

NATIONAL MASTERS NEWS

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

241st Issue

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Nationals Draw 1061 to Orono, Maine

“The Best Ever”

by JERRY WOJCIK

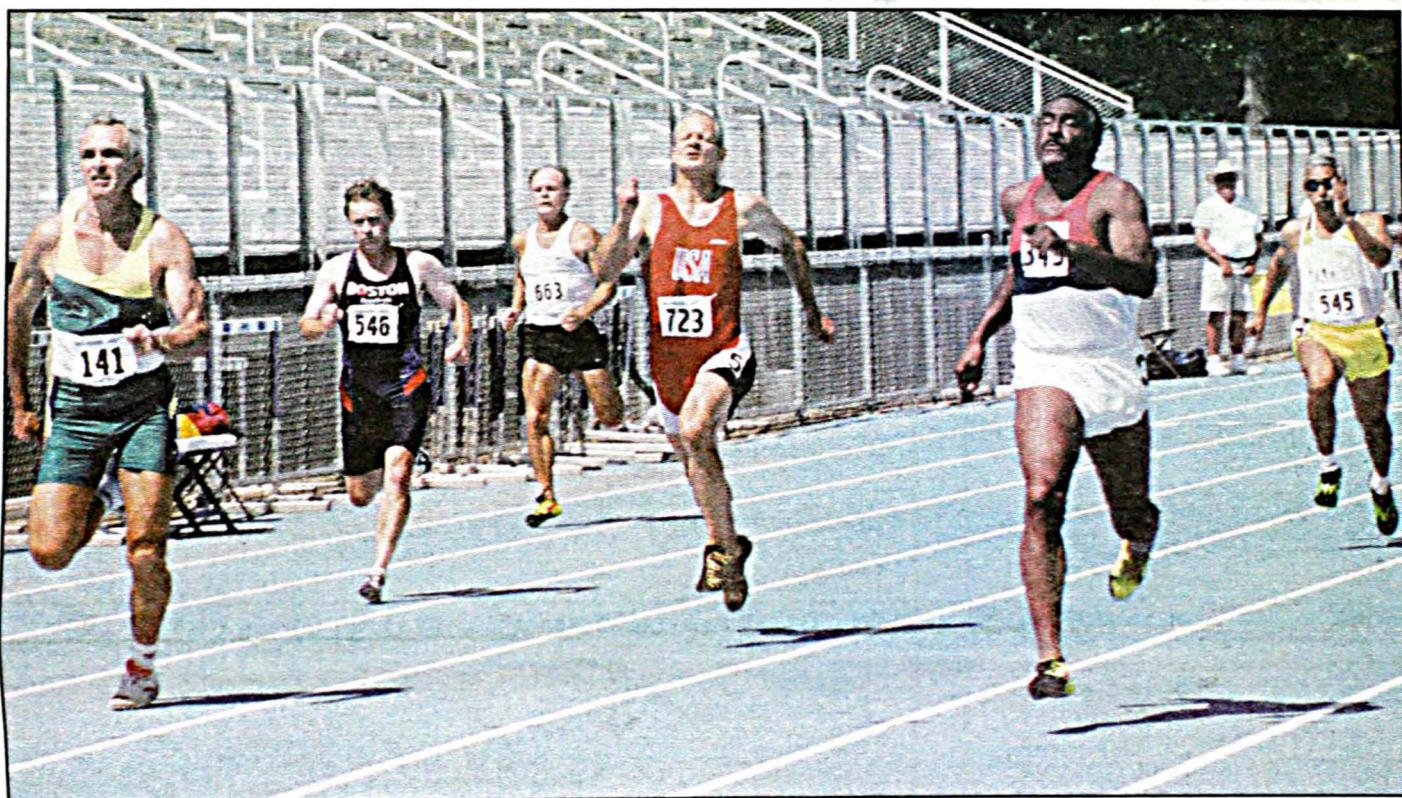
After a twelve-year absence, the USATF National Masters Championships returned to the East Coast in high style. A mixture of experienced organization, a near-perfect facility, large number of entrants, officials aplenty, ideal weather, and superlative performances produced, in the opinion of many participants, the best outdoor championships ever.

This year's meet, the 31st annual, was held on the University of Maine campus in Orono, a few miles north of Bangor, on July 30-Aug. 2, and drew 1061 entries. The last time the championships were held in the region was in 1986 on Long Island, N.Y., with a then-record turnout of 761.

The venue in Orono was the Clarence Beckett Family Track & Field Center, an eight-lane, light-blue oval inside the Alumni Stadium football field. Throwing events were contested in an adjoining area north of the stadium.

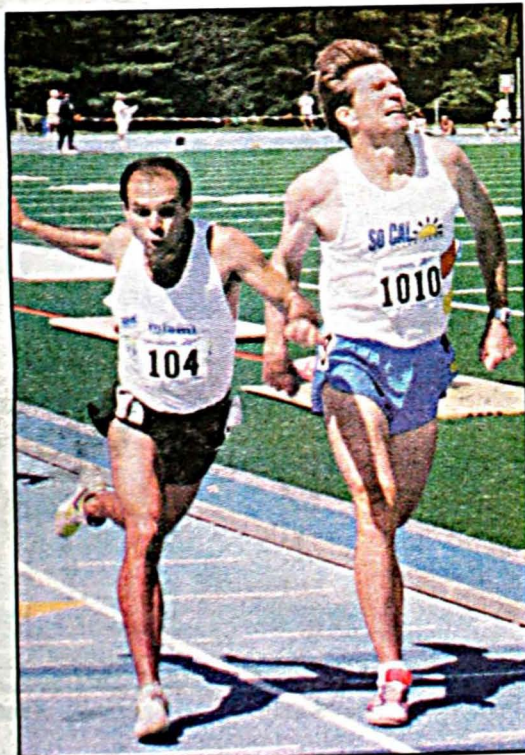
Open to any athlete age 30-and-over, the meet attracted the expected

Continued on page 17



SUZY HESS

Joe Johnson (second from right) won the M50 200 in 23.80. Peter Crombie (141), Australia, was second (23.94); Dave Walter (723), third (24.40); Roger Price (546), fourth; Mike Steinmetz (663), eighth; and Wilfredo Picorelli (545), seventh; National Masters Championships.



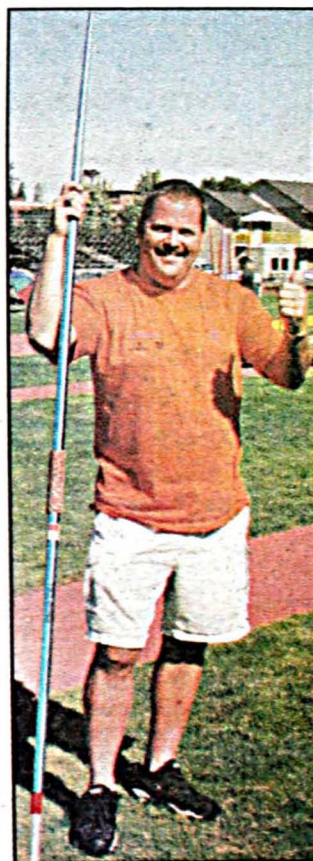
JERRY WOJCIK

Roberto Castillo (2:00.67) lunges to the finish line to nip Steve Wulf (2:00.70) for the M40 800 victory, National Masters Track and Field Championships.



SUZY HESS

Runners in the National Masters News Women's Age-Graded 100m, USATF Masters Championships, Orono, Me. (l to r): Charlene Landrum, 35, Audrey Lary, 64, Diane Friedman, 77, Avril Douglas, 52, Althea Morris, 33, Jacqueline Board, 45, third (11.97), Pat Peterson, 72, second (11.76), Ann Yudell, 65, and Cindy Steenbergen, 44, first (11.75).



JERRY WOJCIK

Tom Petranoff broke the M40 world record for the javelin with a 250-0, National Masters Championships.

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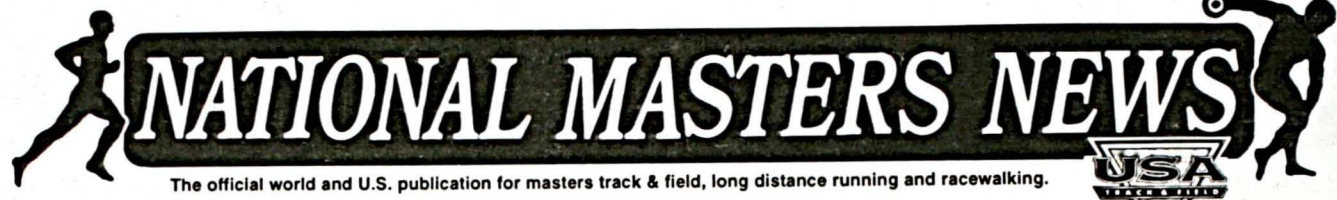
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1998 NORTH & CENTRAL AMERICAN & CARIBBEAN WAVA REGIONAL CHAMPIONSHIPS

BARBADOS NATIONAL STADIUM, BRIDGETOWN, BARBADOS NOVEMBER 19 - 22 1998

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on November 19, 1998 will determine a competitor's age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

ALL COMPETITORS MUST BE MEMBERS OF THEIR COUNTRY'S AFFILIATE, IF ONE EXISTS. (FOR EXAMPLE, IN THE USA, ALL COMPETITORS MUST HAVE A 1998 USATF CARD AND ALL BARBADIAN CITIZENS MUST BE REGISTERED WITH AMATEUR ATHLETIC ASSOCIATION OF BARBADOS.) GUEST (NON NCCWAVA) COMPETITORS ARE WELCOME. Proof of Birth Date will be required from all competitors in advance. A photocopy of your passport or birth certificate must be sent with your entry form to ensure eligibility.

AWARDS: NCCWAVA Championships medals will be awarded to the top three finishers in each age division (men 40+ and women 35+) in each Championship final. Non-NCCWAVA guest competitors finishing in the top three in these divisions will receive a non-Championship medal. The first three finishers in the women and men 30-34 age groups, and men 35-39 age group, will receive non-Championship medals in each event.

ENTRY FEES AND PROCEDURES: The NCCWAVA fee is US \$5. Entry fee is US \$25 for the first event, US \$15 for the second event, US \$15 for the third event, and US \$17 for all subsequent events. Pentathlon, or Weight Pentathlon entry is US \$30 each (US \$20 if an additional event) Relays are US \$40 per team, payable on-site before the start of the race. Each competitor will receive a commemorative NCCWAVA T-shirt as part of the entry fee. Additional T-shirts may be purchased for US \$12.50 each, either in advance or on-site.

All entries must be RECEIVED BY NOVEMBER 2, 1998. Confirmation of entry will be sent to all competitors who have registered by October 2, 1998. (If your form is received after October 2nd, no confirmation will be sent). Late entries received after November 2nd will be assessed at US \$25 penalty. Absolutely no entries will be accepted after November 9th. No entry will be considered complete unless it is accompanied by full payment of fees.

There will be no refunds of entry fees for any reason.

RELAYS: Teams will be divided into 10-years age groups (30-39, 40-49, etc). Teams may be composed of athletes from the same or different countries. No mixed-gender teams will be allowed. Entries will taken on-site only. Entry fee is US \$40 per team. All relay team members will be required to provide proof of date of birth and USATF registration if U.S. citizen and AAA of Barbados registration, if a citizen of Barbados.

PACKET PICKUP: Competitors may pick up their packets at the following times: at the Divi Southwinds Tuesday and Wednesday and at the National Stadium Thursday - Sunday.

DECLARATIONS: Declarations must be made at least one hour before the scheduled start of the event. Events starting before 10 a.m. may be declared for on the evening prior.

CHAMPIONSHIP BARBEQUE: A post meet barbeque open to all athletes and accompanying persons will be held at the end of competition, Sunday November 22nd. Cost is US \$15 per person.

ACCOMMODATIONS: ALL AT ST. LAWRENCE GAP, CHRIST CHURCH

MEET HEADQUARTERS DIVI SOUTHWINDS BEACH RESORT Tel 246-428-7181

Bresmay Apartment Hotel Tel 246-428-6131 Dover Beach Apartment Tel 246-428-8076 Monteray Tel 246-428-9152

Rostrevor Apartment Hotel Tel 246-428-9298 SOUTHERN PALMS BEACH CLUB Tel 246-428-7171

SHUTTLE: Free shuttles for athletes and accompanying persons will be available from the airport to major hotels and the dorms on Wednesday 18th and Thursday 19th November, 1998. Free return shuttles to the airport will be available on Monday, November 23rd. The shuttles will operate to and from the Stadium from Wednesday through Sunday.

EQUIPMENT Maximum spike length is 1/4" for all surfaces except the high jump and javelin runways which may take 3/8" spikes. Meet management will have field event implements (with the exception of vaulting poles) and starting blocks available for use by all competitors. Personal implements and blocks may be used by a competitor, subject to approval by Weights & Measures. Upon acceptance, these items must then be made available by the owner for use by other competitors in that competition (WAVA RULE 9(2)).

COMPETITION ENTRY FORM ALL ENTRIES MUST BE RECEIVED BY NOVEMBER 2, 1998

Family Name First Name

Address Tel -- Daytime

City -- Evening

State Postal Code Fax --

Country of Citizenship (if different than above)

Male/Female (M/F) Date of Birth Day Month Year Age As of November 19, 1998

Mark Event with an "X" Name of Event Women's Age Groups Men's Age Groups Best Mark 1998 only

Mark Event with an "X"	Name of Event	Women's Age Groups	Men's Age Groups	Best Mark 1998 only
	1. 100 Meter Dash	All age groups	All age groups	
	2. 200 Meter Dash	All age groups	All age groups	
	3. 400 Meter Dash	All age groups	All age groups	
	4. 800 Meter Dash	All age groups	All age groups	
	5. 1,500 Meter Run	All age groups	All age groups	
	6. 2,000 Meter Steeplechase	All age groups	M60 and over	
	7. 3,000 Meter Steeplechase	-----	M30 - M55	
	8. 5,000 Meter Run	All age groups	All age groups	
	9. 80 Meter Hurdles	W40 and over	M70 and over	
	10. 100 Meter Hurdles	W30 and W35	M50 - M65	
	11. 110 Meter Hurdles	-----	M30 - M45	
	12. 300 Meter Hurdles	W50 and older	M60 and older	
	13. 400 Meter Hurdles	W30 - W45	M30 - M55	
	14. 10K Walk (Road)	All age groups	All age groups	
	15. 5K Walk (Track)	All age groups	All age groups	
	16. 8K Cross Country	All age groups	All age groups	
	17. 10K Road Race	All age groups	All age groups	
	18. High Jump	All age groups	All age groups	
	19. Pole Vault	All age groups	All age groups	
	20. Long Jump	All age groups	All age groups	
	21. Triple Jump	All age groups	All age groups	
	22. Shot Put	All age groups	All age groups	
	23. Discus Throw	All age groups	All age groups	
	24. Javelin Throw	All age groups	All age groups	
	25. Hammer Throw	All age groups	All age groups	
	26. Pentathlon	All age groups	All age groups	
	27. Weight Pentathlon	All age groups	All age groups	

For technical information about the competition, call Meet Directors MS. JUNE CADDLE or MRS. ESTER MAYNARD AT TEL. 246-426-2858 ext. 268/269 fax. 246-429-5935 e-mail jcaddle@hotmail.com

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve The Amateur Athletic Association of Barbados, NCCWAVA, the corporate sponsors, and the Barbados National Stadium of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1998 NCCWAVA Championships.

Signature Date

NCCWAVA EVENT SCHEDULE 1998

(NOTE: EXACT EVENT STARTING TIME WILL BE DETERMINED AFTER ALL ENTRIES HAVE BEEN RECEIVED AND ENTERED INTO THE COMPUTER. HOWEVER, NO EVENT WILL BE CHANGED FROM THE DAY LISTED BELOW)

THURSDAY, NOVEMBER 19

8K Cross Country
5000 Meter Track RaceWalk
400 Meters - Prelims
Pentathlon
Pole Vault
Hammer

FRIDAY, NOVEMBER 20

NCCWAVA Executive Council Meeting
Steeplechase
800 Meters
100 Meters - Prelims
High Hurdles
400 Meters - Finals
Long Jump
Shot Put
Discus

SATURDAY, NOVEMBER 21

10K Road Walk
5000 Meters
100 Meters - Finals
Intermediate Hurdles
200 Meters - Prelims
High Jump
Javelin
NCCWAVA General Assembly

SUNDAY, NOVEMBER 22

10K Road Race
1500 Meters
200 Finals
4 X 100 Relays
4 X 400 Relays
Weight Pentathlon
Triple Jump

ATHLETES AND OFFICIALS BARBEQUE

NCCWAVA

FEES:

NOTE - The Pentathlon and Weight Pentathlon are multi-events, and have a separate fee schedule from all other events, which are termed "single events" (see below)

NCCWAVA FEE _____ = US \$5.00

1st Single event (US \$25.00) (includes T-shirt) _____ = _____
T-shirt size (circle one) S M L XL XXL

2nd Single event (US \$15.00) _____ = _____

3rd Single event (US \$15.00) _____ = _____

Additional single events = _____ X US \$17.00 _____ = _____

Pentathlon (US \$30.00 if only event, US \$20.00 if an additional event) _____ = _____
(If Pentathlon is your only event, indicate T-shirt size above)

Weight Pentathlon (US \$30.00 if only event, US \$20.00 if an additional event) _____ = _____
(If Pentathlon is your only event, indicate T-shirt size above)

Surcharge for entries received after November 2nd (US \$25.00) _____ = _____

Additional t-shirts = _____ X US \$12.50 (circle sizes: S M L XL XXL) _____ = _____

Barbeque = _____ X US \$15.00 per person _____ = _____

*Championships Supporter (Optional - \$25.00) _____ = _____

TOTAL AMOUNT DUE = US \$ _____

Please return this form, and the Competition Entry Form, with FULL PAYMENT by check or money order, payable to the Amateur Athletic Association of Barbados, and mail to: NCCWAVA Organizing Committee, c/o Amateur Athletic Association of Barbados, PO Box 46, Bridgetown, BARBADOS, W.I.

*Championships Supporter: Your voluntary US \$25.00 contribution will help sponsor a thank-you party for the officials who generously donate their time and expertise in order to make this event possible. Championship Supporters will be recognized in the meet program.



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

NATIONALS IN MAINE

Reflecting on the National Championships in Orono, I would like to voice my appreciation to all concerned in bringing us this marvelous meet. It was the nicest nationals that I have ever competed in.

The facility was great. Every one of my events was well set up and run. I could not believe my eyes when I saw how many officials we had, and what caliber. The only other meet that had as many was the WAVA Championships in Japan, where the officials were bowing a lot. In Orono, the officials were bending over backwards instead to be helpful, and I much prefer that.

For the first time, I did not have to concern myself with the correct procedure for records. It was all taken care of in a professional manner. What a joy!

On top of it all, the weather cooperated, and we had three beautiful days. I'm very glad to have experienced it all.

*Leonore McDaniels
Virginia Beach, Virginia*

Not only were there enough officials at the Nationals in Maine, but those working were very competent and athlete-friendly. People who entered events taking place at the same time were able to compete without feeling like criminals. If there was any doubt, the athlete was given the benefit.

The meet directors were responsive to the numbers and added a second

javelin runway and shot put circle, so the meet didn't drag on all day. Pete Taylor, the announcer, acknowledged the field event athletes as well as the runners.

The concession stand served sandwiches, pizza, salads, fruit, etc. (the usual choice is a hot dog or a hot dog). The local community booth was well-staffed and offered discount coupons and freebies as well as information.

Prices for meet items were reasonable. The golf-style shirt for \$15 cost little more than T-shirts at some meets.

Although the turnout was good, it was a shame that even more people weren't there.

Kudos to all those who helped put on the wonderful meet in Orono.

*Roz Katz
Flushing, New York*

KOBE CHAMPIONSHIPS

Having read the article (August 1998) by Derek Wharton claiming that the Kobe Championships were a disgrace, I must respond to clarify some points which have been ignored or not understood.

First, my non-attendance was well known to WAVA and the LOC long before the Championships, and while I do not have to justify my absence to Mr. Wharton, it is worth his while noting that this was due to the birth of my daughter. While I love my sport, there is no way I would miss the birth by being on the other side of the world.

Like it or not, WAVA does not bar novices from its Championships, and

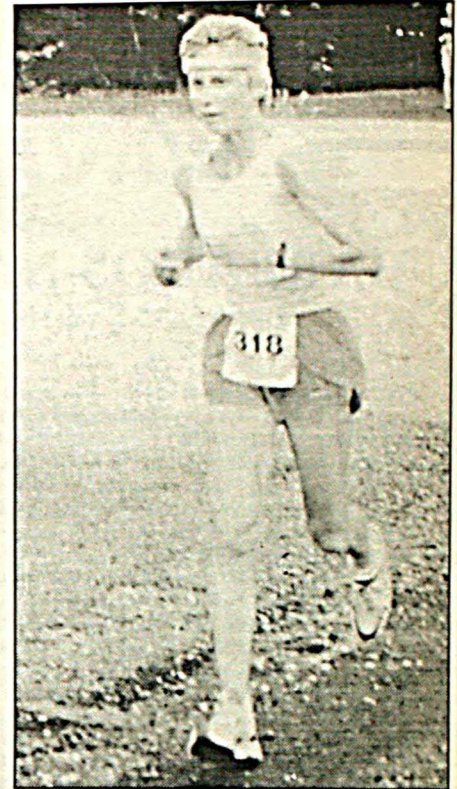
to claim that the vast majority of competitors were fun runners is nonsense. I assume Mr. Wharton has no complaints about the London or New York marathons, where competitors are not only fun runners, but participate in costume.

Criticism of the course I accept, and fully agree with, but these complaints should be addressed to my predecessor, Mr. Jacques Serruys, as it was he who approved the venue and the course. The present management team at WAVA and the Non Stadia Committee would never have approved the 10K and half-marathon course. My personal sentiments are that the courses should have finished on the bridge.

Remarks about narrow lanes, zig-zagging, no spectators on the bridge, too many runners in confined space, etc., I fully understand and agree with, but by the time I took up office, plans were too far advanced and the publicity was already rolling.

WAVA and the LOC cannot be blamed for cheating as it is the athletes who cheat by starting in the wrong time zone/age group. All organizers can do is keep an eye open for cheats. Personally, I have run in several road races where cheating is obvious. I have a friend, a world class road runner, who was denied a medal in the Brugge WAVA Championships because he could not get to his correct start point. Cheating happens in athletics, even by veterans/masters.

I fully support the attempts made by the Kobe LOC to provide a top class championships. They put in many hours of hard work, and, as far as possible, met all my requests. With an event of that size, there are bound to be



GEORGE BANKER

Sharon Dolan, 56, second overall (20:59) in the women's Run For Roses 5K, Wheaton, Md., June 13.

a few mistakes and disgruntled athletes.

*Ron Bell
Vice-President, Non Stadia
Denbighshire, Great Britain*

FEE PROPOSAL SURVEY

The masters program has always been self-administered. The input of the athletes has been the driving force in the program. The following questionnaire solicits your opinion regarding two proposals that I will bring up at the USATF National Convention in December.

USATF has serious financial problems. The yearly stipends to both of the Masters Committees have been reduced. To help alleviate the financial problems, I propose the following:

1. An athlete's fee (probably \$5) at the National Indoor and Outdoor T&F Championships. I've charged a \$2 fee

Continued on page 11

NATIONAL MASTERS NEWS

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Eleven Join NMN Sustainers

Each month, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

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GEORGE BANKER

John Benkert, 57, Severna Park, Md., first M40+ (17:37), National Kidney Foundation 5K, Washington, D.C., July 12.

Retraction

NMN's policy is to avoid printing letters criticizing a specific individual unless the person named is given an opportunity in advance of publication to respond. To do otherwise is not responsible journalism. We apologize to Barbara Kousky for our error in printing Fred Shanaman's letter in the August issue of NMN without giving her an opportunity to reply.

It is also the policy of the NMN, that when a letter can be misleading in its presentation, an editor's note outlining the facts as known to the editor(s) is printed immediately following the letter to the editor. This was also not done in the case of Shanaman's letter and we regret the oversight.

*Al Sheahan,
Publisher and Editor*

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- 1900 Athletes Enter V World Veterans Games in Puerto Rico; to Avoid Cancelling Games, WAVA Tells South Africans to Stay Home
- Herm Wyatt Raises World M50 High Jump Mark to 6-1³/₄
- Antonio Villanueva, 41, Runs Record 30:01 in Peachtree 10K

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The entry fee of \$40 is good until January 23, 1999. No registration forms postmarked after that date will be accepted. Registration after that date can be made at the Motorola Marathon Expo and with a fee of \$50.

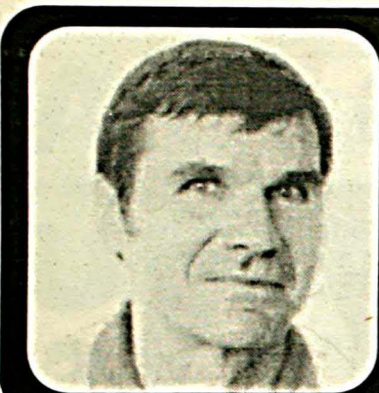
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MOTOROLA



Third Wind

by MIKE TYMN

An Unfinished Book

Twenty years ago, I began a book on aging and its effect on athletic performance. My plan was to make it a long-term project, culminating sometime after retiring around age 65, as I would then have the time to piece it all together. That's still three to four years in the future.

But I have enough material now for three or four books. Included are the thoughts, experiences, and observations of well over 100 champion masters athletes I have interviewed over the past two decades. In addition, there are the comments and experiences of scores of more ordinary masters athletes.

There are interviews with many coaches, physiologists, and physicians on the subject. On top of all those things, I have a file drawer full of clippings and articles about aging athletes in other sports, including ballplayers, boxers, golfers, and tennis players.

No Loss to Age Here

The introduction or first chapter of the book is supposed to be my initial experience as an aging athlete. It will tell how I had anticipated a rapid decline after age 35, but how, much to my amazement, I continued to improve on into my 40s, running faster at 44 than I had at any time in my life, at least in distances over four miles.

In the final chapter, I would return to my own experience, pointing out how I had struggled to break five minutes for a mile in high school, but found no problem achieving that during middle age. I figured I'd go back to my high school's 45th class reunion in 1999 and take on the school's best distance runners in a cross-country race to really punch across the point that the physical losses to aging are minimal.

Well, Maybe Some

But that last chapter will never happen. At 61, I'm something less than a jogger. I'm a plodder on his way to being a walker. I don't think I can break seven minutes in a mile now, much less five minutes. In fact, I can't hold a five-minute pace for more than a couple hundred yards, if that. How can I end the book on such a negative note? The ending has to be upbeat. If Father Time wins, there's no point in writing the book.

As I look back 20 years, I can see how my positive attitude was shaped. Even though I had become a year-round runner in 1956, I didn't get real serious about running until the marathon mania of the early '70s. While I ran some road races during the '50s and early '60s, I don't think I ever trained more than 25 miles a week. An all-out four miles, five or six times a

week, was my routine. I ran my first marathon at age 36 in 2:46 on about 40 miles a week, but then jumped down to 2:34 the following year on 70 miles a week. At 39, I was up to 80 miles a week, and by 42, I was doing 100-mile weeks and was down to 2:28 in the marathon.

As my marathon times improved, my times in shorter distances down to four miles also improved. Having twice achieved my goal of running a sub 2:30 marathon, I decided to give up that distance and focus more on shorter races. I was still running some personal bests at age 44.

The Truth Revealed

I can see now how I had misconstrued what was happening to me. I wasn't improving with age; I was still adapting, still molding my body to the demands of real long distances during my early 40s. My weight gradually dropped from 160 at age 36 down to 150 at age 42, and I was able to train just a little bit harder every year until age 44. The shedding of those 10 pounds accounted for a least half of the improvement, while the harder training made up the balance of it.

In effect, the harder training and lower weight slightly offset the losses to aging and made me think that I was not being affected by aging. Moreover, since I was not all that serious a runner during my younger years, I never came close to realizing my potential during those theoretical peak years; therefore, any comparison of times from those years with post-40 times was unscientific.

My first awareness that I might be slowing as a result of aging came a week after my 45th birthday during a 15K run. I felt fit and fast during the race and was certain I'd see the clock reading about 48:45 as I crossed the finish line. When I saw 49:43, I knew something was wrong. I considered aging as a factor, but finally concluded that I just needed to train harder.

Beginning of the End

Shortly after cranking up the training another notch, I crashed. From then on, it was one injury or ailment after another. I'd just be getting back into condition when the back would go out, the knee would act up, or the Achilles would ache constantly. I also developed a sleeping disorder that fre-



The Eastern All-Stars foursome, after breaking the M70-79 world record for the distance medley (16:50.3) with a 16:08.9, in the Al Saner Memorial Meet, Mt. Pleasant, N.J., June 27, (right to left): Archie Messenger, 75, led off in the 1200, followed by Jim Manno, 77, in the 400, Sam Madia, 74, in the 800, and anchor John McManus, 74, in the 1600.

quently kept me awake after 2 a.m. whenever I reached a certain point of intensity in my workouts. Competition during my late 40s was therefore very limited.

I tried to mount the charge again upon turning 50, running a 33:52 for 10K, a little over two minutes slower than my PR at age 42. But a week or two after that race I was sidelined by a recurring foot problem. Except for several short comeback attempts at 52 and again at 56, my competitive days were over.

I have continued to run four miles every other day, mostly on the treadmill, while biking a half-hour or lifting weights on the days between. Over the past few years, the weight has hovered around 180 pounds, which makes for very uncomfortable running. A month or two ago, I decided to see how bad off I really was by doing a two-mile time trial on the track. I barely survived it in 14:22. As I passed the mile in 7:12, I doubted that I could have gone under seven minutes if I had planned to run only a mile. I had only one gear.

Motivation, Where Art Thou?

Every now and then I have thought about making a real effort to lose weight and add to the training, but the motivation just isn't there. My mind tells me that even if I get some momentum going, the body will rebel before I get anywhere close to where I'd like to be, somewhere around 38 minutes for 10K. It's a pessimistic attitude, for sure, but a realistic one.

The bottom line is that the anticipated rewards for getting back into some kind of competitive condition for my

age group simply don't come close to matching the down side — the injuries, the sleeping disorder, and the time conflicts. Moreover, I have new interests which mean more to me than running and I'm not prepared to set them aside to make way for more running.

Revisions in Order

So where does that leave my book? I can just eliminate the first and last chapters, leaving my own experience out of it, but I cannot truthfully deliver the same message I had intended 20 years ago when I began collecting materials for the book.

Aging does take its toll; perhaps not as much as I had anticipated back then, but definitely much more than I realized just 10 years ago. I can't say were it not for the injuries I'd at least be under five minutes for a mile now, because I'm sure many of the injuries are the result of a body weakened by age.

Sure, there are a few guys over 60 running under five minutes for a mile and under 38 minutes for 10K, but I think all of them have relatively fresh legs and few of them were competitive in their younger years, except for those like Norm Green, who took long layoffs before cranking up again. Does anyone really think Green and Warren Utes would be running as well as they are today, had they been competitive throughout their 30s and 40s?

I'll Think of Something

I'm not one to distort the truth. I've got to tell it as it is. A 14:22 for two miles is not going to deliver the message I had intended. I have three or four years to think about it. Hopefully, I'll figure out by then how to end the book. □

DiMarco, Gaynor Up World Records at Southern California Association Meet

by JERRY WOJCIK

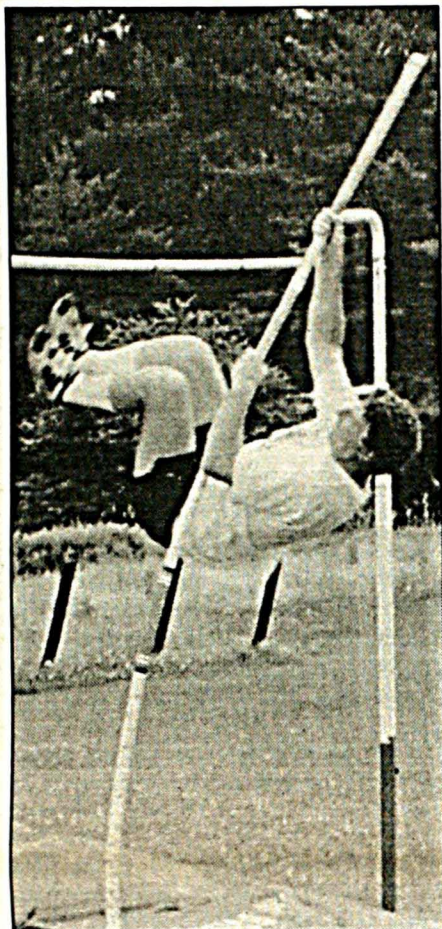
Three world records were bettered in the USATF Southern California Association Masters Championships held at Fullerton College on July 11. Sue DiMarco, 35, upped the W35 pole vault record to 11-7 from 10-4 held by Elizabeth Hartigan. Arnie Gaynor, 70, increased the M70 shot put world record of 46-1 $\frac{1}{4}$ by Voitto Elo to an age-graded 100% 48-5 $\frac{1}{2}$. Bud Held once again, since turning 70 last October, posted another pending world record for the M70 javelin with a 154-9.

Other top performers included Harold Tolson, 60, with an age-graded 95.1% 12.42 in the M60 100; Walt Butler, 57, A-G 97.7% 24.00 in the 200; and Jim Selby, who, at age 69, won the M65 200 with an A-G 97.2% 26.69, and 800 with an A-G 90.2% 2:35.12.

Butler, U.S. M55 hurdles record holder (14.49), suffered a mild upset in the 100mH when he was second to Theo Viltz, 55, who ran an A-G 94.7% 15.06 to Butler's 93.9% 15.53. Charlie Rader, 50, was top performer in the high jump, with an A-G 92.3% 5-10 $\frac{1}{4}$.

With only 100 of the 178 entrants pre-registered, Ross Dunton, meet organizer, was faced with the formidable task of getting the late registrants to their events on time. "I was able to keep up until about 1:00," he said after the meet. "After that, I told them to just go to the line and sign up with the starter. When I did the heat/flight sheets, I left a lot of room in each for late entries. Despite this, we were only about 30 minutes behind schedule.

The officials should be mentioned for the outstanding job they did, especially considering the heat. We had twelve officials, with a full implement check-in." □



ANDY LARABEE
Mike Dahner, M50, added the pole vault to his wins in the discus and javelin, Vermont Green Mountain Meet, June 22.

CLUB WEST 25th ANNUAL MASTERS TRACK & FIELD EVENT Saturday, October 3, 1998

Nick Carter Track - La Playa Field - Santa Barbara City College
Cnr. Of Cabrillo Blvd. & Loma Alta Street
Co-sponsored by Club West & City of Santa Barbara Parks & Rec. Dept.

FIELD EVENTS

All Implements Will be Checked with Club West Trackmaster

9.00am Hammer - All Hammer throwers, UCSB Hammer Ring at the Track.
10.30am Shot Put - Throwers who do not throw the hammer.
Hammer throwers who also throw the Shot, report for the second round, which starts as soon as the first round finishes.

The following Events in the Reverse Order Starting with M-80 & Women

9.30am	Long Jump	1.00pm	High Jump
10.30am	Pole Vault & Shot Put	1.00pm	Triple Jump
11.30am	Javelin	1.30pm	Discus

TRACK EVENTS

9.00am	5000M	12.30pm	3000M Walk
9.45am	800M	1.00 pm	300M Hurdles
10.00am	50M	1.15pm	400M Hurdles
10.30am	80M Hurdles	1.30pm	200M
10.45am	100M Hurdles	2.00pm	1500M
11.00am	110M Hurdles	2.15pm	400M Relay
11.15am	100M	2.30pm	1500M Walk
11.45am	400M	3.00pm	Steeplechase*

*Number of entries will determine running of event

AWARDS: NORTHERN TRUST BANK OF CAL co-sponsored gold medals, silver & bronze in all age groups, GEORGE ADAMS Hi-Pt Track, VERNON CHEADLE Hi-Pt Field, JIMMIE WHITNEY Hi-Pt Track & Field, PANE E VINO Trophy to Outstanding Woman Athlete, HUBBEL-HERMANN Trophy to 70+ hammer throwers, PAUL SPANGLER Award to Best Performance by 80+ athlete, RAY WILLIAMS Trophy to best age-graded 60+ 5K runner and NICK CARTER Trophy for best age-graded 1500M runner. Events scored 5-3-1.

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ENTRY FEES: \$10 first event, \$5 each additional event, \$20 Relays NO REFUNDS

Relay team members must be from same club, and club must send check for fees.

SEPTEMBER 26, 1998 is the Deadline for Entries. Entries postmarked later, \$5 surcharge.

Return entry to: CLUB WEST, P.O. Box 99, Goleta, CA 93116-0099

IAAF/WAVA starting rules will apply.

MEET DIRECTOR: Gordon McClenathen (805) 964-3005

CLUB PRESIDENT: Beverley Lewis (805) 969-5851 FAX (805) 969-6613

ATHLETE/TEAM RELEASE: In consideration of my/our entry, I do hereby for myself, ourselves, heirs and administrators, waive and release all claims I/we may have against Club West Masters' Track & Field Meet, the City of Santa Barbara Parks & Recreation Department, its representatives, the various governing bodies, for any and all injuries suffered by me/us from competing. Furthermore, I/we take full responsibility for personal equipment owned by myself/ourselves.

REQUIRED BY USATF: Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Info. regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 800 233-0393.

My 1998 USATF reg. Number is: _____

Signature: _____

You cannot compete without a USATF Reg. Number * Sanctioned by SCA-USATF



Pagliano's Podiatric Pointers

The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Heel Bursitis

Another condition which is becoming an up-and-comer in the field of veteran athletics is heel bursitis. We have all suffered from this in some degree or another over our running careers.

Heel bursitis is a bump of bone on the back of the heel. This is usually in the area where the Achilles' tendon attaches.

This condition is usually initiated by an ill-fitting shoe whose heel counter rubs up against the back of the heel causing an irritation and inflammation.

In this area there is a small bursa which sits between the Achilles' tendon and the heel bone. When this is irritated it becomes inflamed and swollen. Most athletes with a lick of sense will abandon the offending shoes, but many, in an attempt to save money, will continue along with the irritant shoe and aggravate an already bad condition.

Usually, the change to a non-irritating shoe is sufficient. If this does not relieve the situation, a heel cup may be attempted. The use of an orthosis for those who hyperpronate may be tried. If the condition persists, the use of an injectable anti-inflammatory is recommended.

Other conservative methods include icing the area after workouts and, perhaps, the use of physical therapy, such as ultrasound. □

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



SUZY HESS

The landmark Paul Bunyan statue, 40' high, across the street from the Holiday Inn, where athletes competing in the 1998 National Masters Championships stayed in Bangor, Me.

Some readers provide additional support to the *National Masters News* by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new *Masters Age Records* book and will be listed in the paper as a *National Masters News* sustainer.



HERMIA MURPHY

Members of the relay teams that broke M70-79 world records for the 4x200 (1:58.44) and sprint medley relay (4:52.34) in 102-degree heat in the USATF Southwest Regional Championships, Trinity U., San Antonio, July 11 (l to r): Chuck Sochor, 70, Michigan; Oscar Maldonado, 70, Texas; Tim Murphy, 76, Texas; Bill Melville, 71, Wisconsin; Rodney Brown, 71, Utah; and Bill Daprano, 71, Georgia.

Hot USATF Southwest Regional Championships Yields Fast Times

by DON AUSTIN, Meet Director

"It was so hot, they had to run fast just so they could get out of the sun and into the little bit of shade they made with their portable awning," said one official, describing the action in the USATF Southwest Regional Masters Championships, held during 102-degree temperatures at Trinity University, San Antonio, Texas, July 11.

The runners he was talking about were all septuagenarians between 70 and 80 years of age. The six "old men" were Bill Melville, 71, Platteville, Wis.; Rodney Brown, 71, Cedar City, Utah; Bill Daprano, 71, Riverdale, Ga.; Chuck Sochor, 70, Gowen, Mich.; Oscar Maldonado, 71, Houston, Texas; and Tim Murphy, 76, Irving, Texas.

The group succeeded in breaking two world relay records and fell short of a third on a bad hand-off in the baton exchange zone. Melville, Brown, Daprano, and Sochor teamed to break the M70-79 world 4x200 relay record of 2:05.41, with a pending 1:58.44. The world sprint medley relay (400-200-200-800) fell to Sochor, Maldonado, Melville, and Brown, who smashed the 5:05.21 record with a 4:52.28.

Sochor was named outstanding athlete of the meet for his wins in the 100, 200, 300H, and long jump, in addition to running on all three relays. James Lofton, 42, Austin, Texas, clocked a fine 50.45 (A-G 91.4%) for the 400. Randy Smith, 51, Houston, Texas won the 100 in an A-G 90.6% 10.88.

The turnout of 87 athletes, despite the heat, was terrific. An attempt was made to get publicity for the assaults on the records, but unless it's paid professionalism, no one will listen. Further, the misnomer "masters" creates a misperception. This suggests a need to change the name to something like "veterans," as the rest of the world does.

Initially there was difficulty getting a facility, but the one at Trinity U. was fabulous. Electronic timing in a stadium built only for track and football was used, with all of the events being held inside the stadium, except for the hammer and weight, because of underground sprinklers.

Holding a meet and getting officials at this time of the summer are drawbacks. The meet was conducted with eight officials and six volunteers, plus an outstanding timing crew - they didn't miss a race. □

Carlton Express Overwhelms 55s in Ellen's 5K

by MAURY DEAN

Though four speedy M40-44 runners snuck in ahead of Jim Carlton, 55, the harrier from White Lake, Mich., busted the 6:00 barrier again.

When you hit the fab 50s, your times are supposed to sink into a shuffling mediocrity. Not so, Carlton, engineer. He engineered another sub-six screamer in the twisty Ellen's Race 5K in Lansing, Mich., July 19, which honors the memory of a young Lansing girl, who tragically died during a "routine" tonsillectomy.

Carlton was always a good runner. In his M40 zone, he slid in under 18:00 for 5K. The Tony Mifsuds, Bill Stewarts, Doug Goodhues, Mike Persaks, and Wally Herralas of Michigan masters legend knew that Carlton would be back there a minute or so, running his feisty 5K.

As other speedsters' times dropped, Carlton just kept comin' on. When you blast a 17:55 at 40, people say "Wow." When you crunch the same numbers at 55, you might just get laden with the moniker "State Champ."

Carlton's M40+ fifth-place 18:16 in the Ellen's 5K was the product of 25 turns and some heavyweight, muggy mid-summer air that flunked Weight Watchers. Carlton recently vanquished the 18:00 monster and has won all his M55 Michigan showdowns this year, except for a couple with Polish speedster Gerard Malaczynski, 56.

Carlton's grandmasters triumph here was perhaps topped only by the overwhelming speed blitz of legendary Jim Forshee, 72, who clocked a supersonic 20:25.

The younger M40+s scorched the

course too, fronted by first master Alan Van Meter, 41, in 16:16, and Chuck Block, 42, second in 16:52.

The distaff triumph went to swift Brenda Lynch, 46, whose 19:29 (6:17 per mile) upended even the best male competition in her 45-49 age bracket by nearly a minute and a half. Michelle Dvorak, 44, was second W40+ in 21:33. Kari Chandler, 45, finished third in 21:47.

The overall titles went to Anthony Hamm, 28, a former Olympic contender, and Misty Allison-Coh, 26, whose 17:30 placed her 16th overall among the 1000 or so finishers. □

(Dean, who usually reports on races from his home turf on Long Island, N.Y., occasionally covers races that he runs in when he spends time at his summer place in Michigan.)

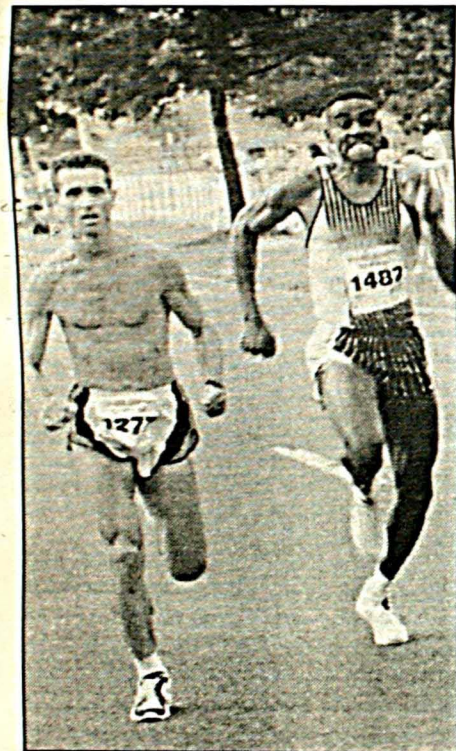
Welzel Sets Boilermaker 15K Course Record

by JANNA WALKUP
Jane Welzel, winner of the 1997 Indy Life Circuit masters grand prize title, won the women's masters division of the Utica Boilermaker 15K in a course record 53:21, breaking Joan Benoit-Samuelson's record by two seconds. Benoit-Samuelson set the standard in last year's Boilermaker.

Welzel, 43, Fort Collins, Colo., bested Cindy Keeler, 40, Lake Worth, Fla., 56:06, and W45 winner Diane Legare, 47, Montreal, Que., 56:40. Welzel's victory earned her \$1000, while Keeler and Legare took home \$500 and \$300, respectively. Age group winner Rae Baymiller, 54, NYC, 59:03, placed fourth overall and was the final money winner at \$250.

Kenya's Peter Koech, 42, passed Mexico's Martin Mondragon, 44, in the fifth mile to claim the men's masters victory. Koech, who came out of a six-year retirement this year, finished in 47:16 to Mondragon's 47:47. Jon Sinclair, 40, Fort Collins, Colo., 48:56, and Jim Hage, 40, Lanham, Md., 49:29, finished third and fourth, respectively. The prize money structure for the men was identical to the women's.

Fifteen years after winning the



GEORGE BANKER

Dante Ciolfi (l), 43, Falls Church, Va., edged Anthony Rahatt, 33, Woodbridge, Va., for 35th place, both timed in 60:34, Colt-USO 10 Mile, Washington, D.C., May 31.

Boilermaker's open division in 1983, distance legend Bill Rodgers, 50, Sherborn, Mass., returned to score a decisive victory in the M50 division, speeding to a 50:19. He placed fifth overall in masters competition. Standout, Fay Bradley, Washington, D.C., turned in a quick 57:12 to win M60 honors.

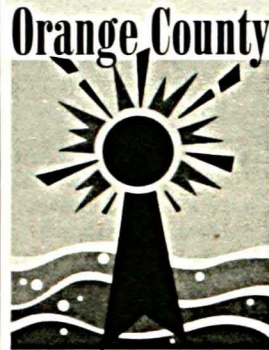
It was the 21st running of the popular Boilermaker, the biggest 15K in the

U.S. With spectators lined up along the entire 9.3-mile route, the 8629 entrants received plenty of support and cheers along the way. "It's the support of the community that makes the Boilermaker," said Rodgers, who had been inducted into the National Distance Running Hall of Fame prior to the race. Other inductees were Ted Corbitt, Frank Shorter, Katherine Switzer, and Benoit-Samuelson. □

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SENIOR GAMES
October 10-18, 1998

ORANGE COUNTY SENIOR GAMES TRACK & FIELD REGISTRATION

The first annual Orange County Senior Games is an event for men and women age 50 and over to promote lifelong health and physical fitness. The event features 14 different sports to be held at several locations throughout the South Orange County area. Competition is open to all active and health-minded adults. The Games are affiliated with the California State Senior Games Foundation. Events for participants: Badminton, Basketball, Billiards, Handball, Lawn Bowling, Ocean Canoeing & Kayaking, Shuffleboard, Softball, Surfing, Swimming, Table Tennis, Tennis, Track & Field and Volleyball.

For more information, call South Coast Medical Center (949) 499-7202 or E-mail:scmc2@fea.net

SATURDAY, OCTOBER 17 \$10/EVENT/PERSON

- TF1 400m Run 11:00 a.m.
- TF2 5000m Walk 2:00 p.m.
- TF3 100m Dash 12:30 p.m.
- TF4 800m Run 1:30 p.m.
- TF5 50m Dash 10:00 a.m.
- TF6 Shot Put 10:00 a.m.
- TF7 Long Jump 11:00 a.m.
- TF8 High Jump 12:30 p.m.

SUNDAY, OCTOBER 18 \$10/EVENT/PERSON

- TF9 5000m Run 1:00 p.m.
- TF10 10k Run 10:00 a.m.
- TF11 200m Dash 11:00 a.m.
- TF12 1500m Run 12:00 p.m.
- TF14 Discus 10:00 a.m.
- TF15 Softball Throw 11:00 a.m.
- TF16 Javelin 12:00 p.m.

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REGISTRATION DEADLINE: SEPTEMBER 26, 1998

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Address _____

City _____ State _____ Zip _____

Age (as of 10/10/98) _____ Male _____ Female _____ Phone (_____) _____

Total Event Fees \$ _____

Registration Fee \$ 25.00

Closing Ceremonies \$ _____

Guest tickets @ \$12 ea \$ _____

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Total Enclosed \$ _____

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Check enclosed
Make checks payable to South Coast Medical Center (OCSG)

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M/CARD Signature _____ Exp. _____

Send entry form and fees to:

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MUST BE COMPLETED

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LIABILITY WAIVER: I, the undersigned applicant, hereby agree to indemnify and hold harmless the organizers of the OCSG, hereinafter sometimes referred to as sponsors, their agents, employees, and representatives and assigns, from any and all actions or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have due to any injury or property damage arising out of my participation in the OCSG. I understand and agree that any dispute over injury or property damage caused by myself or another participant must be settled between the individuals. I warrant and represent to the organizers that I have prepared myself for the event(s) which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition, am physically able to compete in the event(s), and know of no physical restriction whatsoever which would prohibit my participation in the OCSG. I have been advised by the organizers that it would be in my best interest to consult a physician prior to my preparation for and participation in this event. I recognize and understand that the preparation and competition may necessitate strenuous physical activity and could possibly activate an unrecognized pre-existing cardiovascular disorder which I may have, thereby resulting in serious or life-threatening physical harm to me. The organizers have my permission to have a physician treat me during my participation in the OCSG.

Signature _____ Date _____

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Masters Racewalking

by ELAINE WARD

Nationals Bring People Together

This month my guest columnist is Phil Howell, M50, Production Editor of U.S. Racewalking Journal, edited by myself and published by the North American Racewalking Foundation - ew.

The broadest view of the Orono Meet is that of a family reunion. Many participants are friends who get together at these big races and it is a lot of fun watching the racewalk camaraderie. Competition is very tough during the races, but, afterwards, the fiercest of competitors will share information that might help improve the other.

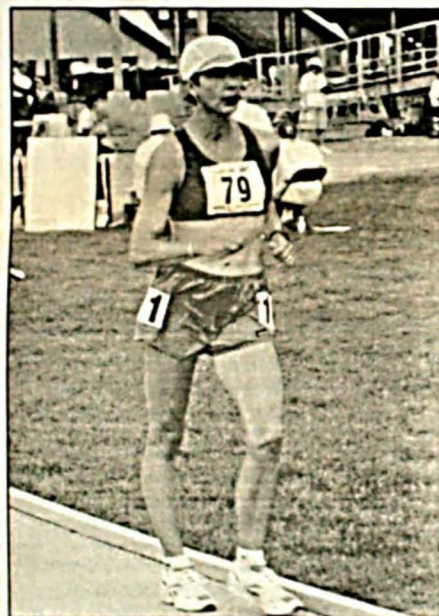
Back and Forth

In Orono there were some very close competitions. In the M65 5K, Jack Bray and Max Green raced together. Jack was basically leading Max by about half a body length. Approximately two laps to go and coming down the straightaway, Max bolted out to the side and just blew by Jack. In no time, Jack bolted to the outside and blew by Max. From that point, Jack was able to pull away from Max and finish about 15 feet ahead. Their finish times were 26:01:93 and 26:04:36.

In the 10K road race, Tori Herazo, W35, and Lyn Brubaker, W40, went at it, with Tori as usual taking the lead. But the attention stopper was watching Lyn focus in and nearly catch her. Tori was able to hold her off and finished with a time of 48:28.94. Lyn's time was 48:29.91, less than one second slower.

In the men's 20K, Don DeNoon and Jim Carmines renewed their on-going rivalry. Unbeknownst to either of them, Rich Friedlander of Missouri closed in and blew by both of them. Rich pulled away before Don and Jim woke up. Don started to close the distance, while Jim had his mind set on passing both Don and Rich in the

process. Unfortunately for Rich, he was DQed about 300 yards from the finish line. Jim kept up the pace, came across the finish line, and fell to the ground, having made a spectacular performance. His time was 1:43:09, while Don's was 1:44:52.65. In Jim's



JERRY WOJCIK
Lyn Brubaker broke W40 U.S. records in the 5000 racewalk (23:18.15) and 10K (28:29.91), National Masters Championships, Orono, Me.



JERRY WOJCIK
Ed Gawinski, fourth in the M70 5000 racewalk (31:55.06), National Masters Championships, Orono, Me., July 30-Aug. 2.

own words, "I had a lot of fun and so did Don."

Dave Romansky, who set age-group records in both the 5K and 20K walks, in the early part of the 20K race clowned around with the crowd. While everybody was cheering him on, he was cheering them right back. But as the race progressed, you could just see him buckle down to the job that needed to be done. I enjoyed watching him kid around for the first 2-4K and then get serious.

Top Contenders Abound

Eleven age-group records were made, which says something about the level of competition. Many of the top walkers in all the age groups were there - a real cross-section of racewalking in the United States. And Canada was also represented, with June Marie Provost, W65, doing her usual fine performance.

There were four heats for the women and four for the men in the 5K. One of the reasons I had gone to Orono was for a cool race. When I got up Friday morning for the 5K, it was about 52 degrees and I thought, "Oh boy, this is going to be nice." I went over to the track eagerly. The older women went first, then the younger women, followed by the older men. There was a heavy cloud cover and it was fairly cool until about 15 minutes before my heat started. At that moment, the sun broke through with its hot rays, remaining that way until about 15 minutes after I finished the race.

One thing that becomes apparent is that there are people who just go to these races when they are within their own territory. On the West Coast, you draw the West Coast people. On the East Coast, you draw the East Coast people.

However, there is also quite a group of racewalkers of all ages who travel anywhere, anytime, for any race. They are the real diehards; truly dedicated to masters racewalking. You expect to see them at the big races. I have talked to enough of them to realize that they don't pick a place to go for vacation. They simply go where the race is, and

have a vacation as a result of it. They go where the races take them.

Setting the Pace

I will give you an example of something that is fun about these races. I took off in my M55 heat, and was going to pace myself at a rather even pace. I looked forward to watching Don DeNoon and Jim Carmines lap me four or five times. Half a lap into the race, I realized that I was in a cluster of men, and going a little faster than I should have been, so I started to slow down. I slowed down with Gus Davis of New York, who was going right at the pace I wanted to go, so I dropped in behind him and we went stride-for-stride for about half the 5K. Gus began to slow down, so I went around him and said, "Come on. You stay with me now. I will pace."

After I finished, I went over to see him as he finished. When you race with a person like that, you have a closer tie than if you had just talked to them in a crowd. In the 20K, in which I didn't race, I was cheering for Gus. He will never be just another person. He is someone I have raced with. This kind of experience creates little links with people that last. I think that is what happens when you race a lot over a number of years. You create many little links that just add to the family atmosphere. This closeness applies no matter whether you are a fast, slow or middle paced walker. It is true with everyone.

These links, however, don't just develop in race situations. I was watching the men's 20K race at the National Invitational in Washington D.C. last March, when Gary Morgan reached the finish line. He was very exhausted. The race officials handed him a cup of water. They were trying to help people, but they had finishers continuously coming in so they couldn't dedicate themselves to each of the walkers. I helped Gary over to the side, got him some fluids, and sat with him for 10-15 minutes as he recovered. He probably doesn't remember who I am, but that gave me a better sense of who Gary Morgan is.

In Orono, when Masahi Noritake came across the finish line, he was spent. Somebody handed him a cup of water, so I grabbed another cup, got under his arm, helped him walk it off in the shade, and gave him more water to make sure he was all right. These experiences again help to form those little bonds that say, "Hey, look, this is family."

A Bang-Up Job

The people in Orono came up with a very good and well organized race. I thought Tom Eastler and the group of volunteers did a bang-up job. The walkers were really treated nicely. The traditional scheduling at the Nationals has the 5K track races on Friday morning and the 10K and 20K races on Sunday morning. This typically gives people Friday afternoon and Saturday to tour the local area. Everybody headed for Bar Harbor and for the nearby National Park, which is spectacular.

There was a lot to do, a lot to see, and a lot to remember. □

AMERICAN RECORDS SET AT NATIONAL OUTDOOR CHAMPIONSHIPS ORONO, MAINE (July 30-Aug. 2)

5000m			
W40	Lyn Brubaker	23:28.15	Broke own record of 23:57.93
W75	Jane Dana	35:10.20	Broke own record of 35:31.0
M55	Don DeNoon	23:29.51	Old record by Paul Johnson 24:28.77
M60 Dave Romansky 24:22.66 Old record by Jack Bray 25:09.60			
M65	Jack Bray	26:01.93	Old record by Robert Mimm 27:28.63
M70	Jack Starr	28:05.46	Old record by Cokey Damon 29:20
10K (Women)			
W40	Lyn Brubaker	48:29.91	Old record by Sally Richards 49:17
W75	Jane Dana	1:12:13.58	Old record by Imogene Watkins 1:14.33
20K (Men)			
M55	Jim Carmines	1:42:09	Old record by Max Green 1:43:41
M60	Dave Romansky	1:48:19.05	Old record by Max Green 1:48:44
M65	Max Green	1:52:43.29	Old record by Robert Mimm 1:56:00

Write On

Continued from page 4

at the Southeast Regional Championships and not received any complaints. That money is put back into the program. WAVA also charges an athlete's fee at the Regional and World Championships. Without that income, WAVA would not be able to function.

2. A rights fee for hosting a national championships. At the outset, I am not taking the position that a meet sponsor/organizer should not make a profit for hosting the meet. Just the opposite. Financial remuneration would encourage more potential sponsors.

Generally, meet directors for our national championships have not been paid. However, if the only way that a sponsor can obtain a director is to pay for one, so be it.

How a rights fee is to be paid will have to be determined by the leadership. It can be a set amount, a percentage of the gross or net income, or a set amount per competitor. WAVA charges a rights fee, which, after the athlete's fee, is the next principal source of income. The IAAF stipend is the third major source for WAVA.

Please give your opinion regarding these proposals.

*Bob Fine
Delray Beach, Florida*

I do ___ do not ___ support Proposal #1.

I do ___ do not ___ support Proposal #2.

(Please add any comments) _____

Name : _____
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Mail to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. Fax: 561-495-5054; e-mail: BobFine@aol.com.

MEDAL AWARDS

I agree with a recent Northwest Regional survey which indicated that medals are the best form of award. The second part of this reward system is the credibility bestowed by placing in the top three in a USATF Association or regional championships, from which we should derive great pride.

Not all athletes can gain medals beyond the regional or, for that matter, the association level, and they should be recognized for whatever their degree of achievement.

Some say providing special medals is an economic hardship on meet organizers. I don't think so. If they bid for championships sanction, part of the deal should be to provide medals stating that the meet is a USATF championships.

*George Mathews
Seattle, Washington*

NO FALSE START RULE

I guess the no false start rule will never be agreed on, judging by the

numerous letters sent in. I believe the remedy is simple. The people who put on meets are precious and valuable to track & field. Let them decide if the rule will apply to their meets and advertise as such. Then the whiners can stay home or put on a meet themselves.

*Bernie Stevens
Cupertino, California*

Our thanks to Graeme Shirley for his suggestion in the June issue of NMN that a "decent sized meet" (not a championships) try out the one false start rule and report back on the results. At Club West's board meeting in June, it was unanimously voted to go ahead with the IAAF/WAVA rule for the club's Oct. 3 meet in Santa Barbara. This information has been duly incorporated in the club's entry forms, flyers and ads.

*Beverley Lewis
President/Club West
Santa Barbara, Calif.*

When a false start occurs, each competitor in the race should be charged with a false start. Should more false starts occur, the person responsible should be disqualified until a legal start occurs. Making all of the competitors responsible tends to eliminate the "psyching" aspect of false starts. This policy would pertain to all running events.

*Robert C. Lafferty, III
Gulf Shores, Alabama*



AL SHEAHEN
Avril Douglas (52, Richmond B.C.) won five events (100, 200, 400, 800 and 1500) in the USA Nationals in Maine.



JERRY WOJCIK
Rodney Brown, first M70 in the 400 (66.24) and Jim Selby, second (66.30), on the "moose" awards stand at the National Masters Championships, Orono, Me. Selby took the top spot in the 800, winning over Brown, 2:35.42 to 2:39.05.

The Master Board

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RACES

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NOVEMBER 8 - Columbus Marathon & Marathon Relay, Columbus, OH. Contact: Joan Riegel, P.O. Box 26806, Columbus, OH 43226. (614) 433-0395. www.columbusmarathon.com

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On The Run

by HAL HIGDON

Cross-Training vs. Triathlon Training: Two Approaches to Separate Sports

Runners frequently confuse the terms cross-training and triathlon training. That's understandable. Cross-training and triathlon training are different sides of the same multi-sport coin. Cross-training is when your focus is on a single sport (such as running), but you use other sports (such as swimming or biking) to prepare for it. Triathlon training is where that triple-sport is your single focus, so you train by swimming, biking and running.

What's the difference? The difference is focus. That's going to dictate how seriously you train in the sports activity outside your specialty.

A cross-training runner would swim or bike – or work out in the gym – on days when he or she didn't run, as a break from the running, to burn a few more calories, to develop additional aerobic endurance. A cross-training triathlete would need to pick activities other than swimming, biking or running.

Just For Fun

The subject was raised by a reader of my "Ask The Expert" column on America Online recently. Though running was his primary sport, he had begun to cross-train to recover after a hard day of running. This led him to the triathlon – although mainly for fun.

He developed two schedules. The first featured two days of running, two days of swimming, and two days of biking, with one rest day a week. Each

activity had a speed day and a long day. Then someone suggested that peak running performance could only be achieved by running at least three days a week; a long day, a speed day and an easy day (all running) with one day each swimming and biking.

He found this second schedule more appealing, but worried how it might affect his triathlon performance. (His busy schedule prevented him from training more than five or six days a week.)

I felt the runner was sending me mixed signals, confusing cross-training with triathlon training. I replied: "You say that your focus is on running, that you only do two triathlons a year, mainly for fun. If so, you shouldn't be concerned with performance; you must mainly be interested in finishing comfortably."

"So, whether you bike or swim enough to achieve a peak triathlon experience should be of secondary



The PowerBar Masters Southern California 4x1600 relay team ran an 18:40.5 at Cal State – Northridge, (l to r): Dan Barry (4:38.1), Steve Wulf (4:46.0), Peter Mogg (4:34.4), and Rich Burns (4:42.0).

importance. If that's the case, the second scenario with only a day each of biking and swimming should be sufficient."

Nothing in the Rules

However, nothing in the rules suggests that runners (or triathletes) have to follow a single training schedule 12 months a year. I went through what I called my "triathlon mid-life crisis" in the mid-1980s, during which I competed in two to four triathlons each summer.

I never cross-trained on a bike or in a pool in the winter, devoting my non-running time to cross-country skiing. Once the weather warmed, only then would I jump on my bike and swim in Lake Michigan to get in shape for late-summer triathlon competitions.

I recommended to the runner that he consider a similar strategy, where he follows the running-oriented schedule six to nine months of the year, then shifts to a period where he increases swimming and biking time as the triathlon season approaches.

Focus on Technique

In writing a chapter on triathlon training for my recent book, *How To Train*, I worked with triathlon coach

Hank Lange of Battleboro, Vermont.

Hank suggests that in training to swim and bike, runners can achieve the greatest success if they focus their attention most on technique in those events, rather than on strength or endurance (which they can get from run-training). In other words, learn to do the strokes; learn to position yourself on the bike.

Another important tip I learned from Hank is: there's no reason why you can't combine two sports in a single workout. In fact, you *should* do just that, if only to practice transitions from the water to the bike; from the bike to running. Or, following a hard run, jump on your bike or into the pool and do an easy cool-down ride or swim. You don't need to spend more workout time, just organize that time better.

In *How To Train*, I wrote: "You (first) should be proficient in your main sport of running." This means that you should be running at least 20 to 30 miles a week and be capable of participating in 5K and 10K races without undue stress. Lange suggests that you train at least six days a week, combining two sports in a single workout on several days.

If you take a day off, he recommends that you skip a day on which your strongest sport (running) is scheduled, because that's where you'll lose the least. If you miss an occasional second workout, or one devoted to recovery, the rest will often do you good. Technique is paramount, he emphasized. And you can't work on technique if you're fatigued from too many hours of training.

There's more to becoming a good triathlete than that, but I hope I helped to get the runner who wrote to my AOL column moving in the right tri-direction. □

(Hal Higdon, a Senior Writer for *Runner's World*, is author of *How To Train*. For more information on training, visit his Web site: www.halhigdon.com.)

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Roadrunner Tours



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 32 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 age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). There are no qualifying standards for most masters athletics events.

Jimmy Weaver

Jimmy Weaver, Fort Worth, Texas, a sprinter noted for his victories over Olympic champion Bobby Morrow, and victories as a masters runner, died at his home on July 11. Weaver, a retired science teacher, was found dead from a gunshot wound in a garage behind his house. The Tarrant County Medial Examiner's Office ruled the death a suicide. He was 62.

Weaver gained notice in 1954, when he became the only runner to score a triple in a Fort Worth city high school meet, winning the 100y, 220, and 440. He graduated from North Texas State College in 1958, and in 1956 ran personal bests of 9.4 in the 100y, 20.7 in the 220, and 47.2 in the 440. He later earned his master's degree from Texas Christian University.

In 1960, Weaver won the 100m and 200 against a field that included Morrow, and sprint greats Eddie Southern and Bill Woodhouse. In the Texas Relays, he beat Morrow twice.

"Morrow beat me a whole lot more than I beat him," Weaver said in an interview several years ago for the *Fort Worth Star-Telegram*. "It was a great thrill to beat him, but I peaked too early, because neither of us qualified that year at the Olympic Trials.

"It was a disappointment, especially since the winning time in the 100 meters in the Olympics was 10.2, a tenth of a second off the world record, and I had been running that all year."

Weaver's Olympic moment came in 1996, when he ran a leg with the ceremonial torch in Fort Worth as it traced its way through the country to the Games in Los Angeles.

At age 40, Weaver ran the 100y in 9.9. His recent victories as a masters runner included winning the 100m at the 1993 Senior Sports Classic in Baton Rouge, La.

Courtland Gray, of the Dallas Masters Track Club, who had featured Weaver in the club's last newsletter, said of Weaver's passing, "This was very sudden, and we are all very upset. Jimmy appeared to be the picture of health, running and exercising and playing on several softball teams. Jim had many friends."

Weaver's survivors include his wife, Katy Barnes Weaver, a daughter, two sons, and six grandchildren. □

TEN YEARS AGO

Sept, 1988

- 920 in 21st Nationals in Orlando, Fla.
- Britain's Ron Bell, 42, Wins Masters Mile in 4:12.58 as 5 Runners Break World Masters Record
- Gary Miller Sets World M50 Records in Decathlon (6031) and Pentathlon (2976)

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The Weight Room

by JERRY WOJCIK

Petranoff, Senz, Lands, Baby Boomers, and Lobster

Nobody likes to hear, "You shudda been at: (a) Times Square on V-J Day, (b) Woodstock, (c) a Polish wedding, (d) Fill in. Did we ever have a terrific time! How come you weren't there? It was the best ever." So, I'll restrict the plaudits, if you, by choice, missed the championships in Orono.

Of the many shining happenings in the throws, a few stand out. We're not doing a scientific analysis of the top-10 list here, just the ones that impressed me. Those I don't mention were probably just as notable.

The first one is Tom Petranoff's magnificent javelin effort of 250-0 in his final throw. You can get the details in Ken Hall's adjoining article, and don't forget to check out some of the other javelin marks in the younger divisions.

The second one is Marilyn Senz's W35 U.S. pending mark of 153-10 for the 4kg hammer. This is a huge throw, considering that the W40 world record is a mere 144-4 and the previous U.S. best was in the 134-foot range. Senz's competition, Denise Houseman, second, and Kristen Dajia, third, were also over the record, with throws in excess of 138-0.

Neophyte News

My third selection is the four championships by Annie Lands, 57, Kenmore, N.Y., who, after experiencing success in her first outing as a master at the 1998 Empire State Games, thought it might be fun to compete in a national event. We usually allow quadruple gold medalists some degree of exultation, but here's what Lands said, "This is extremely inspiring, as are the women who participated. Who would have ever thought that I would

be doing this at a national level?"

But, you say, Vanessa Hilliard wasn't there. Take a look at Lands' marks. A 110-0 with the 3kg hammer and 30-5 with a 3kg shot aren't shabby. Remember that this is her first year in the masters. Guess who her idol is? You're right - Vanessa Hilliard.

Make Way for Boomers

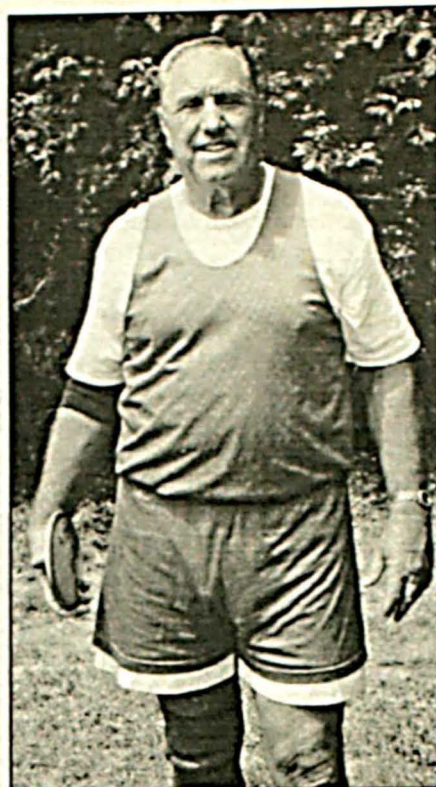
Another impressive item is the large number of entries of throwers in the M50-59 age range. There was a total of 22 in the shot, with 15 in the M50 division. The M50 discus had 18 entrants, and the M55 had 11. The hammer results show 18 M50-59s, and the javelin lists 24 in those age brackets.

Results from other meets this year show the same pattern. It appears to be the same for the runners (18 in the M50 100; 16 in the 1500). What's going on? Baby boomers and empty nesters who now have time to play, according to some observers. Is this a trend or a blip?

On the other hand, try to explain the scarcity of W50-59 baby boomers in our meets, and you have a potential doctoral thesis.

A Crackin' Good Time

My final choice for a noteworthy performance is the U. of Maine crew of dietitians and food intake facilitators who *threw* the Saturday night banquet for some 700 athletes and guests. No 30-minute waiting in line, and we



JERRY WOJCIK

Annie Gaynor set an M70 world record in the shot (46-7/8) and a U.S. record in the discus (148-7), National Masters Championships.



JERRY WOJCIK

Annie Lands won all four the W55 throwing events, National Masters Championships.

ate indoors at real tables with table cloths and napkins, instead of the usual blankets on grass or balancing trays of food on our laps. Plus, most of us ate lobster with all of the trimmings, not the easiest entree to deal with when

feeding masses of people.

Accolades to all of the above and everybody else who participated in any aspect of this well-orchestrated event, held in the grand setting of the University of Maine's campus. □

Where Time Stood Still

Two-Time Olympian Returns With World Record Impact

by KEN HALL

With wife, Carolyn, and their quartet of daughters looking on, former javelin world-record holder, Tom Petranoff, 40, Cranston, R.I., established a pending M40 world record of 76.20/250-0 on the final throw at the 1998 Masters Championships. It was his first major competition on U.S. soil since 1988.

Petranoff's effort bested the present mark of 75.94/249-2, held by Toivo Moorast since 1992. Jorma Markus has a pending 78.84/258-8 from 1994.

Citing "I'm too relaxed" during earlier rounds nearing 72 meters, Petranoff was bolstered by a crowd of more than

100 throwers and spectators, who produced a rousing, rhythmic clapping to bring out Petranoff's final effort, which scattered officials in all directions as the javelin soared far over their heads.

"The heavy cross-winds didn't help the throws today," said Petranoff. "I know 80 meters is there if I have the right conditions."

Having placed himself to a current number-four USA standing at Orono, and automatically qualifying for the 1999 USATF Open Championships to be held in Eugene, Ore., Petranoff's rebirth in the world-class level of competition came as no surprise to anyone who follows the event. □

Miller, Palmer Star in Texas Meet

by JERRY WOJCIK

Charley Miller, 60, broke the oldest world record for the short hurdles in the Texas Masters Championships in Arlington, July 18, running an age-graded 98.2% 14.72 in the 100H (33") to better Jack Greenwood's 14.98 in 1986. In the 1997 USATF Championships in San Diego, Miller won the M60 hurdles with a 14.77 but was denied a world record because of an aiding 3.5 wind.

Wendell Palmer, 66, increased his U.S. M65 record of 44-2 1/2 for the 5kg shot with an A-G 98.1% 46-3 1/2.

Palmer is the M60 world record holder for the discus at 189-0.

Bill Collins, 47, was the sprint standout with a 95.7% 11.30 in 100 and a 96.1% 22.72 in the 200. Cindy Steenbergen, 44, ran the women's best 100 of the meet with a 90.5% 12.95, and won the 200 (26.78) and 400 (65.02).

Lowell Bonifield, 65, was also a world-class (90+%) performer in the hurdles with victory in a 93.9% 16.42.

John Coniff, 57, outhurled everybody else with the 56-lb. superweight (20-5). □

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PROFILE

Milford's Finest... and Fittest!

by RON MARINUCCI

Fleeing felons in Milford, Mich., beware. If you are running from the scene of a crime, someone there can catch you! That someone is Ray Clinard, 56, a lieutenant on the Milford force. He runs, weight trains, and cycles. And Clinard (pronounced Kly'nurd) stays in shape year-round.

Sometimes he's competitive, too. "I do road races - 5Ks, five miles - and duathlons and mountain bike racing." He is also a veteran of the Michigan Police & Fire Games, an Olympic-style competition that has up to thirty-two events. They range, Clinard said, from darts and karate to triathlon and canoe-racing. There are even softball, flag football, arm-wrestling, skeet, billiards, and whirlyball.

In Michigan, only the 5K and 10K road races are open to the public. The other events are restricted to law enforcement officers, firefighters, and other full-time civilian employees of police and fire departments. In the past, the Michigan Games have attracted as many as six hundred participants, from Michigan, as well as Canada and surrounding states such as Indiana and Ohio. Searching the Internet, I discovered that many states - North Carolina, Oklahoma, Pennsylvania, California, and Texas among them - hold similar games.

Early Memories

Clinard remembers the early years of the Michigan Games. "They started the Games about fifteen years ago," he said. "Originally, they were a police Olympics. Then, in 1991, attendance was down, so they added the firefighters."

"It always ran for a week - track and field, basketball, swimming. . . ." He went on, listing the many events. "A lot of people competed in these things. Some competed just to say they did it. But some trained all year long to compete." Clinard was one of the serious competitors. "I'd take my vacation time and go up."

He competed in "lots" of events, he recalled. He reeled them off: "The half mile, mile, 200, javelin, 50-yard breaststroke, 50-yard freestyle, bike criterium, bike sprints. . . I was blessed; I normally got golds."

In 1988, "I also got to go to the National (Law Enforcement) Olympics. I got a third in the half."

Clinard hadn't been to the state games since 1994. "I had done it for ten or twelve years." He looked forward to returning to the Games this year, held in the Flint area. He was disappointed to find some of the events had been canceled due to low numbers. But, finding a silver lining, Clinard and others used the poor turnout to offer suggestions to help clear up "poor communications," hoping to improve and reinvigorate the Games for next year.

Clinard stays in shape, however, for other reasons. Besides his other "civilian" competitions, he enjoys the physical activity and feels it's part of his job. He hopes to inspire fellow officers to work out.

Fleet on the Beat

Asked if being in shape ever paid off on the job, he chuckled and said "a few times." When pressed, he went on, "One comes to mind real quick. I was in the car and I spotted two guys walking, over by the railroad tracks. One I recognized as having a felony warrant out on him. They saw me coming and took off down the tracks." With a short little laugh, he said, "I ran past the one I didn't want. He just looked at me. I ran the other one down. He was supposed to be armed, but I found he wasn't - after the fact! He was a little surprised. He probably thought I couldn't catch him." But he did, and for his efforts Clinard received a citation.

Going back a few years, Clinard remembered, "In high school, I didn't go into track until my senior year. I did football and basketball. Then I just did track for kicks." He got away from exercise until he was a student at Oakland Community College. Challenged into "a basketball game with some big guys from the basketball team," he discovered what poor shape he was in. Early attempts at running, like they are for so many trying to get back into it, were discouraging. But his athletic skills took over and carried him through the typically tough beginning. He's stuck with it for nearly 20 years.

Consistent Training

"I still have a regular schedule I've stuck to, for years and years," he chuckled. He proudly added, "I can still beat three minutes in the half." But he laughed again a couple of weeks later, "I ran a 5K race last Saturday and felt 75."

From winter till early spring, he works out "in the house." He runs on a treadmill, with some "sprinting," lifts weights, and cycles on a stationary bike.

Once outside, he breaks the training down with a more regimented workout schedule. "I use the track, sprinting, a bit of 220s and 400s. One day I'll do distance, one day quarter miles, the next day sprints. I work on the javelin when I have time. I used to do the long jump, but after a while that began to seem like work, so. . ." He used to do the hammer throw, too, but finds that



Ray Clinard

it's so rarely held he doesn't bother with it much anymore. With so many physically big competitors in the shot, he doesn't do that as often, either.

Ten Mile Limit

Of his training, he said, "I do it all by myself, on the soccer fields in near-

by Hartland." And, "I have a place in Traverse City, in Acme. I get out on the VASA Trail. I can go any place I want, especially on long bike rides." But, he admitted, even on training runs, "ten miles is my limit. I get bored."

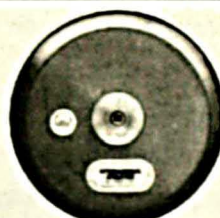
Clinard is an annual competitor in the 5K at the August Crim Festival of Races. He's been involved in the Michigan Special Olympics Torch Run that raises money for that charity across the state. "We run that right here in Milford."

Right now, Clinard is enthusiastic about the 1999 Police & Fire Games in Michigan, hoping suggestions will be taken so the Games can revert to their former quality. In the meantime, he will continue his training. Both for competition and for the job. □

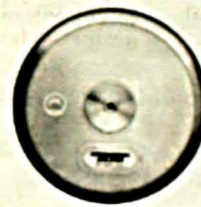
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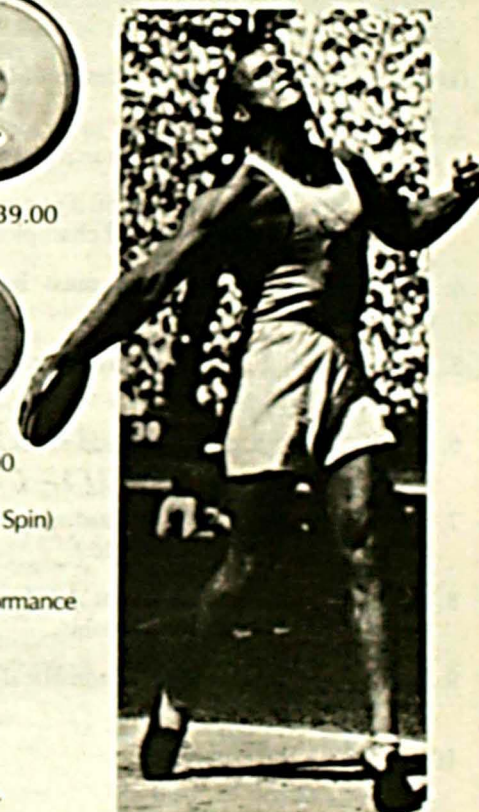
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Track and Field Report

by **KEN WEINBEL**,
Chairman, Masters T&F

Orono Hosts a Memorable Event

The 1998 Outdoor Championships at Orono, Me., can best be described as an outstanding track meet. The Maine Association, Meet Director Rolland Ranson, his assistants, officials and volunteers, worked in harmony to provide all in attendance with a memorable experience.

Good old-fashioned "Down East" hospitality prevailed not only at the track, but throughout the University of Maine campus and Orono community. The athletes responded to the friendly environment with fine competition and favorable comments.

Jerry Hinkle, Florida, a participant, sent me a congratulatory note, commenting that Ranson and his staff organized and conducted an outstanding event and that USATF should be very proud.

Rhoda Green, New York City, wrote the following: "I was a participant in the 10K racewalk at the USATF National Masters Championship last week. Hats off to the USATF for pro-

ducing an outstanding, well-organized event. The campus provided a perfect setting for the competitions, logistics were handled to perfection, support staff members were attentive and knowledgeable, and the entertainment was just what we needed. In short, it was a pleasure to be with you in Maine. We hope you will choose Orono for future USATF competitions, so that we can hurry back to Maine."

Many others shared Rhoda's and Jerry's sentiments and have expressed themselves accordingly. Perhaps we will be fortunate enough to find ourselves the recipients of a future bid from the Maine Association, so we can further thank them with a record



JERRY WOJCIK
Chris Yorges, M30, triple winner in the steeplechase, 1500, and 5000, National Masters Championships, Orono, Me.

turnout.

Those in attendance at the athlete's meeting were inspired by two outstanding athlete awardees, who used the occasion to share their feelings for the masters program. Dorothy Roberts, 88, and Dave Romansky, 60, race-

walkers, addressed the audience with enthusiasm and heartfelt appreciation. Their speeches contributed to the friendly atmosphere that prevailed throughout the championships.

Thanks Orono, we will remember this meet for a long time. □

React and Respond

1. There should be qualifying or standards applied to competing in the national championships. Y__ N__

(If you answer "Yes," please respond to the remaining questions:

2. Placing first, second or third in an association championships meet will qualify an athlete for the national championships. Y__ N__
3. Placing first, second or third in a regional championships meet will qualify an athlete for the national championships. Y__ N__
4. Qualifying mark standards must be determined by committee and reviewed annually. Y__ N__
5. Any qualifying standard must be reasonably attainable by the average masters athlete. Y__ N__
6. Qualifying by a mark standard must be attained in USATF sanctioned meets. Y__ N__
7. Qualifying by a mark standard may be attained by any meet (USATF, Senior Games, all-comers, etc.). Y__ N__
8. An athlete attaining an event All-American standard qualifies for that event in a national championship. Y__ N__
9. Defending champions are automatically qualified for the national championships. Y__ N__

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National Championships

Continued from page 1

good numbers from surrounding states with large populations, but it wasn't just an East Coast clambake. Forty-eight states, including Hawaii and Alaska, were represented, along with ten foreign countries, including England, Russia, Australia, and Canada, which sent its usual talented contingent to a U.S. championships.

World and U.S. Records

Eight world and 27 U.S. age-group records were broken, tied, or established. Leonore McDaniels, W70, of Virginia, was the star of the meet, continuing her assault on the record books, begun in the 1998 Indoor Nationals in Boston. In Orono, she set world records in the 300H (76.50), high jump (3-11¹/₄), and pole vault (6-10³/₄), and U.S. records in the long jump (11-4¹/₂) and triple jump (23-6¹/₄).

Others also had multiple-record performances, but two athletes stood out: Tom Petranoff, M40, in the javelin, and Leslie Lehane, W35, in the 2000m steeplechase. Petranoff, a past Olympian and world record holder, who recently moved to Rhode Island after living in South Africa, was expected to perform well and struggled at a "mere" 240-0 range until he unleashed a pending world record of 250-0 on his final attempt.

Lehane, of Massachusetts, as her split times in the women's race were given by meet announcer Peter Taylor, captured the attention of athletes and spectators, who sensed they were witnessing more than just another record performance. Her time of 6:30.83 established a W35 world best for the event with the newly adopted 30" barriers, and may also be the best ever by a U.S. female of any age. According to Peter Mundle, USATF Masters T&F

Records Coordinator, marks for new masters events must be compiled for three years before a record is approved. In the Goodwill Games on July 16, Lehane ran a 10:08.29 in the 3000 steeplechase, also a possible national best. The U.S. recognizes both distances for women's records.

Racewalkers accounted for 11 of the U.S. records. Dave Romansky, M60, New Jersey, broke the 5000 track racewalk and 20K road records. Lyn Brubaker, W40, Pennsylvania, and Jane Dana, W75, California, both set records in the 5000 and 10K.

New Faces

Not all of the winners were record breakers or veterans of previous championships. James Gray, Louisiana, who won the M50 pentathlon, held on the first day, said afterwards, "This is my first masters championships, and it was a great meet. I was encouraged to participate by people I met at the Louisiana State Games, who had been to masters championships. I know of a lot of athletes who would do well here, but are afraid to come out for fear of being mediocre or embarrassed."

Annie Lands, W55, New York, decided to compete in Orono after doing well in the 1998 Empire State Games, and won all four of the throwing events.

Maine residents who took advantage of the meet's proximity and won national championships are Edie Dubord, W40, 5000; Bruce Bridgman, M35, 10,000; Chuck Radis, M45, steeplechase; Barrington Ivers, M85, long jump and discus; and Theda Honnell, W30, shot put and discus.

Age-Graded Performances

The top age-graded performances on the track were by Californian Stan Whitley, 52, who won the M50 100 with a 98.3% 11.38, and Canada's Earl



JERRY WOJCIK

Top five scorers in the M50 pentathlon, National Masters Championships, Orono, Me.: James Gray (c) first; Gary Vanidestine (707), second; Tom Taft (677), third; Neal Schuster (609), fourth; and Eric Hill (308), fifth.

Fee, 69, who ran a 98.1% 2:22.50 800. The best age-graded marks in the field events went to Arnie Gaynor, 70, California, for his world record 96.3% 46-7¹/₂ in the shot put, and Wendell Palmer, 66, Texas, for a 95.4% U.S.

record of 44-11¹/₄, also in the shot.

Whitley was pushed by Joe Johnson, 53, New Jersey, second in a 97.9% 11.50, and Peter Crombie, 53, Australia, third in a 95.5% 11.78. The

Continued on page 18

AGE GROUP RECORDS SET AT 31ST USATF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS ORONO, MAINE; JULY 30-AUGUST 2

World Records

Event	Age	New Mark	Name	Old Mark	Held By
300mH	M80	62.68	Dan Bulkley	68.0	Karl Trei
300mH	W70	76.50	Leonore McDaniels	---	---
4x800m	M70-79	11:09.87	So Calif Striders	11:46.91	USA
HJ	W70	1.20m	Leonore McDaniels	1.16	Gwen Davidson
PV	W70	2.10	Leonore McDaniels	1.62	Johnnye Valien
SP	M70	14.21	Arnie Gaynor	14.05	Voitto Elo
DT	M60	58.43	Joe Keshmiri	57.60	Wendell Palmer
JT	M40	76.20	Tom Petranoff	75.94	Toivo Moorast

World Bests

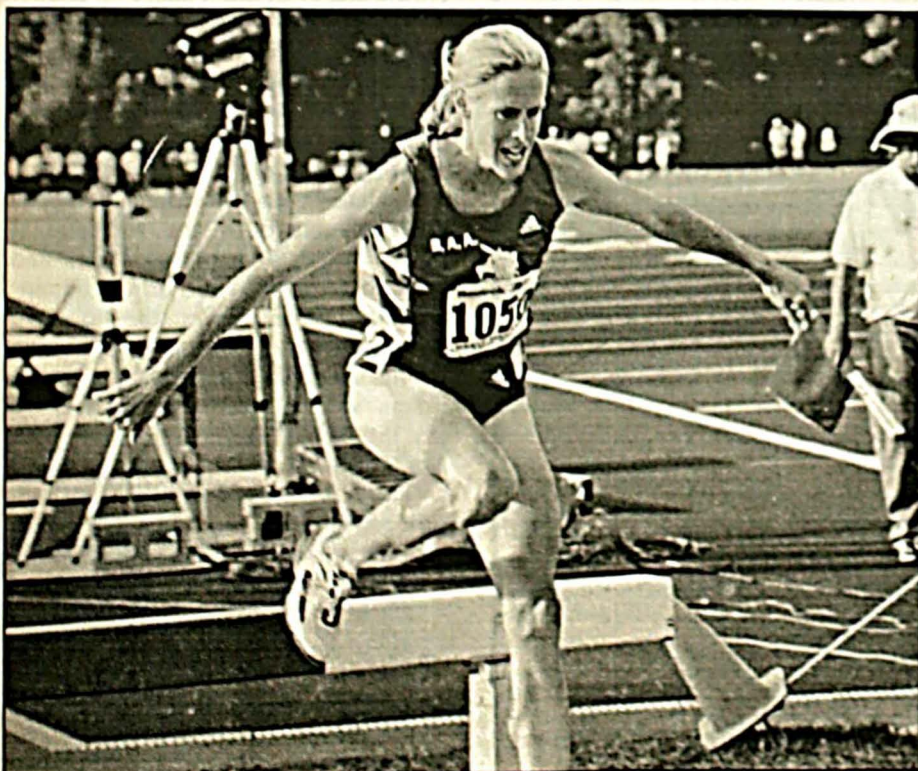
2000mSC	W35	6:30.83	Leslie Lehane	(new event--30" barriers)
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U.S. Records

200m	W70	34.03	Pat Peterson	34.2	Polly Clarke
400m	W70	82.52	Pat Peterson	84.23	Polly Clarke
800m	W40	2:20.21	Diane Heil	2:21.74	DeeDee Grafius
800m	W70	3:24.32	SumiOnoderaLeonard	3:24.80	Gerry Davidson
10,000m	M40	30:37.94	Craig Young	30:50.37	Larry Almborg
80mH	M80	17.25	Dan Bulkley	17.31	Frank Finger
HJ	W60	1.25m	Christel Miller	ties	C. Miller
LJ	M80	3.67	Tom Walsh	3.55	Clarence Trahan
LJ	W70	3.47	Leonore McDaniels	3.28	Johnnye Valien
TJ	M75	9.29	Ed Lukens	9.24	E. Lukens
TJ	W70	7.17	Leonore McDaniels	6.58	Jos. Sullivan
SP	M60	15.47	Joe Keshmiri	14.82	Hal Smith
SP	M65	13.71	Wendell Palmer	13.47	W. Palmer
SP	W40	13.48	Carole Finsrud	13.20	C. Finsrud
DT	M70	45.31	Arnie Gaynor	44.30	Ed Hooker
HT	W35	46.88	Marilyn Senz	41.00	Sarah Boslaugh
5000RW	M55	23:29.51	Don DeNoon	24:28.77	Paul Johnson
5000RW	M60	24:22.66	Dave Romansky	25:09.66	Jack Bray
5000RW	M65	26:01.93	Jack Bray	27:28.63	Robert Mimm
5000RW	M70	29:05.46	John Starr	29:20	Cokey Daman
5000RW	W40	23:28.15	Lyn Brubaker	23:57.93	L. Brubaker
5000RW	W75	35:10.20	Jane Dana	35:31.0	J. Dana
10K RW	W40	48:29.91	Lyn Brubaker	49:17	SallyRichardsKerr
10K RW	W75	72:13.58	Jane Dana	74:33	Imogene Watkins
20K RW	M55	1:43.09	Jim Carmines	1:43.41	Max Green
20K RW	M60	1:48.19	Dave Romansky	1:48.44	Max Green
20K RW	M65	1:52.43	Max Green	1:52.43	Robert Mimm

U.S. Bests

2000mSC	M60	8:15.87	Frank Haviland	(new event--30" barriers)
2000mSC	M65	8:29.61	Robert Culling	"
2000mSC	M70	9:46.48	Avery Bryant	"



JERRY WOJCIK

Leslie Lehane broke the W35 world best of 7:05.76 for the 2000m steeplechase with a 6:30.83, National Masters Championships, Orono, Me.

National Championships

Continued from page 17

first seven finishers in that race were in the 90% world-class range, with the eighth finisher at a national-class 88%.

On Sunday all 100m winners were invited to run in an Age-Graded 100. (Competitors run a handicapped distance determined by age, with younger runners running farther than the older.) In the *National Masters News* Women's 100, Cindy Steenbergen, 44, Texas, ran 91.8 meters in 11.75 to win in a tight finish, with Pat Peterson, 72, New York, who covered 71.8m, a close second in 11.76, and Jacqueline Board, 45, Missouri, running 91.1m, third in 11.97.

In the Bangor Savings Bank Men's 100, Bill Collins, 47, Texas, ran a 10.26 for 91.1m to win over Tom Kennell, 77, Florida, 10.62 for 71.2m, and James Stookey, 68, Maryland, 10.77 for 78.3m. In each race, the first three finishers shared \$150 provided by the sponsors.

Fabulous Fifties

Although other age divisions had large entries in some events, the most significant numbers in almost every

running and throwing event were those in the M50 and M55 groups. The M50 100 had 18 entrants, the 400 had 16; the 1500 and discus each had 18 athletes.

These same age groups also provided some of the best match-ups in the meet. Charles Allie, 50, Pennsylvania, with an A-G 93.8% 52.71, won the 400 from Dave Walter, 53, Washington, who finished in an A-G 95.0% 53.24. Fred Johnston, 52, California, took the M50 100H (A-G 93.3% 14.81) from Courtland Gray, 54, Texas, (A-G 94.5% 14.93), but Gray won the 400H (A-G 90.5% 63.80) from Johnston (AG 84.4%).

Alexandre Tsoukanov, Russia, held off Charles Perez, Colorado, to place first in the M50 1500, 4:19.66 to 4:19.70, and did it again in the 5000, with a 16:01.39 to Perez's 16:01.85. Ladislav Pataki, California, topped an M50 14-entrant field in the shot, with a 52-11½ put. Tom Fahey, California, was first in the 18-deep discus with a 181-8 over Pataki's 172-0.

In the younger divisions, 800m runners again staged exciting finishes, as

they did in the 1997 Championships in San Jose. Roberto Castillo, Florida, edged Steve Wulf, California, for the M40 victory, 2:00.67 to 2:00.70. Gerald Feeney, Canada, nipped Neil Howk, Arizona, 2:08.62 to 2:08.69, to win the M45 800.

Officials Galore

The buzz of the meet was talk about the large number of officials. One athlete commented that in his throwing event, there were more officials than competitors. About 140 certified officials were on hand. Twenty-eight of them had worked in the 1996 Olympics in Atlanta. According to Meet Director Rolland Ranson, \$24,000 of the meet's \$65,000 budget went to provide the officials with room, board, meet shirts and hats. Gerald Kantor, an experienced throws official from New Hampshire, commented on the inducements offered officials to work the meet: "The organizers have been very accommodating."

Athletes' Meeting

At the athletes' meeting on Friday evening on the campus, all was not perfect with some attendees who had questions about the need for more transportation from the hotels to the



SUZY HESS
Hank Warrington, M30 winner in the 100 (10.72) and 200 (21.77), National Masters Championships, Orono, Me.

track, and about the in-progress construction on the football stands during the meet.

Meet Director Ranson explained that the transportation had been arranged by the Bangor Chamber of Commerce and was out of his hands, and that the construction, which resulted from a grant approved after Maine won the bid in 1995, was bound by contractual commitments involving financial penalties for failure to meet deadlines. Ranson said that he had asked the contractor to wait until the meet was over but had been unsuccessful.

Off The Track

Those who opted for the banquet (and mostly for lobster) held Saturday evening in the campus field house were treated to the best-managed dinner at a masters championships in recent memory. Entertainment was supplied by a drum ensemble from the university's music department and a Downeast, local-color stand-up comic.

In addition to the usual meet commemoratives, athletes were able to purchase photographs of themselves in action, and buy a T-shirt with a reproduction on the front of the finish-line photos of their races.

Athletes with time on their hands took advantage of the recreational (mostly aquatic) opportunities in and around Orono, and visited the adjoining city of Old Town, the home of world-renowned Old Town Canoe Company. Before and after the meet, others visited Acadia National Park and hit the L.L. Bean store in Freeport, Me., for bargains.

The *Bangor Daily News* sports section carried the results in some events an unheard of six-deep and ran daily feature articles on athletes.

Those Responsible

The championships organizing committee was headed by Meet Director Ranson, aided by Assistants Ann Maxim and Jim Ballinger. Administrative duties were handled by Will Gallant, Maegan Limoges, and Val Fox. Jim Dyer was in charge of the

1998 USATF National Masters T&F Champions Orono, Maine; July 30-August 2

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
100	Warrington	Lovett	Krulee	Collins	Whitley	Butts	Tolson	Stookey	Melville	Kennell	Weinacht	Castro	d'Elia
200	Warrington	Lovett	Morning	Collins	Johnson	Butts	Tolson	Stookey	Melville	Murphy	Weinacht	Castro	
400	Wilson	Lovett	Blackwell	Bowen	Allie	Wright	Stewart	Cheek	Brown	Parker	Matteson		
800	Wilson	Allah	Castillo	Howk	Taylor	Laing	Stewart	R Miller	Selby	Messenger	Bulkley		
1500	Yorges	King	Castillo	Briell	Perez	McDonald	Hawk	Heitzman	Linde	Messenger	Bulkley		
5000	Yorges	Wagner	Young	McCusker	Perez	Blanchette	Brennand	Heitzman	Linde	McManus	Healy		
10,000		Bridgham	Young	R Price	Sweeny	Blanchette	Brennand	Heitzman	O'Neil	Englert	Healy		
SH		Smith	S Price	Ortman	Johnston	Pawlik	C Miller	Stookey	Sochor	Lukens	Bulkley		
LH		Lovett	Blackwell	Cheadle	C Gray	Marchetti	C Miller	Stookey	Sochor		Bulkley		
SC	Yorges	Wagner	Underwood	Radis	Dickson	Cormier	Haviland	Culling	Bryant				
HJ	Longo	Patrone	Barrineau	Curry	Sauers	Angus	Langenfeld	Stookey	Seifert	Lukens	Elliott		
PV	Suhr	Doran	Barela	Kingstad	Borrey	Welborn	Cannon	Donley	Seifert	Johnson			
LJ		W Price	Roberts	Thornsley	Gillette	Marchetti	Brevik	Stookey	Rice	Lukens	Walsh	Ivers	
TJ	Desilvertre	Davenport	Roberts	Lapp	Walsh	Low	Langenfeld	Stookey	Brako	Lukens	Sorlien		
SP		Thompson	Ciccone	Shumaker	Pataki	Wallin	Keshmiri	Palmer	Gaynor	Nettles	McDermott		DeGroot
DT	Tine	McDermott	Miller	Reid	Fahey	Higgins	Keshmiri	Palmer	Gaynor	B Carter	McDermott	Ivers	DeGroot
HT		Bersch	Vandergriff	Reichard	Mead	Gage	Cyprus	Chadbourne	Weinbel	Ricciardi	McDermott	Narcessian	DeGroot
JT	Hall	McConnell	Petrantoff	Nielsen	White	Reynolds	Sattori	Feick	Brusca	Pistorino	Maki		d'Elia
Pent	Longo	Wardle	Janusey	Jacquet	Acea	J Gray	Pawlik	Miller	Duncan	Seifert	Carter	Bulkley	
4x100	WEST		HSTE		EAST			EAST		WEST			
4x400	WEST		Central Park TC		EAST			WEST		So Calif Striders			
4x800	SCTC		EAST		RRR					So Calif Striders			
5000RW		Blanchard	Meyers	Sosnowski	Friedlander	DeNoon	Romansky	Bray	Starr	Dyas	Tallmadge		
20K RW	Mattsson	Blanchard	Meyers	Savilonis	McGuire	Carmines	Romansky	Green	Mimm	Dyas	Tallmadge		
100	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	
200	Morris	Landrum	Steenbergen	Board	Jarvis	Jager	Lary	Yudell	Peterson	Friedman			
400	Morris	Landrum	Steenbergen	Board	Riordan	Solwazi	Lary	Yudell	Peterson	Friedman			
800	Heuer	Ney	Heil	Hartzler	Shirley	Morehead	Cappetta		O'Leonard	Davidson			
1500	Ticknor	Ney	Heil	Capwill	Sipka	Cleveland	HodgesHite	Wilson	Smalley	Davidson			
5000	Allen	O'Malley	Dubord	Dowling	Sipka	Schalet	HodgesHite	d'Elia	Smalley	Davidson			
10,000		O'Malley	Varzeas		Hatch	VanDerVeen	HodgesHite	d'Elia					
SH		Wameling		Lowery		Carter	Miller		Valien				
LH	Best						Jordan		McDaniels				
SC		Lehane											
HJ	Jennings	Mendenhall		Lowery		Bloom	Miller	Burgess	McDaniels	Hinton			
PV						Sisley	Meiler	Hicks	McDaniels	Hinton			
LJ	Best	Iba	Hulse	Lowery	Clark	Jager	Wright	Casey	McDaniels	Hinton			
TJ		Iba				Sisley	Wright	Hicks	McDaniels	Hinton			
SP	Honnell	Lewis	Finsrud	Capwill	Szanto	Lands	Wright	Hicks	Valien	Hinton	Gradick		
DT	Honnell	Lewis	Finsrud	Capwill	Fogg	Lands	Wright	Hicks	Holland	Hinton			
HT		Senz	Finsrud	Capwill	Szanto	Lands	Wright	Fetherston	Holland				
JT		Charewicz	Finsrud	Capwill	Clark	Lands	Miller	Hicks	Holland	Hinton	Gradick		
Pent						Jager	Meiler						
4x100	EAST		RRR		WEST								
4x400	WEST		RRR		Mich SC								
4x800	WEST												
5000RW	Jacobs	Herazo	Brubaker	Sidelko	Reitz	Nedelco	Bailey	Dockstader	Beers	Dana			
10K RW	Jacobs	Herazo	Brubaker	Sidelko	Reitz	Nedelco	Grand	Provost	Gordon	Dana		Roberts	

Highlights of the Nationals

Some of the top performers, by division, at the USATF National Masters Championships in Orono were:

M30

Distance star Chris Yorges, Oregon, defended his SC title and won the 1500 and 5000. Hank Warrington, Hawaii, impressed with 100 (10.72) and 200 (21.77) wins. Curtis Wilson, Jr., Oregon, swept the 400 (48.43) and 800 (1:55.79). Phil Lingo, New York, won the pentathlon on Thursday and returned to take the HJ.

M35

Mitchell Lovett, New York, dominated the 100 (10.77), 200 (21.75), and 400 (48.29), all with 93+% age-graded performances, and won the 400H, a new event for him. Pat Wagner, California, won the 5000 on Thursday morning and the SC on Friday evening. Glenn Thompson, Pennsylvania, sailed the 16-lb. shot 56-4. Racewalker Michael Blanchard, Colorado, strode to golds in the 5000 track and 20K road walks.

M40

Tom Petranoff, Rhode Island, aroused the javelin groupies with a pending WR 250-0. Outstanding gold medal sprinters here: Martin Krulce, California, 11.04, 94.2% in the 100; Kevin Morning, California, 22.32, 94.4%, 200, and Ray Blackwell, Pennsylvania, 49.15, 93.8%, 400, who also won the 400H in 55.49. Other double winners were Roberto Castillo, Florida, 800 (2:00.67), and 1500; Craig Young, Colorado, with an AR 30:37.94 in the 10,000, and the fastest 5000 of the meet (15:21.82); John Roberts, Florida, LJ and TJ; and Richard Meyers, Indiana, 5000 and 20K racewalks. Jim Barrineau, Virginia, hit 92.8% on the A-G tables with a 6-4 1/4 high jump.

M45

Bill Collins, Texas, 1997 Masters Male Athlete of the Year, was in warp speed range with a 97.0% 11.15 100 and a 95.0% 23.03 200, and won the Bangor Savings Bank Age-Graded 100 by several yards. Robert Bowen, West Virginia, bolted to the 400 win in a 91.6% 52.43. Jeff Kingstad, Wisconsin, outperformed all other vaulters in the meet with an 89.1% 14-7/4. Craig Shumaker, Pennsylvania, hit the 47-

10 1/2 mark in the SP. Stan Sosnowski, Rhode Island, won the 5000 RW from Brian Savilonis, Massachusetts, but Savilonis captured the 20K.

M50

Another group with supersonic sprinters: Stan Whitley, California, 11.38, 98.3%, 100; Joe Johnson, New Jersey, 97.9%, 11.50, 100 (second) and 200 (winner), 23.80, 95.7%; and Charles Allie, Pennsylvania, 52.71, 93.8%, 400. Charles Perez, Colorado, was first U.S. in close losses to Russian standout Alexandre Tsoukanov, in the 1500 and 5000. Strong throwing counterbalanced the swift tracksters: Lad Pataki, California, won the SP with a 90.9% 52-11 1/2; Tom Fahey, California, won the DT (181-8) from Pataki; Robert Mead, Vermont, took the HT (165-7); and Russ White, Maryland, the JT (183-6).

M55

Emil Pawlik, Mississippi, top scorer in the pentathlon (3547), later soared over the 100H in a rapid 97.0% 15.39. Tim Butts, Michigan, hastened to 100 (12.74) and 200 (27.02) wins, as did George Marchetti, Oklahoma, in the 400H (68.81) and LJ; and David Blanchette, Vermont, in the 5000 and 10,000. Another group with powerful throwers: Carl Wallin, New Hampshire, SP, 49-7/4; Lloyd Higgins, California, DT, 172-9; and Tom Gage, Montana, HT, 187-9, 94.7%. Don DeNoon, Illinois, hastened to an AR in the 5000 RW (23:29.51). Russia's Anatoli Blakityni won the 5000 (19:02) and 10,000 (40:12).

M60

For the best in this group, just read all of the names in the champion's list, plus note the double winners: Joe Keshmiri, M60, Nevada, with an AR in the SP (50-9/4) and a WR in the DT (191-8); Harold Tolson, California, 100 and 200; Mack Stewart, Texas, 400 and 800; Santa Barbara, Calif., legend John Brennan, 5000 and 10,000; Charlie Miller, Texas, SH and LH; Tom Langenfeld, Minnesota, HJ and TJ; and Dave Romansky, New Jersey, with two RW records. At the athletes' meeting, Romansky, a past-Olympian, accepted his 1997 Outstanding Male Racewalker Award with an inspiring speech on the importance of masters racewalking in his life.

M65

James Stookey, Maryland, ruled this group, winning seven gold medals from the sprints to the hurdles and jumps, most with A-G performances in the world-class 90% range. Wendell Palmer, Texas, garnered another AR with a 95.4% 44-11 1/4 and won the discus. Paul Heitzman, Kansas, tornadoed to wins in the 1500, 5000, and 10,000.

M70

Arnie Gaynor, California, on a record rampage since turning 70 recently, continued this trend with a WR 46-7 1/2 SP and an AR 148-7 DT. Bill Melville, Wisconsin, defeated world-class fields in the 100 with a 95.6% 13.55 and a 92.8% 28.54 in the 200. Gordon Seifert, 70, Alabama, tripled in the hurdles and the exhausting pentathlon. John Starr, Delaware, finished the 5000 RW with an AR 29:05.46. Jim O'Neil, San Diego, kept his streak going as the only person to compete in all 31 national championships. He took gold in the 10,000 (46:49) and bronze in the 5000 (22:34).

M75

Ed Lukens, New York, won four events, and included an AR 30-5/4 TJ. Archie Messenger, New York, logged wins in the 800 (2:52.65) and 1500. Versatile Bill Carter, Oklahoma, won golds in the pentathlon and DT, from a ten-man field. Tim Dyas, New Jersey, racewalked away from Orono with wins in the 5000 and 20K.

M80

Dan Bulkley, Oregon, started with a pentathlon win and added, in the remaining three days, four more victories, plus a WR (62.68, 92.5%) in the 300H, and an AR (17.25) in the 80H. Tom McDermott, Florida, tri-medaled in the SP, DT, and his specialty, the HT. Bill Weinacht, Ohio, bolted to wins in the 100 (15.71, 92.7%) and 200. Bill Tallmadge,



SUZY HESS

Audrey Lary, winning the W60 200 (34.22), and Barbara Jordan, second (34.36), National Masters Championships, Orono, Me.

Kentucky, won both RWs.

M85 & M90

Tony Castro, California, scored victories in the M85 100 and 200, as did Barry Ivers, Maine, in the LJ and HT. Burt DeGroot, California, took three of the M90 throws, leaving the JT for Manfred d'Elia, New Jersey, who also won the 100.

W30

Althea Morris, New York, outlegged the fields in the three sprints (12.57, 85.8%, 100). Dawn Best, New York, won the 400H and LJ. Theda Honnell kept two gold medals in Maine with her victories in the SP and DT. Loribeth Jacobs, California, finished first in the 5000 and 10K RWs.

W35

Leslie Lehane, Massachusetts, turned in a historic world best 6:30.83 over the 30" barriers in the 2000 SC, sharing top honors with Marilyn Senz, North Carolina, who smashed the AR in the HT with a 153-10. Charlene Landrum, New York, is a three-time champion with firsts in the 100 (12.76, 85.8%), 200, and 400. Victoria Herazo went home to Nevada with victories in both walks.

W40

Carole Finsrud, Texas, held on to her SP (AR 44-2 1/4) and DT crowns and added the HT and JT. Another Texan, Cindy Steenberg, also successfully defended her three sprint titles (100, 12.88, 90.9%) and won the NMN Age-Graded 100 to dispel doubts of her prowess. Diane Heil, California, hurried to wins in the 800 (AR 2:20.21) and 1500 (4:48.19). Racewalker Lyn Brubaker, Pennsylvania, altered the AR books in the 5000 (23:28.15) and 10K (48:29.91).

W45

Jacqueline Board, Missouri, swept the sprints (100, 13.19, 89.6%). April Capwill, Pennsylvania, was a semi-finalist for the Ms. Versatility Award with gold medals in the 1500 and all four throws, as was Linda Lowery, Georgia, in winning the SH, HJ, and LJ. Roswitha Sidelko, Florida, posted firsts in the walks.

W50

Avril Douglas, Richmond B.C., won five events impressively (100, 13.64; 200, 29.17; 400, 64.38; 800, 2:27.42; and 1500, 5:05.22). All her efforts were 87% or better. Ann Sipka, New Hampshire, is a double USA champion in the 1500 and 5000, as is Elizabeth Riordan, Massachusetts, in the 200 and 400; Skipper

Clark, New York, in the LJ and JT; Erika Szanto, Ohio, in the SP and HT; and Jackie Reitz, Indiana, both walks.

W55

Annie Lands, New York, debuted as a master with four wins in the throws. Kathy Jager, Arizona, did yeowoman's work with a pentathlon first and golds in the 100 (14.08, 90.6%) and LJ. Kemisole Solwazi, California, hot-footed to firsts in the 200 (30.14, 88.6%) and 400. Becky Sisley, Oregon, fought off injury in a practice PV jump to win the vault and the TJ. Jo Ann Nedelco, California, repeated her wins in 1997 at San Jose in the walks.

W60

Evelyn Wright, Maryland, couldn't have felt left out, winning the LJ, TJ, SP, DT, and HT. Joyce Hodges-Hite, Georgia, was the distance whiz, winning the 1500, 5000, and 10,000. Consistent Carolyn Cappetta, Massachusetts, scored wins in the 400 (71.40) and 800 (2:50.43), both with the exact same A-G percent - 88.0%. Christel Miller, California, tied her HJ AR (4-1 1/4) and won the SH.

W65

Amy Hicks, Massachusetts, gathered no dust, winning the PV, TJ, SP, DT, and JT. Ann Yuddell, North Carolina, zoomed to three sprint wins. LDR specialist Toshiko d'Elia, New Jersey, won the 5000 (23:44.80) and 10,000 (48:36.09).

W70

Check the records chart on this troupe: Leonore McDaniels, Virginia, chalked up pending WRs in the 300H (76.50), HJ (3-11 1/4, 95.2%), and PV (6-10 1/4) and ARs in the LJ and TJ. Pat Peterson, New York, negotiated two ARs, 200 (34.03, 91.0%) and 400 (82.52). I.C. Holland, Ohio, prevailed in the DT, HT, and JT.

W75

Margaret Hinton, Texas, with four wins in the jumps and three in the throws, didn't leave much for anybody else, but sprinter Diane Friedman, Ohio, distance runner Gerry Davidson, California, and Jane Dana, California, forged multiple wins, racewalker Dana with ARs in the 5000 (35:10.20) and 10K (72:13.58).

W80 & W85

Katherine Gradick, Florida, with SP and JT wins, and Betty Jarvis, Oklahoma, with DT and HT firsts, shared W80 throws golds. W85 Dorothy Robarts, California, won the 5000 RW, as she did in 1997. Canada's Ivy Granstrom, 86, won four events (100, 400, 800, 5000) in times close to her own WRs. □

- Jerry Wojcik

Natl. Championships

Continued from page 18

facilities and grounds with help from Matt Felker and Eric Hardy.

Among others who had a hand in making the meet a success were Lisa Powers of the Bangor Visitor's Bureau, and Tom Eastler, racewalking chair, who also helped with the initial bidding process.

Don Berry was the coordinator of officials. Peter Taylor, the meet announcer, despite working at a disadvantage at ground level rather than up in the press box, kept onlookers and athletes apprised of events on and off the track. Charles Hodgson, of HY-TEK software, provided results, event schedules, heat set-ups, and other data.

The Bangor Savings Bank was a major sponsor. Governor's Restaurant and Margarita's Restaurant also provided key sponsorship.

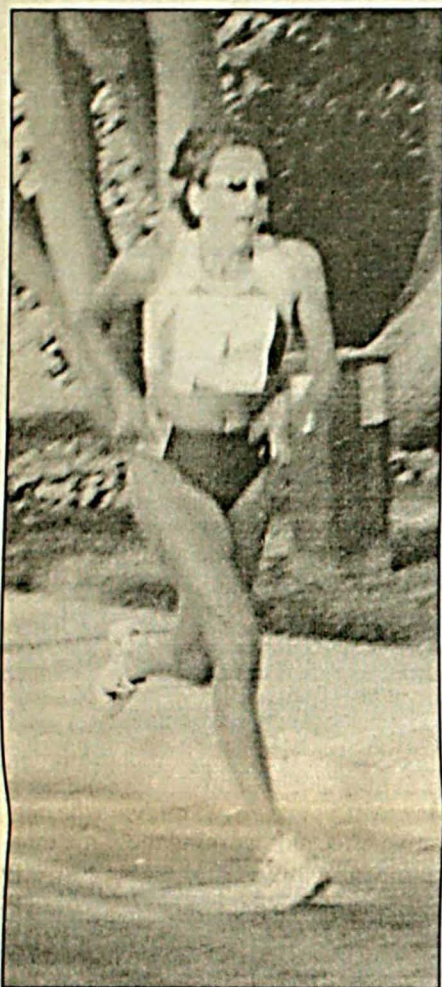
Participants' impressions about the meet can perhaps be best summed up by pentathlete Bill Carter, M75, Oklahoma: "Of the ten national championships I've been to, this is the best."

Next year's championships are scheduled for Aug. 26-29 in Orlando, Fla. □

Koech, Wysocki Win at Bastille Day 8K

by JANNA WALKUP

Kenya's Peter Koech turned in a course record and California's Ruth Wysocki repeated as women's champion at the DiTech Funding Bastille Day Celebration 8K, Newport Beach, Calif., July 18. The evening race was the third event on the 1998 masters Indy Life Circuit.



AL SHEAHEN

Ruth Wysocki, 41, winner of the masters women's race (27:49), Indy Life Circuit Bastille Day 8K, Newport Beach, Calif., July 18.

Koech, 40, duelled with Craig Young, 42, Colorado Springs, Colo., and Steve Plasencia, 41, Shoreview, Minn., throughout most of the race before pulling away in the last mile to claim first in a course record 24:02 (91.8% age-graded). With his win, Koech moved into a first-place tie with Young in the Indy Life standings. Young finished second in 24:07 and Plasencia, who was previously unbeaten in masters competition, hung on for third in 24:54.

Turning in a 5:17 first mile, Wysocki, 41, Canyon Lake, Calif., led from start to finish in the women's race, finishing in 27:49 to set a U.S. single-age record. The heat and humidity took its toll on the field, including Wysocki, who did not approach her 1997 Bastille performance, in which she ran a U.S. and world record 26:17. Jane Welzel, 43, Fort Collins, Colo., finished second to Wysocki in 28:11 and turned in the best women's age-graded time (89.9%), while Jeanne Lasee-Johnson, 40, Chula Vista, Calif., placed third in 28:40.

The race's top age-graded performance came from 78-year-old Warren Utes, Park Forest, Ill., who sped to an easy age-group victory in 34:26, which scored a phenomenal 93.6% on the age-graded tables.

Spokane's June Machala, 67, who currently leads the Indy Life age-graded women's standings, set a U.S. single-age record of 36:48 (88.1%). Joan Ottaway, 54, Sonora, Calif., won her age group in a fast 31:10 (89.9%).

The top men and women overall took home \$600 for first, \$300 for second, and \$100 for third. The top five age-graded men and women also were awarded prize money - \$600 for first, \$400 for second, \$250 for third, \$150 for fourth, and \$100 for fifth.



AL SHEAHEN

Steve Plasencia, 41, held his lead at the beginning of the race to take third (24:54) over Steve Scott, 41, who finished fourth (25:19), in the Indy Life Circuit Bastille Day 8K, Newport Beach, Calif., July 18.

After three races, Young and Koech lead the men's standings while Houston's Patty Valadka, 40, leads the

women. Utes and Machala currently are first in the age-graded competition. □

INDY LIFE CIRCUIT

Standings: Men After Three Races

1) Craig Young	42	Co. Springs, CO	60
Peter Koech	40	Albuquerque, NM	60
3) Steve Plasencia	41	Shoreview, MN	55
4) Charlie Gray	44	Lee's Summit, MO	31
5) Antoni Niemczak	42	Albuquerque, NM	24
6) Kenneth Wilson	43	Albuquerque, NM	20
7) Budd Coates	41	Emmaus, PA	17
8) Gary Romesser	47	Indianapolis, IN	13
9) Lloyd Stephenson	43	San Francisco, CA	12
10) David Walters	42	Lyle, IL	8

INDY LIFE CIRCUIT

Standings: Women After Three Races

1) Patty Valadka	40	Houston, TX	45
2) Ruth Wysocki	41	Canyon Lake, CA	43
3) Regina Joyce	41	Lynnwood, WA	42
Jeanne Lasee-Johnson	40	Chula Vista, CA	42
5) Diana Fitzpatrick	40	Larkspur, CA	30
6) Jane Welzel	43	Fort Collins, CO	24
7) Suzi Morris	40	Encinitas, CA	21
8) Victoria Crisp	45	Nashville, TN	17
Lesley Chaplin	40	Mt. Park, GA	17
10) Joan Samuelson	41	Freeport, ME	15



JERRY WOJCIK

Craig Young, breaking the U.S. M40 record for the 10,000, with a 30:37.94, National Masters Championships, Orono, Me., July 31. He also took second in the Bastille Day 8K (24:07) in Newport Beach, Calif., July 18. He is the co-leader (with Peter Koech) of the Indy Life Circuit after three races.

INDY LIFE CIRCUIT

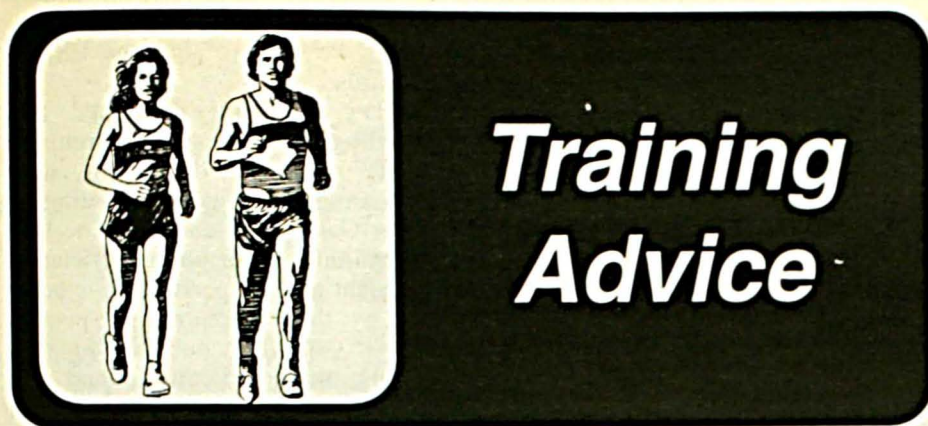
Age-Graded Standings: Men After Three Races

1) Warren Utes	78	Park Forest, IL	229
2) Craig Young	42	Co. Springs, CO	228
3) Fay Bradley	60	Washington, DC	198
4) Peter Koech	40	Albuquerque, NM	193
5) Gary Romesser	47	Indianapolis, IN	192
6) Steve Plasencia	41	Shoreview, MN	189
7) Charlie Gray	44	Lee's Summit, MO	183
8) Jack Nelson	58	Winnetka, IL	178
9) Paul Heitzman	67	Eudora, KS	159
10) Jan Frisby	54	Grand Junction, CO	149
11) Kenneth Wilson	43	Albuquerque, NM	146
12) Sonny Monioz	61	El Segundo, CA	132
13) Budd Coates	41	Emmaus, PA	127
14) Lloyd Stephenson	43	San Francisco, CA	124
15) Bobby Kincaid	61	Farley, MO	118
16) Ken Sparks	53	Chagrin Falls, OH	114
17) Dick Wilson	66	Lawrence, KS	111
18) Antoni Niemczak	42	Albuquerque, NM	108
19) Patrick Devine	67	RPVerdes, CA	106
20) Gary Tuttle	50	Ventura, CA	100

INDY LIFE CIRCUIT

Age-Graded Standings: Women After Three Races

1) June Machala	67	Spokane, WA	231
2) Joan Ottaway	54	Sonora, CA	213
3) Ruth Wysocki	41	Canyon Lake, CA	199
4) Jeanne Lasee-Johnson	40	Chula Vista, CA	190
5) Regina Joyce	41	Lynnwood, WA	170
6) Lesley Chaplin	40	Mt. Park, GA	169
7) Victoria Crisp	45	Nashville, TN	159
8) Linda Frisby	51	Grand Junction, CO	147
9) Suzi Morris	40	Encinitas, CA	146
10) Patty Valadka	40	Houston, TX	141
11) Gloria Jansen	50	Edina, MN	137
12) Ellen Nitz	57	Milford, MI	132
13) Kimberlee Campo	42	San Diego, CA	126
14) Ruth Vomund	40	Ventura, CA	125
15) Diana Fitzpatrick	40	Larkspur, CA	120
16) Marilyn Grissom	56	Greenwood, IN	106
17) Jane Welzel	43	Fort Collins, CO	100
18) Marge Ferris	67	Indianapolis, IN	96
19) Kathy Ward	43	Sacramento, CA	81



Training Advice

Running Past 50 by Rich Benyo

Running Past 50 is a new book (Human Kinetics, Publisher) by Rich Benyo, former editor of *Runner's World*. Benyo has competed in races from the 400 to ultramarathons. He has run more than 35 marathons. The book focuses on the long distance runner. More than 90 percent of its contents can also be used by the sub-50 runner.

Benyo tells how to train, prevent injuries, and recover.

The book is not written for a 50+-year-old who is finally taking up running. Instead, it is directed at those runners "who have been plugging away steadily for a decade or two or three."

A Few Pointers

- Among Benyo's observations:
- Men and women over 50 should have an annual physical exam.
- Respect the fact that your body requires more time to recuperate than it did 10 or 15 years ago.
- Take a month off from running each year.
- To be successful, specific racing goals must be set and pursued on a regular, structured basis.
- It takes two good months to get into half-decent aerobic condition, but,

in only two weeks of layoffs, the conditioning can be significantly undermined.

- For just maintaining basic fitness, a program of running four or five days a week at a set mileage level is simple and adequate. For some, such a program is the only constant in a stress-filled life.

- By annually restarting your endurance base, after a rest period during the depth of winter, you can head off injuries by giving your muscles and tendons a vacation during which to heal.

Build Slowly

- The slow build-up of base mileage coming off the winter rest period should be as gentle as you can stand it, while still cautiously increasing total mileage.

- If you have a choice between run-



Banner welcoming participants in the 1998 USATF National Masters Championships in Orono, Me.

ning on a concrete sidewalk or an asphalt surface, choose the asphalt. It's several times softer than concrete. And always pick dirt over asphalt.

- Mix distances. If your goal is to run 20 miles per week in five days, don't run four miles each day. Instead, run 3, 6, 3, 5, 3, or 4, 3, 4, 3, 6. Anything but 4, 4, 4, 4. You head off boredom and gradually build toward a longer run of six miles.

- When buying shoes, shop at a reputable running store. You may pay more than at a discount store, but the service you receive is well worth the money.

Bigger is Better

- Always buy shoes a bit larger than snug. You want roughly a half-inch of dead air space in the toebox in front of your longest toe. Reasons: 1) after the first hour of running, the feet tend to swell; and 2) on the downhill, your feet will slide forward.

- On average, a pair of running shoes should last about 500 miles.

- The object of weight training is not to build bulk (extra weight), but to build strength and endurance into the arms and shoulders, and strength into the abdominal and back muscles.

- Once you have an aerobic base established, the single simplest way to add strength to your stride is by running hills.

- Don't run steep hills. The best is a 1/4-mile hill whose angle is only few degrees - enough to make you work, but not strain.

- Do hill repeats once or twice a week.

- To build speed, do intervals on the track. Make it fun. If you can run a 9:00 pace during your regular work-

outs, your track repetitions can be repeating 400s in 2 minutes with a jogged lap between.

Surge Ahead

- Try fartlek - throwing in surges of speed in the middle of your regular run.

- Increase stride and leg speed by running downhill once a week.

- Don't brake when running downhill. Instead, lean forward so you're running perpendicular to the surface.

- The act of running strengthens bones, particularly in older runners.

- Regularly schedule deep-tissue massage.

- Schedule walking breaks into your training and racing to: 1) extend the range of your runs; 2) mitigate the negative effects of working the same muscles over and over; 3) hasten recovery from long runs and races; and 4) improve performance in longer events.
- Walk 1/4-mile at the beginning and end of a workout.

Walk, Don't Run

- Some older runners find it valuable to schedule brisk walking once or twice a week instead of regular runs.

- Drink at least eight glasses of water a day. Drinking water flushes out excess fluid.

- The ideal sport drink is water. Sports drinks contain sugar.

- Quick-frozen vegetables are fresh and beneficial.

- Eat lots of fresh fruits and vegetables.

- Cut back on sugar and salt.
- Avoid carbonated drinks of all kinds.

- Don't eat late in the evening.
- Eat slowly.

- Some runners take caffeine before racing, but there's no proof it helps.

Share the Experience

- Run with friends when you can.
- Be careful when stretching. It's the third most common cause of running injuries. Jog first, then stretch.

- Don't over-race.
- To treat or head-off injuries, use ice for the first 72 hours, heat thereafter.

Price \$16.95. 256 pages. Contact: Marydell Forbes, Human Kinetics, Box 5076, Champaign, IL 61825. Phone 217-351-5076; fax 217-351-2674. □

-Al Sheahen

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DEADLINE

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A Historical Meeting Convenes in Portland

by GEORGE MATHEWS, USATF Board of Directors

On August 7, 1998, an international gathering of world leaders for master/senior athletics took place in Portland, Oregon. The summit dinner meeting was initiated and hosted by Ken Weinbel, USATF Masters T&F Chairman.

The attendees by invitation, represented the four major organizations of the world conducting masters track and field programs:

World Association of Veteran Athletes (WAVA)

Torsten Carlus, Sweden, President
Stan Perkins, Australia, Oceania Delegate

International Masters Games Association (IMGA)

Borge-Kass Anderson, Denmark, Secretary General

Tony Holding, Australia, CEO, Melbourne World Masters Games

Jack Elder, USA, Director, Sports & Venues, Nike World Masters Games

National Senior Games Association

David Hull, President & CEO
Philip Godfrey, Vice-President

USATF

George Mathews, Board of Directors

Jerry Crockett, Chairman, Masters Long Distance Running (LDR)

Ken Weinbel, Chairman, Masters Track and Field

Suzy Hess, Secretary, Masters Track and Field

IAAF

Charles DesJardins, Veterans Representative

The following summarizes statements by attendees at this gathering.

The meeting was chaired by Ken Weinbel, whose opening statements set the tone for the ensuing comments and exchanges: "We have taken this opportunity to have this historic meeting with you, the world leaders, to open the doors of communication. We all have a common goal to provide healthful activity for senior-aged athletes, and recognize the need and challenge to service the growing number of baby boomers entering our pro-

grams.

"Because of the resultant expansion of Senior Games, IMGA Games, WAVA and USATF events, it is imperative to cross-link international scheduling and work together. We need to interact worldwide and join forces with the various factions of master/senior athletic groups.

"The master/senior programs can be a dominant force of athletics in the world. We have the opportunity to do something of substance at this summit on both the domestic and international levels. I encourage your open participation and discussion this evening and, optimistically, at future summits."

Borge-Kass Anderson began the discussions by explaining that the IMGA is attempting to include all the international sports federations involved with masters athletes. He said the IMGA desires to keep the groups open to the elite and the athletes who want participation. It may take a long time and goodwill to establish international accord, and discussions such as these are needed.

Torsten Carlus offered the WAVA viewpoint, saying that if we are to reach some understanding or common goal, it must be done within five years. What is needed is coordination to start fairly quickly. He said he envisions WAVA as the technical organizer of all track and field, including the IMGA Games. The IAAF will support any direction WAVA chooses and they (IAAF) are the sole governing body for track and field rules.

He further stated that if WAVA sanctions an event, it will be staged using IAAF rules. This means same age groups, certified officials and rules, and compatible fees. He alerted the group that there are other organizations around the world organizing events not acceptable to WAVA, including one in Barcelona, Spain. He said he strongly supports the efforts of the summit group to join forces quickly.

Charles DesJardins informed the group that there has been discussion for a stronger veterans presence on the

IAAF board to establish a larger veterans committee. Many athletes do not know the difference in the various organizing bodies and are primarily interested in good competition and the opportunity to participate.

Stan Perkins stated that masters have an identity crisis in track and field, internationally. He pointed out that Australian masters games and the Asian Pacific games are conducted strictly according to WAVA, but that in New Zealand there is less control. There is nothing to stop anyone in the world from conducting a masters games. Consequently, there is a control factor at the masters level, which needs to be addressed quickly.

He said that this event (Nike World Masters Games) in Portland/Eugene expected twenty-five thousand entries and got eleven thousand, and is a major failure. It is the absolute right time for Torsten Carlus (WAVA) to bring them (IMGA) into the fold.

Jack Elder responded that of all the world masters games held, only Brisbane has been a financial success. This includes the Nike World Masters Games, with less than 50 percent of their financial goal realized. The Portland Organizing Committee has recognized that people come out to have fun. The athletes do not want to be in charge.

A number of the multi-sports put on their events well. Track and field is one of these. The new sports that want to become a part of the games will need structure. Track and field can lead. "We are pleased to have been a part of the history of the mutual development of masters track and field by taking part in this summit," he concluded.

David Hull suggested that the group around the summit table form a model for the other sports. He said that track and field is a part of the Senior Games multi-sport (25) event. National Senior Games Association is a member of the United States Olympic Committee. The chairman of the board of the Senior Games sits on the board of the USOC. The NSGA is the USOC's official arm of the seniors in the U.S.A.

Senior Games are not directly affiliated with WAVA, but cite USATF rules for track events with a few variations. "We can bring numbers and dollars to the table and feel there is a potential for partnership with USATF Masters," he said.

Philip Godfrey agreed that the focus is slightly different for the Senior Games. He said the mission is to promote healthy lifestyles for seniors and that the vehicle of sport is the best way to send the message.

The Senior Games need help in providing athletes with better quality meets with better officiating. Senior Games officials want qualified athletes to attend the events, not just those who can afford it, he observed, adding, "We envision a mutual membership association with USATF and mutual attendance at meets by USATF and Senior Games. At the Senior

Games we want to abide by USATF standards."

Jerry Crockett explained that regarding long distance running, USATF is committed to quality standards, and that rules officiating at Senior Games is a concern. The lack of requirements for proper officiating is evident and he, personally, is bothered by the marketer's perspective that, "if you create publicity for outstanding runners to compete and they have no one to run against, what good is it?"

Stan Perkins acknowledged that many top athletes do not continue on in track and field due to the lack of incentives. He said he believes incentives will be given in the future.

David Hull responded that the NSGA goal is to get the best athletes to the national events, and if a world-class athlete wishes to participate, there should not be an economic deterrent. Looking at the demographics, in the next 25 years the 50+ group will grow 74% and fifty and younger will remain static.

Donna Shalala, the Secretary of Health, Education and Welfare, has requested that NSGA promote a program for seniors to encourage sedentary Americans to exercise. The crown jewel is the National Senior Olympics, the biggest multi-sports event in America. It is that event that will generate interest and resources.

Further, Hull said, "Ken Weinbel, USATF Masters Chairman, has previously met with us and agrees that with our common missions and complementary resources, it makes good sense to consider partnering our efforts. Am I going to help Ken, and is he going to help me? The answer is yes.

"The United Nations has designated 1999 as the year of older persons and the World Health Organization as the year of healthy aging. The NSGA has been designated as one of the entities in the U.S. to promote that theme. We are at the right place, at the right time, and in the right market to do something dynamic. We, around this table, need to trade on the equity as partners. We need to reconvene this summit and decide what we want to do and then decide how and when."

Ken Weinbel said, "I predict that USATF masters will be a leading force, in partnership with NSGA, in a true U.S. Olympics for master/senior athletes and, hopefully, someday we can also look forward to a World Masters Olympics in partnership with WAVA and the IMGA. This summit meeting has long been needed. The enthusiasm for cooperation expressed by all participants is most gratifying."

After lengthy discussions and sharing of ideas, the summit was adjourned with kudos and thanks to Ken Weinbel for his efforts in organizing and hosting this successful and productive meeting. The group is excited about taking the next step and has agreed to a second summit meeting in November. □

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International Scene

by **TORSTEN CARLIUS**
WAVA President

Long Wait Over For Results and Videos

The Durban WAVA Result Books were printed the last week of July and all those who paid for the books and videos should have received them by now. WAVA Secretary, Monty Hacker, has himself seen to it that they are sent from South Africa and for the larger countries he has sent the books and videos to be distributed through the national associations. If someone has not received his or her copies, please contact the national association for assistance.

We are very sorry for the long delay to produce the result books and can only express extreme gratitude to Monty Hacker and Rex Harvey for their very hard work to finish the job.

WAVA Handbook

The New WAVA Handbook (1998-99) has now been printed and 3 copies distributed to each WAVA affiliate. Associations requiring more copies should contact WAVA Secretary, Monty Hacker, in Johannesburg, South Africa. Individual athletes could do the same or purchase copies through NMN starting next month.

Year of Women's Athletics

As mentioned in the past, IAAF has declared 1998 as the Year of Women's Athletics and WAVA has taken a great interest in helping promote this. With most Regional Championships yet to come (Oceania had theirs in January), the WAVA Council has agreed to award a trophy to the best female performance in each respective region. WAVA Women's Representative, Bridget Cushen, will ensure trophies are available at the Championships to honor the best performances. Regional Secretaries should contact Bridget as soon as possible to ensure the success of these plans. Names of the six women to be honored will be published in either the NMN December 1998 or January 1999 issue.

WAVA has been invited to participate in the IAAF seminar on women's athletics in Granada, Spain, at the end of October/beginning of November in connection with the European Athletic Association's Calendar Conference. Bridget Cushen and probably Marina Hoernecke-Gil (European Women's Representative) will be responsible for WAVA's contribution at this seminar.

Bids for 2002 & 2003

The WAVA General Assembly in Gateshead in July 1999 will award the next WAVA World Veterans' Championships:

- Stadia Championships in 2003
- Non-Stadia Championships in 2002

To receive a Bidder's Booklet, contact WAVA Executive Vice President Tom Jordan, who is responsible for preparing all papers and topics re the bids, or WAVA Secretary Monty Hacker.

WAVA Website

A WAVA website is being created to communicate with affiliates and all athletes, and should be completed before the end of 1998. There is a great deal of information that we feel should be given to a much broader circle of people and we will welcome comments and suggestions on content, etc. The goal is to keep all our affiliates and athletes up to date on current issues.

Mountain Running

WAVA has been approached by a European organization to provide support to their competitions/championships in (uphill) mountain running - an annual event held mostly in Austria and the Czech Republic over the past 20 years. WAVA has agreed to be a patron of this event.

However, for events in Kitsbuhel in 1998 and in the Czech Republic in 1999, much like the IAAF did previously, the organizers have gone too far in inviting attendance at the "1st WAVA Veterans' World Championships in Mountain Running." This is not correct, as such an event would require approval by the General Assembly, which has not occurred. The necessary corrections have been requested but, of course, the "damage" is done. However, I wish to clarify here that WAVA has only accepted to be a patron.

World Masters Games

Elsewhere in this issue, I have responded to Bob Fine's questions on WAVA's relations and attitude toward the World Masters Games, but I would like to comment a little more here on this matter. The World Masters Games are organized by the International Masters Games Association (IMGA), and the Games in Portland are the fourth since the start in Toronto in 1985. The next Games have been awarded to Melbourne, Australia, in 2002.

Over the years, WAVA has had many discussions with IMGA representatives to improve relations and reach an understanding with IMGA that WAVA rules must be observed and followed at World Masters Games and that the time planning must be done in cooperation with WAVA. This has been difficult to realize, and IAAF-WAVA even banned the second Games in Denmark. It is the WAVA



Runners in a mixed age-group 5000, South African Veterans Championships, Bloemfontein, May 1-2. (l to r): Casper Greeff, M60, 21:57.8; Willie Greyling, M55, 22:33.1; and W. Oosthuizen, M50, 22:14.6. Greeff has run over 200 marathons and 100 ultras. Greyling runs with a prosthesis in place of his lower left leg, lost in a car accident.

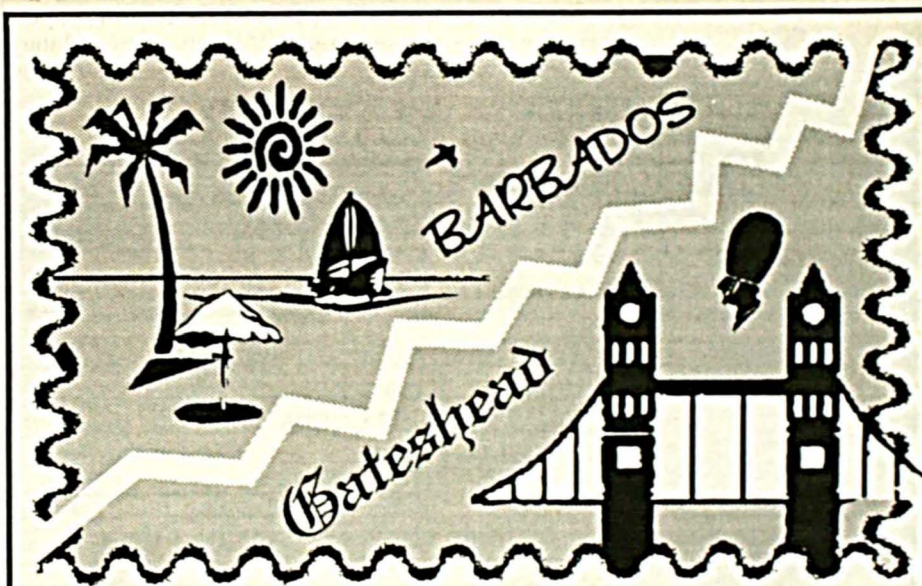
Council's opinion that we have reached a turning point in our mutual relations.

I had the opportunity to meet with the IMGA Board of Governors in Portland to clarify our wishes and requirements, i.e., that WAVA shall be totally in charge of the track & field events at the World Masters Games, and that, if no agreement is reached before Melbourne, WAVA will consider other means of action.

WAVA is one of about 15 IMGA

affiliates today. More affiliates must ask the IMGA for recognition as the world body for masters sports. This is a high priority for IMGA. Track & field is one of their main sports. WAVA should try to help influence the IMGA's development.

I now believe agreement that WAVA be totally in charge of the track & field events in the Masters Games is possible to reach. Further meetings will take place this year to achieve this goal. □



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Masters Scene

NATIONAL

• Qualifying rules and minimum performance standards for the 1999 National Senior Games, Orlando, FL, Oct. 19-29, can be obtained from The National Senior Games Association, 445 North Blvd., Suite 2001, Baton Rouge, LA 70802. 504-379-7337.

• The first issue of *The Long & Strong Throwers Journal*, a new quarterly publication for throwers, hit the standards in June 1998. Published by Glenn Thompson, the editor, it's available for \$20 (four issues, 3rd-class mail) from Thompson Publishing, 3604 Green St., Harrisburg, PA 17110. For more info: 717-238-1720; Throwing60@aol.com.

EAST

• **Diana Fitzpatrick**, 40, Larkspur, CA, took the masters title with a ninth-place 18:07 in the Vytra Long Island Women's 5K, Farmingdale, NY, July 18. Division winners included **Marion Stanjones**, 59, Northport, NY, 23:10, and **Thelma Wilson**, 66, NYC, 25:40. Vytra Health Plans will again sponsor L.I.'s only race for women in 1999.

• **Ben Huddell**, 40, Collingswood, NJ, with a course record 8:47:11, logged an M40+ first, Finger Lakes 50 Miles, Hector, NY, July 4. **Jeffrey Juran**, 41, Van Etten, NY, dittoed a course record and M40+ victory in the 50K with a 4:57:58; **Cathy Troisi**, 52, Seneca Falls, NY, was the first W40+ in 7:29:22. In a lesser 25K, **Ed Stabler**, 69, 2:55:18, and **Dorothy Sholeen**, 53, Newfield, NY, 3:53:48, were masters firsts.

• **Chuck Moeser**, 46, Sterling, VA, rocketed to a masters win with a second-place 26:25, Potomac Valley TC Go Fourth 8K, Alexandria, VA, July 4. **Kathy Hogan**, 44, of Alexandria, placed fourth female in 36:14. **Tami Graf**, 61, Lusby, MD, was second W40+ (41:25). A week later, 57-year-old **John Benkert**, Severna Park, MD, bested the masters field with a 17:37 in the National Kidney Foundation 5K, Washington, DC, July 12. **Callie Edmundson**, 49, Dale City, VA, was the quickest W40+ in 21:26.

• **Jim Hage**, 40, Seabrook, MD, with a 25:17, and **Gretchen Triantos**, 41, Rockville, MD, with a 29:51, broke masters course records to finish with the leaders in the 8:45 pm Rockville Rotary Twilight 8K, July 18. **Linda Wack**, 42, Germantown, MD, was second W40+ in 30:00. **Kay Morrison**, 72, was the oldest W40+ (49:55).

• **John Barbour**, M40, recorded USATF New England Masters Championship 10K and 10 mile titles, speeding to a 31:28 in the Market Square Day 10K, Portsmouth, NH, June 13, then claiming victory in the Yankee Homecoming 10 Mile, Newburyport, MA, July 28, in 53:36. Women's winners were **Sidney Letendre**, W40, 37:56, in the 10K, and **Mary Lammi**, W40, 1:05:17, in the 10 mile. **Jim Daley**, M60 (38:13, 1:04:47), **Don Ross**, M65 (45:11, 1:17:35), **Pat Robinson**, W45 (40:28, 1:08:29), **Sue Gustafson**, W50 (41:09, 1:09:18), and **Jane Levesque**, W55 (49:11, 1:21:48), claimed age group victories in both races.

• **Steve Plasencia**, 41, Shoreview, MN, 29:37, and **Kim Jones**, 40, Spokane, WA, 34:35, rushed to masters titles in the Beach to Beacon 10K, Cape Elizabeth, ME, Aug. 1. Jones was the

ninth overall women's finisher, while runner-up **Ruth Wysocki**, 41, Canyon Lake, CA, 34:46, placed tenth overall. Outstanding age group wins were turned in by **Gary Romesser**, 47, Indianapolis, IN, 32:33; **Bill Rodgers**, 50, Sherborn, MA, 33:55; **Gretchen Read**, 55, Portland, ME, 43:14; and **Margaret Betz**, 61, Conklin, NY, 45:24.

• The women's masters title was hotly contested at the USATF National 10K Racewalk Championships, Niagara Falls, NY, July 11. **Sandy De Noon**, 43, 53:42, squeezed by **Debbie Benton**, 40, 54:01 and **Donna Chamberlain**, 41, 54:07. **Chris Knotts**, 42, 49:57, took the men's masters first.

SOUTHEAST

• Winning masters honors at the 19th annual RRCA Women's Distance Festival 5K, Hampton, VA, July 18, was **Eileen Hungerman**, 44, Williamsburg, VA, 20:45.

• **Chuck Moeser**, 46, cruised to the fastest M40+ time (4:36) in the Loudoun Street Mile, Winchester, VA, June 27. Top M60+ was **Burr Grim** (5:35). **Bernadette Flynn**, W40, with a 5:49, edged **Ruth Riemenschneider**, W40, by one second for W40+ honors. Masters runners shared \$300 in prize money in the event, directed by **Kathy Smart**, W55, who racewalked to a 10:08.

• **Paul Oppenheim**, 42, Gainesville, FL, with a third-place 17:38, and **Sheila Haire**, 43, DeLand, FL, aced masters wins at the DeBary Golf & CC Four Towns 5K, FL, on June 21. **Jim Blount**, 69, Busnell, FL, carded a good A-G performance with a 21:28.

• Omitted from the Florida Sunshine Games (June 27) results sent to NMN and published in August, was **Tom McDermott's** 104-1 in the M80 HT.

MIDWEST

• Top masters in the 14th annual State Street Mile, Rockford, IL, Aug. 8, were **Mark Furkis**, 42, Ligonier, IN, 4:32.3, and **Peggy Whitlow**, 52, Elmhurst, IL, 5:44.3.

• **Alan Van Meter**, M40, romped to an overall first with a 21:58 in the Founders Festival 4 Mile, Farmington, MI, July 11. **Terry Elsey**, M45, was masters runner-up in 22:41. **Martha Ritchie**, W45, took the M40+ win by well over two minutes in 29:20.

• **Charley Greene**, M40, a 233-0 thrower in 1986, was first in an open meet in Ohio, July 16, with a 182-3 javelin toss. **Carla Greene**, his wife, who has led the masters W30 rankings list for the last two years, joined the W35 division on July 23.

• The Norm Bower Memorial Weight Pentathlon in Ohio, originally set for Sept. 13, will be rescheduled with a new site. Meanwhile, the contact is **Joe Chadbourne**, 440-543-1932; fax: 543-7160.

MID-AMERICA

• **Phil Walker**, M40, 18:40, and **Trudy Calloway**, W50, 21:29, sped to masters wins at the Run for Your Life 5K, El Dorado, KS, July 25. **Paul Heitzman** claimed the M60-69 title and finished second M40+ in 19:09.

• **Tony Estes**, 40, roared to an overall win with a 27:24 in the Topeka Lions Journey For Sight 8K, Topeka, KS, June 13. **Diane Waltho**, 42, bounded to the W40+ title in 41:10. **Dick Wilson**, 66, set an M65 Kansas state record with a 31:48, A-G 86.7%.

• **Helen Johnson** missed the W80 WR for the HJ by one inch with a 2-10 in the 21st Century Ageless Games, Minneapolis, Aug. 2. Some dozen meet records fell at the event, held at the U. of Minnesota's Bierman Field.

WEST

• **Gregg Horner**, 44, Santa Barbara, CA, 49:46, and **Elaine Triplett**, 47, Santa Barbara, 1:02:08, blasted to masters wins at the 44th Annual Semana Nautica 15K, Santa Barbara, July 4. Horner, who finished second overall, also placed first in the age-graded competition.



ANDY LARABEE

Barbara Bloom W55, cooling her heels after four firsts in the Vermont Green Mountain Meet, Montpelier, June 22. Participants had to wait out three thunderstorm delays.

• **Brad Hawthorne**, 42, Danville, CA, 2:29:36, and **Sissel Grotenburg**, 41, Norway, 2:50:38, strode to masters wins in the San Francisco Marathon, San Francisco, CA, July 12.

• **Bud Held** again broke the M70 WR for the javelin (151-10/Eriksson/1993) with a 156-9 in the California State Senior Games Championships, Los Angeles, June 13-14. **Byron Melendy**, M55, posted the fastest times in the 1500 (4:59.03) and 5000 (18:16.72). **Rodney Brown** (14.44) lost the M70 100 to **Vernon Regier** (14.35) but took the 200 from Regier, 29.47 to 31.29, and won the 400 with a 65.54. Meet Director was **Christel Miller**; **Pete Clentzos** was the 1&I coordinator; and **Cynthia Vaughn**, of the Pasadena Senior Center, was Senior Olympics Coordinator. Contestants were qualifying for the U.S. National Senior Sports Classic, Orlando, FL, Oct. 20-29, 1999.

NORTHWEST

• **Cheryl Tronson**, W40, Bend, OR, 40:06, held off runner-up **Katey Angel**, W40, Portland, OR, 40:29, to win the masters title at the Avon Women's 10K, Portland, July 26.

• **Lee Fields**, M55, Salem, OR, covered 70 miles in 12:23:52 to finish first overall at the Rose City Relay 70-Mile Ultra Marathon, Portland, OR, July 25.

• **Becky Sisley** Northwest Regional Coordinator, will be inducted into the U. of Oregon Athletic Hall of Fame, Sept. 4, for her contributions as softball coach (1966-75), field hockey coach (1973-79), and Women's AD (1973-79), when she provided pioneering leadership during the early stages of Title IX compliance.

CANADA

• **Phil Fehlen**, Carlsbad, CA, traveled to Saskatoon, Sask., July 3-5, for the Canadian Masters Athletic Association Championships and returned with a pending M60 WR of 5-7/4 in the HJ. The present record of 5-7, in 1996, belongs to **Horst Mandl**.

• **Emil Muller**, of Quebec, broke the Canadian M60 HT record with a 52.61 on July 25 in the Quebec Championships, Sherbrooke.

INTERNATIONAL

• Great Britain's **Richard Jordan**, 40, 1:24:31, won gold at the Veterans Grand Prix 25K, Brugge, Belgium, June 28. Jordan narrowly outdistanced **Johan Heytens**, 40, Belgium, 1:24:33. Belgium's **Marie-Paule Ketelsiegers**, 50, won the women's title in 1:44:11, while **Jeannette Weeber**, 54, The Netherlands, 1:48:32, placed second.

1998 USATF NATIONAL MASTERS 8K CROSS-COUNTRY CHAMPIONSHIPS

the masters return to Louisville, Kentucky

E. P. "Tom" Sawyer State Park
Louisville, Kentucky
Sunday, October 25, 1996
1:30 PM EST



Hosted by
Victory Athletic Club
Mason-Dixon Athletic Club
Metro Parks Track Club



MEN'S AND WOMEN'S CHAMPIONSHIP COMPETITIONS
INDIVIDUAL COMPETITION IN FIVE-YEAR AGE GROUPS TO 95+
TEAM COMPETITION IN TEN-YEAR AGE GROUPS TO 70+

KENTUCKY 8K CROSS-COUNTRY CHAMPIONSHIPS AT 12:00 PM

AIRLINE AND LODGING DISCOUNTS AVAILABLE

Write for entry forms:
Masters Cross-Country Championships
c/o E. P. "Tom" Sawyer State Park
3000 Freys Hill Road
Louisville, Kentucky 40241

Information:
E. P. "Tom" Sawyer State Park (502)426-8950 days
Bob Ullrich, Race Director (502)459-6820 evenings
Bob Miller (502)896-0717 evenings

Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

September 5. USATF National Masters Weight Pentathlon Championships, Citrus College, Glendora, Calif. (near L.A.). SASE to Lloyd Higgins, 629 Marie Ave., Los Angeles, CA 90042. 626-914-8652; fax: 914-8659.

December 1-5. USATF National Convention, Clarion Hotel, Orlando, Fla. USATF, One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-0481.

August 26-29, 1999. 32nd annual USATF National Masters Championships, Orlando, Fla.

October 20-29, 1999. U.S. National Senior Sports Classic VII, Orlando, Fla. The National Senior Games Association, 445 North Boulevard, Suite 2001, Baton Rouge, LA 70802. 504-379-7337.

EAST

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

September 5-6. Potomac Valley Games, Williams HS, Alexandria, Va. PVG, c/o V. Meyer, 2305 S. Buchanan St., Arlington,



GEORGE BANKER

Steve Fryxell, 45, second M45 (41:46), Crystal City 10K, Arlington, Va., May 17.

VA 22206.

September 16. Green Mountain Senior Games, Green Mountain College, Vt. Ardi Smith, 802-824-6521.

September 25-27. Granite State Senior Games, Laconia, N.H. 50+. GSSG, Inc., PO Box 1942, Rochester, NH 03866-1942. 603-332-0055.

October 1-3. Maine Senior Games, Inc., Portland. Anita Chandler, 207-775-6503.

October 1-3. Maryland Senior Olympics, Towson. No out-of-state. Phil Adams, 410-830-4456.

October 3-11. Delaware Senior Olympics, Dover. No out-of-state. Peggy Yaeger, 302-736-5698.

October 25. Philadelphia Masters Runners Pentathlon, Germantown Academy, Fort Washington, Pa. 3000/800/200/1500/400; age/sex-graded. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672; Bill Krieger, 215-722-8859.

January 8-10, 1999. 30th annual Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, Dartmouth College Athletic Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-2848.

SOUTHEAST

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

September 19. First Annual Tennessee Tornado, Distance-Handicapped, Hand-Timed 200m Championship. Vanderbilt U., Nashville, 9 am. Call 615-383-6733.

September 22-27. North Carolina Senior Games, Raleigh. No out-of-state. Margo Raynor, 919-851-5456.

September 23-26. Georgia Golden Olympics, Robins Air Force Base. Vicki Pilgrim, 404-657-6644.

October 24. Sarasota County Games For Life. Kelly Shoemaker, 6700 Clark Rd., Sarasota, FL 34241. 941-316-1172.

December 2-6. Florida Senior Games Championships, Sarasota County. Laura Hallam, 407-943-7992.

MIDWEST

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

September 9-16. Wisconsin Senior Olympics, Milwaukee. Helen Ramon, 414-821-4444.

September 10-13. Southwestern Illinois Regional Senior Games, Edwardsville. Cheryl Marshall, SIRSG, Inc., Campus Box 1084, Edwardsville, IL 62026. 618-692-3210; e-mail: cmarsh@siue.edu.

September 17-27. Illinois Senior Olympics, Springfield. Sandy Holste, 217-789-2284.

September (tba). 2nd Annual Norm Bower Memorial Weight Pentathlon, SASE to Joe Chadbourne, Over The Hill TC, 18554 Haskins Rd., Chagrin Falls, OH 44023. 440-543-1932; fax: 543-7160.

September 24-27. Kentucky Senior Games, Elizabethtown. Ruth Hudson, 502-765-2175; 800-437-0092.

MID-AMERICA

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

September 5-6. Rocky Mountain Masters Games, U. of Colorado, Boulder. Dave Simons, 1550 Baseline, Boulder, CO 80302; Jim Weed, 507-726-2452; Tom Wesselowski, 316-722-2586.

September 10-13. South Dakota Senior Games, site TBA. Jaci Casanova-Keller, 605-773-3656.

October 8-11. Kansas Senior Olympics, Topeka. Kansas Senior Olympics, 1534 SW Clay, Topeka, KS 66604. 785-368-3798

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 12. 9th annual Waterloo Relays, Austin, Texas. Jeff Brower, 7305 Tanbark, Austin, TX 78759. 512-794-1256; hurdle4fun@hotmail.com.

September 17-20. Arkansas Senior Olympics, Hot Springs. Gail Ezelle, 501-321-1441.

September 17-23. Oklahoma Senior Olympics, Tulsa. Dana Short, 918-596-7866.

September 19-October 31. Louisiana Senior Olympic Games, Baton Rouge. 504-925-1748.

September 22-27. Texas Senior Games, Temple. Susan McDowell, 254-298-5690.

WEST

Arizona, California, Hawaii, Nevada

September 12. San Diego Senior Olympics, San Diego, Calif. All t&f events, plus 50m, two RWs, National Masters News Age-Graded 100m. SDSO Office, 619-543-9046; David Pain, 619-582-3316(h), fax: 619-582-5769; Floyd Gibbons, 619-466-5756.

September 19. 6th annual Kel Field Throws Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

October 3. Club West Meet, Santa Barbara, Calif. Beverley Lewis, Club West, P.O. Box 99, Goleta, CA 93116-0099. 805-969-5851.

October 10-11. Nevada Senior Games, Las Vegas. Roger Owen, 702-294-2954.

October 17. Kel Field Throws Meet, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

October 17-18. Orange County Senior Games, Saddleback College, Mission Viejo, Calif. 50+. Everett Brewer, 28000 Marguerite Parkway, Mission Viejo, CA 92692. 949-582-4835.

October 19-20 (Mon. & Tues.). Huntsman Senior Games, St. George, Utah. Huntsman Senior Games, 82 W. 700 South, St. George, UT 84770. 800-562-1268; 435-674-0550; e-mail: hws@infowest.com

ON TAP FOR SEPTEMBER

TRACK AND FIELD

The final Masters Championships of the year, the USATF Weight Pentathlon, takes place in the Los Angeles suburb of Glendora, Calif., on the 5th. Boulder, Colo., again hosts the Rocky Mountain Games, and Alexandria, Va., the Potomac Valley Games, both on the 5th-6th. The Waterloo Meet in the Lone Star State is on for the 12th. The San Juan International Meet hits Puerto Rico on the 19th. Senior Games are available in Vermont, New Hampshire, North Carolina, Georgia, Wisconsin, Illinois, Kentucky, Arkansas, South Dakota, Oklahoma, Louisiana, Texas, and San Diego, Calif. Overseas, the Russian Veterans Championships commence on the 3rd in Moscow, and the European Veterans Championships start on the 11th in Cesenatico, Italy, on the 11th.

LONG DISTANCE RUNNING

The Indy Life Circuit moves to Kentfield, Calif., in the Pacific Sun 10K on the 7th, also the date of the New Haven, Conn., 10K, and U.S. Classic 10K, Atlanta, Ga. The Run By The River 5K, Clarksville, Tenn., on the 12th precedes the Eriesistible Marathon and Chicago and Columbus half-marathons on the 13th. Long Island is the setting for the Cow Harbor 10K, as is Providence, R.I., for the Harvard Pilgrim 5K, on the 20th. Milers vie for Big Apple honors in the Donald J. Trump Fifth Avenue Mile on the 26th. Choices on the 27th range from the Pittsburgh, Pa., Great Race 10K to the Race For The Cure 5K, Newport, Calif.

RACEWALKING

Racewalkers who opt for the National Masters Championships this month will need great connections to get from the 5K Road Championships, Kingsport, Tenn., Saturday, the 12th, to the 40K Championships, Ft. Monmouth, N.J., Sunday, the 13th. A seminar and clinic by Viisha Sedlak are scheduled for the 10th, 12th, and 13th at San Diego State U. □

October 25. Sri-Chinmoy Masters Games, Cal State Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

November 1. 2nd annual Great Pumpkin Weight Pentathlon & Open Throws Meet, Grass Valley, Calif. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-3660.

November 28-30. Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805.

Continued on next page

Continued from previous page

NORTHWESTAlaska, Idaho, Montana, Oregon,
Utah, Washington, Wyoming

October 3-4. Octoberfest Throws & Weight Pentathlon Meet, Helena, Mont. Manuel White, 406-227-5020.

INTERNATIONAL

September 3-5. Russian Veterans Outdoor Championships, Moscow. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.

September 11-19. European Veterans Championships, Cesenatico, Italy. Dr. Maria Luisa Moriconi, Istituto di Fisica dell'Atmosfera (CNR), Area di Ricerca Tor Vergata. Tel: 39 6 49934288; fax: 39 6 49934323.

September 19. San Juan Annual International Masters Meet, Puerto Rico. Gilberto Gonzalez, PO Box 11074, San Juan, PR 00922. 787-765-5702; fax: 787-763-7490.

October 14-18. X Asian Veterans Athletic Championships, Okinawa, Japan. M40/W35. June 30 deadline. Japan Masters AA, Fuji-kasai Bldg., 1-25 Kitonashinchi, Wakayama City, 640 Japan. 0734-32-0787/7416; fax: 0734-32-7416.

November 1-7. WAVA South America Championships, Port Alegre, Brazil. Jorge Alzamora, PO Box 685, Santiago, Chile. Phone/fax: 56-2-621-1417. Hotel & room reservations: Continental Tourist Agency, 55-51-224-5796; fax: 55-51-224-5001.

November 19-22. North & Central American & Caribbean Regional Association of WAVA (NCCWAVA) Championships, Barbados. Contact: Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. Fax: 440-954-8111; e-mail: rexjh@aol.com.

July 17-18. British Veterans Championships, Edinburgh, Scotland.

July 24-25 (tentative). Veterans meet, Belfast, No. Ireland.



SUZY HESS

Bob Weiner, fourth M50 in the steeplechase (12:58.50), National Masters Championships, Orono, Me.

July 29-August 8. XIII World Veterans Athletics Championships, Gateshead, England.

**LONG DISTANCE
RUNNING****NATIONAL**

September 7. Pacific Sun 10K, Kentfield, Calif. Indy Life Circuit Race. Kees Tuinzing, 80 Mitchell Blvd., San Rafael, CA 94903. 415-472-7223.

October 4. USATF National Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Indy Life Circuit Race (1 1/2 x points). Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 11. USATF National Masters 5K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620.

October 25. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502-459-6820.

October 31. USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-6553.

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

September 6. Connecticut Classic 10K, Danbury. Masters money. Carlos Lopes, 333 Main St., Danbury, CT 06810. 203-731-3400; fax: 203-792-2163.

September 7. New Haven 20K, New Haven, Conn. John Bysiewicz, JB Sports, 2 Buena Vista Rd., Branford, CT 06405. 203-481-5933.

September 12. Boston Race For The Cure 5K, Brighton, Mass. 617-783-4000.

September 13. Eriesistible Marathon, Erie, Pa. EM, PO Box 8311, Erie, PA 16505. 814-452-1023.

September 13. Ithaca 5 & 10 Miles, Ithaca HS. Lorrie Marnell, PO Box 185, Locke, NY 13092. 607-255-2265(w).

September 19. Great Cow Harbor 10K, Northport, N.Y. Rich Boziwick, PO Box 41, Northport, NY 11768. 516-754-5064.

September 19. Terry Fox 5K Benefit Run, Boston, Mass. Angela Smalley, 617-351-2273.

September 20. Harvard Pilgrim 5K, Providence, R.I. Nancy Cerrone, c/o Public Affairs, HPHC/NE, One Hoppin St., Providence, RI 02903. 401-331-4034, x43369.

September 20. Dutchess County Marathon, Fishkill, N.Y. Irvin Miller, 11 Manor Dr., Poughkeepsie, NY 12603. 914-471-0777.

September 20. Yonkers Marathon. A.J. Cambria, Yonkers Park & Rec., 285 Nepperhan Ave., Yonkers, NY 10701. 914-377-6430.

September 20. Philadelphia Masters 5K Cross-Country, Germantown Academy, Fort Washington, Pa. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672.

September 20. Staten Island Half-Marathon, NYC. NYRRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

September 26. Donald J. Trump Fifth Avenue Mile, NYC. NYRRRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.

September 27. The Great Race 10K, Pittsburgh. Mike Radley, 400 City-County Blvd., Rm 459, Pittsburgh, PA 15219. 412-255-2493.

September 27. Philadelphia Half-Marathon. SASE to PDR, Box 43111, Philadelphia, PA 19129. 215-864-8225.

September 27. Adirondack Marathon, Schroon Lake. Daniel Perry, PO Box 583, Schroon Lake, NY 12870. 888-SCHROON; fax 518-532-7675.

September 27. Rockland Half-Marathon/New York RRCA Championships, Orangeburg. Tappan Zee Boosters, P.O. Box 249, Orangeburg, NY 10962. 914-359-5425.

October 3. New Hampshire Marathon, Bristol. Fred MacLean, PO Box 6, Bristol, NH 03222. 603-744-2649.

October 4. Wineglass Marathon, Corning, N.Y. Bill Taylor, PO Box 117, Corning, NY 14830. 607-936-4686; fax: 936-4685.

October 10. Greater Hartford Marathon/Half Marathon/5K. Hartford Marathon Inc., 221 Main St., Hartford, CT 06106. 860-525-8200; fax: 860-724-7317.

October 11. Newport Half-Marathon & 5K, Newport, R.I. Masters money. Newport County YMCA, 792 Valley Rd., Middletown, RI 02842-9075. 401-874-9200; fax: 848-7521.

October 11. Army 10 Mile, Arlington, Va. Army 10 Mile, 103 Third Ave., Bldg. 48, Fort McNair, DC 20319. 202-685-3361.

October 12. Tufts 10K for Women/USATF Open Championships, Boston, Mass. Conventures, Inc., One Design Center Place, Boston, MA 02210. 617-439-7700.

October 18. NYRRRC Kurt Steiner 5K Cross-Country, Bronx, NYC. NYRRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

October 18. Atlantic City Marathon & Half-Marathon. ACM, P.O. Box 2181, Ventnor, NJ 08406. 609-822-6911.

October 18. Mohawk-Hudson River Marathon, Schenectady, N.Y. M-HRM, PO Box 4146, Albany, NY 12204. 518-435-4500.

October 25. Philadelphia Masters 5K Cross-Country, Germantown Academy, Fort Washington, Pa. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

October 25. Marine Corps Marathon, Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 800-RUN-USMC; fax: 703-784-2265.

October 25. Cape Cod Marathon/Relay, Falmouth, Mass. SASE to Cape Cod Marathon, Box 699, West Falmouth, MA 02574. 508-540-6959.

October 31. Sweetwood Halloween 5K, Williamstown, Mass. 2 pm. M&W50+ only. Bob Matteson, 802-447-2566.

October 31. New England 65+ RC/Sweetwood Senior 5K Cross-Country, Williamstown, Mass. 50+. 2 pm. Matteson Associates, 359 Main St., Bennington, VT 05201. 802-447-2566.

November 1. New York City Marathon. NYRRRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.

November 8. Ocean State Marathon, Narragansett to Warwick, R.I. Masters money (40+/50+/60+). OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499, OSM26@IDS.net.

November 22. Philadelphia Marathon. PM, 215-685-0054.

November 28. Manchester 5 Mile.



GEORGE BANKER

Judy Scarabello, 41, third W40+ (47:10) in the Lawyers Have A Heart 10K, Washington, D.C., June 7.

Manchester RR Committee, PO Box 211, Manchester, CT 06040-0211. 860-649-6456 (8 am-6 pm).

December 6. Brian's Run 10K, West Chester, BR 10K, PO Box 2440, West Chester, PA 19383. 610-436-2731.

December 31. Runner's World Midnight Run 5K, Central Park, NYC. NYRRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

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

September 7. U.S. 10K Classic, Atlanta, Ga. Masters money. Corporate Sports, 6400 Highlands Parkway, Suite C, Smyrna, GA 30082. 770-431-0100.

September 12. Run By The River 5K, Clarksville, Tenn. SASE to Run By The River, PO Box 3899, Clarksville, TN 37043. Masters & Grandmasters money. Jo Huber, 931-647-3855; fax: 647-8664.

September 12. Eastman 10K, Kingsport, Tenn. 423-229-3771. See also racewalk schedule.

September 13. Naples On The Run 20K, Naples, Fla. 941-434-9786.

September 19. Runner's Classic 10K & 5K, Orlando, Fla. 407-898-1313.

September 26. Virginia 10 Mile, Lynchburg. Chris Ellis, Chamber of Commerce, PO Box 2027, Lynchburg, VA 24501. 804-845-5966.

September 26. Neptune Festival 8K, Virginia Beach, Va. Festival 8K, 2204 St. Marshall Dr., Virginia Beach, VA 23454. 757-496-9556.

October 11. Richmond Marathon. Dewayne Davis, Richmond Times/Dispatch, PO Box 85333, Richmond, VA 23293. 804-649-6738.

October 17. Southtrust Running Festival 10 Mile, St. Petersburg, Fla. Masters money. SRF, PO Box 66252, St. Pete Beach, FL 33736. 813-363-7866; fax: 360-9710; e-mail: run_florida@msn.com.

October 24. Governor's Cup Half-Marathon & 8K, Columbia. Carolina Marathon Assn., PO Box 5092, Columbia,

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SC 29205. 803-929-1996; fax: 803-733-1149.

November 7. Richmond Marathon & 5 Miler. Masters money. RM, PO Box 8744, Richmond, VA 23226. 804-673-RACE; fax: 285-3132.

November 8. Vulcan Marathon, Birmingham. VM Weekend, PO Box 43447, Birmingham, AL 35243. 205-879-5344.

November 15. Old Reliable 10K, Raleigh, N.C. Butch Robertson, PO Box 1229, Raleigh, NC 27602. 919-829-4843.

November 21. Star City Half-Marathon & 5K, Roanoke. Star City Striders, PO Box 8331, Roanoke, VA 24014. 540-966-7866, or Chris Miller, 540-982-1657.

November 26 (Thurs.). Outback Distance Classic Half-Marathon, Jacksonville. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917.

November 26. Atlanta Marathon & Half-Marathon. SASE, to Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.

December 6. First Tennessee Memphis Marathon. FTMM, PO Box 84, MO-8, Memphis, TN 38101. 800-893-RACE; fax: 901-523-4354.

December 12. WZYP Rocket City Marathon, Huntsville, Ala. Malcolm Gillis, 1001 Opp Reynolds Dr., Toney, AL 35773. 205-828-6207.

December 19. Jacksonville Marathon & Half-Marathon. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917.

MIDWEST

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

September 5. Charleston 15 Mile & 5K. Charleston Run Committee, PO Box 2749, Charleston, WV 25330.

September 6. Scotty Hanton Marathon & Half-Marathon, Port Huron, Mich. Becky Lapine, PO Box 129, Marysville, MI 48040. 810-364-4550; fax: 364-4556.

September 7. The Smoot Mile, Parkersburg, W. Va. Masters money. Dorsey Chevront Jr., 3330 Emerson Ave., Parkersburg, WV 26104. 304-422-8916(day); fax: 422-6585.

September 7. Park Forest Scenic 10 Mile & 5K/USATF Women's Open Championship. Park Forest Ten, 301 Centre, Park Forest, IL 60466. 708-748-2005; fax: 503-8560.

September 13. Chicago Half-Marathon. Dillon Productions, Inc., PO Box 577017, Chicago, IL 60657. 773-929-5978; fax: 929-6047.

September 13. Columbus Half-Marathon. UltraFit USA, PO Box 06358, Columbus, OH 43206. 614-481-9077.

September 19. USATF Marathon, Wright-Patterson AFB. Tom Fisher, 88 SPTG/SVC, 5215 Thurlow St., Ste. 2, Wright Patterson AFB, OH 45433-5542. 937-257-4350, or 800-467-1823.

September 27. Frank Lloyd Wright 5K, Oak Park, Ill. Greg Evans, 708-383-0002.

October 3. Bowling Green 10K. BG Classic, PO Box 1802, Bowling Green, KY 42101. 502-782-3660; 800-599-7223.

October 10. Indianapolis Marathon & Half-Marathon. Joel Sauer, Indianapolis Marathon Corp., PO Box 36214, Indianapolis, IN 46236. 317-826-1670.

October 11. Chicago Marathon. CM, PO Box 10597, Chicago, IL 60610. 888-243-3344.

October 11. Dayton River Corridor Half-Marathon. Chris Brady, Wright Brothers,

PO Box 9154, Dayton, OH 45409. 937-436-5757; fax: 937-435-2633.

October 18. Detroit International Marathon. IMG, 300 Stroh River Pl., Ste. 2600, Detroit, MI 48207. 313-393-7749; fax: 393-9454.

November 8. Columbus Marathon & Marathon Relay. CM, PO Box 26806, Columbus, OH 43226. Joan Riegel, 614-433-0395.

MID-AMERICA

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

September 7. Heart Of America Marathon, Columbia, Mo. Joe Duncan, Columbia TC, PO Box 1872, Columbia, MO 65205. 573-445-2684.

September 27. Duke City Marathon & Half-Marathon, Albuquerque. DCM, PO Box 3038, Albuquerque, NM 87190. 505-890-1018.

October 10. 36th annual Jackrabbit 15 Mile & Relays. Ann Martin, Wellness Director, South Dakota St. U., PO Box 2820, Brookings, SD 57007.

October 17. Hobo Day 5K, Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058.

October 18. St. Louis Marathon & Relay. St. Louis TC, 2385 Hampton Ave., #101, St. Louis, MO 63139. 314-781-3926.

October 26. Rib Run Marathon & Half-Marathon, Kansas City, Mo. Karen Raymer, P.O. Box 1216, Raymore, MO 64083. 816-331-4286.

November 14. Rim Rock Run VI, 37K, Grand Junction, Colo. Contact: Elaine, P.O. Box 3685, Grand Junction, CO 81502. 970-243-4055.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 17. Alamo 10,000, San Antonio, Tex. Masters money. Carl Owens, Director, PO Box 500324, San Antonio, TX 78280. 210-543-0444; fax: 543-0445.

November 7. White Rock Half-Marathon. Dallas. X-C Club of Dallas, PO Box 820414, Dallas, TX 75382. 214-855-1511, or Horace Duncan, 972-270-5264.

November 7. 10 Miles for Texas, The Woodlands. Ellen Earle, 4810 Cypress Run Ct., Sugar Land, TX 77478. 281-265-3696.

November 8. San Antonio Marathon. SAM, 1123 Navarro, San Antonio, TX 78205. 210-246-9652.

December 13. Dallas White Rock Marathon. Dallas WRM, 3607 Oak Lawn Ave., Ste. 204, Dallas, TX 75219. 214-528-2962.

February 14. Motorola Austin Marathon & Relays, Austin, Tex. Motorola Austin Marathon, P.O. Box 684587, Austin, TX 78768-4587. 512-505-8304.

WEST

Arizona, California, Hawaii, Nevada

September 27. Race For The Cure 5K, Newport Beach, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-434-2312; fax: 434-7706.

October 4. Sacramento Marathon. SM, PO Box 995, Dixon, CA 95620. 707-678-5005.

October 11. Lake Tahoe Marathon/Walk/Relay; Half-Marathon & Racewalk; 10K & 10K Racewalk; 5K, South Lake Tahoe, Calif. Les Wright, 2261 Cold Creek Trail, South Lake Tahoe, CA 96150. 530-544-



MIKE POLANSKY

Donna Howard (l), of run sponsor Vytra, congratulates the top W60 finishers in the Long Island Women's 5K, Farmingdale, N.Y., July 18 (l to r): Wen-Shi Yu, first (24:58), Billie Gail Moten, Luciana Niedermuller, Ruth Sturgess, and Renate Rhein.

7095; fax: 544-6061.

October 18. San Luis Obispo Half-Marathon. Joe Rubin, PO Box 8106, San Luis Obispo, CA 93406. 800-676-7463; fax: 805-781-6092.

October 18. Arturo Barrios 10K, Chula Vista, Calif. Elite Racing, 10509 Vista Sorrento Pkwy., Ste. 102, San Diego, CA 92121. 619-450-6510.

October 18. Humboldt Redwoods Marathon & Half-Marathon, Weott, Calif. Sharon Powers, PO Box 4989, Arcata, CA 95518. 707-433-1220.

October 25. Silicon Valley Marathon & Half-Marathon, San Jose. Firstwave Events, PO Box 565, Los Gatos, CA 95031. 408-354-0857.

November 7. Santa Barbara Half-Marathon & 5K. Ellen McCurdy, Santa Barbara News-Press, PO Box 1359, Santa Barbara, CA 93102. 805-892-2250, X5050; fax: 805-564-5139.

November 15. Race For The Cure 5K, Rose Bowl, Pasadena, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-434-2312; fax: 434-7706.

November 15. Phoenix 10K. Harvey Beller, 1201 E. Jefferson St., Phoenix, AZ 85034. 602-345-5752.

November 28. Santa Clarita Marathon. City of SC Marathon, PO Box 800646, Santa Clarita, CA 91380. 805-255-7149; fax: 805-259-8125.

December 6. California International Marathon, Sacramento. CIM, PO Box 161149, Sacramento, CA 95816. 916-983-4622.

December 6. Tucson Marathon. Pat Lekacz, 4625 E. Broadway, Ste. 112, Tucson, AZ 85711. 520-346-9383.

December 6. Western Hemisphere Marathon, Culver City. Culver City Rec. Dept., 4117 Overland Ave., Culver City, CA 90230. 310-253-6650; fax: 253-6666.

December 13. Honolulu Marathon. HM Assoc., 3435 Waiialae Ave., Rm. 208, Honolulu, HI 96816. 808-734-7200.

December 13. Lasse Viren 20K, Point Mugu St. Park, Calif. Steve Blum, 505 Briarwood Terrace, Ventura, CA 93001. 805-652-1744.

NORTHWEST

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

October 4. Portland Marathon. Les Smith, PO Box 4040, Beaverton, OR 97076. 503-226-1111.

November 28. Seattle Marathon & Half-Marathon. SM Assoc., PO Box 31849, Seattle, WA 98103. 206-729-3660.

CANADA

October 25. Casino Niagara Intl. Marathon, Niagara Falls, Ontario, Canada. Karen Stearne, Heart Niagara, Allied Health Bldg., 206-5673 North St., Niagara Falls, Ontario, Canada L2G-1J4. 905-358-5552.

November 1. Ontario Masters 8K Cross-Country Championships, Sunnybrook Park, Toronto. Doug Smith, 416-699-5818; douglasj.smith@sympatico.ca.

INTERNATIONAL

November 1. Athens Marathon, Greece. Athens Marathon, c/o Apostolos Greek Tours, 3145 So. Akron St., Denver, CO 80231. 303-755-2888. <http://www.rural-net.net/~apostolo>

RACEWALKING

September 10, 12, 13. Racewalking Seminar and Clinic by Viisha Sedlak, San Diego State U., Calif. American Walking Assoc., P.O. Box 4, Paonia, CO 81428-0004. 970-527-4557.

September 12. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-229-4364.

September 7. USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

October 4. USATF National Masters One-Hour & Two-Hour Championships, Worcester, Mass. USATF New England, PO Box 1905, Brookline, MA 02146. 617-566-7600.

October 17. MAC & East Region 30K Championships, Central Park, NYC. Stella Cashman, Park RWers USA, 320 E. 83rd St., Box 18, NY, NY 10028. Tel/fax: 212-628-1317; e-mail: FranciCash@aol.com.

November 7. USATF South Region One-Hour Championships, Myrtle Beach, S.C. USATF South Carolina, PO Box 491, Union, SC 29379-0491. 803-427-1829.

November 22. Gran Prix #1 5K Racewalk, Central Park, NYC. All ages. Stella Cashman, Park RWers USA, 320 E. 83rd St., Box 18, NY, NY 10028. Tel/fax: 212-628-1317; e-mail: FranciCash@aol.com.

November 29. Gran Prix #2 5K Racewalk, Central Park, NYC. All ages. See Nov. 22. December 13. Gran Prix #3 5K Racewalk, Central Park, NYC. Stella Cashman, Park RWers USA, 320 E. 83rd St., Box 18, NY, NY 10028. Tel/fax: 212-628-1317; e-mail: FranciCash@aol.com.

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

M35-39 Ted Campbell 400 800 Douglas Johnson Scott King 1500 Racewalk 1500	51.94 2:03.24 6:46.8 4:12.7	6-18, 20-98 6-18, 20-98 7-25-98 6-27-98	M50-55 Rich Davis Melvin Goode Gary Lane Frank Ryhle Bob Sager	10K 100 Javelin Hammer Shot Put Hammer	36:42.73 12.52 44.10 131 13.16 44.76	8-1-98 5-3-98 6-20-98 6-21-98 5-16-98 5-16-98	M65-69 Al Sheahan Jerry Wojcik	100H 300H Hammer Weight	20.64 53.65 34.02 10.99	7-30, 8-2-98 7-30, 8-2-98 7-23-98 6-27-98	
M40-44 Ted Goudge Don Hoff James Kerman Raymond Sipperly Mike Straubel	Discus Shot Put Shot Put Mile Mile	133-4 44-11 1/2 45-7 4:53.08 4:49.27	7-20-97 6-28-98 5-17-98 3-28-98 7-3-98	M55-59 Tom Fisher	400	61.0	6-27-98	M70-74 Waltraut Lavroff	5K Racewalk	36:49	4-18-98
M45-49 Tim O'Keefe Chuck Radia John Sellen Dan Swanson	3K SC 3K SC Javelin 200 400	11:53.18 11:45.66 47.65 24.8 55.17	7-31-98 7-31-98 7-21-97 7-25-98 7-25-98	M60-64 Horace Andrews Rodger Young William Eisenhart David Lard Arnie Levick Glen Yoder	Hammer Decathlon Discus Mile 5K Racewalk High Jump	41.57 5107 139.9 5:42.30 27.37 4-10	7-30-98 7-25, 26-98 7-16-98 7-25-98 7-12-98 6-21-98	M75-79 Graeme Dalzell W40-44 Janet Comi W45-49 Lynn Tracy W55-59 Suzy Hess	Shot Put 10K Racewalk 3K Racewalk Weight Hammer	30-1 55:18 15:56 7.17 22.25	4-6-98 7-11-98 6-7-98 6-14-98 7-30, 8-2-98

The All American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data.

All American Standards Committee

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	10.95	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0
200	22.4	23.2	23.8	24.6	25.5	27.0	27.7	29.5	32.0	35.0	40.2	52.0
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30
1500	4:16	4:18	4:20	4:32	4:40	5:02	5:20	5:45	6:30	7:20	8:10	9:20
Mile	4:35	4:40	4:55	5:00	5:10	5:30	5:55	6:15	6:55	7:50	8:45	10:15
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	28:00	29:00	32:30
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30
110H	15.4	16.5	17.8	18.8								
100H					18.0	19.0	20.0	21.0				
80H									18.0	21.0	25.0	30.0
400H	58.0	60.0	62.0	64.0	68.0	71.0						
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80
	6-2 1/4	6-7 1/4	5-9 1/4	5-6	5-3	4-11	4-9	4-6	4-1 1/4	3-9 1/4	3-3 1/4	2-7 1/4
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-8	8-10 1/4	8-4 1/4	7-8 1/4	6-8 1/4	5-10 1/4	4-3 1/4
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20
	21-4	20-1 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-1	14-9 1/4	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	18-1
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8 1/4	36-1 1/4	29-6	26-3	19-8 1/4
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	28.00	22.00	15.24
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2 1/4	50-0
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-8 1/4			19-8 1/4	16-5	13-1 1/4	9-10
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50
							37-8 1/4	32-9 1/4	29-8 1/4	23-11 1/4	17-4 1/4	14-9 1/4
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
	31-2	29-6 1/4	27-10 1/4	26-5	19-8 1/4	16-5	14-9	13-1 1/4	11-5 1/4	9-10	8-2 1/4	6-6 1/4
Pent.	2800	2600	2600	2400	2600	2600	2600	2600	2600	2600	2600	2600
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000

Notes: 1) 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: 7.26kg (16#); 50-59: 6kg; 60-69: 5kg; 70+: 4kg
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg
6) Hammer: 30-49: 7.26kg (16#); 50-59: 6kg; 60-69: 5kg; 70+: 4kg
7) Javelin: 30-49: 800g; 50-59: 600g; 60+: 600g
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec/Wt.Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5 1/4	4-2	4-0	3-8	3-6	3-4	3-2 1/4	3-0 1/4	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/4	7-10 1/4	6-7	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1 1/4	10-6	10-2	8-6 1/4	7-6 1/4	6-10 1/4	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/4	19-8 1/4	18-1 1/4	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9 1/4	30-7	27-11	27-8 1/4	26-3	25-6	24-7 1/4	21-8	19-8 1/4	17-1 1/4	14-1 1/4
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5 1/4	72-8	65-7 1/4	55-9 1/4	52-6	49-2 1/4	39-4 1/4
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-3 1/4	69-0	59-1 1/4	52-6	45-0	42-8	36-1 1/4
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5 1/4	72-2 1/4	68-0	59-1 1/4	46-0	39-4 1/4	39-6 1/4
20#Wt.	10.00	9.00	8.00	7.01							
	32-9 1/4	29-6 1/4	26-3	23-0							
16#Wt.					8.00	7.01	6.00	5.54	5.18	5.00	4.75
					26-3	23-0	19-8 1/4	18-2	17-0	16-5	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
	21-4	19-8 1/4	18-2 1/4	16-5	17-2 1/4	16-5	15-7	14-9 1/4	13-1 1/4	11-5 1/4	9-10
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-49: 33"; 40+: 30"
3) Shot put: 30-49: 4kg; 50+: 3kg
4) Javelin: 30-49: 600gm; 50+: 400gm
5) Hammer: 30-49: 4kg; 50+: 3kg
6) Metric heights and distances are the standard; feet and inches listed for convenience.
7) Superweight: 30-49: 35-lb; 50+: 25-lb

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____

ADDRESS _____ SEX: M _____ F _____

CITY _____ STATE _____ ZIP _____

MEET _____ DATE OF MEET _____

MEET SITE _____

EVENT _____ MARK _____

HURDLE HEIGHT _____ WEIGHT OF IMPLEMENT _____

CERTIFICATE PATCH PATCH TAG

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

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

		WOMEN											
		1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30	
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23	
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48	

Continued from previous page

Table of race results for 5000m, 10000m, and 4x100m relay events. Includes names, states, and times.

Table of race results for 110m hurdles, 400m hurdles, 800m hurdles, 1000m hurdles, 1500m hurdles, 2000m hurdles, 3000m hurdles, 4000m hurdles, 5000m hurdles, 6000m hurdles, 7000m hurdles, 8000m hurdles, 9000m hurdles, 10000m hurdles, 11000m hurdles, 12000m hurdles, 13000m hurdles, 14000m hurdles, 15000m hurdles, 16000m hurdles, 17000m hurdles, 18000m hurdles, 19000m hurdles, 20000m hurdles, 21000m hurdles, 22000m hurdles, 23000m hurdles, 24000m hurdles, 25000m hurdles, 26000m hurdles, 27000m hurdles, 28000m hurdles, 29000m hurdles, 30000m hurdles, 31000m hurdles, 32000m hurdles, 33000m hurdles, 34000m hurdles, 35000m hurdles, 36000m hurdles, 37000m hurdles, 38000m hurdles, 39000m hurdles, 40000m hurdles, 41000m hurdles, 42000m hurdles, 43000m hurdles, 44000m hurdles, 45000m hurdles, 46000m hurdles, 47000m hurdles, 48000m hurdles, 49000m hurdles, 50000m hurdles.

Table of race results for 4x400m relay, 4x800m relay, 4x1000m relay, 4x1500m relay, 4x2000m relay, 4x2500m relay, 4x3000m relay, 4x3500m relay, 4x4000m relay, 4x4500m relay, 4x5000m relay, 4x5500m relay, 4x6000m relay, 4x6500m relay, 4x7000m relay, 4x7500m relay, 4x8000m relay, 4x8500m relay, 4x9000m relay, 4x9500m relay, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 11000m, 12000m, 13000m, 14000m, 15000m, 16000m, 17000m, 18000m, 19000m, 20000m, 21000m, 22000m, 23000m, 24000m, 25000m, 26000m, 27000m, 28000m, 29000m, 30000m, 31000m, 32000m, 33000m, 34000m, 35000m, 36000m, 37000m, 38000m, 39000m, 40000m, 41000m, 42000m, 43000m, 44000m, 45000m, 46000m, 47000m, 48000m, 49000m, 50000m.

Table of race results for 4x400m relay, 4x800m relay, 4x1000m relay, 4x1500m relay, 4x2000m relay, 4x2500m relay, 4x3000m relay, 4x3500m relay, 4x4000m relay, 4x4500m relay, 4x5000m relay, 4x5500m relay, 4x6000m relay, 4x6500m relay, 4x7000m relay, 4x7500m relay, 4x8000m relay, 4x8500m relay, 4x9000m relay, 4x9500m relay, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 11000m, 12000m, 13000m, 14000m, 15000m, 16000m, 17000m, 18000m, 19000m, 20000m, 21000m, 22000m, 23000m, 24000m, 25000m, 26000m, 27000m, 28000m, 29000m, 30000m, 31000m, 32000m, 33000m, 34000m, 35000m, 36000m, 37000m, 38000m, 39000m, 40000m, 41000m, 42000m, 43000m, 44000m, 45000m, 46000m, 47000m, 48000m, 49000m, 50000m.

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Table of race results for various categories including Joan Youngs, Mary Roman, Fei-Mei Chou, Anne Cirulnick, Amy Hicks, Gloria Bortell, Judy Fetherston, D. 'curlie' Faber, Harriet Patch, I.C. Holland, Eliza Dalzell, Morna Rawcliffe, Margaret Hinton, Diane Friedman, Betty Jarvis, Katharine Gradick, Michael Berach, David Vandergriff, Bob Cedrome, Ted Goudge, Carl Reichard, Richard Watson, Carmen Letizia, Mike Sherrill, Blair Schneider, Robert Mead, Tim Edwards, Terry Shuman, Bruce Hedendal, Bob Sager, Frank Ruhle, Allan Neville, Glenn Palmer, Geoffrey Brown, Neal Schuster, Tom Gage, George Mathews, Mickey Bitako, Llyod Higgins, Carl Wallin, Bob Osterhoudt, Buster Byrne, Mark Chapman, Emil Muller, Norm Cyprus, Horace Andrews, Donald Trimble, Bob Staveley, Joseph Chadbourne, Leonard Olson, Wendell Palmer, Ray Feick, Luis Velez, Jerry Wojcik, William Donnell, William Patrick, Ken Weinbel, Lev Mozhav, Phillip Brusca, Richard Bergsback, Alex Leishman, Jacob Stein, Sam Felton, Armando Ricciardi, James Minah, Thomas McDermott, Nathaniel Heard, Robert Detweiler, Dr. H. P. Narcissian, Barrington Ivers, Burt De Groot, Marilyn Senz, Denise Houseman, Kristen Dajia, Deborah Ecklund, Carol Finsrud, Ruth Welding, Sue Hallen, Cheryl Mellenthin, Sandra O'Brien, April Capwill, Meg Savillon, Erika Szanto, Charlotte Jarvis, Annie Lands, Roslyn Katz, Suzy Hess, Evelyn Wright, Anne Cirulnick, Mary Roman, Marcia Crooks, Judy Fetherston, D. 'curlie' Faber, Amy Hicks, I.C. Holland, Betty Jarvis, Katharine Gradick, Ken Hall, Jerome Tine, Ron McConnell, David Tolson, Robert Bizzaro, Mark Bellanca, Mark Welch.

Table of race results for various categories including M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, M100, M105, M110, M115, M120, M125, M130, M135, M140, M145, M150, M155, M160, M165, M170, M175, M180, M185, M190, M195, M200, M205, M210, M215, M220, M225, M230, M235, M240, M245, M250, M255, M260, M265, M270, M275, M280, M285, M290, M295, M300, M305, M310, M315, M320, M325, M330, M335, M340, M345, M350, M355, M360, M365, M370, M375, M380, M385, M390, M395, M400, M405, M410, M415, M420, M425, M430, M435, M440, M445, M450, M455, M460, M465, M470, M475, M480, M485, M490, M495, M500, M505, M510, M515, M520, M525, M530, M535, M540, M545, M550, M555, M560, M565, M570, M575, M580, M585, M590, M595, M600, M605, M610, M615, M620, M625, M630, M635, M640, M645, M650, M655, M660, M665, M670, M675, M680, M685, M690, M695, M700, M705, M710, M715, M720, M725, M730, M735, M740, M745, M750, M755, M760, M765, M770, M775, M780, M785, M790, M795, M800, M805, M810, M815, M820, M825, M830, 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Continued from previous page

W60 Merion Knight	1:26.05
W65 Georgia Johnson	1:58.78
W70 Mary Holland	2:02.30
800m	
M35 Jeffrey Endres	2:25.56
M40 Walt Barnowski	2:23.71
M45 Mike Phillips	2:30.02
M50 Ted Nykiel	2:52.70
Eugene Kester	3:52.75
M60 Rod Smith	2:46.43
M65 Earl Fee CAN	2:26.38
M70 Ernie McDonald	3:48.52
W40 Penny Delabbio	3:15.93
W50 Ruth Thelen	2:57.20
W55 Marilyn Morehead	3:00.40
W60 Merion Knight	3:21.58
1500m	
M35 Ken Plude	4:50.23
Jeff Endres	4:55.73
M40 Wal Barnowski	4:37.50
M45 Mike Phillips	4:58.35
Paul Gelderblom	5:14.73
W35 Cyndie Lieberman	6:51.08
W40 Carol Rice	5:53.26
Leila Griffin	6:01.34
5000m	
M35 Jerry Brown	17:51.06
Larry Tomkinson	21:58.95
M40 Alan Jarvie	17:55.91
Keith Kaiser	19:06.97
Bryan Griffith	20:37.55
M45 Paul Gelderblom	18:35.55
M50 Ted Nykiel	22:12.00
M55 Bill Parrott	20:47.81
W45 Vicki Putnam	22:08.66
Cathy Paklaian	23:21.22
W50 Laurie Keeler	22:06.75
Short Hurdles	
M40 Mark Jakubowski	17.52
Greg Glowicki	21.60
M55 Tom Seaver	18.14
M70 Chuck Sochor	14.92
300mH	
M35 Jerry Brown	45.36
M40 Mark Jakubowski	47.94
Greg Glowicki	51.27
M55 Tom Seaver	51.91
M70 Chuck Sochor	61.09
High Jump	
M40 John Sipes	1.65
Mark Jakubowski	1.45
M45 Stan Kus	1.40
M50 Gary Krueger	1.25
Eugene Kester	1.05
M65 John Lamb	1.30
M80 Ken Elliot	1.10
Pole Vault	
M35 Jerry Brown	11-0
M45 Stan Kus	7-0
M50 Walt Kooyer	12-0
M55 Tom Seaver	10-0
M65 John Lamb	8-6
M75 Art Holland	5-6
Long Jump	
M35 Ken Plude	5.81
M40 Mark Jakubowski	4.59
M45 Lester Hale	5.12
Richard Kanski	4.59
Stan Kus	4.52
M55 Tom Seaver	4.69
M70 Chuck Sochor	4.20
M75 Art Holland	2.90
M80 Ken Elliot	2.86
W70 Mary Holland	2.60
Shot Put	
M35 Larry Tomkinson	9.32
Ken Plude	9.08
M40 John Sipes	10.61
M45 Kevin Michelson	11.49
Ken Michelson	11.05
M50 Hilary Goerge	12.80
Gary Krueger	10.14
Eugene Kester	7.44
M55 Bill Rykhus	9.81
M65 Larry Marsh	11.26
M75 Art Holland	8.35
M80 Ken Elliot	7.29
W50 Carol Griffith	7.67
W65 Georgia Johnson	6.30
W70 Mary Holland	5.10
Discus	
M35 Ken Plude	26.26
M40 Greg Glowicki	32.29
John Sipes	23.67
M45 Kevin Michelson	32.41
Ken Michelson	30.49
Paul Gelderblom	22.95
M50 Hilary Goerge	42.79
Jerry Bowersox	37.37
Gary Krueger	27.43
M55 Bill Rykhus	30.98
M65 Larry Marsh	32.76

M75 Art Holland	23.64
M80 Ken Elliot	23.64
W50 Carol Griffith	21.96
Jan Burch	19.03
W65 Georgia Johnson	15.22
Javelin	
M35 Ken Plude	25.06
M40 Greg Glowicki	35.37
John Sipes	31.95
M45 Paul Gelderblom	32.06
Stan Kus	31.95
M50 Hilary Goerge	39.55
Jerry Bowersox	33.35
Gary Krueger	25.47
M55 Tom Pennewell	31.09
Bill Rykhus	26.04
M65 Larry Marsh	37.63
M75 Art Holland	21.33
M80 Ken Elliot	19.18
W50 Carol Griffith	26.01
W70 Thelma Fallows	8.70
5000m Racewalk	
M45 Ross Baranco	32:13.74
M50 Danny Wineland	32:08.18
Eugene Kester	34:49.26
W35 Jeanette Wilkes	29:20.75
Robin McIntosh	29:29.51
W55 Jeanne Bocci	35:48.07
W70 Thelma Fallows	40:16.88

Dayton Masters Track Classic
Dayton, OH; July 25

100m	
M30 Tim McCrossen	10.7
Robert Thomas	10.7
Kenny Jones	10.8
M35 Mark Fox	12.3
Michael Soriano	13.2
M40 Tom Smith	11.5
Mike Jacobs	11.6
Andrew Mason	11.8
M45 Les Hale	11.5
Royce Lewis	12.4
M50 Charles Allie	11.9
Lloyd Hathcock	12.1
Bobby James	12.1
M55 Grover Coats	13.5
Lyndon Johnson	14.3
M65 Burt Saidel	14.8
M80 Hugh Yeomans	28.7
W30 Linda Carty	13.1
Char Allers	13.9
W35 Patricia Finley	15.5
W40 Sue McNutt	14.3
Rose Carnell	16.9
W65 Betty Neal	17.0
W80 Mary Bowermaster	18.0
200m	
M30 Robert Thomas	21.7
Tim McCrossen	21.7
Kenny Jones	23.0
M35 Eric Joiner	24.9
Mark Fox	25.3
Michael Soriano	27.7
M40 Tom Smith	24.7
Andrew Mason	25.0
Lawrence Finley	26.3
M45 Les Hale	23.6
Michael Daniels	45.3
M50 Charles Allie	23.6
Lloyd Hathcock	24.8
Nathan Palmer	27.3
M55 Grover Coats	27.2
Lyndon Johnson	29.4
M65 Ron Rule	29.0
Russell Henderson	39.1
Samuel Mukes	49.4
W30 Linda Carty	27.6
Char Allers	29.5
W35 Belinda McCoy	27.6
Patricia Finley	33.2
W40 Sue McNutt	30.9
W75 Ernestine Yeomans	49.4
400m	
M30 Robert Thomas	48.6
Kenny Jones	51.0
M35 Mark Fox	55.8
Kevin Walker	1:01.6
Kurt Koehler	1:05.9
M45 Michael Daniels	1:05.6
M50 Charles Allie	53.2
Nathan Palmer	59.2
Lloyd Hathcock	1:07.2
M555 Ralph O'Neal	1:09.3
Lyndon Johnson	1:09.8
M65 Ron Rule	1:07.4
R Henderson	1:27.3

W30 Char Allers	1:09.9
W35 Belinda McCoy	1:03.4
W40 Rose Carnell	1:39.5
W75 E Yeomans	2:57.4
800m	
M30 Anthony Powell	2:13.1
M40 M Shonebarger	2:12.1
Marc Pendleton	2:12.8
Lawrence Cox	3:03.9
M50 Ronald Ruffin	2:28.4
Jeff Gerson	2:38.6
M55 Ralph O'Neal	2:44.1
Lyndon Johnson	2:58.4
M60 Jack Miller	2:25.4
M80 Eugene Keller	4:19.5
W75 E Yeomans	6:10.3
1500m	
M40 M Shonebarger	4:36.6
Marc Pendleton	4:45.6
Lawrence Cox	6:41.3
M80 Eugene Keller	8:09.5
3000m	
M35 Glenn Smith	10:07.0
M40 Lawrence Cox	13:22.5
M45 John Hickey	9:58.1
M50 Rich Davis	10:10.1
Ronald Ruffin	10:37.7
Jeff Gerson	11:44.6
M65 Fon Gammie	12:56.3
M80 Eugene Keller	18:42.2
Short Hurdles	
M35 Michael Soriano	20.6
M55 John Sloan	22.2
M70 Fred Hirsimaki	15.9
High Jump	
M40 Dave White	5-2
M45 Paul Buford	4
M50 Donald Ragon	4-10
M55 Lyndon Johnson	3-10
M60 Paul Beckman	4-2
M70 Fred Hirsimaki	4-4
Pole Vault	
M50 Donald Ragon	8-6
M55 John Sloan	9
M70 Fred Hirsimaki	7
Long Jump	
M30 Oliver Mason	21-2
M35 Michael Soriano	12-2
M40 Andrew Mason	15-9
M45 Les Hale	16-11.50
John Butera	16-3.50
Mechall Daniels	14-10.75
M55 Grover Coats	15-11.50
John Sloan	12-9
Lyndon Johnson	12-7.75
M60 Paul Beckman	13-8.50
M65 Burt Saidel	13-1.50
W50 Erica Szanto	10-4
W65 Betty Neal	9-10
W80 M Bowermaster	7-5
Triple Jump	
M30 Oliver Mason	42-10.25
M45 John Butera	32-11.50
M55 Grover Coats	32-5.50
John Sloan	23.50
M70 Fred Hirsimaki	17-10.50
W40 Rose Carnell	21-8.50
Shot Put	
M30 David Fray	36-2.50
M35 Michael Soriano	27-11
M50 Mike Creager	37-8
Donald Ragon	32-5
M55 Paul Deem	40
Lyndon Johnson	30-8
M60 Donald Heldt	34-4
Paul Beckman	33-1
Dave McCaa	28-2.50
M65 P Augsburg	36-10
C Dickman	33-4
M80 Hugh Yeomans	19-1
W45 Mary Hartzler	28-6
W50 Erika Szanto	29-8
W65 Betty Neal	27-4
M30 Bryan Carrel	16.75
M40 Dave White	11-6
M45 R Christoph	13-7
W80 M Bowermaster	24-4
Discus	
M40 Kurt Landig	122-5
Charles Green	103-5
M45 Royce Lewis	99-3
M50 Mike Creager	115-6
Donald Ragon	105-2
M55 Paul Deem	113-11
M60 Everett Hardy	145-5
Donald Heldt	119-4

Paul Beckman	110-1
M65 C Dickman	108-6
Al Pike	99-7
W45 Mary Hartzler	87-5
W50 Erika Szanto	70-2
W65 Betty Neal	67-4
1500m RW	
M60 Tony Donlosky	10:33.2
M65 Samuel Mukes	13:48.5
M80 Hugh Yeomans	12:58.3

USATF Midwest Regional
Masters Championships
Marshall U., Huntington, WV
July 25

100m	
M30 Dennis Cutlip	12.04
M35 Dewitt Hale	12.11
Kent Powers	12.18
Rick Dye	13.00
Ted Rouse	14.36
M40 Barry Wise	12.30
Al Leftwich	13.06
M45 Mike Lorentz	14.57
M50 Dennis Newton	12.66
Jenn Boswell	13.26
Ron Mosley	13.98
Philip Barcus	14.79
M55 Tom Hamilton	14.07
Mike Valle	14.78
M60 Paul Williams	14.25
Pete Grandal	15.65
Ed Mullens	15.90
M65 John Poppell	14.32
John Schreiber	14.93
Larry Greco	16.26
M70 Mel Larsen	14.58
Jack Greenwald	15.10
Bergen William	15.90
Sam Madia	15.99
M85 Jeremiah Gaines	18.93
W35 Denise Smith	17.68
W50 Betty Jo McGague	20.84
W55 Susanne Magrogan	20.73
W60 Audrey Lary	16.29
Essie Kea	16.63
200m	
M30 Dennis Cutlip	24.92
M35 Dewitt Hale	24.49
Trace Barnette	29.05
Anthony Boerio	33.21
M40 Barry Wise	25.12
Al Leftwich	27.22
M45 Mike Lorentz	30.79
M50 Glenn Schmehl	27.00
Ron Mosley	41.61
M60 Paul Williams	29.81
Bob Medley	39.30
M65 John Poppell	29.40
Larry Greco	34.45
M70 Jack Greenwald	29.90
Mel Larsen	30.40
Bill Daprano	31.98
Bergen William	32.09
Sam Madia	33.35
W60 Essie Kea	33.55
Audrey Lary	33.63
400m	
M30 Britt Arthur	59.77
John Einriwhofer	60.51
M40 Al Leftwich	60.53
M50 Glenn Schmehl	61.35
M60 Bill Cocks	70.57
Bob Medley	95.07
M70 Jack Greenwald	71.06
Sam Madia	76.63
800m	
M30 Scott Childers	2:03.82
John Einriwhofer	2:35.49
M35 Anthony Boerio	2:43.97
M40 Dennis Coleman	2:06.60
Scott Caldwell	2:11.91
Norm Spero	2:52.53
M45 Dave Blankenship	2:07.38
M50 Dan Jackson	2:50.74
M55 David Howison	2:29.70
M60 Bill Cocks	2:53.73
Bob Medley	4:00.69
1500m	
M30 Dennis Cutlip	5:06.08
Britt Arthur	6:51.38
M35 Anthony Boerio	5:35.21
M40 Dennis Coleman	4:38.78
Greg Bridgewater	5:10.72
M45 Pat McCaskey	5:44.46
M50 Dan Jackson	5:32.74
M55 Don Mega	5:48.29
3000m	
M40 Greg Bridgewater	11:14.16
M55 Don Mega	12:57.04
5000m	
M35 Shawn Coffman	20:57.40
M40 Greg Bridgewater	19:12.89

Short Hurdles	
M35 Trace Barnette	20.24
M50 Chet Dow	18.73
M60 Bob Medley	22.80
M65 Jim Stookey	16.77
John Schreiber	19.03
M70 Mel Larsen	14.01
Long Hurdles	
M35 Trace Barnette	67.80
Rick Dye	68.59
M60 Bob Medley	70.64
M65 Jim Stookey	50.31
John Schreiber	56.75
High Jump	
M35 Kent Powers	5-6
Trace Barnette	5-0
Rick Dye	4-10
M40 Jack Grubb	5-5
M45 Mike Lorentz	4-8
Bob Rockwell	4-8
M50 Phil Barcus	4-10
Chet Dow	3-10
M55 Mike Valle	4-2
M60 Bob Medley	4-0
M70 V Golowash	3-4
M80 Charlie Irwin	3-6
W60 Essie Kea	3-10
Pole Vault	
M35 Rick Dye	11-6
M40 Jack Grubb	13-6
Kevin Hill	12-0
Long Jump	
M35 Dewitt Hale	21-2.5
Kent Powers	19-10
Rick Dye	15-5.75
Ted Rouse	14-10.5
M40 Mike Skoflaanc	18-8.75
Jack Grubb	17-7.75
M45 Bob Rockwell	15-4.75
M50 Jerry Boswell	18-1.5
Chet Dow	14-3.75
M55 Mike Valle	13-10.5
Tom Hamilton	11-11
M60 Bob Medley	8-10.5
M65 Jim Stookey	15-4.5
John Schreiber	12-4.5
M70 Bill Daprano	10-8
V Golowash	7-8.75
M80 Charlie Irwin	8-11.5
M85 Jeremiah Gaines	6-10
W55 Susann Magrogan	8-5
Triple Jump	
M35 Kent Powers	41-5
Dewitt Hale	39-11
Trace Barnette	37-11.5
M45 Bob Rockwell	36-10.25
M50 Jerry Boswell	35-7
M60 Bob Medley	24-6.75
M65 Jim Stookey	33-0
M70 V Golowash	19-0
M80 Charlie Irwin	21-9
Hammer	
M30 Chris Lingenfelter	132-5
M40 Frank Broadus	104-3
M50 Doug Weikert	103-2
Carlton Mott	101-1
M55 Mickey Bitsko	145-0
Mike Valle	125-8
Bob Cahners	119-5
M60 Bob Harris	88-2
Les Gillenwater	74-10
M65 Pay Carstensen	117-1
M70 V Golowash	64-1
W30 Lynn Cotton	71-10
W40 Ruth Welding	112-0
Sue Hallen	92-2
Julie Smith	55-3
W55 Susanne Magrogan	62-6
W60 Audrey Lary	60-5
Javelin	
M30 Kurt Francis	152-3
Jeff Alvani	121-5
M35 Trace Barnette	104-6
Ted Rouse	86-6
M45 John Tucker	153-10
M50 Carlton Mott	104-8
Tom Russell	103-1
M55 Mickey Bitsko	91-1
M60 Bob Medley	96-1
Les Gillenwater	76-9
M70 Wm Daprano	98-7
V Golowash	49-5
M75 Floyd Simmons	100-4
M80 Charlie Simmons	62-2
W30 Lynn Cotton	76-2
W40 Ruth Welding	78-0
Sue Hallen	69-3

Continued from previous page

M55 Jim Lee	25.06
M65 L S Anderson	30.50
400m	
W60 Rachel Lyga	2:09.22
Mile	
M45 Rick Recker	5:45.81
Al Raymond	6:50.25
M50 Pat O'Regan	5:48.25
55mH	
M75 Charles Obye	11.12
W60 Rachel Lyga	11.97
4x100 Relay	
Mike Sharratt/Ben Sharratt/85.0	
Nate Weishaar/Tom Anderson	
High Jump	
M45 Mike Sharratt	4-3
Al Raymond	3-0
M65 Paul Lehmkuhl	4-2
Emmett Edwards	3-10
M75 Charles Obye	3-9
W60 Rachel Lyga	3-9
W80 Helen Johnson	2-10
Pole Vault	
M45 Mike Sharratt	11-6
Long Jump	
M60 Gene Lohman	11-1
M65 Paul Lehmkuhl	14-10
M75 Charles Obye	13-1
W60 Rachel Lyga	10-11
Triple Jump	
M40 Dan Pertile	33-1
M60 Gene Lohman	23-1
M65 Paul Lehmkuhl	29-3
M75 Charles Obye	26-11
W60 Rachel Lyga	22-0
Shot Put	
M60 Gene Lohman	31-6
M65 Emmett Edwards	31-4
W65 Barb Thorgrimson	22-3
Discus	
M40 Kevin McLaughlin	96-4
M60 Gene Lohman	101-4
M65 Emmett Edwards	99-6
W65 Barb Thorgrimson	48-10
Javelin	
M40 Kevin McLaughlin	108-10
M60 Gene Lohman	69-5
M65 Emmett Edwards	85-9
M75 Charles Obye	86-3
W65 Barb Thorgrimson	46-6

SOUTHWEST

USATF Southwest Regional Masters Championships
Trinity University
San Antonio, TX; July 11

100m	
M30 Raymond Dingle	12.10
Neil Eisenbach	14.05
M35 Fred Porter, Jr	11.36
M35 David Smith	12.25
Rodney Johnson	13.41
Vab Eisenbach	13.55
M40 James Fountain	13.27
M45 Willard Thompson	12.25
Robert Hahn	13.05
Ralph Sutherland	13.35
M50 Randy Smith	12.18
Ronald Helton	12.76
Melvin Good	13.26
Gene Helme	17.55
M55 Don Denson	13.02
Troy Scoggins	14.01
Roy Eisenbach	14.32
Ben Nowotny	15.37
M60 Paul Johnson	13.32
John Head	14.85
Bill Biddy	16.70
Norman Wells	15.07
M70 Chuck Sochor	14.73
M75 Tim Murphy	15.19
W35 Sandra Pratt	14.29
Roslyn Malone	15.57
W45 Pamela Booton	14.79
W60 Marion Coffee	17.82
200m	
M30 Neil Eisenbach	28.90
M35 Fred Porter, Jr	23.32
Van Eisenbach	28.02
M45 Willard Thompson	24.10
Ralph Sutherland	28.14
M50 Randy Smith	24.21
Melvin Good	27.77
M55 Roy Eisenbach	30.81
M60 Paul Johnson	26.87
John Head	32.87
Bill Biddy	34.65
M65 Norman Wells	30.87

Chuck Sochor	30.39
W35 Sandra Pratt	30.48
W45 Pamela Booton	31.87
Charlotte Carter	32.09
W60 Marion Coffee	39.49
400m	
M35 Kevin Lendo	54.57
Arlington Callies	1:02.94
Dan Cook	1:04.71
M40 James Lofton	50.45
M45 Ralph Sutherland	1:16.22
M55 Dan McCormack	1:04.11
800m	
M35 Anthony Grennes	2:32.35
M40 Rick Easley	2:05.32
M55 Jim Horton	3:22.30
1500m	
M45 Ralph Sutherland	6:01.21
M55 Jim Horton	5:34.02
5000m	
M40 T Gaudette	18:25.73
Short Hurdles	
M35 Jeff Brower	15.75
Dan Cook	16.33
M40 Michael Mitchell	17.88
M50 James Cawley	17.31
M60 John Head	19.42
M65 Norman Wells	18.42
M70 Chuck Sochor	14.78
Long Hurdles	
M35 Jeff Brower	59.20
David Smith	1:04.72
M40 Michael Mitchell	1:03.24
M60 John Head	1:00.60
M65 Norman Wells	58.74
M70 Chuck Sochor	56.71
4x100m Relay	
M50 The Others 2	1:00.83
M60 The Others	56.01
M70 Max/Law	56.46
4x200m Relay	
M60 The Others	1:59.70
M70 Max/Law	1:58.44
Sprint Medley	
M60 The Others	5:34.16
M70 Max/Law	4:52.28
High Jump	
M40 Michael Mitchell	1.37
M45 Larry Vollmer	1.66
M55 James Cawley	1.54
M60 Don Crook	1.22
M60 Don North	1.14
M75 Adolph Hoffman	1.17
Robert McAtee	.91
W60 Loretta Watson	1.62
Pole Vault	
M35 Rodney Johnson	3.97
M40 Bob Crites	4.12
James Fountain	3.97
M45 Larry Bonnett	3.36
M55 Steve Warr	2.75
M60 Don Crook	2.13
M65 Roy Morgan	2.29
Paul Adams	2.13
M75 Adolph Hoffman	2.44
W60 Loretta Watson	1.71
Long Jump	
M35 Kevin Lendo	6.18
Monzell Baker	5.84
M40 James Lofton	7.01
Michael Mitchell	5.45
Nathan Hollis	5.13
Gary Dzuris	3.56
M45 Larry Vollmer	6.07
M55 James Cawley	5.45
Don Denson	4.93
M60 John Head	4.42
M65 Paul Adams	3.54
M70 Chuck Sochor	4.12
M75 Bill Carter	3.83
M75 Adolph Hoffman	3.70
W60 Loretta Watson	2.98
Triple Jump	
M30 Tanjy Yurtsever	12.33
M35 Monzell Baker	12.11
Kevin Lendo	11.81
M40 Michael Mitchell	10.60
Nathan Hollis	10.35
Gary Dzuris	7.29
M55 James Cawley	10.44
M65 Paul Adams	7.43
M75 Bill Carter	7.33
Shot Put	
M30 Stefan Blomquist	18.21
M40 Steve Partridge	14.18

Army Ferrando	9.09
Gary Dzuris	7.75
M50 Jerry Brewer	11.75
Jerry Poulson	10.15
Dan Partridge	9.56
M55 John Coniff	12.46
Bill Carter	11.30
Jim Goodwin	8.38
9.79	
M60 Don North	9.79
Milton Brady	9.48
M65 Jim Carney	8.96
M75 Bill Carter	9.73
Adolph Hoffman	8.99
W40 Carol Finsrud	12.49
W45 Charlotte Carter	7.38
W60 Loretta Watson	8.72
Discus	
M40 Steve Partridge	51.60
Gary Dzuris	20.64
M45 Brad Reid	41.48
M50 Jerry Brewer	35.86
Jerry Poulson	33.98
M55 John Coniff	41.70
Howard Zingg	31.88
Jim Goodwin	31.70
Harold Crater	31.18
M60 Don North	38.62
Milton Brady	31.56
M65 Paul Adams	30.04
Jim Carney	29.70
M75 Bill Carter	31.48
W40 Carol Finsrud	41.62
W60 Loretta Watson	21.38
Hammer	
M40 Steve Partridge	44.36
M50 An Partridge	28.90
Jerry Brewer	23.14
M55 Howard Zinz	33.80
John Coniff	30.00
M60 Don North	33.70
Milton Brady	26.94
M65 Paul Adams	20.76
W60 Loretta Watson	20.82
Javelin	
M40 Army Ferrando	51.66
James Fountyain	33.22
Gary Dzuris	33.22
M45 Scott Dulin	43.64
M50 Jeff Brewer	33.04
M55 Jerry Dyes	51.78
John Doniff	36.94
Harold Crater	28.70
Jim Goodwin	26.96
M60 Don North	40.22
Ziggy Prezewodek	34.74
Milton Brady	26.54
M65 Sijp Meneely	36.46
Paul Adams	24.80
M75 Bill Carter	27.00
Adolph Hoffman	24.76
W40 Carol Finsrud	31.60
W60 Loretta Watson	20.56
1500m RW	
M45 Dave Gwyn	8:56.69
Jim Horton	8:49.25
M60 Donald Austin	11:40.02

Texas Masters Championships
Arlington, TX; July 18

100m	
M30 Scott Dingle	11.55
Robert Williams	12.07
M35 Donald Hardy	11.42
Henry Landry	11.82
M40 James Lofton	11.47
Wylie Turner	11.95
Vern Ogle	12.15
M45 Bill Collins	11.30
Willard Thompson	11.75
Jimmie Jones	12.76
M50 Randy Smith	11.99
Ed Jones	12.32
Ron Helton	12.54
M55 Hans Gordon	12.69
James Paddie	12.82
Tom Fisher	13.14
M65 Andy Anderson	14.46
Bill Pardue	14.56
Norman Wells	14.71
M75 Bob Wingo	16.96
W30 Lisa Gordon-Jones	13.43
W40 Cindy Steenbergen	12.95
Sandra Lane	15.94
W50 Emily Speaker	17.09
W55 Sylvia Brooks	17.74

200m	
M30 Robert Williams	24.41
M35 Donald Hardy	23.17
Henry Landry	24.17
Ron Valmore	25.49
M40 James Lofton	22.89
Bill Burton	24.75
Ron Boleware	25.20
M45 Bill Collins	22.72
Jimmie Jones	26.66
Robert Hahn	27.62
M50 Randy Smith	24.75
Ed Jones	25.11
Ron Helton	25.75
M55 Hans Gordon	26.49
James Paddie	26.82
Tom Fisher	27.29
M60 Jesse Leutwyler	31.18
M65 Lowell Bonifield	28.70
Andy Anderson	30.12
Norman Wells	30.37
M75 John Alexander	33.03
Bill Carter	34.43
W30 Lisa Gordon-Jones	28.39
W40 Cindy Steenbergen	26.78
Michelle Case	32.13
Sandy Lane	34.02
W50 Alice Spoons	35.02
Emily Speaker	36.05
400m	
M35 Yogi Barrett	53.53
Rod Hurst	54.83
Henry Landry	56.67
M40 Rick Easley	54.71
Bill Burton	57.03
M45 Emmett Roberts	57.28
John McGehee	1:00.40
Steve Cox	1:05.62
M50 Dave Joyce	1:06.89
Ian Rodger	1:07.69
Randell Hollis	1:56.29
M55 Tom Fisher	59.88
Dan Wood	1:06.50
Troy Scoggins	1:06.99
M60 Jesse Leutwyler	1:11.42
M65 Jack Gray	1:25.72
M75 Michel Kagan	1:29.64
W35 Cynthia Syas	1:07.97
W40 C Steenbergen	1:05.02
Michelle Case	1:09.69
W50 Emily Speaker	1:19.53
800m	
M30 Mike Luo	2:12.22
M35 Scott Steffen	2:01.99
Chris Hughes	2:15.27
Rick Cawley	2:30.15
M40 Rick Easley	2:06.86
Bradley Gardner	2:19.68
Bill Burton	2:25.88
M45 J J Jenkins	2:11.22
Don McKinsey	2:38.13
Albert Broussard	2:36.74
M50 Dave Joyce	2:32.10
Jim Horton	3:13.81
Randell Hollis	4:22.26
M55 Dan McCormack	2:23.91
Dan Wood	2:36.65
Rio King	2:37.07
M60 Jesse Leutwyler	2:37.68
Marvin Herring	3:02.19
Dick Doores	3:06.31
M65 Jack Gray	3:05.16
M75 Michel Kagan	3:37.79
W40 Michelle Case	2:37.74
Laura Kearns	2:41.23
W50 Alice Spoons	2:55.63
1500m	
M30 Thomas Brooks	4:27.02
M35 Kurt Siklar	4:18.60
M40 Bradley Gardner	5:02.94
M45 Don McKinsey	5:30.99
M50 Ian Rodger	5:27.58
Randell Hollis	10:17.86
M55 Dan Wood	5:45.12
Troy Scoggins	5:49.21
M60 Jesse Leutwyler	5:34.66
Dick Doores	6:27.48
M65 Jack Gray	6:26.06
M75 Michel Kagan	7:18.66
5000m	
M35 Ed Park	17:37.69
M40 Bob Smeby	18:16.59
Greg Marino	18:34.69
M50 Ian Rodger	20:15.84
L Lichnovsky	20:29.24

W40 D McVean	25:33.38
W50 Kathy Hoffman	25:50.75
Short Hurdles	
M35 Dan Cook	16.77
M40 Ken Ellis	15.82
Michael Mitchell	17.74
M55 Jim Bodge	18.81
M60 Charley Miller	WR14.72
(Greenwood/14.98/1986)	
M65 Lowell Bonifield	16.42
Norman Wells	18.18
W30 D Armstrong	21.51
Long Hurdles	
M30 Lorenzo Jones	1:04.43
M40 Vern Ogle	59.40
Michael Mitchell	1:11.17
High Jump	
M30 Isik Ghevener	1.93
Marty Skinner	1.66
M35 Greg Wright	1.88
Benedict Olusola	1.71
M40 Michael Mitchell	1.51
M45 Steve Cox	1.61
M55 Jerry Wright	1.31
M65 Richard Hein	1.41
Ross Vrodman	1.21
M75 Bob Wingo	1.16
Doc Bennett	1.06
W60 Sue Tunnicliff	.95
Long Jump	
M35 Benedict Olusola	3.89
M40 Vern Ogle	5.78
Michael Mitchell	5.43
Mitchell Contreras	4.24
M50 Ed Jones	5.85
Thomas Swan	4.21
M55 Hans Gordon	5.00
Jerry Wright	4.20
Robert Kocot	4.18
M60 Charlie Richard	4.76
M65 Lowell Binifield	4.48
Richard Hein	4.05
M70 Jack Gilbert	3.70
M75 Bill Carter	3.54
Bob Wingo	3.38
Doc Bennett	2.85
W30 L Gordon-Jones	4.35
Deanna Armstrong	3.16
W40 Sandy Lane	2.38
W75 Pearl Hollaway	2.12
Triple Jump	
M35 Benedict Olusola	12.23
Donald Hardy	12.90
M40 Vern Ogle	11.40
Michael Mitchell	10.64
M60 Charlie Richard	10.21
M65 Richard Hein	8.06
M75 Doc Bennett	6.27
Shot Put	
M30 Dave Rothenbury	11.79
M40 Lonnie Lewis	12.95
M50 Jerry Brewer	12.64
Harry Windham	11.53
Jerry Jones	10.79
M55 John Coniff	12.45
Mark Chapman	11.49
Harold Crater	11.09
M60 John Cantrell	14.05
Gene Hendrix	9.35
Presley Donaldson	8.45
M65 Wendell Palmer	AR14.11
(Palmer/13.47/1997)	
Richard Hein	11.55
Reed Quinn	9.69
M70 Jack Gilbert	8.82
M75 Bill Carter	9.33
Doc Bennett	7.62
Adrian Pronovost	6.58
W40 Sandy Lane	6.94
Cheryl Mellenthin	6.67
W55 Sylvia Brooks	6.04
W60 Sue Tunnicliff	6.44
W70 Mary Gilbert	3.38
Discus	
M30 Dave Rothenbury	46.76
M40 Richard Stewart	49.64
Lonnie Lewis	31.38
M45 Brad Reid	44.90
Scott Bevier	42.58
Steve Cox	33.86
M50 Don Hardaway	43.24
Jerry Brewer	40.94
Harry Windham	34.98
M55 John Coniff	43.90
Mark Chapman	35.46

Harold Crater	31.72
M60 John Cantrell	37.70
Gene Hendrix	31.18
M65 Wendell Palmer	51.28
Reed Quinn	35.20
Ross Vrodman	32.84
M70 Jack Gilbert	26.80
M75 Bill Carter	34.56
Doc Bennett	17.86
Adrien Pronovost	17.54
W40 Cheryl Mellenthin	20.88
W55 Sylvia Brooks	15.44
Shelly Whitlock	13.86
W60 Sue Tunnicliff	22.62
W70 Mary Gilbert	8.00
W75 Pearl Hollaway	13.28
Javelin	

Continued from previous page

W60	Tomas Schultz	9.02
	Fei-Mei Chou	9.12
	Yvonne Weber	12.62
W65	Edith Leek	9.78
	Louise Martin	11.45
W70	Onodero Leonard	9.04
	Doris Beadle	10.43
	Margreta Klassen	14.15
100m		
M50	Stan Whitley	11.98
	Dale Herring	13.00
	David Naylor	13.07
	Willie Shelton	17.03
M55	William Knocke	12.54
	Walt Butler	12.57
	D Reichardt	12.91
	Charley Loftis	13.12
	Lee Gillespie	13.42
M60	Frank Hollier	12.98
	Richard Martin	13.26
	Gary Sims	13.37
	Roger Tsuda	13.70
	Delos Eyer	13.72
M65	Jim Selby	14.59
	Floyd Gibbons	14.65
	Paul Mambrook	14.76
	Gordon Siefert	14.82
	Ruben Melgos	14.91
M70	Vernon Regier	14.35
	Rodney Brown	14.44
	Ted Leonard	15.27
	Barney Phillips	15.66
	Bill Ayres	17.00
M75	Frank Benedict	16.63
	Robert King	17.64
	Buksis Bedi Singh	17.64
	George Simon	17.77
M80	Payton Jordan	14.77
	Richard Leach	17.23
	Clarence Trahan	17.57
	Clarence Killion	18.21
W50	Lynn Naftel	14.14
	Lorraine Tucker	14.37
	Avril Naylor	15.27
	Andrea Pujolar	16.79
W55	Kathy Bergen	14.30
	Kemisole Solwazi	14.34
	Nadine O'Connor	14.74
	Lucille Ligon	15.88
	Heather Lapotre	16.24
W60	Jeanne Hoagland	16.64
	Fei-Mei Chou	17.91
W65	Edythe Leek	19.87
	Louise Martin	25.18
	Ruth Hudgeon	34.98
W70	S Onodero-Leonard	17.00
	Po Adams	21.20
	Peggy Ewing	21.20
W75	Phyllis Benedict	23.1h
200m		
M50	Stan Whitley	23.88
	James Rougely	25.43
	Dale Herring	26.42
	David Naylor	26.86
	Simeon Baldwin	26.89
M55	Don Parker	25.34
	William Knocke	25.74
	D Reichardt	26.49
	Charley Loftis	27.08
	Lee Gillespie	27.47
M60	Dick Richards	25.95
	Frank Hollier	26.53
	Terry Cannon	26.85
	Richard Martin	27.04
	Gary Sims	27.18
M65	Gordon Seifert	29.56
	Jim Selby	29.77
	Ruben Melgosa	30.45
	Paul Bambrook	30.95
	Frank Kishi	31.81
M70	Rodney Brown	29.47
	Vernon Regier	31.29
	Al Escobosa	31.52
	Tracy Hunt	35.12
	Barney Phillips	36.78
M75	Frank Benedict	25.20
	Robert King	38.85
M80	Payton Jordan	31.48
	Richard Leach	26.65
	Clarence Trahan	37.78
	Frederic Tompkins	38.26
	Clarence Killion	38.54
M85	Anthony Castro	40.85
W50	Lynn Naftel	29.67

	Lorraine Tucker	30.92
	Avril Naylor	22.12
	Andrea Pujolar	35.56
	Sue Robbins	37.90
W55	Kemisole Solwazi	29.91
	Kathy Bergen	30.09
	Nadine O'Connor	30.19
	M J McMaster	48.57
W60	Jeanne Hoagland	34.61
	Fei-Mei Chou	37.94
	Patricia Willis	47.08
W65	Edythe Leek	41.95
	Louise Martin	51.82
W70	S Onodero-Leonard	36.90
	Peggy Ewing	45.90
	Po Adams	47.78
400m		
M50	Stan Whitley	54.81
	James Rougely	57.33
	Ronald Salupo	58.48
M55	Don Parker	56.46
	William Knocke	1:00.19
	Frank Condon	1:03.32
	Charley Loftis	1:09.85
	Paul Gilbert	1:11.54
M60	Charles Kirkby	1:01.79
	Gary Sims	1:01.80
	Frank Hollier	1:04.87
	Roger Tsuda	1:05.69
	Jesse Carrington	1:06.84
M65	James Selby	1:06.00
	Jerry Jefferson	1:06.30
	Bill Anderson	1:15.31
	Gilman Jung	1:10.98
	Ray Archibald	1:21.10
M70	Rodney Brown	1:05.54
	Louis Beadle	1:14.22
	Ted Leonard	1:18.56
	Walt Farber	1:10.87
	Roy Murano	1:35.70
M80	Richard Leach	1:31.08
	Vincent Malizia	1:40.90
W50	Lynn Naftel	1:07.32
	Andrea Pujolar	1:20.80
	Sue Robbins	1:23.05
	Janet Zimmer	2:32.0h
W55	K Salwazi	1:09.62
W60	Jeanne Hoagland	1:18.09
W65	Edythe Leek	1:56.14
W70	Onodero-Leonard	1:24.83
	Peggy Ewing	1:42.66
	Po Adams	1:49.34
800m		
M50	Herve Pastre	2:07.99
	Gary Rust	2:10.86
	Bob Russell	2:14.14
	John Davis	2:24.85
	Robert Woods	2:24.99
M55	Robert McAlpine	2:25.42
	Fred Mascorro	2:36.36
	George Decottes	2:38.00
M60	Charles Kirkby	2:28.92
	Jeremy Lys	2:34.39
	Keith Johnson	2:36.74
	Darrell Smith	2:53.06
	Wm O'Donnell	2:53.72
M65	James Selby	2:32.02
	Jerry Jefferson	2:35.73
	Robert Culling	2:43.05
	Bob Holmes	2:47.50
	Bill Anderson	2:59.05
M70	Rodney Brown	2:36.92
	Al Escobosa	2:53.99
	Avery Bryant	3:04.13
	Dennis Egly	3:27.80
M75	Joe Fleischmann	3:28.20
M80	Vincent Malizia	3:47.04
	Edward Powers	3:48.79
W50	Lynn Naftel	2:44.44
	Sue Robbins	3:20.76
	Janet Zimmer	6:10.07
W55	M J McMaster	4:28.15
W60	Jeanne Hoagland	3:05.15
	Patricia Willis	4:40.76
W70	Onodero-Leonard	3:26.36
	Peggy Ewing	4:06.33
	Po Adams	4:17.00
1500m		
M50	Augustin Medina	5:09.88
	Terry Hedemark	4:32.99
	Rene Diaz	5:34.90
M55	Byron Melendy	4:59.03
	Robert McAlpine	5:09.44
M60	Jeremy Lys	5:19.22
	Carl Grubbs	6:27.62

M65	Robert Culling	5:22.12
	James Selby	5:32.47
	Jerry Jefferson	5:34.11
	Ray Archibald	6:10.64
	Gilman Jung	6:29.58
M70	Avery Bryant	6:04.47
	Walt Farber	6:38.61
	Harry Zimmer	8:21.53
M80	Vincent Malizia	7:38.85
	Norton Jacobs	8:09.45
	Ed Fong	8:32.41
W50	Yoko Eichel	6:10.49
W55	Yvette LaVigne	5:54.71
W60	Jeanne Hoagland	6:26.57
	Gerry Martin	7:22.31
M70	Peggy Ewing	8:27.59
	Po Adams	8:44.29
5000m		
M50	Augustin Medina	19:48.44
	Terry Hedemark	19:52.46
	Ed Coffey	20:33.85
M55	Byron Melendy	18:16.72
	Fred Mascorro	21:37.37
	Paul Jacobs	26:55.25
M60	Wm O'Donnell	21:41.46
	M Elbouiazaoui	23:10.99
	Michael Palko	24:07.43
	Carl Grubbs	24:33.69
M65	Robert Culling	21:27.87
	Patrick Devine	21:56.98
	Gilman Jung	23:19.36
	Van Aposhian	25:29.13
	Roger Martin	25:39.23
M70	Avery Bryant	23:19.36
	Dennis Egly	24:41.93
	Roy Murano	25:18.32
M75	Joe Fleischmann	30:18.99
W50	Yoko Eichel	21:56.98
W55	Martha King	24:53.01
	D Malavolti	29:04.71
W60	Gerry Martin	24:30.61
	Ruth Sluder	39:02.70
W70	Peggy Ewing	32:20.39
	Po Adams	33:30.78
	Mary Coropoff	39:27.07
W75	Phyllis Benedict	33:21.25
High Jump		
M50	Charlie Rader	5-8
	Robert Pozzi	5-2
	Glenn Palmer	5
	Dale Herring	4-8
	Art Ross	4-8
M55	Donald Dvorak	5
	Frank Condon	4-8
	Davie Perry	4-8
	Fred Dillemath	4-6
M60	Ira Ramjoo	4-8
	Jerry Sullivan	4-6
	Ray Fitzhugh	4-6
	Bert Bergen	4-6
M65	Gordon Seifert	4-8
	Paul Bambrook	4-2
	Edward Tornell	3-10
	Robert Harms	3-10
	Bob Holmes	3-8
M70	Bud Held	4-8
	Frank Burke	3-10
	Bernard Williams	3-8
	Jerry Silsdorf	3-8
	Donald Roser	3-8
M75	Buksis Bedi Singh	3-10
	Robert King	3-10
	James Johnson	3-8
	Vic Jones	3-8
M80	Leland McPhie	3-8
	Bob Boucke	3
W55	Jan Condon	3-4
W60	Christel Miller	3-10
	Fei-Mei Chou	3-4
Pole Vault		
M50	Paul Heglar	12
M55	M Connelly	11-6
M60	Terry Cannon	11-6
	Gary Miller	10-6
	Duane Rykhus	9
	Ray Fitzhugh	8
M65	Bob Holmes	7-6
	Robert Harms	7
	Manny Mora	6
M70	Donald Roser	6-6
M75	James Johnson	7
Long Jump		
M50	Art Ross	14-11.50
	Norman Jones	14-6
	Glenn Palmer	13-6.25

	Don Meadows	13-3
M55	Donald Dvorak	15-5.25
	R Imperiale	14-6.75
	J Ramaekeri	14-4.75
	R Sanchez	12-4.75
	Robert Morgan	10-2.50
M60	Dick Richards	17-9.75
	Roger Tsuda	16-4
	Ray Fitzhugh	13-7
	Jerry Chase	12-9.50
	Fred Voss	10-7.50
M65	Paul Bambrook	13-9.50
	Vince Salce	13-3.75
	Robert Harms	11-7.75
M70	Dewey Vroom	12-6
	Taki Nagao	11-9.75
	Barney Phillips	10-4
	Ray Murano	9-7.75
M75	Frank Benedict	10-11.75
	Robert King	10-3.25
	James Johnson	10.75
M80	Clarence Trahan	10-10
	Leland McPhie	9-8.50
	Bob Boucke	4-5
W50	Lorraine Tucker	13-2.50
	Avril Naylor	12-1.25
	Nancy Honea	9-3.75
W55	N O'Connor	13-7.75
	Patricia Lehr	9-7.25
	Jan Condon	8-3.50
W60	Christel Miller	9-11.75
	Fei-Mei Chou	9-11.75
	Tomas Schultz	8-9.75
W70	Johnnye Valien	10-2.50
	A Petta-Goldie	7-8
	Peggy Ewing	6-4
Shot Put		
M50	Glenn Palmer	43-9
	Larry Lloyd	27-6.75
M55	D McCraven	40-2
	Ruth Thacker	37-6
	Richard Noble	34-8.25
	Jack Rutherford	27-8.75
	Fred Dillemath	26-7
	R Sanchez	25-11.75
M60	Ken Tronstad	39-5.50
	Ronald Wade	38-6
	Edward Johnson	34-5.75
	Doug Cronin	33-11.50
	Fred Hunter	31-11
M65	Carlos Martinez	32-3.75
	Howard Waite	29-9.75
	Lyell Evans	27-1
M70	Arnie Gaynor	45-5.75
	Charlie Sarver	35-4
	George Meyer	29.25
	James Glynn	28-9.75
	Barney Phillips	37-5.75
M75	A DeCrescenzi	24-2.25
M80	Bob Bouck	28-9.50
	R Ortmayer	27-7
	Leland McPhie	27-4.50
M85	Cleo Allen	18-1
W50	Connie Sarver	29-6.50
	Nancy Honea	27.50
	Ingrid Mancini	26-10
	Kathryn Noble	21-6
W55	C Sherrard	31.50
	Lucille Ligon	29-5.25
	Pat Hunter	22-2
	Hattie Perry	20.50
W60	Christel Miller	25-10
	Tomas Schultz	23.5
	Mary Hirst	23
	J Hoagland	19-1
	Patricia Willis	18-8.75
W65	Marjorie Howe	28
W75	A McCormick	20-9
	W Davenport	17-4
Discus		
M50	Glenn Palmer	116-4
	Larry Lloyd	77-4
M55	D McCraven	106-2
	Joseph Ramaekeri	103-5
	Fred Dillemath	85-11
	Richard Noble	85-9
	Roberto Sanchez	70-5
M60	Joe Marino	157-3
	Ken Tronstad	128-3
	Doug Cronin	126-9
	Alan Rosen	124-9
	Ronald Wade	122-6
M65	Carlos Martinez	105-4
	Howard Waite	91-8

M70	Arnie Gaynor	137-5
	Charlie Sarvel	105-9
	Donald Roser	84-4
	Robert Howe	75-6
	Jerry Silsdorf	61-2
M75	A DeCrescenzi	63-9
	B B Singh	53-11
M80	Leland McPhie	66-4
	Clarence Trahan	66-1
	Roland Ortmayer	64-8
	John McGowan	58-1
	Bob Boucke	54-6
M85	Cleo Allen	55-7
M90	Burt DeGroot	45-5
W50	Connie Sarver	79-4
	Lorraine Tucker	73-2
	Ingrid Mancini	63
	Nancy Honea	55-11
W55	Cherrie Sherrard	73-2
	Lucille Ligon	66-4
	Pat Hunter	56-6
W60	Shirley Bailey	63-1
	Ellen Brannigan	62-4
	Tomas Schultz	62
	Fei-Mei Chou	56-8
	Mary Hirst	45-7
M65	Marjorie Howe	64-4
W70	Lu Mahoney	53-1
W75	Ruth Talley	54-2
	Adele McCormick	49-9
	Wilma Davenport	43-7
Javelin		
M55	David Pena	130-9
	J Ramaekeri	108-4
	Fred Dillemath	104-4
	Richard Noble	86-7
	Larry Tiffin	82-5
M60	Joe Marino	139-9
	John Miller	104-11
	Fred Hunter	103-7
	Don Alexander	100-2
	Ken Tronstad	99-11
M65	Allan Trefry	115-10
	Chuck Coutts	90-4
	Floyd Gibbons	81-9

Continued from previous page

M40	S Cummings	55.26
	J Garza	58.11
	D Rogles	59.30
	T Mike	1:02.52
M45	S Kloch	58.10
	B Fitzpatrick	1:00.79
M50	S Whitley	54.78
M55	R Jones	1:04.53
	C Loftis	1:08.31
M60	G Sims	1:01.66
M65	D Cheek	1:03.90
	J Selby	1:06.71
	J Jefferson	1:07.38
M70	A Escobosa	1:13.72
	L Beadle	1:14.70
M75	B Hunt	1:47.77
M80	V Malizia	1:39.61
W35	L Cummings	1:27.20
W40	S Hoss	1:28.17
	D Selby	1:43.88
800m		
M30	T Butts	2:02.62
	M Dietz	2:02.74
	B Crouch	2:06.51
	R Kendall	2:10.07
M35	P Bojador	2:09.17
	M Cleary	2:10.01
M40	D Goldman	2:07.10
	T Geraghty	2:08.28
	J Araujo	2:09.93
	A Decollibus	2:11.81
	J Cook	2:13.88
	F Boegeman	2:14.63
	G Lash	2:17.37
M50	J Davis	2:23.50
M55	B McAlpine	2:24.81
	J Barkman	3:05.05
M60	C Kirkby	2:32.52
	J Bevins	2:41.06
	F Hartman	2:51.06
M65	J Selby	2:35.12
	J Jefferson	2:38.84
	R Archibald	3:12.56
W35	K Archuletta	2:22.58
	L Kealy	2:46.11
W40	C Hopple	2:30.47
	P Contreras	2:32.66
	D Barraza	2:39.40
	T Cox	2:53.10
W60	J Hoagland	3:08.28
1500m		
M35	M Cleary	4:21.53
	J Reed	4:28.90
M40	T Geraghty	4:20.58
	A Decollibus	4:25.24
	T Yagisawa	4:49.44
M55	N Doherty	5:07.80
M60	J Bevins	5:30.30
	F Hartman	6:09.47
M65	R Culling	5:21.68
	J Selby	5:34.93
	R Archibald	6:22.67
M70	A Bryant	6:42.87
M80	V Malizia	6:42.87
W35	L Kealy	5:46.02
W40	P Contreras	5:10.09
	D Barraza	5:22.15
	L Huzvar	6:01.58
W75	G Davidson	7:47.35
5000m		
M40	J Araujo	15:55.88
	S Blum	16:22.58
	T Yagisawa	17:34.58
M45	N Shaheed	16:01.72
	H Velazquez	18:17.95
	D Learn	18:35.32
M65	R Culling	22:16.78
	P Devine	22:24.97
	R Archibald	23:56.22
M70	A Bryant	23:30.20
W30	K Archuletta	16:59.04
Short Hurdles		
M40	D Barrett	19.28
M50	S Groves	15.44
M55	T Viltz	15.06
	W Butler	15.53
M60	D Eyer	20.00
M65	P Johnson	22.97
Long Hurdles		
M40	S Cummings	1:07.19
	D Barrett	1:13.20
M45	A Hecker	1:11.50
M50	S Groves	1:08.83

M65	J Selby	1:02.35
	P Johnson	1:02.52
High Jump		
M40	J Meisler	1.85
M50	C Rader	1.80
M55	D Perry	1.45
M60	I Ramjoo	1.40
	R Fitzhugh	1.35
M65	P Bambrook	1.25
	R Archibald	1.10
W30	K Vaughn	1.35
W45	K Sparks	1.15
W60	C Miller	1.20
Pole Vault		
M35	G Charles	3.65
M40	C Brown	4.75
	J Arbogast	2.75
M45	D Sparks	3.65
	R Watson	2.90
M50	W Lambert	4.05
M60	R Fitzhugh	2.55
	G Miller	2.55
W35	S DiMarco	WR3.53
(Hartigan/3.15/1997)		
Long Jump		
M35	D Brown	6.47
	L Davenport	6.25
	P Stephens	4.35
M40	D Barrett	5.02
M45	M Tipping	4.46
M55	R Jones	4.39
	J Bustamante	3.44
	R Cordova	3.41
	L Gillespie	3.30
M60	R Tsuda	4.81
M65	P Bambrook	4.30
M80	C Trahan	2.77
W35	E Iba	4.75
W55	N O'Conner	4.03
W60	C Miller	3.06
Triple Jump		
M35	L Davenport	14.83
M40	A Hecker	10.07
M45	R Richardson	11.18
M55	D Boosey	11.52
	R Jones	8.46
	R Cordova	6.22
M60	R Fitzhugh	8.49
M65	P Bambrook	8.61
M75	C Mercurio	7.25
W30	E Iba	8.84
W65	M Kuehne	7.32
Shot Put		
M35	K Barba	11.62
M40	R Fruguglietti	14.58
	J Kerman	13.67
	B Gardner	13.57
M45	M Deller	12.05
	R Watson	10.69
M50	M McCormick	9.75
	L Lloyd	8.80
M55	D McCraven	12.61
	D Pena	11.06
	A Altshiller	9.87
	R Cordova	8.23
M60	H Smith	13.77
	D Israelsky	9.62
	A Rosen	9.37
M70	A Gaynor	WR14.77
(Elo/14.05/1985)		
	C Sarver	11.29
M75	T Pico	9.40
W40	K Vaughn	9.28
W50	C Sarver	8.81
W65	M Kuehne	6.99
Discus		
M35	S Barba	35.10
M40	R Fruguglietti	45.42
	D Barrett	34.70
M45	R Reabold	34.56
	R Watson	31.98
M50	R Grant	37.82
	M McCormick	34.66
	L Lloyd	27.02
M55	L Pratt	49.60
	L Higgins	46.28
	D Pena	35.42
M60	J Marino	48.16
	B Humphreys	45.16
	H Smith	42.52
	J Coen	38.82
	A Rosen	37.38
	F Carl	35.66
	D Israelsky	32.55
	D Alexander	28.78

M65	F Lochner	33.78
	W deRothe	25.14
M70	C Sarver	31.50
	W Atcheson	29.68
M75	W Thompson	32.10
	B Hunt	25.12
	R Davidson	17.36
M80	C Trahan	19.96
M85	P Allen	16.96
W50	C Sarver	25.62
Javelin		
M35	S Barba	49.48
M45	R Watson	45.32
	M Tippling	41.04
M55	D Pena	38.80
M60	J Marino	36.06
	E Martin	34.56
M65	A Trafry	32.78
M70	B Held	WR47.16
(Eriksson/46.28/1993)		
W30	T Nolen	21.94
W45	A McCormick	18.38
W60	C Miller	23.76
Weight Throw		
M45	R Watson	12.20
M55	L Higgins	18.32
M60	B Humphries	15.86
1500m RW		
M60	A Rolle	9:28.73
M75	R Davidson	14:18.70
5000m RW		
M50	D Crabb	27:25.07
	T Staats	30:25.50
M55	J Bustamante	42:59.00
M60	C Acosta	29:26.56
	A Rolle	32:24.05
	L Glazman	32:35.05
M65	D Carter	35:23.39
W30	J Steigerwalt	31:09.23
W70	J Beers	37:43.88

**Northern California Seniors Classic
Unlon City, CA; July 12**

100m		
M35	Allen Eggman	13.04
M40	Greg Hodson	14.00
M45	Carlos Ferreira	13.32
M50	Paul Raymond	12.42
	Lalry Lettieri	12.54
M55	Martin Adamson	13.16
M60	Bobby Thomas	13.11
	Marvin Smoller	14.46
M65	Benson Ford	14.16
	R Mel Malgosa	14.75
M75	Frank Toner	16.37
M85	Wil Bigelow	31.01
W40	Carmon Morison	14.29
M50	Nancy Nevin	18.32
200m		
M40	Brian Mutert	26.76
	Greg Hodson	28.83
M45	Rick Thoman	26.76
M50	Matt Pruitt	25.12
	Paul Raymond	25.24
M55	Martin Adamson	26.73
	Allen Scott	33.85
M60	Bobby Thomas	26.88
	Robert Fuller	29.34
M65	Benson Ford	29.54
	R Mel Melgosa	31.03
M75	Frank Toner	34.49
W35	Margerum-Upshaw	26.70
W40	Valerie St James	31.14
	Elizabeth Stein	33.56
W50	Nancy Nevin	39.25
W55	K Solwazi	30.20
400m		
M30	Noah Hinkston	54.2
	Robert Blaylock	55.9
M40	Brian Mutert	57.5
M45	Greg Banker	57.3
	Charles Missouri	59.7
M50	Search Barnett	1:30.4
M60	Marvin Smoller	1:06.6
	Robert Fuller	1:07.1
W35	Mary Woo	1:10.4
W55	K Solwazi	1:10.2
800m		
M30	Noah Hinkston	2:06.0
M50	Fred Martin	2:24.2
	Phil Nemir	2:31.3
M55	Paul Agostini	2:35.4
	Allen Scott	2:58.5
M60	Jeremy Lys	2:30.3
	Pete Richardson	2:33.2

W35	Mary Woo	2:43.2
W50	Nancy Nevin	3:27.6
1500m		
M40	Joe Cabrera	4:25.0
	Greg Hodson	5:10.4
M45	Jim Gorman	4:27.7
	Bob McCarthy	5:16.8
M50	Frank Rucna	4:45.1
	Searcy Barnett	5:07.6
M60	Jeremy Lys	5:21.4
W35	Mary Woo	5:43.7
W40	Elizabeth Stein	6:06.4
5000m		
M45	Steve Sidney	18:12.3
	Bob McCarty	19:33.2
M50	Teddy Walton	25:49.7
M55	Stu Kenney	32:51.5
M80	Lyman Eleny	32:07.5
Short Hurdles		
M45	Ed Baskauskas	19.0
M65	Troy Cleland	27.6
Long Hurdles		
M40	Brian Mutert	1:03.3
M55	Paul Agostini	1:18.5
High Jump		
M35	Todd Risby	6
	Rank Crippen	5-8
M40	Brian Mutert	5-6
M45	Ed Baskauskas	5-4
M50	Greg Brooks	5-4
	Gary Wuest	4-6
Pole Vault		
M35	Paul Sinatra	15
	Matt Kendall	14-6
M50	Roger Werne	11-6
M75	Jim Johnson	6-6
Long Jump		
M35	Alan Eggman	17-5.75
M50	Larry Lettieri	16-7
	Greg Brooks	16-6.75
M55	Dale Nevin	11-1.50
	John Caudill	10.50
M60	O Legend	11-1.75
M75	Jim Johnson	10-4.75
W35	Joy M-Upshaw	17-2.75
W50	Nancy Nevin	9-3.50
Triple Jump		
M40	Brian Mutert	34.25
M45	Ed Baskauskas	34-2.25
M60	O Legend	21-5.75
W50	Nancy Nevin	19-7.50
Shot Put		
M35	Allen Eggman	30-8
M45	G Kelmenson	29-9.50
	Carlos Ferreira	25-2.75
M50	Clay Larson	52-10
	Paul Thiel	37-9
M60	Jim Hart	42-6
	Dave Hughes	30
W35	Joy M-Upshaw	27-3
W55	C Sherrard	33
W60	Almeta Parish	22-4
Javelin		
M40	Mike Dahlstrom	135-7
M45	Bob Powers	168-4
M55	John Burns	149-11
	John Caudill	99-8
M60	Phil Conley	146-9
M65	Troy Cleland	54-1
W30	Sharon Murtugh	115-8
W35	Joy M-Upshaw	71-11
W70	Shirley Dietderich	57-5
25# Weight Throw		
M60	Him Hart	39-4.75
35# Weight Thros		
M45	Gary Kelmenson	35-2
M55	Paul Thiel	30-9
M60	Dave Hughes	26-2
56# Weight Throw		
M45	Gary Kelmenson	23-3.50
M55	Paul Thiel	21-9
M60	Dave Hughes	18-8
5000m RW		
M50	Garland Murphy	36:12.9
M55	John Doane	30:48.6
W55	Lorraine Coppola	33:19.3

**USATF West Regional Masters Championships
Santa Barbara, CA; July 18-19**

100m		
M30	G Onyonyeonwu	10.90
	James Smith	11.50
M35	Benito Rosales	11.20
	Paul Scarlett	11.60
	David DuChene	12.70

M40	Karry Cameron	11.40
	James Nash	11.80
	Joe Helm	12.00
M45	Robert Richardson	11.90
	Lew Baskerville	12.10
	Steve Klock	12.20
	Greg Bunker	12.50
	Roger Parnell	12.50
M50	Lex Freitas	12.10
	Dale Herring	12.20
	Raymond Yeck	12.40
	David Naylor	12.40
	Lance Pierce	13.50
M55	Tony Craddock	12.80
	Juan Bustamante	13.80
	Paul Gilbert	14.20
M60	Hal Tolson	12.10
	Dick Richards	12.40
	Gary Sims	12.70
	Roger Tsuda	13.20
	Maynard Morris	14.20
M65	Ford Benson	13.60
	Sam Flory	14.10
	Frank Kishi	14.70
M70	James Selby	14.80
M80	Payton Jordan	14.60
	Clarence Killion	17.30
	Clarence Trahan	17.50
W30	Elaine Iba	13.40
W40	Sylvia Hoss	13.90
	V Scott-St James	14.20
	Kathryn Herring	15.60
	Debbie Selby	16.90
W50	Lynn Naftel	13.50
	Avril Naylor	14.30
W55	Kathy Bergen	13.80
200m		
M30	G Onyonyeonwu	22.53
	James Smith	23.93
	Jeff LeMoine	25.15
M35	Benito Rosales	22.88
	Dave Di Massa	24.96
M40	James Nash	25.25
	Joe Hehn	25.94
M45	Robert Richardson	24.94
	Steve Klock	25.24
	Gregg Bunker	25.98
	Roger Parnell	26.50

Continued from previous page

M50 Sheridan Groves	1:09.07
Jorge Birnbaum	1:17.41
2000m Steeplechase	
M70 Avery Bryant	14:54.60
3000m Steeplechase	
M30 Bill Lind	10:53.40
4x400m Relay	
W30 Tigress	5:00.57
W35 So Cal Women	4:34.45
4x800m Relay	
M40 SBAA #1	9:54.59
SBAA #2	11:15.15
High Jump	
M35 Bill Abbott	1.90
Derek Brown	1.70
Paul Stephens	1.42
M40 Melvyn Embree	1.80
Charles Brown	1.70
David Perrin	1.50
M45 John Williams	1.45
M50 Charlie Rader	1.70
Phil Fehlen	1.65
Glenn Palmer	1.50
Gary Wuest	1.30
M55 Donald Dvorak	1.45
M60 Ira Ramjoo	1.50
Bert Bergen	1.40
Barry Berkus	1.25
W45 Kay Sparks	1.22
W50 Jeanne Hallin	1.40
A Steekelenburg	1.05
W60 Christel Miller	1.10
Long Jump	
M35 William Long	6.43
LaVell Davenport	6.32
Derek Brown	6.18
Paul Stephens	4.31
M40 David Quick	6.14
David Perrin	5.17
Andy Hecker	4.80
M45 Roger Parnell	5.58
M50 Warren Gillette	5.45
James Manor	5.16
Gary Wuest	4.08
M55 Donald Dvorak	5.10
Juan Bustamante	3.21
M60 Dick Richards	5.42
Roger Tsuda	4.61
M80 Clarence Trahan	3.25
W35 Elaine Iba	4.76
W50 Avri Naylor	3.90
W55 Nadine O'Connor	3.94
Shot Put	
M40 Ralph Fruguglietti	15.39
William Gardner	14.22
James Kerman	13.73
James Barry	11.24
M50 Ladislav Pataki	14.18
M60 Jim Hart	12.76
M65 Don Hegberg	10.45
M70 Arnie Gaynor	14.60
Discus	
M40 Ralph Fruguglietti	46.26
James Barry	31.92
M45 Richard Watson	31.26
M50 Tom Fahey	54.04
Ladislav Pataki	52.38
Mike Grace	42.32
M55 M Woodward	43.38
M60 Joe Marino	48.76
Bob Humphreys	46.26
Jim Hart	45.34
M65 Stewart Thomson	48.84
Don Hegberg	38.12
M70 Arnie Gaynor	43.22
M75 Bob Hunt	25.10
M80 Clarence Trahan	19.48
M95 John Whitemore	8.52
Hammer	
M35 Marty Martinez	39.94
M40 Michael Venning	42.52
M60 Bob Humphreys	41.28
Jim Hart	38.54
M65 Stewart Thomson	49.76
M70 Jack Morrill	25.28
Javelin	
M45 Bob Powers	50.24
John Williams	36.78
M50 John Tobin	46.26
Phil Fehlen	43.34
William Hendricks	30.56
M55 John Burns	44.86
Robin Paulsen	38.18
M60 Larry Stuart	54.44

Joe Marino	36.74
M70 Bud Held	47.70
Del Pickarts	39.46
W40 Patricia Bruketta	20.02
W60 Christel Miller	25.34
W70 Shirley Dietderick	17.50
Pentathlon	
M40 David Perrin	2240
M45 Richard Watson	1852
M50 Mark Mahl	2095
William Hendricks	1932
M60 Gary Miller	1571
W40 Karen Vaughn	419
5000m RW	
M50 Tim Staats	29:55.24
M60 Leon Glazman	32:49.55

KELfield Throws Series #62 Santa Cruz, CA; July 25

Shot Put	
M45 Richard Watson	36-7.50
M50 Lad Pataki 16#	41-9.50
M60 Don Hughes 16#26-3	
M65 Stew Thomson	41-9.50
Discus	
M45 Richard Watson	109-4
M50 Lad Pataki 2k	147-1
M65 Stew Thomson	158-0
Hammer	
M45 Richard Watson	121-3
M60 Don Hughes	92-7
M65 Stew Thomson	154-3
Javelin	
M45 Richard Watson	160-8
Weight	
M45 Richard Watson	41-4
M60 Don Hughes	39-8
M65 Stew Thomson	55-0
56# Weight	
M45 Richard Watson	25-9
M60 Don Hughes	19-1
Weight Pentathlon	
M45 Richard Watson	3416
(marks listed above)	

NORTHWEST

Montana Senior Olympics Missoula, MT; June 18-19

60m	
M50 Clement Williams	8.90
M55 Floss Cote	12.50
M55 Darrel Short	8.30
M60 Richard Kemp	8.20
M65 J Hollensteiner	9.00
M70 James Moorhead	9.90
M75 George Ryffel	11.60
W50 Ursula Grady	10.20
W60 Dorothy Huston	11.40
W65 Betty Heil	12.30
W75 Minnie Fragnito	14.90
100m	
M50 Clement Williams	14.80
M55 Darrel Short	13.80
Kevin Reid	15.90
M60 Richard Kemp	13.20
James Zuber	15.70
M65 Richard Harrison	14.70
J Hollensteiner	15.80
M70 William Platts	14.20
Tom Maloy	16.10
M75 George Ryffel	18.00
W50 Ruth A Duperron	16.90
Rrsula Grady	17.10
W60 Dorothy Huston	19.60
W65 Flora Wong	21.40
Marietta Cross	21.50
200m	
M50 Daniel Cole	27.00
Fred Clark	31.00
M55 Darrel Short	29.20
Thomas Lorenz	37.40
M60 Richard Kemp	27.70
James Zuber	34.40
W50 Ruth A Duperron	40.80
400	
M55 Bill Mercer	1:11.70
M65 J hollensteiner	1:45.00
M70 James Moorehead	1:11.90
W50 Ruth A Duperron	1:25.50
Nancy Nevin	1:34.50
W65 Lois McClarren	1:59.00
Mary Guinn	2:25.70
800m	
M55 David Budz	2:32.20
Bill Mercer	2:44.00
M65 Doug Kyle	3:05.50
M70 Charles Jannings	3:54.90

W50 Ruth A Duperron	3:32.40
Nancy Nevin	3:43.20
W65 Ruth Anderson	4:30.80
Mary Guinn	5:08.20
W70 Dorothy Dryden	5:70.50
1500m	
M50 Fred Clark	5:36.60
Jerry Carey	6:47.00
M55 Walter Peet	5:26.00
David Budz	5:30.10
M65 Doug Kyle	6:00.80
Donald Jelinek	7:00.00
M70 Charles Jannings	8:35.70
M75 James Curran	9:14.80
W50 Nancy Nevin	8:08.60
W55 Donna Sims	7:13.00
W65 Mary Guinn	10:49.80
W70 Henrietta Irish	8:50.80
High Jump	
M50 Daniel Cole	5-4
M55 James Miller	4-5
Darrel Short	4-4
M65 John Bolten	3-10
Dean Fredrickson	3-6
M70 Dean Harvel	3-10
Tom Maloy	3-10
M75 Arnold Scott	3-8
John Turner	3-4
W50 Nancy Nevin	3-2
Pole Vault	
M50 Fred Clark	9.25
M60 Udo Grady	7-6.50
Charles Stark	6-8.75
M70 Tom Maloy	5-10.75
Charles Jannings	5-8.75
Long Jump	
M50 Fred Clark	13-3
M55 Darrel Short	14-6.75
Dale Nelson	11-5
M60 Darrell McNenny	12-4.25
M65 Richard Harrison	13-4
M70 William Platts	2-10
M75 John Turner	10-1
W50 Ursula Grady	11-5
Nancy Nevin	8-6.50
W60 Mae Schroeder	6-5
W65 Marietta Cross	8-4.50
Triple Jump	
M50 Jerry Carey	21-10.25
M55 Frank Atruna	35-6.50
M70 J Moorhead	27
C Jannings	20-9.50
M75 John Turner	21-1.50
W50 Nancy Nevin	18-1.50
Shot Put	
M50 C Widdicombe	43-10
James Wright	35-11.25
M60 Dean Conklin	32-7.50
Udo Grady	29-10.50
M65 M Campbell	34-4
Joe Havlovick	31-1
M70 William Platts	30-6.50
Richard Moore	28-1
M75 Arnold Scott	31-9.50
M80 Ross Carter	31-7
Frank Belding	15-8.50
W50 Carole Conklin	23
W60 Mae Schroeder	17-3.50
Discus	
M50 C Widdicombe	137-2
James Wright	106-3
M60 Richard Kemp	131-9
Mirl Gratton	119-9
M65 R Harrison	86-6
M Campbell	85-2
M70 Don Tavolacci	76-10
M75 Arnold Scott	83-4
W50 Carol Conklin	70-1
W60 Mae Schroeder	42-4
W65 Betty Heil	46-4
Marietta Cross	39-9
Hammer	
M60 Udo Grady	104-3
Dean Conklin	80-7
M65 Joe Havlovick	74-2
M70 Tom Maloy	80-5
M75 George Ryffel	73-9
Javelin	
M55 Tony Dumay	130-9
Dale Nelson	77
M60 Mirl Gratton	114-3
Richard Kemp	105
M65 M Campbell	119-10
M70 Don Tavolacci	88-2
George Cross	88

W60 Mae Schroeder	45-6
W65 Paula Maloy	32-10
1500m RW	
M55 Lewis Savik	9:12.40
M60 Donald Huston	11:06.60
M65 Bill McClaren	10:29.30
M75 John Turner	11:06.79
W60 Dorothy Huston	10:14.50
Barbara Dubbs	11:46.70
5000m RW	
M55 Lewis Savik	33:35.15
M60 Donald Huston	37:27.70
M65 Bill McClaren	36:37.13
W55 Donna Sims	33:17.13
W60 Nancy Delie	33:49.00
5K Road Race	
M55 Walter Peet	17:19
Bill Mercer	18:35
M60 Alan Smith	23:23
John Bailey	25:40
M65 Joe Howell	20:57
Donald Jelinek	22:18
M70 D Andersen	42:00
M75 Henry Price	34:20
W50 Ruth A Duperron	23:26
Gretchen Stewart	25:14
W55 Donna Sims	22:24
Floss Cote	34:00
W60 Kay Newman	30:30
Dottie Gates	45:56
W65 Ruth Anderson	28:07
Flora Wong	31:05
W75 Val Ellingsen	34:23
Mary Schudy	39:31
10K Road Race	
M55 Walter Peet	41:34
Bill Mercer	45:19
M60 Alan Smith	52:50
Robert Hensler	55:43
W50 Gretchen Stewart	58:36
W55 Donna Sims	50:44
Barbara Carnes	1:00:11
W60 Sally Porcarelli	1:01:58
Seattle Masters Classic PN Association Championships Seattle, WA; July 24-25	
100m	
M30 Artist Anderson	11.22
Rod Wilcox	12.71
M35 Roosevelt Roby	11.33
Paul Scarlett	11.36
Greg Wright	12.75
Greg Font	12.80
M40 Michael Waller	11.97
John Wells	12.04
Everett Deveaux	12.65
M45 Jack Craig	12.53
Rich Walton	13.85
M50 Peter CrombieAUS	11.9h
Greg Williams	12.1h
Clyde Hundley	12.5h
M55 Ron Jensen	13.55
M60 Bob Miller	13.60
Dale Sawyer	14.58
Bob Hitchens	16.70
M65 Jack Coy	13.76
Richard Harrison	14.57
Irv Shotwell	15.92
M70 Tom Norwood	16.25
M75 Robert Horsley	16.54
Albert Johnson	20.25
M80 Gene Abdenour	17.78
Al Klier	19.28
Jule Crabtree	23.08
W35 Teresa Jaworski	14.19
Louisa Clayton	14.24
W40 Ruth Callard	14.65
W55 Marg Fadcliff	14.23
200m	
M30 Artist Anderson	22.65
Rod Wilcox	25.61
M35 Roosevelt Roby	23.41
Paul Scarlett	23.86
M40 Michael Waller	24.51
John Wells	25.02
Kostig Killas	25.05
M45 Jack Craig	24.99
Brian McKinley	25.59
Rich Walton	28.11
M50 George Lyden	26.24
Lee Southern	26.92
Will Leslie	27.75
M55 Ron Jensen	27.86
M60 Bob Miller	29.16
Dale Sawyer	30.41

Larry Wright	34.31
M65 Jack Coy	28.67
M70 Tom Norwood	34.96
M75 Robert Horsley	36.46
Albert Johnson	45.27
M80 Gene Abdenour	42.40
Jule Crabtree	50.23
W35 Teresa Jaworski	29.16
Louisa Clayton	29.45
Sheila Ryan	31.38
W40 Ruth Callard	30.28
W50 Caroline Cooney	34.91
W55 Marg Radcliff	33.16
400m	
M30 Curtis Wilson	49.67
Mark Holme	50.64
M40 Mike Andrews	53.20
Kostig Killas	55.43
Tony Quinn	1:01.35
M45 Mike Easterly	59.36
M50 Dave Walter	53.76
Peter CrombieAUS	56.26
Bill Etnyre	59.83
M60 Dale Sawyer	1:08.99
Larry Wright	1:14.57
M65 Don Kane	1:07.47
W35 Margaret Harder	1:07.46
800m	
M30 Curtis Wilson	1:58.48
Mark Holme	1:58.50
James McKay	2:05.35
M35 Ken Franklin	2:06.14
Steve James	2:09.52
David Green	2:10.33
M40 Dave Clingan	2:05.24
Joe Cabrera	2:11.29
Bryan Burdo	2:12.45
M45 Gordon Valiant	2:08.34
Rich Tucker	2:13.82
Michael Allison	2:17.07
M55 Don McMillan	2:15.90
Des O'Rourke	2:28.55
M60 Larry Wright	2:51.18
M65 Ralph Miller	2:31.96
1500m	
M30 James McKay	4:09.63
M35 Steven James	4:10.45
Ken Franklin	4:19.22

Continued from previous page

Hammer

M30	Matt Burks	36.03
M40	Gary Zasimovich	38.04
M45	Mark Neal	43.95
M50	George Mathews	48.67
	Todd Taylor	45.78
	John von Rohr	41.16
M55	John White	42.10
M65	John Hitchman	33.57
	Fred Shanaman	28.53
M70	Ken Weinbel	34.64
M75	Robert Horsley	29.35
	Jim Minah	26.46
M85	Leon Joslin	20.15
W45	Pauline Thomas	26.34
W55	Georgia Cutler	28.88

Javelin

M35	Doug Porter	51.97
M40	Duncan Atwood	62.15
	Bob Blackburn	28.00
M55	Pete LaBarge	39.03
	Peter Larson	32.12
	Brad Wilson	30.55
M60	Turk Markishtum	41.63
M70	Earl Johnson	30.70
	Edward Failer	25.90
	Jack O'Loughlin	17.73
W55	Georgia Cutler	17.78

Weight Throw

M30	Matt Burks	12.18
M40	Gary Zasimovich	12.53
M45	Mark Neal	14.15
M50	George Matthews	13.20
M55	John White	11.04
M65	Fred Shanaman	10.19
M70	Ken Weinbel	10.78
M75	Robert Horsley	7.27
M85	Leon Joslin	6.08
W40	Pauline Thomas	8.95
W55	Georgia Cutler	8.47

Superweight Throw

M40	Gary Zasimovich	7.90
M45	Mark Neal	8.65
M50	George Mathews	8.51
M55	John White	6.80
M65	Fred Shanaman	4.52
M85	Leon Joslin	4.86

5000m RW

M35	Colin Peters	24:03.8
M40	Doug VerMeer	28:26.3
M45	S DeBernardo	25:23.3
	Rob Frank	26:22.6
	Bob Novak	26:42.7
M50	Stan Chraminski	26:01.5
	Steve Smelser	31:43.0
M55	John Backlund	31:43.4
	Richard Zerbe	32:11.7
M70	Dick Bennett	28:27.7
W35	Joslyn Slaughter	30:38.4
	Marie VerMeer	35:08.8
W40	Gwen Robertson	28:10.7
W45	Susan Back	32:10.1
W50	D Backlund	33:54.8
W60	Bev La Veck	30:23.7

CANADA

**Ontario Masters Championships
London; June 13-14**

100m		
M35	Paul Kern	12.15
	Michael Heron	12.30
	Andrew Yap	12.43
M50	Richard Lech	12.75
	Kim Posonski	13.40
	Wayne Martinez	13.69
M55	Alan Slater	13.61
	M McGruder	14.60
M60	Paul Williams	14.29
	Harvey Boles	15.30
M65	Tom Callender	14.69
	Ted Swanson	15.43
	Jack Castle	20.06
M70	John O'Neill	14.71
	Jim Flowers	16.50
W40	Deborah Lenz	13.74
	Elaine Weeks	14.04
	Maggie Dawkins	16.32
W45	Rhona Trott	14.94
W60	Edith Gray	16.58
200m		
M50	Kim Posonski	26.76
	Wayne Martinez	28.47
M55	Hugh Wilson	30.18
	Joseph Berger	32.34

M60	Dev Sharma	30.44
M65	Tom Callender	30.50
	Ted Swanson	31.12
	Ken Morris	33.33
M70	Jim Flowers	33.61
W40	Deborah Lenz	27.93
	Elaine Weeks	29.17
	Rachelle Clausen	30.13
W45	Rhona Trott	30.19
400m		
M50	Franciso Machado	58.12
	W Martinez	1:01.04
M55	Hugh Wilson	1:06.73
	Dan Anderson	1:09.29
M60	Dev Sharma	1:09.34
M65	Ken Morris	1:21.08
W40	Elaine Weeks	1:06.02
	Carol Felepchuk	1:07.46
W45	Rhona Trott	1:10.16

800m		
M35	Doug Ditchfield	2:12.64
	Glen Chipkar	2:12.70
	Chris Kilford	2:20.70
M40	Robert Bracey	2:11.54
	Jim Sebert	2:13.34
	Gordon Eddy	2:27.45
M45	Gerald Feeney	2:10.84
	Michael Carter	2:11.98
	W McMullen	2:13.53
M50	F Machado	2:29.56
	John Powell	2:53.46
M55	Hugh Wilson	2:35.42
	Joseph Berger	2:55.70
M60	Jack Geddes	2:33.22
	Jim Pascoe	2:35.75
W35	K Willis	2:57.13
W45	Rhona Trott	2:49.64
W50	Linda Findlay	2:42.94
	Mary Zadel	2:58.85

1500m		
M40	Richard Earl	4:44.47
	Jim Sebert	4:52.85
M45	George Aitken	4:40.36
M50	Gary Cassel	5:02.63
M55	Hugh Wilson	5:22.82
M60	Jim Pascoe	5:43.91
M65	Morgyn Paterson	6:05.08
M70	Manuel Teodoro	6:20.13
	Don Farquharson	7:50.58
M80	Les Leyland	7:41.90
	Whitey	15:46.55
W35	J Ditchfield	5:14.96
	Katherine Willis	5:59.41
W45	M MacLeod	6:47.36
	Brenda Cassel	7:06.81
W50	Linda Findlay	5:23.95
	Mary Zadel	6:27.56
W70	Dorley	8:03.29

5000m		
M35	Andy Tarr	15:29.03
	Steve Keating	18:18.65
	V Jevremovic	21:08.59
M40	R Pacque	17:08.26
	Alan Davis	18:48.74
	B Campbell	19:09.37
M45	George Aitkin	17:10.04
	Doug Smith	21:06.01
M50	Gary Cassel	19:07.02
	Leslie Jones	19:53.00
M55	Lloyd Kehoe	19:54.89
	Bernie Conway	22:03.94
M60	Jack Geddes	19:09.27
M65	Ed Whitlock	19:07.92
	M Paterson	22:28.18
	Ken Morris	30:08.01
M70	M Teodoro	22:40.22
M80	Les Leyland	28:49.25
W35	J Ditchfield	19:01.74
	Gillian Salter	21:11.57
	K Willis	22:16.47
W40	Laurie Goettl	27:50.78
W45	Brenda Cassel	26:11.89
	Cathy Tedford	30:49.36
W50	Linda Findlay	19:35.99
W70	Dorley	29:30.40

10,000m		
M50	Peter Haase	36:35.19
	Andre Kocsis	42:57.40
M55	V Christensen	43:32.72
	D Mounsey	45:01.59
	Bernie Conway	45:13.44
M70	M Teodoro	47:07.75
W45	C Tedford	1:03:58.63
Short Hurdles		
M35	Andrew Yap	16.66

Michael Heron	17.13
Glenn Chipkar	17.52
M45 Steve Bogatek	19.76
M55 Dan Anderson	23.05
M60 Bob Land	20.37
M65 Ted Swanson	21.84
M70 Jim Flowers	22.24
W60 Edith Gray	17.66

Long Hurdles		
M35	Glenn Chipkar	59.73
M40	C Swanekamp	1:12.00
	Jeff Gagnon	1:19.51
M45	Horace Hudson	1:03.40
	Steve Bogatek	1:03.74
M55	Dan Anderson	1:22.25
M60	Dev Sharma	56.18
M65	Ted Swanson	1:01.13
	Ken Morris	1:03.37
W40	C Felepchuk	1:12.70

Steeplechase		
M35	Steve Keating	11:20.6
M45	Doug Smith	12:52.7
M50	Peter Haase	

High Jump		
M35	Hill Mathers	1.60
M45	Roy Chubb	1.32
M50	Bob Campbell	1.40
M60	Bob Land	1.40
	David Morris	1.24
M65	Ted Swanson	1.24
M70	Jim Mathers	1.20
M75	Lembit Saar	1.04
W35	S Rozier Flynn	1.44
W60	Edith Gray	1.24

Pole Vault		
M40	Gordon Eddy	2.75
M45	Roy Chubb	1.70
M50	Hugh Miller	3.20
M60	Bob Land	2.60
	Harvey Boles	2.45
M70	Stan Egerton	2.60
	Jim Mathers	2.15
W60	Edith Gray	1.85

Long Jump		
M35	Doug Ditchfield	5.76
	Bill Mathers	4.96
M40	Ken Felepchuk	4.94
	Bev Lepard	4.75
M50	Richard Lech	5.47
	Igor Konovalov	5.15
M55	Alan Slater	5.19
	M S Kotkapura	2.13
M60	Harvey Boles	3.95
M65	Ted Swanson	4.00
M70	Jim Mathers	3.45
M85	Karl Trei	2.62
W40	Maggie Dawkins	3.48
W60	Edith Gray	3.66

Triple Jump		
M35	Bill Mathers	10.65
M40	Bruce Campbell	8.79
M55	Alan Slater	11.21
	M S Kotkapura	5.84
M60	Harvey Boles	8.39
M65	Ted Swanson	8.02
M70	Jim Mathers	7.01
M85	Karl Trei	5.83

Shot Put		
M40	Cassius Richards	8.85
	Jeff Gagnon	8.22
M45	Jesse Andrews	9.39
	Roy Chubb	8.92
	Colin Vernon	8.19
M50	J P Mayer	13.47
	John Kasperski	12.69
M55	Bill Rykhus	9.57
	Joseph Berger	8.42
M60	William Eisenhart	12.15
	Eero Yla Outinen	11.11
	David Morris	9.86
M65	Ray Feick	11.55
	Ken Pitcher	9.20
M70	Evalds Viskers	9.94
	Gordon Cote	7.84
M75	Garry Bachman	11.28
	Lembit Saar	9.00
M80	Aleks Upmalis	8.20
W60	Dortha Swanson	7.38
	Edith Gray	7.06
W70	Velta Tomsons	7.18

Discus		
M35	Ken Switnicki	29.64
	Vlad Jevremovic	16.48
M40	C Swanekamp	22.66
M45	Roy Chubb	21.34

Sucha Rai	19.66	
M50 J P Mayer	42.70	
	John Kasperski	38.26
	John Izzo	33.04
M55	Bill Rykhus	31.28
	M S Kotkapura	24.38
M60	William Eisenhart	39.24
	David Morris	38.52
	Jack Boyd	36.00
M65	Ray Feick	36.72
	Morgyn Paterson	27.30
	Ken Pitcher	23.54
M70	Evalds Viskers	33.68
	Karl Pavasars	29.00
	Stan Egerton	27.24
M75	Garry Bachman	29.28
	Lambit Saar	22.12
M80	Aleks Upmalis	22.72
M85	Karl Trei	18.58
W40	Maggie Dawkins	21.36
W45	Kim Kasperski	19.52
W60	Dortha Swanson	16.84
W70	Velta Tomsons	18.26

Hammer		
M40	John Allan	24.72
M45	Sucha Rai	21.76
M50	John Izzo	36.48
	John Kasperski	36.34
M55	M S Kotkapura	15.34
M60	Bob Staveley	36.46
	Eero Yla Outinen	35.64
M65	Ray Feick	36.02
	Ken Pitcher	21.96
M75	Lembit Saar	18.56
M80	Aleks Upmalis	25.22
W35	Kristin Dajia	40.20
W45	Kim Kasperski	20.74

Javelin		
M35	Marty Withers	63.10
	Peter St Pierre	44.04
	Ken Switnicki	35.60
M40	Mike Finkbeiner	53.90
	Jeff Gagnon	43.80
M45	F Della Vedova	50.56
	Sucha Rai	25.82
M55	Fred Pamentier	42.32
	Malachi Magruder	39.40
	M S Kotkapura	22.00
M60	William Eisenhart	45.30
	Eero Yla Outinen	40.50
	Bob Staveley	31.00
M65	Ray Feick	34.44
	Ken Pitcher	21.84
M75	Garry Bachman	23.00
	Lembit Saar	17.00
M80	Aleks Upmalis	14.76
M85	Karl Trei	15.90
W60	Dortha Swanson	17.00
W75	Elga Meri	18.46

Weight Throw		
M40	John Allan	8.71
	Mike Stevely	7.35
M45	Sucha Rai	6.75
M50	John Kasperski	13.46
	John Izzo	11.85
M55	M S Kotkapura	6.66
M60	Eero Yla Outinen	13.53
	Bob Staveley	12.01
	Alf Sinden	11.54
M65	Ray Feick	15.20
	Ken Pitcher	9.04
M70	Gordon Cote	9.34
M80	Aleks Upmalis	10.97
W45	Kim Kasperski	8.02
W60	Dortha Swanson	7.75

5000m RW		
M50	Bill Purves	26:22.74
	Don Ramsden	31:16.94
M60	S Summerhays	27:47.54
	Lorne Duquette	43:50.72
M65	Josh Fedder	35:14.73
W45	Sherry Watts	29:28.30
	A Ramsden	35:18.42
W65	J M Provost	31:20.56

CMAA Championships Saskatoon, SK; July 3-5		
100m		
M35	Doug Ditchfield	12.31
M40	Al Holm	12.24
M45	Walter Linder	12.36
M50	Bill Gardiner	12.82
M55	Norman Reynolds	14.10
M60	Gordon Reilly	15.28
M65	George Gluppe	15.51
M70	Jim Flowers	16.37

M80	Harry Miller	23.28
M85	Howard West	23.69
W30	Sh	

Continued from previous page

W55 Adri Rowswell	8.05
W60 Alice Whitty	4.94
W65 Doreen Carmichael	6.99
W70 Velta tomsons	7.31
W75 Olga Kotelko	5.99
Discus	
M35 Dale Janzen	37.84
M45 Murray Hall	39.36
M50 John Kasperski	40.62
M55 Marek Glowacki	41.70
M60 Udo Grady	30.64
M65 Ray Feick USA	33.78
M75 Lembit Saar	21.02
M80 Aleks Upmalis	21.28
M85 Howard West	15.84
W35 Pearleen Baptiste	24.30
W45 Judy Warick	27.10
W50 Ruby Neumann	25.34
W55 Adri Rowswell	21.92
W60 Alice Whitty	10.92
W65 Doreen Carmichael	14.46
W70 Velta Tomsons	18.32
W75 Olga Kotelko	14.98
Hammer	
M35 Dale Janzen	40.56
M45 Ron Chmielewski	26.02
M50 Bob Sager USA	42.52
John Kasperski	34.96
M60 Udo Grady	36.20
M65 Ray Feick USA	37.48
Max Woerle	35.02
M75 Lembit Saar	23.00
M80 Aleks Upmalis	25.62
W45 Kebi Heit	25.68
W50 Liz McBlain	28.54
Javelin	
M35 Dale Janzen	38.38
M40 Russ Reigier	36.86
M45 John Hawkins	40.36
M60 Philip Fehlman USA	45.08
Bob Staveley	32.84
M65 Ray Feick USA	34.76

M75 Lembit Saar	17.98
M80 Aleks Upmalis	13.78
M85 Howard West	14.02
W45 Debi Heit	22.50
W75 Olga Kotelko	14.28
Weight Throw	
M35 Dale Janzen	10.40
M45 Longin Szafranski	8.41
M50 Bob Sager	14.80
M55 Marek Glowacki	13.85
M60 Udo Grady	12.63
M65 Ray Feick USA	15.08
Max Woerle	12.99
M80 Aleks Upmalis	9.82
W45 Debi Heit	8.24
W50 Liz McBlain	10.08
Pentathlon	
M35 Winchester Johnson	3147
M45 Brian Berquist	2929
M50 Fred Judson	3073
M55 Bruce Selby	2821
M60 H van der Wal	2295
M70 Jim Flowers	1934
1500m RW	
M45 Malcolm Landry	7:50.54
M50 Steve Kashman	7:55.52
M60 S Summerhayes	7:50.03
M65 John Weston	9L49.12
W40 Merme Wilson	9:02.41
W45 K Okamura	9:39.00
W50 Barbara Bass	10:06.83
W70 Jennie Binning	9:45.12
W75 Lenore Marvin	11:40.25
5000m RW	
M45 Malcolm Landry	28:39.61
M50 Ron McIntoch	29:35.12
M60 S Summerhayes	28:15.35
M65 John Weston	34:47.88
W40 Merme Wilson	30:55.03
W45 K Okamura	33:29.92
W50 Barbara Bass	36:12.69
W65 M Smallwood	40:20.60
W70 Jennie Binning	34:39.48
W75 Lenore Marvin	39:46.23

Rick Booth	25:56
Kevin Horbatiuk	26:27
M45 John Lupski	23:53
Joseph Farber	25:53
Brian Manghan	26:22
Austin Manghan	27:55
M50 Charlie Bailey	24:37
Peter Mugglestone	25:24
Herb Armstrong	25:45
M55 Maury Dean	24:39
Dennis Pennenga	27:05
Mike Service	28:33
M60+Homer Detwiler	62:30:18
Jim Scovel	31:08
Kevin Connors	31:10
W40 Helen Visgauss	26:33
Mary Von Bevern	32:45
Susan Farren	35:23
W45 Estella Clasen	29:54
Michele Powers	33:11
Virginia Salerno	36:30
W50 Betty Horstmann	28:42
Joanne Bufolino	37:20
W55 Helma Clavin	34:45
Erica Clasen	35:26
Rosemary Riccardi	36:46
W60+Maryann Reilly	61:46:55
Gail Pisciotta	60:46:58

Go Fourth 8K		
Alexandria, VA; July 4		
Overall		
Chris Banks	20	25:54
Amleset Kidane	20	32:22
M40 Eric Clifton		28:15
Bob Briggs		28:59
M45 Chuck Moeser		26:25
Gary Guenther		34:26
M50 Bob Chase		32:17
M55 John Haubert		32:38
M60 E Robert Premo		59:40
M65 Larry Dickerson		40:55
M70 Ray Blue		43:10
M75 Henry Heymann		69:53
W40 Kathy Hogan		36:14
Linda Dickerman		42:00
W45 none		
W50 Rosemary Jellish		54:33
W60 Tami Graf		41:25
W70 Doris Kumar		76:49

Boilermaker 15K		
Utica, NY; July 12		
Overall		
Khalid Khannouchi	26	42:57
Lornah Kiplagat	24	50:06
M40 Thomas Mather		50:02
Thomas Harding		51:58
Alan Rubin		51:58
William Halpin		52:17
Bob Carroll		52:58
Kevin Williams		53:23
Ronald Holslande		53:28
M45 Thomas Smith		51:50
Tom Carter		53:06
Carl Matuszek		55:31
M50 Bill Rodgers		50:19
Thomas Lamme		56:59
James Mattingly		57:16
M60 Fay Bradley		57:12
Jean Bernaquez		1:02:23
Daniel Cohen		1:04:01
M70+Howard Rubin		1:10:59
Phil Mongillo		1:16:54
Santo Bueme		1:19:21
W40 Jennifer MacDone		59:53
Merle Myerson		1:01:49
Susan Gold		1:03:08
W45 Catherine Oehrle		1:04:30
Beth Howlett		1:06:34
Carolyn DeWitt		1:07:06
W50 Karen Davies		1:07:19
MaryAnne Goldman		1:10:54
Georgia Lewis		1:13:03
W55 Nancy Frisillo		1:09:19
Jayne Zinke		1:14:23
Carol Rider		1:15:21
W60+Margret Betz		1:10:58
Becky Morris		1:17:38
Sally Rusby		1:23:15

National Foundation 5K		
Washington, DC; July 12		
Overall		
Alex Acetta	28	15:17
Win Rincon	38	20:24
M40 Lionel Scatliffe		18:09
Mark Harsch		19:13
Mark Cecelski		20:43
M45 Doug Wood		21:18
David Strauss		21:58
M50 Pat Griffith		18:27
Lou Marjon		18:56
Wm Scott		19:30
Imants Celtnieks		21:11

M55 John Benkert	17:37
Bill Sollers	23:30
M60 Chan Robbins	19:25
Maynard Weyser	21:45
Don Kohler	21:51
M65 Ray Campbell	26:31
Dale Roth	32:48
M70 Bill Osburn	23:49
Ray Blue	25:18
M75 PerinkollamShanker	45:07
W40 Vicki Gricius	24:15
Rita Conley	24:25
W45 Callie Edmundson	21:26
Linda Patorni	25:02
W50 Julie Trapp	24:33
Sarah Bawcombe	32:33
W55 Margaret Eggleston	29:43
W60 Tami Graf	24:37

Vytra Long Island Women's 5K		
Farmingdale, NY; July 18		
Overall		
Kathy Fleming	30	16:40
W40 Diana Fitzpatrick		18:07
Kari Proffitt		18:45
Helen Visgauss		19:26
Patty Zebersky		19:56
W45 Cathy Oehrlein		20:23
Estella Clasen		21:55
Deborah Barchat		22:00
JolaZwierzchowska		22:45
W50 Betty Horstmann		21:45
MaryAnn Goldman		22:14
Flora Flores		23:24
W55 Marion Stanjones		23:10
MarieLouMichelson		24:19
Wendy Burns		25:22
W60 Wen-Shi Yu		24:58
Renate Rhein		28:38
Billie Gail Moten		29:28
W65 Thelma Wilson		25:40
Chickie O'Toole		29:11
Dolly Finkelstein		30:24
W70+Vetta Sokol		43:25
Alliea Wetherbee		43:51
W40+ Teams		
Fast Feet /POBRRR		62:54
(Marascia, 42, 20:45/Ottaviano, 43, 21:01/Melnik, 42, 21:08)		
Bohemia TC		63:04
Northport RC		64:15

USATF New England		
Championships/Yankee		
Homecoming 10 Mile		
Newburyport, MA; July 28		
Overall		
Joshua Chelanga		49:42
Margaret Okayo		55:33
M40 John Barbour		53:36
M45 Bob Ruel		56:56
M50 Larry Olsen		56:43
M55 Charles Kellogg		1:04:14
M60 James Daley		1:04:47
M65 Don Ross		1:17:35
M70 Stephen Brooks		1:34:42
M75 Julien Siegel		1:30:27
W40 Mary Lammi		1:05:17
W45 Pat Robinson		1:08:29
W50 Sue Gustafson		1:09:18
W55 Jane Levesque		1:21:48
W60 Marlena Yannetti		1:24:38
W65 Lillian Murphy		1:42:32
W75 Louise Rosetti		1:57:58
Teams		
M40+ TriValley FR		4:47:09
M50+ CambridgeSpUn		3:06:43
M60+ Cent MA Str		3:44:33
W40+ Boston AA		3:22:53
W50+ Liberty AC		3:54:13

Beach to Beacon 10K		
Cape Elizabeth, ME; August 1		
Overall		
Johannes Mabile	30	28:18
Catherine Ndereba	26	32:15
M40 Steve Plasencia		29:37
Keith Anderson		29:44
Jon Sinclair		30:46
Jon Van Arkel		34:16
Robert Marino		34:23
James Newett		34:24
Scott Brown		34:43
Newell Lewey		34:51
Tom Dann		35:04
Rick Stuart		35:09
M45 Gary Romesser		32:33
Jack Fultz		34:59
Wayne Chick		35:16
Roly McSorley		35:39
Ralph Fletcher		35:50
Tom Derderian		35:52
Dennis McIver		36:03
Kevin McDonald		36:20
Gordan Scannell		36:37

M50 Bill Rodgers	33:55
Steve Reed	35:34
Rich Myers	35:40
Bob Sholl	35:41
Jim Toulouse	35:54
Tony Gerardi	36:49
Joel Croteau	37:40
Edward Best	37:55
Guy Berthiaume	39:03
Zeke Zucker	40:00
M55 Jerry Rosa	37:11
Lawson Noyes	38:51
Thom Meskinelli	41:30
Bob Coughlin	42:02
Jim Werthmuller	42:42
Dan Callahan	45:03
Fred Murray	45:06
Neil Martin	45:14
Charlie Cordischi	45:34
Philip Pierce	45:34
M60 Bill Spencer	39:52
Bob Payne	41:45
Brian Ferner	41:57
Robert Randall	42:46
Hector Santiago	42:58
Chan Robbins	43:16
Robert Husted	43:29
Dick Cummings	43:47
John Leroy	44:54
Jerry Sombke	45:12
M65 Ormond Irish	50:16
Walter Webber	51:28
Kenneth Johnson	51:34
Al Chameides	52:36
Monroe Reece	57:37
Paul Chamberlain	1:00:10
Ed Stearns	1:01:49
Robert Tripodi	1:03:32
Richard Cahill	1:08:48
Louis Zaccaro	1:10:24
M70+ F Cunningham	75:51:16
Carlton Mendell	76:55:14
Andre Benoit	77:56:13
Phil Campbell	80:57:43
Bill McDonald	70:59:12
Russell Bradley	74:59:21
Wilfred Burr	70:1:00:27
Leo Nash	71:1:00:54
John Noffle	71:1:00:55
Wallace Rapozo	70:1:08:45
W40 Kim Jones	34:35
Ruth Wysocki	34:46
Jane Welzel	35:37
Lee DiPietro	37:05
Christine Kennedy	37:53
Marge Bellisle	38:44
Mary Hanlon	39:00
Sidney Letendre	39:07
Donna Hurley	40:21
Karen Boen	41:02
W45 Diane LeGare	36:52
Carol Hogan	40:07
Deirdre Bird	43:57
Linda Adams	44:02
SusanJoySczesny	44:22
Valerie Campbell	46:02
Clair Grant	46:18
Nancy Lagin	46:32
Vicki Miller	46:36
Marjorie Adams	48:15
W50 Suzanne McCarthy	42:00
Patricia Leech	44:13
C Schermerhorn	46:19
Laura Beckwith	46:44
Betty Horstmann	47:29
Faye Gagnon	47:47
Anne Hennessey	48:55
Kitty Kelley	49:14
Hope Anqier	50:19
W55 Gretchen Read	43:14
Ellen Nitz	44:55
Marcia Puryear	48:25
Judy Lutter	52:11
KatherineGreenleaf	55:46
Patricia Matulaitis	56:38
Beverly Brown	56:52
Marjorie Abel	58:16
Sally Paterson	59:22
Jane Clover	59:24
W60 Margaret Betz	45:24
Polly Kenniston	51:49
Patricia Terrill	54:05
Elsa Murphy	55:24
Beverley McCoid	59:22
ChristineRobertson	59:51
Pat Fry	1:00:40
Lois Tripodi	1:04:41
Judy Kirchoffer	1:04:58
Jane Rasmussen	1:05:01
W65 Helen Beckham	1:03:28
Janet Aldous	1:20:13
Marilyn Dalton	1:24:00
W70+ Dottie Gray	73:1:04:13
Mabel Velge	71:1:12:15
Liese Rapozo	70:1:18:13
Grace Porta	81:1:44:35

SOUTHEAST		
Four Towns 5K		
DeBary, FL; June 21		
Overall		
Brad Millett	17	16:46
Michelle Kendall	22	17:48
M40 Paul Oppenheim		17:38
Danny Philpott		19:12
Kevin Jesensky		19:28
M45 James Taylor		18:17
Spencer Crawfis		18:59
Joe Guthrie		19:38
M50 David Shidemantle		21:52
Chas Changelosi		26:59
Bob Peitz		27:21
M55 Ron Allison		22:44
Narciso Tavales		23:26
Frank Neitzey		26:02
M60 Jerry Lardinois		22:14
Rick Snider		26:24
M65 Jim Blount		21:28
Don Nygaard		23:29
M70 Reid Hughes		26:35
M40+ Clydesdale		
Jon Benn	48	20:34
W40 Sheila Haire		20:26
Dorothy Dabney		24:45
Beth Lardinois		28:31
W45 Patty Jefferson		32:23
Brenda Kendrick		37:57
Michele Williams		44:24
W50 Pat Beidelshies		25:48
Judy Geisler		26:33
W55 Linda Sparrow		24:22
Donna Hiatt		25:37
W60 Marjorie Byron		29:43
Patty Kistenmacher		38:23
W75 Elaine Geyer		33:40

Loudoun Street Mile		
Winchester, VA; June 27		
Overall		
Steven Myers	22	4:17
Jamie Weikle	17	5:43
M40 Dennis Coleman		4:40
Mike Allen		5:19
Stan Brooks		5:37
M45 Chuck Moesler		4:36
Paul Ryan		4:44
Bill Osuch		5:27

Continued from previous page
Bob Briggs 27:26
Mitch Batt 29:24
M45 Chuck Moeser 26:17
Rick Poppleton 27:39
Paul Ryan 28:32
Richard Adams Jr 28:56
Jim Moreland 29:48
M50 Pat Griffith 30:12
Chas Adams 31:26
Wm Scott 32:15
Ray Kitchen 32:23
M55 John Benkert 29:24
Cal Fowler 32:20
Charles Raper Jr 32:37
Henry Sierka 33:01
M60 Chan Robbins 32:40
Kirk Davies 34:05
Robert Smith 36:17
M65 Frank Gignac 39:04
Geo Waxter 39:52
Bob Myers 47:51
M70 Xie Nianxiang 40:16
Bill Osburn 41:48
Burton Squires 43:48
M75 Frank Pierce 45:40
Bernard Sobin 62:42
W40 Gretchen Triantos 29:51
Linda Wack 30:00
Maryrita Dunlavy 33:06
Kathi Canese 33:26
W45 Betty Blank 33:04
Susan Humphries 33:17
Karen Erb 35:33
Sue Pterchy 36:20
W50 Meredith Bonta 35:55
Nancy McCarthy 36:47
Gale Cordell 38:46
W55 Kathy Price 43:54
Mollie Ingram 45:37
Linda Carter 46:51
W60 none
W65 Kerstin Anderson 57:26
Eliz Johnson 64:11
W70 Kay Morrison 49:55

19th Annual RRCA Women's Distance Festival 5K Hampton, VA; July 18

Overall
Molly White 20 18:57
W40 Eileen Hungerman 20:45
Cindy Slominski 25:32
Nanette Phillips 25:49
W45 Roberta Laynor 22:42
Linda Shomin 26:07
Page Graves 30:32
W50 Barbara Ivey 52 23:57
Martha Bradley 51 32:16
Elaine Elefthenon 54 35:51

MIDWEST

14th Annual State Street Mile Rockford, IL; August 8

Overall
Art Siemers 25 4:03.9
Kris Ihle-Helledy 29 4:36.1
M40 Mark Furkis 4:32.3
Ron Wartgow 4:36.1
Mark Hepworth 4:42.1
Ron Leonhardt 4:43.0
Chuck Wathen 4:48.2
M45 Gary Moss 4:40.9
Steve Wolny 4:49.6
Robert Perkins 4:50.8
John Adams 4:54.5
Tom Detzner 4:59.6
M50 Thys Bax 4:47.5
Merlin Anderson 5:04.5
Steve Schwitters 5:14.6
Stuart Meeker 5:32.3
Robert Hess 5:38.1
M55 George Tillet 5:34.8
Earl Gallas 5:55.2
Ted Holm 5:59.3
Michael Brazier 6:08.6
Paul Hansen 6:14.4
M60 Jack Miller 5:29.3
Henry Gallenz 6:05.2
George Suter 6:06.5
Robert Hill 6:12.3
M65 Carl Segretto 5:37.5
Bob Beebe 6:38.6
Will Moist 7:49.9
Wayne Gilmore 8:10.1
Thomas Conery 9:17.5
M70 Charles Hahn 7:42.6
W40 Kathy Beatty 6:15.7
Linda Welch 6:54.1
Paulette Lenz 7:05.7
Kim Vandemark 7:07.9



Susan Melcher 7:29.8
W45 Colleen Bardell 6:00.1
Chris Anderson 6:48.0
Donna Beilfuss 7:02.4
Sandy Stansell 7:12.7
Barbara Johnson 7:33.0
W50 Peggy Whitlow 5:44.3
Meg Anderson 6:41.2
Ruth Larson 7:28.1
Margie Campbell 7:42.2
Marilyn Goepfert 10:37.6
W55 Lynne Ingalls 6:27.8
Maryjane Prat 6:44.5
Berit Helledy 9:25.1
W60+ Lois Gilmore 67 7:04.4
Mary Patroll 65 9:01.3

Crim Firecracker 5K Flint, MI; July 5

Overall
Bill Walters 29 16:34
Lynn De Grande 37 21:43
M40 Gary Duke 18:32
Brian Barrie 20:47
Tom Delaney 21:36
M45 Tom Hardy 17:58
Tom LeGalley 20:59
Frank Johnson 21:28
M50 David Rau 18:28
Mahlon Heatwole 21:31
Ron Henson 21:43
M55 Maury Dean 18:44
Rich Wallen 20:56
Marvin Maher 23:14
M60 Jim Matherley 22:04
Dan Walter 23:01
Don Hartz 24:57
M65 Bill Hayes 24:38
Wally McLaughlin 25:55
W40 Rose Montgomery 23:17
Earlene Hillman 23:29
Sue Gear 23:34
W45 Maggy Zidar 21:48
Donna Olson 21:52
Janeen Dvorak 23:37
W50 Nancy Porter 26:31
Carol Borski 33:46
W55 Nancy Teel 25:56
AddiSchneiderhan 26:39
W60 Pat Fizell 29:18
Racewalk
Overall
Rod Craig 40 27:00
Debbie Topham 45 29:08

Ellen's Race 5K Lansing, MI; July 19

Overall
Anthony Hamm 28 15:06
Misty AllistonCohn 26 17:30
M40 Alan Van Meter 16:16
Chuck Block 16:52
Kevin Ward 17:20
Bob Pettibone 17:29
Lee Van Beveren 19:14
M45 John Coleman 20:51
Jim Robinson 21:44
Randy Fielder 21:50
M50 Bill Hunault 20:05
Rick Korloch 20:26
Earle Robinson 20:32
Bill Chaliman 20:33
Don McMahon 21:16
Jerry Steffy 21:21
Jose Tellez 21:49
M55 James Carlton 18:16
Maury Dean 18:51
Bill Keller 20:06
Bob Brooks 23:48
M60 Don Hough 23:53
Mark Juchen 24:26
Bob Brantley 25:51
M65 Harrison Hensley 27:09
Bob Anderson 28:29
M70 Jim Forshee 20:25
M75 Harold Warmels 48:26
W40 Michelle Dvorak 21:33
Sue Otis 24:23
Jan Hall 24:28
W45 Brenda Lynch 19:29
Kari Chandler 21:47
Maggie Zidar 23:27
JacquelinHerlache 23:59
W50 Rhonda Tahagishi 26:59
Terry Ryan 30:48
Sherry Baker 33:32
W55 Gerda O'Brien 42:34
Sharon Regan 44:32
W60 Pat Fizell 30:31
Sue Townsend 43:18
Dian Wright 44:54
W65 Eliz Anderson 32:06
IrmaBriggsHooker 46:53
W70 Virginia Forshee 38:29

MID-AMERICA

Topeka Lions Journey For Sight 8K Topeka, KS; June 13

Overall
Tony Estes 40 27:24
Nancy Hallferty 30 36:11
M40 Tony Estes 27:24
Kevin Fries 28:55
Gary Pratt 32:16
Keith Hertling 33:15
M45 Ed Charay 34:20
Ren Newcomer 36:12
John Stambaugh 36:31
M50 Dennis Hodgins 32:18
Donald Baker 33:22
Jim Dicker 33:59
M55 Ron Strader 35:21
Russel Bell 38:16
M60 Larry Lee 37:00
Wes Nicholson 39:30
M65 Dick Wilson 31:48
W40 Diane Waltho 41:10
Karen Schneller 42:28
W45 Sharon Patnode 46:54
Carolyn Peck 48:44
W50 Lana Best 42:20

Run for Your Life 5K El Dorado, KS; July 25

Overall
Noah Legat 15:51
Deb Torneden 17:37
M40 Phil Walker 18:40
B Piurkowski 19:11
W Zogleman 24:24
M45 M Tangeman 19:55
David Bryan 20:42
Laurence Kemp 20:57
M50 Paul Shimon 19:26
Danny Haynes 21:28
Dick Drevo 22:16
M60 Paul Heitzman 19:09
David Arst 23:34
M70 S Daehnke 27:21
W40 Suzie Guyer 21:59
M Hollenbeck 26:16
C McClellan 30:28
W45 Debbie Patton 30:33
W50 Trudy Calloway 21:29
Sheryl Drevo 23:24
Diane Fonzo 36:13
W60 C Buckner 23:34

WEST

Semana Nautica 15K Santa Barbara, CA; July 4

Overall
Jeff Jacobs 31 49:31
Angela Isbill 23 58:21
M40 Gregg Horner 44 49:46
John Blauert 40 57:59
Gary Rodgers 42 58:23
M45 Ron Gee 45 53:54
Michael Georgi 45 54:53
Frank Ogilvie 47 58:02
M50 Vic Birtalan 55 58:55
Joe Howell 50 1:02:43
John Graff 52 1:03:54
M60 John Brennan 62 59:16
John Ayres 61 1:08:10
Pat Higgins 60 1:09:10
W40 Kathi Froemming 1:04:54
Dorothy Forbes 1:10:13
Dorothy Finigan 1:19:42
W45 Elaine Triplett 1:02:08
Cecilia Ramos 1:06:25
Vicki Eyre 1:12:20
W50+ Janis Dvorak 1:10:01
Stephanie Welch 1:17:29
Gretchen Folks 1:22:50

San Francisco Marathon San Francisco, CA; July 12

Overall
Hamid Oubadriss 28 2:23:54
Salina Chirchir 29 2:45:36
M40 Brad Hawthorne 2:29:36
Larry Hyde 2:54:27
Ed Casey 2:59:51
M45 Stephen Freitas 2:56:11
Michael Georgi 2:56:43
John McAndrew 2:58:11
M50 Gary Julin 3:05:33
Ian Reid 3:09:21
Vince Wilson 3:16:33
M55 David Hobler 3:07:20
Pieter Servatius 3:24:33
Richard Leutzinger 3:26:38
M60 David Woody 3:29:10
Tom Walsh 3:35:24
Martin Houg 3:47:18
M65 Oscar Martin 3:28:45
Hiroshi Oogami 3:55:22
Bob Dolphin 4:06:58

M70 Matt Norris 3:48:57
Shin Hamanaka 3:56:48
Lai Wen Chang 4:15:47
W40 Sissel Grotenburg 2:50:38
Donna Troyna 3:24:59
Karen Yamada 3:38:35
W45 Sharlet Gilbert 3:21:52
Fillis Friedman 3:44:08
Dorrill Davis 3:51:04
W50 Janice Kreuz 3:24:29
JoAnne Rowland 3:43:09
Judi Richardson 4:09:38
W55 Joan Kramer 3:57:14
Dawn Waterhouse 4:10:23
Nancy Linck 4:13:09
W60 Wen Shi Yu 3:57:27
Yoshiko Yagi 4:11:18
Carole Kleve 5:19:19
W65 Barbara Callison 4:58:03
Anne Fraser 5:04:25
W70 Peggy Hansen 6:22:55
Evelyn Riel 6:41:18

Bastille Day 5K Newport Beach, CA; July 18

Overall
Ralph Garibaldi 35 15:23
Kristin Farmer 29 18:35
M40 Ruben Acuna 17:20
Timothy Geis 17:39
Bill McQuown 18:25
M45 Keith Strodl 18:00
Jack McQuown 18:05
Don Ocana 18:13
M50 Warren Young 18:50
Terry Martin 19:04
Jerry Harber 20:24
M55 Ben Bailey 20:19
Bill Sokol 20:42
Dale Brandon 20:54
M60 Bob Norton 20:46
Mike Ishikawa 21:58
M65 Jerry Jefferson 21:55
Darrel Jeffries 25:49
M70 Walter Sanmartin 24:22
Bob Mimm 26:47
M75 Bill Dietrich 36:37
W40 Laurie Hahn 21:59
Rosanne Gehley 24:18
Judy Patno 24:22
W45 Carol Wimbish 20:08
Loi Coker 20:53
Eva Cervantes 23:10
W50 Betty Rosenberg 21:52
Kei Zehr 22:52
Jean Leeitner 24:24
W55 Nancy ten Berge 24:37
Alex De Miranda 25:44
Judith Woods 27:44
W60 Pat Herr 29:36
Barbara Kutrosky 39:36
W65 Chieko Allwein 25:09
Edie Willard 39:14
W70 Mary Storey 29:40
Joann Beers 38:02
W75 Lois Edds 33:05

Long Beach 5000 Long Beach, CA; Aug. 2

Overall:
Dave Parsel 41 15:32
M40 Dave Parsel 15:32
Bob Kessler 16:39
Ed Davis 16:59
M45 Mike Morris 16:44
Gary Shapiro 16:46
Joe Carlson 17:06
M50 John Hunter 17:32
Tim Wimbish 17:43
Warren Young 18:28
M55 John Clare 18:28
Harry Hunt 19:15
Jim Crawford 19:57
M60 Paul Browne 20:04
Bob Rice 20:51
Paul Kaplen 23:04
M65 Jerry Jefferson 21:33
Gordon Cohn 24:40
Chuck Grantham 24:47
M70 Bob Koch 71 23:18
Irv Saratoff 70 30:18
Women's Open Heat
Overall: Jill Neu 32 17:49
W40 Tammy Sargeant 19:36
Jerri Hinginbotham 20:15
Cathy Moline 20:37
W45 Carol Wimbish 19:22
Gail Adams 23:20
Veronica Sullians 24:35
W50 Becky Parker 20:44
Judith Fischer 20:53
Mitzi Morrissey 25:11
W55 Nancy Ten Berge 23:19
Hwa Ja Andrade 24:48

Esperanta Carreon 26:34
W60 Atsuko Fujimoto 25:02
Audrey Hauth 28:29
Beverly Smith 29:49
W65 Yukie Mochida 26:14
W70 Antoinette Hill 27:06

San Clemente Fiesta 5000 San Clemente, CA; Aug. 9

Overall:
James Stevens 32 15:52
Tania Fischer 32 17:14
M40 Mark Bradbury 17:28
Jeff Shaddox 17:32
Donald Winant 17:36
M48 Mike Griffith 19:03
Tom Hcimbal 19:15
Warren Young 19:16
M57 Stan Baker 21:45
Peter Jones 21:54
Jon Erik Nilsson 22:02
M64 Jerry Jefferson 22:17
Van Aposhian 25:15
Bart Stryker 25:38
M70 Bob Koch 71 24:23
Jim Hinton 70 25:36
Chuck Leisberg 71 26:40
W40 Sherri Curl 19:29
Donna Hinshaw 21:24
Linda Portman 21:28
W48 Sue Peterson 22:51
Ruth Brindley 25:06
Peggy Munoz 25:55
W57 Ursula Rains 23:05
Patti Ploeser 26:52
Elaine Cook 28:49
W64 Dorie Smith 29:34
Jo Ann Sykes 33:55
Stella Chaidez 41:42
W70 Mary Storey 74 29:08
Marjorie Lawson 73 34:49
Marcie McCaffrey 80 48:48

NORTHWEST

Rose City Relay Portland, OR; July 25

75-Mile Relay
Overall
Intel Bruise Brothers 7:41:29
Mens Masters
Too Hot to Run 10:29:33
Womens Masters
Wonderful Oregon W 12:02:33
Mixed Masters
Together Again 10:31:46
50-Mile Relay
Overall
Curtis Kids 5:50:11
Mens Masters
Team Charbonneau 6:15:45
Womens Masters
Electric Shorts 7:15:52
Mixed Masters
Blind Faith 6:23:00
50-Mile Walk Relay
Overall
Susanne & the Men... 9:36:49
Womens Masters
Bleu Bayou 11:18:06
70-Mile Ultra Marathon
Overall
Lee Fields 55 12:23:52
Jodi Kartes 28 15:04:54
M40 Ed Willson 44 13:08:01
M50 Lee Fields 55 12:23:52
M60 Dick Stones 61 16:31:30
50-Mile Ultra Marathon
Overall
Jim Pollard 49 7:55:36
Kylly McMurray 37 8:24:34
M40 Jim Pollard 49 7:55:36
M50 Tom Craven 51 8:26:37
M60 Martin Hillyer 60 9:30:11
50K Ultra Marathon
Overall
Chip Collins 35 4:05:52
Kristy Aalberg 33 4:38:42
M40 Witt Anderson 44 4:24:06
M50 Gerald Kouchi 51 4:54:02
M60 Bob Ludlum 60 7:58:12
W40 Cath Grunenle 43 7:11:51
15-Mile Walk
Overall
Wesley Whitson 35 2:46:46
Debra Robinson 35 2:44:14
M40 Ron Spencer 4:50:58
M45 Pat Gorrell 3:56:31
M50 Joe Kelly 3:25:48
M55 Roger Nelsen 3:43:16
W40 Susan Simone 3:09:27
W45 Dotty McIntosh 3:43:05
W50 Vicki Kryszak 3:47:17
W55 Gail Norris 3:57:23
W60 Lila Lockwood 5:41:14
W65 Dee Robinson 3:58:30

Avon Women's 10K Portland, OR; July 26

Overall
Katrina Price-Crosby 35:58
W40 Cheryl Tronson 40:06
Katey Angel 40:29
Bridget Dawson 42:41
Diane Yensen 46:30
Kay Pinkstaff 47:39
Gail Edwards 48:22
Patricia Brewer 48:46
Elise Botch 49:19
Gail Bartley 49:30
Roz Tucker 49:38
W45 Laura Caldwell 41:34
Robin Vesey 41:38
Betty Wagner 43:42
Lori Whittaker 45:47
Mary Meek 45:47
Shirley Shaw 47:11
Rhonda Hynes 47:36
Janice Levet 49:12
Olga Ginez 49:59
Susan Franck 50:53
W50 Katie Collison 45:44
Charlotte Hartwig 46:57
Andreanne Rode 48:52
Jane Kyle 53:10
Karen Beck 53:46
Laura Cox 53:52
Gail Vangorder 55:11
Kitty Midson 55:44
W55 Sandy Johnson 52:55
Karen Demko 1:04:29
Joanne Losinger 1:04:55
Mary Ressler 1:05:00
W60 Marilyn Paul 52:31
W65 Barbara Dougan 1:09:11
W70 Helen Lachman 1:19:00

INTERNATIONAL

Veterans 25K Brugge, Belgium; June 28

M40 Richard Jordan GBR 1:24:31
Johan Heytens BEL 1:24:33
Jan Torfs BEL 1:27:28
Johan Dekeyser BEL 1:29:20
William Snelgrove GBR 1:30:48
M45 Klaus Goldammer GER 1:30:12
Werner HymmenGER 1:31:18
Abdel Oukaid FRA 1:33:02
Desmond Michael GBR 1:35:39
Chris Wood GBR 1:35:45
M50 Jose Picazo FRA 1:27:45
Omer Van Noten BEL 1:31:44
Liam O'Hare GBR 1:35:06
Peter Newton GBR 1:38:05
Ray McCullough GBR 1:38:50
M55 Jochen Adomeit GER 1:31:38
Les Presland GBR 1:37:34
Angelo Rato SUI 1:40:54
Ivan Petrushenko UKR 1:41:54
Walter DeBeyley BEL 1:44:55
M60 Terence Laybourn GBR 1:41:12
Jose Vanderperre BEL 1:46:41
Donald Waring GBR 1:51:34
Gibert Schulteet BEL 1:59:26
Rod Parkin GBR 1:59:48
M65 Leo Hohmann GER 1:47:12
Laurie Forster GBR 1:53:28
Nigel Stuart-Thorn GBR 1:53:51
Arthur Toomer GBR 1:59:06
Arthur Walsham GBR 2:02:12
M70 Viktor Vandeplass BEL 2:09:19
Alan Fearnley GBR 2:27:59
M75 John Turpin GBR 2:50:02
W35 Gayle Pryke GBR 1:52:03
Yvonne Stainer GBR 1:55:06
Vera Verrept BEL 2:02:57
Yvonne Fromm NED 2:04:59
K Woods-Pobjoy USA 2:29:36
W40 Eva Van Tulden BEL 1:56:47
Veronica Richards GBR 1:57:13
Gil ScheldewaertBEL 2:03:36
K Fearon-Howard GBR 2:04:29
Carmen Mahieu FRA 2:12:21
W45 Marg Swithenby GBR 1:50:16
Ria VanDerWaal NED 1:53:59
Lorette DeBackerBEL 1:58:19
Lynn Duffy GBR 1:59:48
Shirley Billington GBR 2:01:07
W50 M Ketelslegers BEL 1:44:11
Jeannette Weeber NED 1:48:32
Sandy Poole GBR 2:04:59
Janet Brown GBR 2:05:36
Paulette HamiltonCAN 2:13:16
W55 Moira LenaghanGBR 2:00:20
Genevieve Proot BEL 2:11:03
Joan Taylor GBR 2:17:23
Grace Burns GBR 2:29:21
W60 Els Harmanus NED 2:26:26
Fay Parkin GBR 2:28:43
Rosemarie SayersGBR 2:34:23
Continued on next page

Continued from previous page

W65 Thelma Ward GBR 2:33:07
Helena Richter GER 2:51:22
Irene Clarke GBR 2:55:51

RACEWALKING
California State Senior Games Championships
1500m/5000m RW
Rose Bowl, Pasadena, CA
June 20

1500m RW

M50 Timothy Staats	8:12.6
M55 Stuart Ray	9:06.1
M50 Carl Acosta	8:12.3
M65 Jack Bray	7:28.0
M70 Robert Mimm	8:20.4
M75 Herm Arrow	11:03.2
W50 Yoko Eichel	10:01.7
W55 Doris Cassels	9:08.7
W60 Carol Ferris	10:16.4
W65 Patti Kennedy	11:13.0
W70 Joann Beers	10:05.1

5000m RW

M50 Timothy Staats	29:47.6
M55 Gary Steck	30:32.3
M60 Carl Acosta	29:17.6
M65 Jack Bray	26:41.2
M70 Robert Mimm	29:37.9
M75 John Levinson	37:57.7
W50 J Steigerwalt	30:47.0
W55 Doris Cassels	32:25.9
W60 Shirley Capps	32:36.1
W65 Jean Morris	38:23.3
W70 Joann Beers	37:46.3

Oregon State Games
Gresham; July 11

3000m RACEWALK

M40 Ronald Babcock	16:55
M45 Robert Frank	15:07
M50 Steven Smelser	17:17
M55 Fred Seewerker	18:54
M65 Dick Vaughn	20:05
Pete Peters	23:40
W35 Carmen Jackinsky	16:13
Chris Lytle	22:10
W45 Lida Smith	17:24
Mary Branyan	23:45
Cyndy Goodman	24:10
W60 Anne Whitaker	20:32
Margaret Seewerker	20:49
W75 Aline Witten	30:25

5000m RACEWALK

M40 Doug Vermeer	27:55
Ronald Babcock	28:46
M45 Robert Frank	25:42
M50 Steven Smelser	30:30
M55 Fred Seewerker	32:53
M65 Dick Vaughn	34:31
Pete Peters	41:16
M75 Joe Mallon	39:52
M85 John Besson	41:46
W35 Carmen Jackinsky	28:40
Kim Miller	29:59
Marie Vermeer	34:47
W45 Cyndy Goodman	41:15
W55 Donna Lafayette	32:55
W60 Anne Whitaker	34:42
Margaret Peters	34:56
Margaret Seewerker	35:28

USATF National Masters 10K RW Championships
Niagara Falls, NY; July 11

Overall

Arturo Huerta 34	40:48
Joni Bender 35	48:31
M40 Chris Knotts	49:57
Glen Sweazey	54:14
Albert Cowen	55:10
Don Wilkins	1:01:50
Justin Kuo	1:06:03
M45 Brian Savilonis	51:13
John Hunyadi	52:14
Stan Sosnowski	52:52
Mark O'Donnell	1:03:28
Ross Barranco	1:04:55
M50 Norm Frable	52:49
Alan Price	53:24
Max Walker	55:03
John Albert	1:00:15
Rich Markiewicz	1:02:00
Michael Bird	1:03:06
Danny Wineland	1:04:49
Don Ramsden	1:06:28
M55 Jim Carmines	49:27
John Elwarner	55:31
Victor Sipes	57:14
Thomas Knatt	57:37
Ron Shields	58:56
Mike Freeman	59:33
Bob Lubelski	1:00:16
Bernie Finch	1:02:52
T Masterson	1:03:49
Larry Freeman	1:04:44
Chuck Newell	1:05:38

M60 Dave Romansky	50:04
Jim McGrath	56:58
Bob Barrett	57:20
Paul Johnson	57:26
S Summerhayes	59:05
Jack Blackburn	1:01:24
Richard Huie	1:10:12
Ron Laird	1:10:44
M65 Max Green	54:03
Jack Starr	59:20
Sal Corrallo	1:03:37
Bob Stewart	1:04:37
Louis Free	1:07:22
Marv Eisenstein	1:11:38
V Genzlinger	1:13:01
George Solis	1:13:12
M70 Robert Mimm	1:00:53
Ed Gawinski	1:08:24
Peter Fellows	1:09:58
Bill Snaden	1:29:33
M75 Paul Geyer	1:18:58
M80 Richard Fargo	1:14:15
Bill Tallmadge	1:19:10
W40 Sandy DeNoon	53:42
Debbie Benton	54:01
D Chamberlain	54:07
Janet Comi	55:18
Janet Rawls	55:37
Laurie Smith	1:04:29
Lori Ann Yohe	1:06:01
Karen Weaver	1:08:31
Connie Wininger	1:14:03
W45 Jeanette Smith	57:56
Tish Roberts	59:32
Sherry Watts	1:00:54
J Bonafede	1:03:51
Miki Welch	1:06:17
Karen Reynolds	1:07:20
Cheryl Sunman	1:07:37
Kathy Collins	1:08:20
Cathy Mayfield	1:14:10
W50 Jackie Reitz	57:46
Marilyn Chute	1:04:55
Carol Kuo	1:13:47
Pat Walker	1:14:44
W55 Dorothy Withem	1:07:21
Valerie Stowe	1:09:02
W60 J Shepardson	1:05:57
W65 J-M Provost	1:03:55
W75 Margaret Walker	1:14:19

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH SEPTEMBER 1998

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
R. BAXTER (RALEIGH, NC)	9-15-38	60-64
LEONARD BEACHLEY (AUS)	9-24-38	60-64
ALAN BEARDALL (LAKE OSWEGO, OR)	9-20-38	60-64
CHARLES BEAUDRY (EDINBURG, TX)	9-4-18	80-84
GEORGE BRACELAND (DREXEL HILL, PA)	9-22-13	85-89
DON BRODIE (AUS)	9-4-28	70-74
HARRY BRYCE (LA JOLLA, CA)	9-16-8	90-94
JOE BURGASSER (PALOS VERDES, CA)	9-13-38	60-64
BILL BURKE (SAN GABRIEL, CA)	9-23-18	80-84
VALODIMIR CHERNYATEVIC (UKR)	9-26-48	50-54
ED CHYNOWETH (INDIANOLA, CA)	9-1-23	75-79
ANDREW CRICHTON (MAMARONECK, NY)	9-2-23	75-79
TOM CUMMING (NZL)	9-11-28	70-74
RAY EDWARDS (US)	9-1-13	85-89
CLEM FIELDS (GUY)	9-21-28	70-74
VINCENT GODFREY (LA MESA, CA)	9-2-13	85-89
LAWRENCE HARVEY (POTTSTOWN, PA)	9-22-13	85-89
PHIL HENN (BLANCHARD, FL)	9-21-13	85-89
KURT HERRMAN (WG)	9-17-23	75-79
RON HILL (GB)	9-25-38	60-64
DON HULL (PORT ORANGE, FL)	9-1-18	80-84
ALFONS IDA (WG)	9-20-33	65-69
BILL JANKOVICH (RACINE, WI)	9-19-33	65-69
JOE IDRIS JONES (NZL)	9-2-23	75-79
TOM LACEY (FINDLAY)	9-15-23	75-79
GORDON MCKEOWN (AUS)	9-1-23	75-79
BEN MOSTOW (SKOKIE, IL)	9-5-3	95+
VANDOLPH PARISH (MENLO PARK, CA)	9-23-33	65-69
ROBERT PETERS (CHAPEL HILL, NC)	9-3-23	75-79
CHARLES POLHAMUS (FITZGERALD, GA)	9-1-43	55-59
PHIL PRESBER (BELVEDERE, CA)	9-18-33	65-69
WERNER SCHALLAU (WG)	9-8-38	60-64
GEORGE SMITH (CAN)	9-3-43	55-59
CLAY STENBERG (REDMOND, WA)	9-28-53	45-49
PERCY STEPHENS (ESCONDIDO, CA)	9-6-3	95+
DAVID STEVENSON (PALO ALTO, CA)	9-6-28	70-74
ERLING SVENNEVICK (NOR)	9-28-18	80-84
TOIVO WIKMAN (FIN)	9-10-23	75-79
JOHN WALL (BALTIMORE, MD)	9-6-13	85-89
MIKE WITKIN (US)	9-14-38	60-64
HERBERT WORTMANN (WG)	9-1-23	75-79
DARLEEN ANDERSON (SPRINGFIELD, MO)	9-21-33	65-69
HARRIETT BOYD (LAKE MARY, FL)	9-5-23	75-79
MARYLIN BRANDT (NORWICH, NY)	9-16-58	40-44
RUTH CHRISTIAN (CORONA, CA)	9-24-23	75-79
BETTY CONOVER (WESTFIELD, NJ)	9-25-48	50-54
DIXIE GRIFFIN (OR)	9-2-38	60-64
CLAIR INGRAHAM (BOISE, ID)	9-27-33	65-69
KAREN MACHARG (TALLAHASSEE, FL)	9-28-48	50-54
BETHE MCBRIDE (HAVERHILL, US)	9-14-48	50-54
BARBARA ROBINSON (US)	9-10-33	65-69
JACQUELINE APAVOU (FRA)	9-18-53	45-49
BEVERLY MARGARET CHURCH (NZL)	9-2-48	50-54
ELIZABETH DWENGER (WG)	9-25-33	65-69
NOEMI GASTALDI (ITA)	9-22-33	65-69
JOSEPHINE KIMBER (GB)	9-19-43	55-59
HELGI KIVI (EST)	9-3-33	65-69
JURIANA LANE (RSA)	9-19-53	45-49
HELGA MITSCHE (WG)	9-27-13	85-89
SHIRLEY ORR (AUS)	9-4-43	55-59
LAVANIA PETRIE (AUS)	9-13-43	55-59
PETRA PIETERSEN (RSA)	9-14-43	55-59
EVA POTSCHE (AUT)	9-12-33	65-69
MERIKO SEKI (JPN)	9-20-48	50-54
JAN SHAW (AUS)	9-9-53	45-49
RHONA TROTT (CAN)	9-7-48	50-54
JACQUELINE WALPOLE (GBR)	9-22-53	45-49

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

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(1998 Edition)

Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich and Beverly LaVeck.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1997.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1997.
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- Score multi-events.
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The Genesee Valley Harriers are proud to host the:



1998 USA Track & Field National Masters 5K

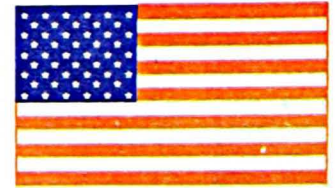


Cross-Country Championships



and

Canada vs. USA International Masters Cross-Country Challenge



Plus

The Genesee Valley Harriers Open 5K Run

Sunday, October 11

The Glen at Genesee Valley Park Rochester, NY



Sports & Sportswear

TIME SCHEDULE:

- 8:00-10:30am Masters packet-pickup/Open Race Post-Registration
- 10:00am: USATF Nat'l Masters Women's Championship
- 10:45am: USATF Nat'l Masters Men's Championship
- 11:30am: GVH/River Romance Open 5k

USATF NATIONAL MASTERS 5K XC CHAMPIONSHIPS ON THE
WORLD-WIDE WEB: updated info, beginning Sept.1 @www.gvh.net

ENTRY FORM

LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY/TOWN _____ ST _____ ZIP _____

EMAIL ADDRESS (optional) _____

PHONE # (_____) _____ GENDER: M F

AGE ON RACE DAY _____ D.O.B. ____/____/____

MASTERS ONLY INFO: 1998 USATF # _____

EXACT TEAM NAME: _____ TEAM AGE GROUP _____

NOTE: all runners will be required to sign a liability waiver when picking up their race packets/numbers

CHECK APPROPRIATE FEES AND QUANTITIES

_____ \$15.00 Masters Pre-Registration _____ \$10.00 Post Race Chicken Bar-B-Q

_____ \$20.00 Masters Late Registration (10/10) _____ \$6.00 Under 18 Chicken Bar-B-Q

_____ \$10.00 Open 5k Pre-Registration _____ \$10.00 Masters long sleeve T-shirt

_____ \$15.00 Open 5k Late/Post Registration (10/10 & 10/11) \$ _____ TOTAL ENCLOSED

Make checks payable to: Genesee Valley Harriers (GVH)
and mail to: 160 Laney Road, Rochester, NY 14620-3046
Telephone inquiries: (716) 242-9031
Email inquiries: gvh@frontiernet.net

USATF NATIONAL MASTERS 5K XC CHAMPIONSHIP INFO:

ELIGIBILITY: the competition is open to all runners, age 40 & over on race day who are members of USATF. You must have a 1998 USATF number to participate. USATF registration is available by contacting your local USATF office or you can obtain membership from a USATF representative at registration (\$12.00 for Niagara Association members, \$15.00 for non-Niagara members). YOU MUST DISPLAY CURRENT USATF CARD AT REGISTRATION IN ORDER TO PICK UP YOUR NUMBER!

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

AWARDS: USATF medals to top three in each age group. Ribbons to places 4 & 5. The winner of each age-group will receive a USATF Championship Patch. Top 3 Male & Female age-graded performances will receive awards.

TEAM PRIZE MONEY: \$2,500 in team prize money will be available as follows:

Men	1st	2nd	3rd	Women	1st	2nd	3rd
M40-49	\$400	\$200	\$100	W40-49	\$400	\$200	\$100
M50-59	\$300	\$200		W50/over	\$200		
M60-69	\$200						
M70/over	\$200						

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

TEAM ENTRIES: Only USATF Association clubs are eligible to compete for team titles. Athletes must indicate exact team name on individual entry form. Team age divisions are: 40+, 50+, 60+ & 70+ for Men and Women. A maximum of 8 declared runners per team. Scoring is by aggregate time of top finishers. Men 40+ & 50+ score five (5) runners; All other divisions, including all women's divisions, score three (3) runners.

TEAMS ENTERING MUST SUBMIT THEIR ENTRY FORMS TOGETHER ALONG WITH A COPY OF THEIR CLUB'S USAFT ASSOCIATION TEAM CERTIFICATE

TEAM ENTRY DEADLINE: 5:00pm on Saturday, October 10th. No exceptions!

COURSE TOURS/PACKET PICK-UP and LATE REGISTRATION: available at Genesee Valley Park on Saturday, October 10 from 12:00pm to 5:00pm.

ENTRIES: will be accepted by mail until Tuesday, October 6th. Post entries will be accepted at Genesee Valley Park on Saturday the 10th from 12:00-5:00pm. **NO RACE DAY MASTERS REGISTRATION!**

CONFIRMATION OF ENTRIES: all entries received by Monday, 10/5 with a self-addressed stamped envelope enclosed will receive confirmation of their entry, a "Parking Pass" for the event and their Post Race Party ticket. Confirmation by e-mail, also.

ENTRY FEE: \$15.00 pre-entry, \$20.00 on Saturday 10/10 No day of race registration. (long sleeve race t-shirt, add \$10.00, also Post Race Party add \$10.00)

GENESEE VALLEY PARK: is located just southwest of the city of Rochester, along the banks of the Genesee River, adjacent to the University of Rochester and just two miles from the Greater Rochester Int'l Airport. The course is an all grass, loop course with rolling hills and two road crossings. Spikes recommended.

AWARDS CEREMONY & POST RACE PARTY: begin at 1:00pm at the Canalside Shelter. At the post-race party, all runners (Open and Masters) and their families will be able to take in the *Stonehurst Capital Collegiate Regatta* on the Genesee River while enjoying a chicken & turkey Bar-B-Q along with two free beverages. The cost is \$10 for adults, \$6 for 18 & under.

ACCOMMODATIONS: The following hotels are recommended and are located within 5 miles of Genesee Valley Park: (prices range from \$72-\$99 mention USATF Masters 5K Race)

Courtyard by Marriot (Brighton)	716-292-1000	Fairfield Inn (Airport)	716-529-5000
Holiday Inn (Airport)	716-328-6000	Holiday Inn South (Holiday)	716-475-1510
Radisson Inn (Airport)	716-475-1910	Additional lodging info: call	800-677-7282

GENESEE VALLEY HARRIERS OPEN 5K RACE: will follow the Masters Championship races and is open to runners of all ages and abilities. The cost is \$10.00 pre and \$15.00 on race day (8-10:30am only). The first 100 entrants will receive a race t-shirt. (USATF membership is not required for the Open race.)