a veritable deluge fell on us about halfway through the competition and the field was flooded. Contestants and spectators cooled off in the small lake



Bill Galler, M45 first (7.97), weight throw, Hayward Masters Classic, Eugene, Ore., June 24.

Photo by Jerry Wojcik

that suddenly materialized in the hammer throwing area. After the runoff was allowed to take its course (approximately three hours), we continued. However, due to the delay, no daylight saving and the absence of lighting at the cinder track, the mile run had to be contested with only car headlights for illumination.

Times for that final event were quite slow, due in part to the poor lighting, but primarily because of the ankle-deep water in the first two or three lanes. Each lap, as runners splashed into the glare of the improvised lighting, they resembled ghosts from a bygone era — doomed to an eternity of circling Hell's oval, punishment for some indiscretion during their competitive years.

My family has never forgotten the urgent, supportive cry heard every lap as the eventual winner appeared out of the darkness: "Come on, Bill!" These words came from the one-person cheering section (and attractive sweetheart) of Bill Urban.

Even though I finished a respectable fifth overall, I never again competed in this all-around championship, preferring to remain closer to home and contest the Michigan A.A.U. decathlon for the next ten years. I was lucky enough to win in '65 and was a bridesmaid five other years. Probably my greatest claim to athletic fame, however, was in defeating Greg Meyer (1983 Boston Marathon winner) — in the decathlon, not the marathon. (I suppose I should also add that he was in high school at the time.)

Now that I'm retired and the old competitive juices are flowing once again, I'd like to stick my 10½ EEs through the multi-event door and find out if the ravages of time have left me with anything besides two extremely fragile hamstrings. Hey — I'm just as macho as the next guy and always anxious to strut my stuff in any contest so widely recognized as — grueling. □

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Book Review

by JERRY WOJCIK

Running Through Life

The philosophy of America's oldest marathon runner (Paul Spangler). Dr. Paul Spangler, who died at age 95 while on an early morning run near his home in San Luis Obispo, Calif., on March 29, 1994, became one of the first apostles of fitness running after he started to run at age 67.

By word and example, on and off the roads and tracks, Spangler's enthusiasm for life left an impression on almost everybody with whom he came in contact.

To spread the word further, Spangler wrote a manuscript in hopes of publishing a short book, which, after a brief autobiographical section, would be devoted primarily to Spangler's advice on physical and mental fitness. Attempts to find a publisher were unsuccessful. After his death, the Stanford-based Fifty-Plus Fitness Association

under the aegis of Dr. Walter M. Bortz II, Spangler's doctor and close friend, raised enough money through donations to publish the book in early 1995.

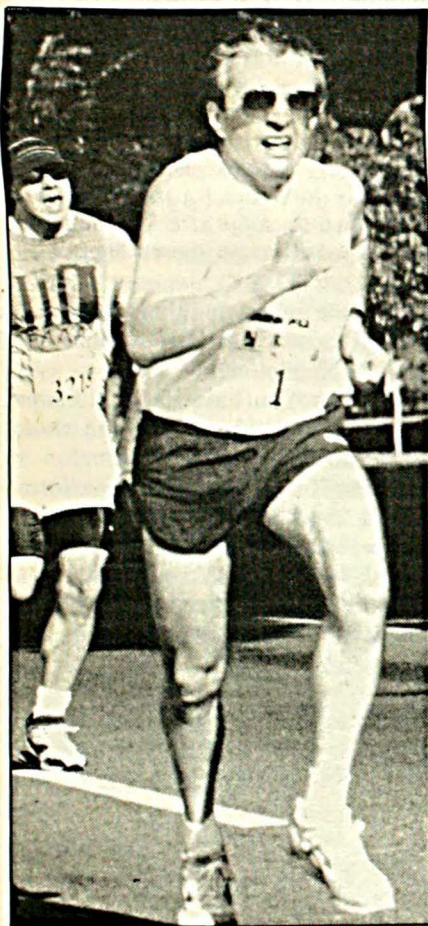
The book opens with a commentary by Bortz on his association with Spangler from their first meeting some ten years before to Bortz's examination of Spangler for two fractured ribs about two weeks before his death. The book closes with his obituaries from publications, including the *New York Times*, and tributes from friends, including Sister Marion Irvine, also an important figure early in the masters running movement.

In between, following the short account of Spangler's life from his birth on March 18, 1899, and early childhood in Massachusetts to his retirement in 1969 at age 70, the book contains Spangler's advice on how to develop and maintain "self-worth and self-esteem and purpose" in our lives. "Accepting What Cannot be Changed," "Stress," and "Nutrition, Toxins, and Prevention," are three of the book's chapters.

In no surprise, the chapter titled "What I Would Change" is about one page long.

In the final sentences of the last chapter, titled "In Closing," Spangler wrote, "My only wish and reason for writing down my thoughts is that your life may be as full of health, happiness, and productivity as is mine. I am having a ball!"

The book, 95 pages, is available for \$12, which includes shipping and handling, from the Fifty-Plus Fitness Association, P.O. Box D, Stanford, CA 94309. Profits from the book go to the Paul Spangler Memorial Lectureship Fund. □



Leland Brendsel, 52, Freddie Mac president, third M50 (20:32), Freddie Mac 5K, Washington, D.C. Photo by George Banker

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PROFILE

A High Flyer — With No Return

by GEORGE SIMON

Sometimes an interview leads to a story, and sometimes a story leads to an interview. The following is a little of both, about one of the greatest track athletes of our time, Milan Tiff.

Of all the venues in track and field, one of the least talked about is the triple jump, and yet, quietly awaiting his turn to fly, is one of the world's truly great athletes and a wonder of the human species. I refer to Milan Tiff, high school and NCAA national champion, three-time AAU champion and world record holding triple jumper. To date, Milan has set world records in the masters triple jump for age groups 40-44 (52-9) and 45-49 (51-7).

Milan's awesome jumps into the ozone have left incredible marks that will remain challenges for years to come.

Milan could not walk until he was eight years old and taught himself to walk and run by studying human and animal forms in motion. This, alone, sets him apart from others. As a child, he suffered what was probably an undiagnosed form of polio. It was undoubtedly his tremendous drive and fantastic imagination that brought about the transformation from invalid to world champion athlete.

Throughout his life, both as an artist and continuous athlete, Milan has set himself apart in training methods and participation. Even at UCLA, he would not train with the track team. He knew more about the triple jump than his coach and insisted upon training by himself in his own way. To Milan, triple jumping was an art form. Thus, the athlete with the most beautiful form would have the longest jump.

Deliberate Loss

One insight on Milan's views and beliefs comes from his deliberate loss at the 1976 Olympic trials so he would not have to stand on the Olympic winner's podium. Presumptuous, yes — but steadfast in what he believes.

What does Milan Tiff believe? The following interview provides some further understanding of this outstanding

and complex athlete.

GS: Milan, now that you are into the masters program, where do you think the program is going?

MT: The masters should have their own organization, their own rules and regulations. It will probably end up with two factions — one for the fun, enjoyment and competition, and the other for the truly sport-minded athletes to compete with qualifying peers for the true records and championships.

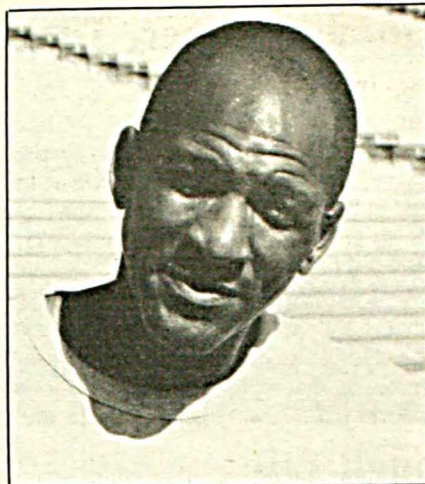
GS: How do you feel about former champions and world class athletes coming into the masters program?

MT: I know a lot of them and there are two basic answers — one given and one unsaid. The first is that they will want expenses paid and see the possibility of a return for their efforts. They do not believe in participating free, as they feel they are being exploited by the establishment. The second answer, and they won't say it, is they will not compete as masters at the new level for fear of losing. A lot of them have tremendous egos and will not allow themselves to fall from grace.

Why Pay Expenses?

GS: As masters, which is supposed to be for the sheer enjoyment of the athletes, why should someone be paid expenses to compete and others not?

MT: I believe that every national and world champion should be



Milan Tiff

guaranteed expenses to come back the following meet to defend his title. This would be an incentive to attend a championship meet, knowing you have a chance to defend your title with expenses paid — if you win.

What happens to a champion or world record holder who cannot afford to go to the meet to defend his title? Will the winner of that meet be the real champion, because the defending champion couldn't afford to be there?

GS: What are your thoughts on the World Veterans games?

MT: You may get a lot of athletes attending, but they will never get media or world attention until there is a "Masters Olympics" with qualifying athletes only — just like the real Olympics. As far back as I can remember, I have felt that the Olympics and all sports establishments were taking advantage of the amateur athletes and exploiting them.

For example, the podium at the Olympics — an athlete receives a medal for a great effort and he looks at the multitude of people in the stands. He knows they pay horrendous prices for the tickets, the food, the trinkets and mementoes. Cameras are grinding and clicking all over the place for television around the world and advertisers have paid billions of dollars for sponsorship and a worldwide audience.

The almighty buck and bottom line scenario — no wonder the athlete is overwhelmed at the enormous business and political venture of the Olympics.

Hundreds of athletes perform to supply entertainment for the "greatest show on earth" and what is their return? Food, lodging, transportation and a lifetime memory of a great performance.

Control Their Own Destiny

GS: Milan, getting back to the masters, what do you think they should be doing?

MT: The masters must control their own destiny, not be controlled by outside organizations that do nothing to solve masters' problems. The masters pay dues to USA Track and Field. The masters clubs pay dues. The athletes pay entrance fees, and their own expenses. We cannot get officials from the area establishment to properly run our local meets. Attendance is going down each year.

Officials don't like to work masters meets, because rules and regulations are arbitrary, there are complaints from the athletes, and the officials don't even get gas money after traveling many, many miles. Sometimes, the word doesn't get out that there is a meet in need of officials. Someone, who is masters oriented, must start paying attention and solving masters problems.

GS: At the National Championships in Eugene, Oregon in 1989, you put on one of the most awesome performances I have ever seen. You made three jumps, and each succeeding jump set a new world record. Isn't it enough that you have a chance to perform something you love doing and also win the gold medal?

MT: No. I have plenty of medals. Where is the return for the athlete who performed on stage after paying all his own expenses to get there? There is no return.

GS: One more question, Milan. Is being the world record holder the ultimate champion?

MT: No. You have national champions, Olympic champions and world record holders. The true champion of the event is the oldest person performing the event and setting his (or her) age record. In order to break that record, he first has to achieve his age and still perform. He could be 90 years old. He is the ultimate champion. □

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1, 2, 3 in M65 100 at Senior Olympics, Kerrville, TX. Bill Bowers (7.03), Andy Anderson (7.09), Scott Wilford (7.12). Photo from Bill Bowers



John Keston, 70, first in the National Masters News Age-Graded Mile (5:52.03 88.1%), Hayward Masters Classic, Eugene, Ore., June 24-25. Keston also won the 10,000, 5000, 3000, and 1500. Photo by Suzy Hess

Good Weather, Turnout at Hayward Classic

by JERRY WOJCIK

In almost perfect weather (a late afternoon wind slowed runners at the far turn), over 230 athletes took part in the 15th annual Hayward Masters Classic in Eugene, Ore., on June 24-25.

Despite a conflict with the USATF West Regional Masters Championships on the 24th in Northern California at Los Gatos, the number of entrants was almost at record level. The meet drew athletes from Los Angeles, Seattle, and Hawaii.

Perhaps aided by the wind, pole vaulters accounted for two world records. Jerry Cash upped the M45 mark from 4.71 to 4.73. Becky Sisley broke the W55 record of 2.00 by over a foot with a 2.34.

Denise Foreman lopped four seconds off the W35 U.S. record for the long hurdles with a 67.10.

Stephen Robbins, national M50 indoor and outdoor sprint champion, won the 100 and 200 with event best times of 11.55 and 23.58. Tom Gage, Montana, M50 world record holder in the hammer, won that event with a 61.80 and the 35-lb. weight throw with a 17.06.

John Keston, 70, was the best of a nine-person field in the *National Masters News* Age-Graded Mile on the 24th, with an A-G 88.1% 5:52.03, equal to a 4:14.83. This after running the 10,000 two hours earlier in 39:55. At

3:00, he ran the 1500 in 5:28.21.

The meet was hosted by the Oregon Track Club Masters, with Timothy Shelley serving as meet director. The primary sponsors were Excel Sports Science, SportHill, and Pacific Continental Bank. A Saturday evening reception was hosted by the Oregon TCM and the meet's headquarters hotel, the Phoenix Inn.

The meet also served as the USATF Oregon Association Master Championships. □



John Nagel, M30 winner (33:28), 10,000m Hayward Masters Classic, Eugene, Ore., June 24. Photo by Jerry Wojcik



Becky Sisley broke the world record for the W55 pole vault with a 2.34, Hayward Masters Classic, Eugene, Ore., June 25.

Photo by Suzy Hess

Masters Triumph at Shelter Island

by MAURY DEAN

When Eamonn Coghlan broke the vaunted 4-minute mile as a master, he ran with New York's finest masters miler — Paul Mascali of Manhasset (with 4:17 credentials). It was perhaps the only time in Mascali's life he finished way back there somewhere. The 43-year-old Manhasset speedster crushed the local stars with a 32:19 on the tough Shelter Island course, June 10, zooming to 7th overall (of 1300).

In the Lake Ronkonkoma Four-Mile Long Island Championship, June 24, Mascali's 20:35 topped a nice second master's effort by up and coming John Del Maestro by over two minutes (22:40). Kathy Gribbon (41, 24:37) led the masters women, with Nancy Tischler (50, 27:15), fourth master overall, taking the W50 title.

Who is this Luis Lopez, anyhow? At Shelter Island, he whopped the 45-49 crew (45, 32:27) and even shadowed Mascali. A mere two seconds behind, Michael Bressi (41, 32:30) charged along to the fastest masters bronze ever at this muggy, rolling, mansion-strewn, salt-sprayed course.

The W50-59 Shelter stampede featured a dynamic duel between Nancy Tischler (50, 44:50) and Betty Horstmann (50, 45:16), with Mary Lynne Caruso in speedy tow (52, 45:26). This was the fastest female fifties finish ever at Shelter's fabled 10K. A big race like Shelter Island should

know better than to still do 10-year age groups. The W45-49 field featured top-two showdowns between Estella Classen (45, 46:08) and Hilary Boucher-Carlin (49, 46:45). Winner Lindsey Folsom (42, 41:39) gave the rest of the masters women the blues.

In the M60 division, Rich Murphy, (60, 39:22) turned in an 83.1% age-graded performance. □

Tennessee Masters Championships

by DEAN WATERS

Everyone who participated in the eighth annual meet at the University of Tennessee's Tom Black track, May 20, had a treat. The university had just spent a quarter million dollars upgrading the facility for the 1995 NCAA outdoor championships, and the masters meet got the early benefits.

A completely resodded infield, the latest Omega Hawkeye timing system with radio coupling to the wind gauges, a new scoreboard, and a new announcing system have made the track equal to the finest facilities in the U.S. The only negative was the need to move the hammer and weight throws to another location to avoid tearing up the infield ten days before the NCAA meet.

Highlights included the welcome return of Nolan Fowler back to com-

petition in the hammer, and an attempt at a world record in the 110H by Thomas Gilliard, 45. Nolan, a long-time supporter of the meet, missed last year's Southeastern Championships in Knoxville for the first time as a result of a series of injuries. Gilliard's attempt to break the world record of 14.7 was frustrated by a slight stumble at the start, which led to his hitting two hurdles. He later showed his speed in the 200 with a 24.58.

Despite the fact that many of the regular officials were away at the Southeastern Conference Championships, the officiating was done expertly by the certified officials from the Knoxville Track Club's officials association who stayed behind.

The Knoxville and Oak Ridge TCs have sponsored the meet since its inception in 1985. □

Reebok Boston Masters Meet

by JANE DODS

The 14th Annual Reebok Boston Masters Meet (combined with the USATF New England Championship) held at the Northeastern University track in Dedham, Massachusetts, June 24, attracted 353 athletes. Many of these athletes used the meet as a tune-up for the National Championships in East Lansing, Michigan and/or the WAVA Championships in Buffalo, New York in July.

Record-breaking performances by the Boston Running Club took place in both the men's and women's sprint relays. American and world records were set by the M50-59 team of Roger Pierce, Lincoln Russin, Joe Kopka and Bic Stevens. Their splits of 56.26 (400), 27.10 (200), 23.32 (200), and 2:11.48 (800) combined for a finish time of 3:58.16. The W40-49 team of Carolyn Cappetta, Linda Upson, Mary Ryan and Doris Hearty combined splits of 69.2 (400), 31.2 (200), 30.5 (200) and 2:37 (800) for a new American record of 4:48.11.

Another meet highlight was the performance of Dr. H. Paul Narcessian, 83, who set two single-age records in the hammer. His throw of 80-6 (4#) set a new American record, while his throw of 63-6 (5#) established a World record in that event.

Directors Paige Martini and Fred Treseler were very pleased with this year's meet which was the largest open meet held in New England in many years. It historically provides an opportunity for all masters to try track and field as well as to achieve many record-breaking performances. □



Report from Britain

from MARTIN DUFF

Every month brings a British veterans championships. June 18 saw John Parker take his turn with a 31:38 10K victory in the Midlands motor-town of Coventry.

Most of the age groups had new/first-time victors. Chris Hughes won the M45 in 32:25, Malcom Martin, the M50 in 33:03, and Ian Barnes, the M60 in 37:26.

However, old favorites were also to the fore: Steve James added another

M55 title in 33:46, while Steve Charlton was a runaway M65 winner in 37:48, ahead of all the M60s except Barnes.

Maxine Joyce won her first women's title with a W35 37:33, well ahead of Denise Hoogesteger, who took the W40 gold in 38:39. Myra Garrett cleaned up in the W50 group again with a 40:53 effort. Pam Jones (W55, 45:01) and Joselyn Ross (W65, 46:59) were also prominent. □

Gateshead To Host 1999 WAVA Meet

Gateshead, England was chosen to host the 1999 WAVA World Veterans Athletics Championships by delegates to the WAVA General Assembly in Buffalo, July 20. The northern English city easily won the bid over Victoria, Canada, and Kuala Lumpur, Malaysia. St. Petersburg, Russia withdrew before the voting.

Cesare Beccalli (Italy) was re-elected WAVA President over Owen Flaherty (Spain). Tom Jordan (USA) defeated Executive Vice-President Bob Fine (USA) for that office. Jim Blair (NZL) won over Ron Bell (GBR) and Vadim

Marshev (RUS) for Vice-President Stadia, to replace the late Bill Taylor.

Jacques Serruys (BEL, Vice-President Non-Stadia), Torsten Carlius (SWE, Secretary), and Al Sheahan (USA, Treasurer) ran unopposed.

The Women's Committee unanimously re-elected Hannelore Guschmann (BEL) as its representative to the WAVA Council.

Overall, the Championships in Buffalo were successful, but there were several technical and other problems. Complete details and results next month. □


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- 4330 Compete in VI WAVA Veterans Games in Rome
- 1500 Compete in World LDR Championships in England
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WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7¼"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60+	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.
50-59	6.00k	1.50k	6.00k	800 gms.
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

Steeplechase: 3000m for men 30-59; 2000m for men 60 + and women.

Masters Scene

EAST

• **Dee Nelson**, 51, eighth woman in 22:34, and **Felix Humphrey**, M40, with a 17:22, stapled down masters firsts in the Office Depot 5K, Bethesda, MD, May 15. Humphrey, seventh overall, caught the spectators' attention by running the entire race barefoot.

• **Kathy Gribbon** (41, 24:43) nearly won the Family Fun Run 4-Miler in Central Park, June 18, overall, less than a minute behind winner **Gillian Beschloss** (36, 23:54). **Samuel Skinner** (52, 22:23) outclassed the masters men in a fine field.

• At the Western Heights 5000, Hagerstown, MD, June 18, **Carl Llewellyn**, 79 (the day before his 80th birthday) ran a strong 29:08. Masters winners were **Neil Riemenschneider** (40, 16:03) and **Sandra Adams** (45, 21:21).

• **Cathy Ventura-Merkel** (40, 19:00) placed first overall at the NationsBank Olympic Day 5K, June 22, Washington, DC.

SOUTHEAST

• **Jim Mathis**, M60, flew to a "triple crown" victory in the 100 (12.1), 200 (25.1), and 400 (56.1) at the Memphis Senior Meet, May 10.

• At the 13th Annual Alabama Sport Festival, Mobile, Ala., June 24, **Betty Lafferty**, 53, stole away with four gold medals for placing first in the 400, 800, 1500 and 5000 against competition from both younger and older runners.

MIDWEST

• **Mel Flachs**, M80, set three meet records at the Athlete's Foot Masters Meet, Rock Island, June 3: 50 (10.4), 100 (19.0), long jump (8-7). On June 24, at the USATF Midwest Masters Meet in Byron, IL, he bettered those marks: 50 (10.10), 100 (18.90), long jump (8-10). Way to go, Mel!

• Smashing the All-American standard in the 20K racewalk, **Max Green** strode to an M60 victory in 1:54:27 at the Jack Mortland Racewalks, Yellow Springs, OH, May 14. In the 10K, **Gayle Johnson** also broke the All-American standard by capturing the W45 title in 56:48.

MID AMERICA

• **Doug Kurtis**, M40, romped through Grandma's Marathon in 2:27:41 for the M40+ win in Duluth, June 17. **Rob Whetham**, M40, was second in 2:28:59. Seventy-year-old **John Keston** took the M70+ contest in a remarkable 3:07:30. **Gillian Horovitz**, a recent 40, finished with the female leaders in 2:44:43. **Marybeth Dillin**, W40, took second in 2:56:43.

• At the Long Island Police Appreciation 5K, June 29, in East Meadow, New York, **John McManus**, 71, turned in a 98.2% age-graded performance, winning his division in 21:20.

• **Al Grime** (1:00:14) outkicked **Dennis Schultz** (1:00:35) to capture the men's masters title at the Garden of the Gods 10-Mile Run, Colorado Springs, June 11. **Lorraine Caldwell** (1:06:50) led the women in this Rocky Mountain ramble.

• **Dick Wilson**, 63, of Lawrence, KS, set an M60 course record in the Trinity Hospital Hill 8K in Kansas City, June 4. His time of 31:20 broke the previous record of 33:00 over the hilly course.

NORTHWEST

• **Charles Stewart**, 43, Aurora, CO, second overall in 3:30:31, and **Theresa Daus-Weber**, 40, fourth overall and first woman in 3:32:40, were first 40+ in the marathon portion of the Wyoming Marathon/Rocky Mt. 50 Mile, Laramie, May 28. **Will Pittenger** (44, 7:13:36), Boulder, CO, was first overall in the 50 mile. **Cynthia**

Daniels (45, 9:31:33), Salt Lake City, took the W40+ first.

• The Seattle Masters T&F Classic, June 10, was treated to a 31.53 100m performance by 90-year-old **Zora Lux**, who also ran a 70.99 200m. This was her first track meet, and she was cheered by many generations of family and friends from the Kent, WA Senior Center.

WEST

• Results of the Visalia Classic Masters Meet, Visalia, CA, May 20 (July NMN) should have read: M70 Ed Chynoweth 39-0½, then M75 Hal Cronkhite 33-6.

• Over 200 of the 350 athletes in the 1995 Aloha State Games, U. of Hawaii, June 9-11, were age 30-and-over. **Joy Margerum**, USATF W30-34 Athlete of the Year in 1994, negotiated the 100mH in 15.27 and the 400mH in 67.0. **Sheldon Varney**, 65, former World Games champion, high jumped 4-8.

• **Shirley Kinsey**, W65, jumped 5-10 to set a world record in the pole vault at the Crown Valley Senior Games, Los Angeles, CA, April 23.

• Twenty teams participated in the First Annual **Paul E. Spangler Memorial Fitness Relay** at Laguna Lake Park in San Luis Obispo. The event was put on by the San Luis Distance Club. The race attracted people of all ages, many over 50, and included team divisions: open, coed, husband and wife, and parent and child. The oldest competitor was **Bob Sterling**, 82.

• The **Walt Stack Memorial Run** was held on April 9, the same morning as the Pacific Association's Gimme Shelter 5K. The run attracted 400 starters. Entry fee was just \$7. The 25K event went out and back from Aquatic Park, across the Golden Gate and down to Sausalito — the same route Walt followed on a daily basis for more than 20 years.



Cathy Ventura-Merkel, 40, first W40+ (18:52), Freddie Mac 5K, Washington, D.C.

Photo by George Banker

CANADA

• Former NFL and Hamilton Tiger-Cats defensive back **Scott Tyler** ran the 110mH in 14.8, Canadian Masters T&F Championships, Hamilton, Ontario, June 24-25. **Sarah Boslaugh**, NYC, broke the U.S. W35 hammer record of 39.66 with a 40.14. On Saturday, the best matched participants of the meet, sprinters **Bob Zimmerman**, 48, and **Pamela Duncan**, 49, switched their running shorts for a tux and a gown and exchanged wedding vows on the track in a ceremony administered by **Rev. Bernie Smith** and **Rev. Richard Darling**, both masters competitors. The couple first met 15 years ago. "We wanted to do this three years ago, but we always chickened out," said Zimmerman, prior to the 15-minute ceremony, attended by about 100 friends from the track community and the couple's children and grandchildren.

FIVE YEARS AGO August, 1990

- **John Campbell**, 41, Runs World M40 Best 45:10 in Utica Boilermaker 15K
- **Buell Crane** and **Paul Spangler** Set M90 Records in Eugene
- **Roger Robinson**, 51, Has Best Age-Graded Time in Cascade Run-Off 15K

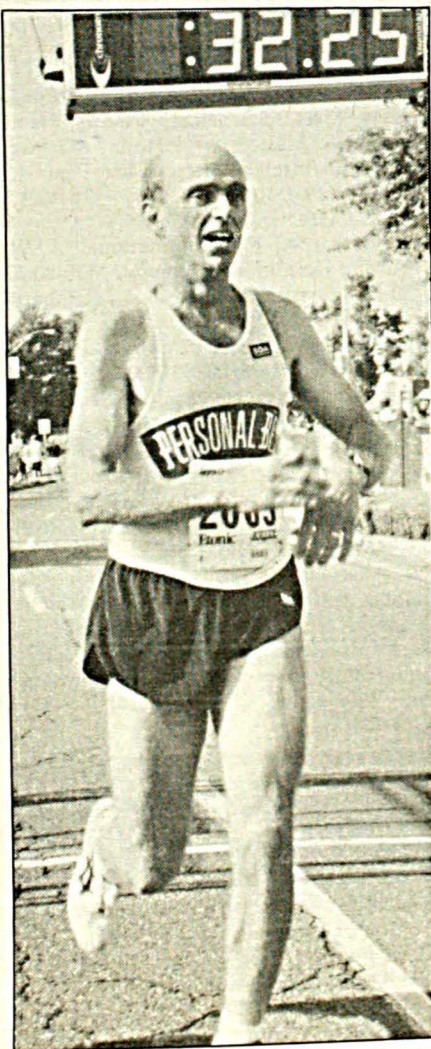
Postmenopausal female runners needed for study

If you're age 55 to 75, postmenopausal, and a distance runner, you may be eligible for a research study at the University of Pittsburgh Medical Center in Pittsburgh, PA. The study will look at cardiovascular function, heart disease risk factors, body composition, and bone density. The study is supported by the Andrus Foundation of the American Association of Retired Persons (AARP) and the Pennsylvania Affiliate of the American Heart Association. Limited travel money is available for participants who qualify for the study.

To find out if you qualify, contact **Jim Hagberg, PhD**, UPMC Preventive Cardiology, at **(412) 648-6859**; or write to him at Preventive Cardiology, Kaufmann Building Suite 1212, University of Pittsburgh Medical Center, 200 Lothrop St., Pittsburgh, PA 15213-2582.



UNIVERSITY of PITTSBURGH
MEDICAL CENTER



David Greer, 40, takes third at the 1995 WZY Cotton Row Run. Photo by Jim Oaks

Schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. 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. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD NATIONAL

August 19. USATF National Masters Weight & Superweight Championships, Seattle. Followed by Ultra Weight Classic. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206/932-3923. Fax 206/932-3917.
August 26. USATF National Masters Weight Pentathlon Championships, Nevada Union HS, Grass Valley, Calif. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 916/273-3660.
August 8-11, 1996. 29th annual USATF National Masters Championships, Spokane, Wash.
August 15-18, 1996. WAVA North American Masters Championships, Eugene, Ore.

EAST

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

August 6, 20. Potomac Valley TC Meets, Williams HS, Alexandria, VA. 703/671-2520.
August 13. Philadelphia Masters Summer Games, Swarthmore College. Peter Taylor, 4014 Hallman St., Fairfax, PA 22030. 703/385-4392.
September 2-3. Potomac Valley Games, site TBA. Sal Corrallo, 3466 Roberts Ln., N. Arlington, VA 22207. 703/243-1290.
September 17. NY Masters Fall Mini-meet, (Throws and Jumps only). Merchant Marine Academy, Kings Point, Long Island, N.Y. SASE to Roz Katz, 170-11 65th Av, Flushing, NY 11365. Roz Katz, 718/358-6233; Eric Weisbrot, 516/487-1417. Call 7-9 p.m. only.
October 29. Runner's Pentathlon (outdoor), Swarthmore College, Pa. 3000/800/200/1500/400. Peter Taylor, 4014 Hallman St., Fairfax, PA 22030. 703/385-4392.

MIDWEST

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

August 12. USATF Midwest Regional Masters Championships, Indianapolis. Ken Rowe, 6045 Evanston, Indianapolis, IN 46220. 317/251-9149.

MID-AMERICA

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

August 6. Masters Early Morning "R" Meet, Minneapolis, Minn. (Note: this meet does not follow USATF rules.) Rachel Lyga, 122 NE 63½ Way, Minneapolis MN 55432. 612/574-9661.
August 6. Athlete's Foot/Lincoln Mile. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.
September 2-3. Rocky Mountain Masters Games, U. of Colorado, Boulder. Dave Simons, 1550 Baseline Rd., Boulder, CO 80302. 303/443-4919. Nancy Manson, 303/341-7992.

September 17. Lincoln TC Fall Classic, Nebraska Wesleyan U. SASE to Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

August 16-20. West Texas Senior Sports Classic. 50+. Peter Laverty, 2001-19th St., Lubbock, TX 79401. 806/767-2710.
September 9. Waterloo Relays, Austin, Tex. Jeff Brower, 7305 Tanbark Cove, Austin, TX 78759-3737. 512/257-1642 or 918-0497.
Sept. 29-Oct. 1. Arkansas Senior Olympics, Hot Springs, AR. Gail Ezelle, Arkansas Senior Olympics, P.O. Box 3377, Hot Springs, AR 71914. 501/321-1441. Deadline Sept. 5.

WEST

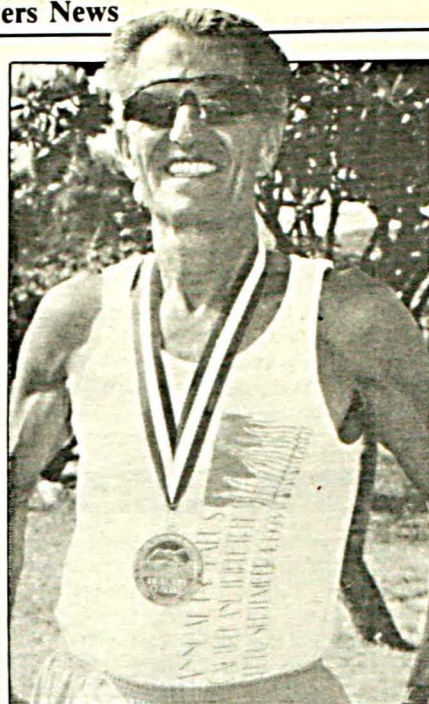
Arizona, California, Hawaii, Nevada

August 3, 19. Timber Wolf T&F Club Meet, Encina HS, Sacramento. PO Box 19142, Sacramento, CA 95819. 916/489-2708.
August 5. USATF Pacific Association Championships, Soquel HS, Calif. Age-Graded Meet: open & masters athletes compete together and will be scored using the A-G tables for awards. Men & women separate. Bill Johnson, 408/335-0460. Santa Cruz TC, PO Box 1803, Capitola, CA 95103.
August 12-20. Bay Area Senior Games, Oakland. 55+. Barbara Chang, 4151 Midvale Ave., Oakland, CA 94602. 510/531-9721.
September 2. Nor Cal Seniors TC Classic, Berkeley. Dan Behrens, 2838 Enea Way, Antioch, CA 94509-4755. 510/754-3318.
September 16. KELfield 2nd Anniversary Meet. All throwing events. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.
October 1. Sri Chinmoy Masters Games, CSU-Long Beach, Calif. 40+. Bigalita Egger, 310/645-0271.
October 7. Club West Masters Meet, Santa Barbara City College. Club West, 937 Arcady Rd., Montecito, CA 93108. 805/969-5851.
October 21. KELfield Throws Series Meet #42. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

NORTHWEST

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

August 3, 12-13. USATF Alaska Meets, 3 Anchorage; 12-13 Palmer. Decathlon at Palmer. Thomas Light, 907/786-7431.
August 5. Helena Summer Throws Meet & Weight Pentathlon. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.
August 5. Key Bank Classic Masters Meet, Lincoln Bowl, Tacoma, Wash. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206/932-3923 or 206/938-3895.



Andre Tocco, first M55 (1:29:44), Windward Half-Marathon, Kailua, Hawaii.

Photo by Tesh Teshima

October 16-27. Huntsman World Senior Games, St. George, Utah. M&W 50+. Huntsman Games, 50 E. 100 South, Ste. 211, St. George, UT 84770. 800/562-1268; 801/374-0550.

CANADA

September 9. Canadian Masters Athletic Association InterClub Championships, Metro T&F Centre, York U., Toronto, Ont. M35+, W30+. Awards Age-Graded Basis. CMAA, 1185 Eglinton Ave., East, Suite 202, North York, Ontario, M3C 3C6. 416/426-7325.

INTERNATIONAL

August 5-6. 25th British National Championships, Whipton, Exeter. Ken Ballam, 152 Spring Road, Bournemouth BH1 4PX, England.
September 9-10. San Juan International Masters Meet, San Juan, Puerto Rico. Puerto Rico Masters Association, PO Box 31300, 65th Infantry Station, Rio Piedras, PR 00929-0300. Jesus Galvez, 809/789-7436.
September 24. 8th International LSW Throwing Decathlon, Germany. M30-80 & W30-70, 5-year age divisions. Reinhard Langendorf, Pfarrgasse 14, 63165 Muhlheim/Main, Germany. Phone: 06108-73717 or 06108/601800. Limit 20 participants per event. Deadline Sept. 10.
October 5-14. 5th Australian Masters Games, Melbourne. 53 sports. Age 30+. Helen Pain, Sports Travel International, 4869 Santa Monica Ave., #B, San Diego CA 92107. (619) 225-9555; Fax: (619) 225-9562. Or GPO Box 2392V, Melbourne 3001 Australia.
October 8-10. All Japan Masters Athletic Championships, Hiratsuka City, Kanagawa Prefecture. Nippon Masters Athletic Union, Fuji Kasai Bldg., 1-25 Kitanoshinchi, Wakayama City, 640 Japan. Tel: 0734-32-0787/7416.

LONG DISTANCE RUNNING NATIONAL

September 16. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.
October 8. USATF National Masters Marathon Championships, Minneapolis/St. Paul. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345. 612/936-0851.

ON TAP FOR AUGUST TRACK AND FIELD

After East Lansing and Buffalo, hot competition is still available, especially for throwers, in the USATF National Weight & Superweight Championships in Seattle on the 19th and the National Weight Pentathlon Championships in Grass Valley, Calif., on the 26th. Before those, you'll find the Key Bank Meet in Tacoma on the 5th, Midwest Regional Championships, Indianapolis, the 12th, and Philadelphia Summer Games, Swarthmore College, the 13th. For a change of pace, check out the USATF Pacific Championships, Soquel, Calif., on the 5th, where open and masters athletes will compete together and be scored using the Age-Graded Tables for awards.

LONG DISTANCE RUNNING

A schedule limited by the heat of the summer finds the George Sheehan 5K in New Jersey on the 12th, Parkersburg Half-Marathon, West Virginia, the 19th, America's Finest City Half-Marathon, San Diego, the 20th, and the Maggie Valley 8K, North Carolina, the 26th.

RACEWALKING

The USATF Eastern Regional 3K Championships tours Central Park on the 6th, as does the Regional 10K Relay Championships, the 27th.

October 15. USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716/242-9031.
November 11. USATF National Masters 5K Cross-Country Championships, Landen, Ohio. Scott Brooker, 230 Northland Blvd., #309, Cincinnati, OH 45246. 513/860-2253.
November 18. USATF National Masters 8K Cross-Country Championships, Boston. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

EAST

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

August 12. George Sheehan 10K, Red Bank, N.J. John Houlenbeek, PO Box 157, Spring Lake, NJ 07762. 908/974-8457.
September 16. Great Cow Harbor 10K, Northport. SASE to Great Cow Harbor 10K, PO Box 1, Northport, NY 11768.
September 17. Philadelphia Half-Marathon. PDR, PO Box 43111, Philadelphia, PA 19129. 610/293-0786.
September 24. Pittsburgh Great Race 10K/5K. Great Race, 400 City County Building, Pittsburgh, PA 15123. 412/255-2493.

SOUTHEAST

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

August 26. Maggie Valley Moonlight Run 8K. MGMR, PO Box 279, Maggie Valley, NC 28751. 704/926-1686.

Continued on next page

Continued from previous page

September 4. The U.S. 10K Classic, Atlanta. SASE to 6400 Highlands Pkwy., Suite C, Smyrna, GA 30082. 404/431-0100.

September 9. Run By The River 5K. Masters & Grandmasters money. SASE to RBTR 5K, PO Box 3899, Clarksville, TN 37043. 615/647-3855.

MIDWEST

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

August 19. LaSalle Fest 4 Miler. Age groups to 85+. Diana Maas, First Federal Savings Bank, 475 Third St., LaSalle, IL 61301. 815/224-4400.

August 19. Parkersburg Half-Marathon (USATF Men's Open Championships). Half-Marathon, PO Box 718, Parkersburg, WV 26102. 304/424-2786.

September 2. Charleston 15K/5K. CDRC, PO Box 2749, Charleston, WV 25330. 304/348-6464.

October 8. Windy City International Marathon, Chicago. 312/915-6226; 800/WINDY CITY.

MID-AMERICA

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

August 20. Beat the Clock 5K. Kansas City Runners Council, 7201 W. 129th, #300, Overland Park, KS 66213. 913/685-2200 (weekdays), 913/681-8171 (otherwise).

September 14-17. Women's Running Camps, Diane Palmason, 4029 S. Roslyn St., Denver, CO 80237. 303/779-4294.

WEST

Arizona, California, Hawaii, Nevada

August 20. America's Finest City Half-Marathon. Neil Finn, American Lung Assn., Box 3879, San Diego, CA 92163. 619/297-3901.



Helen Ortiz, W65, competing in her first masters meet, finished the 5000 in 32:50.5, a great beginning, Visalia Classic Meet, Visalia, Calif.

Photo by Glenn Williams



Bill McChesney, 67, ran an age-graded 83.2% 5:59.83, National Masters News Age-Graded Mile, Hayward Masters Classic, Eugene, Ore., June 24

Photo by Suzy Hess

September 3. Stomp Romp, Manteca, Calif. A 5K through the vineyard. Phone: 209/239-0015. Fax: 209/239-6207.

September 6. Mt. Charleston Forest Challenge 4/8/18 Miler Las Vegas, NV. Mike Naylor, 4727 Beaconsfield St., Las Vegas, NV 89117. 702/483-1276.

NORTHWEST

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

August 5. Homer's Classic 10K. Joanne Stewart, Box 783, Silverton, OR. 503/873-8577.

August 5. McChesney Memorial 10K, Marcola, Ore. 503/933-2732.

August 12. Tyrannosaurus Tear 5K Run/Walk, Laramie, Wyo. Brent Breithaupt, Geological Museum, U. of Wyoming, PO Box 3006, Laramie, WY 82071-3006. 307/766-2646.

August 25-27. Hood To Coast Relay, Mt. Hood to Seaside, Ore. June 30 deadline. Linda Stirling, 115 S.W. Ash St., Suite 523, Portland, OR 97204. 503/227-1371; fax 503/248-4114.

September 16. Prefontaine Memorial 10K, Coos Bay, Ore. 503/269-1103.

INTERNATIONAL

October 31-November 14. Himalayan 100 Mile Stage Race (Oct. 31-Nov. 7) & Mt. Everest Challenge Marathon/Darjeeling 10K (Nov. 7-14). Force 10 Expeditions Ltd., PO Box 1925, Eagar, AZ 85925-1925. Phone/fax: 520/333-4840; 800/922-1491.

RACE WALKING

August 6. USATF Eastern Regional 3K Championships, Central Park, NYC, Park Racewalkers, USA, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

August 12. Promina Health Place 5K Road Challenge Race and 5K Judged Racewalk, Marietta, Ga. Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/924-7585.

August 13. Golden Gate Racewalkers and Pacific Association/USATF 20K Racewalk, Palo Alto, CA. Ron Day, 1657A Church St., San Francisco, CA 94131. 415/285-6877.

August 26. Holy Innocents Hi-Five 5K Road Race and 5K Judged Racewalk, Atlanta, Ga. Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/924-7585.

August 27. USATF Eastern Regional 10K Relay Championships, Central Park, NYC. Park Racewalkers, USA, 320 E. 83rd St., Box 18, NY, NY 10028. 212/628-1317.

September 3. USATF Potomac Valley Association 15K Racewalk Championships, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., N. Arlington, VA 22207. 703/243-1290.

September 10. USATF National Masters 40K Championships, Ft. Monmouth, NJ. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080, 908/341-7386.

September 16. USATF National Masters 15K Road Championships, Kingsport, TN. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615/229-4364(w), 615/349-6406(h).

September 23. Fall into Fall 5K Road Race and 5K Judged Racewalk, Atlanta, Ga. Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, MI 48843. 514/545-9255.

September 24. USATF National Masters 15K Championships, Elk Grove, IL. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 312/327-4493.

September 30. Alongi International RW Classic (3K, 5K, 10K, 20K), Dearborn Hts, Mich. Ross Barranco, 3235 Musson Rd., Howell, MI 48843. 517/545-9255.

October 7. Big Chicken 3M Road Race and 3M Judged Racewalk, Marietta, Ga. Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/924-7585.

October 8. USATF One-Hour Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617/731-9889; 617/734-6322.

October 15. USATF Southern Regional 15K Championships, Atlanta, Ga., Walk-



Tucker Maney, 50, Fairfax, Va., first masters woman, with a W40+ course record 33:45, Patriot's Cup Corporate Challenge 8K, Fairfax, Va.

Photo by George Banker

ing Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/924-7585.

October 22. USATF Eastern Regional 30K Championships, Central Park, NYC. Park Racewalkers, USA, 320 E. 83rd St., Box 18; NY, NY 10028. 212/628-1317.

October 28. Race for the Cure 5K Road Race and 5K Judged Racewalk, Smyrna, Ga. Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086-0645. Phil Howell, 404/924-7585.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH AUG 1995

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
AUSTIN ALLEN (SALINA, KS)	8- 3-35	60-64
PIET VON ALPHEN (HOL)	8-16-30	65-69
DAVID BATCHELOR (PITTSBURGH, PA)	8- 1-20	75-79
EARL BELL (US)	8-25-55	40-44
JACK BROWN (GB)	8- 3-25	70-74
JOHN BUCKLEY (IRL)	8-17-45	50-54
JOSE CELAYA (SPA)	8-26-10	85-89
ROBERT CLARKE (SAN DIEGO)	8- 3-15	80-84
CLIVE DAVIES (PORTLAND, OR)	8- 7-15	80-84
PAUL FAUDE (SUI)	8- 4-20	75-79
PETER GULGIN (PUNTA GORDA, FL)	8- 4-15	80-84
WILLIAM HALL (DURHAM, NC)	8- 2-40	55-59
MICHAEL HEFFERNAN (PORTLAND, OR)	8-18-40	55-59
GUNTHER HESSELMANN (WG)	8- 3-25	70-74
DEREK HOWARTH (GB)	8-17-30	65-69
ALAN HUGHES (GB)	8-11-30	65-69
LAMAR JACKSON (TURLOCH, CA)	8-10- 5	90-94
VERN MATTSON (US)	8- 2-20	75-79
CHARLES MCMAHON (SAN DIEGO, CA)	8- 1-15	80-84
GENTRY MOWRER (SAN DIEGO, CA)	8-27- 0	95+
MANUEL TOUZA ROSALES (SPA)	8- 4-35	60-64
HANS STICKLER (SWE)	8-23-30	65-69
JACK WILLIAMS (GB)	8- 8-10	85-89
BARBARA BALLARD (MILWAUKEE, OR)	8- 9-45	50-54
BARBARA BOOKER (ITHACA, NY)	8-25-35	60-64
DARSI BOWDEN (SANTA MONICA, CA)	8-17-50	45-49
FRANCES CONLEY (WOODSIDE, CA)	8-12-40	55-59
MIKI GORMAN (LOS ANGELES, CA)	8- 9-35	60-64
SHARON HUDDLESTON (CEDAR FALLS, US)	8-28-45	50-54
RUTH KUYKENDAL (US)	8- 3-35	60-64
CAROL O'CONNOR (BELMONT, CA)	8-21-30	65-69
WENDY O'DONNELL (CAN-PORTLAND, OR)	8-21-45	50-54
KATHLEEN RISS (NJ)	8-16-40	55-59
KARIN SMITH (CA)	8- 4-55	40-44
CAROL THOMAS (MALIBU, CA)	8- 5-30	65-69
ANN THORNHILL (NEW YORK CITY, NY)	8- 2-40	55-59
CANDICE WOYAK (EUGENE, OR)	8-27-50	45-49
GRETHE BOLSTAD (NOR)	8- 2-35	60-64
ANNELIE BRAUN (WG)	8-11-50	45-49
KRISTINA CARLSSON (SWE)	8-12-40	55-59
ELSA ENARSSON (SWE)	8-30-30	65-69
INGRID HOLZKNECHT (WG)	8-10-40	55-59
KRISTINA KARLSSON (SWE)	8-12-40	55-59
ELIZABETH OSTBERG (SWE)	8-29-40	55-59
A. OTT (WG)	8- 3-15	80-84
ROSALINE SOLE (NZ)	8-11-15	80-84
ELSA TIKKANEN (FIN)	8- 2-50	45-49

Compiled by Pete Mundle, World and USA Masters T&F Records Chairman

RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M35-39			
Scott R. King	800M	1:59.71	05-20-95
M40-44			
Bruce Minard	5000M	15:51.81	06-04-95
M45-49			
Earl C. McKinley	5K	23:28	06-22-95
James Trott	Pole Vault	11-9 1/2	06-06-95
M50-54			
Spike Graham	High Jump	5-3	06-23-95
Harlan Van Blaricum	1500 RW	6:59.74	10-21-94

M55-59			
Roger Dean	Decathlon	5820	06-18-95
Lionel Y.H. Low	Long Jump	16-5	06-10-95
	Triple Jump	34-2	06-11-95

M60-64			
Dick Glasgow	100M	13.38	05-24-95
	200M	28.01	05-24-95
William O'Donnell	5K	18.48	06-03-95
Floyd J. Riddle	Discus	140-4	06-04-95
Dennis Rietz	Shot Put	42-2	10-30-94
	Discus	139-4	12-11-94

W35-39			
Annie Conneau	1500M	5:18.21	08-14-94
	800M	2:34.16	06-24-95
Debbie Barraza	5000M	20:23.5	04-08-94
W40-44			
Debbie McLaughlin	5K RW	27:04	04-29-95
W55-59			
Annette Du Plantis	Javelin	68-8	04-29-95



U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
6-4 1/2		6-3/4	5-9/8	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-3	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
14-5 1/2		13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
21-6		20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
43-9 1/2		41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-1 1/2	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
49-10 1/2		46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
147-0		139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
155-0		145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
203-5		187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

- notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.
 7) Javelin: 30-49: 800g; 60+: 600g.
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
4-8		4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
8-10 1/2		7-10 1/2	6-11	5-11	4-11	3-11	3-7 1/2	3-3 1/2	2-11	2-7 1/2	2-3 1/2
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
16-5		15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
32-10		30-2 1/2	28-2 1/2	25-7 1/2	23-7	21-0	18-8 1/2	17-1	15-5	13-9 1/2	12-5 1/2
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
33-9 1/2		30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
129-7		109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
98-5		91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
131-3		114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16Wt.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

- notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 33"; 40+: 30"
 3) Shot put: 30-49: 4k; 50+: 3k.
 4) Javelin: 30-49: 600gm; 50+: 400gm.
 5) Hammer: 30-49: 4k; 50+: 3k.
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____

ADDRESS _____ SEX: M _____ F _____

CITY _____ STATE _____ ZIP _____

MEET _____ DATE OF MEET _____

MEET SITE _____

EVENT: _____ MARK: _____

HURDLE HEIGHT _____ WEIGHT OF IMPLEMENT _____

CERTIFICATE PATCH PATCH TAG

1. If you have equaled or bettered the standard of excellence, please fill out this application completely.
2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.
4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

	1.5k	mile	3k	5k	8k	10k	15k	20k	25k	30k	40k	50k
F30	7:13	7:47	14:50	28:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:16	4:08:46	5:37:30
F35	7:22	8:03	16:18	28:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	16:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:56:48
F45	8:03	8:41	18:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:36	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:61	4:02:20	5:37:26	7:39:46
F70	10:26	11:15	21:22									

TRACK & FIELD RESULTS

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

NATIONAL

U.S. National Senior Sports Classic V

San Antonio, TX; May 17-24

(Additions to last month's results)

Pole Vault

W55 Sue Tunnicliff 5-10

5K Road Race

M55 Jerry Mc Gath 17:36

Bobby Kincaid 18:03

Wally Brawner 18:18

Charles Gray 18:28

Bill Toy 18:39

Jerry Levasseur 18:54

M60 Paul Heitzman 18:19

Steve Blanchard 18:42

Don Lein 19:12

Jim O'Toole 19:16

Frank Haviland 19:28

Boris Friess 19:30

M65 James Beall 19:11

Jim Blount 19:32

Jack Gentry 19:36

Ernie Hirschfeld 20:37

Bill Carey 20:51

Donald Anderson 21:25

M70 Patrick Gallagher 21:06

Will Metz 21:33

Phil Mongillo 22:04

Paul Orsini 22:31

Bart Ross 22:42

Michel Kagan 22:57

M80 Eugene Keller 25:59

Frank Levine 27:41

Loyd Marvin 29:01

Maxwell Springer 30:07

Clyde Villemetz 36:09

Burton Smith 44:14

M85 John Pianfetti 38:42

W55 Zofia Turosz 21:36

Jean Bongiorno 22:23

Barbara Schneider 22:50

Sherry Robinson 24:02

Joan Gary 24:40

Barbara Garner 24:45

W60 Lupe Parsons 22:30

Charlotte Bellus 22:54

Andrea Gerbstadt 23:29

Madonna Buder 23:43

Lavon Gula 23:53

Evelyn Zerfoss 24:06

W65 Dorothy Bradley 23:58

Lois Filreis 24:09

Pepper Davis 25:21

Agnes Reinhard 26:41

Doris Aldrich 26:51

Adeline Kearney 27:00

W70 Louise Akers 27:18

Lilli Marjon 29:02

Po Adams 29:23

Mary Norckauer 29:33

Willie Bolton 32:11

W75 Samia Doro 32:09

Louise Martin 33:28

W80 Mavis Borthick 37:15

Ivy Granstrom 38:00

Mary Haines 42:25

W85 Allie Walker 40:59

Susie Hughes 47:10

W90 Rose Monda 49:11

10K Road Race

M55 Jerry Mc Gath 35:33

Bobby Kincaid 37:00

Charles Gray 37:27

Bill Toy 40:03

Fred Dice 40:07

Jerry Levasseur 40:27

M60 Jim O'Toole 39:45

Don Lein 41:14

Carl Trimmer 41:28

Wilbert Griffin 42:39

Roy Nelson 43:06

Sunao Yamanak 43:17

M65 Jim Blount 40:16

Jack Gentry 41:18

James Beall 41:25

Ernie Hirschfeld 43:40

Donald Anderson 44:24

Foster Doty 44:35

M70 Patrick Gallagher 44:31

Will Metz 46:00

Phil Mongillo 46:54

Paul Orsini 47:30

Bart Ross 47:39

James Mullins 47:52

M75 Edmund Vuolo 54:32

George Blyn 55:24

William Benson 1:00:02

Harry Kublin 1:00:36

William Stern 1:01:52

Charles Lewis 1:03:00

M80 Eugene Keller 53:40

Dudley Healy 53:48

Frank Levine 1:01:24

Clyde Villemetz 1:14:33

M85 John Pianfetti 1:19:32

W55 Zofia Turosz 44:56

Barbara Schneider 47:19

Barbara Garner 50:59

Joan Gary 51:28

Mary Rodgers 55:28

Maurcen Murphy 55:58

W60 Andrea Gerbstadt 49:02

Madonna Guder 49:06

Charlotte Bellus 49:23

Lavon Gula 50:08

Doris Aronson 51:52

Jeanette Cyr 52:57

W65 Dorothy Bradley 51:03

Pepper Davis 53:11

Agnes Reinhard 56:22

Doris Jacobs 58:16

Peggy Ewing 59:14

Kay Morrison 59:21

W70 Lilli Marjon 1:02:23

Wanda Hall 1:06:22

Margaret Hagerty 1:09:39

Val Ellingsen 1:12:14

Nona Todd 1:20:43

W75 Louise Martin 1:09:02

W80 Ivy Granstrom 1:23:32

Mary Haines 1:30:37

W85 Susie Hughes 2:12:28

W90 Rose Monda 1:41:24

1500 RW

M55 Paul Johnson 7:22

James McGrath 7:43

Stuart Sonne 7:47

Herbert Zydek 7:52

Arnold Levick 7:58

Robert Ferrier 8:03

M60 Jack Bray 7:15

Robert Barrett 7:41

Ray Everson 7:56

Fred Crews 8:11

Presley Donaldson 8:11

John Lyle 8:13

M65 Charles Deuser 8:23

Jack Shuter 8:46

William Peet 8:52

William Hall 9:05

Darrell Stewart 9:11

Phillip Spinosi 9:13

M70 John Nervetti 8:31

Klaus Timmerhaus 8:44

Donald Gladding 8:59

Elon Bradford 9:09

Masashi Noritake 9:18

Bob Engel 9:32

M75 Herb Appell 9:32

Joseph Perrin 9:38

Anthony Silvini 9:48

Herm Arrow 10:21

Robert Wells 10:23

Edward Seeger 10:26

M80 Phil Lawrence 10:52

Kurt Straus 10:53

John Marchesini 11:15

Maxwell Springer 11:15

Len Vandermark 11:34

Bill Stewart 11:36

M85 Harold Hoffmann 12:31

Al Nellis 12:31

Ray Woodland 12:34

Cleve Pomranky 12:35

John Ey 12:36

Wesley Fowler 12:39

M90 Julius Spielberg 13:56

W55 Sami Bailey 8:46

Ruth Everson 9:03

Hatsuko Goodson 9:07

Beth Young-Grady 9:08

W80 Ivy Granstrom 9:10

Dolores Rogers 12:00

W60 Jeanne Shepardson 9:23

Delfina Rodriguez 9:23

Betty Crews 9:26

Joyce Walker 9:31

Margaret Seewerker 9:51

Aleda Brasher 9:54

W65 Paulette Caron 9:16

Patricia Nesley 9:37

Jane Nightingale 9:40

Kay Morrison 9:43

Jean Gibbs 9:47

Joan Rowland 10:00

W70 Margaret Walker 10:18

Marion Mahoney 12:23

Millie Bolton 10:25

Marjorie Holmes 10:38

Frances Kenney 10:43

Jean Burnham 10:44

W75 Imogene Watkins 10:46

Fan Benno-Caris 11:21

Kathleen Barker 11:42

Alice Munkelt 11:45

Florida Staton 11:53

Mary Lathram 12:21

W80 Eva Dunn 11:22

Millie Crews 11:44

Miriam Miller 11:52

Eleanor Miller 12:04

Laverna Soiset 12:16

Lillian Webb 13:23

W85 Rose Malone 12:36

Allie Walker 13:12

Lillian Cahon 15:06

5000m RW

M55 Paul Johnson 27:06

Herbert Zydek 28:03

James McGrath 28:36

Stuart Sonne 29:08

Arnold Levick 29:53

Robert Ferrier 30:09

M60 Jack Bray 26:22

Robert Barrett 26:59

Ray Everson 28:11

Ray Franks 29:44

Presley Donaldson 29:46

Fred Crews 30:03

M65 Edward Gawinski 29:07

Charles Deuser 29:51

Louis Free 30:59

William Peet 31:51

Darrell Stewart 32:05

Gilbert Hill 32:42

M70 Klaus Timmerhaus 30:26

John Nervetti 30:49

Donald Gladding 31:33

Masashi Noritake 32:52

Bob Engel 33:18

Walter Hawrys 33:45

M75 Herb Appell 34:16

Anthony Silvini 34:36

Joseph Perrin 35:06

Herm Arrow 35:53

Charles Lewis 37:54

Orlie Parker 38:02

M80 Kurt Straus 39:13

Lou Pesca 46:24

M85 Al Nellis 43:30

M90 Julius Spielberg 54:16

W55 Sami Bailey 30:56

Joyce Broussard 31:56

Dolores Rogers 32:04

Ruth Everson 32:16

Hatsuko Goodson 32:35

Janet Mason 33:53

W60 Flora Young 32:07

Jeanne Shepardson 32:26

Betty Crews 32:46

Joan Whitmire 34:17

Continued from previous page

Decathlon 50-54 Men Age-Graded Results. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athletes like Phillips, Allen #577 and Thorne, Tom #589.

Decathlon 55-59 Men Age-Graded Results. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athletes like Lance, Dale #567 and Parks, John #575.

Decathlon 60-64 Men Age-Graded Results. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athletes like Hulkey, Phil #573 and Jankovitch, William #564.

Decathlon 65-69 Men Age-Graded Results. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athletes like Levellen, Harvey #568 and Freda, Larry #559.

Decathlon 75-79 Men Age-Graded Results. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athletes like Bulkley, Daniel #555 and Ricciardi, Armando #595.

Decathlon 80-84 Men Age-Graded Results. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athlete Boal, Robert #552.

Heptathlon 30-34 Women Age-Graded Results. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athlete Porter, Jana #603.

Heptathlon 35-39 Women Age-Graded Results. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athlete Ricks, Donna #605.

Heptathlon 40-44 Women Age-Graded Results. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athlete Allegre, Kimble #601.

Heptathlon 45-49 Women Age-Graded Results. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athlete Raschker, Phil #604.

Heptathlon 50-54 Women Age-Graded Results. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athlete Sachs, Marlene #606.

Heptathlon 55-59 Women Age-Graded Results. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athlete Sisley, Becky #607.

USATF National Masters Championships

Flint International Track Club East Lansing, MI; July 5-9. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athletes like Louis Merricks and Eugene Vickers.

M35 100 METER DASH - FINALS. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athletes like James Bonilla and Noa Levinston.

100M - (Preliminary Results) Heat 3. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athletes like Thomas Jones and Anthony Santos.

Zbigniew Zlobicki USA 12.35. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athletes like Jack Craig and N.Z. Bryant.

100M - (Preliminary Results) Heat 1. Table with columns: Name, Points, 1000, LJ, SP, HJ, 4000 Day 1, HURDLES, DT, PV, JT, 1500R. Includes athletes like Peter Crombie and Joseph Johnson.

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Clarence Ray	USA	12.30
David Golden	USA	12.82
Jerry Belinson	USA	13.25
Jeffrey Unsold	USA	13.48
Chet Dow	USA	13.51
Robert Leeds	USA	13.69

M50 100 METER DASH - FINALS		
1	Steph Robbins	WA 11.81 93.4%
-	Peter Crombie	AUS 12.03 91.7%
2	Joseph Johnson	NJ 12.04 91.6%
3	Courtland Gray	TX 12.19 90.5%
-	Roy Fearnall	AUS 12.27 89.9%
4	Cale Brown	JR OH 12.77 86.4%
5	Jim Lee	WI 12.84 85.9%
6	Clarence Ray	MI 13.79 80.0%

100M - (Preliminary Results) Heat 1		
M55	Kenneth Davis	USA 12.52
	Dennis Russ	USA 12.84
	Wayne Bennett	USA 13.05
	Graeme Noden	AUS 13.21
	Norman Richards	AUS 13.32
	Anthony Bradford	AUS 14.12

100M - (Preliminary Results) Heat 2		
M55	Scott Tyler	USA 12.36
	Bumper Emerson	USA 13.09
	Jim Shand	AUS 13.57
	Emil Pawlik	USA 13.83
	Haig Bohigian	USA 14.27

M55 100 METER DASH - FINALS		
1	Kenneth Dennis	CA 12.15 93.9%
2	Scott Tyler	ON 12.35 92.3%
3	Bumper Emerson	OR 12.74 89.5%
4	Dennis Russ	IL 12.84 88.8%
5	Wayne Bennett	TX 13.04 87.5%
-	Graeme Noden	AUS 13.04 87.5%
-	Norma Richards	AUS 13.17 86.6%
-	Jim Shand	AUS 13.42 85.0%
6	Emil Pawlik	MS 13.89 82.1%

100M - (Preliminary Results) Heat 1		
M60	Jim Mathis	USA 13.13
	Karl-Heinz Neumann	GER 13.43
	Troy Banks	USA 13.51
	Robert Solomon	AUS 13.62
	Tony Besase	USA 13.83
	John Wall	USA 14.15
	David Cady	USA 14.15
	Frank Richey	USA 15.16

100M - (Preliminary Results) Heat 2		
M60	Joe Hemler	USA 13.10
	Monty Hacker	RSA 13.20
	Robert Dobbs	USA 13.30
	Fred Biederman	USA 13.54
	Pacifico Gatti	AUS 13.89
	William Jankovich	USA 13.93
	Ernest Allocer	USA 14.07
	Clarence Trinkner	USA 14.31

M60 100 METER DASH - FINALS		
1	Jim Mathis	TN 13.09 90.2%
2	Joe Hemler	MD 13.19 89.5%
3	Robert Dobbs	NY 13.30 88.8%
-	Karl-H Neumann	GER 13.35 88.4%
4	Troy Banks	OH 13.36 88.4%
-	Monty Hacker	RSA 13.41 88.0%
5	Fred Biederman	MN 13.57 87.0%
-	Robert Solomon	AUS 13.74 85.9%
6	Tony Besase	VA 13.94 84.7%

100M - (Preliminary Results) Heat 1		
M65	James Stookey	USA 13.52
	Clifford McPherson	USA 13.73
	Chuck Sochor	USA 13.85
	Harry Brown	USA 13.85
	Bob Alexander	USA 13.89
	Lawrence Greco	USA 15.18
	Manny Herscher	USA 16.25

100M - (Preliminary Results) Heat 2		
M65	Allan Meddings	GBR 13.29
	Lindsay Kent	AUS 14.11
	Jack Greenwood	USA 14.38
	Huel Washington	USA 14.73
	Bill Ellison	GBR 15.11
	G. Norman Keith	AUS 15.63
	Gordon Gourlay	AUS 16.51

M65 100 METER DASH - FINALS		
1	Harry Brown	IL 13.32 92.1%
-	Allan Meddings	GBR 13.52 90.7%
2	Cliff McPherson	CA 13.62 90.0%
3	James Stookey	MA 13.71 89.5%
-	Lindsay Kent	AUS 14.05 87.3%
4	Chuck Sochor	MI 14.08 87.1%
5	Bob Alexander	TN 14.17 86.5%
6	Jack Greenwood	OH 14.56 84.2%
7	Hue Washington	CA 14.58 84.1%

M70+ 100 METER DASH		
Men 70		
-	Mike Johnston	AUS 14.79 86.7%
-	Tom Hishon	AUS 14.90 86.1%
1	Tom Kennell	FL 15.10 84.9%
2	Bill Carter	OK 15.14 84.7%
3	Jack Hipple	MI 15.22 84.3%

Men 75		
1	Bill Weinacht	OH 14.90 90.6%
2	Mar McWilliams	NC 15.76 85.7%
3	Charl Mercurio	CA 16.67 81.0%
4	Albe Fairchild	CA 18.52 72.9%
5	Ted Yenaki	LA 21.53 62.7%
	John Alexander	TX DNF

Men 80		
1	Clarence Trahan	CA 17.64 81.4%
2	Kennet Elliott	MI 18.84 76.2%
3	Mel Flachs	IA 18.93 75.8%
-	Andy Smith	AUS 20.71 69.3%
4	Virgi McIntyre	AR 22.41 64.0%
5	Ed Andrysiak	MI 23.41 61.3%

W30 100 METER DASH		
1	Upshaw-Marger	HI 12.83 83.8%
2	Carrie Schultz	MI 13.68 78.6%
3	Angela Nealy	IN 13.84 77.7%
4	Alicia Johnson	NJ 14.44 74.5%

-	Kathry Heagney	AUS 14.31 79.5%
3	Lynn Latoria	IL 14.32 79.4%
4	Kimmie Allegre	OR 15.16 75.0%
5	Lec Rewolinski	WI 16.30 69.8%
-	Elize Hartung	NAM 16.35 69.6%
W45 100 METER DASH		
-	Barbar Blurton	GBR 14.12 83.7%
-	Pamel Immelman	RSA 14.25 82.9%
-	Nadez Lozhkina	RUS 14.33 82.4%
1	Lorraine Tucker	MA 14.52 81.4%
-	Joyce Thomas	TRN 14.59 81.0%
-	Rhona Trott	CAN 14.89 79.3%
2	Suzan Williams	OK 15.12 78.1%

W50 100 METER DASH		
-	Gal Kovalskaya	RUS 15.44 79.5%
1	Mary Robinson	OH 15.88 77.3%
2	Joy Macdonald	FL 15.95 76.9%
3	Ann Carter	SC 16.41 74.8%
-	Nyala Millar	AUS 16.43 74.7%
-	Lorra Birtwell	AUS 16.96 72.4%
4	Nina Bryant	OK 17.45 70.3%
5	Patrice Thomas	OK 18.42 66.6%

Women 55		
1	Kathy Bergen	CA 14.84 85.9%
-	Annet Horsnell	AUS 15.80 80.7%
-	Carina Graham	GBR 16.22 78.6%
2	Cherr Sherrard	CA 16.42 77.7%
3	Ruth Olsen	MI 19.87 64.2%

Women 60		
1	Irene Obera	CA 14.71 90.2%
2	Fai-Mei Chou	CA 17.32 76.6%
3	Magoale Kuehne	CA 17.49 75.9%
4	Marjorie Moore	CA 18.73 70.9%
Women 65		
-	Ann Cooper	AUS 15.38 90.3%
1	Patric Peterson	NY 16.73 83.0%
2	Johnnye Vallien	CA 18.04 77.0%
-	Brenda Green	GBR 18.38 75.5%
3	Shi Dietterich	CA 19.00 73.1%

Women 70		
-	Mary Wixey	GBR 18.59 78.7%
1	Mary Holland	MI 18.77 77.9%
2	Margare Hinton	TX 19.43 75.3%
3	Diane Friedman	OH 19.58 74.7%
4	Mary Norckauer	LA 21.48 68.1%
-	Laures Warman	NZL 29.61 49.4%
Women 75		
1	Ge Antonijevic	IL 32.24 48.2%
2	Pearl Mehl	CO 24.74 67.4%
3	Sheila Evans	IN 25.27 66.0%

(Age-Graded 100 - see p. 33)		
200		
200M - (Preliminary Results) Heat 1		
M30	Eugene Vickers	USA 22.74
	Kelly Atkinson	USA 23.13
	Orlando Matthews	USA 23.19
	Jim Watts	USA 23.41
	David Smith	USA 23.49
	Cornell Stephenson	USA 1:02.30

200M - (Preliminary Results) Heat 2		
M30	Louis Merrkks	USA 22.24
	Kettrell Berry	USA 22.27
	Spencer Johnson	USA 22.98
	Nathaniel Williams	USA 23.47
	Reyna Thompson	USA 23.90
	Henry Landry	USA 24.02

M30 200 METER DASH - FINALS		
1	Kettrell Berry	CA 21.89 90.0%
2	Eugene Vickers	MD 22.68 86.9%
3	Spence Johnson	OH 22.86 86.2%
4	Kelly Atkinson	IN 22.87 86.2%
5	Orlan Matthews	FL 23.06 85.5%
6	David Smith	TX 23.20 85.0%
7	Natha Williams	IL 23.56 83.7%
8	Jim Watts	MA 23.58 83.6%
-	Louis Merrkks	VA DNF

200M - (Preliminary Results) Heat 1		
M35	Ben James	USA 23.78
	Jay Mathis	USA 23.85
	Joe Schwieterman	USA 24.85
	Rodney Wilson	USA 25.67

200M - (Preliminary Results) Heat 2		
M35	James Bonilla	USA 23.93
	Noah Levinston	USA 24.37
	Lawrence Finley	USA 24.77
	Alvin Millerbis	USA 25.37

200M - (Preliminary Results) Heat 3		
M35	Tyrone Williams	USA 23.86
	Larry Booker	USA 23.86
	J. Smith	USA 23.88
	Paul Allen	USA 24.04

4	Gerry Krainik	IL 23.75 87.4%
5	Lester Hale	MI 23.92 86.8%
6	Garry Crawford	MD 24.18 85.9%
7	Jesse Norman	NY 24.42 85.0%
8	Willa Thompson	TX 24.55 84.6%

200M - (Preliminary Results) Heat 1		
M45	Laurie Malcolmson	NZL 23.88
	Robert Mitchell	USA 23.93
	Ken Brinker	USA 24.02
	Ron Johnson	USA 24.29
	Jack Craig	USA 24.83
	Jim Dolezel	USA 25.30
	David Ferguson	USA 28.12

200M - (Preliminary Results) Heat 2		
M45	Marion McCoy	USA 23.84
	Thomas Gilliard	USA 24.00
	Paul Montgomery	USA 24.40
	Errol Lee	USA 24.40
	Zbigniew Zlobicki	USA 24.87
	David Sheehan	AUS 25.85
	Jess Brewer	CAN 25.99
	N.Z. Bryant	AUS 26.13
	Michael Pakula	USA 30.58

M45 200 METER DASH - FINALS		
1	Marion McCoy	GA 23.34 92.2%
-	Lau Malcolmson	NZL 23.71 90.8%
2	Thoma Gilliard	GA 23.86 90.2%
3	Robert Mitchell	TX 23.86 90.2%
4	Errol Lee	NY 24.08 89.4%
5	Ron Johnson	NY 24.22 88.8%
6	Jack Craig	WA 24.44 88.0%
7	Pau Montgomery	MN 26.01 82.7%

200M - (Preliminary Results) Heat 1		
M50	Fred Turner	AUS 25.09
	Dan Durante	USA 25.62
	John Stemple	USA 26.98
	Jerry Belinson	USA 27.00
	Paul Gilbert	USA 29.01
	Tom Jewett	USA 29.83

200M - (Preliminary Results) Heat 2		
M50	Stephen Robbins	USA 24.22
	Joseph Johnson	USA 24.56
	Roy Fearnall	AUS 24.70
	Ross Kent	AUS 26.16
	Randall Brady	USA 26.44
	Frank Bonham	USA 27.35
	Peter Dunham	AUS 27.94

200M - (Preliminary Results) Heat 3		
M50	Peter Crombie	AUS 24.80
	Alberto Olivera	BRA 25.76
	Chuck Lachiusa	USA 26.23
	Glenn Johnson	USA 26.34
	David Golden	USA 26.60
	Richard Trembath	AUS 26.75
	Robert Lloyd	USA 27.38
	Jack Karbens	USA 28.65

M50 200 METER DASH - FINALS		
1	Steph Robbins	WA 23.27 95.8%
-	Peter Crombie	AUS 23.52 94.8%
-	Roy Fearnall	AUS 24.26 91.9%
2	Joseph Johnson	NJ 24.27 91.9%
-	Fred Turner	AUS 24.75 90.1%
3	Dan Durante	CA 25.29 88.2%
4	Chuck Lachiusa	NY 25.50 87.4%
-	Ross Kent	AUS 26.22 85.0%

M55 200 METER DASH		
1	Dennis Buss	IL 25.45 90.8%
2	Wayne Bennett	TX 25.91 89.2%
3	Bumper Emerson	OR 26.11 88.5%
-	Norma Richards	AUS 26.70 86.5%
-	Jim Shand	AUS 26.79 86.3%
4	Lawrenc Harvey	PA 27.20 85.0%
-	Antho Bradford	AUS 28.22 81.9%

200M - (Preliminary Results) Heat 1		
M60	Jim Mathis	USA 26.87
	Karl-Heinz Neumann	GER 26.95
	Robert Solomon	AUS 28.56
	Frank Richey	USA 30.91
	Anthony McEneaney	AUS 32.41

200M - (Preliminary Results) Heat 2		
M60	Monty Hacker	RSA 26.67
	Joe Hemler	USA 26.69
	Robert Dobbs	USA 27.20
	Fred Biederman	USA 27.84
	Lowell Bonifield	USA 28.49
	Ernest Allocer	USA 28.50
	William Jankovich	USA 28.95

M60 200 METER DASH - FINALS		
1	Jim Mathis	TN 25.87 92.6%
-	Karl-H Neumann	GER 26.37 90.9%
2	Joe Hemler	MD 26.41 90.7%
-	Monty Hacker	RSA 26.67 89.8%
3	Robert Dobbs	NY 26.92 89.0%
-	Robert Solomon	AUS 27.52 87.1%
4	Ernest Allocer	MI 28.35 84.5%
5	Lowe Bonifield	AR 28.61 83.7%

200M - (Preliminary Results) Heat 1		
M65	Chuck Sochor	USA 27.97
	Clifford McPherson	USA 28.95
	Lindsay Kent	AUS 29.18
	Rodney Brown	USA 30.07

200M - (Preliminary Results) Heat 2		
M65	Allan Meddings	GBR 27.11
	Bob Alexander	USA 28.21
	Jack Greenwood	USA 29.20
	Huel Washington	USA 30.03
	Bill Ellison	GBR 30.46
	Lawrence Greco	USA 31.82
	G. Norman Keith	AUS 32.20

200M - (Preliminary Results) Heat 3		
M65	Willard Thompson	USA 23.70
	Gerry Krainik	USA 23.83
	Lester Hale	USA 24.14
	Luiz Paula	BRA 24.64
	Alex Constantinou	USA 24.79
	Martin Walter	GER 25.34
	Turran Harper	USA 26.00

2	Tom Kennell	FL 32.21 81.3%
	Men 75	
1	Bill Weinacht	OH 31.72 87.3%
2	Ted Yenaki	LA 37.73 73.4%
	Men 80	
1	Clarence Trahan	CA 36.58 80.8%
2	Milo Lightfoot	IN 37.59 78.6%
3	Mel Flachs	IA 38.74 76.3%
4	Kennet Elliott	MI 38.94 75.9%
-	Andy Smith	AUS 41.82 70.7%
5	Virgi McIntyre	AR 47.41 62.3%
6	Ed Andrysiak	MI 49.09 60.2%

W30 200 METER DASH		
1	Upshaw-Marger	HI 25.89 83.5%
2	Carrie Schultz	MI 27.86 77.6%
3	Angela Nealy	IN 28.71 75.3%
4	Alicia Johnson	NJ 30.04 72.0%
5	Deborah Yurth	OH 30.51 70.9%

W35 200 METER DASH		
-	Jocely Harwood	GBR 25.56 86.5%
1	Donna Nielsen	CA 28.00 79.0%
2	Valerie Scott	CA 28.74 76.9%

Continued from previous page

M60 400 METER DASH - FINALS
- Miloje Grujic RSA 57.22 93.74
1 Jim Mathis TN 58.59 91.54

400M - (Preliminary Results) Heat 1
M65 Harry Brown USA 1:03.34
Chuck Sochor USA 1:03.39

400M - (Preliminary Results) Heat 2
M65 Earl Fee CAN 1:00.57
Jim Moorhead USA 1:05.55

M65 400 METER DASH - FINALS
- Earl Fee CAN 58.94 95.34
1 Chuck Sochor MI 1:02.53 89.84

M70 400 METER DASH - FINALS
- Frank Evans AUS 1:04.87 91.34
- Mike Johnston AUS 1:07.43 87.84

M75 400 METER DASH - FINALS
1 John Alexander TX 1:08.87 91.44
2 Bob Matteson VT 1:23.27 75.64

W30 400 METER DASH - FINALS
1 Carrie Schultz MI 1:05.99 72.54
2 Deborah Yurth OH 1:06.79 71.74

W40 400 METER DASH - FINALS
- Koba Bellingan RSA 58.84 87.64
1 Irene Thompson NY 59.83 86.14

W45 400 METER DASH - FINALS
- Barbara Blurton GBR 58.53 91.64
- Pamela Immanuel RSA 1:03.21 84.84

W50 400 METER DASH - FINALS
- Allison Marge AUS 58.75 95.24
- Anne Lang AUS 1:11.61 78.14

W55 400 METER DASH - FINALS
1 Pearl Mehl CO 2:07.20 63.74
- Ivvy Granstrom CAN 2:13.19 60.84

800
M30 800 METER RUN - FINALS
1 Vaughn Kastor CA 1:57.10 86.84

800M - (Preliminary Results) Heat 1
M35 John Casey USA 2:00.22
Yury Shamlin RUS 2:00.38

800M - (Preliminary Results) Heat 2
M35 Jeff Lindsay USA 1:59.69
Julio Reyes USA 2:00.38

M35 800 METER RUN - FINALS
- Earl Fee CAN 2:18.00 96.84
1 Jim Selby CA 2:32.93 87.44

M35 800 METER RUN - FINALS
1 Jeff Lindsay OK 1:56.04 90.24
2 Julio Reyes TX 1:57.77 88.84

M40 800 METER RUN - FINALS
1 Rick Easley TX 2:00.38 90.04
- Christ Stewart AUS 2:01.08 89.44

800M - (Preliminary Results) Heat 1
M45 Donald Drozd USA 2:11.09
Trevor Rollinson AUS 2:11.46

800M - (Preliminary Results) Heat 2
M45 Norman Cornwell USA 2:07.52
Byron Dyce USA 2:09.91

M45 800 METER RUN - FINALS
1 Norma Cornwell CA 1:59.95 93.64
2 Donald Drozd OH 2:04.91 89.94

800M - (Preliminary Results) Heat 1
M50 Salih Talib USA 2:13.97
Wally Herralta USA 2:14.15

800M - (Preliminary Results) Heat 2
M50 Neil Macdonald AUS 2:12.10
Richard Tucker USA 2:13.04

M50 800 METER RUN - FINALS
- Neil Macdonald AUS 2:05.46 93.04
1 Richard Tucker WA 2:05.98 92.64

M55 800 METER RUN - FINALS
- Alan Bradford AUS 2:11.24 92.64
1 Desmo O'Rourke WA 2:17.63 88.34

800M - (Preliminary Results) Heat 1
M60 Miloje Grujic RSA 2:28.66
Paul Heitzman USA 2:28.68

800M - (Preliminary Results) Heat 2
M60 Thomas Roberts AUS 2:27.81
Sid Wing USA 2:29.07

M60 800 METER RUN - FINALS
- Miloje Grujic RSA 2:18.19 92.04
1 Ralph Miller WA 2:18.77 91.64

M65 800 METER RUN - FINALS
- Earl Fee CAN 2:18.00 96.84
1 Jim Selby CA 2:32.93 87.44

5 Joseph Bell MO 2:44.33 81.34
6 Stan Coben CA 2:48.90 79.14

Men 75
1 Daniel Bulkley OR 3:20.02 75.54
2 Bob Matteson VT 3:21.57 74.94

W30+ 800 METER RUN - FINALS
1 Jenni Osbourne NJ 2:50.35 66.24
Joan Sterrett NY 2:23.29 81.44

W30+ 800 METER RUN - FINALS
1 Linda Upton MA 2:35.50 85.24
- Anne Lang AUS 2:40.56 82.54

Women 50
1 Mary Norckauer LA 4:23.10 63.14
- Ivvy Granstrom CAN 5:15.06 62.54

1500
Men 30
1 Patrick Wagner CA 4:10.25 83.04

Men 35
1 Scott King IN 4:06.79 85.74
2 John Casey PA 4:07.16 85.64

M40 1,500 METER RUN - FINALS
- Christ Stewart AUS 4:13.61 86.44
1 Tom Aspel AK 4:15.30 85.84

M45 1,500 METER RUN - FINALS
1 John Serrao PA 4:07.58 91.84
- Alexa Tsukanov RUS 4:15.95 88.84

M50 1,500 METER RUN - FINALS
- Ron Robertson NZL 4:14.77 92.74
1 Jan Frisby CO 4:19.82 90.94

M55 1,500 METER RUN - FINALS
- Alan Bradford AUS 4:40.79 87.74
- Anatol Blakinty RUS 4:47.46 85.74

M60 1,500 METER RUN - FINALS
- Alan Bradford AUS 4:40.79 87.74
- Anatol Blakinty RUS 4:47.46 85.74

M65 1,500 METER RUN - FINALS
- Alan Bradford AUS 4:40.79 87.74
- Anatol Blakinty RUS 4:47.46 85.74

M70 1,500 METER RUN - FINALS
- Alan Bradford AUS 4:40.79 87.74
- Anatol Blakinty RUS 4:47.46 85.74

M75 1,500 METER RUN - FINALS
- Alan Bradford AUS 4:40.79 87.74
- Anatol Blakinty RUS 4:47.46 85.74

- John May AUS 5:01.21 81.84
- Frank Rogers AUS 5:02.17 81.54

M60 1,500 METER RUN - FINALS
- Thomas Roberts AUS 4:53.25 87.94
1 Mike Goldman IN 4:55.40 87.34

M65 1,500 METER RUN - FINALS
1 James Beall MI 5:24.16 83.74
2 Jim Selby CA 5:29.68 82.34

M70+ 1,500 METER RUN - FINALS
- Gordon McKeown AUS 5:45.04 83.24
1 John McManus NY 5:47.02 82.84

Men 75
1 John Boots LA 5:57.88 85.84
2 Daniel Bulkley OR 6:01.74 84.94

Women 35
1 Jane Takahashi CA 4:40.82 84.04
1 Clara Hervert IL 4:55.90 79.74

Women 40
1 Cathy Dowling TX 18:27.18 81.94
2 Marybet Dillon MI 18:59.53 79.54

Women 45
1 Sue Waru NZL 19:10.58 82.14
- Helen Tobin NZL 26:53.87 58.64

Women 50
1 Jan Spitzer MI 22:26.83 73.44
- Tiare Lund NZL 22:57.44 71.74

Women 55
1 Mary Norckauer LA 29:34.97 69.74
Women 60
1 Ivvy Granstrom CAN 35:30.31 68.74

Women 65
1 Pearl Mehl CO 46:55.20 52.04
Women 70
1 Kiki David MI 54:33.60 58.34

10,000
Men 30
1 Stephen Skocik OK 34:20.32 78.54

Men 35
1 David Harding OR 33:31.90 80.44

Men 40
1 Steve Blum CA 32:45.48 85.04

Men 45
1 Alex Owens GA 32:07.89 89.94

- Anatol Babanin RUS 18:20.13 79.24
5 Maury Dean NY 18:36.34 78.04

M55 5,000 METER RUN - FINALS
- Alan Bradford AUS 17:29.86 86.54
- Anatol Blakinty RUS 17:33.53 86.24

M60 5,000 METER RUN - FINALS
1 Paul Heitzman KA 19:25.87 81.44
- Peter Letz AUS 21:02.31 75.24

M65 5,000 METER RUN - FINALS
1 James Beall MI 20:15.40 82.14
- Peter Couttie AUS 20:24.41 81.54

M70 5,000 METER RUN - FINALS
1 James Beall MI 20:15.40 82.14
- Peter Couttie AUS 20:24.41 81.54

M75 5,000 METER RUN - FINALS
1 James Beall MI 20:15.40 82.14
- Peter Couttie AUS 20:24.41 81.54

M80 5,000 METER RUN - FINALS
1 James Beall MI 20:15.40 82.14
- Peter Couttie AUS 20:24.41 81.54

M85 5,000 METER RUN - FINALS
1 James Beall MI 20:15.40 82.14
- Peter Couttie AUS 20:24.41 81.54

M90 5,000 METER RUN - FINALS
1 James Beall MI 20:15.40 82.14
- Peter Couttie AUS 20:24.41 81.54

M95 5,000 METER RUN - FINALS
1 James Beall MI 20:15.40 82.14
- Peter Couttie AUS 20:24.41 81.54

M100 5,000 METER RUN - FINALS
1 James Beall MI 20:15.40 82.14
- Peter Couttie AUS 20:24.41 81.54

M105 5,000 METER RUN - FINALS
1 James Beall MI 20:15.40 82.14
- Peter Couttie AUS 20:24.41 81.54

M110 5,000 METER RUN - FINALS
1 James Beall MI 20:15.40 82.14
- Peter Couttie AUS 20:24.41 81.54

M115 5,000 METER RUN - FINALS
1 James Beall MI 20:15.40 82.14
- Peter Couttie AUS 20:24.41 81.54

M120 5,000 METER RUN - FINALS
1 James Beall MI 20:15.40 82.14
- Peter Couttie AUS 20:24.41 81.54

Continued from previous page

Men 60
1 Paul Heitzman KA 39:34.51 82.7%

Men 65
1 Jim Forshee MI 41:12.08 83.5%

Men 70
1 Jim O'Neil CA 42:57.04 84.8%

Men 75
1 Donal Dilworth CA 59:39.60 65.1%

Men 80
1 Dudley Healy NJ 52:35.21 79.9%

Men 85
1 Andrew Turne NJ 43:56.65 68.2%

Men 90
1 Cathy Dowling TX 37:33.42 83.1%

Men 95
1 Margaret Davis KS 48:44.31 69.8%

Men 100
1 Jo Hodges-Hite GA 50:21.06 70.8%

Men 105
1 Lois Gilmore WI 54:25.55 69.1%

Men 110
1 Dawn Russell OR 58:08.29 73.2%

Men 115
1 Reyna Thompson FL 15.07 84.4%

Men 120
1 Peter Grimes CA 14.67 90.3%

Men 125
1 Thoma Gilliard GA 15.50 93.4%

Men 130
1 Courtland Gray TX 14.77 91.6%

Men 135
1 Hugh Adams CA 15.20 93.8%

Men 140
1 Clare Trinkner WI 16.19 89.3%

Men 145
1 Dan Blankenship OH 10:25.93 86.9%

Men 150
1 Tom Kennell FL 24.63 52.1%

Men 155
1 Daniel Bulkley OR 17.27 80.8%

Men 160
1 Lee Todd NE 19.72 78.4%

Men 165
1 Janet Mims MI 17.27 70.7%

Men 170
1 Jody Harwood GBR 14.55 88.3%

Men 175
1 Mar Mendenhall WA 18.22 70.5%

Men 180
1 Mar Mendenhall WA 18.22 70.5%

80 Meter Low Hurdles 30"
Women 40
1 Deby Sweezy CA 12.43 86.6%

Women 45
1 Ann Carter SC 18.67 63.4%

Women 50
1 Hella Kuppe NAM 15.52 81.0%

Women 55
1 Colleen Blair NZL 16.30 79.0%

Women 60
1 Dou Schneebeck NM 57.30 81.6%

Women 65
1 Peter Grimes CA 54.10 89.6%

Women 70
1 Stan Druckrey WI 56.67 93.8%

Women 75
1 Clare Trinkner WI 48.44 86.5%

Women 80
1 Mel Buschman MI 1:12.30 65.9%

Women 85
1 Daniel Bulkley OR 57.46 89.8%

Women 90
1 Upshaw-Marger HI 1:05.43 80.6%

Women 95
1 Donna Nielsen CA 1:10.41 77.9%

Women 100
1 Robert Zahn WI 15.98 86.6%

Women 105
1 Nico Frylinck RSA 16.59 83.4%

Women 110
1 Tim Borsick MI 18.40 75.2%

Women 115
1 Robert Zahn WI 15.98 86.6%

Women 120
1 Nico Frylinck RSA 16.59 83.4%

Women 125
1 Tim Borsick MI 18.40 75.2%

Women 130
1 Robert Zahn WI 15.98 86.6%

Women 135
1 Nico Frylinck RSA 16.59 83.4%

Women 140
1 Tim Borsick MI 18.40 75.2%

Women 145
1 Robert Zahn WI 15.98 86.6%

Women 150
1 Nico Frylinck RSA 16.59 83.4%

Women 155
1 Tim Borsick MI 18.40 75.2%

Women 160
1 Robert Zahn WI 15.98 86.6%

Women 165
1 Nico Frylinck RSA 16.59 83.4%

Men 50
1 Ron Robertson NZL 9:55.61 96.0%

Men 55
1 Alan Bradford AUS 10:34.85 95.2%

Men 60
1 Ronald Johnson NZL 8:56.52 77.1%

Men 65
1 Al Ravenscrdft MI 8:58.36 76.9%

Men 70
1 Peter Couttie AUS 8:49.29 83.6%

Men 75
1 Daniel Bulkley OR 10:21.76 83.9%

Men 80
1 Joan Ottaway CA 8:15.03 87.9%

Men 85
1 Jeff Helton OH 1.93m 80.0%

Men 90
1 Ron Nussle AZ 1.88m 78.0%

Men 95
1 Bru McBarnette VA 2.08m 90.8%

Men 100
1 William Wood CA 1.47m 75.3%

Men 105
1 Emil Pawlik MS 1.67m 90.2%

Men 110
1 Tom Langenfeld MN 1.52m 82.1%

Men 115
1 Paul Dorsey OH 1.52m 82.1%

Men 120
1 John Head TX 1.47m 79.4%

Men 125
1 Bert Bergen CA 1.47m 79.4%

Men 130
1 David Melber TX 1.42m 66.7%

Men 135
1 Reu Richardson MI 1.39m 64.0%

Men 140
1 James Sauer GA 1.77m 85.9%

Men 145
1 Ed Baskauskas CA 1.67m 81.0%

Men 150
1 Thoma Gilliard GA 1.57m 76.2%

Men 155
1 Michael Walker TN 1.52m 73.7%

Men 160
1 Kent Hall MI 1.42m 68.9%

Men 165
1 Jamiel Olherry FRA 1.42m 68.9%

Men 170
1 William Wood CA 1.47m 75.3%

Men 175
1 Fred Turner AUS 1.47m 75.3%

Men 180
1 Margare Hinton TX 1.02m 80.9%

Men 185
1 Sheila Evans IN 0.89m 80.1%

Men 190
1 Paul Babits MI 5.00m 81.3%

Men 195
1 David Woolley MI 4.60m 74.8%

Men 200
1 Robert Olsen CA 4.60m 80.1%

Men 205
1 Ken Ellis OK 4.60m 80.1%

Men 210
1 Gary Hunter IN 4.45m 77.5%

Men 215
1 James Fountain TX 4.45m 77.5%

Men 220
1 Wes Teeple MI 4.00m 69.6%

Men 225
1 Michael Berken OH 3.70m 64.4%

Men 230
1 Rick Rogers IN 3.70m 64.4%

Men 235
1 Wilson Soohoo CA 3.69m 65.0%

Men 240
1 Alfonzo Wilson OH 3.69m 65.0%

Men 245
1 Manny Herscher NY 3.39m 59.7%

Men 250
1 Tom Kennell FL 4.25m 80.1%

Men 255
1 Vlad Kotenkov RUS 3.99m 75.2%

Men 260
1 James Johnson CA 3.61m 68.1%

Men 265
1 Henry Kuric IL 2.78m 52.4%

Men 270
1 John Alexander TX 3.89m 78.4%

Men 275
1 Arma Ricciardi NV 1.56m 31.4%

Men 280
1 Clarenc Trahan CA 3.64m 78.4%

Men 285
1 Lee Todd NE 3.30m 71.1%

Men 290
1 Kennet Elliott MI 3.09m 66.5%

Men 295
1 Max Springer TN 2.91m 62.7%

Men 300
1 Mel Flachs IA 2.58m 55.6%

Men 305
1 Virgi McIntyre AR 2.18m 46.9%

Men 310
1 Everett Hosack OH 1.87m 52.3%

Men 315
1 Upshaw-Marger HI 5.41m 71.9%

Men 320
1 Don Pope-Green IN 5.24m 74.8%

Men 325
1 Edna Crawley NJ 4.40m 62.2%

Men 330
1 Denise McField MO 4.36m 62.2%

Men 335
1 Linda Lowery GA 4.82m 74.0%

Men 340
1 Ste Van Rooyen RSA 4.05m 62.2%

Men 345
1 Kimmie Allegre OR 3.99m 61.2%

Men 350
1 Elize Hartung NAM 3.74m 57.4%

Men 355
1 Barba Stratton CA 3.60m 59.4%

Men 360
1 Leon McDaniels VA 3.37m 74.2%

Men 365
1 Johny Valien CA 3.12m 68.7%

Men 370
1 Miem DuPlessis NAM 1.94m 42.7%

Men 375
1 Bob Sr Warwick OK 2.10m 64.0%

Men 380
1 Jim Vernon CA 2.10m 64.0%

Men 385
1 Ted Yenaki LA 2.00m 60.9%

Men 390
1 Arma Ricciardi NV 1.60m 48.7%

Men 395
1 Milo Lightfoot IN 1.60m 52.2%

Men 400
1 Don Grosh OR 2.80m 79.5%

Men 405
1 John Cleveland OR 2.80m 79.5%

Men 410
1 James Johnson CA 2.30m 65.3%

Men 415
1 Thoma Devaughn AZ 2.20m 62.5%

Men 420
1 Jack Doorval PA 2.20m 62.5%

Men 425
1 Art Holland MI 1.80m 51.1%

Men 430
1 Bob Sr Warwick OK 2.10m 64.0%

Men 435
1 Jim Vernon CA 2.10m 64.0%

Men 440
1 Ted Yenaki LA 2.00m 60.9%

Men 445
1 Arma Ricciardi NV 1.60m 48.7%

Men 450
1 Milo Lightfoot IN 1.60m 52.2%

Men 455
1 Don Grosh OR 2.80m 79.5%

Men 460
1 John Cleveland OR 2.80m 79.5%

Men 465
1 James Johnson CA 2.30m 65.3%



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Table with columns for event name, athlete name, state, and score. Includes events like W45 SHOT PUT, W50 SHOT PUT, W55 SHOT PUT, W60 SHOT PUT, M30, M35 SHOT PUT, M40 SHOT PUT, M45 SHOT PUT, M50 SHOT PUT, M55 SHOT PUT, M60 SHOT PUT, M70 SHOT PUT, W30 SHOT PUT, W35 SHOT PUT, W40 SHOT PUT, W45 SHOT PUT, W50 SHOT PUT, W55 SHOT PUT, W60 SHOT PUT, M30, M35 SHOT PUT, M40 SHOT PUT, M45 SHOT PUT, M50 SHOT PUT, M55 SHOT PUT, M60 SHOT PUT, M70 SHOT PUT.

Shot Put

Table with columns for event name, athlete name, state, and score. Includes events like M30, M35 SHOT PUT, M40 SHOT PUT, M45 SHOT PUT, M50 SHOT PUT, M55 SHOT PUT, M60 SHOT PUT, M70 SHOT PUT.

Table with columns for event name, athlete name, state, and score. Includes events like W45 SHOT PUT, W50 SHOT PUT, W55 SHOT PUT, W60 SHOT PUT, M30, M35 SHOT PUT, M40 SHOT PUT, M45 SHOT PUT, M50 SHOT PUT, M55 SHOT PUT, M60 SHOT PUT, M70 SHOT PUT.

Discus

Table with columns for event name, athlete name, state, and score. Includes events like M30 DISCUS THROW, M35 DISCUS THROW, M40 DISCUS THROW, M45 DISCUS THROW, M50 DISCUS THROW, M55 DISCUS THROW, M60 DISCUS THROW, M70 DISCUS THROW.

Table with columns for event name, athlete name, state, and score. Includes events like W45 SHOT PUT, W50 SHOT PUT, W55 SHOT PUT, W60 SHOT PUT, M30, M35 SHOT PUT, M40 SHOT PUT, M45 SHOT PUT, M50 SHOT PUT, M55 SHOT PUT, M60 SHOT PUT, M70 SHOT PUT.

Javelin

Table with columns for event name, athlete name, state, and score. Includes events like M30, M35 SHOT PUT, M40 SHOT PUT, M45 SHOT PUT, M50 SHOT PUT, M55 SHOT PUT, M60 SHOT PUT, M70 SHOT PUT.

Table with columns for event name, athlete name, state, and score. Includes events like W45 SHOT PUT, W50 SHOT PUT, W55 SHOT PUT, W60 SHOT PUT, M30, M35 SHOT PUT, M40 SHOT PUT, M45 SHOT PUT, M50 SHOT PUT, M55 SHOT PUT, M60 SHOT PUT, M70 SHOT PUT.

Hammer

Table with columns for event name, athlete name, state, and score. Includes events like M30, M35 SHOT PUT, M40 SHOT PUT, M45 SHOT PUT, M50 SHOT PUT, M55 SHOT PUT, M60 SHOT PUT, M70 SHOT PUT.

Table with columns for event name, athlete name, state, and score. Includes events like M65 HAMMER THROW, W30-39 JAVELIN THROW, W40-49 JAVELIN THROW, W50 HAMMER THROW, W60+ HAMMER THROW, W30-39 JAVELIN THROW, W40-49 JAVELIN THROW, W50 HAMMER THROW, W60+ HAMMER THROW.

Outdoor Pentathlon

Table with columns for event name, athlete name, state, and score. Includes events like M40 OUTDOOR PENTATHLON, M45-54 OUTDOOR PENTATHLON, M55-64 OUTDOOR PENTATHLON.

5K Racewalk

Table with columns for event name, athlete name, state, and score. Includes events like M30, M40, M50, M60, M70.

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Table of race results for various events including 10K Road Walk, 20K Road Walk, and Age-Graded 100M Dash. Lists names, times, and affiliations.

Table of race results for various events including 10K Road Walk, 20K Road Walk, and Age-Graded 100M Dash. Lists names, times, and affiliations.

Table of race results for various events including 10K Road Walk, 20K Road Walk, and Age-Graded 100M Dash. Lists names, times, and affiliations.

Table of race results for various events including 10K Road Walk, 20K Road Walk, and Age-Graded 100M Dash. Lists names, times, and affiliations.

Table of race results for various events including 10K Road Walk, 20K Road Walk, and Age-Graded 100M Dash. Lists names, times, and affiliations.

Men's 4 x 100 Meter Relay results table with columns for PL, RELAY AFFILIATION, and TIME. Lists relay teams and their members.

Women's 4 x 400 Yard Relay and Men's 4 x 880 Yard Relay results tables. Lists relay teams and their members.

Men's 4 x 100 Regional Relay and Women's 4 x 100 Regional Relay results tables. Lists relay teams and their members.

Continued from previous page

EAST

Philadelphia Masters Track Meet Swarthmore, PA; May 21

100m M30 Bob Murphy 13.0 M35 Remo Biagione 11.9 M40 Phil Conzentino 12.0 M45 Phil Felton 12.2 M50 Paul Henry 12.3 M75 Dave Hall 15.8 200m M30 Terry Jones 23.6 M35 Paul Allen 23.7 M40 Phil Conzentino 25.5 M45 Phil Felton 24.4 M50 Paul Henry 25.5 M75 Gar Schoener 35.6 W40 Diane McManus 38.5 400m M30 Terry Jones 53.7 M35 Paul Allen 53.9 M40 Tony Natale 52.5 M45 Phil Felton 53.2 M50 Paul Henry 55.2 M55 Larry Harvey 59.3 M75 Dave Hall 1:39.2 W40 Diane McManus 1:24.6 800m M30 Bob Hill 2:19.5 M35 Tom Yunker 2:22.4 M40 Tony Natale 2:15.0 M45 Tim Dickens 2:22.6 M55 Larry Harvey 2:21.3 M60 Bill Johnson 2:38.0 W40 Diane McManus 3:11.3 Mile M35 Bob Hill 5:12.0 M40 Steve Cottrell 4:55.0 M45 Carl Grossman 5:51.0 W40 Diane McManus 6:42.0 5000m M35 Jon Krajek 20:03.7 M40 Steve Cottrell 18:29.9 Short Hurdles M35 Tim McMahon 16.7 Long Hurdles M35 Tim McMahon 1:01.2 M40 Ken Kring 59.7 High Jump M45 Ed Laurelli 4-10 Pole Vault M45 Tom Randolph 10-6 M65 Jack Doorlay 7-2 Long Jump M65 Jack Doorlay 3.68 M75 Dave Hall 3.09 Triple Jump M40 Dave Nicastro 11.80 M65 Jack Doorlay 6.75 Shot Put M40 John Bauer 13.11 M50 Paul Morrone 12.61 Discus M35 Remo Biagione 131-5 M45 Dave Faris 127-5 M55 Ed Lange 130 Javelin M35 Remo Biagione 143-3 M45 Dave Faris 125 M55 Ed Lange 129-6 Mile RW M45 Allen Robinson 8:50.1

1600m M35 John Kraser 5:08.9 M40 Steve Cottrell 5:06.4 M50 Joel Dubrow 5:50.5 W40 Diane McManus 7:01.8 Short Hurdles M40 Frank Britt 19.7 5000m M40 Gary Papazian 17:39.8 M45 Mike Owens 17:52.2 M60 George Jackson 21:48.6 High Jump M35 Tom Mulville 5 M40 Frank Britt 5 M45 Ed Laurelli 4-10 M80 Claude Hills 3-4 Pole Vault M40 Ken Kring 13 Long Jump M35 Jack Mroz 15-1.50 M60 Bill Forde 12 M75 Dave Hall 9-9 Triple Jump M40 Frank Britt 33-9 Shot Put M30 John Bauer 13.55 M40 H Kalnus 11.78 M50 Paul Morrone 13.26 Discus M35 John Kalnus 40.84 M40 H Kalnus 38.66 M80 Claude Hills 20.12 Mile RW M45 Allen Robinson 8:50.1

Coors MAC Masters Championships St. John's U., NYC; June 10

100m M30 Mitchell Lovett 11.61 M35 Fred Fester 11.70 M40 Jesse Norman 12.22 M45 Rick Lapp 11.95 Ron Johnson 11.99 Eddie Watson 13.31 Mohiyam Savage 15.04 Pulak Viscardi 15.37 M50 Joe Johnson 11.88 Thaddeus Morris 12.02 Rich Jones 12.63 M60 C K Chose 16.62 Tom Talbott 16.79 M65 Tom Brooks 14.31 Manny Herscher 15.70 W30 Sharon Mason 12.76 Sabrina Johnson 13.56 W35 Louise Clarke 13.09 W40 Sharon Warren 13.81 W45 Mary Trotto 18.11 200m M30 Mitch Lovett 22.43 Aubrey Jones 24.30 M35 Fred Fester 23.73 M40 Norman Jesse 24.11 Alex Constantino 24.61 Dennis Brown 25.93 M45 Errol Lee 23.94 Ken Brinker 23.96 P G Felton 23.34 Ron Johnson 24.36 M55 Ed Small 25.84 M60 Tom Talbott 34.26 M65 Manny Herscher 32.70 W30 Sharon Mason 26.73 Sabrina Johnson 28.82 Betty Whitaker 29.36 W35 Glenmarie David 27.27 Louise Clarke 27.78 W40 Sharon Warren 28.41 W45 Mary Trotto 38.79 400m M30 Mitch Lovett 50.98 William Vaughn Jr 52.40 Lewis Jefferson 54.97 David Pouncy 55.25 M35 Fred Fester 52.42 Alex Young 54.09 Adrian Sterrett 54.41 Doug Miller 57.93 M40 Ed Goner 51.27 Alex Constantino 55.57 Don Hodge 56.35 M45 Errol Lee 53.51 Ken Brinker 53.54 P G Felton 54.23 M55 Ed Small 58.68 W35 Glenmarie David 62.44 Joan Sterrett 64.01 W45 Mary Trotto 85.50 800m M30 Lewis Jefferson 2:05.80 Alan Sangeap 2:19.18 Kirt Makita 2:19.92 M35 Miles Vaugh 2:04.80 Doug Miller 2:06.20 Alex Young 2:13.88 M40 Tom Hartshore 2:04.20 Walter Brown 2:06.88 John Adams Jr 2:11.99 M45 Joe Burleson 2:40.18 M50 Richard Hamner 2:15.94 Dan Hamner 2:22.83 G Rochcrolle 2:39.54

M60 Jim Aneshanley 2:29.73 Geza Feld 2:50.01 Tom Talbott 3:25.06 W45 Mary Trotto 3:18.50 1500m M45 Mike Wilson 4:34.80 Rick Lapp 4:46.60 Joe Burleson 5:24.45 M50 Richard Hamner 4:35.47 Frank Handelman 4:43.18 Seth Kaminsky 4:50.27 M60 Jim Aneshanley 5:09.72 M65 Joe Kerman 6:58.87 W40 Betty Clair 6:05.82 3000m M35 Seth Okrend 10:48.45 M45 Joe Burleson 12:18.01 M60 Geza Feld 11:55.07 5000m M35 Anthony Watson 16:46.53 M40 Sean Doyle 15:58.42 Greg Kirmayer 18:31.70 Short Hurdles M45 Ken Brinker 15.83 Ivan Black 19.73 M50 Mike Milove 15.33 Long Hurdles M40 Jesse Norman 66.32 M45 Ivan Black 68.66 M50 Mike Milove 65.11 M65 Manny Herscher 60.70 High Jump M40 Steve Harkins 1.83m Nathan Kodanda 1.47 M45 Ivan Black 1.47 Bob Coane 1.42 M55 Gerald Counihan 1.57 Pole Vault M35 Rob Doran 2.74 M55 Gerald Counihan 3.66 Norm Cyprus 3.20 M65 Manny Herscher 1.57 Long Jump M45 Rick Lapp 6.11 Ivan Black 5.03 M50 Mike Milove 5.28 M65 Manny Herscher 3.58 Triple Jump M45 Ivan Black 10.78 Bob Coane 8.45 M50 Kurt Krastin 10.61 Richard Kaye 7.79 M55 Ed Kent 9.33 M60 Tom Talbott 11.68 Shot Put M40 Karl Johnson 13.79 Kevin Wallace 13.64 Jeff Copland 10.04 M45 Rich Dunphy 11.45 Ed Nook 11.39 M60 Kurt Krastin 10.05 M65 Tom Brooks 9.22 W30 Nicole Phillip 10.07 Harriet CarterRange 9.38 W35 Sarah Boslaugh 10.52 W40 Betty Clair 9.56 W50 Roslyn Katz 7.82 W60 Ann Cirulnick 8.45 Discus M40 Karl Johnson 41.60 M45 Rich Dunphy 33.22 Frank Monroe 33.14 Ed Nook 29.98 M60 Kurt Krastin 29.94 W30 Nicole Phillip 31.72 Harriet CarterRange 18.62 W35 Sarah Boslaugh 33.26 W50 Roslyn Katz 21.98 W60 Ann Cirulnick 20.34 Hammer M55 Norm Cyprus 41.84 M60 Kurt Krastin 22.04 W35 Sarah Boslaugh 37.94 W50 Roslyn Katz 30.30 W60 Ann Cirulnick 23.78 Javelin M45 Ivan Black 31.24 M50 Richard Kaye 22.02 W30 Nicole Phillip 21.86 W35 Sarah Boslaugh 21.38 3000m Racewalk M30 Alan Sangeap 14:18.25 M40 John Clifford 15:13.34 M45 Franco Pantoni 14:49.11 M50 Gary Null 14:23.32 W30 Harriet CarterRange 20:26.37

Vermont Senior Games Montpelier, VT; June 14 100m M55 Conrad Rowell 14.2 M60 Ken Perkins 15 M65 Jon Tobey 13.9 M70 George Brown 19.5 M75 John Ragone 27.8 W60 Flo Meiler 17.6 W65 Jeannine Casey 19.1 200m M55 Conrad Rowell 29.2 M60 Ken Perkins 33.0 M65 John Tobey 28.8 M75 John Ragone 58.4 W60 Flo Meiler 41.8 W65 Jeannine Casey 42.4 400m M60 Gerald Finnie 1:27 M70 Fred Donaldson 2:00

M75 John Ragone 2:07 W65 Jeannine Casey 1:54 800m M75 John Ragone 5:15 W60 Flo Meiler 4:21 1500m M70 Fred Donaldson 8:32 High Jump M55 Conrad Rowell 3-10 M60 Ken Perkins 4 M65 Dave Wilson 4-2 M70 George Brown 3-10 M75 John Ragone 3-4 W60 Flo Meiler 3-6 Pole Vault M55 Peter Perkins 7-2 M65 John Tobey 6-6 M70 George Brown 5-6 Long Jump M60 Ken Perkins 12-2 M65 Jon Tobey 14-6 M70 George Brown 10-4 M75 John Ragone 6-4 W60 Flo Meiler 9-4 Shot Put M55 Russ Foeregger 35-1 M60 Andy Larabee 32-0.25 M65 Arthur Merritt 27 M70 George Brown 29-5 M75 Bob Sparks 25-0.75 W55 Elsa Dahl 20-7.50 W60 Flo Meiler 20-8.75 Discus M55 Russ Foeregger 106-3.75 M60 Andy Larabee 109-11 M65 Jon Tobey 101-1 M70 George Brown 87-6.75 M75 John Ragone 66-1.50 W55 Elsa Dahl 50-4.25 W60 Carol Moran 41-5 Javelin M55 Conrad Rowell 95-6 M60 Andy Larabee 89-7.50 M65 Dave Wilson 115-10 M70 Bob Darrow 41-8.50 W55 Elsa Dahl 49-7 W60 Flo Meiler 38-11.75 W70 H Hammond 18-1.50 1500 RW M60 Bob Souza 12.36 M65 Jon Tobey 9.24 M75 Bob Sparks 14.12

Niagara Masters Championships Buffalo, NY; June 17 100m M30 Willie Price 12.3 M40 Johnnie Thomas 11.2 M45 Smokey Santillo 11.6 Bob Micho 12.6 Armond LaRambaise 12.9 Gary Crawford 13.8 M50 Chuck La Chiusa 13.1

M55 Carlos Vernon 15.9 M60 Ted Swanson 13.8 M70 David Welsh 19.5 W40 Sylvia Kapturowski 16.6 W45 Josephine Cross 15.0 Mary Casey 16.3 W50 Nadine Lowenstein 14.5 W60 Edna Hyer 18.5 200m M30 Ed Harris 24.6 Ken Switnicki 26.2 M40 Jesse Thomas 22.2 Johnnie Thomas 23.9 Horace Hudson 25.7 M45 Smokey Santillo 24.5 John Hopf 26.3 Bob Micho 26.6 Gary Crawford 28.0 Ted Sauer 30.4 M50 Chuck La Chiusa 26.7 Don French 40.3 M60 Ted Swanson 29.6 M70 David Welsh 61.8 W45 Josephine Cross 32.0 Mary Casey 36.1 W50 Nadine Lowenstein 30.7 W60 Edna Hyer 41.8 400m M30 Ed Harris 52.4 Ken Switnicki 57.4 M40 Johnnie Thomas 51.4 Jessie Thomas 51.9 M45 John Hopf 58.6 Gary Crawford 62.6 Peter Palmer 64.4 Ted Sauer 66.3 W50 Nadine Lowenstein 68.6 800m M35 Bob Carroll 2:03.6 M40 Larry Krol 2:08.1 M45 Peter Palmer 2:36.0 1500m M30 Glenn Miley 4:26.6 Bob Carroll 4:14.9 Kevin Lozano 4:50.9 M45 Peter Palmer 5:40.3 M55 Don French 8:40.3 W30 Rebecca Heuft 4:59.8 W35 Marilyn Brandt 5:11.3 W45 Barbara Sauer 5:42.3 Mary Casey 6:10.1 Carolyn Dewitt 6:45.6 High Hurd M35 Ionie Ghushhehen 17.0 M40 Horace Hudson 18.7 John Kapturowski 19.0 Inter Hurd M40 Horace Hudson 1:02.8 Charles Swanekamp 1:09.1 John Kapturowski 1:14.0 Long J M30 Ken Switnicki 4.88m M40 Johnnie Thomas 5.20m M45 Jim Kelly 5.03m Armond LaRambaise 4.82m Peter Sowiski 3.78m Gary Crawford 3.61m M50 Norm Chambliss 4.54m M55 Carlos Vernon 2.52m Don French 2.39m M60 Ted Swanson 3.75m M70 David Welsh 2.75m W35 Lagie Swanson 3.32m W55 Dortha Swanson 2.62

High Jump M45 Gary Crawford 1.21m M50 Norm Chambliss 1.18m M60 Ted Swanson 1.21m W40 Irene Thompson 1.38m Triple J M50 Norm Chambliss 10.43m Pole V M45 Tom Rauscher 11-6 James Trot 11-6 Doug Perrine 10-6 Shot Put M30 Ken Switnicki 9.56m M45 Jim Alexander 9.18m Grant Hennigar 7.97m M50 Norm Chambliss 10.49m M55 David Morris 10.44m M60 Chuck Yost 11.77m M70 William Russo 9.05m M75 Bill MacMurray 8.26m W35 Deborah Ecklund 7.06 W40 Irene Thompson 8.59 Sylvia Kapturowski 6.14 W45 Nancy Livergood 6.02 W55 Dortha Swanson 7.3 Discus M30 Ken Switnicki 30.94 M35 Michael Hambrick 47.94 Gerald Diaz 34.30m M40 Charles Swanekamp 25.50m M45 Armond LaRambaise 30.20m Arlie Schwan 27.42m Jim Alexander 27.22m Grant Hennigar 23.52m M50 Norm Chambliss 29.46m M55 David Morris 35.88m Don French 25.80m M60 Chuck Yost 38.08m M70 William Russo 28.90m M75 Bill MacMurray 23.10m W35 Deborah Ecklund 25.90 W40 Nancy La Chiusa 20.3 Sylvia Kapturowski 18.48 W45 Nancy Livergood 14.06 W55 Dortha Swanson 19.19 W60 Edna Hyer 18.27 Heavy WJ M35 Mike Hambrick 13.55m Gerardo Diaz 12.89m M45 Jim Alexander 7.89m W35 Deborah Ecklund 7.41 W40 Nancy La Chiusa 7.49 Sylvia Kapturowski 5.05 W45 Nancy Livergood 6.63 W55 Dortha Swanson 8.15 Javelin M30 Ken Switnicki 36.02m M45 Armond LaRambaise 37.30m Grant Hennigar 31.74m Jim Alexander 26.31m M50 Norm Chambliss 35.95m Don French 15.64m W35 Deborah Ecklund 18.41 W55 Dortha Swanson 18.75 W60 Edna Hyer 17.66

Reebok Boston Masters Meet Deadham, MA; June 24 100m M40 Wayne Fisher 11.87 Pershing Reid 11.95 M45 Angel Nieves 12.21 Continued on next page

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Table of athletic results including 4x100m Relay, 4x400m Relay, High Jump, Pole Vault, Long Jump, Shot Put, Discus, Javelin, 25# Weight, 35# Weight, 56# Weight, and Hammer.

Table of athletic results for 1500m RW, Dayton Masters Classic (100m, 200m, 400m), and 800m.

Table of athletic results for USATF Michigan Masters Championships (100m, 200m, 400m) and USATF Midwest Masters Meet (50m, 100m, 200m, 400m).

Table of athletic results for USATF Mid-America Regional Championships (100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, Shot Hurdles, 4x400m Relay, High Jump, Short Hurdles, Long Jump).

Table of athletic results for Triple Jump, Shot Put, Discus, Hammer, Mile RW, and 3000m RW.

Table of athletic results for 800m, 1500m, Pole Vault, Long Jump, Shot Put, Javelin, and 3000m RW.



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SOUTHWEST

**Ponca City Classic
Ponca City, OK; May 20**

100m
M35 Mike Houston 11.65
Allen Blaylock 12.80
Roger Davis 13.00
M45 Jim Dolezel 12.29
Mike Steinmetz 12.78
Hodge Kirby 13.04
M55 Thornton Shelton 13.54
M75 Foster Johnson 16.24
W50 Nina Bryant 17.27

200m
M35 Roger Davis 26.53
Terry Martin 26.84
David Hunt 27.08
M45 Jim Dolezel 25.72
Mike Steinmetz 26.29
Hodge Kirby 26.51
M55 Thornton Shelton 27.64
M75 Foster Johnson 34.87
W50 Nina Bryant 36.42

400m
M35 Ken Ellis 54.53
M40 Jim Reppert 56.52
M45 Jim Dolezel 62.13
800m
M35 Mike Houston 2:16.22
M40 Rick Easley 2:01.86
Jim Reppert 2:14.49

High Jump
M35 Ken Ellis 6-1
David Hunt 4-8
M45 Jim Dolezel 5-0
Tim McGough 4-6
W45 Cathie Cardenas 3-4

Pole Vault
M35 Ken Ellis 15-3
M45 Jim Dolezel 11-0

Long Jump
M35 Allen Blaylock 17-10
David Hunt 16-1
M45 Tim McGough 11-8
Foster Johnson 11-0

Triple Jump
M35 Allen Blaylock 38-11
M45 Bob Everoski 29-1

Discus
M35 David Hunt 89-2
M45 Tim McGough 83-1
M50 Phil Hower 138-4
Jim Ratzlaff 129-8
M65 Engel Grow 92-2

Javelin
M45 Jim McGough 81-10
M50 Jim Ratzlaff 100-8
M65 Engel Grow 95-11

**Tulsa Age Group
Championships
Tulsa, OK; May 27**

100m
M35 Allen Blaylock 11.80
Roger Davis 12.35
M40 Jack Reeder 12.87
Carl Smith 13.04
M45 Jim Dolezel 12.15
Mike Steinmetz 12.50
M50 Tim McGough 13.71
Sam Pfening 14.49
M55 Thornton Shelton 12.53
M60 Bob Santine 13.25
M75 Foster Johnson 16.37
W35 Julie Barber 14.96
W45 Suzanne Williams 14.10
Cathie Cardenas 18.98
W50 Nina Bryant 15.98

200m
M35 Mike Barber 25.38
Roger Davis 26.16
M45 Jim Dolezel 25.15
Mike Steinmetz 26.00
M50 Tim McGough 30.15
Sam Pfening 30.93
M55 Thornton Shelton 25.95
M60 Bob Santine 28.06
M75 Foster Johnson 33.38
Bob Warwick 36.11
W35 Julie Barber 32.39
W40 Anita Hall 35.75
W45 Suzanne Williams 30.77
W50 Nina Bryant 35.63

400m
M35 Danny Coe 90.59
M40 George Hall 61.00
M45 Jim Dolezel 60.04
W45 Suzanne Williams 69.59

800m
M45 Steve Smith 2:19.74
5000m
M35 Kurt Jones 20:11.62
Scott Mays 23:19.18
M40 Steve Lee 20:12.02

110mH
M35 Ken Ellis 14.58
High Jump
M35 Ken Ellis 1.78
M45 Jim Dolezel 1.58
M50 Tim McGough 1.30
Sam Pfening 1.27
M75 Bob Warwick 1.07

Pole Vault
M35 Ken Ellis 4.47
M45 Jim Dolezel 3.20
M75 Bob Warwick 2.13
Long Jump
M35 Allen Blaylock 6.04

M40 Carl Smith 4.69
M45 Jim Dolezel 5.46
M50 Sam Pfening 3.74
Tim McGough 2.16
M75 Bob Warwick 3.30
Foster Johnson 3.28
Triple Jump
M35 A Blaylock 12.65
M54 J Dolezel 10.35
Shot Put
M40 Bill Herring 10.30
M45 Gary Collins 11.68
Garlon Collin 11.00
M50 Sheppard Miles 13.11
Dan Dewalt 12.88
M60 Bob Santine 9.14
M65 Floyd Jack 11.18

Discus
M35 David Hunt 27.53
M40 Bill Herring 29.29
M45 Garlon Collins 26.24
M50 Dan Dewalt 42.83
Sheppard Miles 40.34
M60 Bob Santine 29.76
M65 Floyd Jack 39.78
Javelin
M35 Danny Coe 12.37
M50 Tim McGough 23.87
M60 Bob Santine 31.70
M65 Floyd Jack 28.43
3000m Racewalk
M55 Jim McFadden 15:06.94

**Louisiana Games
New Orleans; June 9**

50m
M60 Sid Montecino 8.14
M75 Ted Yenari 8.86

100m
M30 Alvin Mack 13.82
M35 Terence Thiel 12.42
Robert Fluker 13.24
M40 Walden Curry 12.34
Dortie Moore Jr 12.39
Johnny Hollier 12.56
M45 Herb Stein 13.11
Bill Dwyer 13.95
M50 Norman Singleton 13.79
Tom O'Brien 14.68
M55 Mike Boudreaux 12.84
M60 Sid Montecino 14.80
M65 Al Badinger 15.70
W30 Pat Bramlett 15.12
M35 G Perkins-Miller 13.92
W45 Fran Dwyer 18.76
W50 Clara Fisher 18.70
W55 Bernice Bordelon 18.03

200m
M40 Walden Curry 25.35
Johnny Hollier 25.60
M45 Herb Stein 27.80
Ed Gumpert III 33.31
M50 Tom O'Brien 32.37
Henry Junonville 32.94
M55 Mike Boudreaux 28.29
M60 Sid Montecino 32.15
M75 Ted Yenari 37.39
W35 G Perkins-Miller 28.39
W45 Fran Dwyer 33.55
W50 Clara Fisher 34.43
W55 Bernice Bordelon 39.47

400m
M35 Robert Fluker 61.83
John Joseph 62.01
M40 Dortie Moore Jr 55.89
Lorenzo Bergen 1:41.58
M50 Lee Crosier Jr 67.53
Norm Singleton 77.14
M55 Mike Boudreaux 58.68
Mike Witkin 64.58
M60 Chas Wimberly 66.46
Sid Montecino 74.54
M65 Al Rieke 72.60
W30 Pat Bramlett 71.65
W35 G Perkins-Miller 65.00

800m
M35 Leslie Troxclair 2:09.94
Tim Levy 3:31.33
M40 Dortie Moore Jr 2:14.27
Lorenzo Bergen 4:23.67
M45 J R Brown Jr 2:23.78
M50 Steve Senger 2:37.05
M55 Mike Witkin 2:25.35
M60 Gabe Abene 3:09.75
W55 Eliz Tosterud 4:25.84

1500m
M30 Van Holden 5:22.60
M35 Leslie Troxclair 4:32.40
M45 J R Brown Jr 4:41.19
M50 Steve Senger 5:31.63
M55 Mike Witkin 4:58.41
M60 Gabe Abene 6:33.04
M75 John Boots 5:54.80
W30 Debbie Boudreaux 6:16.52

High Jump
M40 Walden Curry 6-2
Thomas Wilson 5-4
M50 Henry Jusonville 4-2
M75 Ted Yenari 3-6
W55 Bernice Bordelon 3-6
Pole Vault
M45 Bob Manard 11-6
M75 Ted Yenari 7-0

Long Jump
M30 Mark McDowell 19-6
M35 Richard Briede 16-2
M40 Tom Wilson 16-1
Travis Smith 13-10
M45 Herb Stein 16-6
Richard Ely 10-1
M50 Henry Junonville 14-2
M70 Jack Blalock 10-6

M75 Ted Yenari 10-5
W30 Theresa Wilson 12-1
W55 Bernice Bordelon 10-8
Triple Jump
M40 Travis Smith 25-10
M75 Ted Yenari 20-6
Shot Put
M40 Jeff Baty 38-8
M55 Bill Elrod 22-4
M60 R P Adams 31-11
M65 Jack Haller Sr 31-6
M70 Jack Blalock 34-6
M75 Gordon Nordgren 31-2
W35 Cathy Vanhuss 26-10
W45 Lurline Struppeck 29-6
W70 Mildred Buchert 14-2

Discus
M40 Jeff Baty 128-2
M55 Bill Elrod 58-8
M60 R P Adams 104-1
M70 Jack Blalock 95-3
George Buchert 78-10
M75 Gordon Nordgren 84-2
W35 Cathy Vanhuss 73-9
W45 Lurline Struppeck 83-5
W70 Mildred Buchert 56-2

Hammer
M60 R P Adams 73-9
M75 Gordon Nordgren 61-7
Javelin
M35 Richard Briede 129-10
M40 Jeff Baty 144-10
M45 Richard Sander 167-5
Herb Stein 118-5
M50 Roy Schell 147-11
M60 R P Adams 95-8
M75 Gordon Nordgren 80-1
W35 Cathy Vanhuss 69-1
W45 Lurline Struppeck 107-11

3000m Racewalk
M35 I Knightshead Jr dq
M45 Rich Smith 18:43.11
Ed Gumpert III 19:59.77
M50 Wayne Ory 20:49.72
M55 Ed Whiteman 15:18.30
Don Toscano 16:49.59
M60 John Montgomery 26:26.29
M65 Al Rieke 21:40.02
M70 Cy Buchert 20:49.52
W35 Becky Comeaux 15:09.72
W45 Christina Smith 20:06.80
W50 Karren Kloiber 19:37.86
W60 Rhea Snyder 21:10.38
W65 Ro Hoerner 25:38.32

**Hill Country Classic
Masters Track Meet
Mason, TX; June 17**

100M
M30 Raymond Joe 11.02
M35 Fred Porter 10.59
M40 Thomas Acrey 11.92
M50 Ed Jones 11.46
M55 Wayne Bennett 12.27
M60 Bill Hearne 13.50
M65 Andy Anderson 13.29
M75 John Alexander 14.37
W30 Diane Edge 14.16
W40 Kathy Schulze 14.81
W50 Marion Coffee 15.56

200M
M30 Raymond Joe 23.09
M35 Fred Porter 22.36
M40 Thomas Acrey 24.99
M45 Clint Harris 27.54
M50 Ed Jones 24.09
M55 Wayne Bennett 26.26
M60 Paul Johnson 25.79
M65 Andy Anderson 28.91
M75 John Alexander 31.22
W30 Diane Edge
W40 Cathy Corbell
W50 Marion Coffee 37.55
W60+Billie Talley 49.98

400M
M30 David Smith 50.24
M35 Julio Reyes 51.36
M40 Rick Easley 53.27
M45 Clint Harris 60.20
M50 Gordon Peterson 63.28
M55 Wayne Bennett 62.17
M60 Paul Johnson 56.66
M65 Andy Anderson 69.13

800M
M35 Julio Reyes 1:58.31
M40 Rick Easley 2:02.00
M50 Troy Scoggins 2:31.13
M55 Dan McCormack 2:22.38
M65 Winn Talley 3:09.00
W40 Cathy Corbell 3:20.83
W60+Billie Talley 4:45.00

1600M
M40 Gene Cavellier 5:05.21
M55 Dan McCormack 5:27.89
M65 Winn Talley 6:56.20
M70 Eugene Nink 6:40.84
W40 Elizabeth Angulo 9:04.04

5000M
M30 John Detro 15:38.51
M40 John DiCarlo 17:43.66
M55 Dale Brand 24:38.00
W40 Cathy Corbell 21:29.02

100H
M50 Courtland Gray 13.84
M55 John Head 17.47
M65 Bill Pardue 20.09
110H
M30 Dan Cook 17.25
M35 Jeff Brower 16.07
M40 Michael Mitchell 16.75

300H
M30 Rick Cawley 47.82
M35 Jeff Brower 42.59

M40 Michael Mitchell 45.20
M50 John Morris 48.01
M55 Cliff Davis 61.34
M65 Bill Pardue 61.84
W40 Charlotte Carter 56.58
W50 Marion Coffee 71.44

400H
M55 John Head 72.55
400M RELAY
M30 Metro Mitsubishi (David Smith, Fred Porter, Raymond Joe, Lawrence Smith) 43.34
M50 Ag-Horns (Byron Barber, Cliff Davis, David Melber, Bufo Morrison) 60.29

M55 Texas Stars (Bill Everett, Tomas Ramirez, John Head, Wayne Bennett) 51.74
W30 Mason No-Names (Diane Edge, Kathy Schulze, Janet Lehberg, Anna Beam)

1600M RELAY
M50 Dallas Masters (Andy Pittman, Troy Scoggins, Marv Herring, Charles Plueneke) 4:43.13
HIGH JUMP
M35 Jeff Brower 5-10
M40 Michael Mitchell 5-0
M50 Mark Chapman 4-5
M55 David Melber 4-10

POLE VAULT
M30 Will Reid 13-0
M35 Brian Elmore 10-0
M45 Larry McIntyre 11-0
LONG JUMP
M30 Kevin Lendo 20-1
M35 Steve Bolles 15-9
M40 Michael Mitchell 18-1
M50 Ed Jones 19-11
M55 David Melber 16-6
M60 Bill Hearne 14-7
W30 Diane Edge 14-6

TRIPLE JUMP
M30 Kevin Lendo 37-4
M35 David Bolles 32-0
M40 Michael Mitchell 35-8
M45 Tom Witherspoon 28-5
M55 Cliff Davis 28-2
W30 Diane Edge 29-9
W40 Charlotte Carter 25-7

SHOT PUT (16#)
M30 Lane Bates 31-3
M35 Lindell Estes 37-3
M45 Jerry Brewer 34-6
M50 Monroe Ashworth 28-8
M55 John Cantrell 34-7
M60 Bohn Hilliard 26-5

SHOT PUT (12#)
M35 Gary Dzuris 39-9
M45 Jerry Brewer 39-7
M50 Mark Chapman 39-1
M55 John Cantrell 39-9
M60 Bohn Hilliard 9-0
SHOT PUT (5k)
M60 Bohn Hilliard 32-5
SHOT PUT (4k)
M60 Bohn Hilliard 32-5
M70 Les Frisk 26-2
M75 John Alexander 27-6
W30 C. Mellenthin 18-10

DISCUS (2k)
M35 Lindell Estes 115-6
M45 Tom Witherspoon 97-6
M60 Bohn Hilliard 77-10
DISCUS (1.5k)
M45 Jerry Brewer 111-8
M50 Jim Goodwin 119-3
M55 John Cantrell 109-7
M60 Bohn Hilliard 90-0

DISCUS (1k)
M60 Bohn Hilliard 104-6
M70 Les Frisk 68-8
M75 John Alexander 88-7
DISCUS
W30 C. Mellenthin 54-11
HAMMER (16#)
M30 Lane Bates 74-7
M35 Steve Bolles 91-6
M45 Tom Witherspoon 65-10
M50 Monroe Ashworth 75-6
M60 Bohn Hilliard 53-5

HAMMER (12#)
M35 Steve Bolles 116-6
M55 John Cantrell 92-2
M60 Bohn Hilliard 68-3
HAMMER (4k)
M60 Bohn Hilliard 67-1
M75 Leo Chapman 62-8
W30 C. Mellenthin 36-3

JAVELIN
M30 Lane Bates 144-5
M35 Steve Bolles 150-5
M45 William DuBose 130-8
M50 Jerry Poulson 135-8
M55 Bill Mitchell 115-0
M60 Z. Przewodek 140-0
M70 Les Frisk 52-0
M75 Leo Chapman 66-11
W30 C. Mellenthin 48-2

**Southwest Regional Masters
T&F Championships
San Antonio, TX; June 24**

100m
M25 Reginald Penland 10.94
Stephen Harris 11.70

M30 Raymond Joe 10.92
Donald Hardy 10.93
Reyna Thompson 11.50
Fred Porter Jr. 10.80
Michael Mazzi 11.60
Derrick McLuy 11.70
M40 T.J. Lester 11.30
Williard Thompson 11.40
Larry Vollmer 11.50

M45 Robert Mitchell 11.50
T.H. Wilson, Sr. 12.70
M50 Paul Young, Jr. 12.60
John Markas 13.30
M55 Charley Miller 12.30
Tomas Ramirez Jr. 12.30
M70 Bob Wingo 15.65
W30 Debra Salinas 13.60
W55 Marion Coffee 16.20

200m
M25 Anthony Gooden 22.14
Reginald Penland 22.75
David Smith 22.87
M30 Raymond Joe 22.62
Donald Hardy 22.76
Reyna Thompson 24.09
Fred Porter Jr. 22.61
Jay Mathis 23.62
Lindy Raney 23.62
M40 T.J. Lester 23.60
Williard Thompson 23.62
Lorenzo Cyr 26.45

M45 Robert Mitchell 23.60
M50 Paul Young Jr. 26.60
John Markas 27.50
Gordon Peterson 27.70
M60 Jim Mathis 24.80
W25 Dionne Bruff 25.20
W30 Debra Salinas 30.50

400m
M25 Anthony Gooden 49.60
Henry Charles 51.10
M30 David Smith 51.47
Henry Landry 54.60
M35 Lindy Raney 53.20
Jay Mathis 53.30
M40 Jimmie Jones III 58.60

M45 Clint Harris 57.90
T.H. Wilson Sr. 1:04.80
John Markas 1:01.40
Gordon Peterson 1:02.10
M60 Jim Mathis 58.70
M70 Bob Wingo 1:17.90
W25 Dionne Bruff 56.20
W40 Charlotte Carter 1:12.40

100m Hurdles
M25 Stephen Harris 15.70
D. Thompson 16.31
M35 Reyna Thompson 14.80
Jeff Brower 16.25
M40 Robert Huh 17.40
Michael Mitchell 17.60
M50 Charley Miller 14.74
Cliff Davis 21.70
W30 Debra Salinas 15.60
W35 Norma Gonzalez 17.28

400m Hurdles
M35 Jeff Brower 60.10
M40 Sergio Angulo 1:07.00
M55 John Head 1:14.50

800m
M35 Julio Reyes 1:57.37
Bill Hrcir 1:57.78
M40 Ricky Easley 2:00.06
Randall Milstead 2:20.00
M45 Randy Taylor 2:10.06
M50 Vicente Mejia 3:08.06

1500m
M35 Tom Aspel 4:23.38
M40 Randall Milstead 4:30.00
M45 Randy Taylor 4:42.00
M50 Vicente Mejia 6:40.42
W40 Cathy Dowling 5:13.30

1600m Race/Walk
M40 Bert Pickell 8:27.00
M65 Wilson Petefish 10:37.60
M70 Robert Zepeda 12:03.50
M75+ John Calvarese 12:48.00

5000m
M25 Johani Lougheni 15:41.00
M30 John Detro 15:26.00
M50 Vicente Mejia 24:22.00
W40 Cathy Dowling 18:36.80

4 x 100m Relay
M30 Metro Mitsubishi 43.60
Houston Elite 43.70
M35 East TX T&F Club 44.40
M40 Lifkin T&F 54.70

Triple Jump
M30 Tanju Yurtsever 42-4
M40 Michael Mitchell 36-1
Sergio Angulo 34-5
M45 Tom Witherspoon 28-7
David Melber 30-4
Cliff Davis 28-7
W40 Charlotte Carter 26-3

Discus
M35 Gary Dzuris 91-10
M45 Tom Witherspoon 99-3
Jerry Brewer 94-6
M50 Jim Goodwin 127-5
Jerry Paulson 124-4
Mark Chapman 99-4
M55 John Cantrell 122-6
Howard Zingg 115-6
Harold Crater 110-6
M60 Bohn Hilliard 106-3
Jim Carney 105-6
M65 Jim Gerhardt 127-3
Fred Adams 72-9
M70 Leslie Frisk 68-2
W35 Carol Finsrud 166-10
W40 Cheryl Mellenthin 55-8

Long Jump
M30 Alan Sims 18-5
Van Eisenbach 16-0
M35 Jeff Brower 18-8
M40 Larry Vollmer 20-11
Michael Mitchell 18-0
Sergio Angulo 16-3
M50 Mark Chapman 12-3
M55 David Melber 16-10
Fred Lentjes 14-9
Cliff Davis 14-6
M60 Bohn Hilliard 9-12
M70 Adolph Hoffman 12-7
W35 Norma Gonzalez 13-4

Javelin
M35 Gary Dzuris 111-0
M40 Steve Cox 115-4
M45 William DuBose 125-8
M50 Jerry Paulson 130-10
Jim Goodwin 95-4
Milan Martinec 95-3
M55 Jim Tinelli 118-2
David Melber 104-9
Byron Barber 99-8
M60 Bohn Hilliard 63-9
M70 Leslie Frisk 50-11
W40 Cheryl Mellenthin 41-11

High Jump
M35 Jeff Brower 6-0
M40 Steve Cox 5-4
Larry Vollmer 5-4
Michael Mitchell 4-6
M45 Lou DuBose 5-0
Larry McIntyre 4-10
M50 Marty Chapman 4-4
Milan Martinec 4-4
M55 John Head 4-10
Fred Lentjes 4-10
David Melber 4-8
Don Crook 4-2
M70 Adolph Hoffman 4-0
W25 Dionne Bruff 6-0
W35 Norma Gonzalez 4-6

81b Hammer
M60 Bohn Hilliard 76-4
W40 Cheryl Mellenthin 48-5
121b Hammer
M35 Gary Dzuris 91-11
M50 Monroe Ashworth 73-11
Jim Goodwin 66-5
Mark Chapman 66-5
M55 John Cantrell 90-11
Billy Bob Davis 55-9
M60 Bohn Hilliard 65-7
W35 Carol Finsrud 86-0

161b Hammer
M35 Gary Dzuris 69-4
M45 Tom Witherspoon 61-3
M50 Mark Chapman 49-0
M60 Bohn Hilliard 54-5
201b Weight Throw
M35 Gary Dzuris 46-4
M50 Mark Chapman 32-10
Monroe Ashworth 32-3
M55 John Cantrell 46-1
M60 Bohn Hilliard 23-3
W35 Carol Finsrud 34-4
W40 Cheryl Mellenthin 16-3

251b Weight Throw
M35 Gary Dzuris 36-8
M50 Monroe Ashworth 31-3
Mark Chapman 29-11
M55 John Cantrell 31-9
M60 Bohn Hilliard 25-4
W35 Carol Finsrud 30-3
351b Weight Throw
M35 Gary Dzuris 28-3
M45 Larry Childress 26-1
Jerry Brewer 22-9
Tom Witherspoon 20-11
M50 Monroe Ashworth 24-0
Mark Chapman 22-4
M55 John Cantrell 29-10
M60 Bohn Hilliard 19-11
W35 Carol Finsrud 21-10

561b Weight Throw
M35 Gary Dzuris 16-5
M45 Larry Childress 19-12
Jerry Brewer 15-1
Tom Witherspoon 13-7
M50 Mark Chapman 14-9
Monroe Ashworth 13-9
M55 John Cantrell 17-9
M60 Bohn Hilliard 14-2
W35 Carol Finsrud 14-3

**Louisiana Senior Olympic
Games, Baton Rouge Regional
Field Meet
Baton Rouge, LA; June 24**

Shot Put
M55 Carroll Duhon 26-1.25
M60 R Paul Adams 33-0.25

Continued on next page

Continued from previous page

Table of athletic results for various events including M65 Bob Meador, M70 Sam Gergeron, M75 Wes Johnson, etc.

WEST

Crown Valley Senior Games Los Angeles, CA; April 23

Table of athletic results for Crown Valley Senior Games, including 50m, Shot Put, M50 Walt Butler, etc.

Table of athletic results for Crown Valley Senior Games, including 100m, Discus, M50 Walt Butler, etc.

Table of athletic results for Crown Valley Senior Games, including 200m, 1500m RW, M50 Walt Butler, etc.

Table of athletic results for Crown Valley Senior Games, including 400m, 800m, M50 Stan Stauble, etc.

Table of athletic results for Crown Valley Senior Games, including 1500m, 5000m, M50 Rene Diaz, etc.

Table of athletic results for W50 Mary Jane McMaster, W55 Jan Wasson, High Jump, etc.

Table of athletic results for W50 Mary Jane McMaster, W55 Jan Wasson, Pole Vault, etc.

Table of athletic results for W50 Mary Jane McMaster, W55 Jan Wasson, Long Jump, etc.

Table of athletic results for W50 Mary Jane McMaster, W55 Jan Wasson, Shot Put, etc.

Table of athletic results for W50 Mary Jane McMaster, W55 Jan Wasson, Discus, etc.

Table of athletic results for W50 Mary Jane McMaster, W55 Jan Wasson, Triple Jump, etc.

Table of athletic results for W50 Mary Jane McMaster, W55 Jan Wasson, Pole Vault, etc.

Table of athletic results for 400M, M30 Mike Mason, M35 Ben James, etc.

Table of athletic results for 800M, M35 Paul Fragua, M40 Jeff Chambers, etc.

Table of athletic results for 1500M, M30 Mike Mason, M40 Neil Howk, etc.

Table of athletic results for 3000 WALK, M50 Phil Davis, M60 Wayne Donnay, etc.

Table of athletic results for 110M HH, M35 Steve Janus, M40 Stacey Price, etc.

Table of athletic results for 100M HH, M55 Dave Doerrer, M60 Dave Douglass, etc.

Table of athletic results for LONG JUMP, M30 Ron Massie, M35 Andy Miller, etc.

Table of athletic results for HIGH JUMP, M30 Ron Massie, M35 Andy Miller, etc.

Table of athletic results for Ted West, M50 David Walker, Walter Ritte, etc.

Table of athletic results for M55 Lionel Low, Stanford Kuroda, Robert Molyneux, etc.

Table of athletic results for M60 Bill Cunningham, Pat Brown, George Ishiki, etc.

Table of athletic results for M70+Ken Wheeler, Shoichi Tanouye, Johnson Lau, etc.

Table of athletic results for M70+Naoto Inada, Johnson Lau, Bob Terukina, etc.

Table of athletic results for M70+Naoto Inada, Johnson Lau, Bob Terukina, etc.

Table of athletic results for M70+Naoto Inada, Johnson Lau, Bob Terukina, etc.

Table of athletic results for M70+Naoto Inada, Johnson Lau, Bob Terukina, etc.

Table of athletic results for W30 Autumn Johnson, LindaJane Kelly, Melody Hudson, etc.

Table of athletic results for W40 Cion Anderson, Nellie Lee, W45 Peggy Regentine, etc.

Table of athletic results for M35 Allen Wolfe, Bradley Lau, M40 Derek Goudge, etc.

Table of athletic results for M45 Wayne Joseph, Richard Moeller, Del King, etc.

Table of athletic results for M65 Del King, M70+Marvin Sherman, W30 Autumn Johnson, etc.

Table of athletic results for M45 Absalon Amodo, Robert Larson, M50 Mike Dudock, etc.

Table of athletic results for M30 Hawaii "A" Team, (Gustafson/Jochim/Wolfe/Lysek), etc.

Table of athletic results for M40 Vincent Costello, Larry Luehrs, M45 Absalon Amodo, etc.

Table of athletic results for M45 Gary Austin, Art Isaki, M50 Clement Chun, etc.

Table of athletic results for M40 Henry Dutro, Larry Luehrs, Herb Lloyd, etc.

Table of athletic results for M45 Courtland Pang, Gary Austin, M50 Clement Chun, etc.

Table of athletic results for M40 Herb Lloyd, Mack Dutro, M45 Scott Brooks, etc.

Table of athletic results for M50 Wm Von Arnswaldt, James Fulgoni, Harvey Urakawa, etc.

Table of athletic results for M45 Scott Brooks, M50 Jack Karbens, Harvey Urakawa, etc.

Table of athletic results for M50 Jack Karbens, Harvey Urakawa, M55 Robert Molyneux, etc.

Table of athletic results for M50 Jack Karbens, Harvey Urakawa, M55 Robert Molyneux, etc.

USATF Pacific Association Championships

Los Gatos, CA; June 10

Table of athletic results for 100m, M30 Alan Tucker, Sarrell Tobias, etc.

Table of athletic results for M30 Alan Tucker, Sarrell Tobias, Alan Williams, etc.

Table of athletic results for M30 Alan Tucker, Sarrell Tobias, Alan Williams, etc.

Continued on next page

Continued from previous page

Table of athletic results for various events including 600m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 12.5m, 15m, 20m, 25m, 30m, 35m, 40m, 45m, 50m, 55m, 60m, 65m, 70m, 75m, 80m, 85m, 90m, 95m, 100m, 105m, 110m, 115m, 120m, 125m, 130m, 135m, 140m, 145m, 150m, 155m, 160m, 165m, 170m, 175m, 180m, 185m, 190m, 195m, 200m, 205m, 210m, 215m, 220m, 225m, 230m, 235m, 240m, 245m, 250m, 255m, 260m, 265m, 270m, 275m, 280m, 285m, 290m, 295m, 300m, 305m, 310m, 315m, 320m, 325m, 330m, 335m, 340m, 345m, 350m, 355m, 360m, 365m, 370m, 375m, 380m, 385m, 390m, 395m, 400m, 405m, 410m, 415m, 420m, 425m, 430m, 435m, 440m, 445m, 450m, 455m, 460m, 465m, 470m, 475m, 480m, 485m, 490m, 495m, 500m, 505m, 510m, 515m, 520m, 525m, 530m, 535m, 540m, 545m, 550m, 555m, 560m, 565m, 570m, 575m, 580m, 585m, 590m, 595m, 600m, 605m, 610m, 615m, 620m, 625m, 630m, 635m, 640m, 645m, 650m, 655m, 660m, 665m, 670m, 675m, 680m, 685m, 690m, 695m, 700m, 705m, 710m, 715m, 720m, 725m, 730m, 735m, 740m, 745m, 750m, 755m, 760m, 765m, 770m, 775m, 780m, 785m, 790m, 795m, 800m, 805m, 810m, 815m, 820m, 825m, 830m, 835m, 840m, 845m, 850m, 855m, 860m, 865m, 870m, 875m, 880m, 885m, 890m, 895m, 900m, 905m, 910m, 915m, 920m, 925m, 930m, 935m, 940m, 945m, 950m, 955m, 960m, 965m, 970m, 975m, 980m, 985m, 990m, 995m, 1000m.

Table of athletic results for various events including 500m Racewalk, 5000m Racewalk, 5000m RW, 100m, 200m, 300m, 400m, 500m, 600m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 12.5m, 15m, 20m, 25m, 30m, 35m, 40m, 45m, 50m, 55m, 60m, 65m, 70m, 75m, 80m, 85m, 90m, 95m, 100m, 105m, 110m, 115m, 120m, 125m, 130m, 135m, 140m, 145m, 150m, 155m, 160m, 165m, 170m, 175m, 180m, 185m, 190m, 195m, 200m, 205m, 210m, 215m, 220m, 225m, 230m, 235m, 240m, 245m, 250m, 255m, 260m, 265m, 270m, 275m, 280m, 285m, 290m, 295m, 300m, 305m, 310m, 315m, 320m, 325m, 330m, 335m, 340m, 345m, 350m, 355m, 360m, 365m, 370m, 375m, 380m, 385m, 390m, 395m, 400m, 405m, 410m, 415m, 420m, 425m, 430m, 435m, 440m, 445m, 450m, 455m, 460m, 465m, 470m, 475m, 480m, 485m, 490m, 495m, 500m, 505m, 510m, 515m, 520m, 525m, 530m, 535m, 540m, 545m, 550m, 555m, 560m, 565m, 570m, 575m, 580m, 585m, 590m, 595m, 600m, 605m, 610m, 615m, 620m, 625m, 630m, 635m, 640m, 645m, 650m, 655m, 660m, 665m, 670m, 675m, 680m, 685m, 690m, 695m, 700m, 705m, 710m, 715m, 720m, 725m, 730m, 735m, 740m, 745m, 750m, 755m, 760m, 765m, 770m, 775m, 780m, 785m, 790m, 795m, 800m, 805m, 810m, 815m, 820m, 825m, 830m, 835m, 840m, 845m, 850m, 855m, 860m, 865m, 870m, 875m, 880m, 885m, 890m, 895m, 900m, 905m, 910m, 915m, 920m, 925m, 930m, 935m, 940m, 945m, 950m, 955m, 960m, 965m, 970m, 975m, 980m, 985m, 990m, 995m, 1000m.

Table of athletic results for various events including 23-24, 40-22, Superweight, 34-5, 20-6, 26-10, 23-4, 10-8 3/4, 28-9 3/4, 9-10, 11-8, 29:10.69, 25:13.45, 28:29.25, 31:02.82, 37:58.99, 45:07.20, 30:04.35, 33:59.36, 35:35.88, 35:40.81, 28:54.70, 29:49.17, 33:25.19, 35:04.29, 29:35.11, 35:22.60, 36:09.50, 31:54.62, 36:10.88, 36:11.29, Grand Canyon State Games Tempe, AZ; June 23-25, 100m, 200m, 300m, 400m, 500m, 600m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 12.5m, 15m, 20m, 25m, 30m, 35m, 40m, 45m, 50m, 55m, 60m, 65m, 70m, 75m, 80m, 85m, 90m, 95m, 100m, 105m, 110m, 115m, 120m, 125m, 130m, 135m, 140m, 145m, 150m, 155m, 160m, 165m, 170m, 175m, 180m, 185m, 190m, 195m, 200m, 205m, 210m, 215m, 220m, 225m, 230m, 235m, 240m, 245m, 250m, 255m, 260m, 265m, 270m, 275m, 280m, 285m, 290m, 295m, 300m, 305m, 310m, 315m, 320m, 325m, 330m, 335m, 340m, 345m, 350m, 355m, 360m, 365m, 370m, 375m, 380m, 385m, 390m, 395m, 400m, 405m, 410m, 415m, 420m, 425m, 430m, 435m, 440m, 445m, 450m, 455m, 460m, 465m, 470m, 475m, 480m, 485m, 490m, 495m, 500m, 505m, 510m, 515m, 520m, 525m, 530m, 535m, 540m, 545m, 550m, 555m, 560m, 565m, 570m, 575m, 580m, 585m, 590m, 595m, 600m, 605m, 610m, 615m, 620m, 625m, 630m, 635m, 640m, 645m, 650m, 655m, 660m, 665m, 670m, 675m, 680m, 685m, 690m, 695m, 700m, 705m, 710m, 715m, 720m, 725m, 730m, 735m, 740m, 745m, 750m, 755m, 760m, 765m, 770m, 775m, 780m, 785m, 790m, 795m, 800m, 805m, 810m, 815m, 820m, 825m, 830m, 835m, 840m, 845m, 850m, 855m, 860m, 865m, 870m, 875m, 880m, 885m, 890m, 895m, 900m, 905m, 910m, 915m, 920m, 925m, 930m, 935m, 940m, 945m, 950m, 955m, 960m, 965m, 970m, 975m, 980m, 985m, 990m, 995m, 1000m.

Table of athletic results for various events including 9.58, 9.98, 9.56, 7.84, 5.92, 30.38, 35.16, 36.62, 42.68, 23.94, 22.44, 14.82, 24.50, 16.14, 37.51, Masters Western Regional Track & Field Meet Los Gatos, CA; June 24, 100M, 200M, 300M, 400M, 500M, 600M, 800M, 1000M, 1500M, 2000M, 3000M, 4000M, 5000M, 6000M, 8000M, 10000M, 12.5m, 15m, 20m, 25m, 30m, 35m, 40m, 45m, 50m, 55m, 60m, 65m, 70m, 75m, 80m, 85m, 90m, 95m, 100m, 105m, 110m, 115m, 120m, 125m, 130m, 135m, 140m, 145m, 150m, 155m, 160m, 165m, 170m, 175m, 180m, 185m, 190m, 195m, 200m, 205m, 210m, 215m, 220m, 225m, 230m, 235m, 240m, 245m, 250m, 255m, 260m, 265m, 270m, 275m, 280m, 285m, 290m, 295m, 300m, 305m, 310m, 315m, 320m, 325m, 330m, 335m, 340m, 345m, 350m, 355m, 360m, 365m, 370m, 375m, 380m, 385m, 390m, 395m, 400m, 405m, 410m, 415m, 420m, 425m, 430m, 435m, 440m, 445m, 450m, 455m, 460m, 465m, 470m, 475m, 480m, 485m, 490m, 495m, 500m, 505m, 510m, 515m, 520m, 525m, 530m, 535m, 540m, 545m, 550m, 555m, 560m, 565m, 570m, 575m, 580m, 585m, 590m, 595m, 600m, 605m, 610m, 615m, 620m, 625m, 630m, 635m, 640m, 645m, 650m, 655m, 660m, 665m, 670m, 675m, 680m, 685m, 690m, 695m, 700m, 705m, 710m, 715m, 720m, 725m, 730m, 735m, 740m, 745m, 750m, 755m, 760m, 765m, 770m, 775m, 780m, 785m, 790m, 795m, 800m, 805m, 810m, 815m, 820m, 825m, 830m, 835m, 840m, 845m, 850m, 855m, 860m, 865m, 870m, 875m, 880m, 885m, 890m, 895m, 900m, 905m, 910m, 915m, 920m, 925m, 930m, 935m, 940m, 945m, 950m, 955m, 960m, 965m, 970m, 975m, 980m, 985m, 990m, 995m, 1000m.

Table of athletic results for various events including 53.89, 56.42, 1:02.00, 1:07.52, 1:12.30, 1:20.43, 1:04.90, 1:07.20, 1:05.80, 1:07.10, 1:12.70, 1:56.61, 1:59.06, 2:01.33, 2:10.46, 2:04.41, 2:09.13, 2:10.20, 2:02.45, 2:08.05, 2:08.60, 2:19.25, 2:26.58, 2:31.64, 2:33.17, 2:43.40, 2:19.25, 2:26.58, 2:31.64, 2:33.17, 2:43.40, 2:08.86, 2:32.36, 2:34.16, 3:51.93, 2:27.53, 2:35.87, 2:21.27, 2:36.85, 2:47.28, 3:01.02, 3:48.97, 4:13.1, 4:13.9, 4:39.7, 4:53.7, 4:18.1, 4:47.7, 4:27.2, 4:31.0, 4:33.9, 4:37.0, 5:18.9, 5:12.2, 5:42.3, 5:46.3, 5:25.3, 5:28.1, 5:22.5, 6:03.2, 3:36.2, 5:01.3, 5:09.8, 5:39.1, 5:32.1, 6:25.7, 7:36.9, 17:28.5, 16:16.4, 16:32.3, 16:10.4, 19:14.6, 19:00.9, 27:05.7, 11:58.0, 10:25.2, 12:36.4, 10:43.8, 12:41.1, 12:10.2, 13:30.0, 13:05.7, 15.40, 15.85, 16.30, 15.13, 15.25, 15.43, 18.39, 16.66, 16.85, 15.11, 15.46, 57.94, 1:14.30, 1:05.79, 1:14.20, 1:02.66, 1:08.90, 1:02:58, 1:04.95, 1:13.99, 43.47, 44.15, 48.16, 48.01, 49.60, 6-2, 6-0, 5-8, 5-10, 5-6, 5-6, 123-0, 177-10, 119-10, 95-7, 156-1, 66-11, 44-5, 27-51, 11-3, 16-9, 42-21, 17-5, 26-10, 23-8, 23-5, 123-0, 177-10, 119-10, 95-7, 156-1, 66-11, 44-5, 27-51, 11-3, 16-9, 42-21, 17-5, 26-10, 23-8, 23-5.

Table of athletic results for various events including 5-10, 5-6, 5-6, 5-0, 4-10, 4-6, 5-4, 3-8, 4-10, 3-6, 3-0, 3-5, 17-0, 16-0, 15-0, 15-0, 15-0, 15-0, 14-0, 14-6, 10-0, 8-0, 7-6, 6-6, 6-6, 22-4, 19-11, 19-8, 23-23, 21-8, 17-0, 15-7, 13-5, 19-10, 17-4, 15-9, 17-11, 16-8, 15-4, 16-3, 15-0, 14-8, 11-7, 18-3, 10-7, 8-2, 10-4, 36-7, 35-9, 33-10, 33-11, 35-6, 34-0, 31-4, 26-6, 23-3, 35-3, 38-3, 19-11, 36-2, 49-5, 44-4, 39-8, 51-0, 43-8, 39-6, 27-8, 38-11, 29-9, 39-9, 29-11, 29-6, 36-0, 38-1, 28-9, 127-4, 115-9, 105-7, 170-51, 129-0, 137-5, 129-1, 85-0, 75-6, 53-6, 246-8, 180-2, 134-9, 130-6, 136-7, 110-6, 119-6, 71-5, 86-2, 64-11, 52-1, 124-5, 27-51, 11-3, 16-9, 42-21, 17-5, 26-10, 23-8, 23-5, 123-0, 177-10, 119-10, 95-7, 156-1, 66-11, 44-5, 27-51, 11-3, 16-9, 42-21, 17-5, 26-10, 23-8, 23-5.

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Table with 2 columns: Name and Time. Includes events like W30 Amy Bublak, W60 Christel Miller, 5000M RACEWALK, M35 Paul DeMeester, M40 Art Klein, M45 Bill Penner, M50 Ron Daniel, M60 Ralph Wheeler, M65 Bill Moremen, M75 Troy Grove, M80 Ernest Lucken, W30 Jennifer Granucci, W35 Kim Wilkinson, W40 Lorrie Leiker, W45 Brenda Carpino, W50 Patricia Durham, W55 Lorraine Coppola, W70 Ruth Van Sandt.

Timber Wolf Meet Sacramento, CA; July 1

Table with 2 columns: Name and Time. Includes events like Shot Put, M45 John Gallen, M50 John Lovell, M60 Dennis Rietz, M65 Rick De Gregorio, Discus, M45 John Gallen, M50 John Lovell, M60 Dennis Rietz, M65 Rick De Gregorio, Hammer, M45 John Gallen, M60 Dennis Rietz, Javelin, M45 John Gallen, M60 Dennis Rietz.

Throws Series #40, KELfield Santa Cruz, CA; July 1

Table with 2 columns: Name and Time. Includes events like SHOT PUT, M45 Bob Pryor, M60 Stew Thomson, M70 Gee Gee Toscano, DISCUS, M30 Mike Buncic, M45 Bob Pryor, M60 Stew Thomson, M70 Buford Pryor, HAMMER, M30 Thor Gustaffson, M45 Bob Pryor, M50 Al Carpenter, JAVELIN, M45 Gary Kelmenson, 25 LB. WEIGHT, M60 Don Hughes, 35 LB. WEIGHT, M30 Jeff Carpenter, M45 Gary Kelmenson, M50 Al Carpenter, M60 Don Hughes, 56 LB. WEIGHT, M30 Jeff Carpenter, M45 Gary Kelmenson, M60 Don Hughes.

Timber Wolf Meet Sacramento, CA; July 6

Table with 2 columns: Name and Time. Includes events like 100m, M35 Paul Stewart, M50 David Naylor, W45 Avril Naylor, W50 Jan Swank, 200m, M50 David Naylor, W45 Avril Naylor, W50 Jan Swank, Long Jump, M35 Paul Stewart, M60 John Reed, W45 Avril Naylor, W50 Jan Swank, Triple Jump, M60 John Reed, Shot Put, M35 Paul Stewart, M45 John Gallen, M50 John Lovell, M60 Dennis Rietz, W40 Joan Stratton, W45 Avril Naylor, W50 Jan Swank.

Table with 2 columns: Name and Time. Includes events like Discus, M45 John Gallen, M50 John Lovell, M60 Dennis Rietz, W40 Joan Stratton, Hammer, M60 Dennis Rietz, W40 Joan Stratton, Javelin, M45 John Gallen, M60 John Reed, W40 Joan Stratton, W45 Avril Naylor, W50 Jan Swank.

NORTHWEST

Seattle Masters Classic June 10

Table with 2 columns: Name and Time. Includes events like 100m, M30+Gerald Edwards, James Roberson, Leroy Johnson, M40 John Wells, John Zittercoob, M45 Jack Craig, Will Leslie, Richard Ying, M50 David Walter, Ron Jensen, Grant Lamothe, M55 Roger Dean, M60 Darwin Grimm, Jack Coy, M80 Al Klier, W30+Denise Foreman, Renee Jackman, Teresa Jaworski, W60 Louise Reed, W90 Zora Lux, 200m, M30+Gerald Edwards, M40 Russ Acea, John Wells, John Zittercoob, M45 Jack Craig, Will Leslie, Richard Ying, M50 Dave Walter, Ron Jensen, M60 Darwin Grimm, Jack Coy, M80 Al Klier, W30+Theresa Haynes, Teresa Jaworski, Renee Jackman, W90 Zora Lux, 400m, M30+James Roberson, Brian Austin, M40 David Ortman, Dennis Creson, Dean Koga, M50 Stephen Robbins, Rich Tucker, Ron Jensen, M60 Don Kane, M70 Len Tritsch, M75 Fred Sandoy, W30+Denise Foreman, Theresa Haynes, Renee Jackman, 800m, W30+Sue Grigsby, Jenny Swanson, W50 Carol Flexer, M40 Robert Walker, Dean Koga, M45 Douglas Sturm, M50 Rich Tucker, Don McMillan, M55 Des O'Rourke, M75 Fred Sandoy, 1500m, M30+Larry Weber, Brian Austin, M40 Dennis Creson, Dean Koga, Greg Swanson, M45 Douglas Sturm, M50 Larry Wilson, M55 Des O'Rourke, M75 Fred Sandoy, 5000m, M30+Don Kick, Jeff Dean, M40 Bob Harn, M45 Doug Sturm, M55 Bob Langenbach, M60 Bob Burd, M70 Knut Olson, M75 Fred Sandoy, W55 Judy Groombridge, Nancy Peterson, Susie Quenzer, 4x100m Relay, M45 Troy, 4x400m Relay, M35-44 Acea/Johnson/Walker/?

Table with 2 columns: Name and Time. Includes events like W30+Martha Mendenhall, Loza Mize, Pole Vault, M40 Mark Salzman, M45 Dick Clintworth, Rich Ying, M70 Don Grosh, Long Jump, M30+Gerald Edwards, M40 John Wells, M45 Oron Lott, M50 Grant Lamothe, M55 Roger Dean, M60 Darwin Grimm, Triple Jump, M30+Jeff Smoot, M40 Rick Teller, M45 K Troy, M50 Bob Sheedy, M55 Brad Wilson, M60 Darwin Grimm, Shot Put, M40 Mark Neal, Mark Salzman, M45 Dick Clintworth, M50 John Alamano, Jack Miller, Bob Sheedy, M55 Neil Saling, Turk Markishtum, M60 Turk Shanaman, Bob Flaherty, M70 Harvey Williams, Ken Groshkow, W50 Linda Tickner, Discus, M40 Mark Neal, M45 Dick Clintworth, M50 Jack Miller, Bob Sheedy, M55 Neil Saling, Turk Markishtum, M60 Ed Phelps, M65 Bob Flaherty, M70 Harvey Williams, Ken Groshkow, Javelin, M40 Russell Acea, M45 Dick Clintworth, M50 Jay Groen, Grant Lamothe, M55 Turk Markishtum, M60 Ed Phelps, Bob Flaherty, M70 Harvey Williams, 1500m Racewalk, M60 Claude Wrathall, M65 Jerry Magorty, 3000m Racewalk, M45 Stan Chraminski, Bob Novak, M60 Claude Wrathall, M65 Jerry Magorty, W55 Bev LaVeck.

Table with 2 columns: Name and Time. Includes events like Shot Put, M40 Mark Neal, M45 Dick Clintworth, M50 John Alamano, Jack Miller, Bob Sheedy, M55 Neil Saling, Turk Markishtum, M60 Turk Shanaman, Bob Flaherty, M70 Harvey Williams, Ken Groshkow, W50 Linda Tickner, Discus, M40 Mark Neal, M45 Dick Clintworth, M50 Jack Miller, Bob Sheedy, M55 Neil Saling, Turk Markishtum, M60 Ed Phelps, M65 Bob Flaherty, M70 Harvey Williams, Ken Groshkow, Javelin, M40 Russell Acea, M45 Dick Clintworth, M50 Jay Groen, Grant Lamothe, M55 Turk Markishtum, M60 Ed Phelps, Bob Flaherty, M70 Harvey Williams, 1500m Racewalk, M60 Claude Wrathall, M65 Jerry Magorty, 3000m Racewalk, M45 Stan Chraminski, Bob Novak, M60 Claude Wrathall, M65 Jerry Magorty, W55 Bev LaVeck.

Montana Senior Olympics Billings, MT; June 23-24

Table with 2 columns: Name and Time. Includes events like 60m, M50 Mickey Ivanovitch, M55 Darrel Short, M60 Darwin Grimm, M65 James Moorhead, M70 George Cross, M75 Jack Davison, W50 Ursula Grady, W55 Corrine Lynch, 100m, M50 Mickey Ivanovitch, M55 Thomas Hunt, M60 Darwin Grimm, M65 William Hill, M70 George Cross, M75 Jack Davison, W50 Ursula Grady, W55 Corrine Lynch, 150m, M50 Gary Robinson, M55 Thomas Hunt, M60 Darwin Grimm, M65 William Hill, M75 Jack Davison, W50 Ursula Grady, W55 Corrine Lynch, 200m, M50 Gary Robinson, M55 Thomas Hunt, M60 Darwin Grimm, M65 William Hill, M75 Jack Davison, W50 Ursula Grady, W55 Corrine Lynch, 400m, M50 Gary Robinson, M55 Kenny Fike, M60 Dave Cady, M65 Charles Jannings, W55 Corrine Lynch, 800m, M50 Walt Wetzel, M55 Kenny Fike, M60 David Smith, M65 James Moorhead, M75 Harold Bach, 1500m, M50 Walt Wetzel, M55 Kenny Fike, M60 Donald Jelinek, W50 Mary Peet, Short Hurdles, W65 William Hill.

Table with 2 columns: Name and Time. Includes events like High Jump, M50 Andrew Sangray, M55 Darrel Short, M60 Darwin Grimm, M65 William Hill, M70 John Turner, M75 Ralph Maxwell, Pole Vault, M55 Kenny Fike, M65 Francis Kindt, M75 Manuel White, Long Jump, M50 Gary Robinson, M55 Kenny Fike, M60 Darwin Grimm, M65 Charles Jannings, M70 John Turner, M75 Jack Davison, W50 Ursula Grady, W60 Mae Schroeder, Triple Jump, M55 Darrel Short, M60 Darwin Grimm, M65 James Moorhead, Shot Put, M55 John Leuthold, M60 Nyles Spurlock, M65 Wellesley Goodwin, M70 Jack Hines, M75 Manuel White, W60 Katie Spurlock, Discus, M60 Nyles Spurlock, M65 Quinn Reed, M70 Robert Hinkle, M75 Manuel White, M80 Phillip Wright, W50 Ursula Grady, W60 Katie Spurlock, W65 Maris Lorenz, Javelin, M55 Kennery Hanify, M60 Darwin Grimm, M65 Wellesley Goodwin, M70 George Cross, M75 Manuel White, W60 Mae Schroeder, W65 Mavis Lorenz, 1500 RW, M55 Robert Redpath, M60 Udo Grady, M65 Bill McClaren, M70 John Turner, M75 Ted Berreth, M80 Martin Oleson, W50 Margaret Steckel, W55 Marilyn de Sonia, W65 Lois McClaren, W75 Wilma Fender, 5000 RW, M55 Robert Redpath, M60 Udo Grady, M65 Bill McClaren, M75 Ted Berreth, W55 Margaret Steckel.

Hayward Masters Classic (USATF Oregon Championships) Eugene; June 24-25

Table with 2 columns: Name and Time. Includes events like 100m, M30 Roosevelt Roby, M35 Michael Waller, M40 John Wells Jr, John Kouse, Don Berry, Greg Jones, John Zittercoob, M45 Richard Ying, Geoff Hughes, M50 Stephen Robbins, Ron Jensen, Ken Perkins, M55 Bumper Emerson, Bill Knocke, Lew Thorne, Paul Stepan, M60 Milton Newton, Joe Hoffman, Jack Coy, Jim Schlewitz, John Nilsson, M65 Gene Harte, Alan Maxwell, Don Anhorn, Susan Smith, Teresa Jaworski, W35 Denise Foreman, W40 Mary Libal, Ruth Callard, Rebecca Mitchell, Lyn Carter, W45 Teddie Bell, W55 Laura Stepan, 200m, M30 Miles Smith, M40 John Wells Jr, Kai Bergheer, Jim Hiebert, John Zittercoob.

Table with 2 columns: Name and Time. Includes events like M45 Wayne Gripp, Frank Lulich, Richard Ying, M50 Stephen Robbins, Joe Cavan, Dave Walter, Ron Jensen, M55 Bumper Emerson, Bill Knocke, Lew Thorne, Paul Stepan, Dan McCormack, M60 Milton Newton, Joe Hoffman, Gene Harte, Don Anhorn, Susan Smith, Teresa Jaworski, W35 Theresa Haynes, Rachel Bush, Renee Jackman, W40 Mary Libal, Rebecca Mitchell, W45 Teddie Bell, 400m, M30 Paul Scarlett, Steve Gideon, Miles Smith, Craig Smith, Mike Waller, M40 Kai Bergheer, Jim Hiebert, M45 Frank Lulich, M50 Dave Walter, Joe Cavan, Ron Jensen, M55 Bill Knocke, Dan McCormack, Paul Stepan, M60 Joe Hoffman, John Nilsson, Don Kane, M65 Tom Brinton, Don Anhorn, M70 Len Tritsch, M85 Mel Shine, W30 Susan Smith, Teresa Jaworski, W35 Renee Jackman, W40 Mary Libal, Ruth Callard, Rebecca Mitchell, 800m, M30 Steve Gideon, M35 Craig Mallinckrodt, M40 Ed Spinney, Gordon Valiant, Jamie VanNostrand, Ken Bell, Robert Hammond, M45 Douglas Watson, Joe Burleson, M50 Rich Tucker, Don McMillan, Larry Norris, M55 Des O'Rourke, Dan McCormack, M60 Ralph Miller, John Nilsson, Don Kane, Donn Kirk, M65 Tom Brinton, M70 Len Tritsch, W30 Doreen Groshan, W35 Sue Grigsby, Jenny Swanson, Mary Russell, W40 Jackie Manley, W60 Suzi MacLeod, M40 Ed Spinney, Gordon Valiant, Jamie VanNostrand, Greg Swanson, M45 Joe Burleson, M50 Larry Wilson, Jim Archer, Tom Balcom, Luigi Schiavo, Des O'Rourke, David Morris, M60 John Nilsson, Jack Keener, M70 John Keston, W30 Doreen Groshan, W35 Sue Grigsby, Jenny Swanson, W40 Jackie Manley, W60 Suzi MacLeod, W70 Dawn Russell, Jean Mitchell, National Masters News, Age-Graded Mile, A-C& Time, John Keston 70, Herb Phillips 54, Ken Bell 44, Bill McChesney 67, Sharon Gerl 47, Bill Cooper 52, Dawn Russell 70, MarciaMcChesney 65, Donn Kirk 64, M45 Fred Pietrzak, Joe Burleson, M50 Luigi Schiavo, M55 David Morris, Jacque Bowman, John Hurley, M60 John Nilsson, Jack Keener.

Table with 2 columns: Name and Time. Includes events like M65 Dan Anhorn, M70 John Keston, W35 Mary Russell, W65 Marcia McChesney, M40 Ed Spinney, Henry Rono, M45 Tom Jefferson, M50 Herb Phillips, Jerry Reynolds, Bill Cooper, M55 Ken Ogden, Bob Kiever, M65 Bill McChesney, Craig McMicken, M70 John Keston, W30 Wendy Simmons, W45 Sharon Gerl, W70 Dawn Russell, M30 John Nagel, M40 Randal Wilk, Michael Ganger, M45 Les Castle, M50 John Postlethwait, Eric Zemper, Dusty Moller, M55 Ken Ogden, Bob Kiever, Jacque Bowman, John Gillis, M70 John Keston, Long Hurdles, M50 Larry Norris, W35 Denise Foreman, (Nielsen/71.06/1994), W40 Ruth Callard, Short Hurdles, M65 Ray Propst, Alan Maxwell, M70 Walter Dahlin, W35 Denise Foreman, W55 Becky Sisley, Steeplechase, M40 Clay Stenberg, Jamie VanNostrand, Scott Kessler, M50 Tom Balcom, Luigi Schiavo, M55 John Hurley, High Jump, M30 Miles Smith, M45 Frank Lulich, Dick Clintworth, M50 Joe Johnson, M55 Bob Darling, Fred Brandenfels, M60 Milton Newton, Jim Hitchman, M65 Vince Sempronio, M70 John Cleveland, Les Hintz, M75 Myron Dover, W35 Theresa Haynes, W55 Becky Sisley, Pole Vault, M35 Dan Umenhofer, M40 Dan West, M45 Jerry Cash, (Miguel/4.71/1993), Dennis Phillips, Dick Clintworth, Richard Ying, M5 Terry Cannon, James Matejka, M60 Robert Decker, M65 Harvey Lewellen, M70 Don Grosh, John Cleveland, W55 Becky Sisley, (McClennan/2.00/1993), Long Jump, M30 Mike Toll, M40 Randy Kouse, John Wells Jr, Greg Jones, M45 Jeff Schaller, Oran Lott, M50 Luigi Schiavo, M65 Alan Maxwell, W55 Jane Dods, W70 Dawn Russell, Triple Jump, M30 Mike Toll, M35 Mike Lariza, M40 George Frost, M65 Ray Propst, W55 Becky Sisley, Shot Put, M35 Craig Scoggin, M40 Ray Fogg, Dennis Rabe, Forrest Brouillard, M45 Jerry Ford, Jerry Crowe, Dick Clintworth, Geoff Hughes, M50 Tom Gage, George Mathews, Joe Johnson, Ken Perkins, Russ Hodge, Richard Hotchkiss, Neil Saling, Robert Roy, M60 Walt Baderek, Jim Hitchman, Fred Shanaman, Ed Phelps, M65 Ladislav Filip.

Continued from previous page

Table of athletes and times for various events including 4x100m Relay, 100m, 200m, 400m, 800m, 1500m, 5000m Racewalk, and Mile Racewalk.

4x100m Relay results for Team #1 and Team #2.

Northwest Regional Masters Championships

Table of athletes and times for Northwest Regional Masters Championships events including 100m, 200m, 400m, 800m, 1500m, 5000m Racewalk, and Mile Racewalk.

Table of athletes and times for various events including 100m, 200m, 400m, 800m, 1500m, 5000m Racewalk, and Mile Racewalk.

Table of athletes and times for various events including 100m, 200m, 400m, 800m, 1500m, 5000m Racewalk, and Mile Racewalk.

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Table of athletes and times for various events including 100m, 200m, 400m, 800m, 1500m, 5000m Racewalk, and Mile Racewalk.

CANADA

Canadian Masters Championships

Hamilton, Ontario; June 24-25

Table of athletes and times for Canadian Masters Championships events including 100m, 200m, 400m, 800m, 1500m, 5000m Racewalk, and Mile Racewalk.

Continued on next page

Continued from previous page

Table of race results including W35 Deborah Lenz, W45 Lorraine Tucker, W60 Marjorie Moore, M35 Bill Mathers, M40 Ken Felchuk, M45 Gary Crawford, M50 Alan Slater, M60 Ted Swanson, M65 Jim Mathers, M80 Ian Hume, M85 Karl Trei, M95 Eero Yla-Outinen, M100 Alf Sundin, M105 John Kasperski, M110 Jack White, M115 Eero Yla-Outinen, M120 David Morris, M125 Alf Sundin, M130 Max Woerle, M135 Walt Mozewsky, M140 Chas Taylor, M145 Ken Pitcher, M150 Ewalds Viskers, M155 James Flowers, M160 Garry Bachman, M165 Peder Nielsen, M170 Lembit Saar, M175 Aleks Upmalis, M180 Ed Purgalis, M185 Ian Hume, M190 Karl Trei, M195 Sarah Boslaugh, M200 Deborah Ecklund, M205 Bozena WojciekianPOL12.00, M210 Darlene Aulenback, M215 Irene Thompson, M220 W45 Joyce Thomas TRI, M225 W55 Dortha Swanson US, M230 Edith Gray, M235 W60 Lida Sawdyk, M240 W65 Velta Tomsons, M245 W70 Anna Clark, M250 Discus, M255 M35 Jack Harkness, M260 James Reilly, M265 M40 Jacek Szadziuk, M270 Chas Swanekamp US, M275 M45 John Hawkins, M280 Bob Carlone, M285 ArmondLaFramboiseUS29.40, M290 M50 John Kasperski, M295 Mal McGruder US, M300 Jack White, M305 M55 David Morris, M310 Eero Yla-Outinen, M315 Bob Land, M320 M60 Jack Boyd, M325 Max Woerle, M330 Walt Mozewsky, M335 M65 Ewalds Viskers, M340 Helmut Lange, M345 Ken Pitcher, M350 M70 Karl Pavasars, M355 Garry Bachman, M360 Peder Nielsen, M365 M75 Aleks Upmalis, M370 Ed Purgalis, M375 M80 Ian Hume, M380 W30 Sharon Jacques, M385 W35 Sarah Boslaugh, M390 Deborah Ecklund, M395 W40 BozenaWojciekianPOL34.28, M400 Darlene Aulenback, M405 Debi Heit, M410 W45 Joyce Thomas TRI, M415 Lorraine Tucker US, M420 W55 Dortha Swanson US, M425 W60 Doreen Carmichael, M430 Lida Sawdyk, M435 W65 Bernice Holland, M440 Velta Tomsons, M445 W70 Elga Meri, M450 Hammer, M455 M40 Jacek Szadziuk, M460 Boris Zaitchouk RUS53.82, M465 Chris Kirilis, M470 Bogdan Poprawski, M475 M50 John Kasperski, M480 Eero Yla-Outinen, M485 M60 Emil Muller, M490 Max Woerle, M495 Bob Staveley, M500 M65 Gus Giagnoglou, M505 Ken Pitcher, M510 M70 Peder Nielsen, M515 M75 Aleks Upmalis, M520 Ed Purgalis, M525 M80 Ian Hume, M530 W35 Sarah BoslaughUS AR40.14, M535 Deborah Ecklund US 17.84, M540 Darlene Aulenback, M545 BozenaWojciekianPOL25.46, M550 Debi Heit, M555 M55 Dortha Swanson, M560 Javelin, M565 M35 Peter St Pierre, M570 Jim Reilly, M575 M40 F Dellavedova

Table of race results including Andre Lajoie, Mike Finkbeiner, M45 ArmondLaFramboiseUS41.24, Gary Knox, M50 Mal McGruder US, M55 Fred Paenter, Eero Yla-Outinen, M60 Alf Sundin, Max Woerle, Bob Staveley, M65 Helmut Lange, Gordon Gilmour, M70 Karl Pavasars, Peder Nielsen, M75 Ed Purgalis, Kostas Tsotsos, M80 Ian Hume, M85 Karl Trei, W35 Sarah Boslaugh US, Deborah Ecklund, W40 Irene Thompson US, Darlene Aulenback, Debi Heit, W45 Joyce Thomas TRI, Lorraine Tucker US, W55 Dortha Swanson US, W65 Bernice Holland US, W70 Elga Meri, W80 Isobel Cunningham, Weight Throw, M40 Jacek Szadziuk, Sucha Rai IND, M50 John Kasperski 25#, M55 E Yla-Outinen 25#

Table of race results including M60 Emil Muller 20#, Bob Staveley 20#, M65 Helmut Lange 20#, Ken Pitcher 20#, M70 Peder Nielsen 16#, Mel Buschman 16#, M75 Aleks Upmalis 16#, Ed Purgalis 16#, M80 Ian Hume 12#, W35 Sarah BoslaughUS20#11.12, Deborah Ecklund US 7.20, W40 BozenaWojciekianPOL11.12, Darlene Aulenback 9.76, W55 DorthaSwansonUS16# 9.05, W65 BerniceHollandUS12# 9.73, 5000m Racewalk, M35 Paul Guimond 26:57.4, Alex Kolodziej 29:42.9, M45 Dale Dickie dq, M50 Vic Sipes US 26:27.4, Gary Myers 28:39.4, M55 Tom Masterson US30:70.4, Len Weinstein 31:26.7, M60 Stu Summerhayes 27:32.5, Josh Fedder 34:48.2, M65 Bill Flick US 29:30.5, Sal Brancaccio 31:38.1, M70 Peter Fellowes 32:33.9, Erik JohanssonUS33:13.8, W35 Nanci Sweazey 26:11.8, W40 Liliana Whalen 28:11.6, Susan Burnett 30:33.9, W45 Marilyn Chute 29:18.5, W50 Linda Miller dq, W60 JuneMarie Provost30:06.2

Table of race results including Julio Aguirre, Emanuel Chosak, M50 Samuel Skinner, Bob Lance, Joseph Cote, M55 Manfred Konrad, Jim Fillis, John Sotomayor, M60 Robert Kahn, Clifford Pauling, Thomas Reid, M65 Joseph Burns, Francis Downey, Jack Ryan, M70 Sab Koide, Edward Finkelstein, Simon Schaffel, M75 Albert Goldstein, Wilfredo Rios, Charles Feldman, W30 Maggie Deschamps 31, Pamela Fanning 31, Sabrina Collins 35, W40 Kathy Gribbon, Joan Balcassari, Chihiro Yamauchi, W45 Rita La Bar, Patricia Scully, Donna Pagnam, W50 Cynthia Portella, Sherry Kelley, Christa Hartmann, W55 Edith Jones, Deborah Stromberg, Joyce Prather, W60 Roberta Warshawsky, Raimunda Pinheiro, Geraldine Whitsett, W65 Dolly Finkelstein, Ausma Rabe, W75 Althea Jureidini

Table of race results including Mary von Bevern, Marilyn White, Mary Lou Bartsch, W45 Kerry Ann Massett, Laura Schay, H Boucher-Carlin, Estella Clasen, Judy Carroll, Michele Poweres, Mary Trotto, W50 Nancy Tischler, Annette Frisch, Mary Kieran, Rosemary Riccardi, M-L Michelsohn, Helma Clavin, W55 Marion Stanjones, Renate Rhein, Carolyn Cornell, Katherine Bieringer, Jean Vanturini, W60 Alexandra Finger, Lillian Hamill, Gwen Fox

Table of race results including William Thiede, Larry von Thus, Tom Zareck, M55 Robert McAndrews, Philip Mann, Glen Ash, Marv Bradley, Michael Burzynski, Jim Brumage, Darwin Haddock, M60 Dale Goering, William Pattison, Richard Taxman, Donald Fichtel, Robert Maytag, David Brown, M65 Ruben Vigil, Roger Wilcox, Richard Janssen, Jimmy Terrell, William Cooper, M70 Rodge Rodgers, Robert Mimm, Dick Weaver, M75 Orval Lohman, W40 Lorraine Caldwell, Nancy Stevenson, Corinne Hendren, Karen Coe, Linda C Macias, Marnie Harden, Sue McDonald, Mary Togot, W45 Pennie Hobert, Peg Roddy-Reg, M Savage-Tibbetts, Lorraine Hoyle, Carol Lyndell, Kathy Kirsling, Heide Schutt, W50 J Connally-Wilson, Olga Ilnizdil, Margrit Hloward, Karen Fady, Mary Greer, Jessie Quintana, W55 Linda Knudsen, Sharon Connolly, Cele Coyle, Ruth Mudrick, B A Megyeri-Munn, W60 Prudy Hiltger, Martha Kinsinger, Arlene Ruark, Elke Abitbol, W65 Betty Robinson, Ruth Meadows, W70 Mary Kirsling

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

EAST

Shelter Island 10K Shelter Island, NY; June 10

Table of race results for Shelter Island 10K including Overall, Lazarus Nyakeraka 20, Cecily Miano 24, M40 Paul Mascali 43, Michael Bresl 41, Thom Birch 41, Alan Oman 45, Jim Walsh 45, Robert Briglio 45, Bob Mortiz 46, John del Maestro 40, James Harmon 42, Jeffrey White 40, M50 Maury Dean 52, Antonino Venesina 52, Allan Kirik 51, Donald Davis 58, Richard Creditor 55, Joe de Iorio 56, Yvon Rivest 50, Daniel Ingegno 51, Peter Mugglestone50, Alexander Pendzick 50, M60 Richard Murphy 60, Warren Kass 60, Max Schneider 62, Richard Opsahl 63, Blairst Stauffer 61, Jim Scovel 65, Edward Batcheller 65, James Gallacher 60, M70 Len Scheer 70, Walter Moritz, W40 Lindsey Folsom 42, Burke Koncelik 41, Mary Conry 40, Diane O'Donnel 44, Brenda Seidner 41, Pat Swim 41, Jame McGraw 41, Estella Clasen 45, W50 Nancy Tischler 50, Betty Norstmann 50, Mary Lynne Caruso 52, Valerie Smith 50, Deborah Bramlage 53, Barbara Coughlin 52, Marilyn Bormemeier 52

Western Heights 5,000 Hagerstown, MD; June 10

Table of race results for Western Heights 5,000 including Overall, David Shafer 39, Amy Dalton 24, M40 Neil Riemenschneider, Anthony Grier, M45 Steve Schaeffer, Paul Grosz, M50 Ray Kitchen

Table of race results including Randy Wingfield, M55 Chet Coates, John Narramore, M60 Burr Grim, Don Taylor, M70 Carlton Lewis 70, Carl Llewellyn 79, W40 Carol Nemzek, Mary Ann Weneck, W45 Sandra Adams, Billie Barnhart, W55 Phyllis Eshleman, W60 Helen Schley

NationsBank Olympic Day 5K Washington, DC; June 11

Table of race results for NationsBank Olympic Day 5K including Overall, Robert Lotwis 23, Cathy Ventura-Merkel 40, M40 David Webster, Larry Harris, Jim Whitnah, M45 Michael Cotner, Donald Crank, Bob Chase, M50 Francisco Sanches, Michael Golash, Bob Anderson, M55 Chan Robbins, David Fram, M60 Larry Dickerson, Robert Smith, Albert Tyree, M65 Joseph Sirh, M70 Paul Lackey, Ray Blue, Harold Jones, M75 Jack Van Ness, W40 Cathy Ventura-Merkel, Betty Blank, Hartzell Stringer, W45 Jeanine Matte, Dana Ann Scheurer, Laurie Fulton, W50 Hideko Pirie, Dee Nelson, Linda Nobel, W60 Charlotte Edwards, Joanne Mallet, W70 Evelyn Kerper

Family Fun Run 4-Miler Central Park, NYC; June 18

Table of race results for Family Fun Run 4-Miler including Overall, Glen Morgan 24, Gillian Beschloss 36, M30 Peter Allen 35, Fernanco Azucena 37, Graham Macindoe 32, M40 Richard Shavel, Larry D'ippolito, Julian Alvarez, M45 Emil Barbosa

Lake Ronkonkoma 4-Mile Championship Long Island, NY; June 24

Table of race results for Lake Ronkonkoma 4-Mile Championship including Overall, Michael Going 22, Gordon Bakoulis 34, M40 Paul Mascali, John del Maestro, John Eiseman, Kevin Quinn, John Martellucci, John Lupski, Steven O'Shaughnessy, Frank Cusmano, Tom Walsh, John Poemmerl, M45 Radhames Delgado, Dennis Nee, John Ferrero, Julio Aguirre, Joseph Brennan, Nick Mondello, Gene Leahy, Bryan Pearsall, Harold Wefer, M50 Maury Dean, Tom Shay, Peter Mugglestone, Maj Dan Ingegno, Joe Fitzgerald, Michael Service, Pat Sarubbi, Bob Monaco, Edward Hart, M55 Joe Cordero, John Boyle, David Smith, Fred Peterson, Bob Mitchell, H Detwiler, Daniel Jacobs, Walter McCarthy, Fred Blackburn, James Smith, Carlos Morales, Ed Frank, M65 Warren Elmslie, Bert Jablon, Ed Batcheller, Harry Seidell, Charles Pecora, M70 George Dennis, Mel Freidell, M75 Walter Moritz, W40 Kathy Gribbon, Evelyn Franky, Andrea Otto, Diane O'Donnell, Cecilia McCormack, Jane McGraw, Sharon Zuhoski

Long Island Police Appreciation Run 5K East Meadow, NY; June 29

Table of race results for Long Island Police Appreciation Run 5K including Overall, John Williams 38, Liz Flahavan 31, M40 John del Maestro, M45 Jack Porzio, M50 Pete Mugglestone, M55 John Boyle, M60 Ira Brotman, M65 Bert Jablon, M70 Matthew Lehenbaum, W40 Andrea Otto, W45 Kathleen Lindsley, M50 Helma Clavin, W55 Joan Fischer, W60 Joan Cautela, W65 Gloria Galli, W75 Erna Frank

MID AMERICA

Amy Thompson Run 8K Kansas City, MO; May 29

Table of race results for Amy Thompson Run 8K including Overall, TIM SCHMID, BEVERLY THOMAS, M40 STEVE RILEY, M45 ROBERT BUSBY, M50 RICK HOGAN, M55 BOBBY KINCAID, M60 PAUL HEITZMAN, M65 FRANK CREASON, W40 MARCIA DOWLING, W45 DEE BOECK, W50 SUZIE TURNER, W55 JANICE TALGE, W60 PATRICIA CLARK, W65 DIANA COLEMAN

Garden of the Gods 10 Mile Colorado Springs, CO; June 11

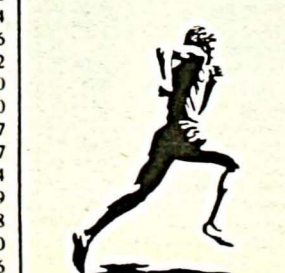
Table of race results for Garden of the Gods 10 Mile including Overall, Craig Dickson 28, Lourdes Lopez 22, M40 Al Grime, Dennis Schultz, Don Olynick, John Bettencourt, Jeffrey Bartlett, Chris Bartlett, Tim Edgar, James Freid, John Gillespie, Chuck Slater, M45 Thomas Groves, Barry Roth, Dave Diaz, Donald Fishman, Richard Paterson, Ralph Munoz, Dean Luse, George Jones, Al Marvin, M50 Don Ross, Ben Chavez, John Moha, Ron Wisneer, Frank Rogers

Night Flight 5K Lee's Summit, MO; June 23

Table of race results for Night Flight 5K including Overall, Mark Curp, Charley Gray, Darla Moberly, M40 Jay O'Neill, Mario Vasquez, Tucker Porter, M45 Dave Crawford, Mike Fitzgerald, Steve Arnold, M50 Gary Braley, Fritz Barlag, Art McCullough, M55 Dick Drevo, Paul Sorensen, Kirby Clark, M60 Paul Heitzman, Walt Wozniak, Ed Alexander, M65 Frank Creason, M70 Ed Burnham, W40 Christie Plott, Nancy Cooper, Tricia Schell, W45 Faye Clyne, Sue Pollock, June Palmer, W50 Sheryl Drevo, Margaret Davis, Mary McClure, W55 Joan Brown, W60 Ann Williams, Patricia Clark, Trudy Petty

Bonita Road Runners 5K Bonita, CA; May 27

Table of race results for Bonita Road Runners 5K including M40 Joseph Stubbs, David Hunter, Bob Rosemeyer



Continued on next page

Continued from previous page

M45 Bob Bethancourt	16:40
Don Irvine	17:01
Dennis Smith	17:53
M50 George Keim	17:28
Chuck Long	18:49
M55 Don Garsh	20:00
Jack Dulone	20:06
M60+Peter Kopkowski	23:51
M70+Ted Homer	26:41
W40 Marcella Teran	17:40
Gail Zucker	22:18
W45 Willie Tenant	21:29
Jean Polk	25:45
W50 Kathy Loper	21:19
Judy Bruce	24:22
W55 Martha Walker	25:49
W60+Dorothy Stock	24:51

NORTHWEST

Wyoming Marathon & Rocky Mt. 50 Mile Laramie; May 28

--Marathon--

Overall	
David Audet 30	2:56:07
Theresa Daus-Weber 40	3:32:40
M40 Charles Stewart 43	3:30:31
Steve Grande 41	3:51:44
Steven Brooks 43	4:52:21
M50 Ken Thompson 58	4:36:51
Jim Corbin 55	5:51:04
W40 T Daus-Weber 40	3:32:40
Lois Berkowitz 46	4:43:37
Hannie Farrokh 47	4:49:13
W50 Elaine Doll 57	5:34:31
Jean Hillery 50	6:51:26

--50 Mile--

Overland	
Will Pittenger 44	7:13:36
Fiona Winkler 39	8:58:44
M40 W Pittenger 44	7:13:36
Don Platt 41	7:18:59
M50 Joe Hunter 50	8:16:40
W40 Cynthia Daniels 49	11:31:33
Theresa Riley 49	11:58:21

INTERNATIONAL

British Veterans 10K Road Race Championships Coventry, England; June 18

M40 John Parker	31:38
Alan Buckley	31:48
Andy Catton	32:00
M45 Chris Hughes	32:25
Harry Matthews	32:51
Paul Bryan	33:12
M50 Martin	33:03
Roger Kelly	33:38
Tony Linturn	33:51
M55 Steve James	33:46
Mike Turner	35:00
Allan Garrett	35:11
M60 Ian Barnes	37:26
Mick Ward	37:54
Geoff Ashby	38:21
M65 Steve Charlton	37:48
Sam Hardicker	42:15
Laurie Forster	42:44
M70 John Fraser	44:23
Jimmy Todd	44:40
Alex Hitchman	46:18
M75 David Blyth	63:04
W35 Maxine Joyce	37:33
Jane Mooney	40:15
Karen Scarff	41:08
W40 D Hoogesteger	38:39
Denise Wakefield	39:34
Jo Clarkson	41:11
W45 Felicity Garland	39:50
Linda White	40:52
Lesley Cliffe	41:26
W50 Myra Garrett	40:53
Dot Fellows	41:39
Jeanne Bryan	44:19
W55 Pam Jones	45:01
Barbara Matley	46:28
W60 Beryl Chapman	60:35
W65 Joselyn Ross	46:59

Jack Mortland Racewalks Yellow Springs, OH; May 14

5K	
M50 Nick Besch	33:44
M55 Jack Blackburn	31:17
M70 Bob Gardewing	38:49
M75 Hugh Yeomans	40:02
W35 Christina Moore	33:36
10K	
M40 Rick Meyers	1:07:17
M45 Max Walker	56:38
Hugh Pettigrew	1:06:20
M65 Robert Phillips	1:20:02
W45 Gayle Johnson	56:48
Jeanette Smith	58:34
Pat Walker	1:11:03
20K	
M40 David Waddle	2:27:35
M50 Victor Sipes	1:54:29
M60 Max Green	1:54:27
W75 Ernestine Yeomans	2:59:31

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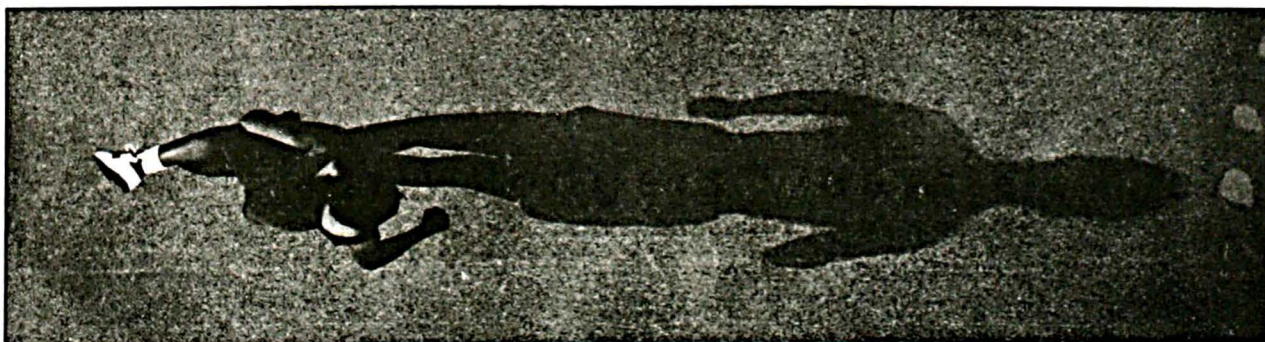
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