

Nationals Draw 1418 to Eugene

Athletes Come from 50 States and 12 Countries

A total of 1418 athletes, age 30-and-over, from all 50 states and 12 foreign countries took part in the 27th annual USA National Masters Track and Field Championships on August 11-14 in Eugene, Oregon.

The number was the second-largest ever for a national meet, surpassed only by the record 1450 in San Diego in 1989, which was bolstered by hundreds of foreign athletes on their way to the World Veterans Championships in Eugene.

The 1994 total was a surprising 42% above the 997 who went to Provo, Utah for last year's nationals.

Of the total competitors, 1080 (76%) were men and 338 (24%) were women. The female numbers were up 70% over last year (199, 20% of total). The 50-state representation was a new high, bettering last year's 49-state participation.

Sixty-two foreign athletes took part: Canada 34, Great Britain 10, Mexico 5, France 3, South Africa 3, and one each from Germany, Poland, Italy, Guyana, Israel, Brazil, and New Zealand.

Twenty-one athletes were age 80-or-over, and 136 were over 70. The largest age group was M40, with 178 entrants. The median age was 50, well up from last year's age 46. At age 94, Idaho's Buell Crane was the meet's oldest competitor.

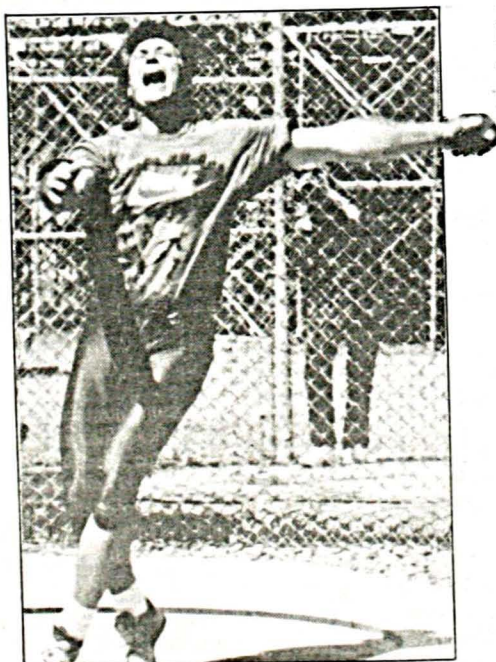
With family members and friends included, the meet had an economic impact on the Eugene community of \$1.4



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: Bill Weinacht, M75; Stan Whitley, M45; Martin Krulee, M35; Alberto Ros, M30; Kevin Nance, M40; Nick Newton, M60; Mel Larsen, M70. Larsen edged Whitley for the \$100 first prize, 10.33 to 10.37. Photo by Suzy Hess

million, according to standard economic estimates.

It was the second time the



World M50 record holder Tom Gage, Montana, won the hammer (206-1) at the Nationals. Photo by Jerry Wojcik

University of Oregon's famed Hayward Field had hosted a national meet — 1994 being the first. The 1987 nationals were held in adjacent Springfield when the refurbished Hayward track was not quite ready.

A Homecoming

For many participants, it was the first visit back to Eugene since the magnificent VIII WAVA World Veterans Championships in 1989.

This meet wasn't as big — nearly 5000 athletes from 58 nations were there in '89 — but most competitors felt it was the best national championship meet ever held.

The people of Eugene were just as friendly as in 1989, even though the stands at Hayward Field weren't packed as they were five years ago.

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Irene Obera, California, broke two W60 world records in the 100 and 200 with 13.91 and 29.67 at the Nationals. Photo by Jerry Wojcik

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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking 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 affect 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 masters event and participate. Some events are limited to ages 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. To acquire a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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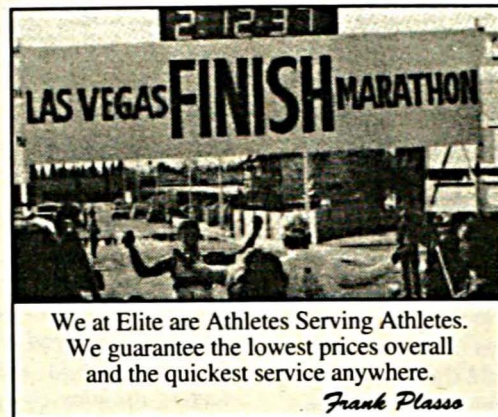
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AGE GRADED TABLES

The present method of computing age-graded tables should be revised slightly. Instead of a committee deciding on a value for each age group and event, let the 100% value be the world record for the athlete's age group and event on January 1 of that year.

Then the present achievement levels of 90%, 80%, 70%, 60% would be meaningful for World Class, National Class, Regional Class, and Local Class. If the age group world record were to be broken during the year, that performance would exceed 100%, but would become the 100% mark for the following year.

To illustrate the difficulty with the present system, consider the pole vault. According to the NMN article (August), the present 100% value for the 80-84 group is 50% of the present world record. Bubka's world record is slightly over 20 ft., so this would put the 100% value for 80-84 at, say, 10 ft. The actual world record for that age group is 8'3" held by Carol Johnston. According to the table, that is only 83% or "National Class," but surely the world record should be "World Class." If the world record for an age group exceeds that of a younger age group, the older age group record could be used for the 100% value of the younger age group until the unusual condition corrects itself.

Although the Age-Graded Sub-Committee's work should be praised for its painstaking effort in revising the

previous table, this suggested slight alteration would eliminate the judgment factor, be automatic, and not require a committee meeting.

*Jim Vernon
West Covina, California*

GAY GAMES

Regarding NMN's August article on "Gay Games," a suggestion seems in order. It is one thing to report objectively on athletic performances at "straight," "gay" or any other kind of games, but quite another to lapse into promotion of sexual preference of the athletes themselves, especially when, as in this case, the preference happens to be about 1% of the population. Accounts of other meets don't go into such things; why should they for gays? Besides, the somewhat overblown report certainly didn't "foster a greater understanding of gay people," who, after all, are hardly a new discovery.

*Ed Chynoweth
Sanger, California*

I read with increasing interest through your full page report on the recent Gay Games held in New York. Not only did it become apparent as the paragraphs went by that it must have been a well run event, it pointed up a wonderful fact about the world of Track & Field.

Within the wide area of sports, I think we can easily state that through the years Track & Field has been in the forefront of knocking down barriers

and realizing the equality of people regardless of race, gender and now, as demonstrated by your coverage of those games, sexual preference. Jesse Owens set a standard in Berlin. The tradition remains and, in its way, the National Masters News continues to make important contributions toward the spirit of sportsmanship and equality.

Track & Field indeed celebrates diversity while creating harmony. Congratulations.

*Richard Oliver
Studio City, CA*

(We accept both the criticism and the praise, but we may not deserve either. We simply covered the Games as just another event in which hundreds of masters athletes competed. No more. No less. — Ed.)

WOMEN'S PENTATHLON

A change should be made in the women's pentathlon so the events parallel the men's. Not too many women high jump past 60 years of age.

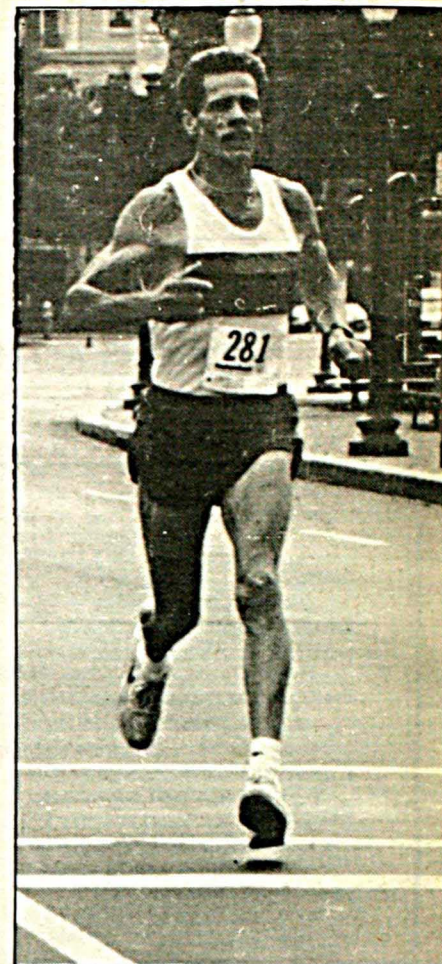
*Gloria Lipton
Kingston, New York*

NEW REGION

The home states that people traveled from to participate in the Midwest Masters Meet, Huntington, W.Va., could suggest a need for another region. There is no reason the East Region should be allotted 12 states, nor for the Southeast Region to be so large in population and size. A proposed new region — perhaps the Mid-East — would include parts of Ohio and Pennsylvania; Virginia; West Virginia; Kentucky; Maryland; East Tennessee; and North Carolina. For a trial, we would like for next year's meet in Huntington to be designated a regional. The words "not the regional" could then be deleted from our announcement in NMN.

The Midwest Masters Meet, though, predates any of the regional meets; however, we would probably change our name if the right opportunity presented itself. Since athletes do not have to qualify for nationals, the seven existing regional meets serve little if any useful purpose. A system that incorporated some standards and/or finishing 1st, 2nd, or 3rd at a regional meet would improve attendance at both the regional meets and the national meet, making the latter more meaningful.

*David E. Stooke
Meet Director
Huntington, W.VA.*



John Benkert, 53, Pasadena, Md., first master (17:21), NationsBank Olympic Day 5K, Washington, D.C., June 12.

Photo by George Banker

Midwest Masters Meet

by DAVID STOOKE
The Midwest Masters Track and Field Meet in Huntington, W.Va., attracted 112 competitors, approximately half of whom represented 13 states other than the tri-state area of West Virginia, Ohio, and Kentucky. The pleasantly mild weather for July may have contributed to many outstanding performances in both track and field events.

Among those who broke existing meet records and/or won three or more awards were Vicki Hearn (W30), Rick Meindl (M35), Thad Bell (M40), Scott Hartman (M40), John Sloan (M50), James Stooke (M60), Jim Law (M65), Mike Goldman (M60), Jack Hipple (M70), Charlie Irwin (M75), and Everett Hosack (M90).

The USATF West Virginia officials enjoy officiating and take pride in their different areas of expertise, and judging from numerous comments from the athletes, they are among the best; for many of us who officiate, merited praise is the only compensation we receive or need.

Meet directors, David Stooke and Kenneth Dillon, welcome all masters athletes to give us an opportunity to meet you and to serve you at next year's Midwest Masters Meet. Maybe — just maybe — the organizers for the Kentucky State Games and the Midwest Regionals will schedule another Saturday for their meets; the last Saturday in July will continue to be the time we will hold the Midwest Masters Meet in Huntington. □

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USA Decathlon/Heptathlon Draws 64

from CHARLES NODLER

The 21st annual USATF National Masters Decathlon/Heptathlon Championships drew 58 men and six women — the second-largest participation ever — to Fred Hughes Stadium on the campus of Missouri Southern State

College in Joplin on July 16-17.

The athletes came from 28 states and Canada. Despite an injury which kept him from competing, Tom Light of Chuglak, Alaska came the farthest to help officiate. He was a mainstay in the success of the field events.

The meet competition was based on the 1994 WAVA Age-Grading and the 1985 IAAF Scoring Tables.

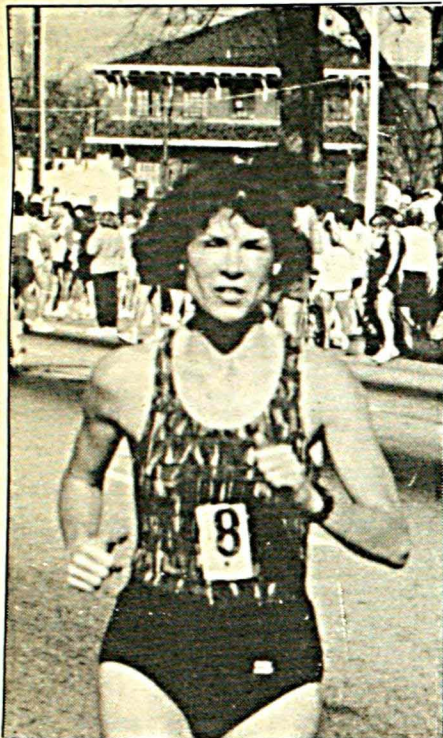
The top point-getters in the decathlon competition were Phil Mulkey (M60, 7882 points), Dale Lance (M55, 7263), Denver Smith (68, 7169), and Rex Harvey (M45, 6941). In theory, these scores can be compared with Dan O'Brien's current world record of 8891 points.

Topping the heptathletes were Phil Raschker (W45, 6174), Donna Ricks (W35, 4654), and Marlene Sachs (W50, 4572). Raschker's total was a new W45 world best.

Tyson Foods was the main contributor to the meet, providing a free buffet for athletes and workers, awards, an extra shot ring, t-shirts, and cash for other needed items.

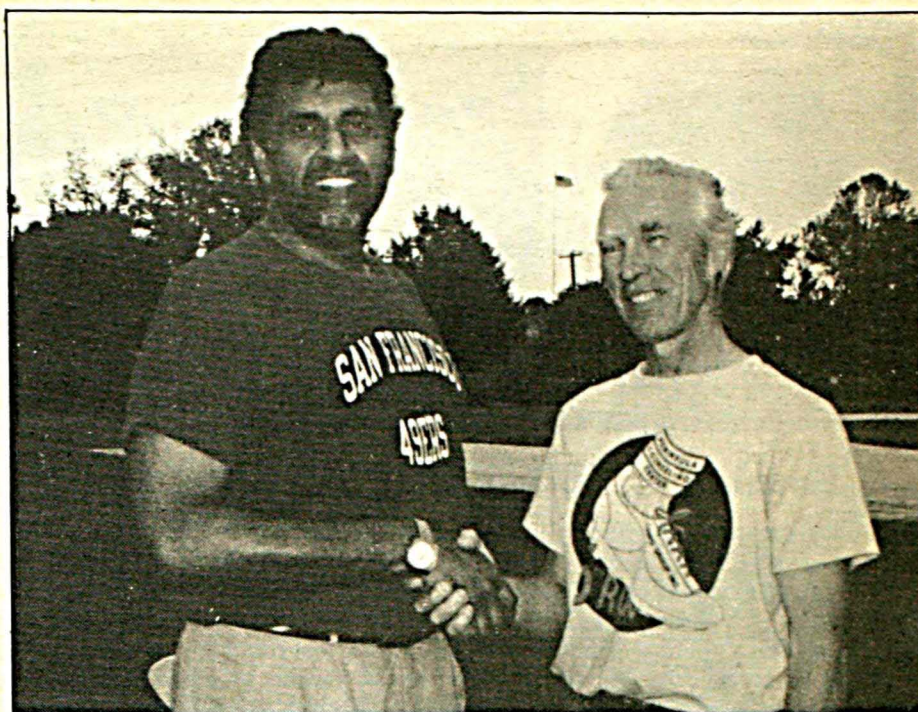
Media coverage was excellent; three TV stations did live reports and athlete interviews; several articles appeared in the newspapers.

A rain delay, good food, friendly competition, excellent performances, and great fellowship were among the memories shared by all. □



Catherine Lempesis, W40+ first (38:36), Reedy River 10K, Greenville, S.C.

Photo by Charlie Klutz



Gordon McKenzie (right), former National Cross-Country Champion & All American at NYU, congratulates Meet Director Jai Singh for a successful New York Masters Track Classic.

Finsrud Stars in Southwest Regional

by JERRY WOJCIK

Carol Finsrud's U.S. record in the discus was the highlight of the USATF Southwest Regional Masters Championships in Clemens Stadium, San Antonio, Texas, on July 23. Finsrud broke her own W35-39 record of 159-8 of 1993 with a 167-9. She also had a 1994 top-ranked shot put of 39-8.

In other activity, Tom Thompson

posted M40 wins in the 100 (11.23) and 200 (23.27). Jim Mathis, M55, won the 200 (25.08) and 400 (55.44).

Courtland Gray ran the M50 100H in a fast 14.6.

John Conniff, M50, led all throwers in the shot (41-6) and discus (153.6).

The meet director was Art Rodriguez. □



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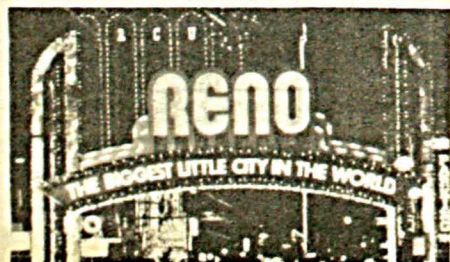
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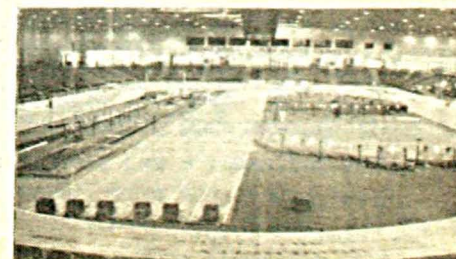


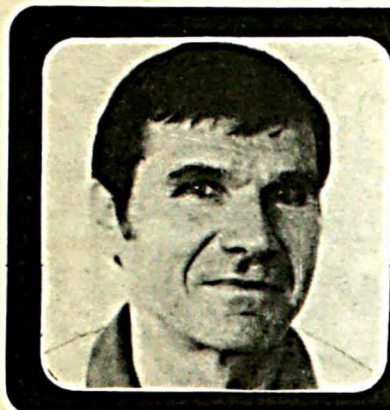
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Third Wind

by MIKE TYMN

Earning A "Black Belt" in Running

They say there's a problem in the road racing arena, although they're not quite sure what the problem is.

A "summit meeting" was held in Washington, D.C., on February 19, out of which came a task force of prime movers in the United States long-distance running community. It was announced at the meeting that running participation is increasing six to eight percent a year; nevertheless, various problems were identified, including aging of the running population, the need for heroes, the inadequate structure of the sport, the need to get more children involved in the sport, and the need for more publicity and T.V. coverage.

One of the problems that I see is that we are talking about two somewhat separate and distinct activities — sport and fitness. We have serious competitors in one group and not-so-serious competitors, joggers, and frolickers in the other. They have different needs and different interests.

I don't know if there is anything that can be done to stir up much more interest than there already is in the sporting side of it. Even though I've been involved with the sport as competitor, race official, club officer, or reporter since 1957, I have little interest in watching road races on T.V. I'd much rather watch a good ball game. I think most of my long-time running friends feel the same way. And, I doubt it would make any difference if Americans were winning the races rather than Kenyans.

Not a Spectator Sport

It's simply not a spectator sport and no amount of promotion is going to make it one.

As for the fitness-runner population, the problem that I see is that fitness runners lose interest in race participation when they can no longer achieve

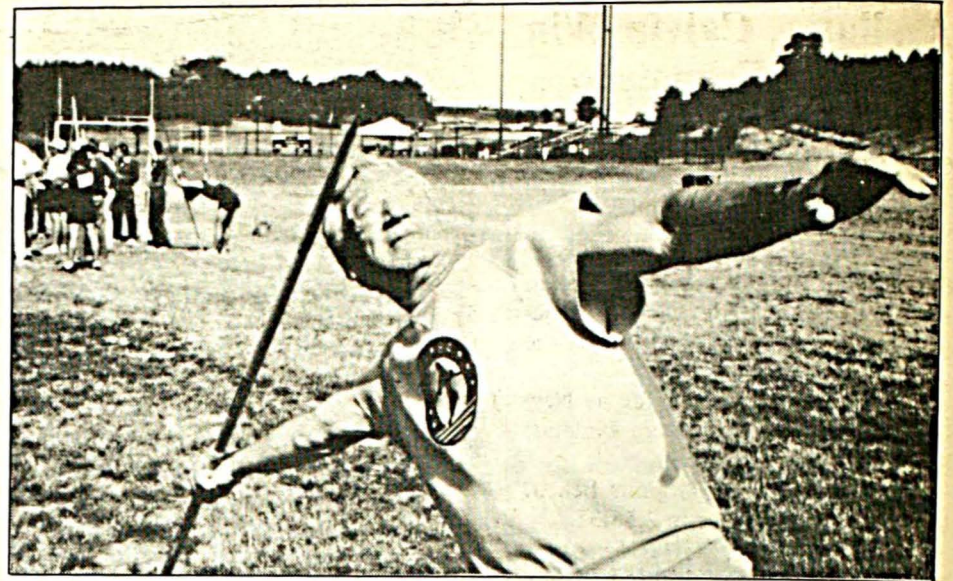
PRs (personal records) and when adding to their T-shirt collection no longer interests them. What's more, many of them cannot relate to times at distances other than the marathon or 10K. Most of them continue to run for fitness but are not inclined to pay a \$15 entry fee to run along in the middle of the pack when they can accomplish the same thing by staying home and running around the neighborhood.

As I see it, what we need to maintain motivation among the fitness runners is a structured grading system with an organized body overseeing it, much like that in the martial arts where they begin at white belt, then advance to purple, brown, black, and on up to various degrees of black belts.

Instead of awarding belts, the sponsoring running organization would award certificates, patches, or T-shirts with the person's level of achievement shown for all to admire. Let's face it, there's a lot of ego satisfaction connected with any sport.

Suggested Grading System

My idea of a grading system is one that will include all standard road racing distances from 5K on up to at least



Erwin Sorkin

Erwin Sorkin

Erwin "Wynn" Sorkin, a masters athlete and local advocate for senior health and fitness, died in Albany, N.Y., at age 73.

A medal winner in the shot put while a student at Jamaica High School in Queens, N.Y., he resumed his interest in competition in 1983. At age 63, he entered his first Empire State Games

and won gold medals in the shot, discus and hammer.

He went on to compete in the World Veterans Championships in Australia (1987), Finland (1991), and Japan (1993).

Survivors include his wife, Mildred; two daughters, Sherrie Steinhardt of Albany, and Sari Stefancin of Bloomfield Hills, Mich. □

Sing Lum

Sing Lum passed away on July 20 at the age of 90 in his home in Bakersfield, Calif. Lum was born in Bakersfield on July 1, 1904, the son of a Chinese immigrant father, who worked building railroads, and native-born mother.

Lum was active in the school district where he had attended school in a one-room schoolhouse. Because of his efforts in merging the small district with a larger district which afforded greater opportunities in 1949, he was honored

by having a school named after him. Accepted by the University of California, Berkeley, Lum had to forego college to help support his family.

At age 64, he began running in the masters program, with the 100 his favorite event, and was a popular figure at Southern California meets in the 1970s and '80s. He competed in the Rome World Veterans Games in 1985.

He is survived by Mae, his wife of 58 years, and three sons. □

the marathon. It might even start at a mile and go as high as 100 miles.

Here's how the system would work. Let's say all "white belt" runners, the novices, can qualify and move up to level one by running a sub-8-minute-mile pace, or under 24:51, for 5K. They can then advance to level two by holding an 8-minute pace for 8K (39:45), then on up to 10K (49:43), 12K, 15K, 20K, half-marathon, 25K, 30K, and finally the marathon, which would require a 3:29:45. In all, there are ten steps or levels in the ladder.

For lack of a better name, let's call the system the "Barrier Breakers" and those shooting for sub-8 performances the "Sub-8" club. There would also be a "Sub-7" club, requiring a sub-7 minute pace, or 21:45 for 5K, for entry level and a 3:03:32 marathon for the highest level. Likewise, there would be a "Sub-6" club for faster runners and even a "Sub-5" club for the elite.

A person who advances to the 10th level in the "Sub-8" category should be about ready for the "Sub-7" entry level, as, based upon tables of comparative performance, a 3:29:45

marathon is equal in effort to a 21:57 for 5K. Likewise, a person who climbs to the top of the "Sub-7" ladder should be about capable of a "Sub-6" entry level performance of 18:38 for 5K (a 3:03:32 marathon is equal in effort to a 19:09 for 5K).

As you can see, there is a systematic step up in going from a level 10 sub-8 performance in the marathon to a sub-7 performance at 5K. Thus, a sub-7 for 5K would be level 11 and a sub-6 for 5K would be level 21. A sub-6, or 2:37:19, for a marathon would be a level 30 performance.

40 Levels of Advancement

In all, there would be 40 levels one can advance through, a sub-5 for a marathon (2:11:05) being the top level. Of course, if the elite were to become interested in this, we could extend it even higher than level 40.

If a person is not interested in running the marathon or longer distances, he or she can attempt the transition to a faster level without going all the way to the top of the ladder. For example, a

Continued on page 7

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Arellano, Calvin Win in San Francisco

Salvador Arellano, 40, Mexico, and Cynci Calvin, 48, Auburn, Calif., topped the masters fields in the San Francisco Marathon on July 31.

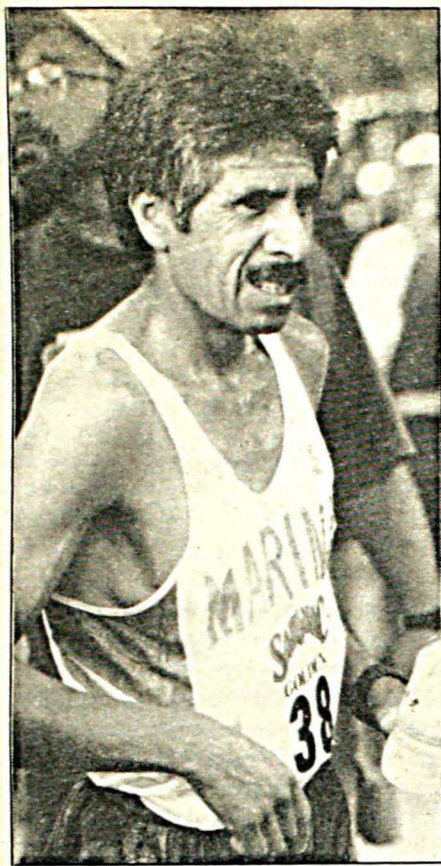
Arellano took the M40-and-over first with a 22nd-place 2:38:58. Calvin finished in 3:20:51 for the W40+ victory. About 4000 runners finished the course.

Entrants came from as far as New York and Virginia and from Finland, France, Russia, and Japan.

Mel Williams, 56, Virginia Beach, Va., won the M55 race in 2:58:35.

The M65 winner (3:11:15) Keizo Yamada of Japan added some historical flavor to the race. Yamada was the winner of the 1953 Boston Marathon and once held the world best time for the marathon. He has competed in over 150 marathons.

The overall winners were Patrick Muturi, Kenya, in 2:17:34, and Karolina Szabo, Hungary, in 2:44:34. □



Martin Mondragon of Mexico, 40, 1994 Boilermaker 15K masters champion (45:28) Utica, N.Y., July 10. Photo by John Hubbard

Mondragon, Legare Winners in Boilermaker 15K

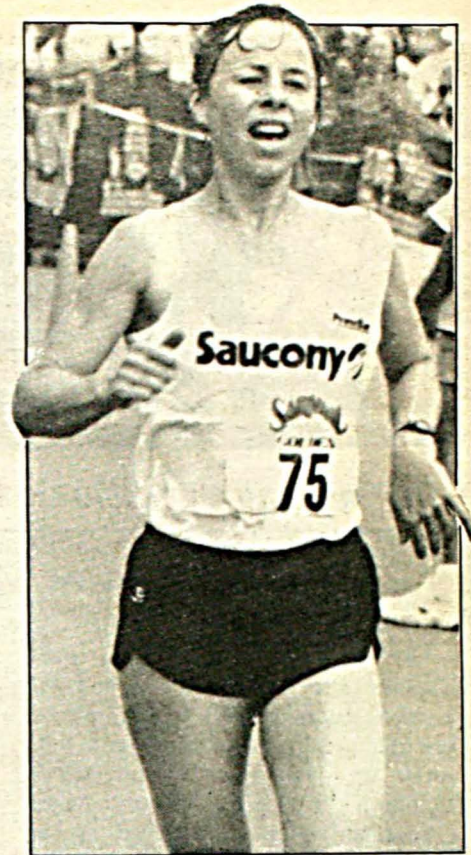
Martin Mondragon, 40, Toluca, Mexico, won the Boilermaker 15K masters title, Utica, N.Y., July 10, with a 45:28. Mondragon, the 1989 Los Angeles Marathon winner, finished 18th to collect the top masters prize of \$1200 but failed to break Pierre Levisse's masters record of 45:05 set in 1992.

Defending champion Nick Rose, 43, Bristol, England, running out of Louisville, Ky., was second to Mondragon for the fourth time of the four races they have competed in this year, in 46:25, 22nd overall, winning \$600. Kenyan Joseph Nzau, 43, was third in 47:39 for \$300.

Dennis Coletta, 51, Scotia, N.Y., placed first (54:33) in the men's 50-plus category for the \$500 award. Fay Bradley, 56, Washington, D.C., was second (54:42).

Diane Legare, 43, Montreal, Canada, second master here in 1992 and 1993, took the lead at the half-mile mark and went on to victory in 55:58. Rebecca Stockdale-Wooley, 43, Chaplin, Conn., in her first-ever 15K, took second in 56:24.

S. Rae Baymiller, 50, NYC, won the women's 50-plus race in 58:33. Men's and women's cash prizes were equal for both the open and masters runners.



Canadian Diane Legare, 43, women's masters winner (55:58), Boilermaker 15K, Utica, N.Y., July 10. Photo by John Hubbard

1994 T&F Rankings

by JERRY WOJCIK

The rankers for the 1994 outdoor season are listed below. If your best 1994 outdoor marks have not appeared in the results sections through the December issue, send them to the appropriate rankers before Jan. 15. Include some form of verification. In the past, the Rankings Book has been available at the indoor championships. The 1995 Championships are being held in Reno, Nev., Feb. 24-26, necessitating an earlier publication date than usual.

If your best marks in a single event were made in a multi-event other than a national championship, it might be a good idea to send the actual (not the age-graded) marks to the rankers to assure their inclusion in the lists. I started a superweight rankings but gave up when I discovered that it was impossible to determine accurately

Continued on page 23

Third Wind

Continued from page 6

runner might not want to run longer than a half-marathon. That person can attempt to jump from level 7 to the sub-8 category to level 11, which is in the sub-7 area.

We might even begin at "Sub-9" or "Sub-10" for older runners and children. We could even age and gender grade it. As an example here, we could make level 40 for a 70-year-old male a sub-7 marathon and level 40 for a 70-year-old female a sub-8 marathon.

Such a grading system would provide numerous goals for those people who more or less compete with themselves, and it would encourage participation at all distances, not just at the more popular distances.

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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Dr. Pagliano is on vacation. His column will resume next month.

Great Boston Meet, Say Athletes

by MARILYN J. MITCHELL

On July 9, meet directors Fred Treseler and Paige Martini and the Boston Running Club (BRC) hosted another great masters track and field meet on Northeastern University's Solomon Track in Dedham, Massachusetts, which also served as the USATF New England masters championships. With a reputation for technical excellence, the meet drew 229 athletes who flew in from as far away as Florida (5) and California (1), while twenty-six New Yorkers journeyed more leisurely up the coast to Bean Town.

Bruno Maki (M75) threw a world group record (30-6) in the shot put; Carolyn Cappetta (W55) raced to a world single age record in the 100, 30.2; and Ian Hume (M75) leaped to a

world single age record (tie) at 4-2 in the high jump. In addition, athletes achieved numerous meet records. Nova Scotia's Ross Mitchell set a 13.4 meet record in the M65 100, and Alby Swenson's 4:30.2 mile (M45-49) was the second fastest mile of the day, after Mel Gonsalves' 4:29.2 (M30-34). Swenson beat out two competitors in his age group as well as eleven younger men.

Among the women, Louise Clark looked sharp with her 12.8 in the 100 and 26.8 in the 200, while Irene Thompson's (W40) 15.5 short hurdles and Jan Vermilye's (W45) 5:26.4 mile were highlights.

Relay winners were the Boston Running Club (4x100), Touch of Class (sprint medley), and Central Park Track Club (4x400).

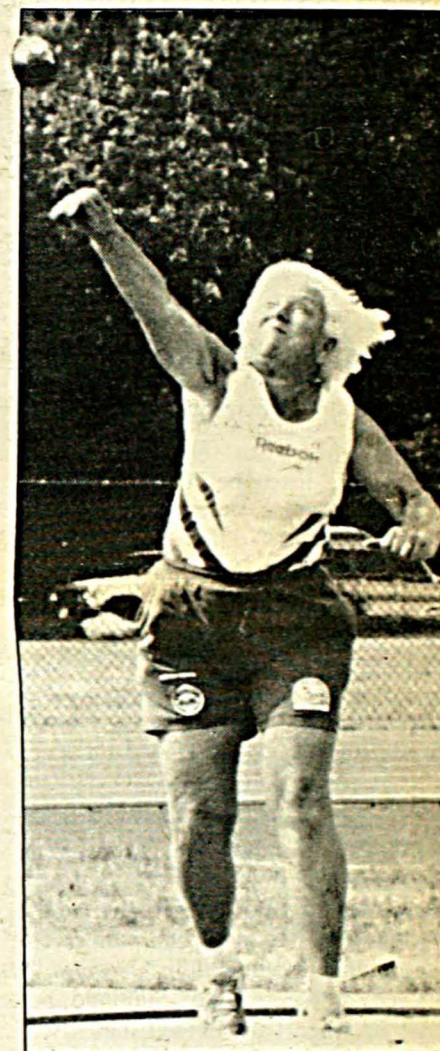
Among the 196 men, the most popular



Mixed age-group 100, Boston Masters Meet, Dedham, Mass., July 9 (from left): Nate Heard, 76, 16.0; Sparks Sorlien, 77, 16.6; Angelo Oliver, 74, 17.6; Vern Mattson, 73, 14.6; and George Horner, 70, 16.0.
Photo by Steve Schmitt

running events were the 100 (30 participants) and the 800 (27), while the leading field events were the discus (37), shot put (31) and the javelin (27). For the 33 women participants, the leading events were the 400 (7 participants), hammer (8), discus (8) and the shot put (8). The oldest female was Libby Hagemann (72) and the oldest male was Dr. Paul Narcessian (82).

The main sponsors were Reebok and Timex. Other sponsors included New England USATF, AKVA Water and Days Inn in Newton. Not only does the meet have sponsors, but so does the 300-member Boston Running Club. In appreciation, the BRC also adds a social awareness component to their meet by having a BRC/Reebok retreat program, wherein competitors are encouraged to bring old running clothes and shoes to be collected for distribution to area homeless shelters. □



Libby Hagemann, 72, 22-3/4 in the shot, Boston Masters Meet, Dedham, Mass., July 9.
Photo by Steve Schmitt

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- Nationals Draw 1450 to San Diego



From left at the Sri Chinmoy Meet: Pearl Auerbach, Rose Auerbach Ruston, Sylvia Auerbach Swartz, and Games founder Sri Chinmoy.
Photo by Adarini

Bohigian and Ghose Take Titles At Sri Chinmoy Games



Ranjana Ghose, overall women's discus winner in the Sri Chinmoy Masters Games.

Photo by Adarini

Despite the heat, 200 masters athletes from the East Coast and Canada gathered at the Forest Park Victory Field for the 10th annual Sri Chinmoy Masters Track and Field Games, July 17.

Overall Games titles went to Haig Bohigian, 58, a CUNY math professor from North Tarrytown; and Ranjana Ghose, 43, a boutique owner from Jamaica, Queens. It is the 3rd SC Masters title for Bohigian, a long-time athlete who serves as Eastern Regional Coordinator for Masters Track and Field; and the 2nd title for Ghose, who recently returned from international masters games competitions in Japan.

Overall titles are based on accumulated points, going to the man and woman who compete in the most events, and place the highest. Bohigian received 19 points and Ghose 15 points; both won based on their field throwing events and their sprints, with Bohigian adding on a 1 mile race and racewalk.

Games founder Sri Chinmoy, 63, an avid athlete who holds world records in weightlifting, competed in the 100 meter event, finishing 4th in 15.80. The Auerbach sisters, local Forest Hills/



Ed Small, NYC, right, wins the M55 100 in 12.65 at the Sri Chinmoy meet. Haig Bohigian is 3rd in 13.67.

Photo by Adarini

Jackson Heights track legends, again took first place — uncontested — in their throwing events: Pearl Auerbach (W70), Rose Auerbach Ruston (W75), and Sylvia Auerbach Swartz (W80).

One of the oldest competitors was Alfred Skonberg, 81, of Jackson Heights, who set a SC Masters Games age group record for his discus throw of 16.03 meters. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH SEPT. 1994

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JOHN ALEXANDER (MCCAMEY, TX)	9-16-19	75-79
TOM BAILEY (DENVER, CO)	9-15-29	65-69
FRANS BUYS (HOL)	9-27-24	70-74
WILLIAM CARMEN (IL)	9-27-24	75-79
SAMUEL CLARKE (SEATTLE, WASH)	9-28-29	75-79
TEOFILO COLON (PUR)	9-20-14	65-69
DESMOND FRAWLEY (AUS)	9-23-24	80-84
WILLIAM GAY (MONTGOMERY, ALA)	9-29-99	70-74
DANFORTH GEER (BENNINGTON, VT)	9-17-19	95-99
RAYMOND GIL (LOMPOC, CA)	9-2-24	75-79
ORRIN GRAF (DAYTONA, FL)	9-5-9	70-74
HARRY GUTH (PERRYVILLE, MO)	9-30-24	85-89
SCOTT HERRMAN (WICHITA, KA)	9-28-19	70-74
ROBERT KAISER (LA MESA, CA)	9-25-24	75-79
EUGENE KELLER (CINCINNATI, OH)	9-23-14	70-74
DIMITER KHLEBAROV (BUL)	9-3-34	80-84
NEIL KING (WINNETKA, IL)	9-23-29	60-64
JOUKO KUHA (FIN)	9-30-39	65-69
DONN MAURER (DEL MAR, CA)	9-5-29	55-59
JIM MINAH (SANTA BARBARA, CA)	9-5-19	65-69
JIM MURPHY (SANTA MONICA, CA)	9-26-39	75-79
HANS OSSENKOPP (WG)	9-20-34	55-59
GRAHAM PARNELL (SAN DIEGO, CA)	9-16-29	60-64
LES PRESLAND (GBR)	9-25-39	65-69
ALEX RATELLE (MINNEAPOLIS, MN)	9-12-24	55-59
BILL STOCK (LA MESA, CA)	9-20-29	70-74
HUBERT STREIT (WG)	9-26-24	65-69
COLON TEOFILO (PR)	9-20-14	70-74
WALTER WEBER (WG)	9-25-24	80-84
WALT WESTERHOLM (US)	9-15-14	60-64
KEVIN WHITE (AUS)	9-26-34	50-54
RUBEN WHITNEY (SAN ANTONIO, TX)	9-22-44	60-64
ROY WILLIAMS (NZ)	9-9-34	65-69
RACHEL BOURN (FAIRFAX, VA)	9-10-29	55-59
BARBARA CASEY (SIERRA VISTA, AZ)	9-6-39	60-64
ANNE CIRULNICK (ROSEDALE, NY)	9-29-34	85-89
CAROLYN CLARK (ST. LOUIS, MO)	9-21-9	85-89
ANNE CLARKE (GLEN ELLYN, IL)	9-25-9	65-69
BEVERLY COHEN (BLAUVELT, NY)	9-15-29	75-79
RICKY CORVELLO (CA)	9-0-19	50-54
BARBARA ELLNER (DOWNEY, CA)	9-30-44	60-64
ELSA EVANS (SAN DIEGO, CA)	9-21-34	60-64
MARJORIE HEINLEIN (SAN RAFAEL, CA)	9-1-34	60-64
BESS JAMES (SAN JACINTO, CA)	9-5-9	85-89
ELIZABETH KAWELASKE (ST. LOUIS, MO)	9-18-9	85-89
JUDY KEWLEY (SIMI VALLEY, CA)	9-3-44	50-54
HAZEL ROSS NIEBEL (KENSINGTON, MD)	9-5-24	70-74
EMMETTA PERESSIN (FLORISSANT, MO)	9-25-14	80-84
SUE PETERSEN (LAGUNA BEACH, CA)	9-6-44	50-54
MARIANNA VENOSKI (NEWARK, NY)	9-10-34	60-64
ANNA WARD (SULLIVAN, MO)	9-18-4	90-94
JEAN ALBURY (AUS)	9-25-29	65-69
MARGE ALLISON (NZ)	9-13-44	50-54
DENISE CHANT (AUS)	9-21-49	45-49
ODETE DOMINGOS (BRA)	9-5-34	60-64
MARLIS FLECKNER (CHL)	9-5-19	75-79
MARGARET HENDERSHOT (CAN)	9-21-54	40-44
JAN HYNES (AUS)	9-3-44	50-54
AMELIE KOLOSKA-ISMERYER (CAN)	9-28-44	50-54
FRANCISKA JANSSEN (HOL)	9-23-44	50-54
MARET KUTMAN (URS)	9-24-34	60-64
YOLANDE MARCHAL (FRA)	9-10-39	55-59
HEDI MAXRATH (WG)	9-15-34	60-64
LIBBY PFEIFFER (GB)	9-3-44	50-54
DORIS SCHLOSSER (WG)	9-29-44	50-54
CAROL THOMPSON (NZ)	9-23-39	55-59
JACQUELINE WLADIK (AUT)	9-5-44	50-54
NICK CORISH (IRL)	9-3-24	70-74
LYNNDON RUBER (IL)	9-19-34	60-64

Seventh Annual

SRI CHINMOY MASTERS TRACK & FIELD 40 AND OVER

Sunday, September 11, 1994 CSU Long Beach

DATE CHANGE: SEPT. 25

LOCATION: California State University (CSU) Long Beach

DIRECTIONS: Exit Fwy 405 at Bellflower Blvd. South, left (east) on Atherton, right on Fanwood Dr. (CSULB parking lot); straight ahead, after small bridge turn left into parking lot A, track is ahead on left

DIVISION: 5 year age groups

FACILITIES: New, 8-lane artificial surface track, 7mm (1/4") spikes, concrete rings

ENTRY FEE: First event \$13.00, additional events \$5.00 each. No refunds. Stunning, multi-colored, high-quality t-shirt included. (Availability on race day not guaranteed!)

DEADLINE: All entries must be postmarked no later than September 1, or phoned-in no later than Sept. 4. Late/day-of-race entries add \$2.00.

AWARDS: Sri Chinmoy Marathon Team medals to first three men/women in each event and age group.

AID: Water, fruit and refreshments throughout day to all participants free.

ACCOMMODATIONS: Ramada Inn, Long Beach, (\$59 plus tax per room), call direct 310/997-1341 for reservations.

NOTE: 1994 TAC registration required (available at meet for \$12).

TRACK EVENTS

9:30 am	5000m Race Walk
10:15 am	2000m Steeplechase (women)
10:30 am	3000m Steeplechase (men)
11:00 am	3000m Run
11:45 am	80/100/110 Hurdles
12:20 pm	800m Run
12:40 pm	100m Sprint
1:20 pm	400m Sprint
1:40 pm	1500m Run
2:00 pm	200m Sprint
2:30 pm	300/400 Hurdles
2:45 pm	4 x 100m Team Relay

FIELD EVENTS

9:00 am	Hammer
10:30 am	Long Jump
10:30 am	Discus
11:30 am	Triple Jump
12:00 noon	High Jump
12:30 pm	Shot Put
1:15 pm	Pole Vault
2:00 pm	Javelin

Mail Entry To: Sri Chinmoy Marathon Team, 6199 Canterbury Dr. #202, Culver City, CA 90230. Phone: (310) 645-0271.

Make checks payable to: SCMT. For more information please call (310) 645-0271.

ENTRY FORM

Mail or call in to the Sri Chinmoy Marathon Team, 6199 Canterbury Dr. #202, Culver City, CA 90230. Phone: (310) 645-0271.

NAME (Last) _____ (First) _____ AGE _____ SEX _____

DATE OF BIRTH _____ TAC # _____ TELEPHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

T-SHIRT SIZE: SMALL _____ MEDIUM _____ LARGE _____ X-LARGE _____ AMOUNT ENCLOSED _____

PLEASE ENTER ME: 1) _____ 2) _____ 3) _____

4) _____ 5) _____ 6) _____

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and excoactors wave, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against CSU Long Beach, the Sri Chinmoy Marathon Team, field officials, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition and will do so if directed.

Athlete's Signature _____ Date _____

DATE CHANGE: SEPT. 25

BTUStoker.



Masters Racewalking

by ELAINE WARD

Training and Racing Tips — Coach Mike Dewitt

This month's guest coach is Mike DeWitt who coaches the largest group of national caliber athletes in the country at the University of Wisconsin-Parkside. This group consists of young men and women who are on the junior, intermediate and senior national teams. He also coaches a very happy and active masters club which fares very well in competition. The following two topics are reprinted from the Parkside Athletic Club Newsletter. The first discusses mastering the hip drop, and the second is one of the best I have read on summer training.

Warm Weather Training

Summer weather is always a factor in training and racing. Knowing how to deal with summer heat and changing conditions is critical to your success and continuance in the sport of racewalking. Following are a few tips on how to keep going as it gets warmer over the next few months.

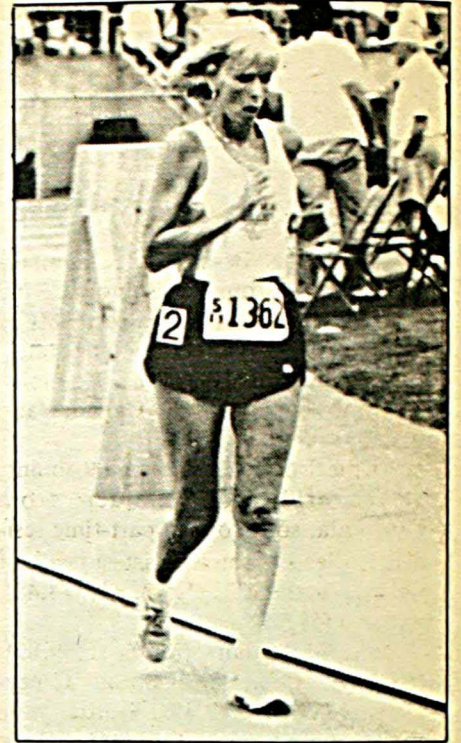
Hydrate — Drink plenty of water and fluids. Especially on days when you have a harder workout planned.

That means during the day before, as well as the day of the workout or race. Then, during the workout or race, keep a steady flow of water and replacement drinks coming. Research has shown how essential it is to maintain performance levels by keeping hydrated and keeping replacement fluids flowing. It is just as important to keep drinking after an event until you feel fueled up and your urine is "clear" as opposed to darker yellow.

Clothing — Clothing that is light in color and weight is the rule here. Depending on how hot it is and what your tolerance is to heat and humidity, you should wear 100% cotton t-shirts as often as possible. They hold perspiration longer which, in turn, keeps you cooler. Wearing tank tops is also good, but remember that the sun's energy on your skin can heat you up pretty fast, faster than a heavy t-shirt can, in most cases. Blister-free socks are also important as your feet tend to sweat more in the summer which can lead to blisters for anyone.

Training time and routes — Another important factor is the time of day that you train when it is hot. I have always preferred evening workouts during warm weather because, as you get hotter, the air is generally cooling down. In the morning, as you get warmer, so does the air. You can do a lot to protect yourself in the summer by choosing courses that are shaded and near water stops.

Pace — Other thoughts include adjusting pace for temperature, and how to race in hot weather. To simplify these two factors, use a rough guideline of one second per mile slower for every degree above 70° if you are adjusted to the warmer weather and it is not above 66% humidity. Above 66% humidity, add one second per mile for every 5%



Nancy Lee Whitney, Maryland, third W55 (29:33.38), 5000 racewalk, USATF National Masters Championships, Eugene, Ore., Aug. 11-14. Photo by Jerry Wojcik

start off by not using their hips at all as they switch from fitness walking, and work into racewalking. This is the first thing I try to help a beginner with by demonstrating that it is a matter of simply reaching out at the front of one's stride by working the hip forward on each step. This will usually help a new walker cover one or two miles faster than they ever have without improving their conditioning.

Once the use of the hips is mastered, the bigger challenge is dropping the hip on each stride. First, it is hard to visualize and do correctly, as it requires a certain degree of flexibility and coordination. Secondly, once you do get the hang of doing it correctly, it will not improve performance at first but will make you fatigue easily. You will get varying degrees of soreness from walking differently. With some persistence and concentration, as well as some good training using the new technique, you will be significantly quicker within a few weeks to a month and, most likely, look a lot better to the judges.

Now how, exactly, does one develop a good hip drop? The easiest way to explain this to an inexperienced walker is to picture yourself landing on your heel with your hip forward and letting the "shock" of hitting the ground go all the way up to your hip. You absorb the hit of the ground by letting the landing hip push up. This will automatically force the opposite hip to "drop" or lower. This should cause little side swing but, rather, will cause the hips to look like a pair of yo-yos going in exactly opposite directions.

What this does for your technique is to force your knees to straighten earlier in your stride, giving you a longer "lock," which is what many master walkers have problems with. It also tends to make you look "smoother" to the judges. These are both important keys in keeping you in the race and off the DQ Board. □



Sally Richards-Kerr, Colorado, on her way to a U.S. W40 age-group record in the 5000 racewalk of 24:25.51, USATF National Masters Championships, Eugene, Ore., Aug. 11-14.

Photo by Jerry Wojcik

humidity. Once you get to 15 seconds of adjustment above your best pace, forget about racing or doing a hard workout. Instead, just get in a strong, very controlled effort if you must do something hard. This rule would apply to any race that will take more than 10-15 minutes. Generally for less than that time, you shouldn't have too many problems.

Hip Drop Technique

Mastering "hip drop" for most new racewalkers is generally a very big challenge. Most beginning walkers

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Northwest Regional T&F Championships Draw 200 to Tacoma

by JERRY WOJCIK

About 200 men and women athletes participated in the USATF Northwest Regional Masters Championships held at the Lincoln Bowl, Tacoma, Wash., on July 23-24. Besides large numbers of athletes from Washington and Oregon, entrants included residents of the other Northwest Region states, California, Tennessee, and Vermont, plus the countries of Canada and Brazil.

In the sprints, Stephen Robbins, M50 world-record holder from California, soon to be a part-time resident of Seattle, ran the fastest times of the meet in the 100 (11.54), 200 (23.48), and 400 (53.74).

Don McMillan (M50, 2:09.89), Portland, Ore., and Susan Gregg-Hansen (W30, 2:19.37), Seattle, were the standouts in the 800. Doris Heritage, W50, Seattle, ran a 5:06.14 in the 1500.

Bill Iffrig, Everett, Wash., won the M60 5000 with a 17:58.15. Craig Moore, Bellingham, Wash., took the M40 gold with a 33:39.30.

Rick Teller, M40, of Washington, with a 6-2 3/4 led all high jumpers. Larry Holmes, M50, Portland, Ore., vaulted 12-0.

Mike Westlin, M35, Tacoma, topped all 16-lb. and 2kg discus efforts with a 46-1 1/2 and a 125-2. Walt Badorek, Klamath Falls, Ore., won the M60 shot (42-6) and discus (160-7). Pauline Thomas, Kent, Wash., was first in the W45 shot, discus, and 20-lb. weight (25-5 1/2), the last a first-time event for her.

Becky Sisley, Eugene, Ore., broke Christel Miller's U.S. W55-59 javelin record of 104-1 with a 105-1. Leon Joslin, 82, Seattle, captured one U.S. and two world single-age records in the throws.

Stan Chraminski, M45, Seattle, top-



Larry Williams, 58, Issaquah, Wash., M55 winner (39:41.15), in the 10,000, USATF Northwest Regional Masters Championships, Tacoma, Wash., July 23-24.

Photo by Jerry Wojcik

ped all 5000m racewalkers with a 25:08.95.

The meet was co-hosted by the Tacoma/Pierce County Sports Commission, Mike Shields, Commissioner, and the USATF Pacific Northwest T&F Masters Committee of Ken Weinbel, Carole Langenbach, George Mathews, Fred Shanaman, and Karst Brandsma.

Key Bank provided additional financial support. Other sponsors were

Nalley's Fine Foods and SpringCo Athletics, Torrance, Calif.

Athletes' packets included an informative program, listing entrants by age-group, giving their number, single-age, residence, and events entered.

A Saturday evening reception for

athletes and officials at the meet headquarters, Best Western Tacoma Inn, was hosted by the Tacoma/Pierce County Sports Commission.

Regional champions were presented with championship patches in addition to medals. □



Dearborn, Michigan October 1, 1994

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Detroit, Michigan 48228
(313) 336-3340 for reservations.
Single: \$65.00 Double: \$65.00 + Tax

For More Information:
Please Contact
Vance Genzlinger - Chairman
Telephone (810) 879-7070
Fax (810) 879-6352
Send Entry Form and Check Payable To:
Alongi International Racewalk Classic
c/o Genzlinger Associates
Suite 212
5700 Crooks Road
Troy, Michigan 48098

Fitness Walk

"Walk Through The Ages" with ribbons to the first 500 finishers and prizes for the best historic (from caveman to future) walking costumes.

Club Competition

"North American Racewalking Club Championship" with a trophy to the club accumulating the most award points in the asterisked Racewalk events.

Judged Racewalk Events

Asterisked events open to all competitive walkers. Medals to the top three finishers for Juniors and the five year age groups though Masters.

Junior Team

"North American Junior Team Championship" with trophies to the winning Juniors Men's and Women's teams and individual awards for each of the winning team members.

Alongi International

"Alongi International Racewalk Championship" with individual awards to the top male and female finishers.

- 3 km Fitness walk (men & women)
- 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)*
- 5 km W Junior Team (14-19)
- 10 km M Junior Team (14-19)
- 10 km W International (20-23, 24+)
- 20 km M International (20-23, 24+)

T-shirt size S M L XL
Extra T-shirts and lunch tickets available at meet

Fitness Walk (Includes T-shirt & Lunch)		
Ages	1-5	N/C
	6-13	\$ 6
	14+	\$12

Competitive (Judged) Walk (includes T-shirt, lunch, banquet)	
Pre-registered	\$24
Late-registered (postmark after 9/15/94)	\$30
Extra Lunch Ticket	@ 6
Extra Banquet Ticket	@ 12

Check Amount _____

* Asterisked events are included in Racewalking Club Championship.

Official Entry Form • Alongi International Racewalk Classic

A Separate Entry Form Is Required For Each Participant

Name _____
(Last) (First) (MI)

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

Age (on 10/1/94) _____ Male _____ Female _____ Birthdate _____

Phone: _____ Club: _____

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 _____

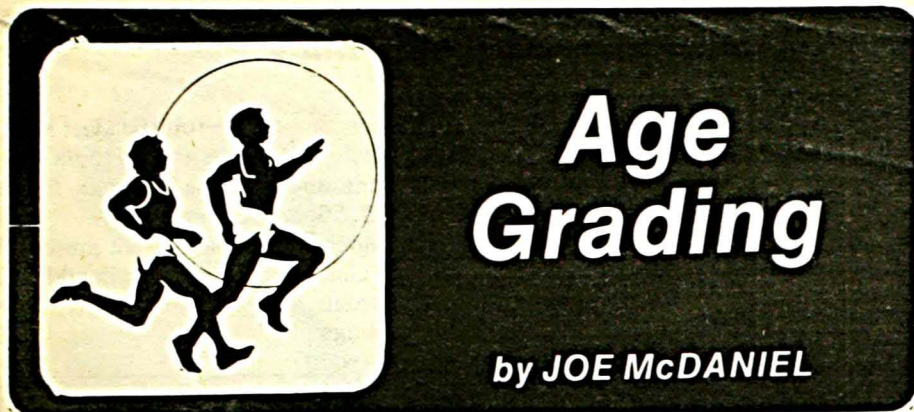
Parent or Guardian _____

(To be signed if under 18 years of age.)



David Ortman, 41, Seattle, won (59.9h) the M40 400H, USATF Northwest Regional Masters Championships, Tacoma, Wash., July 23-24.

Photo by Jerry Wojcik



Age Grading

by JOE McDANIEL

Why Age Graded Scoring?

Ever ask the question... who has the best performance in a road race? Your answer might be, "the runner with the fastest time." This answer would be true if performances were based solely on time, which is the case in the open and age group categories. The first runner across the finish is always the winner.

But, what if you are trying to determine the top ten best performances for prize money within a large age range such as the masters? This includes ages 40 through 80 and older in some events. Certainly, if it goes to the first runners across the finish it will almost invariably be the 40-44 group excluding all the older runners from any chance of receiving prize money. What is fair about one 40 year age group?

Which is the best performance in a 5K race... a 40-year-old runner posting a 16:20 or, for example, a 65-year-old timed in 19:02? What about a 53-year-old runner who posts a 16:35 or even a

79-year-old who covers the course in 23:12?

An innovative and equitable way to score the "best performances" for the runners age 35 and over has been developed. WAVA (World Association of Veteran Athletes) did a lengthy and comprehensive study which involved the tracking of times for runners age 35 and over, taking into consideration the ageing and slowing process. The result was a formula for each age by sex, which converts a runner's actual time to an open time or, in theory, what a runner would have run in his or her prime (probably somewhere in the age

range of 20-34).

With this formula it is possible to determine, within reason, the best performance among all masters finishers regardless of age, or among all finishers. The Oklahoma Runner magazine has developed a formula for ages 19 and under. Age-graded scoring does not replace age groups.

This formula can be used for team scoring by totalling the top three age/sex-graded times which allows everyone regardless of sex or age to contribute. Male open runners age 20-34 receive no handicap. Males 35 and over are age-graded. Female open runners (age 20-34) are sex-graded with a handicap of .901. Females 35 and over are age-graded and then sex-graded. Scoring Clydesdale runners in various weight brackets is also simplified by using WAVA's age-grading system.

You are strongly encouraged to use age-grading for any scoring where there is a large age range or a mixture of the sexes. These would be for Master's prize money, any kind of team scoring, couples scoring or Clydesdales. There is a computer program available that will give you instant age-graded results along with scoring for all your runners. *National Masters News* has a complete packet on age-graded scoring which includes racewalking and track and field. If you desire more information, contact the Oklahoma Runner at 918-581-8306. □



Cynthia Daniels, 44, Salt Lake City, finished seventh overall (9:07:06), Rocky Mountain 50 Mile, Cheyenne, Wyo. Photo by Brent Weigner

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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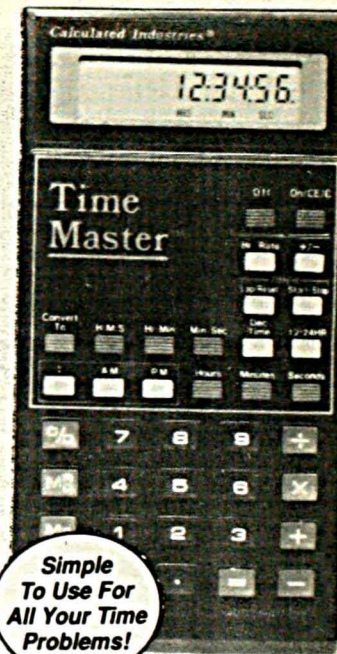
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- Countdown to Buffalo
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TEN YEARS AGO September, 1984

- 853 Compete in Nationals in Eugene
- 51 Take Part in USA Decathlon in Indianapolis
- West Regionals Draw 220 to Los Angeles
- Bill Stewart, Cindy Dalrymple Top USA Masters 15K Rankings



THE FIRST THREE

LAZLO TABORI 3:59
 ROGER BANNISTER 3:59.4
 JOHN LANDY 3:58

A poster was recently designed to honor Roger Bannister, John Landy and Laszlo Tabori, the first men to venture into that unknown territory beneath the four-minute barrier. Titled "The First Three," it measures 24"x36" in full color. To order, send \$16.95 plus \$3 postage and handling to Barry Schaeffer, 309 Avenue H, Suite D, S. Redondo Beach, CA 90277 or call 310/285-6708. T-shirts are available for \$13.95 (plus \$3 postage & handling).

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2nd WAVA Road Race Championships Held in Toronto

from DON FARQUHARSON

Close to 600 runners and racewalkers from 27 countries and all six continents took part in the 2nd WAVA World Veterans Road Race Championships on July 30-31 in the Toronto suburb of Scarborough, Canada.

Athletes from Europe, Africa, Asia, Oceania and South America joined their North American hosts in three world championships road events: 10K, 25K, and 20K racewalk for men over 40 and women over 35.

10K

The 10K took off in a light rain and a temperature of 20°C (68°F) amid the flags of the 27 countries flying from the Scarborough Civic Centre.

Battling all the way were Germany's Ingo Sensburg (M45), Britain's Nigel Gates (M40), and Canada's Bryan Stride (M40). Gates looked fresh as he quickened his pace on entering the final stretch of the two-loop course to win (31:12) by 25 seconds over Sensburg, who won the M45 class by a minute over Belgium's Omar Van Noten, a quadruple gold medalist in Miyazaki. Stride was third (31:57) with Britain's Nigel Bailey fourth (32:16).

Ireland's Tom O'Loughlin took the M50 title in 33:43, while Jindrich Bartonek (TCH) bested Gabriel Bernal (USA) by 10 seconds for M55 honors in 35:57.

Belgium's Gerard Van Nuffelin won the battle of the 60s over Canada's Ed Whitlock, 35:45 to 36:12, but Whitlock, at age 63, recorded a 93.1% age-graded score, the highest of any competitor in the three events of the championships. Second-highest age-graded scorer at 92.2% was Britain's Bill Marshall (M65, 37:37).

Japan's Yashiro Nishimura ran an excellent 40:55 to win the M70, while

Belgium's Andre Osselaer took M75 honors in 51:01. The oldest runner in the race, Dudley Healy (M80, USA) finished in 52:42, ahead of 40 of the other 255 finishers.

France's Josette Colomb-Danin (W40) defeated the entire women's field with a stunning 35:01, 25th overall and an 89.9% age-graded score. Australia's Anne Forbes (W35, 36:36) was next, followed by Jarmila Urbanova (W40, TCH, 37:01). Holland's Els Raap was best W45 in 37:39 while the USA's Joan Ottaway topped the W50s in 37:56.

British runners Mollie Smith (W55), Myfanwy Loudon (W60) and Jocelyn Ross (W65) all swept their divisions, as



From left: New York's Nate White, 75; New Jersey's Dudley Healy, 80; and Texas' Denman Stanfield, 75; won the M75 team title for the USA in the World Veterans 10K. Photo by Evelyn White

did USA's Ellen McCoy (W70) and Germany's Johanna Luther (W80).

The course looked a fast one and conditions were good, yet, inexplicably, many runners fell as much as a minute behind their fast times. In no way did this diminish the great appreciation of both runners and spectators for this thrilling international event.

The top country award — a new innovation awarded to the three members with the highest total of age-graded scores — of quality Bulova dress watches was, at first, awarded to the Irish team, but a computer error was found and corrected awards will be forwarded to the British team of Marshall, Gates and Loudon, who totalled 269.78%, narrowly better than Canada's Whitlock, Stride, and Ted McKeigan (269.53%), and Belgium (267.61%).

25K

The next day dawned hotter and the red heat warning stared at the runners as the gun went off at 8 a.m. Despite the warning that the last 5K of this closed-loop course was very hilly, the leaders went through the 5K mark in just on 16 minutes. By 10K, Canada's Henry Bickford (M40) had opened a



At the WAVA Road Championships: from left: Yvonne Miles (GBR), Ruth Anderson (USA), Bridget Cushen (GBR), Betty Norrish (GBR).

in 1:27:06 over Gates (1:27:16).

Britain's Hugh Arnold (1:28:48) was splendid over O'Loughlin (1:31:19) in M50. Spain's Manuel Rosales (1:33:06) took the M55 group by three minutes over Holland's Win Bruine de Bruin. A battle of M60 titans shaped up between Whitlock and the USA's Norm Green. Green scored the highest age-grade of the race (1:36:36, 90.9%) over Whitlock (1:37:53, 90.6%) which, combined with his 93.1% in the 10K, reflected two great performances.

Marshall came up with another M65 victory (1:47:23), this time by six minutes over the USA's Patrick Devine. Nishimura again won the M70 class (1:55:23), as did Osselaer (2:14:23) in M75.

Once more, Colomb-Danin dominated the women's field with a fine 1:34:25, seven minutes ahead of Canada's Maureen Griffith (W35). Raap won her second W45 gold (1:47:59), while Germany's Barbara Berghaus (1:53:39) took W50 honors. Canada's Eileen Doran was best W55 (1:58:10) and the great Loudon took the W60 win in 2:00:20. Belgium's Magdalena de Preter (W65) and the Czech Republic's Marie Hanakova (W70) won their divisions among the 182 finishers.

Continued on page 19

gap on all but the plucky Milis Smrcka (M40, TCH), as Austria's Alois Puchner (M40), Gates and Van Noten trailed.

Despite the hills and 80°F heat, Bickford forged ahead to win by more than two minutes in 1:24:31 over Smrcka and a fast-closing Puchner. Van Noten ran a fine race to win M45

British National Championships Draw 693

by BRIDGET CUSHEN and MARTIN DUFF

There were some gritty performances despite the heat and humidity from the 693 competitors in the British Veterans National T&F Championships, Bedford, July 16-17. Some of the participants were just back from the European Championships. Two world, nine British and 19 championship records were established.

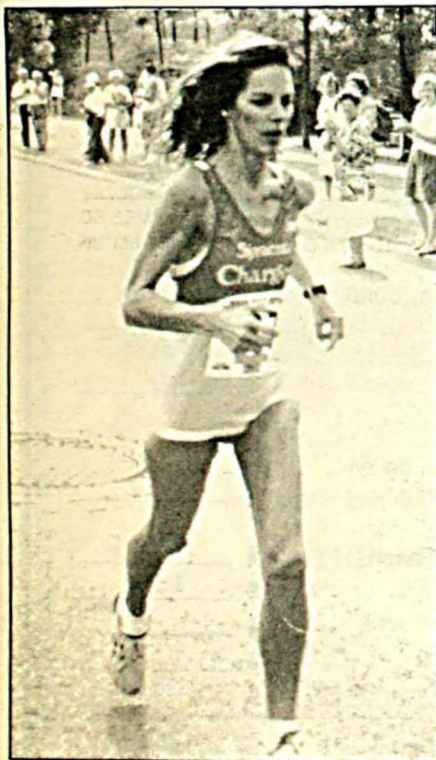
The most decisive world record went to Veronica Boden, just turned 35, an ex-400 hurdler who has taken up the steeplechase. She attacked the barriers from the gun, going on to slice 14 seconds off Sue Taylor's existing world best with a 7:05.76. The second world record fell to a visiting Dutchman, Simon Herlaar, in the M65 1500,

whose courageous front-running tactics took him well clear of the chasing group to win in 4:39.87.

In the field, BBC-man Paul Dickenson M40, led a hammer throwing bonanza with a 55.84 heave.

Walkers also caught the eye, with Bob Care taking both the M45 3000 (12:55.02) and 5000 with a British M45 record 22:12.66. Mary Worth set a British W65 3K mark (17:55.18).

The most thrilling performance of the meet came in the W40 5000 when Denise Hoogesteger outsprinted Celia Duncan to win by a split second in 17:53.32 after dogging Duncan's heels for the twelve-and-a-half laps. □



Nancy Frisillo, New Hartford, NY, 2nd W50 (1:54:02) in the World Veterans 25K.

Photo by Evelyn White

Nationals

Continued from page 1

The media covered the meet well. All three local TV stations were there, and broadcast short, 15-second clips daily on the evening news. The Eugene Register-Guard did a story each day, and published the results (first three) of every event.

Top Officiating

At their own expense, officials came from throughout the USA — and even one from Australia — to help direct the meet.

"The officials and starters were so wonderful and friendly," said England's Mary Wixey.



Buell Crane, 94, Idaho, oldest competitor at the Nationals, watches the action at Hayward Field. Photo by Suzy Hess

Competition was held in the traditional five-year age groups for both men and women from age 30-34 to 90+. An awards ceremony was held for each event, generally within an hour after its completion.

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.

Perfect Weather

The weather conditions were nearly perfect — no rain, low humidity, moderate temperatures in the morning and evening, and highs of 82° to 87°F (about 29°C) during the day. It was a bit warm, as it almost always is, for the 10K runners at midday on Saturday.

A sumptuous barbecue on Saturday evening drew about 400 athletes who devoured chicken, vegetables, fruit, cake and drinks.

The quality of the competition was remarkably high, with seven world and 12 U.S. age-group records bettered.

There was a notable improvement in the caliber of women's competition. Many female events were close, with several winners being decided only in the last few meters or on the last jump or throw.

The meet was directed by Tom Jordan and Barbara Kousky, the same duo who successfully organized the 1989 extravaganza. Computer-wizard Willy Sundqvist again programmed the entries and printed the results within minutes after each event.

Mark Stream directed the competition, assisted by Eric Zemper, Al Tarpinning, Charlie Fleishman,



Barbara Kousky, co-meet director and John Norton, Oregon Track Club president, presenting Max Goldsmith (r), Lewiston, Texas, with the Dr. Paul Spangler Award, given to the person who most exemplifies the spirit of Dr. Spangler. Goldsmith presently is Masters Site-Selection officer.

Photo by Jerry Wojcik

Richard Reske, Field Ryan, Judy Daniels, Lawrie Robertson, Dick Lee, Berny Wagner, John Tiesing, and literally hundreds of dedicated volunteers, who worked up to 15-hour days, non-stop, to make the meet a success.

At the brief welcome at the stadium on Friday evening, Kousky paid tribute to Paul Spangler, a legendary masters competitor for 28 years, who died last spring at age 95.

There were a few glitches with lap counting in the 5000 on day one, but the problems were quickly resolved. Despite the massive 42% increase in entries, events ran mainly on schedule.

Two suggestions from last year's organizers helped. Ben Stowell and Jack Moran had suggested lightening up on the day-two load and putting heats and finals of an event on different days. At its December convention, the Masters T&F Committee agreed to the changes.

Great Performances

Irene Obera, 60, of Fremont, Calif., the USA female masters track and field athlete of the year in 1979 and 1984, set two of the world records in the W60 200 (29.67) and 100 (13.91). She also won the 400 (74.11) and the women's age-graded 100.

Canada's Earl Fee, 65, was awesome with a world M65 800 record of 2:15.23, lowering Derek Turnbull's 2:17.8 standard. Fee also won the 400 in 59.84.

Washington state's Doris Heritage, several-time USA open cross-country champion and a member of the USA Track & Field Hall of Fame, returned

to masters competition at age 50 after an absence of several years.

She ran into two tigers named Joan Ottaway (nee Colman) of California and S. Rae Baymiller of New York (profiled in July's NMN).

The trio had some great battles. First, Ottaway won the 5000 (18:12.93) over Baymiller (18:17.71) with Heritage abstaining. Then Heritage took the 800 (2:27.56) over Baymiller (2:29.72) with Ottaway observing. Finally, all three went head-to-head in a dramatic 1500, with Baymiller taking the honors (4:59.34) over Heritage (5:01.99) and Ottaway (5:03.85).

Canada's Diane Palmason swept the W55 middle distances (800, 1500, 5000) with a blazing 2:33.40 in the two-lapper.

One of the most impressive performers was California's Dee Dee Grafius, who won the W45 400, 800 and 1500, with a new U.S. record in the one-lapper (59.84).

On the men's side, New Jersey's Dudley Healy, 80, looked strong in winning the 800, 1500, 5000, and 10,000.

Mel Larsen set a new world record of 5.19 (17-1/4) in the men's long jump, and captured the 100, 200, and age-graded 100.

Wisconsin's Dan Conway and New Jersey's Sid Howard waged one of the meet's best races in the M55 1500. Conway had won the 5000 (16:52.91); Howard had won the 800 (2:11.89). They came together in the 1500, with Conway barely holding off Howard's closing charge, 4:34.31 to 4:34.50.

Canada's Harold Morioka con-

tinued to dominate his M50 division, with outstanding wins in the 400 (52.20), 800 (2:06.92), and 400 hurdles (58.82).

California's Nolan Shaheed (nee Smith) was brilliant with M45 wins in the 800 (1:58.70), 1500 (4:09.08), and 5000 (15:31.08).

Jim O'Neil, 69, of LaJolla, Calif., continued his streak as the only athlete to compete in all 27 national championships, placing sixth in the M65 5000 (20:29.45) and third (second USA) in the 10,000 (41:48.57).

Atlanta's Philippa (Phil) Raschker, 47, the 1993 female masters track and field athlete of the year, had planned to compete, but sprained her ankle while climbing out of the pole vault pit a week earlier at the WAVA North American Regionals in Edmonton. Her left leg wrapped in a tight cast, the Atlanta accountant was philosophical.

"I've had a pretty good run," she said, "maybe it's time to take a rest."

For more competition details, please see story on page 17.

The no-false start rule was in effect, as always at USATF meets, but only one competitor — Dorel Watley, in the M40 200 — was reportedly disqualified for leaving the blocks too soon.

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Dan Conway, Wisconsin, won the M55 5000 in 16:52.91, with Carlos Valle, California, second, in 16:54.67. Photo by Jerry Wojcik



All these women won their respective 100-meter races, then met in the National Masters News Age-Graded race. From left: Pearl Mehl, W80; Margaret Hinton, W70; Mary Wixey, W70 (GBR); Kay Lyons, W55; Louise Clark, W35; Joy Upshaw-Margerum, W30; Deby Sweezey, W40; Irene Obera, W60; Pat Peterson, W65. Obera was the winner in 10.38. Photo by Suzy Hess

ENTRANTS IN NATIONALS BY AGE-GROUP

Age Group	M	W	Total
30	67	31	98
35	96	49	145
40	178	54	232
45	155	43	198
50	143	43	186
55	125	38	163
60	105	22	127
65	77	21	98
70	55	18	73
75	36	7	43
80	13	3	16
85	3	0	3
90	1	0	1
	1054	329	1383
Late entries			35
			1418

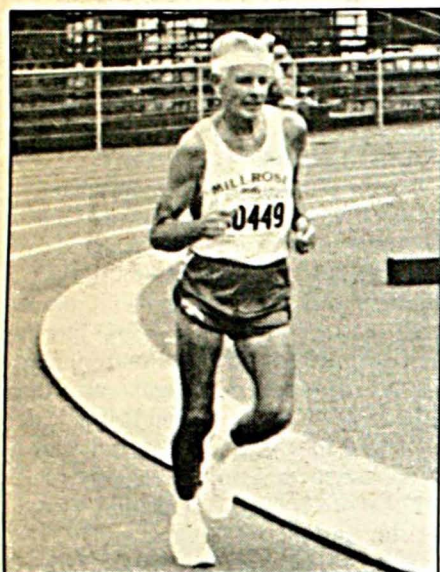
Nationals

continued from page 15

However, several participants were DQ'd in the general and road walks.

Free Shuttles

The free shuttle bus service was a big



Bill Fortune, M65, New York, won the 1500 and 5000. Photo by Jerry Wojcik

improvement over the non-existent service of most national masters meets. Athletes were ferried to and from the airport to their motels or dorms, and from the track to the main motels. Many saved a bundle by not having to rent a car, usually a necessity at these meets.

Of course, one of the advantages that makes Eugene so special is that the dorms are right next to the track. Athletes can hear the announcer in their rooms while rolling out of bed, and can walk to the track in less than five minutes.

About 40 competitors attended the age-graded seminar on Thursday night on the campus. Another 100 or so came to the athletes' meeting on Friday night, where Kousky, wearing her hat as the USATF Masters T&F Committee Chair, passed out awards to the 1993 age-group athletes of the year. Potential rules were discussed, and presentations were made by the directors of next year's three major meets — the Indoor Nationals in Reno, February 24-26; the Outdoor Nationals in E. Lansing, Mich., July 6-9; and the World Championships in Buffalo, N.Y., July 13-23.



Kim Rupert, California, out of the water on the way to a U.S. W35 record of 7:58.54 in the 2000m steeplechase. Joan Ottaway (#995) broke the W50 U.S. record with a 8:10.47. Judy Warick, W45, Canada, finished in 8:18.84. Photo by Jerry Wojcik

Age-Graded Dash

A highlight of the four-day meet 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 revised 1994

WAVA age-graded tables.

In the women's race, Obera, who, at age 60, got a handicap of 25.8 meters, decimated a good field with a time of 10.38. Next were California's Deby Swezey (W45, 11.38), New York's

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1994 U.S. NATIONAL MASTERS TRACK & FIELD CHAMPIONS EUGENE, ORE.; AUG. 11-14

M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
100 Ros	Krulee	Nance	Whitley	Robbins	Dennis	Newton	Law	*Larsen	Weinacht	Morrow	Randall	--
200 Berry	Krulee	Nance	Whitley	Robbins	Mathis	Newton	Law	Larsen	Parker	Lightfoot	Randall	--
400 Berry	James	Gonera	Sowerby	Stelmaszyk	Mathis	Blount	Sochor	McManus	Parker	Lightfoot	Randall	--
800 Allah	Reyes	Wulf	Shaheed	McMillan	Howard	Miller	Beadle	McManus	Sponseller	Healy	--	--
1500 Mason	Downs	Spinney	Shaheed	Frisby	Conway	Sutton	Fortune	Bryant	Boots	Healy	--	--
5000 Brist	Prather	McCarey	Shaheed	Frisby	Conway	Sutton	Fortune	Bryant	Boots	Healy	--	--
10000 Steffens	Prather	Horner	O'Brien	Higgins	Valle	Iffrig	Devine	Banuelos	Dilworth	Healy	--	--
SH Johnson	Grimes	Williams	Brinker	Viltz	Miller	Sanchez	--	Lukens	Finger	Morrow	--	--
LH Johnson	Grimes	Pannell	Burrus	Stelmaszyk	Doerrer	Sanchez	Sochor	Dahlin	Miller	Morrow	--	--
SC Wagner	Prather	Stenberg	Barnett	Cruickshank	Bevins	Hepner	Sanchez	Bryant	Dilworth	--	--	--
HJ McKinnis	Barrineau	Teller	Rader	Akerman	Fehlen	Newton	Gillcrist	Dahlin	Gillett	Lightfoot	Randall	Crane
PV Babbitts	Hunter	Lipscomb	Cash	Morris	Woodring	Donley	Krzesinski	DeVaughn	Vernon	Johnston	--	--
LJ Daniel	Barrineau	Santos	Flowers	Medley	Horn	Richards	Brenda	Larsen	Trahan	McIntyre	Randall	Crane
TJ Selvidge	Lariza	Santos	Woolfolk	Dvorak	Henry	Mulkey	Brenda	Lukens	Miller	Massie	--	Crane
SP Valenti	Hodgdon	Kamla	Von Rohr	Gage	Keshmiri	Mulkey	Hawke	Bangert	Kronkhite	Carter	Powell	Crane
DT Garvey	Genther	Kamla	Price	Higgins	Keshmiri	Palmer	Hawke	Thompson	McDermott	Carter	Powell	Crane
HT Bersch	Jansson	Farmer	Von Rohr	Gage	Hotchkiss	Thomson	Hawke	Walmroth	McDermott	York	Powell	Crane
JT Richardson	Lorenzen	Brown	Moreland	Stenlund	Conley	Shields	Pickards	Lukens	Roloff	Lightfoot	--	Crane
PENT Maffett	Vegas	Ortman	Harvey	Sheedy	Oleata	Mulkey	Seifert	Harris	Morningstr	Massie	--	--
4x100 West Region "B"		Atlanta TC		West Region		West Region		By-Pass-Four		--	--	--
4x400 West Region		Central Park TC		--		Portland Masters		West "A"		--	--	--
4x800 Calif Coast TC		Northwest Region		West Valley TC		Northwest Region		West Region "A"		--	--	--
5K RW Blanchard	Leibold	Camarena	Novak	DeNoon	Elwarner	Bray	Genzlinger	Gladding	Grove	Besson	--	--
20K RW Blanchard	Leibold	Camarena	Chraminski	Carmines	Whiteman	Bray	Mimm	Gladding	Patterson	Besson	--	--
W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80		
100 UpshwMargrm	Clark	Swezey	Hill	Solwazi	Lyons	*Obera	Peterson	Hinton	Jensen	Mehl		
200 UpshwMargrm	Clark	Libal	Trigueio	Solwazi	Cappetta	Obera	Peterson	Hinton	Stafford	Mehl		
400 McCoy	Haynes	Libal	Grafius	Solwazi	Cappetta	Obera	OnodraLenrd	Adams	Stafford	Mehl		
800 Heaton	Sterrett	Williams	Grafius	Heritage	Bost	Szawlowski	OnodraLenrd	VanBattum	Crane	Mehl		
1500 Kinney	Grigsby	Williams	Grafius	Baymiller	Bost	Szawlowski	OnodraLenrd	Adams	Stafford	Mehl		
5000 Wright	Joyce	Caldwell	O'Neill	Ottaway	Curtis	Machala	Smalley	Van Battum	--	Mehl		
10000 Edmark	Joyce	Jones	Robinson	Davis	HodgesHite	Machala	Anderson	Adams	--	--		
SH UpshwMargrm	Ricks	Swezey	Hill	Stewart	Sisley	--	Valien	--	--	--		
LH Yurth	Nielsen	Thompson	Moule	Carter	--	--	McDaniels	--	--	--		
SC --	Rupert	--	Moule	Ottaway	--	--	--	--	--	--		
HJ Porter	Mendenhall	Lowery	Lickey	Primmer	Miller	Bancroft	McDaniels	Hinton	--	--		
PV Reynolds	--	--	--	Stewart	Sisley	--	Stewart	Hinton	--	--		
LJ UpshwMargrm	Mendnhall	Wlodarczyk	Hill	Stewart	Grissom	Bancroft	McDaniels	Hinton	--	--		
TJ UpshwMargrm	Boslaugh	Carter	Hill	Stewart	Grissom	Bancroft	McDaniels	Hinton	--	--		
SP Nealy	Finsrud	Stratton	Struppeck	Hilliard	Grissom	Fetherston	Osmon	Hinton	Gradick	--		
DT Goldberg	Finsrud	Wilson	Struppeck	Hilliard	Grissom	Fetherston	Dietderich	Hinton	Jarvis	--		
HT Goldberg	Boslaugh	Stratton	HillHudgns	Hilliard	Grissom	Fetherston	--	--	Jarvis	--		
JT Porter	Allegre	--	Struppeck	Ticknor	Sisley	Polk	Lorenz	Roloff	Gradick	--		
PENT Porter	Ricks	Stough	--	Sachs	--	Valien	--	--	--	--		
4x100 Midwest Region		--		West Valley TC		--		--	--	--		
4x400 East Region		Eugene RC		--		--		--	--	--		
5K RW KerbyMoore	Stoyanwski	RichrdsKer	Johnson	Dicker	Richardson	Eberle	Gordon	Kash	--	Robarts		
10K RW KerbyMoore	Stoyanwski	RichrdsKer	Johnson	Steigrwalt	Richardson	Eberle	Nesley	Kash	--	--		

*Winner of age-graded 100

Highlights of the Nationals

Some of the top performances, by division, at the USA National Masters Track & Field Championships in Eugene were:

M30-34
Kettrell Berry, California, took the 200 (21.80) and 400 (49.05). David Steffens, Washington, won the 10,000 in 30:37.15. Michael Valenti, Florida, captured the SP gold (48-2½). Solis Raul Flores, Mexico, hastened to the 5000 (23:59.89) and 20K walk firsts (1:44:05). U.S. champion in both was Michael Blanchard, Colorado, with 24:19.58 and 1:48:59.

M35-39
Martin Krulee, California, sped to 100 (10.76) and 200 (21.87) wins. John Prather, Arizona, won the 5000 (15:13.36), 10,000 (32:14) and SC (9:47.19). Peter Grimes continued his winning streak in the highs and intermediates with golds in 14.45 (U.S. age-group record) and 54.07.

Jim Barrineau, Kansas, had a diverse double in the HJ (6-9½) and LJ (20-7¼).



Top three M60-64 javelin: Jack Shields, Georgia, 155-9; Robert Youngs (left), Connecticut, second; and Ray Feick, Pennsylvania, third. Photo by Jerry Wojcik



Becky Sisley #1182, Eugene, Ore., W55 javelin winner with a 98-6, exchanges tips with W50 winner Linda Ticknor, Washington, with a 91-1. Photo by Jerry Wojcik

Ken Jansson, Kansas, hit 195-9 in the HT. Another Jayhawk, Albert Leibold took the walks in 23:23.54 and 1:38:05.

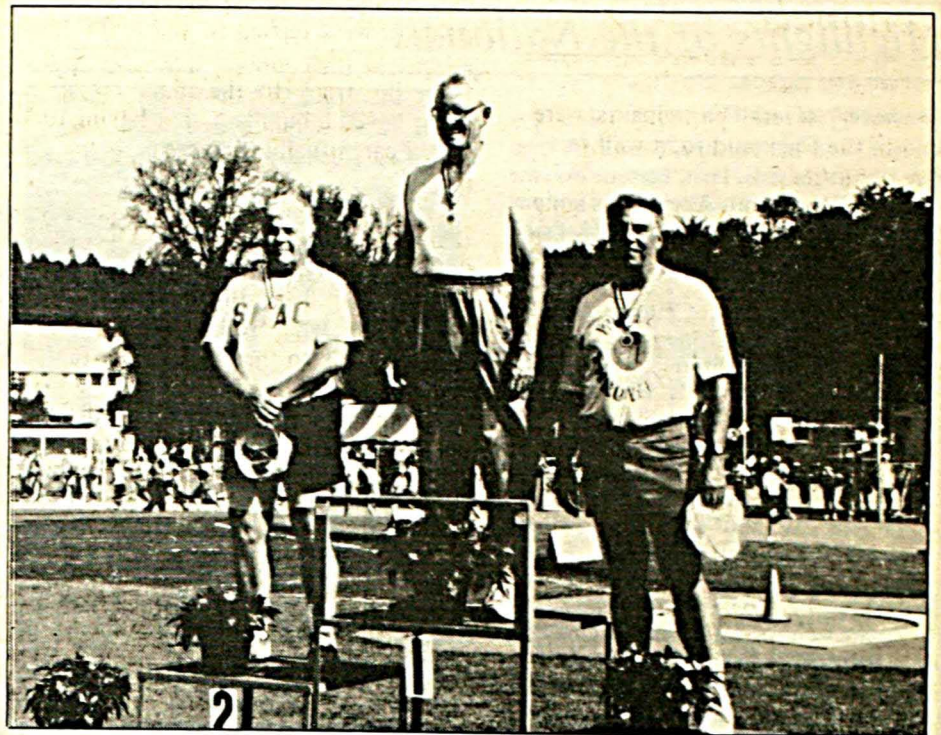
M40-44
The 100 and 200 went to Kevin Nance, Arizona, in 10.98 and 22.38, but Ed Gonera, New York, was an impressive winner in the 400 with a 50.17. Ed Spinney, Oregon, sprinting the last 200, took the 1500 in 3:58.92. California's Kevin McCarey came within nine seconds of Hal Higdon's 22-year-old U.S. M40 5000 mark of 14:59.6 with a strong 15:08.78.

The throws were outstanding: Michael Brown, Florida, JT 220-9; Roger Kamla, Louisiana, SP 48-8 and DT 146-1; and Pete Farmer, North Carolina, HT 192-0. Multi-eventer David Ortman, Washington, won the pentathlon.

M45-49
To select the best performance would be to list most of the winners, plus others. Stan Whitley, California, sprints; Fred Sowerby, Nevada, WR in the 400 of 50.20; Nolan Shaheed, California, three big wins in the distances; Charlie Rader, California, HJ; Jerry Cash, Oregon, PV; John Von Rohr, Florida, throws; Rex Harvey, Ohio, pentathlon; and Stan Chraminski, Washington, 20K RW.

M50-54
Stephen Robbins, California, sped to the 100 win (11.38) and held off Canada's Harold Morioka (23.81) in the 200 with a 23.41; Morioka was first in a no-contest 400 (52.20) and 400H (58.82). Tom Gage, Montana, was out of reach in the HT (206-1) and SP (51-6¼). Lloyd Higgins, California, beat a large, good field in the DT (180-8). Walker extraordinary Don Denoon won the 5000 with a U.S. record 21:55.49 but pulled up in the 20K. Colorado's Jan Frisby won confidently in the 1500 (4:23.83) and 5000 (16:44.09).

M55-59
Kenny Dennis, California, was the 100 champ (11.93) but injury-scratched in the 200, which went to Jim Mathis, Tennessee, in 25.07; he also took the 400 (56.10). Sid Howard, New Jersey, posted an 800 win in 2:11.89. Dan Conway, Wisconsin, nipped the 1500 from Howard in 4:34.31, and held off California newcomer Carlos Valle, 59, in the 5000 with a 16:52.91, while Valle, in



Harry Hawke, California, M65 winner in the hammer (39.38), with Ken Weinbel, Washington, second, and Phil Brusca, Missouri, third. Photo by Jerry Wojcik

36:07.77, defeated Gabriel Bernal, Massachusetts, and defending champ John Brennand, California in the 10,000. Al Henry, California, took the TJ (36-9½). World-champion Joe Keshmiri, Nevada, won the SP (48-1¼) and DT (166-2) from formidable fields.

M60-64
California's Nick Newton turned 60 this year and won the 100 (12.46), 200 (25.75), and HJ (1.62). California's Marion Sanchez, loser to Newton in those events, returned for solid wins in the 100H (15.83) and 300H (45.10). In the former, Sanchez, the world silver medalist, upset Atlanta's Phil Mulkey, the world gold medalist, in a photo finish. Mulkey, winner of the pentathlon on Thursday, took the TJ and, amazingly, as he did in 1993, won the SP

(46-2½). WR-holder Wendell Palmer, Texas, won the DT from the strongest M60 championships field ever. Jack Bray, California, strode to wins in the 5000 track walk (26:33.92) and 20K road walk (1:55:37).

M65-69
Canada's Earl Fee, in what some observers felt was the best performance of the meet, broke his WR in the 800 with a 2:15.23 and ran a near-WR in the 400 (59.84). Jim Law, North Carolina, who finished second last year in the World 100 to Britain's Allan Meddings, evened the score by edging Meddings, 13.11 to 13.18, and repeated his Japan win over the Brit in the 200, 26.51 to 26.76.

Great Britain's John Keston, who lives in

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AGE-GROUP RECORDS SET AT 27th USA NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS; EUGENE, ORE. AUG. 11-14, 1994

WORLD RECORDS

Event	Age	New Mark	Name	Old Mark	Held By
100	W60	13.91	Irene Obera	13.9	Shirley Peterson
200	W60	29.67	Irene Obera	30.0	Shirley Peterson
400	M45	50.20	Fred Sowerby	50.24	Stan Whitley
800	M65	2:15.23	Earl Fee	2:15.98	Earl Fee
800	W60	2:47.31	Jean Horne	2:51.27	Jean Horne
PV	W70	1.22	Margaret Hinton	---	---
LJ	M70	5.19	Melvin Larsen	4.96	Mazumi Morita

U.S. RECORDS

400	W45	59.84	DeeDee Grafius	60.04	Phil Raschker
1500	W80	11:02.96	Pearl Mehl	11:09.2	Anne Ward
5000	W70	24:19.68	Elisabeth Van Battum	24:52.83	Pat Dixon
80H	M70	14.35	Ed Lukens	14.50	Al Guidet
80H	M65	19.01	Johnnye Valien	19.12	Johnnye Valien
110H	M35	14.45	Peter Grimes	14.7	Mike Kelly
300H	M80	74.64	Bert Morrow	76.20	Claude Hills
2000SC	W35	7:58.54	Kim Rupert	8:00.0	Kim Rupert
2000SC	W50	8:10.47	Joan Ottaway	10:06.19	Judy Groombridge
PV	W55	1.85	Becky Sisley	1.34	Lucy Anne Bancroft
PV	W55	1.85	Madeline Bost	1.34	Lucy Anne Bancroft
LJ	W40	5.38	Anna Wlodarczyk	5.19	Phil Raschker
5K RW	M50	21:55.49	Don DeNoon	22:02.3	Don DeNoon
5K RW	W40	24:25.51	Sally Richards-Kerr	24:38	Viisha Sedlak
5K RW	W55	27:29.68	Elton Richardson	28:25	Ruth Eberle
5K RW	W60	29:29.04	Ruth Eberle	29:35	Ruth Eberle
10K RW	W55	57:24	Elton Richardson	58:26	Bev LaVeck
80H	W40	11.86	Deby Swezey	12.06	Deby Swezey
JT	W65	27.44	Mavis Lorenz	26.82	Mavis Lorenz
400H	W35	71.05	Donna Nielsen	87.08	Shelly Keating
800	W80	4:59.20	Pearl Mehl	5:47.5	Hilda Crooks
400H	W35	78.66	Edna Crawley	87.08	Shelly Keating

Highlights of the Nationals

Continued from page 17

Oregon, and Bill Fortune, New York, had two terrific contests. First, Fortune won the 5000, 19:02 to 19:07. Then, with Fortune idle, Keston took the 10,000 in 39:12. Finally, Keston edged Fortune in the 1500, 5:11.04 to 5:12.92.

Andrzej Krzesinski, of Eugene, won the PV (9-6¼) in a high-flying field, which included Al Brenda, California, winner of the LJ and TJ. California's Harry Hawke dominated the throws, including the HT, a relatively new event for him.

Michigan's Vance Genzlinger upset world champion Bob Mimm, New Jersey, in the 5000 RW, 28:07 to 28:23, but Mimm evened the score in the 20K RW, 2:00 to 2:04.

M70-74

Sprinter-jumper Mel Larsen, Illinois, who appeared to be having more fun than anybody, had an outstanding meet, topped by a WR of 17-¼ in the LJ, and a victory in the NMN Age-Graded 100m. Larry Banuelos, California, won the 5000 and 10,000. Ed Lukens, New York, had a good outing with three wins, including the 80H in a U.S. record 14.35. Don Gladding, Arizona, took both walks.

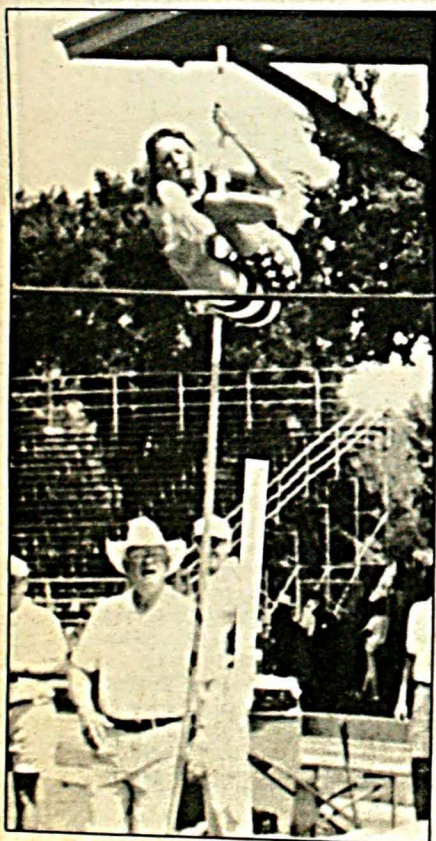
M75-79

Rod Parker, a new face from Arizona, surprised world 400 champ Jay Sponseller, Florida, in the 400, 71.41 to 72.32, and defeated world 200 silver medalist, Bill Weinacht, Ohio, in the half-lapper, 29.99 to 30.87. Weinacht, the 100m gold medalist in Japan, put on a late burst to take that race from Parker, 14.35 to 14.63. Sponseller won the 800 in 3:00.04.

Tom McDermott, Florida, nabbed firsts in the DT and HT (123-7). Ham Morningstar, Michigan, won the pentathlon.

M80-84

New Jersey's Dudley Healy had four quality-time wins in the distances. California's Bert Morrow broke the U.S. 300H record with a 74.64. Versatile Milo Lightfoot, Indiana, and walker John Besson, Oregon, excelled, as did Eugene's Ross Carter, on his home turf.



Pamela Reynolds, W30, of Oregon, vaulted 8-6¼.
Photo by Jerry Wojcik



Pennsylvania's Jim Sutton (1255) edges Louisiana's Charles Wimberley (1385), 4:44.31 to 4:45.37, in the M60 1500 at the Nationals.

Photo by Walden Curry

M85-89

Russell Randall, Colorado, went to the top of the victory stand five times. Thrower Gordon Powell, Florida, garnered three golds.

M90-94

Idaho's Buell Crane was able to squeeze in seven firsts between newspaper and television interviews.

W30-34

Joy Upshaw-Margerum, Hawaii, was the cream of the crop with five wins in the sprints, hurdles, and jumps. Elana Goldberg, Kansas, took the DT (128-10) and HT. Jana Porter, Washington, took the JT and the pentathlon. Jackie Kerby Moore, New Mexico, won both walks — the 5000 in 26:52.62.

W35-39

New York's Louise Clark won the 100 (12.84) and 200 (26.92). Washington's Regina Joyce took the 5000 (16:34.55) and 10,000 (34:27). Martha Mendenhall, Washington, sailed to firsts in the HJ (4-11¼) and LJ. Carol Finsrud, Texas, starred in this group with huge wins in the SP (41-11½) and DT (169-7). Karen Stoyanowski, California, stepped to victories in the 5000 (25:24.69) and 20K walks. Kim Rupert broke her own U.S. steeplechase record in 7:58.54.

W40-44

Oregon's Mary Libal raced to the front in the 200 (26.64) and 400 (59.62). California's Deby Swezey won the 100 (12.71) and 80H in a U.S. record 11.86. California's Anna Wlodarczyk snapped the U.S. LJ record with a 17-7¼, but may still be a citizen of Poland. Joan Stratton, California, hit the best marks in the SP and DT. Sally Richards-Kerr, Colorado, walked a U.S. 5000 record 24:25.51.

W45-49

California's Dee Dee Grafius, topped off a great meet with a U.S. record 59.84 in the 400, and took victories in the 800 (2:19.82) and 1500 (4:51.63). Lurline Struppeck, Louisiana, won three throws including the SP (31-6½). New Jersey's Michael Hill won four U.S. golds in the 100, 80H, LJ and TJ.

W50-54

Kemisole Solwazi, California, won all

three sprints. Doris Heritage, Washington, and S. Rae Baymiller, New York, shared wins in the middle distances. Barbara Stewart, Georgia, captured four golds. Vanessa Hilliard, Florida, dominated the throws, with an exceptional 136-10 in the HT. California's Joan Ottaway won the 5000 (18:12.93) and took nearly two minutes off the old 2000SC mark with an 8:10.47.

W55-59

Carolyn Cappetta, Mass., easily won the 200 (30.84) and 400 (67.91). Canada's Diane Palmason won three races: the 800 in 2:33.40, the 1500 in 5:19.21, and the 5000 in 20:10.19. New Jersey's Madeline Bost and Eugene's Becky Sisley both broke the U.S. PV mark of 1.34 with a 1.85, with Sisley getting the gold on fewer misses. Bost won two other U.S. golds in the 800 and 1500.

New York's Elton Richardson and Seattle's Bev LaVeck put on a brilliant display of racewalking, each breaking the U.S. record in both the 5000 and 10K. Richardson was best in both with a 27:29.68 and 57:24, respectively.

W60-64

California's Irene Obera, with two WRs, the 100 (13.91) and 200 (29.67), may have been the woman athlete of the meet, overshadowing Canada's Jean Horne, who broke her own 800WR with an outstanding 2:47.31. Washington's June Machala upset Horne in the 5000 (21:48) and took the 10K (45:28). Lucy Anne Bancroft (nee Brobst) purloined the HJ (1.10), LJ (3.02) and TJ (6.87). Wisconsin's Ruth Eberle set a U.S. 5000 RW mark of 29:29:04 and captured the 10K (1:00:12).

Great Britain's Brenda Green, who ran in the 10K and marathon five years ago at the World Championships, has switched to sprinting and finished second behind Obera in the 100 and 200, and was third in the 400.

W65-69

Leonore McDaniels went home to Virginia with four gold medals in the 300H (73.64), HJ (1.20), LJ (3.25), and TJ (6.69). California's Sumi Onodera-Leonard took three U.S. firsts in the 400 (85.5), 800 (3:18.52), and 1500 (7:04.71). In the latter two, she finished second behind guest competitor Jocelyn Ross (GBR), who clocked 3:08.25 and 6:14.21, respectively. Ross also won the 5000 (22:23). New York's Pat Peterson, whose cancer is in remission, impressively won the 100 (16.56) and 200 (36.09) over McDaniels, Onodera-Leonard, and Jo Sullivan. California's Johnnye Valien, who won nine medals in Japan, set a U.S. 80H mark of 19.01.

W70-74

Louisiana's Elizabeth Van Battum won the 800 (3:27.01) and set a U.S. record in



Wendell Palmer, M60 discus world-record holder and winner (173-6) at the Nationals.

Photo by Jerry Wojcik

the 5000 (24:19.68). Colorado's Louise Adams won the 400 (91.68) behind Canada's Hazel Cameron (90.93), and captured the 1500 (7:03.0) and 10,000 (52:17). Margaret Hinton of Texas won eight U.S. gold medals in the 100, 200, SP, DT, and four jumps, including a PV WR of 1.22 (4-0). She finished behind England's Mary Wixey in the 100, 200, LJ and TJ.

W75-79

Oregon's Marie Stafford notched victories in the 200 (48.21), 400 (1:50.86), and 1500 (9:02.76). Oklahoma's Betty Jarvis and Florida's Katharine Gradick divided the throws.

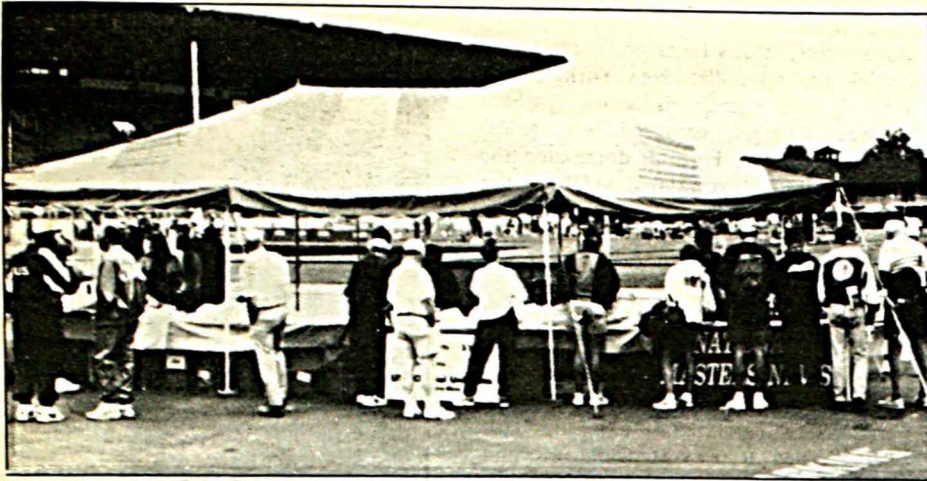
W80-84

Colorado's Pearl Mehl entered the W80 division this year and won eight U.S. gold medals in all the running events from the 100 through the 5000. Canada's Ivy Granstrom, who is blind, ran with a tether attached to the wrist of her able and unselfish guide, Paul Hoerbergs. She lost to Mehl in the 400, but defeated her rival in the 1500 and 5000, and was the sole W80 competitor in the 10,000. □

—Jerry Wojcik and Al Sheahan



Short hurdlers in a mixed age-group final, Herb Miller #0892, was third M75 (17.48); Bert Morrow was first M80 (18.76).
Photo by Jerry Wojcik



Athletes examine wares and information handouts at the Nationals. Photo by Jerry Wojcik

Nationals

continued from page 16

Louise Clark (W35, 11.80), and England's Mary Wixey (W70, 11.81).

In the men's race, Mel Larsen, 70, of Illinois, became the "fastest of the fast" by holding off fast-closing Stan Whitley, M45, 10.33 to 10.37. Close behind were Arizona's Kevin Nance (M40, 10.60), with California's Nick Newton (M60, 10.76) edging Ohio's Bill Weinacht, the defending champion (M75, 10.76).

The \$200 prize money put up by NMN was matched by Florida's John Poppell, so the prize money for each race was increased to: \$100 (1st), \$50 (2nd), \$30 (3rd), and \$20 (4th).

The popular regional 4x100 relays were held for the fourth straight year, with new sponsorship by Power Bar. With scoring on a 10-7-5-4-3-2-1- basis for each of four relays (senior women, junior women, senior men, junior men), the West region swept all four relays to post a perfect total of 40 points. The East was runner-up with 26 points.

The meet program, with the

schedule, event entries, and participants by alphabet, was a bargain at \$2.00.

Post-Meet Touring

During the meet, participants and their families enjoyed the ambiance of Eugene, with its Hult Performing Arts Center, unique dining, concerts in the park, minor league baseball team, friendly waitresses, and plentiful shopping areas.

After the event, athletes who could afford the time headed for the nearby Cascade Mountains, the Pacific Ocean beaches, the Oregon desert at Bend, and Crater Lake.

The 1995 Nationals will be held at Michigan State U. in East Lansing, Mich., on July 6-9. Meet director Randy Williams was on hand to observe how Eugene does it, and promised a top-quality meet for next year.

A good many overseas athletes will likely attend the Nationals en route to the XI WAVA World Veterans Championships in Buffalo, N.Y., the following week, July 13-23. A four-man Buffalo contingent of Vito Borrello, Dick Barry, John Mentalbo, and Harry Shelton came to Eugene to assist the organizers and take notes for next year. □ —Al Sheahan



M40 1500 runners bunch up into the turn at the Nationals: Leo Dunn, 0397 (MA, 8th, 4:08.63); Ed Spinney, 1209 (OR, 1st, 3:58.92); Kevin McCarey, 0843 (CA, 3rd, 4:04.99); Maldonado Huerta, 6 (MEX, 2nd, 4:04.76); Bruce Frey, 0460 (PA, 6th, 4:08.16); Harold Ketting, 0711 (CA, 9th, 4:09.48). Photo by Walden Curry

2nd WAVA Road Race Championships

continued from page 14

The top country award for 25K was comfortably won by the Canadian trio of Whitlock, Bickford and Richard Crampon, who combined for a total of 266.1%.

The difficulty of terrain in the late stages of the race, combined with the heat, were partly offset by numerous water stations, but, nevertheless, must have cost the lead runners five or six minutes.

20K Racewalk

In the 20K racewalk, Don DeNoon (M50, USA) dominated the field with a great 1:36:33, producing an age-graded 91.7%, easily the best. Leading from start to finish, DeNoon won over Russia's Nariman Aitmuhametov by more than three minutes and by 10 minutes over his nearest M50 rival, Edmund Shillabeer (GBR), the European champion. Aitmuhametov won the M40 title after an exciting contest with Estonia's Mart Jarviste and Poland's Bohdan Bulakowski (a USA resident).

Russia's Alexander Oleinik scored a convincing M45 win in 1:39:54 over compatriot Vyacheslav Troshkin and Bob Keating of the USA. In M55, Italy's Romolo Pelliccia was best in 1:46:13. It was good to see four-time U.S. Olympian Ron Laird in this event.

Italy's Mario Sciarretta took M60 honors in 1:54:36, with the USA's Bob Mimm best M65 in 2:04:38. Italy's

Carlo Bomba showed his 1993 WAVA championship win in Japan was no fluke by winning the M70 bracket in 2:14:04 over the USA's Melvin Lees who, however, should feel pleased that he chopped six minutes off the 1993 deficit. Bill Tallmudge (USA) defeated multi-WAVA championship medalist Max Gould of Canada in M75, and Johannes Luther (GER) was a deserving M80 winner.

In the women's divisions, Cathy Reader (GBR, 1:54:53) easily mastered the W35s, but was outgunned by Russia's Ludmila Nityagovskaya (1:47:38) and the USA's Sally Richards-Kerr (1:52:07), both W40.

Canada's Marilyn Chute (W45, 2:09:35) and the USA's Valerie Stowe (W50, 2:09:04) won their divisions, but Bev LaVeck (USA, W55, 2:05:25) headed all women's groups from 45 up. Close behind came June Marie Provost (CAN, W60, 2:05:58) with an 89.2% age-graded score. Pat Nesley (USA) captured W65 honors (2:26:05) as 77 walkers completed the course.

Altogether, the Championships were enjoyed by competitors and spectators alike, but it was a pity more contestants did not show up to share in the successful competition.

The next WAVA Non-Stadia Championships will take place in Bruges, Belgium, in 1996. □

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Masters Scene

NATIONAL

• **Don DeNoon** of Carbondale, Ill. set a new U.S. M50 road record of 44:59 for the 10K racewalk in the USATF Open National Racewalk, July 15. His time bettered his own official U.S. M50 record of 46:20, set in Niagara Falls last year, and bettered a pending mark of 45:20, set in Eugene last year. DeNoon placed fourth overall in the field. **James Carmine**, also M50, of New Cumberland, Pa., placed 11th overall in 49:44. **Gary Null**, M45, of New York City, was 18th in 51:44.

• Road Race Management will conduct its 12th Race Director's Meeting and Trade Show, November 11-13, in Washington, DC. Over 200 race directors, race officials, corporate sponsors, advertising and public relations executives, and others are expected to attend. For info, contact Jeff Darman, 703-685-7181.

• The one mile still has an appeal for runners. At the Miami RC all-comers this summer, the mile proved so popular that a Meet of Miles was created in July for runners and racewalkers; age-group records were compiled for males and females and posted prior to each meet. **Boyce Jacques** of Nevada, age-graded winner of the NMN Mile at the Hayward Meet in June, says, "I decided to run the mile instead of the 1500 since it is rare that there is a mile race any more. It was the race I enjoyed in high school and college, so it was a nice surprise to find out it was age-graded."

• One of the most informative and well-written newsletters on the subject of U.S. and international track and field is *Keeping Track*, edited by **Janet Heinonen**. Subscriptions for the monthly 4-pager are \$18 a year. Send to *Keeping Track*, 1012 E. 21st Ave., Eugene OR 97405, USA. Phone: 503-344-0498. Fax 503-686-3585.

EAST

• **Doug Burdick**, 40, Weedsport, NY, in 58:19, and **Joan Butler**, 42, Cazenovia, NY, with a 65:54 flew to masters titles, Cazenovia July 4th 10 Mile. In the adjunct 5K, masters winners were **James Earle** (42, 17:43), Brockville, NY, and **Barbara Blaszk** (44, 19:03). Over 700 finished both races, directed by **Evelyn White**.

• **Bertha Bellinghausen**, 60, was seventh of 111w finishers for the W40+ first, NYRRC Brooklyn Greenway 10K, Prospect Park to Coney Island, July 10. **Sammy Sanchez**, 40, chalked up the M40+ win with a 33:37. **Sam Skinner**, 51, was second in 35:59.

• **Roger Price**, 45, with an age-adjusted 14:59/actual time 16:09, and **Madeline Bost** 54, 17:25/20:44, were the top age-factored masters in the President's Cup 5K, Millburn, NJ, June 20. In other NJ races, **John Serrao**, 26:04, and **Debbie Adams**, 33:56, were 40+ winners, *Sunset Classic 5 Mile*, Bloomfield,

June 30, while **Price** (22:09) and **Bost** (27:22) captured 40+ honors in the *Firecracker 4 Mile*, Cranford, July 4.

• The **Millrose AA** took three out of four top spots at the Club Team Championship 8K at Central Park, July 24. These included the Masters and Senior Masters Women and the Senior Masters Men. Topping the Masters Men was the **Taconic RR**. In conjunction with this event, the "Not the Club Team Championship 8K," was held, with **Julio Aguirre**, 48, and **Mimi Sturgill**, 44, taking top masters honors.

• Identical twins and masters athletes, **Michael Hill** and **Johnnie Hill-Hudgins** of Princeton, NJ, have been selected by the Women's Sports Foundation as winners of a 1994 Sudafed Travel and Training Fund Grant of \$1500 each. The fund, established in 1984, provides direct financial assistance to aspiring female athletes with potential, to allow them to concentrate solely on competition. This is thought to be the first time masters in the USATF running program have been awarded grants. Between them, the twins have won numerous indoor and outdoor championships at national, state and local levels and both placed within the top 10 at Miyazaki, Japan last October.

• The New York City Council voted August 4 to name the Central Park Reservoir, a popular running path, after **Jacqueline Kennedy Onassis**, who died at age 64, May 19, in her Fifth Avenue home adjacent to the east side of the park. The reservoir was a particular part of the park which she loved, and Mrs. Onassis was among thousands of runners who daily use the 1.5 mile surrounding dirt running track for jogging and strolling. The idea of the memorial was proposed by the Kennedy children after considering a number of other proposals, and it is not the first time in recent history that parts of Central Park have been named for personalities. *Strawberry Fields* on the West side of the park lies outside the slain Beatle **John Lennon's** home and was renamed to commemorate him.

• On Sunday, July 24, a runaway horse bolted and ran out-of-control on the Central Park Reservoir, threatening runners in its path. Masters sprinter **Don Hodge** was unsuccessful in running after the animal and attempting to grab its reins. The horse apparently did come close to colliding with one or two runners on the three-foot wide path. Several police cars careened along the bridle path, which is only 10 meters from the reservoir path, looking for the runaway, but the horse seems to have made its own way back to the 89th Street Claremont stables, which actually lie in the heart of the city outside the park.

MIDWEST

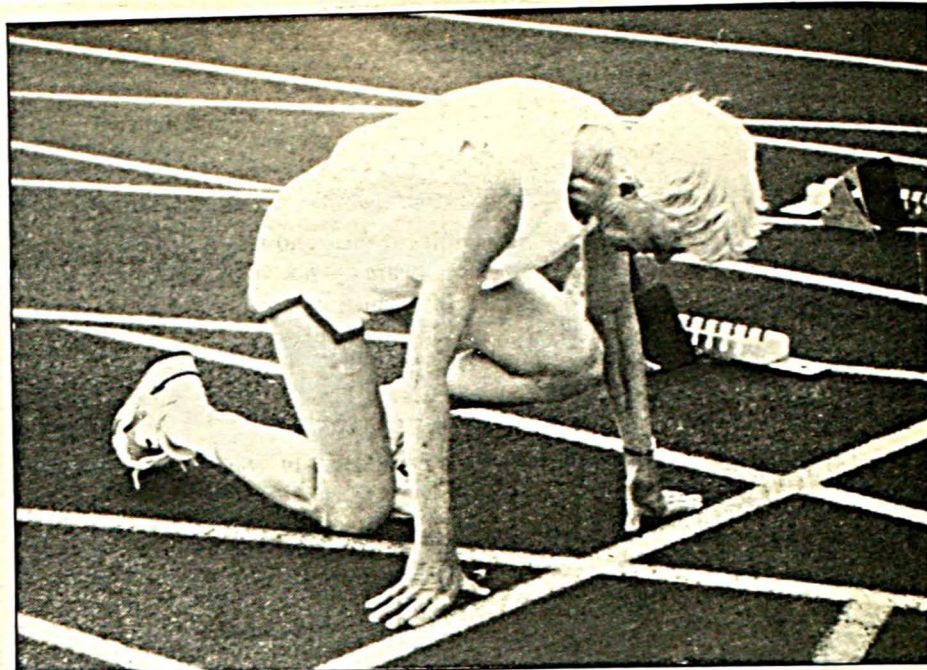
• More than 4000 runners took part in the American Lung Association's 18th Annual Chicago Distance Classic 5K/20K July 24. In the 5K, top masters were **Norman Cronwell** (45, 17:47) and **Christina Kacperczyk** (45, 21:03). In the 20K, **Tomas Soliday** (45, 1:13:22) and **Jan Tedrowe** (42, 1:27:49) were first masters across the line.

• Events in the Alongi International RW Classic, Dearborn, MI, Oct. 1, will include an unjudged 3K, family fitness walk, a 5K and 10K for 40+, and a 5K, 10K, and 20K for younger racewalkers, followed by a buffet and awards ceremony later in the evening.

MID AMERICA

• **Dick Wilson**, 62, Lawrence, KS, reeled off a second overall 30:40, *Journey For Sight 8K*, Topeka, KS, June 11. **Barbara Penrod**, 48, Topeka, topped the W40+ finishers in 41:53.

• The M70+ winner of the *Cherry Creek*



Newcomer to track, Rosemary Maxfield, W65, of Santa Barbara, pictured practicing starts in preparation for Club West's Masters Meet, Oct. 8, Santa Barbara. Photo by Beverley Lewis

Sneak 5 Mile, Denver, was **John Cahill**, 70, Alta, UT, in 35:11, not **Dewey McNickle** as listed in the NMN July 1994 results. Since turning 70 on April 11, Cahill has been first in his division in 11 races, including the *Bolder Boulder 10K* (42:38) and the *Lilac Bloomsday 12K* (51:08).

SOUTH WEST

• **Desmond O'Connor**, 40, blazed to an overall first with a 10:07, *Bonnabel Two Mile*, Metairie, LA, July 8. **Stephanie Payne**, 43, took the W40+ win in 13:28. **Elisabeth Van Battum** registered a fast 16:34 to win the W70+ race. In the *Rivershack 5K*, Jefferson, LA, July 17, **Dr. Pat** (45, 15:39) and **Pam Williams** (40, 17:54) were first overall of 650 participants. **Juan Perez**, 50, was second M40+ at 17:34.

• **Wendell Palmer**, 62, Pampa, TX, broke his M60-64 WR for the 1kg discus of 189-0/57.60 with a 191-7/58.40 at a meet in Texas on July 30. Meanwhile, his mother, **Margaret Palmer White**, who is 100, of Turpin, OK, became the first person to set WRs in the 100-104 age group, with marks of 21-10½ for the 1kg discus and 12-11½ for the 3kg SP.

WEST

• **Dick Hotchkiss**, M55, was the top scorer with a 4696 on the 1994 WAVA tables in the USATF Pacific Association Weight Pentathlon Championships, Santa Cruz, CA, July 23. **Gary Dawson**, who in February had a stroke which paralyzed his left side, won the M60-64 division. Being left-handed, Dawson had to learn to throw with his right hand, bringing the hammer and weight over his head and releasing them behind him into the sector, which he was able to do with amazing results considering his limited range of motion. Hats off to a great effort!

• **Dave Hill** (43, 15:14) was fifth, and **Diana Tracy** (41, 17:30) was fourth in the *Gardena 5000*, Gardena, CA, June 19. **Carlos Valle**, 59, won the M55 race with a 17:01. **Helen Dick**, 69, took the W65 gold with a 24:13. **Harold Ketting**, 40, ran with the invitational runners and finished in 15:48.

• Three USA records were broken July 16 at the USATF Pacific Association Championships in Union City, CA. **Irene Obera** shattered **Betty Vosburgh's** times in the 100 and 200 (15.03 and 31.16) with new marks of 14.41 and 29.55. The record also fell in the M50 4x800 Relay. **George Mason** of El Cerrito, **Harvey Franklin** of Oakland, **Dennis Duffy** of Fresno and **Ramsay Thomas** of Lafayette turned in an 8:47.90, barely off the world M50 record of 8:47.74.

NORTHWEST

• The 16th Montana Masters T&F Meet, July 29-30, in Bozeman, drew 67 athletes. **Tom**

Gage, 51, of Billings was again the meet's top performer. Gage had a painful heel surgically repaired during the off-season, and is throwing better than ever. He set a new USA M50 record with a 55-8½ shot put, and approached his recent hammer WR of 214-3 with a 211-7. He also set a discus M50 meet record with 155-0. **Al Funk**, 80, was on WR pace halfway through the 5000 when a sore hamstring forced him to stop.

• Having a great day, **Tom Gage**, Billings, MT, smashed his M50-54 WR of 209-2 for the 6kg hammer with a 214-3 65.30, and hit the 53-3 and 150-0 marks in the SP and DT. *Big Sky State Games*, Billings, July 17.

• Outstanding performances at the Helena Masters/Senior Meet, July 9, at Vigilante Stadium and White's Throwing Field, Helena, MT, included **Ross Carter's** M80 4kg SP of 11.94 (age-graded 100.5%), and 14.10 by M72 **Don Saunders'** in the 100. **Buell Crane**, Twin Falls, ID, at age 94 the oldest competitor, broke records in the weight pentathlon. Thirty-five marks exceeded the All-American Standards.

• On May 29, **Frank Bozanich**, 50, became the oldest winner of the *Chad Ogden 43-mile run* on Kodiak Island, AK. He led from the start, finishing in 5:05:20 — 50 minutes ahead of second place. The course, one of the toughest in the country, is also one of the most beautiful. In his mid-to-late 30s Bozanich was a 5-time national champion at distances of 50 miles and 100K and at one time held the national record for 100K. He currently lives in Barrow where he works as a police officer.

INTERNATIONAL

• **Mike Hager**, M40, won his first British title in the BVAF 10 Mile Championships held in the Welsh/English border town of Oswestry, July 31, breaking clear of **Ian Evans**, M40, and M45-winner **Mike Neary** at three miles to win in 51:31. **Karen McLeod** warmed up for the Commonwealth Games (when she represents Scotland) with a stunning 55:47 W35 victory.

• The IAAF Technical Committee has recommended that the standard height for the women's steeplechase barriers be 76.2cm (30"), the same height as used for women's 400-hurdle races. The IAAF Women's Committee has recommended the age for women veterans be the same as men (40 and older).

• The 50th edition of the *Rotorua Marathon* around Lake Rotorua drew 5000 runners on a pleasant day. The winners ran 2:21m/2:37w. Former world veterans marathon record-holder

• **Jack Foster** of New Zealand is now 61, retired and "painting and wallpapering" his new cottage. He logged a good 36-minute 10K recently, but says he remains "uncompetitive... I must have used it all up."

FIFTEEN YEARS AGO September, 1979

- 3126 from 42 Nations Compete in 3rd World Veterans Championships in Hannover, West Germany
- John Gilmour Wins 5 M60 Gold Medals
- 12th World Vets Road Championships Draw 1500 to Bolton, England

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 2372, Van Nuys, CA 91404.

TRACK & FIELD NATIONAL

September 3. USATF National Masters Weight Pentathlon Championships, Michigan State U., E. Lansing. Judi Brown, Track Office, MSU, 214 Jenison Fieldhouse, E. Lansing, MI 48824. 517/353-9299.

February 24-26. USATF National Masters Indoor Championships, Reno, Nev. Bill Bowser, U. of Nevada-Reno, Dept. of Athletics, Reno, NV 89557-0041. 702/784-4870.

July 6-9. 28th USATF National Masters Championships, Michigan State U., East Lansing, Mich. Randy Williams, 12651 Cloverlawn, Detroit MI 48238. 313/834-0378.

EAST

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

September 4. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln. N. Arlington, VA 22207. 703/243-1290.

September 11. NY Masters Fall Mini-Meet, throws & jumps only. Merchant Marine Academy, Kings Point, L.I., N.Y. 10:30 am. SASE to Jai Singh, 254-24 75th Ave., Glen Oaks, NY 11004. Info: Roz Katz, 718/358-6233 (7-9 pm EDT); Eric Weissbrot, 516/487-1417 (7-9 pm EDT).

September 14. Green Mountain Senior Games. 55+. Open to out-state. Deadline 9/7. Ardis Smith, 131 Holden Hill Rd., Weston, VT 05161. 802/824-6521.

SOUTHEAST

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

September 17. Hot Feet Series, Francis Marion U. Florence TC, PO Box 1476, Florence, SC 29503.

October 8. Masters Mini-Meet, Vanderbilt U., Nashville, Tenn. 10 a.m. Randall Brady, 615/383-6733.

October 8-9. Thomasville Fall Masters Decathlon/Heptathlon. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910/476-1228.

MIDWEST

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

September 11. Wolfpack Throwing Classic, Thomas Worthington HS, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

MID-AMERICA

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

September 3-4. Rocky Mountain Masters Games, Potts Field, U. of Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

September 8-10. South Dakota Senior Games. 55+. Open to out-state. Deadline 9/2. Jaci Casanova-Keller, 700 Governors Dr., Pierre, SD 57501. 605/773-3656.

September 29. Kansas Senior Olympics. 55+. Open to out-state. Deadline 9/15. Marge Rightmeier, c/o Parks & Rec., 1534 SW Clay St., Topeka, KS. 913/295-3798.

SOUTHWEST

Louisiana, Mississippi, Texas, Arkansas, Oklahoma

September 17. 5th Annual Waterloo Relays, Austin, Tex. Jeff Brower, 8314 Stillwood Lane, Austin, TX 78757-7637. 512/453-1509.

September 29-October 2. Arkansas Senior Olympics, 50+. Hot Springs, Ark. Gail Ezelle, 905 W. Grand, Hot Springs AR 71913. 501/321-1441. Entry deadline September 10.

WEST

Arizona, California, Hawaii, Nevada

September 9-12. Flagstaff Senior Olympics. Carole Mandino, 602/523-3560.

September 10. No. Cal. Seniors Classic, UC-Berkeley. Mark Grubi, director, PO Box 424512, San Francisco, CA 94142-4512.

September 10. California State Senior Games Championships, San Diego. 50+. Senior Sports Festival, 5384 Linda Vista Rd., Suite 200, San Diego CA 92110. 619/543-9046. Fax: 619/543-9239.

September 17. KELfield First Anniversary Meet. Meet followed by all-you-can-eat/drink. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408/458-0202.

September 25. Sri Chinmoy Masters Games, CSU-Long Beach. 40+. Bigalita Egger, 310/645-0271.

October 8. 22nd Annual Club West Masters Meet, Santa Barbara City College, Santa Barbara, Calif. 9 a.m. Beverley Lewis, 805/969-5851. Gordon McClenathen, 805/964-3005.

October 19-21. Huntsman Senior Games, St. George, Utah. 1-hour drive north of Las Vegas. 50+. Sylvia Wunderli, Huntsman Games, 1355 South Foothill Drive, #103, Salt Lake City, UT 84108. 801/583-6231. Fax: 801/583-5231.

October 30. Crown Valley Senior Games, Rose Bowl, Pasadena, Calif. Bowl to Bowl Walk '94. 5K Racewalk. Road race. USATF sanctioned. Jim Hanley, Meet Director. Cynthia Vaughan, Walk Coordinator. 818/397-4062.

NORTHWEST

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

September 24. Helena Throws Classic/Weight Pentathlon. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.

October 1. Fall Helena Throws Festival/Weight Pentathlon, White's Field, Helena, Mont. Manuel/Helen White, PO Box 5058, Helena, MT 59604. 406/227-5020.

CANADA

September 10. Canadian Masters 1994 Inter-Club T&F Championships. York Univ., Toronto. Jim Flowers, CMAA, 479 Drewry Ave., Willowdale, Ontario M2R 2K9. 416/495-4059.

INTERNATIONAL

September 10-11. San Juan International Masters Meet, San Juan, Puerto Rico. Puerto Rico Masters Assn., PO Box 31300, 65th Infantry Station, Rio Piedras, PR 00929-0300. G. Gonzalez Julia, 1-809/765-5702; Jesus Galvez, 1-809/789-7436.

September 25. Throwing Decathlon, Muhlheim (near Frankfurt), Germany. 10 throws in 1 day, including stone throw (SP with a run up); schocking the SP with one hand like discus. Erwin Kollmar, Lerchenberg 7, 6348 Herborn 5, Germany. 02772/54701.

September 26-October 8. Third International Masters Games, Brisbane, Australia. Sports Travel International, 800-466-6004.

October 2-5. WAVA Asian Regional Championships, Jakarta, Indonesia. Asians only.

July 13-23, 1995. XI WAVA World Veterans Athletics Championships, Buffalo, N.Y., USA. WVC, PO Box 150, Niagara Square Station, Buffalo, NY 14201-0150. Phone: 1-716/852-2765; 230. Fax: 1-716/852-0131.

LONG DISTANCE RUNNING NATIONAL

September 17-18. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 2338 Laskey Rd., Toledo, OH 43613. 419/475-0731.

October 2. USATF National Masters Marathon Championships, (Twin Cities Marathon), Minneapolis. Bruce Mortenson, 15301 Highland Pl., Minnetonka, MN 55345. 612/673-0778.

October 2. USATF National Masters 5K Championships, Syracuse, N.Y. David Oja, 213 Scott Ave., Syracuse, NY 13224. 315/446-6285.

October 16. USATF National Masters 10K Cross-Country Championships, Canandaigua, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716/242-9031.

November 6. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

November 13. USATF National Masters 15K Championships, Schenectady, N.Y. Ed Neiles, 17 Norwood St., Albany, NY 12203. 518/482-9032.

November 19. USATF National Masters 8K Cross-Country Championships, Boston, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

December 4. USATF National Masters 10K Championships, St. Louis, Mo. Tom Eckelman, 7140 Waterman, St. Louis, MO 63130. 314/727-7582.

EAST

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

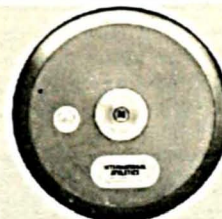
September 5. New Haven 20K. John Bysiewicz, PO Box 1893, New Haven, CT 06508. 203/481-5933.

September 11. NYRR Race For The Cure 5K, Central Park. NYRR, 9 E. 89th St., NY, NY 10128. 212/860-4455.

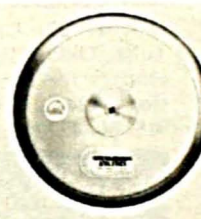
September 11. Kittery Trading Post 5K Septemberfest. Traip Athletic Boosters, PO

Continued on next page

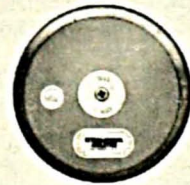
INTERNATIONAL ATHLETICS DISCUS



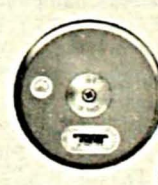
2 k - \$42.00



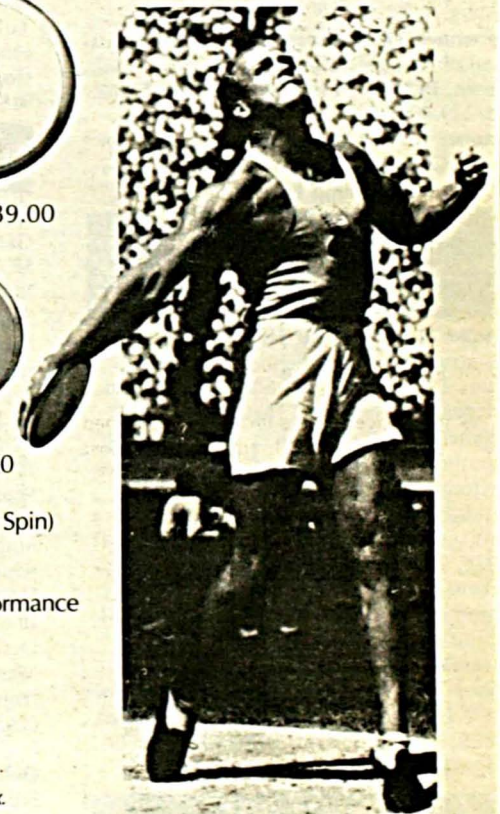
1.6 k - \$39.00



1.5 k - \$39.00



1 k - \$34.00



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Continued from previous page

Box 90, Kittery, ME 03904-1701. 207/439-0447.

September 17. Civil War Relay, Alexandria, Va. to Richmond, Va. 120 miles/11-person teams. Relays of America, PO Box 17086, Seattle, WA 98107. 206/782-6547.

September 17. Great Cow Harbor 10K, Northport, N.Y. 516/862-7722.

September 18. Philadelphia Half-Marathon. SASE to PDR, PO Box 43111, Philadelphia, PA 19129. 215/293-0786.

September 18. NYRR Staten Island Half-Marathon. NYRR, 9 E. 89th St., NY, NY 10128. 212/860-4455.

September 18. Eriesistible Marathon, Erie, Pa. Pete Ogden, PO Box 1906, Erie, PA 16507. 814/946-4974.

September 18. Dutchess County Marathon, Fishkill, N.Y. Ken Hack, 1 Memory Ln., Hopewell Junction, NY 12533. 914/226-7137.

September 25. 12th Annual Yankee Runner 5K X-C Race, South Byfield, Mass. David Abusamra 508/462-8672 (7-9 pm); 508/465-1763 X83.

September 25. The Great Race 10K. Mike Radley, Rm. 459, City-County Bldg., Pittsburgh, PA 15219. 412/255-2493.

September 25. Rockland Half-Marathon (RRCA State Championships), Orangeburg, N.Y. Shelly Morgan, race coordinator, 49 Gregg Ct., Tappan, NY 10983. 914/359-5425.

October 2. Fifth Avenue Mile, NYC. NYRR, 9 E. 89th St., NY, NY 10128. 212/860-4455.

October 16. Army 10 Mile. Claudia Ciavarella, PO Box 46594, Washington, DC 20050. 703/614-1551.

October 23. Marine Corps Marathon. Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 703/640-2225.

November 6. New York City Marathon. NYRR, 9 E. 89th St., NY, NY 10128. 212/860-4455.

SOUTHEAST

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

September 5. Cobb 10K Classic, Atlanta. 404/438-810K; 432-0100. \$18,000 for masters.

September 17. Eastman 10K (Open Men's Championship), Kingsport, Tenn. Hank Brown, PO Box 511, Kingsport, TN 37662. 615/229-4000.

October 1. Lejeune Half-Marathon. Dr. Ron Gerughty, Fitness Director, 910/451-5430. Camp Lejeune, N.C.

MIDWEST

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

October 2. Over The Hill TC 5K Cross-Country, University School, Pepper Pike, Ohio. Tim Skoczen, 6368 Brecksville Rd., Independence, OH 44131. 216/524-6693.

October 15. Dayton River Corridor Half-Marathon/5K. Wright Bros., PO Box 9154, Dayton, OH 45409-9154. 513/435-2633.

October 16. Detroit Marathon. Barbara Binnacle, 321 W. Lafayette, Detroit, MI 48226. 313/222-6676.

October 30. Chicago Marathon/5K. Marathon, PO Box 10597, Chicago, IL 60610-0597. 1-800-527-3214.

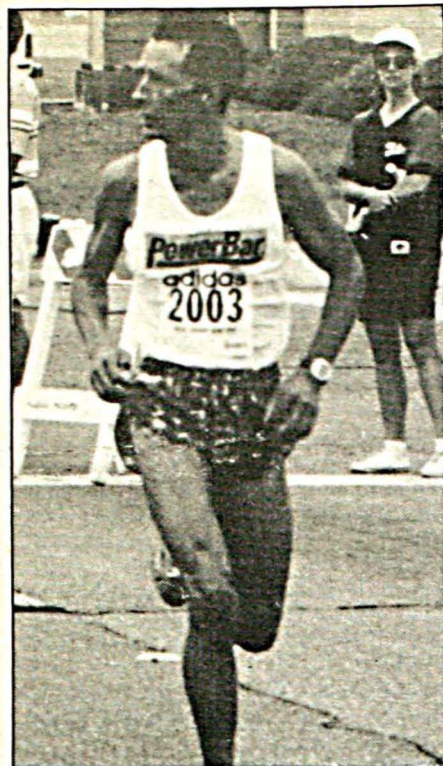
November 13. Columbus Marathon. Prize money for top five age-graded times for 40+. Joan Riegel, race director, PO Box 26806, Columbus, OH 43226-0806. 614/433-0395.

MID-AMERICA

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

September 11. Duke City Marathon, Albuquerque. Tico Navarro, PO Box 14903, Albuquerque, NM 87191. 505/888-2448.

October 8. 32nd annual Jackrabbit 15, Prairie Striders TC, Box 267, Brookings,



Reno Stirrat, M40, takes one last look back before finishing fourth master in 33:26, Cotton Row 10K, Huntsville, Ala., May 30.

Photo by Charlie Klutzz

SD 57006. 605/692-2414.

September 11. City Of Lakes 25K. Jack Palmer, Minn. Parks & Rec. Board, 200 Grain Exchange, 400 S. 4th St., Minneapolis, MN 55415. 612/661-4893.

September 17. WalkerNorth Country Marathon/10K Run & Walk. WalkerNorth Country Marathon Inc., Box 1089, Walker, MN 56484. 218/547-1313.

October 9. Denver International Marathon. Denver Marathon, 655 Broadway, Ste. 777, Denver, CO 80203. 303/534-6555.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 22. Cherry Street Road Mile, Tulsa, Okla. \$10,000 prize money and incentives for masters. Fred Ebrahimi, PO Box 4246, Tulsa OK 74159-0246. 918/744-4222; Fax: 918/749-2444.

WEST

Arizona, California, Hawaii, Nevada

September 10. California State Senior Games Championships, UCSD, San Diego. 5K/10K. (50+). Open to out-state. Roger Martin 619/543-9046.

September 10. YMCA Harbor Light Half Marathon, 5K & 10K Run, San Pedro, Calif. W2 Promotions 310/828-4123.

September 11. Run Through The Hangars II, 5K/10K Run, Marine Corps Air Station, Tustin, Calif. Gunnery Sgt. Mike Gonzales, 714/726-7531.

September 16. Sundown At The Pass 5 Mile, Gates Pass, Old Tucson. 6 p.m. Running Shop, 602/325-5097.

September 17. Juan In A Million 5K, Las Vegas. Ed Preciado, 700 E. Charleston Blvd., Las Vegas, NV 89104. 702/366-7289.

October 1. 18th annual St. George Marathon, St. George, Utah (1 hour drive from Las Vegas). 2560 feet descent. St. George Marathon, 86 S. Main St., St. George UT 84770.

October 2. Sacramento Marathon. Ron Sturgeon, PO Box 995, Dixon, CA 95620. 916/678-5005.

NORTHWEST

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

September 17. Prefontaine Memorial 10K. Pre Memorial Run, PO Box 1380, Coos Bay, OR 97420. 503/269-1103.

September 25. Pacific Northwest Masters 8K, Seward Park, Seattle. Carole Langenbach, 206/433-8868.

October 1. St. George Marathon. 13th largest in US, 2800 runners last year. Kent Perkins, Leisure Services, 86 S. Main St., St. George, UT 84770. 801/634-5850.

October 2. Portland Marathon. Les Smith, PO Box 4040, Beaverton, OR 97076. 503/226-1111.

CANADA

September 17. Ontario Masters 5K Championships, Toronto. M&W 35+; 5-yr. age groups. Bob Wilson, 53 Donside Dr., Scarborough, Ont., M1L 1P7. 416/288-0953.

RACE WALKING

January 1-December 31. One-Hour Postal Racewalk. Shore AC, Elliot Denman, 1-Hour Postal RW Coordinator, 28 N. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

September 4. North American 15K Championships, Washington, D.C. Sal Corrallo, 703/243-1290.

September 4. Western Regional 15K Open and Masters Racewalk Championships/5K Ladder and 5K Mayor's Cup Racewalk. Gene Dix, 2301 El Nido Court NW, Albuquerque, NM 87104. 505/242-3713.

September 11. USATF National Masters 40K Racewalk Championships, Ft. Monmouth, N.J. Elliott Denman, 28 No. Locust Ave., West Long Branch, NJ 07764. 908/222-9080.

September 11. California State Senior Games Championships, UCSD, San Diego. (50+) 1500m/5000m Racewalk. Open to out-state. Ed Ricci 619/569-5205.

October 1. Alongi International Racewalk Classic, Dearborn, Mich. "Premier walking event in North America." 20K, 10K, 5K, 3K. Separate masters 5K and 10K. Ross Barranco, 3235 Musson Rd., Howell, MI 48843-9057.

October 9. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617/731-9889; 734-6322.

October 9. El Paso 15th Annual International 15K, El Paso to Juarez to El Paso. Open & Masters. 915/833-1231.

October 16. MAC/Eastern Regional 30K Championships, Central Park, NYC. Stella Cashman, 320 E. 83rd St., Box 18, New York, NY 10028. 212/628-1317.

October 16. North American 8K Championships, Dallas, Texas. Tracey Jo Wilson, meet director, 214/661-WALK.

October 16. Western Regional 8K Championships, Las Vegas, NV. Roberta Boyle, 702/256-6938.

October 16. Western Regional 5K Championships, Denver, CO. Bob Carlson, 303/377-0576.

ON TAP FOR SEPTEMBER

TRACK AND FIELD

The USATF National Masters Weight Pentathlon Championships are scheduled for Michigan State U., E. Lansing, on the 3rd, also the opening date of the two-day Rocky Mountain Games, at the U. of Colorado, Boulder. The Potomac Valley Games are set for the 4th in the D.C. area. On the 10th, meets take place in Berkeley and San Diego, Calif., and San Juan, P.R., with more action on the 11th in Columbus, Ohio, and NYC. KELfield in Santa Cruz, Calif., celebrates its first anniversary on the 17th. The Sri Chinmoy Games here have been switched to the 25th in Long Beach, Calif. The Masters Games open on the 26th in Brisbane, Australia.

LONG DISTANCE RUNNING

The USATF National Masters 24-Hour Championships will light the skies in Sylvania, Ohio, on the 17th-18th. Labor Day offers the Cobb 10K, Atlanta, Ga., and New Haven, Conn., 20K. The Duke City Marathon, Albuquerque, and the City of Lakes 25K, Minneapolis, fill the bill on the 11th. On the 17th, the menu includes the Juan In A Million 5K, Las Vegas, Nev. Marathons are available in Dutchess County, N.Y., and Erie, Pa., while half-marathons can be had in Philadelphia and on Staten Island, N.Y., on the 18th. Seattle hosts the Pacific NW Masters 8K, and Pittsburgh, Pa., the Great Race 10K on the 25th.

RACEWALKING

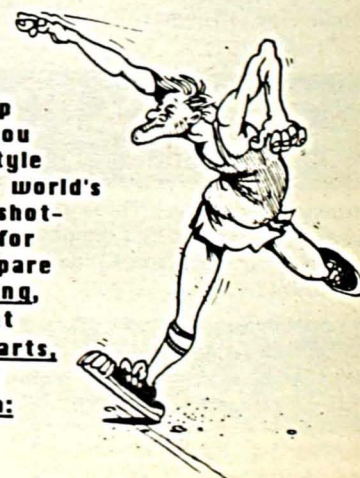
The USATF National Masters 40K Championships return to Ft. Monmouth, N.J., on the 11th. The North American 15K Championships, Washington, D.C., and Western Regional Masters Championships, Albuquerque, stride off on the 4th. □

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U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Jerry Wojcik, T&F Rankings Chairman)

1994 Indoor 60m

Compiled by Larry Patz

Table of 60m race rankings for men's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 age groups.

Table of 60m race rankings for women's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 age groups.

1994 Indoor 3000m

Compiled by John Dickey

Table of 3000m race rankings for men's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 age groups.

Table of 3000m race rankings for women's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 age groups.

Table of 3000m race rankings for men's 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90-94 age groups.

Table of 3000m race rankings for women's 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90-94 age groups.

Table of 3000m race rankings for men's 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90-94 age groups.

Table of 3000m race rankings for women's 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90-94 age groups.

1994 Indoor Long Jump

Compiled by Robb Bong

Table of long jump rankings for men's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 age groups.

Table of long jump rankings for women's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 age groups.

Table of long jump rankings for men's 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90-94 age groups.

Table of long jump rankings for women's 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90-94 age groups.



1994 T&F Rankings

continued from page 7 from some meet results what size weights were being thrown, so send me your best superweight marks, and I'll try to compile an accurate list. The superweights are M30-59 56#; M60+ 35#; and W30+ 25#.

Anyone interested in compiling the rankings for the 5000m track racewalk should contact me.

100, 200, 400, 1500, 5000, 4x100, 4x400 relays: Larry Patz, 534 Gould Hill Rd., Contocook, NH 03229.

800: William Benson, 6 Eton St., Valley Stream, NY 11581.

3000, 10,000: John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145.

HJ, TJ: Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250.

LJ: Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132.

SP: Sally Polk, P.O. Box 71, Sandia Park, NM 87047.

Mile, both hurdles, SC, PV, DT, HT, JT, WT, SW: Jerry Wojcik, 186 Brookside Dr., Eugene, OR 97405.

Decathlon, heptathlon, pentathlon: Rex Harvey, 160 Chatham Way, Mayfield Heights, OH 44124.

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

W35-39				M40-45				M65-69							
Annie Conneau	Mile	5:39.40	7-13-94	Jeff Kingstad	Pole Vault	14-6	6-26-94	Jerry E. Whitten	Long Jump	16-99/4	7-25-93	Robert Bruce	200M	27.9	5-15-94
	3000	11:14	1-30-94	Michael Skoflanc	Long Jump	20-2	7-16-94		Mile RW	7:40	7-04-94	Louis Candido	1500M RW	8:29.18	6-17-94
W40-44				M45-49				M55-59							
Linda Lowery	Triple Jump	30-1	7-16-94	Stephen C. Bates	100M	11.93	7-31-94	Tom H. Christensen	Shot Put	37-1	6-09-94				
	Long Jump	4.71	7-24-94		200M	24.2	7-31-94	Reed Miller	1500M	4:56.65	6-11-94	M75-79			
				Armond Lafromboise	Pentathlon	2934 Pts.	6-25-94	James V. Young	Discus	122-0	7-24-94	Milton Williams	100M	15.7	7-02-94
W50-54				M50-54				M60-64							
Kathy Bergen	100M	14:33	6-18-94	Gary Rust	800M	2:07.7	3-07-93	Larry C. Hall	800M	2:36.5	7-91		200M	35.0	7-02-94
	200M	30.09	6-18-94	Bob Sager	Mile	4:32.03	6-07-94	William O'Donnell	5K	19:31	7-31-94		High Jump	4-0	7-02-94
W55-59				M55-59				M80-84							
Betsy Kay Robinson	Shot Put	23-0	7-28-94	Courtland Gray	100M	11.68	6-25-94	Paul Narcessian	Hammer	88-1	6-26-94				
Penny Weaver	Discus	73-6	7-10-93		200M	25.1	6-04-94								
M30-34				M30-34				M30-34							
Ted Campbell	Decathlon	6096 Pts.	7-16-94		100M HH	15.02	6-25-94								
					300M IH	48.0	5-17-94								

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
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:18
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
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 3/4	5-9 3/4	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 1/4	13-7 1/4	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/4	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 1/4	19-2 1/4	17-10 1/2	16-9	15-7	14-5 1/4	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	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	11.20	10.40	9.60	8.80	8.00	7.20	6.50	5.80
	49-10 1/2	46-3 1/4	42-8	39-4 1/4	40-8 1/2	36-9	39-4 1/4	35-5 1/4	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	36.40	34.00	31.60	29.00	26.40	23.80	21.40	18.20
	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	36.00	34.00	33.00	29.00	25.00	22.50	20.00	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	52.60	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
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	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	2500	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: 30-59: 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 ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

WOMEN												
Event	1.5K	3k	5k	8k	10k	15k	20k	25k	30k	40k	50k	
F30	7:13	7:47	14:50	26:38	42:04	62:43	1:21:56	1:52:06	2:24:43	2:59:16	4:08:46	5:37:30
F35	7:22	8:03	15:18	26:27	43:11	63:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	15:53	27:26	44:47	65:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
F45	8:03	8:41	16:32	28:33	46:35	68:10	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	71:00	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	74:33	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	78:10	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:35	20:06	34:43	56:33	81:30	1:50:37	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
F70	10:26	11:15	21:22	36:54	1:00:02	1:16:01	1:56:49	2:39:54	3:27:38	4:18:30	5:50:18	8:11:30
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:06:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
F85	13:13	14:15	27:06	46:45	1:16:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:16
F90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
MEN												
Event	1.5K	3k	5k	8k	10k	15k	20k	25k	30k	40k	50k	
M30	6:31	7:01	13:21	23:06	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:26	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:06	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:16	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:06:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

Age-graded time/.8 for mid-point of each 5-year interval (e.g. age 32, 37, 42, 47 etc.)

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60
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TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. 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

USATF National Masters Decathlon/Heptathlon Championships July 16-17

Decathlon 30-34 Men Age Graded Results

Name	Points	1000	LJUMP	SP	HJUMP	400D	1100H	DISCUS	PVAULT	JAVLIN	1500R
1 Ted Campbell #31 Covina, CA Age graded mark: Age graded percent: Age: 31	6087	11.97 18'06.50	5.65m 35'10.00	10.92m 5'10.00	1.78m 5'10.00	52.99 115'08.00	16.65 12'11.75	35.26m 121'16.00	3.96m 12'10.00	49.56m 162'10.00	4:40.75
2 Ed Fye #34 Crete, NE Age graded mark: Age graded percent: Age: 34	6008	11.67 19'00.75	5.81m 41'01.50	12.53m 6'00.50	1.84m 6'00.50	1:00.03 138'05.00	17.91 12'00.00	42.20m 138'05.00	3.66m 12'00.00	54.32m 178'02.00	4:50.89
3 Doug Porter #32 Seattle, WA Age graded mark: Age graded percent: Age: 32	5880	12.24 19'09.50	6.03m 39'01.75	11.93m 5'10.00	1.78m 5'10.00	55.82 117'06.00	17.25 13'11.75	34.90m 115'16.00	4.26m 13'11.75	51.64m 169'05.00	5:20.29
4 Mark Zitka #33 The Woodlands, TX Age graded mark: Age graded percent: Age: 33	4521	13.04 17'04.75	5.30m 37'10.00	11.53m 5'08.00	1.73m 5'08.00	1:00.43 117'06.00	20.28 13'11.75	35.66m 117'06.00	3.05m 10'00.00	37.40m 122'10.00	5:29.49
5 Doug Lytle #32 Merriam, KS Age graded mark: Age graded percent: Age: 31	4487	12.84 19'03.50	5.88m 33'03.25	10.14m 5'05.25	1.66m 5'05.25	1:00.69 99'11.00	19.21 12'11.75	30.46m 118'00.00	3.96m 12'11.75	35.98m 118'00.00	6:26.72
6 Todd Wisner #30 O.P., KS Age graded mark: Age graded percent: Age: 30	3895	12.61 17'00.75	5.20m 28'03.50	8.62m 5'06.50	1.69m 5'06.50	59.79 59'10.00	21.68 12'00.00	18.24m 12'00.00	3.66m 12'00.00	26.14m 85'09.00	5:41.18
1 Ken Ellis #36 Oklahoma City, OK Age graded mark: Age graded percent: Age: 36	6483	11.91 19'09.50	6.04m 37'05.25	11.41m 5'11.25	1.81m 5'11.25	54.63 116'11.00	16.25 13'11.75	35.64m 117'06.00	4.26m 13'11.75	43.60m 143'00.00	5:21.66
2 Bill Lawson #37 Waterloo, IA Age graded mark: Age graded percent: Age: 37	6379	12.31 19'08.00	5.99m 41'08.75	12.72m 5'11.25	1.81m 5'11.25	56.03 122'11.00	18.95 13'05.75	37.48m 123'05.75	4.11m 13'05.75	44.44m 143'10.00	4:41.02
3 Steve Rainbolt #36 Lincoln, NE Age graded mark: Age graded percent: Age: 36	6376	12.57 18'05.75	5.63m 38'11.00	11.86m 6'01.50	1.87m 6'01.50	55.48 119'01.00	17.53 12'06.00	36.30m 120'06.00	3.81m 12'06.00	48.20m 158'02.00	4:38.60
4 Jeff Watry #39 Paddock Lake, WI Age graded mark: Age graded percent: Age: 39	5943	12.35 18'11.75	5.78m 36'00.75	10.99m 5'11.25	1.81m 5'11.25	56.86 113'03.00	17.08 10'11.75	34.52m 113'03.00	3.35m 10'11.75	39.90m 131'11.00	4:51.98
5 Thomas Greene #37 Albany, NY Age graded mark: Age graded percent: Age: 37	5582	12.68 17'09.50	5.42m 36'01.25	11.00m 5'11.25	1.81m 5'11.25	56.35 100'07.00	19.96 10'06.00	30.66m 100'07.00	3.20m 10'06.00	44.56m 146'02.00	4:40.24
6 Steve Winkel #36 Memphis, TN Age graded mark: Age graded percent: Age: 36	5291	12.60 18'00.25	5.49m 27'08.00	8.43m 5'00.25	1.53m 5'00.25	55.22 99'02.00	19.09 10'11.75	30.22m 10'11.75	3.35m 10'11.75	43.30m 141'00.00	4:48.34
7 Steve Jensen #37 Oregon, WI Age graded mark: Age graded percent: Age: 38	5125	12.80 16'07.75	5.07m 36'10.50	11.24m 5'05.25	1.66m 5'05.25	1:00.60 113'09.00	19.60 10'11.75	34.68m 113'09.00	3.35m 10'11.75	45.72m 150'10.00	5:23.61
8 Steve Wilson #35 Lafayette, IN Age graded mark: Age graded percent: Age: 35	4965	12.98 17'00.75	5.20m 27'03.25	8.31m 5'06.00	1.68m 5'06.00	55.13 76'01.00	19.24 9'06.25	25.20m 80'07.00	2.90m 9'06.25	24.56m 80'07.00	4:12.58
9 Ted Tiernon #39 Fort Wayne, IN Age graded mark: Age graded percent: Age: 39	4721	13.21 15'09.00	4.80m 29'11.50	9.13m 5'06.50	1.69m 5'06.50	59.49 94'00.00	19.64 10'11.75	28.66m 94'00.00	3.35m 10'11.75	39.18m 128'06.00	5:23.34
10 Paul Titus #35 Prairie Village, KS Age graded mark: Age graded percent: Age: 35	3351	12.37 19'03.50	6.19m 32'04.25	9.86m 6'04.00	1.93m 6'04.00	1:04.59 100'09.00	DNF 100'09.00	30.70m 100'09.00	DNS 100'09.00	DNS 100'09.00	DNS

Decathlon 40-44 Men Age Graded Results

Name	Points	1000	LJUMP	SP	HJUMP	400D	1100H	DISCUS	PVAULT	JAVLIN	1500R
1 Mark Salzman #42 Tacoma, WA Age graded mark: Age graded percent: Age: 42	6420	12.54 18'07.75	5.68m 39'05.75	12.03m 6'02.25	1.89m 6'02.25	1:01.31 131'00.00	16.67 12'06.00	39.94m 131'00.00	3.81m 12'06.00	41.44m 135'11.00	6:19.17
2 Russell Acea #41 Seattle, WA Age graded mark: Age graded percent: Age: 41	5700	12.11 17'00.75	5.20m 26'00.25	7.93m 4'09.50	1.46m 4'09.50	54.36 93'01.00	17.41 10'06.00	28.38m 10'06.00	3.20m 10'06.00	34.24m 112'04.00	5:02.83
3 Alan Russell #44 Ames, IA Age graded mark: Age graded percent: Age: 44	5442	12.21 17'03.50	5.27m 34'03.50	10.45m 5'04.50	1.64m 5'04.50	54.73 119'10.00	24.81 11'10.00	36.54m 119'10.00	2.60m 8'06.25	34.62m 113'07.00	5:03.69
4 Dave Ricks #41 Burnsville, MN Age graded mark: Age graded percent: Age: 41	5368	12.99 16'03.25	4.96m 31'00.50	9.46m 5'02.25	1.58m 5'02.25	57.33 98'10.00	20.68 10'00.00	30.12m 10'00.00	3.05m 10'00.00	38.28m 125'07.00	4:56.13
5 Doug Baldwin #40 Hawatha, IA Age graded mark: Age graded percent: Age: 40	4874	13.27 12.67	4.44m 5.00m	9.34m 9.90m	1.70m 1.92m	1:05.64 1:01.60	20.55 19.17	27.90m 27.90m	3.66m 4.20m	37.84m 44.76m	5:54.24
6 Mike Davis #44 New Lenox, IL Age graded mark: Age graded percent: Age: 44	4691	14.06 13.42	5.02m 5.65m	9.20m 9.96m	1.46m 1.64m	1:05.24 1:01.23	20.61 19.23	32.24m 32.24m	3.50m 4.02m	34.80m 41.16m	5:42.73
7 Kelly Hearns #41 Webb City, MO Age graded mark: Age graded percent: Age: 41	4624	13.19 12.59	5.48m 6.17m	8.96m 9.49m	1.61m 1.81m	1:03.57 59.66	21.05 19.64	24.60m 24.60m	3.05m 3.50m	29.98m 35.46m	5:59.39
8 Patrick Malone #44 Lafayette, IN Age graded mark: Age graded percent: Age: 44	4612	13.79 13.16	5.06m 5.20m	9.08m 9.62m	1.28m 1.44m	1:01.57 57.78	22.41 20.90	31.56m 31.56m	2.60m 2.98m	47.20m 55.82m	5:19.31
9 Rich Watson #41 Yuma, AZ Age graded mark: Age graded percent: Age: 41	4512	14.76 15.00	4.59m 5.00m	9.98m 10.90m	1.49m 1.50m	1:06.27 4'10.50	20.87 104'05.00	31.82m 9'00.25	2.75m 3'02.00	42.10m 108'10.00	5:21.44

Decathlon 45-49 Men Age Graded Results

Name	Points	1000	LJUMP	SP	HJUMP	400D	1100H	DISCUS	PVAULT	JAVLIN	1500R
1 Rex Harvey #48 Mayfield Heights, OH Age graded mark: Age graded percent: Age: 48	6941	12.46 18'07.25	5.67m 38'01.50	11.62m 5'04.50	1.64m 5'04.50	59.98 121'10.00	19.05 12'11.75	37.14m 121'10.00	3.96m 12'11.75	45.18m 148'03.00	5:54.82
2 Bill Schooler #45 Carlisle, IA Age graded mark: Age graded percent: Age: 45	5892	12.92 11.93	5.15m 6.20m	9.83m 11.61m	1.61m 1.91m	57.95 52.57	20.42 18.20	24.32m 26.62m	2.30m 2.83m	46.18m 60.02m	5:14.63
3 Bill DeHorn #47 Montreal, ON Age graded mark: Age graded percent: Age: 47	5629	13.39 12.37	5.53m 6.66m	9.47m 11.18m	1.58m 1.88m	1:02.12 56.35	20.42 18.20	26.08m 28.54m	3.50m 4.31m	38.14m 49.56m	6:27.62
4 Harry McDonald #46 Olathe, KS Age graded mark: Age graded percent: Age: 46	4249	14.06 12.98	4.57m 5.50m	10.05m 11.87m	1.43m 1.70m	1:12.46 1:05.73	22.72 20.25	30.46m 33.34m	2.75m 3.39m	36.90m 47.96m	7:56.40
5 Larry Rodenbeck #45 West Plains, MO Age graded mark: Age graded percent: Age: 45	3650	12.82 11.84	5.52m 6.65m	7.67m 9.05m	1.25m 1.48m	1:02.79 56.96	DNS 26.62m	24.32m 26.62m	FAIL	34.66m 44.78m	DNS

Decathlon 50-54 Men Age Graded Results

Name	Points	1000	LJUMP	SP	HJUMP	400D	1100H	DISCUS	PVAULT	JAVLIN	1500R
1 Bill Angus #51 Salem, OH Age graded mark: Age graded percent: Age: 51 Team pts: 10	6468	13.22 11.81	5.42m 6.98m	10.78m 12.89m	1.51m 1.89m	1:03.19 55.30	17.17 16.38	29.88m 32.22m	2.90m 3.83m	34.90m 49.84m	5:21.87
2 Henry Hopkins #51 Plainfield, IN Age graded mark: Age graded percent: Age: 51 Team pts: 8	5519	14.56 13.01	4.74m 6.10m	10.81m 12.93m	1.48m 1.85m	1:08.40 59.86	17.83 17.01	33.16m 35.76m	3.35m 4.42m	23.50m 33.56m	6:14.14
3 Jim Ratzlaff #53 Winfield, KS Age graded mark: Age graded percent: Age: 53 Team pts: 6	5067	14.59 13.03	4.21m 5.42m	11.29m 13.50m	1.42m 1.78m	1:08.56 1:00.00	19.60 18.70	36.92m 39.82m	2.60m 3.43m	32.62m 46.58m	6:40.86
4 Tom Thorne #51 Meosho, MO Age graded mark: Age graded percent: Age: 51 Team pts: 4	635	13.52 12.08	DNS 5.87m	DNS 7.67m	DNS 1.25m	DNS 1:02.79	DNS 18.70	DNS 26.62m	DNS 3.44m	DNS 46.66m	DNS

Continued from previous page

Decathlon 55-59 Men Age Graded Results

Table with columns: Name, Points, 1000, LJUMP, SP, HJUMP, 4000, 100HH, DISCUS, PVAULT, JAVLIN, 1500R. Lists athletes like Dale Lance #56, Dave Doerrer #55, Bob Bergfeldt #57, Norm Cyprus #55, John Parks #55, Bruce Mills #55, Don Zimmerman #58, Jerry Rouse #56.

Decathlon 60-64 Men Age Graded Results

Table with columns: Name, Points, 1000, LJUMP, SP, HJUMP, 4000, 100HH, DISCUS, PVAULT, JAVLIN, 1500R. Lists athletes like Phil Mulkey #61, Bill Jankovich #60, Doug McFeters #61, Earl Ventura #64, Bill Brobst #64.

Decathlon 65-69 Men Age Graded Results

Table with columns: Name, Points, 1000, LJUMP, SP, HJUMP, 4000, 100HH, DISCUS, PVAULT, JAVLIN, 1500R. Lists athletes like Denver Smith #68, Gordon Siefert #65, Bailey Gore #66, Larry Fleischman #65.

Decathlon 70 & Over Men Age Graded Results

Table with columns: Name, Points, 1000, LJUMP, SP, HJUMP, 4000, 100HH, DISCUS, PVAULT, JAVLIN, 1500R. Lists athlete A.W. Ricciardi #74.

Table with columns: Name, Points, 1000, LJUMP, SP, HJUMP, 4000, 100HH, DISCUS, PVAULT, JAVLIN, 1500R. Lists athletes like Bob Warwick #74, Hugh Hackett #74, Dan Bulkeley #77, Nam Morningstar #77, Tom Thorne, Sr. #77, Harold Massie #80.

Heptathlon Women Age Graded Results

Table with columns: Name, Points, 100LH, HJUMP, SP, 2000, LJUMP, JAVLIN, 800R. Lists athletes like Jana Porter #32, Debbie Yurth #31, Donna Ricks #35, Tina Stough #41, Phil Raschker #47, Marlene Sachs #50.

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MOVING???

Place address label here.

New address: _____

Mail to: NMN P.O. Box 16597 North Hollywood, CA 91615

Continued from previous page

27th Annual USA National Masters Championships Eugene, OR; August 11-14

100	
M30 Heat 1	
1 Roby Roosevelt	OR 10.92
2 Ros Alberto	CA 11.02
3 Scarlett Paul	OR 11.05
4 Alston Gary	WA 12.25
5 Cunningham Gregory	CA 12.54
Heat 2	
1 Williams Nathaniel	IL 11.02
2 Beasley Anthony	CA 11.12
3 Gorriaran Steven	RI 11.21
4 Jefferson Stanley	TN 11.33
5 Berry Mark	OR 11.41
6 Ngassa Joe	UT 11.47
7 Jeffrey Greg	OR 12.36
Final	
1 Ros Alberto	CA 10.81
2 Scarlett Paul	OR 10.93
3 Williams Nathaniel	IL 10.98
4 Roby Roosevelt	OR 10.99
5 Beasley Anthony	CA 11.05
6 Gorriaran Steven	RI 11.19
7 Jefferson Stanley	TN 11.36
8 Berry Mark	OR 11.37
M35 Heat 1	
1 Cameron Karry	OR 11.48
2 Bastien Christopher	WV 11.53
3 Holmes Gregory	NV 11.57
4 Biagioni R.v.	NJ 11.62
5 Mathis Jay	TN 11.67
6 Quintan Mark	NV 12.36
Heat 2	
1 Krulee Martin	CA 10.81
2 Morning Kevin	CA 11.06
3 Owen Malcolm	CA 11.32
4 Smith J	CA 11.42
5 Bonilla James	CA 11.50
6 Schwieterman Joseph	IL 11.98
7 Valley Brian	OR 12.03
Final	
1 Krulee Martin	CA 10.76
2 Morning Kevin	CA 11.19
3 Owen Malcolm	CA 11.43
4 Bonilla James	CA 11.45
5 Smith J	CA 11.47
6 Cameron Karry	OR 11.52
7 Bastien Christopher	WV 11.58
8 Holmes Gregory	NV 11.75
M40 Heat 1	
1 Nance Kevin	AZ 11.09
2 Jones Thomas	MD 11.24
3 Rewolinski Thomas	WI 12.02
4 Zlobicki Zbigniew	MI 12.53
Heat 2	
1 Mccooy Marion	GA 11.36
2 Gonera Edward	NY 11.43
3 Santos Anthony	GA 11.67
4 Bowen Robert	WV 11.69
* Dickson Tom	CAN 11.83
5 Vollmer Larry	LA 12.16
* Koopman William	CAN 12.69
Final	
1 Nance Kevin	AZ 10.98
2 Mccooy Marion	GA 11.19
3 Jones Thomas	MD 11.20
4 Gonera Edward	NY 11.25
5 Bowen Robert	WV 11.62
* Dickson Tom	CAN 11.70
6 Santos Anthony	GA 11.79
7 Rewolinski Thomas	WI 12.04
M45 Heat 1	
1 Allie Charles	PA 11.63
2 Thiel Daniel	LA 11.88
3 Yeck Raymond	CA 12.28
4 Schaller Jeff	WA 12.30
5 Augeri Michael	CT 12.57
6 Berry Ricky	ID 13.20
Heat 2	
1 Whitley Stan	CA 11.46W
2 Raymond Paul	CA 12.15W
3 Marshall Greg	GA 12.24W
4 Parnell Roger	CA 12.58W
5 Bernauer Dale	LA 12.73W
6 Anteronen Russell	MN 13.23W
Final	
1 Whitley Stan	CA 11.19
2 Allie Charles	PA 11.55
3 Thiel Daniel	LA 11.79
4 Raymond Paul	CA 12.11
5 Yeck Raymond	CA 12.25
6 Marshall Greg	GA 12.28
7 Schaller Jeff	WA 12.29
8 Augeri Michael	CT 12.40
M50 Heat 1	
1 Jones Richard	NY 12.42
2 Jensen Ron	WA 12.78
3 Durante Daniel	CA 12.89
4 Karbens Jack	HI 14.10
Heat 2	
1 Robbins Stephen	CA 11.51
2 Bell Thaddeus	SC 12.25
3 McIntyre Robert	OR 12.92
4 Loftis Charley	CA 13.00
* Lopez-Suarez Abelardo	MEX 13.27
5 Taylor Richard E	HI 13.38
6 Dopp Dean	ID 13.82
Final	
1 Robbins Stephen	CA 11.38
2 Bell Thaddeus	SC 11.81
3 Jones Richard	NY 12.41
4 Jensen Ron	WA 12.78

5 Durante Daniel	CA 12.81
6 Loftis Charley	CA 12.91
7 McIntyre Robert	OR 13.27
* Lopez-Suarez Abelardo	MEX 13.52
M55 Heat 1	
1 Dennis Kenneth	CA 12.19
2 Bennett Wayne	TX 12.54
* Burton David	GBR 12.72
3 Small Edward	NY 12.92
4 Miller Robert	WA 13.58
5 Biederman Fred	MN 13.64
6 Kuhn B.J.	OR 13.77
7 Hassenger Bob	NY 14.95
Heat 2	
1 Mathis Jim	TN 12.68
2 Boudreaux Michael	LA 12.77
3 Wedepohl Norb	AZ 12.91
4 Nelsen Theron	ID 13.56
5 Stepan Paul	OR 13.77
6 Bobigian Haig	NY 14.00
Emerson Bumper	OR DNF
Final	
1 Dennis Kenneth	CA 11.93
2 Bennett Wayne	TX 12.45
3 Mathis Jim	TN 12.45
* Burton David	GBR 12.52
4 Boudreaux Michael	LA 12.64
5 Small Edward	NY 12.78
6 Wedepohl Norb	AZ 12.79
7 Nelsen Theron	ID 13.57
M60 Heat 1	
1 Hitt Harold	OR 13.56
2 Benton Donald	CA 13.82
3 Fischer Jack	WA 14.00
4 Jankovich William	WI 14.48
Heat 2	
1 Sanchez Marion	CA 13.15
2 Poppell John	FL 13.26
3 Shields Don	CA 13.31
4 Schlewitz Jim	OR 13.79
5 Daehler Ralph	OR 13.94
Heat 3	
1 Newton Milton	CA 12.63
2 Springbett Bruce	CA 13.03
3 Richards Dick	CA 13.14
4 Coy Jack	OR 13.66
5 Kishi Frank	CA 14.51
Final	
1 Newton Milton	CA 12.46
2 Sanchez Marion	CA 12.97
3 Hitt Harold	OR 13.48
M65 Heat 1	
1 Sochor Chuck	MI 13.65
2 Greenwald Jack	OH 13.94
3 Daprano William	GA 14.08
4 Escobosa Al	CA 14.26
5 Greco Lawrence	NC 14.70
6 Orndoff Carl	CA 15.04
Heat 2	
* Meddings Allan	GBR 12.98
1 Law Jim	NC 13.00
2 Seifert Gordon	AL 13.84
3 Melgosa Mel	CA 14.08
4 Cleveland John	CA 15.49
* McPherson Clifford	DNS
Final	
1 Law Jim	NC 13.11
* Meddings Allan	GBR 13.18
2 Sochor Chuck	MI 13.61
3 Seifert Gordon	AL 13.87
4 Greenwald Jack	OH 13.96
5 Daprano William	GA 14.10
6 Melgosa Mel	CA 14.21
7 Escobosa Al	CA 14.62
M70 Heat 1	
1 Harris Oscar	PA 15.13
2 Aronson Gustave	OR 15.89
3 Johnson Albert	OR 16.16
4 Yogi Chuck	HI 19.54
Heat 2	
1 Larsen Melvin	IL 13.40
2 Saunders Don	ID 14.40
3 Miller Thomas	CA 15.33
4 Goldsmith Max	TX 15.58
5 Madden Jim	AZ 15.67
6 Dahlin Walter	CA 15.83
7 Oliver Angelo	RI 17.92
Final	
1 Larsen Melvin	IL 13.29
2 Harris Oscar	PA 14.57
3 Saunders Don	ID 14.74
4 Miller Thomas	CA 15.38
5 Goldsmith Max	TX 15.44
6 Aronson Gustave	OR 15.56
7 Madden Jim	AZ 15.76
8 Johnson Albert	OR 16.33
M75 Final	
1 Weinacht Bill	OH 14.35
2 Parker Rod	AR 14.63
3 Sponseller Jay	FL 15.45
4 Miller Herb	CA 16.01
5 Klier Al	CA 17.96
6 Slaughter Konrad	CA 18.08
Final	
1 Irene Obera	60 CA 10.38
2 Deby Sweezey	45 CA 11.38
3 Louise Clark	35 NY 11.80
4 Mary Wixey	70 GBR 11.81
5 Joy Upshaw-	Margerum 30 HI 12.08
6 Pat Peterson	65 NY 12.10
7 Margaret Hinton	70 TX 12.34
8 Kay Lyons	55 CA 12.47
9 Pearl Mehl	80 CO 14.35

3 Holliu Raye	CA 13.47
4 Nealy Angela	IN 13.59
5 Clyburn Iris	NJ 14.30
Heat 2	
1 Upshaw-Margerum Joy	HI 12.79
2 Johnson Karen	IL 13.13
3 Mccooy Belinda	OH 13.16
4 Moore Robyne	CA 13.85
5 Jones Denise	NY 13.87
Final	
1 Upshaw-Margerum Joy	HI 13.03
2 Johnson Karen	IL 13.31
3 Smith Susan	WA 13.36
4 Mccooy Belinda	OH 13.40
5 Holliu Raye	CA 13.70
6 Reynolds Pamela	OR 13.71
7 Nealy Angela	IN 13.75
8 Moore Robyne	CA 14.30
W35 Final	
1 Clark Louise	NY 12.84
2 Latoria Lynn	IL 13.43
3 Scott Valerie	CA 13.68
4 Alston Cheryl	NJ 13.73
5 Lewis Michele	CA 13.76
6 Davis Lynn	DC 14.99
W40 Final	
1 Sweezey Deby	CA 12.71
2 Libal Mary	OR 12.95
3 Thompson Irene	NY 13.02
4 Wlodarczyk Anna	CA 13.06
5 Lowther Jocelyn	FL 13.34
* Mcmillan Marne	CAN 14.21
6 Rewolinski Leah	WI 15.50
7 Mitchell Rebecca R.	OR 16.00
W45 Final	
* Trost Rhona	CAN 14.24
1 Hill Michael	NJ 14.27
2 Cross Josephine	NY 14.84
3 Taylor Susan	HI 16.25
W50 Final	
1 Solwazi Kemisole	CA 14.19
2 Mitchell Marilyn	NY 14.62
3 McCormick Julia	CA 14.70
4 Stewart Barbara	GA 15.22
5 Carter Ann	SC 16.65
6 Schlewitz Rose	OR 17.13
W55 Heat 1	
1 Kerr Rita	CA 16.07
2 Coffee Marion	TX 16.55
3 Skaer Mari	WA 16.95
4 Willis Patricia	CA 20.72
Heat 2	
1 Lyons Kay	CA 15.89
* Reed Louise	CAN 16.54
2 Chou Fei-Mei	CA 17.10
3 Baker Ginny	WA 17.41
4 Snead June	WA 17.42
Final	
1 Lyons Kay	CA 15.75
2 Kerr Rita	CA 15.90
* Reed Louise	CAN 16.49
3 Coffee Marion	TX 16.75
4 Chou Fei-Mei	CA 16.86
5 Skaer Mari	WA 17.11
6 Baker Ginny	WA 17.20
7 Snead June	WA 17.36
W60 Final	
1 Obera Irene	CA 13.91
* Green Brenda	GBR 17.65
2 Bancroft Lucy Anne	GA 17.99
3 Moore Marjorie	CA 18.37
4 Franks Joyce	CO 20.68
5 Hay Jo-Ann	CA 31.22
W65 Final	
1 Peterson Patricia	NY 16.56
2 McDaniel Leonore	VA 16.90
3 Sullivan Josephine	SC 17.43
4 Onodera-Leonard Sumi	CA 17.76
W70 Final	
* Wixey Mary	GBR 17.29
1 Hinton Margaret	TX 17.94
2 Friedman Diane	OH 18.64
* Taylor Peggy	GBR 20.32
3 Convery Carla	VA 24.02
W75 Final	
1 Jensen Helen	WA 26.79
W80 Final	
1 Mehl Pearl	CO 24.23

200	
M30 Heat 1	
1 Berry Kettrell	CA 22.34
2 Williams Nathaniel	IL 22.53
3 Scarlett Paul	OR 22.72
4 Gorriaran Steven	RI 22.97
* Kajijura Jason	CAN 25.63
Heat 2	
1 Ros Alberto	CA 22.70
2 Roby Roosevelt	OR 22.97
3 Ngassa Joe	UT 22.99
4 Johnson Calvin	MI 23.67
5 Schnebeck Doug	NM 25.22
Jefferson Stanley	TN DQ
Final	
1 Berry Kettrell	CA 21.80
2 Ros Alberto	CA 22.47
3 Roby Roosevelt	OR 22.57
4 Williams Nathaniel	IL 22.68
5 Gorriaran Steven	RI 22.83
6 Ngassa Joe	UT 22.90
M35 Heat 1	
1 James Ben	NY 23.12
2 Smith J	CA 23.36
3 Cameron Karry	OR 23.48
4 Mathis Jay	TN 23.50
5 Owen Malcolm	CA 23.67
6 Bastien Christopher	WV 24.27
Heat 2	
1 Krulee Martin	CA 22.18
2 Grimes Peter	CA 23.02
3 Morning Kevin	CA 23.19
4 Reyes Julio E	TX 23.96
5 Valley Brian	OR 25.07
6 Maxwell Gene	TX 25.59
Final	
1 Krulee Martin	CA 21.87
2 Morning Kevin	CA 22.35
3 Grimes Peter	CA 22.73
4 James Ben	NY 23.03
5 Smith J	CA 23.20
6 Cameron Karry	OR 23.48
7 Mathis Jay	TN 23.50
M40 Heat 1	
1 Bowen Robert	WV 23.36
2 Mccooy Marion	GA 23.56
3 Driver Eugene	CA 23.63
4 Rewolinski Thomas	WI 24.34
5 Curry Walden	LA 24.46
* Koopman William	CAN 25.52
Heat 2	
1 Gonera Edward	NY 22.84
2 Qualls Milton	CA 23.16
3 Watley Dorel	PA 23.64
4 Gilliard Thomas	GA 23.89
5 Mchugh Riley	NV 24.43
6 Constantinou Alex	NY 25.05
Heat 3	
1 Nance Kevin	AZ 22.38
2 Jones Thomas	MD 22.95
3 Pannell Michael	NM 24.34
* Dickson Tom	CAN 24.40
4 Krainik Gerry	IL 24.57
5 Zlobicki Zbigniew	MI 25.63
Final	
1 Nance Kevin	AZ 22.31
2 Jones Thomas	MD 22.47
3 Gonera Edward	NY 22.68
4 Mccooy Marion	GA 23.06
5 Bowen Robert	WV 23.48
6 Driver Eugene	CA 39.19
M45 Heat 1	
1 Brinker Ken	NJ 24.80
2 Raymond Paul	CA 24.90
3 Seale Alvin	GA 25.96
4 Cavan Joe	OR 27.67
5 Anteronen Russell	MN 28.05
Heat 2	
1 Allie Charles	PA 23.77
2 Thiel Daniel	LA 24.60
3 Marshall Greg	GA 25.40
4 Walter Dave	WA 26.29
5 Badaeus Anthony	CA 26.50
Heat 3	
1 Whitley Stan	CA 24.11
2 Yeck Raymond	CA 24.91
3 Collins Fred	NM 24.91
4 Bernauer Dale	LA 25.94
* Brewer Jess	CAN 26.16
Final	
1 Whitley Stan	CA 22.49
2 Allie Charles	PA 23.46
3 Thiel Daniel	LA 23.84
4 Collins Fred	NM 24.63
5 Raymond Paul	CA 24.83
6 Yeck Raymond	CA 24.91
7 Brinker Ken	NJ 28.63
M50 Heat 1	
1 Bell Thaddeus	SC 24.72
2 Brooks Mel	CA 25.88
3 Jensen Ron	WA 25.94
4 Taylor Richard E	HI 27.49
5 Peterson Gordon	TX 27.85
Heat 2	
* Morioka Harold	CAN 24.44
1 Johnson Joe	OR 25.87
2 Durante Daniel	CA 26.64
* Lopez-Suarez Abelardo	MEX 27.64
3 Cottle Steven	MO 27.86
4 Karbens Jack	HI 27.89
Heat 3	
1 Clark Louise	CA 23.05
2 Duffy Dennis	CA 25.44
* Oliveira Alberto	BRA 25.66
3 Loftis Charley	CA 27.23
4 Shenk John	FL 27.84
5 Brown Douglas	FL 33.11

Final	
1 Robbins Stephen	CA 23.41
* Morioka Harold	CAN 23.81
2 Bell Thaddeus	SC 24.37
3 Johnson Joe	OR 25.29
4 Brooks Mel	CA 25.61
5 Duffy Dennis	CA 25.70
6 Jensen Ron	WA 26.26
M55 Heat 1	
1 Small Edward	NY 25.53
2 Oleata Edward	CA 26.09
3 Wedepohl Norb	AZ 26.35
4 Kirkpatrick Ronald	NM 26.58
5 Biederman Fred	MN 28.72
Heat 2	
1 Dennis Kenneth	CA 25.13
* Burton David	GBR 25.23
2 Miller Charley	TX 25.32
3 Weisser Howard	NE 26.50
4 Thorne Lew	OR 27.28
5 Hassenger Bob	NY 30.31
Heat 3	
1 Mathis Jim	TN 25.17
2 Bennett Wayne	TX 25.32
3 Boudreaux Michael	LA 25.56
4 Nelsen Theron	ID 27.69
5 Stepan Paul	OR 27.77
Final	
1 Mathis Jim	TN 25.07
2 Miller Charley	TX 25.17
3 Bennett Wayne	TX 25.50
4 Small Edward	NY 25.78
5 Boudreaux Michael	LA 25.84
6 Oleata Edward	CA 25.89
* Burton David	GBR 25.90
M60 Heat 1	
1 Newton Milton	CA 25.82
2 Hoffman Joe	OR 26.69
3 Stookey James	MD 27.25
4 Coy Jack	OR 27.94
5 Daehler Ralph	OR 28.05
6 Gunther Fred	CA 29.16
7 Kishi Frank	CA 31.07
Heat 2	
1 Sanchez Marion	CA 26.88
2 Springbett Bruce	CA 27.03
3 Graves Ray	AZ 27.21
4 Hitt Harold	OR 27.29
5 Creson Harold	AZ 27.94
6 Schlewitz Jim	OR 28.62
7 Jankovich William	WI 29.98
Final	
1 Newton Milton	CA 25.75
2 Sanchez Marion	CA 26.25
3 Hoffman Joe	OR 26.25
4 Springbett Bruce	CA 27.19
5 Stookey James	MD 27.41
6 Hitt Harold	OR 27.56
M65 Heat 1	
* Meddings Allan	GBR 27.08
1 Greenwald Jack	OH 28.16
* Jones Alex	SAF 29.39
2 Escobosa Al	CA 29.57
3 Brown Rodney	UT 30.29
Heat 2	
1 Law Jim	NC 27.23
2 Sochor Chuck	MI 27.83
3 Melgosa Mel	CA 29.15
4 Moorhead Jim	ID 29.85

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Table of race results for M80 Final, W30 Final, W35 Final, W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, 5000, M30 Final, M35 Final, M40 Final, M45 Final, M50 Final, M55 Final, M60 Final, M65 Final, M70 Final, M75 Final, M80 Final, M85 Final, M90 Final, M95 Final, M100 Final, M105 Final, M110 Final, M115 Final, M120 Final, M125 Final, M130 Final, M135 Final, M140 Final, M145 Final, M150 Final, M155 Final, M160 Final, M165 Final, M170 Final, M175 Final, M180 Final, M185 Final, M190 Final, M195 Final, M200 Final.

Table of race results for M45 Final, M50 Final, M55 Final, M60 Final, M65 Final, M70 Final, M75 Final, M80 Final, M85 Final, M90 Final, M95 Final, M100 Final, M105 Final, M110 Final, M115 Final, M120 Final, M125 Final, M130 Final, M135 Final, M140 Final, M145 Final, M150 Final, M155 Final, M160 Final, M165 Final, M170 Final, M175 Final, M180 Final, M185 Final, M190 Final, M195 Final, M200 Final.

Table of race results for W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final, W95 Final, W100 Final, W105 Final, W110 Final, W115 Final, W120 Final, W125 Final, W130 Final, W135 Final, W140 Final, W145 Final, W150 Final, W155 Final, W160 Final, W165 Final, W170 Final, W175 Final, W180 Final, W185 Final, W190 Final, W195 Final, W200 Final.

Table of race results for 10 Morris David, M60 Final, M65 Final, M70 Final, M75 Final, M80 Final, M85 Final, M90 Final, M95 Final, M100 Final, M105 Final, M110 Final, M115 Final, M120 Final, M125 Final, M130 Final, M135 Final, M140 Final, M145 Final, M150 Final, M155 Final, M160 Final, M165 Final, M170 Final, M175 Final, M180 Final, M185 Final, M190 Final, M195 Final, M200 Final.

Table of race results for W30 Final, W35 Final, W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final, W95 Final, W100 Final, W105 Final, W110 Final, W115 Final, W120 Final, W125 Final, W130 Final, W135 Final, W140 Final, W145 Final, W150 Final, W155 Final, W160 Final, W165 Final, W170 Final, W175 Final, W180 Final, W185 Final, W190 Final, W195 Final, W200 Final.

Table of race results for 2K Steeple, M60 Final, M65 Final, M70 Final, M75 Final, M80 Final, M85 Final, M90 Final, M95 Final, M100 Final, M105 Final, M110 Final, M115 Final, M120 Final, M125 Final, M130 Final, M135 Final, M140 Final, M145 Final, M150 Final, M155 Final, M160 Final, M165 Final, M170 Final, M175 Final, M180 Final, M185 Final, M190 Final, M195 Final, M200 Final.

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Table with columns for race name, state, and time. Races include W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, Hammer M30 Final, M35 Final, M40 Final, M45 Final, M50 Final, M55 Final, M60 Final, M65 Final, M70 Final, M75 Final, M80 Final, M85 Final, M90 Final, W30 Final, W35 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final, W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final, W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final.

Table with columns for race name, state, and time. Races include W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, M30 Final, M35 Final, M40 Final, M45 Final, M50 Final, M55 Final, M60 Final, M65 Final, M70 Final, M75 Final, M80 Final, M85 Final, M90 Final, W30 Final, W35 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final, W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final, W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final.

Table with columns for race name, state, and time. Races include W30 Final, W35 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, M30 Final, M35 Final, M40 Final, M45 Final, M50 Final, M55 Final, M60 Final, M65 Final, M70 Final, M75 Final, M80 Final, M85 Final, M90 Final, W30 Final, W35 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final, W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final, W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final.

Table with columns for race name, state, and time. Races include M70 Final, M75 Final, M80 Final, M85 Final, M90 Final, W30 Final, W35 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final, W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final, W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final.

Table with columns for race name, state, and time. Races include W35 Final, W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final, W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final, W40 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final.

Table with columns for race name, state, and time. Races include Stevens Dave, M60 Final, M70 Final, M75 Final, M80 Final, M85 Final, 4X100 Relay, M30 Final, M40 Final, M50 Final, M55 Final, M60 Final, M65 Final, M70 Final, M75 Final, M80 Final, M85 Final, M90 Final, W30 Final, W35 Final, W45 Final, W50 Final, W55 Final, W60 Final, W65 Final, W70 Final, W75 Final, W80 Final, W85 Final, W90 Final.

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Senior Men (50+):

1 West	10	nt
2 Southeast	7	
3 East	5	
4 Northwest	4	
5 Midwest	3	
6 Mid-America	2	

Junior Men (30-49):

1 West	10	nt
2 East	7	
3 Southeast	5	
4 Northwest	4	
5 Midwest	3	
6 Mid-America	2	

Point totals: West 40,
East 26, Southeast 16,
Midwest 15, Northwest 13,
Mid-America 4, Southwest 0.

nt = no time available
w = wind
* = foreign competitor
(Nat'l Pentathlon results on page 43)

EAST

USATF New Jersey Masters Meet

Tinton Falls, June 5

(Non-residents follow residents)

100m

M30 Bill Hughes	11.8
Duncan Littlefield	11.8
M35 John Brooks	11.6
Remo Biagioni	11.9
Don McNeil	12.2
M40 Tyrone Gorden	12.6
Lawrence Athill	12.7
M45 Joe Johnson	12.0
Phil Felton	12.4
M50 Bob Williams	12.4
M55 Ken Baker	13.3
M60 Rich Baretta	13.4
Matt Brown	13.5
M65 Tom Delany	14.1
M70 Jim Manno	15.5
M30 Beryl Frederick	14.0
Iris Clyburn	14.6
Beth Barry	15.1
M40 Carol Long	17.8
M45 John HillHudgins	15.3
M60 Nancy Ammermuller	16.4
M40 Mike Cassamassima	13.0
Mark Gershon	13.1
M45 Mike Augeri	12.7
M50 Gene Ballard	13.0
M65 Ed Cox	14.0
M80 Jerry Wible	19.3
M45 Debbie Stiles	15.6

200m

M30 Bill Hughes	23.2
M35 James Eastern	24.0
Don McNeil	24.2
M40 Rockdale Hudson	26.1
M45 Joe Johnson	23.7
Ron Johnson	24.6
M50 Rab Hagin	26.5
M55 Ken Baker	27.4
John MacDonald	28.3
M60 Alex Johnson	27.7
Matt Brown	27.9
M65 Bob Naylor	33.5
M70 Jim Manno	33.3
M30 Ruvinia Kelly	33.2
M40 Carol Long	38.1
M60 Nancy Ammermuller	35.6

M35 John Brooks 23.1
M40 C D Cook Sr 24.7
M45 Phil Felton 24.7
M50 Irwin Heath 25.9
M65 Ed Cox 29.3
M80 Jerry Wible 41.2

400m

M30 Sal Allah	50.3
M35 James Eastern	52.8
M40 Larry Zwick	54.9
M45 Phil Felton	54.0
Joe Johnson	55.4
M50 Bob Williams	57.8
Les Wright Jr	58.8
M55 Ken Baker	59.6
M60 Hans Hunziker	69.3
M65 Bob Naylor	74.4
M70 Jim Manno	76.8
M80 Dudley Healy	94.6
M30 Beryl Frederick	65.8
M60 Nancy Ammermuller	84.3
M50 Irvan Heath	56.3
M80 Jerry Wible	92.3

800m

M30 Sal Allah	1:57.8
Paul Peacock	2:09.9
Chris Monroe	2:16.1
Peter Reinhart	2:16.5
M45 Harry Nolan	2:11.9
M50 John Saarmann	2:29.5
M55 Dick Dedham	2:29.5
M60 Hans Hunziker	2:41.7
Irwin Bernstein	2:45.3
M70 Jim McGilvray	3:38.9
M80 Dudley Healy	3:30.4
M30 Alicia Johnson	2:55.7
W35 Edna Crawley	2:46.1
M40 Paula DicksonTaylor	2:31.2
M50 Madeline Bost	2:54.7
M60 Lois Filreis	3:30.5
M50 Tom Cannon	2:31.8
M80 Jerry Wible	3:45.5

1500m

M30 Phil Gibbons	4:24.36
M35 Bob Andrews	4:16.8
M40 Tom Ryan	4:39.0
Peter Reinhart	4:45.0
M45 Harry Nolan	4:20.1
M50 Stan Edelson	4:55.2
Dave Gerridge	4:56.1
M55 Ken Baker	5:13.3
M60 Hans Hunziker	5:24.3
M70 Jim McGilvray	7:33.7
M80 Dudley Healy	6:58.0
W30 Alicia Johnson	6:05.5
W35 Edna Crawley	5:43.3
M40 Paula DicksonTaylor	5:18.0
M45 Georgett O'Conne	6:26.4
M50 Madeline Bost	5:45.2
M60 Lois Filreis	6:41.0
M45 Debbie Stiles	6:08.0

5000m

M30 Rich Caponigro	16:29.4
M35 Chris Peters	16:14.4
Sam Pierce	17:15.4
M40 Bob Bochetti	18:10.7
M45 John Searle	21:39.4
M50 Armando Oliveira	19:04.5
M55 Gene Chase	18:58.2
M60 Chris Pappas	25:14.9
M65 Robert Mimm	24:17.3
M80 Dudley Healy	25:25.1

High Hurdles

M30 Keon Devero	15.8
Kevin Dee	17.6
M35 Tim McMahon	17.9
M40 Al Cestero	20.1
M45 Ivan Black	19.3
M60 George Taylor	35.1
M65 Tom Delaney	21.6
W30 Ruvinia Kelly	19.9
M45 Michael Hill	16.5

M45 Mike Augeri 19.6

Intermediate Hurdles

M30 Mike Mallory	59.5
Kevin Dee	62.4
M45 Ivan Black	83.5
M55 John MacDonald	70.7
M60 Matt Brown	51.4
W35 Edna Crawley	84.9
M40 Paula DicksonTaylor	77.7

4x100m Relay

M30 NJ Striders	46.2
GSAC	47.3
M50 GSAC	52.3
W30-39 Team 1	---
Team 2	60.6

4x800m Relay

AUI	13:24.0
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High Jump

M30 Mike Pascuzzo	6-10
M35 Kurt Schroeder	6-2
Dan Goia	5-8
M40 Ed Laurelli	5-0
M45 Ivan Black	4-10
Ron Salvio	4-10
M50 Hans Ehrnstrom	3-10
M55 Sam Ruffin	5-0
John MacDonald	4-6
M60 Paul Soraparu	3-10
M65 Tom Delany	4-10
W35 Julie Weidis	3-10
M45 Michael Hill	4-4
Johnnie Hill Hudgins	4-0

M40 Steve Harkins 6-2

Pole Vault

M30 Duncan Littlefield	14-6
M35 Bob Ayling	10-0
M40 Larry Rubin	9-0
M45 Ron Salvio	8-6
M60 George Taylor	6-0
M50 Madeline Bost	6-6
M40 Richard Watson	8-6
M45 Jan Decker	10-0
M55 Norm Cyprus	9-6
W30 Laurie Black	7-6

Long Jump

M30 Brian Corrigan	6.01m
Duncan Littlefield	5.55
M35 Rich Choppa	5.40
Dan Goia	5.32
M40 Al Cestero Jr	5.53
Ed Laurelli	4.79
M45 Ivan Black	4.75
M55 Vince Ruffin	4.56
M60 Jack Lance	3.69
Paul Soraparu	3.62
M65 Tom Delaney	3.98
W30 Ruvinia Kelly	4.10
W35 Edna Crawley	3.91
M40 Nancy Klepack	4.67
W45 Michael Hill	4.23
M35 Dave Nicastro	5.0
M40 Mark Gershon	5.43
Steve Harkins	5.03

Triple Jump

M30 Brian Corrigan	13.92
M35 Bob Ayline	8.52
M40 Larry Athill	10.59
M45 Ron Salvio	9.26
M55 Mort Hahn	6.11
M60 Jack Lance	8.83
M70 Ed Coyle	6.03
W30 Lesley Duncan	9.23

W35 Julie Weidis 7.42
W45 Michael Hill 8.61

M35 Dave Nicastro 11.09
M40 Mark Gershon 11.58
M45 Ivan Black 10.78

Shot Put

M30 Joe Napoli	13.42
Kevin Dee	11.27
M35 Dennis Von Linden	12.98
Mike Romanski	10.95
M40 Rich Ruffalo	11.48
M45 Dennis Chandler	11.98
Rich Dumphy	11.29
M50 Joseph Kalnas	11.50
Lloyd Long	11.13
M55 Sam Rufford	10.37
M60 Giorgio Chiavelli	9.04
M70 Ed Coyle	7.72
W30 Lesley Duncan	10.12
W35 Lorraine Sibilila	7.04
W40 Carol Long	7.06
W45 Johnnie Hudgins	8.85

M40 Kim Salzer 10.78
Steve Harkins 9.72
M55 Norm Cyrans 10.94
M60 Ray Feick 11.34
Bill Barker 10.24

Discus

M30 Joe Napoli	45.60
M35 Dennis Von Linden	43.48
M40 Rich McMullin	34.64
M45 Rich Dumphy	36.08
Dennis Chendler	35.58
M50 Gus Giriskos	37.46
Floyd Long	37.28
M55 Sam Rufford	31.30
M60 Giorgio Chiavelli	34.36
Ida James	17.16
Iris Clyburn	16.82
W35 Yancy Munoz	22.26
Lorraine Sibilila	19.12
W40 Carol Long	18.54
M40 Kim Salzer	38.82
M50 George Reynolds	31.30
John Lang	30.46
M55 Norm Cypress	36.80
M60 Bill Barker	39.36
Ray Feick	36.90
M65 Herb Cantor	31.08

Hammer

M30 Michael Bersch	45.52
M40 Richard Smith	33.58
M45 Ed Beebe	44.58
John Casamassima	40.30
M50 Hans Ehrnstrom	28.9
M60 Paul Soraparu	23.5
W30 Lesley Duncan	6.66
M60 Ray Feick	36.02
Bill Barker	26.60
M65 Herb Cantor	26.70
M80 Paul Narcessian	24.90
Paul Narcessian	20.10

Javelin

M30 Kevin Dee	43.83
M35 Remo Biagioni	40.47
M40 Rich Mullin	51.92
M45 Dennis Chandler	52.80
Glen Weaver	45.26
M50 Lloyd Long	31.34
M55 Frank Illuzzi	37.36
M60 John Adams	27.38
W30 Lesley Duncan	39.72
W35 Julie Weidis	23.28
M40 Paula DicksonTaylor	25.12
W45 Johnnie HillHudgins	25.78

M40 Richard Watson 43.35
M50 George Reynolds 44.66
M55 Lew Overbeck 29.40
M60 Bob Young 43.21
Ray Feick 36.40

Weight Throw

M30 Mike Bersch	9.25
M35 Bob Ayling	6.64
M40 Rich Smith	10.25
M45 Ed Beebe	12.90
John Casamassima	12.42
M50 Hans Ehrnstrom	10.15
M55 Morton Hahn	3.61
M60 Paul Soraparu	7.90
W30 Lesley Duncan	6.66
W35 Lorraine Sibilila	6.09

M60 Ray Feick 12.14
Bill Barker 8.93
M65 Herb Cantor 9.66

5000m Racewalk

M35 Cliff Mimm	23:33
Frank Darden	27:43.5
M40 Ray Funkhouser	23:39.5
M45 Marcus Kantz	28:02.8
M50 Manny Eisner	27:46.3
Pat Bivona	29:19.3
M55 Dave Romansky	24:59.3
M60 Al Hayden	35:32.6
M65 Robert Mimm	28:41.9
W40 Phyllis Hanson	27:06.9
Pat Weir	28:23.2
W45 Janet Pfeiffer	30:48.1
Donna Cetrullo	31:31.8
W55 Marcia Shapiro	33:09.7

M45 Pat Drury 27:56.3
M45 Margie Wolfe 33:39.5

M40 Tom Jones 11.51
M45 Dennis Newton 12.30
M50 Steve Robbins 11.74
M60 Matt Brown 13.11
M65 James Law 13.11
M75 Sparks Sorlien 17.43
Shot Put

W30 Iris Clyburn	14.71
W35 Louise Clark	13.40
W40 Carol Long	17.66
W45 L. Tucker	15.00
W65 P. Paterson	24.68

800m High Hurdles

W40 Irene Thompson	15.04
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1100m High Hurdles

M30 Mark Baldini	15.62
M45 Mike Milove	18.92
M50 John Ewing	19.10

400m

M30 Mitchell Lovett	51.8
M35 T. Mulhollan	53.34
M60 Jim Moran	74.37
M65 Jim Law	62.88
W35 Louise Clark	1:04.84
W40 I. Thompson	1:04.32

3000m

M40 Robert Caplin	10:57.8
M60 M. Balu	14:27.7
M70 C. Robbins	13:15.9

Invitational Mile

M45 A. Swenson	4:32.45
W30 K. Lyons	5:37.93

4x100M Relay

(10 Year Age Groups)	
M30 Touch of Class(a)	44.93
M40 Masters/Universe	44.80
M50 NY Pioneer	49.53
M60 Shore AC	54.88
W30 A.U.I.(a)	56.72

4x200M Relay

(10 Year Age Groups)	
M50 NY Pioneer	1:46.18
M60 Shore AC	1:53.30
W30 Anderson Int.	1:50.50

4x400M Relay

(10 Year Age Groups)	
M30 Touch of Class	3:28.18
M40 Masters/Un.	3:37.66
M50 NY Pioneer	3:56.84

4x800M Relay

(10 Year Age Groups)	
M30 Touch of Class	11:04.26
W30 A.U.I.	11:54.15

4x1600M Relay

(10 Year Age Groups)	
W50 Hartford TC	24:47.82

Distance Medley

(10 Year Age Groups)	
M30 Central Park	10:39.85
M40 Central Pk(a)	11:12.14
M50 Central Park	12:04.48

Sprint Medley

(10 Year Age Groups)	
M50 NY Pioneer	4:14.12
M60 Shore AC	4:35.94
W30 Anderson Int.	4:32.41

High Jump

M45 A. Taylor	4-10
M50 J. Ewing	4-10

Long Jump

M30 K. Gleason	19-7 1/2
M35 K. Cranford	20-9 1/2
M40 R. Lapp	19-0 1/2
M45 M. Milove	16-0 1/2
M50 B. O'Brien	14-10 1/2
M60 J. Lance	11-10 1/2
M75 S. Sorlien	10-9 1/2
W30 R. Kelly	12-10
W35 E. Crawley	13-4 1/2
W40 I. Thompson	16-3 1/2

Shot Put

M35 S. Celmer	27-4
M45 A. Nieves	35-5
M50 L. Pratt	45-5
W30 I. James	23-10
W35 E. Crawley	24-0

Discus

M30 A. Wolf	171-3
M40 P. Germanowski	112-4
M45 M. Graisko	120-0 1/2
M50 L. Pratt	167-5
M60 B. Lord	98-2 1/2
W30 I. James	57-10 1/2
W35 C. Austin	63-8 1/2
W40 C. Long	48-2 1/2

Hammer

M40 P. Germanowski	144-4
M45 M. Graisko	128-10

Javelin

M50 D. Connolly	83-9
M70 A. Oliver	52-8 1/2
W35 E. Crawley	45-0
W40 D. Wright	85-0 1/2

Pentathlon

M30 T. Wardle	2658
M35 R. Biagioni	2553
M40 R. Lapp	3182
M45 A. Nieves	2696
W45 L. Tucker	2301

Syracuse Summer Meet
Syracuse, NY; July 6

200m

M35 Kamal Jabbour	32.6
M45 Rich Lysik	32.6
M55 Tom Fondy	28.3
M60 Andy Branch	25.9
M65 Howard MacMillan	30.9

800m

M30 Mark Powell	1:59.7
M35 Kamal Jabbour	2:56.6

M40 Terry McConnell 2:17.3
M45 John Condon 2:24.9
M60 Martin Rothenberg 2:58.1
W35 Patti Ford 2:28.2
W50 Yvonne Tasker-Rothenberg 3:08.5

Mile

M35 Tom Leonard	4:46.3
M45 Doug Mayer	5:57.6
M75 Nate White	7:49.0
W35 Marla Bennett	8:49.3
W50 Y T-Rothenberg	6:51.1

400mH

M50 Paul Stelmaszyk	64.1
W40 Irene Thompson	72.0

Timber Wolf TC Series
Sacramento, CA
--June 18--

100m

M40 Joe Sahagun	12.8
M60 Dennis Rietz	17.3
W35 RoseMarie Sahagun	17.0

200m

M40 Joe Sahagun	29.1
M60 Dennis Rietz	42.09

Long Jump

M40 J Sahagun	14-5
M60 D Rietz	9-7

Shot Put

M45 John Gallen	23-9
M50 Bob Evans	40-4 1/2
M55 Bob Buckman	34-2
M60 Dennis Rietz	40-6
M65 Rick DeGregorio	31-0
W35 RoseMarie Sahagun	22-3

Discus

M45 John Gallen	68-0
M50 Bob Evans	141-9
M55 Bob Buckman	109-9
M60 Dennis Rietz	126-0
M65 Rick DeGregorio	109-1
W35 RoseMarie Sahagun	53-5
W50 Donna Rietz	39-11

Javelin

M40 Joe Sahagun	71-3
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Table with 3 columns: Event Name, Athlete Name, Time. Includes events like 800m, 1000m, Mile, 5000m, and 10000m.

Table with 3 columns: Event Name, Athlete Name, Time. Includes events like Fred Feaster, High Jump, Long Jump, Triple Jump, Shot Put, Discus, and Javelin.

Table with 3 columns: Event Name, Athlete Name, Time. Includes events like Len Rosen, Hammer, Javelin, and Sri Chinmoy Masters Games.

Table with 3 columns: Event Name, Athlete Name, Time. Includes events like W50, W55, W60, W65, W70, W75, W80, W85, W90, W95.

Table with 3 columns: Event Name, Athlete Name, Time. Includes events like W40, W45, W50, W55, W60, W65, W70, W75, W80, W85, W90, W95.

Table with 3 columns: Event Name, Athlete Name, Time. Includes events like Ann Cirulnik, Philadelphia Masters Track Association, Ft. Washington, PA, July 17, and 100M Dash.

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High Jump (meter)
M40 Ed Laurelli 1.57
Mark Gershon 1.52
M50 Fred Riley 1.31
M80 Bob Detweiler 0.79

Dartmouth Weight Meet
Hanover, NH; July 23

16# Shot Put
John Dupuis 40 45-10 1/2
Carl Wallin 52 44-4 1/2
Ed Daniels 41 33-11

USATF East Regional Championships
Providence, RI; July 31

100M
M30 T. Holland 11.23
S. Gorriaran 11.37
M. Godbolt 11.48

W55 C. Capetta 30.94
M. Roman 37.60
N. Merrill 45.96
W60 L. Ruben 49.31
M65 P. Peterson 37.65

W60 J. Shepardson 33:14
300/400 Intermediate Hurdles
M40 J. Norman 66.39
M45 M. Milove 66.52

L. Pratt 46-6
J. Schlosser 41-6
M55 P. Choquette 41-9 1/2
C. Halter 37-9

W35 S. Boslaugh 71-0
W50 M. Dowling 90-8
R. Katz 57-5

Tom Fondy 56 13.9
Rene Wilett 59 14.5
Howard MacMillan 67 14.9

Summer Track Festival
So. Orange, NJ; August 7

800Meter
M40-49
M43 Vincent Shaw 2:03
M49 Sallih Tacib 2:04.5

1 Mile Run

M54 Hugh Sweeney 5:00.9
M50 Richard Hamer 5:01.2
M41 John Adams 5:15.1

SOUTHEAST

Virginia State Games
Newport News; June 11

100m
M30 Joe McGlone 12.52
M40 Keith Witherspoon 11.91
M50+Roy Chernock 14.00

Tennessee Sportsfest
Chattanooga; June 24

100m
M30 Ron Boyce 10.8
Herb Collins 11.8
M35 Ervin Smith 10.9

Empire State Games
Syracuse, NY; June 15

100m
M30 Paul Boccard 12.3
Andy Branch 60 12.8

Continued from previous page

Table of athletic results including Shot Put, Discus, and 100m events with names and times.

Potomac Valley TC Meet Alexandria, VA; June 26

Table of athletic results for Potomac Valley TC Meet, including 100m, 400m, 800m, and Mile events.

Table of athletic results for Howard Cohen 58, Palmer Sweet 50, Clarence Larson 84, and other events.

Southeastern Classic Greenville, SC; July 2

Table of athletic results for Southeastern Classic, including 100m, 400m, 800m, and Mile events.

Table of athletic results for 400m, 800m, 1500m, 3000m, and 5000m events.

Table of athletic results for 1500m Racewalk, 56# Weight, 16# Weight, and 56# Weight events.

MIDWEST

Dayton Classic Dayton, OH; July 16

Table of athletic results for Dayton Classic, including 100m, 400m, 800m, and Mile events.

Midwest Masters Meet Huntington, WV; July 30

Table of athletic results for Midwest Masters Meet, including 100m, 400m, 800m, and Mile events.

Table of athletic results for M90 Everett Hosack, W30 Tracy Sheffield, Pole Vault, and other events.

Continued on next page

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Table of race results for 100m, 200m, 400m, 800m, 1500m, 5000m Racewalk, and 100m H. Includes names like Ron Chase, Gene Miller, and James Trautman.

USATF Midwest Regional Masters T&F Championships Lisle, IL; July 30

Table of race results for 100m, 200m, 400m, 800m, 1500m, 5000m Racewalk, and 100m H. Includes names like Ted Palacios, Jim Birgans, and Artego Jaunes.

Table of race results for 100m H, 400m H, 1000m H, 4x100 Relay, Long Jump, H29-under, Triple Jump, High Jump, Pole Vault, Shot Put, Discus, and 5000m Racewalk. Includes names like Bruce Mills, Mel Buschman, and Clarence Trinkner.

Table of race results for Javelin, 1500m, 5000m Racewalk, and 10000m Racewalk. Includes names like Kevin Wood, John Valiska, and William Ziegler.

Table of race results for 1500m, 5000m Racewalk, and 10000m Racewalk. Includes names like Don Rounds, James Schirder, and William Ziegler.

Table of race results for 1500m, 5000m Racewalk, and 10000m Racewalk. Includes names like Are Sandoval, Donald Robertsson, and Ricardo Tenorio.

Table of race results for 1500m, 5000m Racewalk, and 10000m Racewalk. Includes names like Roderick P. Hood, Fred Biederman, and Jim Peterson.

MID AMERICA Albuquerque/Bernalillo County Senior Olympics Albuquerque, NM; May 13-14

Table of race results for 50m, 100m, 200m, 400m, 800m, 1500m, 5000m Racewalk, and 10000m Racewalk. Includes names like Ronald Kirkpatrick, Frank Love, and William Gilmore.

Senior Regional Games Sioux Falls, SD; June 9-10

Table of race results for 50m, 100m, 200m, 400m, 800m, 1500m, 5000m Racewalk, and 10000m Racewalk. Includes names like Dale Weber, Virgil Wolthoff, and Lloyd Kempf.

USATF Mid America Regional Championships Blaine MN; July 24

Table of race results for 100 Meter Dash, 200 Meter Dash, 400 Meter Dash, and 800 Meter Run. Includes names like Nathaniel Williams, John Allen, and Steve Winkel.

Minnesota Senior Olympics Duluth, MN; July 14

Table of race results for 100, 200, 400, 800, 1500, 5000, and 10000. Includes names like Bess Marmas, Jeannine Abbott, and Aireal Sandman.

Continued on next page

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M40	David Miller	2:07.72
	Ben Zhao	2:08.68
	Tim Zbikowski	2:19.16
	John Paul Roy	2:20.76
M55	Bill Joslyn	2:54.94
M60	Gary DeFrance	2:31.54
M70	John Burton	3:17.09
M75	Emil Balz	3:26.16

1500 Meter Run		
M35	Peter Rattigan	4:18.18
	John Anderson	4:35.10
M40	John Paul Roy	4:47.54
M45	Daniel Labelle	6:44.60
M50	Art Maillet	5:18.74
M55	Dan Conway	4:44.03
W35	Christy Amaris	6:00.39

5000 Meter Run		
M35	Stephen Ostwinkle	18:11.7
M40	Jim Breitenbucher	17:01.1
M50	Severin Blenkush	20:52.0
M55	Dan Conway	17:11.3
M70	John Burton	22:35.3

High Hurdles		
M35	Cole Nelson	16.56
	Samuel Harris	19.39
M40	Doug Holmberg	21.06
M55	George Labelle	19.19
	Jim Peterson	20.53
M70	Bob Warwick	19.06

Long Hurdles		
M35	Cole Nelson	59.82
M40	Doug Holmberg	1:12.58
M45	Ray Burrus	1:02.67
M50	Larry Gardner	1:15.44

4X100 Meter Relay		
M30	Mix Mash (John Allen, Cole Nelson, Paul Herda, Donald Tarasewicz)	46.92
M40	Ruters Runners (James Ruter, Doug Holmberg, John Paul Roy, Larry Gardner)	53.48
M50	Ruters Runners (Michael Merriman, George Labelle, Leroy Martin, Randy Cleven)	53.37

4X400 Meter Relay		
M30	Team C (Steve Winkel, John Allen, Paul Herda, Cole Nelson)	3:51.1
M40	Team B (James Ruter, Doug Holmberg, John Paul Roy, Paul Montgomery)	4:31.03

4X800 Meter Relay		
W40	Prairie Striders (Diane Stoncking 2:39.7, Gloria Jansen 2:40.9, Ann Day 2:45.0, Lynae Larson 2:21.2)	10:26.66

5000 Meter Racewalk		
M35	Dave Owens	27:24.1
	Donald Peterson	33:30.80
	Steve Kobs	37:26.79
M45	Mike Wiggins	24:01.42
	D Koskenmaki	28:31.77
M50	Dewayne Walker	27:23.6
	Bernie Finch	28:45.29
	Tom Hinds	29:12.19
M70	Paul Geyer	34:09.03
W35	Kathy Finch	29:39.65
W45	Julie Bodzislav	35:23.27

High Jump		
M30	John Allen	5-2
	Charles Pope	5-0
M35	Steve Kobs	4-6
	Kerry Baubie	NH
M40	Patrick Boulay	5-2
M45	Daniel Labelle	4-10
M50	Larry Gardner	4-8
	Michael Merriman	4-2
M55	Bob Bergfeldt	4-8
M65	Edward Failor	3-10
M70	Bob Warwick	3-10

Pole Vault		
M30	Paul Herda	14-0
	Michael Beck	NH
M35	Kevin Hanson	NH
M40	Jeff Kingstad	NH
M50	Jim Noonan	9-0
M55	Joseph Griffin	9-0
	Jim Peterson	8-6
M70	Bob Warwick	NH

Long Jump		
M30	John Allen	19-1
	Charles Pope	17-11
M35	Steve Winkel	18-3
	Samuel Harris	18-2 1/2
	Kerry Baubie	18-2 1/2
M40	Doug Holmberg	16-4 1/2
	James Ruter	16-0
M45	Craig Norseth	14-6
M50	Michael Merriman	15-8 1/2
M55	Bob Bergfeldt	15-10 1/2
	Jim Peterson	14-9 1/2
	James Wagner	14-5
	Bill Joslyn	13-3 1/2
M65	Edward Failor	12-7 1/2
M70	Bob Warwick	10-9
W40	Deb Vestal	8-7 1/4

Triple Jump		
M30	John Allen	37-2
M35	Samuel Harris	39-9 1/2
M40	James Ruter	27-8 3/4
M50	Michael Merriman	31-6 1/2
	Larry Gardner	30-8 1/4
M55	Jim Peterson	29-4
	George Labelle	25-6 1/4
M65	Edward Failor	26-8 1/2
	Emmett Edwards	22-3
W40	Deb Vestal	17-4 1/2

Shot Put		
M30	Chris Van Sadars	33-11

M40	Terry Bentele	36-9 1/4
	Doug Holmberg	30-9 1/2
	Timothy Fuehrer	29-2 1/4
	Patrick Boulay	28-7
M45	Jerry Senters	42-4 1/2
	Daniel Labelle	35-11 1/4
	Craig Norseth	30-5
M50	Dick Ashland	39-6 1/2
M55	John Haugo	39-1 1/2
	George Labelle	33-5 3/4
M60	Gene Lohman	34-5 1/4
M65	Emmett Edwards	36-0 3/4
	Charles Bisपालa	33-0 3/4

Discus Throw		
M30	John Allen	82-10
	Charles Pope	79-1
M35	Steve Winkel	98-3
M40	Terry Bentele	112-1
	Doug Holmberg	91-11
	Timothy Fuehrer	87-8
M45	Jerry Senters	123-6
M50	Dick Ashland	136-7
	Carl Mooney	129-0
	Michael Merriman	89-10
M55	John Haugo	110-4
	Jim Peterson	101-7
	Bob Bergfeldt	93-1
M60	Gene Lohman	98-7
M65	Emmett Edwards	115-0
	Edward Failor	104-6
	Charles Bisपालa	102-7
W40	Deb Vestal	50-0

Javelin Throw		
M30	Chris Van Sadars	169-1
	John Allen	145-11
	Charles Pope	139-4
M35	Joe Rodriguez	162-10
	Steve Winkel	144-6
	Steve Kobs	93-0
M40	Doug Holmberg	133-8
	Terry Bentele	103-0
M55	Bob Bergfeldt	106-7
	George Labelle	102-0
	Jim Peterson	92-3
M60	Gene Lohman	86-9
	Ray Eiland	86-0
M65	Edward Failor	101-5
	Emmett Edwards	94-2
	Charles Bisपालa	58-4
W40	Deb Vestal	33-6

Hammer Throw		
M40	Terry Bentele	110-6
	Timothy Fuehrer	69-0
M55	George Labelle	55-6
M65	Emmett Edwards	48-4

Shot Put		
M30	Tom Harrington	43-0
M35	Ken Ellis	38-9
M40	Ed Forester	36-4
M45	Ken Hogan	37-1
M50	Sheppard Miers	41-1
M55	Brad Brauser	36-0
M60	A E Billigmeier	39-1
M65	Floyd Jack	40-10
M70	A T Richeson	38-2
M80	Brownlee Smith	19-3
W30	Lynne Cameron	23-5
W50	Kit Albritton	16-8
W55	Sue Tunncliff	23-7
W60	Jean Cobb	22-2
W65	Wanda Jack	18-3

Discus		
M30	T Harrington	137-6
M35	Ken Ellis	128-2
M40	Ed Forester	117-10
M45	Ken Hogan	119-0
M50	Sheppard Miers	141-8
M55	Brad Brauser	111-4
M60	Bill Boyce	115-8
M65	Ed Hooker	144-4
M70	William Carter	113-8
W30	Lynne Cameron	79-8
W40	Linda Hogan	59-8
W50	Kit Albritton	49-2
W55	Sue Tunncliff	66-4
W60	Jean Cobb	57-8
W65	Wanda Jack	43-8

SOUTHWEST

USATF Oklahoma Decathlon Championships		
Edmond; June 10-11		
M35	Ken Ellis	6281
M40	Jim Dolezel	3605
M55	Dale Lance	4439

Sooner State Games

U. of Oklahoma; June 25		
100m		
M35	Fred Mills	11.45
M40	Jim Dolezel	12.04
M45	Mike Steinmetz	12.08
M50	Tom Fisher	12.42
M55	Dale Lance	13.07
M60	Glen Stone	12.75
M70	William Carter	14.55
M80	Brownlee Smith	19.11
W30	Lynne Cameron	18.55
W60	Jean Cobb	17.88
W55	Sue Tunncliff	19.01

200m		
M30	James Farris	26.43
M35	Fred Mills	23.16
M40	J Dolezel	25.73
M45	M Steinmetz	26.14
M50	Tom Fisher	25.57
M55	Thornton Shelton	26.71
M60	Glen Stone	27.22
M70	W Carter	32.04
M80	B Smith	51.69
400m		
M30	James Farris	61.89
M35	Fred Mills	52.94
M40	L W Dennis	60.22
M45	Greg Owings	61.40
M50	Sam Pfennig	91.96
M55	Jim Kennedy	66.71
M60	Glen Stone	68.55

800m		
M30	Jerry Loveall	2:14.85
M35	Ron Love	2:11.52
M40	Steve Calonkey	2:29.22
M45	Greg Owings	2:15.81
M50	Sam Pfennig	3:40.15
M55	Jim McFadden	2:25.45
M55	Muriel Brown	2:33.57
1500m		
M35	Randy Prophet	5:04.13
M40	Steve Calonkey	5:33.25
M40	Linda Hogan	6:24.63
3000m		
M45	Greg Owings	10:47.72
M40	Linda Hogan	13:14.02
5000m		
M35	Kent Rader	16:57.31
M45	Greg Owings	18:30.13
M55	Roy Kelly	33:40.82
High Hurdles		
M35	Ken Ellis	15.28
M55	Dale Lance	15.32

High Jump		
M35	Ken Ellis	5-10
M40	Jim Dolezel	5-2
M45	Tim McGough	4-6
M50	Sam Pfennig	4-4
M55	Dale Lance	5-0
M60	Bill Boyce	4-4
M65	Floyd Jack	3-6

Pole Vault		
M35	Ken Ellis	15-6
M40	Jim Blevins	12-0
M50	Mike Wilhite	7-6
M55	Dale Lance	11-0
M60	Bill Boyce	7-6
M70	Robert Warwick	6-0
W55	Sue Tunncliff	4-8

Long Jump		
M35	Kirk Rushing	21-5
M40	Evans Brown	18-1
M45	Keith Culver	15-7
M50	Mike Wilhite	14-8
M55	Dale Lance	17-9
M60	Bill Boyce	12-6
M70	William Carter	13-4
M80	Brownlee Smith	5-11

Triple Jump		
M30	Roosevelt Kent Jr	49-0
M35	Allen Blaylock	41-7
M40	Jim Dolezel	32-11
M45	Ken Hogan	28-0
M50	Mike Wilhite	27-0
M55	Wayne Skartwed	27-1
M60	Bill Boyce	21-3
M70	Doc Bennett	20-9

4x100m Relay		
M35	Decathlon Midwest	49.38
Shot Put		
M30	Tom Harrington	43-0
M35	Ken Ellis	38-9
M40	Ed Forester	36-4
M45	Ken Hogan	37-1
M50	Sheppard Miers	41-1
M55	Brad Brauser	36-0
M60	A E Billigmeier	39-1
M65	Floyd Jack	40-10
M70	A T Richeson	38-2
M80	Brownlee Smith	19-3
W30	Lynne Cameron	23-5
W50	Kit Albritton	16-8
W55	Sue Tunncliff	23-7
W60	Jean Cobb	22-2
W65	Wanda Jack	18-3

Discus		
M30	T Harrington	137-6
M35	Ken Ellis	128-2
M40	Ed Forester	117-10
M45	Ken Hogan	119-0
M50	Sheppard Miers	141-8
M55	Brad Brauser	111-4
M60	Bill Boyce	115-8
M65	Ed Hooker	144-4
M70	William Carter	113-8
W30	Lynne Cameron	79-8
W40	Linda Hogan	59-8
W50	Kit Albritton	49-2
W55	Sue Tunncliff	66-4
W60	Jean Cobb	57-8
W65	Wanda Jack	43-8

USATF Southwest Regional Championships

San Antonio, TX; July 23		
100m		
M30	Don Hardy	10.81
	David Smith	11.09
	Henry Landry	11.34
M35	Fred Porter	10.65
	Charles Edwards	11.11
	Jay Mathis	11.23
M40	Tom Thompson	11.23
	Willard Thompson	11.78
	Floyd Spiller	12.82
M45	Danny Thiel	11.77
	Ed Jones	11.82
	John Harfield	11.97
M50	Courtland Gray	11.93
	Hans Gordon	12.40
	John Morris	12.77
M55	Tomas Ramirez	12.42
	John Head	13.96
	Cliff Davis	14.41
M65	Andy Anderson	13.04
	Bill Bowers	13.5
M70	Bob Wingo	15.86
M80	Bill Domingues	17.78
W30	Rosemary Dupree	13.6
W40	Sue Thompson	17.04
W45	Carolyn McCormick	15.95

200m		
M30	Henry Landry	23.5
	Mark Ardizzone	24.6
M35	Anthony Goodwin	22.27
	Fred Porter	22.28
	Tony Wells	22.35
M40	Tom Thompson	23.27
	Walon Curry	24.6
	Willard Thompson	25.0
M45	Danny Thiel	24.42
	Ed Jones	24.57
	Clint Harris	26.76
M50	Courtland Gray	25.41
	John Morris	27.16
	Paul Young	28.08
M55	Jim Mathis	25.08
	Charley Miller	25.47
	Mike Boudreaux	26.16
M65	Andy Anderson	28.1

400m		
M30	Dirk Baumel	2:05.1
M35	Bill Hrnair	1:59.5
	Julio Reyes	2:04.3
	John Lopatzie	2:19.4
M40	Rick Easley	2:02.5
	Mike McCracken</	

Continued from previous page

Table of athletic results including 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 20000m, 50000m, 100000m, 200000m, 500000m, 1000000m, and various relays and hurdles.

Table of athletic results including Short Hurdles, Long Hurdles, 4x100 Relay, High Jump, Pole Vault, Triple Jump, Shot Put, Javelin, Discus, 3000m RW, and USATF Pacific Association Championships.

Table of athletic results including 25# Weight, 50# Weight, 75# Weight, 100# Weight, 125# Weight, 150# Weight, 175# Weight, 200# Weight, and various relays and hurdles.

Table of athletic results including Washington State Summer Games, Pullman, WA; July 16, and Big Sky State Games, Billings, MT; July 17.

Table of athletic results including 200m, 400m, 800m, 1500m, 5000m, 10000m, 20000m, 50000m, 100000m, 200000m, 500000m, and 1000000m.

Table of athletic results including 200m, 400m, 800m, 1500m, 5000m, 10000m, 20000m, 50000m, 100000m, 200000m, 500000m, and 1000000m.

NORTHWEST

Helena Meet

Helena, MT; July 9

Table of athletic results for Helena Meet, Helena, MT; July 9, including 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 20000m, 50000m, 100000m, 200000m, 500000m, and 1000000m.

USATF Pacific Association

Weight Pentathlon

Santa Cruz, CA; July 23

Table of athletic results for USATF Pacific Association Weight Pentathlon, Santa Cruz, CA; July 23.

KELfield Throws Series #30

Santa Cruz, CA; July 30

Table of athletic results for KELfield Throws Series #30, Santa Cruz, CA; July 30.

USATF Northwest Regional

Masters Championships

Tacoma, WA; July 23-24

Table of athletic results for USATF Northwest Regional Masters Championships, Tacoma, WA; July 23-24.

Continued on next page

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Table of athletic results for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 40000m, 50000m, 100000m, and High Jump.

Table of athletic results for Triple Jump, Shot Put, Discus, Hammer, Pole Vault, and Long Jump events.

Table of athletic results for 5000m Racewalk, 10000m Racewalk, and 20000m Racewalk events.

16th Montana Masters Meet Bozeman; July 29-30

Table of athletic results for the 16th Montana Masters Meet, including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 40000m, 50000m, and 100000m.

Table of athletic results for Wyoming Senior Olympics in Laramie, July 30, including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 40000m, 50000m, and 100000m.

Table of athletic results for Canada, including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 40000m, 50000m, and 100000m.

CANADA

Table of athletic results for British Columbia Championships in Abbotsford, July 16-17, including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 40000m, 50000m, and 100000m.

INTERNATIONAL

Table of athletic results for Dutch National Championships in Amsterdam, June 25-26, including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 40000m, 50000m, and 100000m.

Table of athletic results for various international events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 40000m, 50000m, and 100000m.

Continued from previous page

Table listing various events such as 55 Jan Pronk 44.00, 60 Jan Seit 42.24, 65 Nico Storre 40.86, etc.

British Veterans National T&F Championships Bedford, England; July 16-17

Table listing 100m, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100 events and their winners.

Table listing W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85, W90, W95, W100 events and their winners.

Table listing M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100 events and their winners.

Table listing 400m Hurdles, 300m Hurdles, 500m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 800m Hurdles, 1000m Hurdles, 1100m Hurdles, 1200m, 1500m, 1800m, 2000m, 2500m, 3000m, 3500m, 4000m, 4500m, 5000m, 5500m, 6000m, 7000m, 8000m, 9000m, 10000m, 11000m, 12000m, 13000m, 14000m, 15000m, 16000m, 17000m, 18000m, 19000m, 20000m events and their winners.

Table listing Triple Jump, Shot, Discus, Pole Vault, 3km Track Walk events and their winners.

Table listing M65, M70, M75, M80, M85, M90, M95, M100 events and their winners.

Continued from previous page

W65 1. Mary Worth BR 17.55.18
5,000m Track Walk
M40 1. Graham Elliot 24.46.75
M45 1. Robert Carr BR 22.12.66
M50 1. Alan Smallwood 25.44.84
M55 1. Brian Gore BR 24.10.83
M60 1. Doug Fotheringham 26.54.98

M65 1. Dennis Wilthers 29.48.10
M70 1. Len Creo 29.46.05
M75 1. Philip Malins 34.15.18
M80 1. Philip Malins 34.15.18
M85 1. Cath Reader 26.50.98
M90 1. Ann Lewis CR 27.44.29
M95 1. Jill York 33.48.74

W35 K StockerLaquidari 20:22
W40 Barbara Blaszk 19:03
W45 Diane Ward 26:17
W50 Y TaskerRothenberg 23:14
W55 Nicki Bisson 30:40
NYRR Brooklyn Greenway 10K NYC; July 10
Overall Mark Lindrud 26 31:24

M75 Charles Feldman 78 30:59
George Jaffe 79 32:55
W40 Mary Rosado 20:39
Diane Hawkins 21:38
Janet Piez 21:49
W45 Susan Hale 22:38

W50 Laurie Baker 22:40
W55 Helene Bedrock 21:28
W60 Thelma Wilson 24:23
W65 Daisy Klein 31:13
W70 Jozi Neulinger 34:30
W75 Althea Jureidini 37:57
USATF-New England 10 Mile Yankee Homecoming Road Race

20K M40 Gregg Silzer 1:15:18
L Schweninger 1:18:16
Mark Oakley 1:20:00
M45 Tomas Soliday 1:13:22
Frank Shorter 1:15:57

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. To keep information current, we generally do not publish results more than 3 months old.

EAST

USATF New England 5K Manchester, NH; May 7

OVERALL Scott Cody 23 14:27
Lisa Senatore 30 16:08
M40 Geoff Daniels 15:43
Cliff Matthews 15:49
Dave Reinhart 15:57

M70 Santee Tallia 21:55
Dudley Healy 80 25:57
W40 Betty McCulloch 20:17
Paula DicksnTaylor 20:23

Sunset Classic 5 Mile Bloomfield, NJ; June 30

M40 John Serrao 26:04
David Dunne 27:00
M50 Julio Lugo 31:07
Dom Cardace 32:10

Firecracker Four Miler Cranford, NJ; July 4

M40 Sheldon Karlin 22:51
M45 Roger Price 22:09
M50 Pat Cosgrove 23:00
Sid Howard 23:14

July 4 Races Cazenovia, NY

--10 Mile-- Overall Christopher Ankin 34 55:55
Marian Teitsch 31 63:18
M35 Don Hughes 58:41

Westfield 5K Road Race Westfield, MA; May 15

Mark Johnson 21 16:28
Sally Perkins 31 17:27
M40 Geoff Smith 16:37

President's Cup 5K Millburn, NJ; June 20

Age-Adjusted Top Five Men Roger Price 45 14:59
Pat Cosgrove 53 15:14
Kelly Jensen 40 15:25

M40 Samy Sanchez 33:37
Carlo Russo 38:05
Jeff Shapiro 38:19
M45 Julio Aguirre 37:33
Ed Gerrity 39:38

Utica Boilermaker 15K Utica, NY; July 10

Overall Benson Masya 24 42:57
Delilah Asiago 22 50:24
Top M40-49 Martin Mondragon 40 45:28

NYRR Roosevelt Island Summer 5K Roosevelt Island, NYC; July 17

Overall Mark Lindrud 26 15:28
Josephine Piccinic 25 17:51
M40 Mike Dougherty 17:59

Club Team 8K Championships Central Park, NYC; July 24

Masters Men 1 Taconic RR 2:26:17
(Nicholas Caswell/Scott Mosenthal/Joseph Porcaro/Scott Abercrombie/Kenneth Filmanski)

Not the Club Team Championships Central Park, NYC; July 24

Overall Mark Lindrud 26 25:10
Suzana Ciric 25 28:54
M40 Oze Hernandez 30:32

USATF-New England 10 Mile Yankee Homecoming Road Race Newburyport, MA; August 2

Overall: Simon Kirori KEN 48:01CR
Carol Rouillard CAN 55:36
M40 John Barbour 52:20

Mayor's Trophy Race 3 Mile Oak Park, MI; July 4

Overall David Watkins 16:48
Michelle Kendall 18:35
M40 Marvin Henderson 20:32

Chicago Distance Classic Classic 5K/20K Chicago, IL; July 24

5K M40 Jerry Marcec 18:05
Thomas Gregg 18:23
Joseph Peterson 18:44

K-Rock Reservoir Run Central Park, NYC; July 31

M40 Sean Doyle 15:45
M45 Michael Wilson 17:32
M50 Samuel Skinner 17:30

MID AMERICA

Journey For Sight 8K Topeka, KS; June 11

Overall Kevin Fries 36 29:33
Marla Rutter 38 31:16
M40 Gary Pratt 31:05

MIDWEST

Free State 8K Lawrence, KS; June 25

Overall David Johnston 26:29
Heather Sterbenz 32:49
Masters Overall Steve Riley 28:05

Chicago Distance Classic Classic 5K/20K Chicago, IL; July 24

5K M40 Jerry Marcec 18:05
Thomas Gregg 18:23
Joseph Peterson 18:44

Kansas Sunflower State Games Lawrence, KS; July 30

Governor's Cup 5K Overall Chris Ronan 16:09
Carrie Cook 20:53
M30 Randy Smith 19:51

Governor's Cup 10K Overall Mark Friesen 35:30
Eric Larson 38:08

M30 David Bateman 36:26
M35 Dave Sanders 36:36
M40 J.R. Flores 39:44

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SOUTHWEST

Amarillo Races

Amarillo, TX; May 29

Table with columns for race name and time. Races include 10K, 5K, and 10M. Participants like Gary Marable, Randy Dyson, and Eugene Muslar are listed with their respective times.

Bonnabel Two Mile

Metairie, LA; July 8

Table with columns for race name and time. Races include Overall, Women's Race, Men's Open Race, Men's Masters Race, and Racewalkers Overall. Participants like Desmond O'Connor, Denise Billiot, and Tyrus Deminter are listed.

WEST

Long Beach 5000

Long Beach, CA; June 5

Table with columns for race name and time. Races include Overall, Women's Race, Men's Open Race, Men's Masters Race, and Racewalkers Overall. Participants like Tyrus Deminter, Tammy Sargeant, and Gary Shapero are listed.

Gardena 5000

Gardena, CA; June 19

Table with columns for race name and time. Races include Overall, 10K, 5K, and 10M. Participants like Jesus Gutierrez, Magdalena Thorsell, and Eugene Muslar are listed.

Summer Solstice 5-Mile Run

Long Beach, CA; June 20

Table with columns for race name and time. Races include Overall, Women's Race, Men's Open Race, Men's Masters Race, and Racewalkers Overall. Participants like Tyrus Deminter, Tammy Sargeant, and Gary Shapero are listed.

Independence Day Runs

LaPalma, CA; July 4

Table with columns for race name and time. Races include Overall 5K, Women's Race, Men's Open Race, Men's Masters Race, and Racewalkers Overall. Participants like Tom Curtin, Rosalinda Garcia, and Gary Shapero are listed.

Table with columns for race name and time. Races include 5K, 10K, 5K, and 10M. Participants like Ginger Franks, Lesley Gedde, and Teresa Ross are listed.

Table with columns for race name and time. Races include Overall 10K, 5K, and 10M. Participants like Adrian Davis, Annette Barnett, and Jeff Monroe are listed.

Pier Run 5K

Huntington Beach CA; July 17

Table with columns for race name and time. Races include Overall, 5K, 10K, and 10M. Participants like Danny Gonzalez, Katy Eklof, and David Learn are listed.

13th Annual Cypress 5K/10K Runs

Cypress, CA; July 23

Table with columns for race name and time. Races include Overall, 5K, 10K, and 10M. Participants like Rob Jensen, Anet Cooper, and Gary Shapero are listed.

Table with columns for race name and time. Races include 5K, 10K, 5K, and 10M. Participants like Daniel Kelly, Donald Ocano, and Joseph Rizza are listed.

Table with columns for race name and time. Races include 5K, 10K, 5K, and 10M. Participants like Jim O'Neil, Bob Koch, and Lane Blank are listed.

San Francisco Marathon

July 31

Table with columns for race name and time. Races include Overall, 5K, 10K, and 10M. Participants like Patrick Muturi, Karolina Szabo, and Salvador Arellano are listed.

Table with columns for race name and time. Races include 5K, 10K, 5K, and 10M. Participants like I. Sensburg, O. Van Noten, and P. Hambrick are listed.

Table with columns for race name and time. Races include 5K, 10K, 5K, and 10M. Participants like J. Sheridan, Earl Owens, and P. Murphy are listed.

M45 I. Sensburg, GER

Table with columns for race name and time. Races include 5K, 10K, 5K, and 10M. Participants like M. Stenbakk, Kathy Brown, and Maury Dean are listed.

Table with columns for race name and time. Races include 5K, 10K, 5K, and 10M. Participants like J.Frederick, J. Clarke, and P. Stuchlik are listed.

Table with columns for race name and time. Races include 5K, 10K, 5K, and 10M. Participants like M. Stenbakk, Kathy Brown, and Maury Dean are listed.

M45 I. Sensburg, GER

Table with columns for race name and time. Races include 5K, 10K, 5K, and 10M. Participants like M. Stenbakk, Kathy Brown, and Maury Dean are listed.

NORTHWEST

Arctic Valley Runs

Anchorage, AK; June 11

Table with columns for race name and time. Races include 5K, 10K, 5K, and 10M. Participants like Crazy Billy, Bob Davis, and Maury Dean are listed.

INTERNATIONAL

WAVA World Veterans Road Race Championships

Toronto; July 30-31

Table with columns for race name and time. Races include 5K, 10K, 5K, and 10M. Participants like Nigel Gates, Bryan Stride, and Nigel Bailey are listed.

M45 I. Sensburg, GER

Table with columns for race name and time. Races include 5K, 10K, 5K, and 10M. Participants like M. Stenbakk, Kathy Brown, and Maury Dean are listed.

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INTERNATIONAL

WAVA World Veterans Road Race Championships

Toronto; July 30-31

Table with columns for race name and time. Races include 5K, 10K, 5K, and 10M. Participants like Nigel Gates, Bryan Stride, and Nigel Bailey are listed.

Continued on next page

Continued from previous page

M60 MSciarretta,ITA 1:54:36
Fotheringham,GBR1:59:33
H. Wada,JPN 2:03:19
Summerhayes,CAN2:04:43
T. White,USA 2:05:39
M65 R. Mimm,USA 2:04:38
Genzlinger,USA 2:07:51
D. Withers,GBR 2:09:42
Brancaccio,CAN 2:16:22
Austermuehle,GER2:17:32
M70 C. Bomba, ITA 2:14:04
M. Lees,USA 2:28:54
M75 B Tallmadge,USA 2:24:41
Max Gould,CAN 2:27:39
M80 J. Luther,GER 3:08:05
W35 C.Reader,GBR 1:54:53
G.Granados,ESP 1:59:11
S.Burnett,CAN 2:12:21
K. Finch,USA 2:16:48

W40 Nityagovskaya,RUS1:47:38
S. Kerr,USA 1:52:07
A. Irving,GBR 2:05:23
S. Watts,CAN 2:05:30
ELawrence,USA 2:07:03
W45 M. White,USA 2:09:35
K. Frable,USA 2:14:35
O.Figueroa,USA 2:19:05
H. Berry,CAN 2:24:53
W50 V. Stowe,USA 2:09:54
Hoerneck,ESP 2:11:17
W55-B. LaVeck,USA 2:05:25
B. Grady,USA 2:16:17
N.Whitney,USA 2:18:17
H. Nyman,GBR 2:21:53
D. Rogers,USA 2:23:18
W60 JM Provost,CAN 2:05:58
S. Kanwar,IND 2:53:29
W65 P. Nesley,USA 2:26:05
J. Beers,USA 2:36:55
J. Presser,USA 2:39:46

M60 1. CAN 36:12 40:09 41:59 = 1:58:20
Ed WHITLOCK, Ian SIM, Richard GRAVES
2. GBR 43:33 44:14 45:33 = 2:13:20
William ROBERTSON, Alan BYERS, Arthur WALSHAM
M65 1. GBR 37:37 44:48 52:18 = 2:14:43
William MARSHALL, Kenneth CROOKE, John HARRIS
2. CAN 47:39 48:42 52:23 = 2:28:44
Andrew TAYLOR, Gordon GILMOUR, Clifford HALL
M70 1. USA 42:57 46:02 48:20 = 2:17:19
Lou LODOVICO, John BURTON, Edward BUCKLEY
2. JPN 40:55 48:32 54:58 = 2:24:25
Yoshizo NISHIMURA, Tsutae IZUISHI, Isaku KOZAI
M75 1. USA 51:41 52:42 1:12:16 = 2:56:39
Nathaniel WHITE, Dudley HEALEY, Denman STANFIELD
W35 1. GBR 1:54:53 2:05:23 2:21:53 = 6:22:09
Cath READER, Anne IRVING, Hilda NYMAN
2. USA 1:52:07 2:14:35 2:16:48 = 6:23:30
Sally RICHARDS-KERR, Kathy FRABLE, Kathy FINCH
3. CAN 2:05:30 2:12:21 2:28:56 = 6:46:47
Sherry WATTS, Susan BURNETT, Kerry WEAVER
W45 1. CAN 2:05:58 2:09:35 2:24:53 = 6:40:26
June-Marie PROVOST, Marilyn CHUTE, Heather BERRY
W55 1. USA 2:05:25 2:16:17 2:18:17 = 6:39:59
Bev LA VECK, Beth YOUNG-GRADY, Nancy WHITNEY
W65 1. USA 2:26:05 2:36:55 2:39:46 = 7:42:46
Patricia NESLEY, Joann BEERS, Jo PRESSER

2. GBR 1:59:33 2:09:42 2:21:53 = 6:31:08
Douglas FOTHERINGHAM, Denis WITHERS, Harvey JAQUEST
3. CAN 2:04:43 2:16:22 2:27:39 = 6:48:44
Stuart SUMMERHAYES, Salvatore BRANCACCIO, Max GOULD
M65 1. USA 2:07:51 2:24:41 2:51:28 = 7:24:00
Vance GENZLINGER, Bill TALLMADGE, John SHADEN
W35 1. CAN 37:21 42:06 48:38 = 2:08:05
Joyce SWITZER, Sandra MCWATTERS, Maria GAL
W40 1. CAN 37:30 39:01 44:03 = 2:00:34
Maureen De St.CROIX, Laura LYNN, Kate PETRENY
2. TCE 37:01 44:30 47:58 = 2:09:29
Jarmila URBANOVA, Dana ELLINGEROVA, Marcela MIKESOVA
W45 1. USA 40:51 42:17 43:30 = 2:06:38
Kathy BROWN, Kathleen GINA, Vickie PUTNAM
2. CAN 40:52 42:18 50:44 = 2:13:54
M.C. GILLINGHAM, Nancy WELLS, Georgie GILLIS
3. JPN 41:01 50:22 1:04:10 = 2:35:33
Tomoko KAMAMOTO, Hiroko KARUBE, Kazuyo INOUE
W50 1. GER 42:49 44:03 47:17 = 2:14:09
Barbel BERGHAUS, Helene SCHNITZELS, Magdalene REISEPATT
2. RUS 43:57 45:03 53:37 = 2:22:37
Klava BABUCHKINA, Lidia LAPSHINA, Valentina BYKOVA
3. CAN 44:07 51:16 51:34 = 2:26:57
Ilse HARDINGE, Margaret ROLFE, Judy WILLMOTT
4. GBR 48:18 49:50 50:34 = 2:28:42
Margaret ROBERTSON, Bridget CUSHEN, Yvonne MILES
W60 1. GBR 43:04 47:12 54:17 = 2:24:33
Myfanwy LOUDON, Eileen QUINTON, Betty NORRISH
2. CAN 47:23 56:16 56:40 = 2:40:19
Jean HORNE, Patricia NEEDHAM, Dorly BRECHBUEHL
W55 1. GBR 43:14 48:13 57:37 = 2:29:04
Mollie SMITH, Joselyn ROSS, Hester WICKS
2. CAN 48:56 56:27 1:17:05 = 3:02:28
Wendi HANGER, Margaret SHELVEY, Valerie WESTON

TEAM RESULTS BY 10K AGE CLASS:

Table with columns: COUNTRY, TIMES AND COMPETITOR NAMES IN ORDER OF FINISH. Lists results for M40, M45, M50, M55 age classes across various countries.

TEAM RESULTS BY 20K AGE CLASS: F45

1. CAN 2:05:58 2:09:35 2:24:53 = 6:40:26
June-Marie PROVOST, Marilyn CHUTE, Heather BERRY

TEAM RESULTS BY 20K AGE CLASS: F55

1. USA 2:05:25 2:16:17 2:18:17 = 6:39:59
Bev LA VECK, Beth YOUNG-GRADY, Nancy WHITNEY

TEAM RESULTS BY 20K AGE CLASS: F65

1. USA 2:26:05 2:36:55 2:39:46 = 7:42:46
Patricia NESLEY, Joann BEERS, Jo PRESSER

TEAM RESULTS 20K RACEWALK

1. RUS 1:39:54 1:39:54 1:45:30 = 5:05:18
Nariman AITMURATOV, Alexander OLEINIK, Vyacheslav TROSHKIN
2. USA 2:12:04 2:13:22 2:19:55 = 6:45:21
Ross BARRANCO, Bernie FINCH, Jay DASH

M45 1. USA 1:45:54 1:58:39 2:12:16 = 5:56:49
Robert KEATING, Norman FRABLE, Charles MANSBACH

M50 1. USA 1:36:33 1:46:42 1:50:59 = 5:14:14
Donald DENOON, James CARMINES, Alan YAP

2. GBR 1:46:33 1:52:14 2:02:33 = 5:41:20
Edmund SHILLABEER, Brian GORE, Glyn JONES

3. ITA 1:51:36 2:14:04 2:21:26 = 6:27:06
Piergiorgio ANDREOTTI, Carlo BOMBA, Angelo ARENA

M55 1. ITA 1:46:13 1:54:36 2:03:11 = 5:44:00
Romolo PELLICCIA, Mario SCIARRETTA, Mario POLLANZ

2. USA 1:58:14 2:04:54 2:06:31 = 6:09:39
Paul JOHNSON, Gerald BOCCI, Ron LAIRD

M60 1. USA 2:04:38 2:05:39 2:18:41 = 6:28:58
Robert MIMM, Tom WHITE, Joe ROGERS

British Veteran Athletic Federation 10 Mile Championships Oswestry; July 31
M40 Michael Hager 51:31
Ian Evans 52:16
Andy Catton 53:33
John Wheway 53:58
Bill Sixsmith 54:20
M45 Mike Meary 52:20
John Fidler 54:31
Stan Curran 55:05
Keith Atkins 57:06
M50 Steve Birkin 55:52
Ron Elliott 56:21
John Davies 56:44
M55 Patrick Dodds 59:07
Fred Bibbs 60:30
Jonathan Kersting 62:53

Table with columns: Name, Time. Lists names and times for various age groups including M60, M65, W35, W40, W45, W50, W55.

Continued from page 32

Pentathlon

Table with columns: Name, Country, LJ, JT, 2, DT, 15, Total. Lists pentathlon results for M30, M35, M40, M45, M50 age groups.

27th Annual USA National Championships

Table with columns: Name, Country, LJ, JT, 2, DT, 15, Total. Lists results for various events (M55, M60, M65, M70, M75, M80, W30, W35, W40, W50, W65) across different age groups.





NATIONAL MASTER 10K CROSS COUNTRY CHAMPIONSHIPS
and Canadian-American Masters Dual Meet



The Original Casual Clothing & Footwear Superstore™

Sunday, October 16th ... 10:00am
Finger Lakes Community College ... Canandaigua, NY

Hosted by: Rochester's Cats Athletic Club
Sponsored by: Bob's Stores
Race Director: Peter Glavin (716) 242-9031

Cats
athletic club

****Competition in 5-year age groups & \$2,500 in team prize money****

ELIGIBILITY... the competition is open to all runners, age 40 and over on race day, who are currently members of USATF. You must have a current USATF number to participate. USATF registration is available by contacting your local USATF office or you can obtain a USATF card from the USATF representative at registration for \$12.00

AGE GROUPS... Men and Women: 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70 - 74, 75 - 79, 80 - 84, 85 - 89, 90 - 94, 95 & over. Age on race day determines division; race director may require proof of age.

AWARDS... USATF medals to top three in each age group. The winner of each age group will receive a USATF Championship patch. The top five men and women finishers, based on age-graded tables, will also receive awards.

TEAM PRIZE MONEY... \$2,500 in prize money will be available to the top Men's and Women's teams in each 10-year age group as follows:

	1st	2nd	3rd
M40 - 49	\$400	\$200	\$100
W40 - 49	\$400	\$200	\$100
M50 - 59	\$300	\$200	
W50/over	\$200		
M60 - 69	\$200		
M 70/over	\$200		

OTHER TEAM AWARDS... Medals will be awarded to the scoring members of the 1st, 2nd, and 3rd place finishers in each team division. USATF Championship patches will be awarded to the scoring members of the winning teams in each division.

TEAM ENTRIES... Only association clubs are eligible to compete for team titles. Athletes must indicate exact team name on individual entry form. Team age divisions are: 40 - 49, 50 - 59, 60 - 69 and 70 & over for the Men; 40 - 49 and 50 & over for the Women. A maximum of 8 declared entries per team. Scoring is by aggregate time of top team finishers. Men 40 - 49 and 50 - 59 score 5 runners, 60 - 69 and 70 & over score 3 runners. All women's teams score 3 runners.

MEET HEADQUARTERS... The Canandaigua "Inn on the Lake," 777 South Main Street, just 2.5 miles from FLCC. Call 1-800-228-2801 for reservations and directions. (You must mention the National Masters Cross Country Championship to receive the special rate of \$50.00/single, \$60.00/double plus 7% tax.) NOTE: call by September 15 to insure reservations. It will be peak foliage season in the Finger Lakes Region and hotel/motel rooms will be at a premium.

ENTRIES... will be accepted by mail until Monday, October 10. Post-Registration will be accepted at Meet Headquarters from 3: - 10:00pm on 10/15. There will be no race day registration!

CONFIRMATION OF ENTRIES... all pre-registrants who send in a self-addressed stamped envelope with their entry will receive a confirmation of their entry plus details on the Post-Race Party.

ENTRY FEE... \$15.00. All pre-registrants will receive a Championship Race t-shirt.

SCHEDULE OF EVENTS:

Saturday, Oct. 15 ... 3:00 - 10:00pm: Late registration and Race Expo at Canandaigua Inn on the Lake.

Sunday, Oct. 16 ... 8:00 - 9:00am: Late registration (FLCC gym)

... 10:00am: Can-Am Challenge/ USATF National Master 10K X-C Race

... 11:30am: Open 5K race (Upstate NY X-C Series)

... 12:00pm: Awards Ceremony (FLCC gym)

... 1:00 - 4:00pm: Post race party TBA

PARTICIPATING SPONSORS:

Bob's Stores
Canandaigua Elks Club
USATF/Niagara District
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Upstate New York Cross-Country Series
Cats Athletic Club
Canandaigua National Bank
TCBY
National Sporting Goods
Greater Rochester Track Club
F-F Thompson Health Services
Genesee Brewery
Power Bar
Finger Lakes Runners Club

ENTRY FORM

Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____
Phone #: (____) _____ Age on Race Day: _____ Birth date: ____/____/____
Sex: _____ 1994 USATF # _____
Exact Name of Team: _____

****Entry fee's are neither refundable or transferrable.****

I know that running in a USATF activity is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running USATF activities including, but not limited to, falls, contacts with other participants, the effects of the weather, including heat, extreme cold, and or humidity, traffic and conditions of the competitive surface, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release USATF, Bob's Stores, the Cats A.C., the City of Canandaigua, Finger Lakes Community College, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the forgoing to use any photographs, motion pictures, recording or any other record of the this event for any legitimate purpose.

Signature: _____

Make checks payable to: "National Masters X-C"
and mail to: 160 Laney Road
Rochester, NY 14620-3046