

# NATIONAL MASTERS NEWS

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

277th Issue

September 2001

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## Nationals Draw 811 to Baton Rouge

By JERRY WOJCIK

BATON ROUGE, La. – The 34th annual USATF National Masters Track and Field Championships returned to the Southeast for the second time in three years, this time to Baton Rouge at the LSU Bernie Moore Stadium on July 25-28. In 1999, the Championships were held in Orlando, Fla.

The setting for the 2001 Championships was much the same as it was for Orlando – close on the heels of a WAVA Championships overseas and in a locale that suffers from heat and humidity in the summer – both of which resulted in a low number of participants.

This year, 811 athletes participated in five-year age groups from 30-34 to 85-89. Entrants in Orlando in 1999 were about 900. By contrast, the 2000 Championships in Eugene, Ore., held in August, drew over 1500 athletes.

### Weather

Much was made of the heat and humidity prior to the meet, but not much was said about rain, which hit Baton Rouge late every afternoon with positive and negative effects. It reduced temperatures from the low 90s to the

Continued on page 8



JERRY WOJCIK  
Robert Koontz, 57, #381, edged Courtland Gray, 57, #264, for the M55, 200 championship, with a 93.8% 24.98. Gray ran a 93.2% 25.15. Matthew Pruitt, 56, #554 was third (92.0% 25.29), Edward Jones #356, fourth, and George Lyden #419, fifth.



JERRY WOJCIK

Greg Geraci, M50 double winner in the javelin, National Masters Championships and National Senior Games, Baton Rouge.



JERRY WOJCIK

Sharlet Gilbert, W50 winner of the 400, 800, 1500, and 5000.



JERRY WOJCIK

Sheri Liebschner, winner of the W30 steeplechase (9:47.79)



JERRY WOJCIK

Carol Finsrud, 44, leaves the hammer cage with a fourth gold medal in the throws.



# 2001 USATF NATIONAL MASTERS

## 8km

### CROSS COUNTRY CHAMPIONSHIPS



Sunday, November 4th, 11:00am • Black Creek Park, Rochester, NY

#### USATF NATIONAL MASTERS 8km 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 valid 2001 USATF membership number to participate. USATF registration is available by contacting your local USATF office or you can obtain membership from a USATF representative at registration (\$15.00 for Niagara members, \$20.00 for non-Niagara members). **YOU MAY BE REQUIRED TO DISPLAY YOUR CURRENT USATF CARD AT REGISTRATION IN ORDER TO PICK UP YOUR RACE PACKET.**

**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, 95-99, 100+. Age on race day determines division. The race director may require proof of age, USATF membership and club affiliation.

**AWARDS:** USATF medals to the top 3 in each age group. Ribbons to places 4-10 in each age group. The winner of each age group will also receive a USATF Championship patch. The top 3 Male and Female age-graded performances will receive awards.

**TEAM PRIZE MONEY:** a minimum \$2,600 in **team prize money** will be available. The tentative breakdown:

	1st Place	2nd Place	3rd Place
MEN 40+:	\$450.00	\$150.00	\$100.00
MEN 50+:	\$350.00	\$150.00	\$100.00
MEN 60+:	\$200.00		
MEN 70+:	\$200.00		
WOMEN 40+:	\$450.00	\$150.00	\$100.00
WOMEN 50+:	\$200.00		

#### TIME SCHEDULE

Monday, October 22:	Final date to get special rate at host hotel, the Hampton Inn South.
Tuesday, October 30:	Deadline for entries sent by mail
Saturday, November 3:	12:00-5:00pm: Course tours and late registration at Black Creek Park
Sunday, November 4:	9:00am: Packet pick-up begins 11:00am: National Masters 8km XC Champs. 12:30pm: Awards Ceremony @ Woodside Lodge
Sunday, November 3, 2002:	USATF National Masters 8km Cross Country Championships and the annual Canada vs. USA Masters Challenge @ Black Creek Park, Rochester, NY

#### 2001 USATF NATIONAL MASTERS

##### 8km

#### CROSS COUNTRY CHAMPIONSHIPS

Sunday, November 4th, 11:00am • Black Creek Park, Rochester, NY

#### ENTRY FORM

**WAIVER:** I know that running a cross-country race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or walking in this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Genesee Valley Harriers, the Monroe County Parks Department, the race director, race committee and any and all sponsors and workers from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are non-refundable. I have read the information provided and certify my agreement and compliance with my signature.

SIGNATURE \_\_\_\_\_

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/TOWN \_\_\_\_\_ STATE/PROV \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

PHONE # (DAY) (\_\_\_\_) \_\_\_\_\_ GENDER (circle) M F

AGE ON RACE DAY \_\_\_\_\_ DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_

2001 USATF NUMBER (required) \_\_\_\_\_

EXACT TEAM NAME \_\_\_\_\_ TEAM AGE GROUP \_\_\_\_\_

#### CHECK APPROPRIATE FEES

\_\_\_\_\_ \$20.00 PRE-REGISTRATION

\_\_\_\_\_ \$25.00 LATE REGISTRATION

\_\_\_\_\_ \$10.00 LONG SLEEVE T-SHIRT

Circle SIZE: M L XL

\$ \_\_\_\_\_ TOTAL

MAKE CHECKS PAYABLE TO: Genesee Valley Harriers (GVH) • Mail to: GVH, 160 Laney Road, Rochester, NY 14620-3046  
E-mail inquiries: gvh@frontiernet.net

**OTHER TEAM AWARDS:** USATF medals will be given to the scoring members of the 1st, 2nd & 3rd place teams in each division. USATF Championship patches will be awarded to the scoring members of the winning team in each division.

**ENTRY FEES:** \$20.00 pre-entry, \$25.00 on Saturday, November 3.

**NO RACE DAY REGISTRATION**  
(long sleeve race t-shirts available for an additional \$10.00.)

**ENTRIES:** Will be accepted by mail until Tuesday, October 30. Post-entries will be accepted at Black Creek Park on Saturday, November 3 from 12:00pm-5:00pm. **THERE WILL BE NO RACE DAY REGISTRATION!**

**Confirmation of Entries:** Up-to-date entries will be posted on the Genesee Valley Harriers website at <http://www.gvh.net>.

**TEAM ENTRIES:** Teams must be current members of USA Track & Field and must provide proof to the race director in the form of a USA Track & Field club certificate or letter from their Association. National Clubs and USATF Association teams are not eligible to score in Masters Long Distance Running Team competition. Team members must be able to show that they are duly accredited representatives of a USATF member club. Athletes must indicate **exact** team name on individual entry form. Team age divisions are 40+, 50+, 60+ and 70+ for Men & Women. A maximum of eight (8) declared runners per team. Scoring is done 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 USATF ASSOCIATION TEAM CERTIFICATE.**

**TEAM ENTRY DEADLINE:** Final team declaration forms will accepted up until 5:00pm on Saturday, November 3rd at Black Creek Park. **NO EXCEPTIONS!**

**Course Tours and Packet Pick-Up:** Will be available on Saturday, November 3rd from 12:00pm to 5:00pm at Black Creek Park. On race morning, packet pick-up will begin at 9:00am.

**Awards Ceremony and Post-Race Party:** Will commence immediately following the race on-site in the Woodside Lodge. Lots of food and drink will be provided for all competitors.

**Course Location:** Black Creek Park is located 15 minutes west of downtown Rochester. Use Exit 4 of Route 490. The Park is located one mile South on Rt.259 (Union Street). At 1,505 acres, Black Creek Park is one of Monroe County's largest parks. It includes hiking, bridle and cross country ski trails as well as two ponds, a model airplane field plus picnic and camping areas. Bathrooms and changing facilities are available. No showers. Come dressed to run.

**Course Description:** Course is all grass and wooded trails with 2 challenging hills.

**Host Hotel:** 25 rooms (\$74 double) have been reserved at The Hampton Inn South, 717 East Henrietta Road, Rochester... (716) 272-7800.

**You must call by Monday, Oct. 22 to insure the \$74 rate. Be sure to mention National Masters Cross Country Championships when making reservations.** The Hampton Inn is located just off Exit 16 of Route 390 and is just 15 minutes from Black Creek Park. From the Hampton Inn, take Rt.390 North to Rt.490 West to Exit 4. Black Creek Park is located one mile South on Rt.259 (Union St.).

#### Additional hotels within 15 minutes of Black Creek Park:

Courtyard By Marriot (Brighton)	(716) 292-1000
Holiday Inn (Airport)	(716) 328-6000
Radisson Inn (Airport)	(716) 475-1910
Fairfield Inn (Airport)	(716) 529-5000
Holiday Inn South (Holidome)	(716) 475-1510
Additional lodging info:	(800) 677-7282

CONTENTS

DEPARTMENTS

USATF Officers ..... 3  
 Letters to the Editor ..... 4  
 Ten Years Ago ..... 4  
 Third Wind ..... 6  
 Five Years Ago ..... 6  
 The Foot Beat ..... 8  
 Racewalking ..... 10  
 T&F Report ..... 11  
 On the Run ..... 12  
 The Weight Room ..... 14  
 Rankings Report ..... 14  
 LDR Report ..... 15  
 Twenty Years Ago ..... 15  
 Profile - Willie Banks ..... 16  
 Fifteen Years Ago ..... 16  
 New Age-Group Athletes ..... 16  
 Coaching/Training List ..... 17  
 WMA/USATF Specs ..... 18  
 Masters Scene ..... 19  
 Schedule ..... 20  
 All-American Standards ..... 23  
 Results ..... 24

FEATURES

National T&F Meet ..... 1  
 Max Popper ..... 5  
 Bix 7-Mile ..... 6  
 NSGA/National Senior Games ..... 7  
 Natl. Heptathlon/Decathlon ..... 7  
 National A-G Records ..... 8  
 National T&F Champions ..... 9  
 Highlights of Nationals ..... 10  
 East Regionals ..... 15  
 US-Canada X-C ..... 18  
 World Marathon ..... 18

ENTRY FORMS/RACE & PRODUCT INFO

National 8K X-C ..... 2  
 NMN Subscription Form ..... 4  
 Sri Chinmoy T&F Meet ..... 5  
 The Master Board ..... 7  
 On Track ..... 8  
 Oklahoma City Marathon ..... 11  
 Publications Order Form ..... 13  
 Larry Stuart Javelin Video ..... 14  
 Race Sponsorship ..... 15  
 Ski & Travel ..... 19  
 Age-Graded Tables ..... 34  
 Muscle Marketing ..... 35  
 New Balance ..... 36



# NATIONAL MASTERS NEWS

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**WORLD CHAMPIONSHIPS**

Your 276th issue (would you believe it, more than 23 years of the NMN!) confirms the high and consistent quality of your magazine. You established right from the start the strong character and format of NMN. I don't believe you've ever wavered from the high standard set during all these years. Reporting, preparation and accuracy always unimpeachable, comment carefully considered. NMN has led the masters movement.

In the August issue (Where to Now, WAVA - or WMA?) you weighed in with some strong critical remarks of Brisbane and after, which must be seriously considered by all.

Although I missed Brisbane I am sure your record of the facts is absolutely to be trusted; yet there are one or two of your comments I can't altogether follow. First, there is the problem of costs. Back in 1984, when I was chairman of the British Federation, we put on the European championships at Brighton.

Although it is true that it was only about half the size of Brisbane (some 2500 competitors), we financed the whole thing by a small loan from the governing athletic body. There was virtually no sponsorship and in the end we completely covered our costs.

And what about Gateshead, 1999, which was no lesser an event than Brisbane? I understand from those who ran it, and very effectively according to all, that this event required absolutely nil financing from either the British Federation itself or WAVA. It's hard to understand how Australia could have lost \$250,000 and still be obliged to cut its facilities to the bone.

Nor do I sympathize with your view that Europe has control of the world movement. If you look back on the

world championships so far, you'll have to agree that North America has had its fair share - Toronto, 1975; Puerto Rico, 1983; Eugene, 1989; Buffalo 1995; and Puerto Rico coming up again soon. I believe Europe, too, has had five championships.

It may be that administration by the Europeans at the top is at present overly arrogant. But do you know of a sporting world movement where the president is not autocratic to the point of being dictatorial? I, too, wish there were more democracy.

I wish you another 23 years of successful publishing of the *National Masters News*.

*Sylvester Stein  
London, England*

I was disturbed by your report on the World Championships in Brisbane.

I was very involved with the early days of the Canadian Masters, which was set up by many of the same people - Don Farquharson, Alastair Lynn, and others - who played such leading roles in the world masters movement.

I agreed with their philosophy that masters competition was about individuals competing for the joy of it, and for their own satisfaction - not for their country's. We wore Canadian singlets when participating on a national relay team. Otherwise, we wore what we wanted, which was usually a shirt promoting our local club. If I go to Puerto Rico in 2003, I will defy any "rule" telling me what to wear. In fact, as I hold dual citizenship, what would I wear - a USA outfit one day, Canadian the next?

I was also disturbed by the way in which the location of the 2005 Games was chosen. As a program manager for Sports Canada, I attended an IOC event

in Quebec City in 1990. I did not like what I saw. The "ex-His Excellency" was there, and there were the usual expensive trappings - best hotels, fancy meals, etc. "Debate" was heavily controlled and restricted, especially when the unpopular subject of the parity of women's participation in the Olympic movement was raised.

When my husband read your comments and saw the photo barring admittance to anyone who was not a VIP, he suggested the initials should be VAP - Very Arrogant Persons.

I've been competing in masters track meets for 23 years and I plan to continue for another 23, at least. So I hope others beside myself will regard your article as a "wake up" call. What can be done to let the present leaders of WMA know of our lack of support for their behavior and attitudes?

*Diane Palmason  
Blaine, Washington*

The WAVA Championships in Australia were, to say the least, an eye-opening experience. Not being informed as to what to expect caused confusion among us all.

In an attempt to remedy this situation, I would ask that those who were at Brisbane please write to me and explain problems/oddities which occurred during the course of the competition.

A pamphlet will be prepared to inform the next Team Manager and competitors what to expect at future World Masters Athletics Championships.

This competition is totally different from anything we have experienced in the U.S. Each country has its own idiosyncrasies. Just a few examples of what you can expect at future championships:

- Measuring tapes are not allowed on runways for the long and triple jumps. The runway is marked in meters. How many meters is 94 feet?
- Competitors will be required to wear a USA singlet at all future WMA Championships.
- You can be pulled from a running race for excessive walking - especially in the marathon.
- A 4x400 relay team is placed on the track according to their respective position at the 200 mark. Teams may not move from this position even if their team has gained advantage over other teams. Individuals may not accelerate from outside the passing zone. They



**JERRY WOJCIK**

Bill Borla takes the handoff from Tom Butterfield for the winning M60-69 East team in the 4x800, National Masters Championships, Baton Rouge.

may/may not tell you that you are in the wrong position. You should know.

- Learn how to use the local transportation. Local Organizing Committee transportation could be a big problem: leave you standing because the bus is full or the bus leaves half-full due to indecision by athletes.

- Combined event athletes must attempt to start each event or be disqualified.

- A lack of warm-up areas and, in most cases, warm-up time.

The list goes on and on. Please assist me in making future competitions easier for the next Team Manager and future competitors.

*Don Austin  
San Antonio, Texas*

(Austin was the co-U.S. team manager in Brisbane. his address is on page 3. - Ed.)

I noticed the M45 4x400 results in Brisbane still list the USA as a DQ. We filed a protest in that event and were reinstated.

The awards ceremony was held after everyone had left the stadium. It appears, however, that the results were never corrected. It would be nice if someone, somewhere, would recognize the fact that we actually were silver medalists. At least we know, because we have the medals to show for it.

We were reinstated, by the way, due to the classy act of the German team. They provided a written statement that they had pushed Ed Gonera out of his position in order to get to their exchange. The official had put Ed in lane 5 even though we were clearly in second place all the way. The Germans were in third so a member of their team grabbed Ed and pulled him down inside

Continued on page 5

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CZMZN

**TEN YEARS AGO  
November 1991**

- 5000 Athletes Compete in IX WAVA Championships in Turku
- 102 World T&F Records Set in Finland
- 24th Nationals Draw 800 to Naperville, Ill.
- Senior Sports Classic Lures 755 T&F Athletes to Syracuse

Write On

Continued from page 4

of him so that they could both reach their exchange. The overzealous official immediately DQed Ed.

Immediately after the race, the Germans came to our rescue and claimed responsibility for the situation. The fault, however, in my opinion lay in the hands of the exchange official who incorrectly placed the outgoing runners and walked away from the exchange area.

My thanks go to the honesty of the German team, who could have stayed quiet and received the silver medal, but instead did the right thing and took the responsibility for their part in the situation.

Rick Easley  
Greenville, Texas

NATIONAL SENIOR GAMES

Recently I participated in the National Senior Games in Baton Rouge, and felt this was a first-class sporting event, in spite of the heat.

I was disappointed with my performance in the shot put, throwing my all-time worst. Nevertheless, I was tremendously impressed with my fellow competitors in the M65 bracket and would like to mention that these were as fine a group of gentlemen as one could wish to meet.

Regarding the Celebration of Athletes, this was a most spectacular event, and toward the end I was down on the floor of the coliseum with the rest of the partygoers, dancing and having the time of my life.

This was definitely superior to the fiasco that was held in Orlando two years ago.

Burt Hughes  
Shiremanstown, Pennsylvania

My events in the National Senior Olympics held at LSU in Baton Rouge were the M65 100 and 200. For our competition, there was a fine all-weather outdoor nine-lane track with an additional nine lanes in the center of the complex where the 100 was run. We were not allowed to warm up for our races there.

Instead, all competitors were herded into a crisply air-conditioned indoor field house next door, a facility used for simultaneous competition in shuffleboard and horseshoes with spectators seated on various parts of the track.

We attempted to warm up, waited for lane assignments, and remained there until each of our heats was called, up to two hours later. Inside the temperature was about 70 degrees, outside 90. When called out to run, we could not acclimate ourselves on the outdoor track. I conclude that the organizers do not believe older people (65-95) need to warm up or to stay warm to run their races.

I ran the first of three heats in the first event, the preliminaries of the men's 100. Nine finalists were to be selected based on the fastest times. I finished fifth in my heat, a couple of feet behind number four. The first four runners advanced to the finals, but runners 5-8

had no times and were placed at the end of the slowest runners from all three heats. We were the only competitors with no times.

I thought there was a slight chance I had qualified and, besides, the four NTs should have an opportunity to run again. An official I was sent to confirmed there were no times. After conferring with other officials, he informed me that the "next time they had" was 15.46 seconds, too slow to qualify. I expressed doubt that this was my time, and followed procedure to file a written protest.

My protest was turned down. By now my "official" time had grown to 15.61! We had videotaped the heats, so we timed mine. According to the tape I had finished in 14.40. Just to be nice, an official also timed our tape of the race. He got 14.42, but would do nothing, saying the results would all be posted by Monday. Of course, the 100 meter final was on Sunday.

On Monday, there still were no race times. I waited in the chilly field house for my 200 heat to be called. While I finished this race 12th overall, and thus did not qualify for the finals, I at least had a time.

Tuesday morning I went to the field house and discovered the full results of the 100. All of us NTs now had official times. I had gained back a full second, now 14.51! By a coincidence, I had finished 12th in the 100, as well as the 200!

Thanks, National Senior Olympics and track officials at LSU; glad to know I competed - more or less.

Dan Siegel  
Providence, Rhode Island

JOHN KESTON

Congratulations to John Keston, 72, for his amazing 41:59 10K race at the recent Hayward Classic.

His accomplishment is especially significant to me, having survived a serious bike crash (broken pelvis, ribs, clavicle, and punctured lung) two years ago and now trying to regain my strength and endurance to once again run national-class times.

John is truly an inspiration to all who have suffered such accidents.

Dixon Hemphill  
Fairfax, Virginia

HILL COUNTRY CLASSIC

After some 24 years of holding the Hill Country Classic in Mason, Texas, a remote central Texas town, Lee Graham, the meet director, indicates that this year's meet may have been the last.

"The track and runway surfaces are in really bad condition," he said. "We cannot in clear conscience invite runners to compete on a surface that could cause injuries. There is little doubt that this will be the case if a new surface is not applied before next track season."

He also stated, "To be honest with you, Charles Pluenneke and I are getting in about the same condition as our track facility; unfortunately, it would be harder to put us back into new condition."

These gentlemen and their volunteers (mostly high school coaches) have done a marvelous job and have always run a first-class meet. It would be a shame if

this meet is no longer held, but their situation is certainly understandable. They deserve a big "Thank you" from all who participated in any of their meets.

Jim Gerhardt  
Houston, Texas

KUDOS

Each month I receive more than 10 professional journals, at least a dozen magazines, and several hundred pounds of mail, but nothing comes close to my anticipation of receiving the *National Masters News*. In a town as small as Wilsall, Montana (population almost 100 plus a few cows), everyone knows when the NMN comes in.

I try not to schedule any surgeries or

out calls, because my clients know that is my time to catch up on the track world and find out how my thrower buddies have done.

I compliment the staff on such a fine job of printing a great newspaper that contains so many fine articles and results from all around the world. Your paper has done a remarkable job of representing our masters group and providing a media that binds all of us together.

Almost every month on the fourth or fifth, my clients, friends, and family know nothing will get done until I have read the NMN from front to back.

Thank you for a great job.

Bob Sager  
Wilsall, Montana

Max Popper

Max Popper, who became a celebrity on the New York running scene after taking up running at age 75, died July 1 at age 99. Born in Germany in 1902, Popper came to Philadelphia with his family when he was an infant. They later moved to New York City when he started school.

Popper graduated first in his class from the N.Y.U. School of Engineering, and received the second highest mark on the NYC Civil Service examination. He retired from his job as a municipal engineer at age 75. In

World War II, he served in the Air Force as a lieutenant colonel.

Popper started to run at 75 and joined the Millrose A.A. in 1977 to become one of the top senior runners in the U.S. Popper held several national age-group and single-age records, and still has the M80 25K (2:23:43) and M85 half-marathon (2:26:46) records.

"When you have that running spirit, you look forward to life." Popper said in a 1990 interview. "I firmly believe that I wouldn't have lived as long or as happily as I have without running." □

13th Annual  
**SRI CHINMOY**  
**MASTERS TRACK & FIELD**  
**40 AND OVER**

Sunday, October 21, 2001 CSU Long Beach

<p><b>USATF SANCTIONED</b></p> <p>DATE: Sunday, October 21, 2001</p> <p>LOCATION: California State University (CSU) Long Beach</p> <p>DIRECTIONS: Exit Fwy 405 at Bellflower Blvd. South, east on Atherton, right on Fairwood Dr. (CSULB parking lot); straight ahead to Administration parking lot (don't park at the meters)</p> <p>DIVISION: 5 year age groups</p> <p>FACILITIES: New, 8-lane artificial surface track, 7mm (1/4") spikes, concrete rings</p> <p>ENTRY FEE: First event \$15.00, additional events \$5.00 each. No refunds. Stunning, multi-colored, high-quality t-shirt included. (Availability on race day not guaranteed)</p> <p>DEADLINE: All entries must be postmarked no later than Oct. 12, or phoned-in no later than Oct. 14. Late/day-of-race entries add \$2.00</p> <p>AWARDS: Medals to first three men/women in each event/age group</p> <p>AID: Light refreshments throughout day to all participants</p> <p>ACCOMMODATIONS: GuestHouse Hotel, Long Beach, (special group rate of \$63 plus tax per room), call direct 800-990-9991 for reservations</p> <p>NOTE: 2001 USATF registration required (available at meet for \$15).</p>	<p><b>TRACK EVENTS</b></p> <p>9:30 am 5000m Race Walk</p> <p>10:15 am 80/100/110 Hurdles</p> <p>10:50 am 2000m Steeplechase</p> <p>11:10 am 3000m Steeplechase</p> <p>11:40 am 3000m Run</p> <p>12:10 pm 100m Sprint</p> <p>1:00 pm 800m Run</p> <p>1:20 pm 200m Sprint</p> <p>1:50 pm 1500m Run</p> <p>2:15 pm 300/400 Hurdles</p> <p>2:30 pm 400m Sprint</p> <p>3:00 pm 4 x 100m Team Relay</p> <p><b>FIELD EVENTS</b></p> <p>9:30 am Hammer</p> <p>9:30 am Pole Vault</p> <p>9:45 am Long Jump</p> <p>10:15 am Javelin</p> <p>11:00 am Triple Jump</p> <p>11:00 am Discus</p> <p>11:30 am High Jump</p> <p>1:00 pm Shot Put</p>
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\* Mail Entry To: Sri Chinmoy Marathon Team, 6199 Canterbury Dr. #202, Culver City, CA 90230.  
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ATHLETES WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executor's waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against CSU Long Beach, the Sri Chinmoy Marathon Team, field officials, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_





## Third Wind

By MIKE TYMN

### Whitlock Continues to Amaze

After lowering the 70-74 world records for 5000 and 10,000 meters at the recent WAVA Games in Brisbane, Ed Whitlock now looks ahead to breaking his own 70-74 marathon record in Columbus next month.

"I think I still should have a 2:55 (marathon) in me," Whitlock said after returning to his home in Milton, Ontario, Canada from Brisbane, where he lowered Derek Turnbull's 5000 record from 18:34.61 to 18:33.38 and Warren Utes' 10,000 record from 38:23.69 to 38:04.13.

"The records were somewhat incidental as the races were strategic, particularly the 5000, which wasn't decided until the finishing straight," Whitlock added, referring to his duels with Italian Luciano Acquarone. "I couldn't have gone much more in the 10,000, but I may have been able to run a faster time if the pace had been more even. I ran the first nine laps at an average 94 seconds and the last 16 at 90 seconds per lap. I didn't have any time objectives. I just wanted to win, and considering the way I had been running before the meet I thought that was in real doubt."

In the six weeks before Brisbane, Whitlock trained an average four days a week. In weeks five and six he put in five days and logged in seven hours each week. His speed sessions were generally one hour in length and included a tempo run or intervals taking up to 40 minutes of the hour.

In the Forest City Marathon during May, Whitlock broke John Keston's 70-over marathon record of 3:00:58 with a 3:00:24. However, indications are that he is capable of taking a good five minutes off that time. On tables of comparative performance, his

38:04.13 10,000 in Brisbane is equal to a 2:55:45 marathon. Even more impressive, however, is the 1:22:23 half-marathon record he set in Buffalo during May. It indicates that he was then capable of a 2:52:03 marathon.

#### Oldest to Break 3 Hours

In last year's Columbus Marathon, Whitlock recorded a 2:52:47, making him, at 69 years, 237 days, the oldest person ever to break three hours in the marathon. A loss of one to two minutes to aging over a one-year period makes more sense than a loss of nearly eight minutes.

Even though his half-marathon record ranks higher on the tables than his 10,000 record and his 10,000 record is better than his 5000 record, Whitlock feels that he is more of a miler than a marathoner and for that reason he might have difficulty improving much on his marathon record. "I never really considered myself a marathon runner," Whitlock told me just before his 70th birthday on March 6. "I always thought it was beyond my capabilities. It was a real stretch."

Whitlock holds the Canadian 45-49, 50-54, and 65-69 records for 1500 meters. In 1977, at age 46, he zipped off a 4:06.1 for the metric mile and then in 1982, at age 51, he recorded a 4:15.6. In 1997, at age 65, he clocked 4:46.5. The main reason he has given up the middle distances is a chronic Achilles tendinitis.

"I think I could have done a sub-five for 1500 in Brisbane," Whitlock said, "and if I could have done the appropriate training, quite a bit less than that, but my Achilles would probably object." He mentioned that he did

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#### FIVE YEARS AGO November 1996

- 937 Athletes Set 5 World and 28 U.S. Records at 29th Nationals in Spokane
- Karel Jircik (40, 47:29) and Tatyana Pozdnyakova (40, 52:03) First Masters in Boilermaker 15K
- New Zealand's Lorraine Moller, 41, Becomes Only Woman to Complete All Four Women's Marathons in Atlanta
- Central Park TC Wins Overall Team Title in East Regionals in NYC

a 10:32 for 3000 at a low-key indoor meet last winter with no real speed training. That is equivalent to a 4:55 for 1500 meters.

#### Limited Training

After growing up in the suburbs of London, England, Whitlock competed at London University and won the 1951 3-mile championship with a 14:54.4: His main claim to fame in those years was beating Gordon Pirie, one of England's premier runners of that era in cross-country. Of course, what Whitlock might have done had he known then what he now knows about training is a matter of speculation.

He recalls his training in those days as running "quite hard" 30-40 minutes twice a week and then a race on the weekend. Training was pretty much limited to the cross-country and track season. "I never had any real coaching," he mused. "I obviously needed it, even if it didn't have the expertise of today."

Whitlock feels that regular biking, sometimes as much as 100 miles a day, was a big factor in his modest success during those early years. "It was not recreational," he explained. "It was just a way of getting from here to there. There were very few cars on the roads then, and they were not traveling at the speeds they do now."

#### Back into the Fray

With a degree in mining engineering, Whitlock emigrated to Canada in 1952. He began competing in masters track events at 800 and 1500 at age 41 and in 1979, at age 48, won the 45-49 world championships at 1500 with a 4:09.6. That same year, he did a 2:31:23 marathon in Hanover, Germany.

"There was a long period after I got into my 50s when I was busy with work and didn't do that much running," Whitlock recalled. "It wasn't until after I retired that I got back into it. At first it was mainly road races around Toronto. I didn't start running in the States until three or four years ago."

It was a 55:04 in the Boilermaker 15K last September that really called attention to Whitlock. That put him two seconds over 100 percent on the age-graded tables and was equal to a 41:24 for a 25-year-old man. It also was equal in effort to a 2:45:50

### Kauder, Robertz Blitz Sticky Bix

Back in May, much of downtown Davenport, Iowa, was flooded for most of the month when the Mississippi River overflowed its banks, as it is determined to do from time to time. At the 27th running of the Quad City Times Bix 7 Miler, July 21, it seemed like the streets would be flooded again, although this time from above, as a severe thunderstorm buffeted the Quad Cities less than two hours before race time.

Fortunately, the storm blew through before the start, leaving soggy air but a lingering cloud cover that moderated the high temperatures that had blanketed Davenport for the previous several days.



DOUG SMITH

Ed Whitlock in the 10,000, 14th WAVA World Championships, Brisbane, Australia, leads Luciano Acquarone, Italy.

marathon, which means that even a sub 2:50 in Columbus next month is not out of the question.

But Whitlock is not all that optimistic. He'll be happy with breaking three hours. "I'm not doing very well in my preparation for Columbus, only two half-decent weeks in the past 11," he ended the interview.

"When I ran my half marathon earlier this year, I was in better form than I have been since. I'm still sticking to my opinion that my performance falls off with distances above 15K, relatively speaking, as it does below 1500 meters. I'll try to run 1:29 for the first half and see what happens after that." □

(Mike Tymn can be contacted by e-mail at METGAT@aol.com)

The sticky air kept times slow, but Phil Kauder, Cascade, Iowa, 37:54, and Janet Robertz, 41, Shorewood, Minn., 39:37, took the 40+ titles handily with minute-wide margins. More than 15,000 runners braved the challenging out-and-back route featuring two major hills that must be climbed twice.

In spite of struggling with the terrain and rain, they proved once again that the Bix 7 festival, with its children's events and popular "Quick Bix" shorter race, is a Midwest rite of summer that consistently makes it the top of the "must run" list. □

— from Jim Gerweck  
Running USA Wire

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# 9000 Athletes Compete in 18 Sports in National Senior Games

BATON ROUGE, La. – The 2001 Summer National Senior Games-The Senior Olympics came to an end here July 28, concluding 15 days of competition between many of the country's finest senior athletes.

Nearly 9000 athletes, age-50-and-above, competed in 18 sports which began July 14.

The state of Texas took home the most medals as the athletes from the Longhorn State won 232 overall, including 83 gold, 87 silver and 62 bronze in all sports. The track & field competition at the National Senior Games ran from July 14-21.

There were plenty of new National Senior Games records established,

many multiple medal-winning performances and numerous other highlights during the event. The athletes, representing all 50 states and Canada, were even treated to a Louisiana-flavored festival, the Celebration of Athletes, an opening ceremonies extravaganza held at the midpoint of the Games.

"I think we accomplished what we set out to do," said Bill Bankhead, President and CEO of the Baton Rouge Local Organizing Committee. "The people who visited Baton Rouge the last two weeks left with a smile on their faces. Having our guests leave with a positive impression was very important to our mission."

Among the most impressive per-

formers at the 2001 event was Donald Pellman, an 85-year-old track & field athlete from Mountain Home, Ark. Pellman became a fixture at the top of the awards stand, taking home seven gold medals and one bronze. His victories included U.S. age-group records in the high jump (1.15), long jump (3.08), and javelin (25.59).

Pellman, who didn't become interested in the Senior Olympics until the early 1990s, initially got involved in the event through the encouragement of his son, Ned, a former college decathlete. "I was in pretty poor shape," said Pellman. "As time went on, I got better and better. My wife says I just have good genes. I attribute my success to training and keeping my weight down."

On the women's side, the big medal winner was 54-year-old Georgia resident Phil Raschker. For the second consecutive Summer National Senior Games, Raschker dominated the sprints and also made her presence known in the field events as she captured six golds and a silver.

Eleanor Pease, W90, of Tennessee, broke Bertha Holt's world record of 3:45.62 for the 400 with a 3:43.02, and established two U.S. records. Velma Jacobs, W85, of Wyoming, set U.S. records in the 100 (24.77) and 200 (56.50). Gerald Vaughn, of North Carolina, who has broken the M65 U.S. record in the shot put several times this year, did it again with a 14.25, his best performance for 2001.

The National Senior Games Association (NSGA) which governs the Summer National Senior Games every two years, along with the nation's senior athletes, will now turn their attention to the 2002 Winter National Senior Games/The Senior Olympics. The Winter Games will be held Jan. 4-11, 2002, at Lake Placid, N.Y.

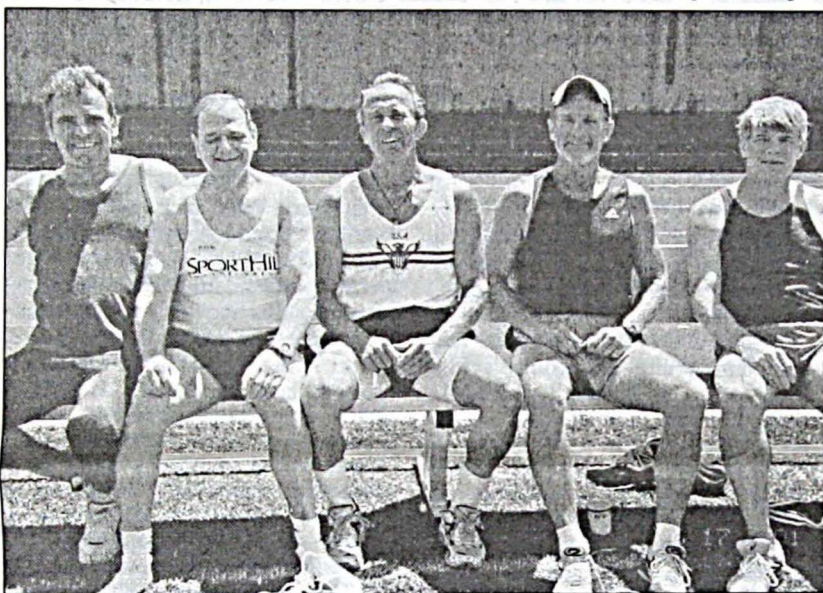
The 2003 Summer Games will be held in the community of Hampton Roads, Va., May 27-June 9.

The NSGA's corporate sponsors are



JERRY WOJCIK

Larry Horne, M70, North Carolina, winner of the shot put, discus, and javelin in the National Senior Games/Senior Olympics, and the shot put and javelin in the National Masters Championships, both held in Baton Rouge.



All five M55 entrants in the 2001 National Masters Decathlon Championships, Tacoma, Wash., (from l): Grant Lamonte, third; Geoff Hughes; Robert Gent; Gordon Reiter, second; and Robert Baker, first (6597).

## Decathletes Break Records in Tacoma

By MARK SALZMAN

The 2001 edition of the USATF Masters Decathlon and Heptathlon Championships were held June 16-17 at Curtis H.S. in Tacoma, Wash. The meet both started and finished on time. June weather in Washington can be unpredictable. Many came expecting to compete in rain and cold, but the weather cooperated with 70-degree temperatures and no rain.

The women's heptathlon field was the largest in many years, with 10 starting and finishing, and produced 12 records. Johnnye Valien, of Calif., was the first U.S. 75-year-old to compete in a heptathlon. All seven of her marks became event age-group records, and her 5172 point total is a world record. Phil Raschker, of Georgia, at age 54, was consistent through all seven events and set an age world record of 5753.

The W40 group was responsible for the rest of the record-breaking heptathlon performances. Veronica Amarasekara, 40, of California, set a U.S. age record of 5126, and a shot put meet record of 9.84. Cathy Cole, 40, Shelton, Wash., set a javelin meet record of 35.47.

The decathlon had a starting field of 35, just one dropping out due to injury. Dan Cole, 54, Olympia, Wash., broke an 18-year-old record for the high jump with a 1.76. Phil Byrne, 60, Charleston, Mass., broke a 20-year-old record for the javelin with a 40.23, helping him score a winning 7141.

Fred Hirsimaki, Findley, Ohio, was the oldest competitor at age 76 and had a respectable performance of 6484.

The M50 group had the largest field with eight, and was won by Alan Russell, Ames, Iowa, with the highest point total of the meet of 7238.

The meet characterized what is good about masters competition. Ron Dyer, a Tacoma area resident, stopped by to watch the event and left amazed. He was particularly impressed with the competitive nature, the intensity of the performances, the sportsmanship displayed, and the camaraderie of the competitors.

Afterward, he said, "These men and women tried their very best to win, but genuinely helped their fellow competitors and hoped they too would do their best." Dyer is now planning to begin training to compete again himself. □

TIME Magazine; Pfizer, Inc.; Wyndham Jade; Buick Park Avenue; LaurusHealth.com; Osteo-Bi-Flex; The Medicine Shoppe Pharmacy System; and Solivita Active Adult Community.

— From Norm Reilly, Manager  
Event Communications, NSGA

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PAGLIANO'S PODIATRIC POINTERS

# The Foot Beat

By JOHN W. PAGLIANO  
D.P.M.

## Exercise and Arthritis

**W**e have often been told that running and walking is bad for our joints, and warned that our backs and knees would become arthritic and painful. Well, this is not the case. A large study out of Dallas, Texas, by J.M. Hootman and colleagues, put 3877 men and 1053 women with no history of osteoarthritis of the knee or hip through a base-line examination. This was initiated in 1977 and then revisited in 1990 and 1995.

Out of that group, 6.6% of women and 7% of men were reported by their physicians to have osteoarthritis of the hip or knee.

During this period of time there was moderate habitual running and walking, and no evidence of an increase in the participants' vulnerability to osteoarthritis. In fact, exercise seemed protective. In the women's group, habitual walkers had 34% lower risk of hip/knee osteoarthritis than sedentary women.

Hootman, et al, also pointed out that the type and amount of physical activity recommended by the Surgeon General is not associated with an increased risk of osteoarthritis. They feel that walking and running is necessary for disease pre-

vention as well as maintaining optimal musculoskeletal health.

As in all studies, one has to wonder at terminology. Self-reported or physician-reported arthritis might be questionable. Also, some arthritis is symptomatic and some asymptomatic. However, it appears that moderate amounts of running and walking, per se, do not harm healthy joints. □

*(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, or e-mail: thefootbeat@aol.com.)*

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JERRY WOJCIK

Masters Athletes of the Year 2000, Phil Raschker, 54, and James Stookey, 71, were presented with plaques by USATF Masters T&F Chair, George Mathews, at the Athletes' Meeting, National Masters Championships, Baton Rouge.

## Nationals in Baton Rouge

Continued from page 1

80s and cooled off the track surface, but resulted in delays. On Wednesday, women pentathlon participants didn't finish until 11:00 p.m.

The rain also forced all pole vault competition and the women's high jump to be held indoors in the nearby air-conditioned fieldhouse, which served as the warm-up track and the staging area for all events. Other events, including the long hurdles and older men's hammer on Saturday, were held in the rain.

### Records

One world and 11 U.S. age-group records were set. Barbara Jordan, 65, of Vermont, broke the W65 record for the 300H with a 64.66 and added the U.S. record for the 80H with an 18.73. The 300H world record is 65.67 by Isabel Hofmeyr; the U.S. 80H record is 19.12 by Johnnye Valien. Jordan's records were the only ones made on the track; the rest were in the field events.

Two potential world record marks by women pole vaulters were negated by Pete Mundle, USATF Masters T&F Records Officer, who stated that record marks made indoors at an outdoor meet are not considered for records. Barbara

Cleveland, W60, had vaulted a 2.50 (WR 2.36) and Johnnye Valien, W75, a 1.70 (WR 1.50).

Vanessa Hilliard, W60, Florida, and Juanita Brookover, W85, North Carolina, were double U.S. record setters. Hilliard increased the discus record, held by Bernice Holland at 27.76, to 29.80, and added a huge amount to the hammer record, held by Carol Young at 35.38, with a 43.54. Brookover broke Betty Jarvis' shot put record of 4.50, with a 5.08, and Jarvis' javelin record of 9.32, with an 11.20.

In 2000 at Eugene, seven world and 22 U.S. marks were set.

### Schedule

The schedule of events for the four days was split between the morning and afternoon to compensate for the heat, favoring the running events. For example on Friday, the field events started with the M75 javelin final at 8:00 a.m. and continued without a break until 6:30 p.m. with the M30-39 javelin finals. The running events started at 7:30 a.m. with the M65-79 10,000 finals and went until 10:40 a.m. with the W50 200 prelim, and resumed at 3:25 p.m. with the 100 M75-89 finals

Continued on page 9

## AGE GROUP RECORDS SET AT 34TH USATF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS, BATON ROUGE, LOUISIANA; JULY 25-28, 2001

### World Records

Event	Age	New Mark	Name	Old Mark	Held By
300H	W65	64.66	Barbara Jordan	65.67	Isabel Hofmeyr

### U.S. Records

Event	Age	New Mark	Name	Old Mark	Held By
80H	W65	18.73	Barbara Jordan	19.12	Johnnye Valien
LJ	W40	5.44m	Veronica Amarasekara	5.19m	Phil Raschker
TJ	M80	8.20m	Tom Kennell	7.15m	Clarence Trahan
TJ	W75	6.30m	Johnnye Valien	6.23m	J. Valien
SP	M65	13.89m	Gerald Vaughn	13.59m	Phil Mulkey
SP	W85	5.08m	Juanita Brookover	4.50m	Betty Jarvis
DT	W60	29.80m	Vanessa Hilliard	27.76m	Bernice Holland
HT	M80	30.37m	Robert Chase	28.74m	Manuel White
HT	W60	43.54m	Vanessa Hilliard	35.38m	Carol Young
JT	W85	11.20m	Juanita Brookover	9.32m	Betty Jarvis
10Krw	W80	1:20:13	Jane Dana	---	---



Nationals

Continued from page 8

and went on to 6:10 p.m. with the 800 W30-39 finals.

Performances

Not surprisingly, athletes from the Sunbelt states like Texas and California did well, as did those from the humid Eastern seaboard. Surprisingly, distance runners from the cooler climes of the Northwest did not wilt. Don McMillan, 60, and Dan McCormack, 62, brought their 800m duels in the Northwest to Baton Rouge, with McMillan, the gold medalist (2:18.80), McCormack, second.

Other first-place Oregonian distance runners included Peggy Neal, 45, 800 and 1500; Chris Yorges, 35, 1500 and steeplechase; David Taylor, 51, steeplechase; and David Harding, 41, 5000. After his race, which started at 8:50 a.m. on Wednesday, Harding said, "I could feel the humidity. It was very hard to run well."

The stars of the meet were Phil Raschker, W50, of Georgia, who won eight gold medals, and James Stookey, M70, of Maryland, winner of seven events. Both lived up to their selections as USATF Masters Athletes of the Year for 2000.

Awards

The award presentations, done soon after the events in most cases, took place inside the track oval in full view of those in attendance and were announced on the public address system. Officials were plentiful, and the Bernie Moore Stadium, with its sprint/hurdle nine-lane track and multiple jump sites inside the oval, is state-of-the-art.

Athletes' Meeting

At the athletes' meeting held at 1:00 p.m. on Friday at the meet headquarters hotel, Sheraton Baton Rouge, attendees were mostly members of the UASTF Masters Committee and officials of the Local Organizing Committee. Jerry Stovall, President



JERRY WOJCIK

Vanessa Hilliard gives her gold medal for the hammer to one of the many Girl Scouts who helped present the awards at the USATF National Masters Championships, Baton Rouge. Hilliard broke the W60 U.S. hammer record with a 43.54.

and CEO of the host Baton Rouge Area Sports Foundation, announced that 200 of the Championships participants were cross-overs from the National Senior Games, held at LSU, July 14-28. Vincent Trinidad, BRASF Director of Events Management, and David Burton, Special Events Coordinator, also spoke, and left the audience with the impression that their organization was interested in hosting other championships, perhaps an indoor meet.

Media Coverage

The Championships shared media

coverage with the National Senior Games held at the same time at LSU facilities. The *Baton Rouge Advocate*, July 25, had a sport section front page lead story on an NSGA California basketball team, with an 8 x 11 photo. Below it was an article on former NFL-great receiver James Lofton's return to track competition and his appearance in the long jump and 200 in the Championships.

The July 28 sports front page had an article on a Senior Olympics W60 runner, Mary Melehan, of Florida, with a large photo. Next to it was a column on

Joy Margerum, a W40 hurdler/sprinter from California, competing at a nationals again after having her second child two years ago. Margerum won the 100 and both hurdles.

One masters athlete said he saw a 15-second clip on local late news television of a masters hurdler identified as competing in the Senior Olympics.

Daily press releases were issued from Baton Rouge by Tom Surber, USATF Media Information Manager.

Announcing

Peter Taylor, the voice of the indoor

Continued on page 12

USATF NATIONAL MASTERS TRACK & FIELD CHAMPIONS • BATON ROUGE, LOUISIANA; JULY 25-28

M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85
100 Prather	Travis	Holloway	Hodge	McCoy	Koontz	Dennis	Williams	Stookey	Carter	Means	
200 Thomas	Berry	Kibort	Hodge	Allie	Koontz	Dennis	Williams	Stookey	Johnson	Means	Malizia
400 Thomas	Berry	Nix	Coenen	Allie	Pruitt	Lida	Haviland	Selby	Johnson	Johnson	Springer
800 Dittmar	Hinkston	Lindsay	Gallegos	Brown	Tucker	McMillan	Haviland	Sutton	Johnson	Tribou	Malizia
1500 VanCleve	Yorges	Ostenberg	Gallegos	Salazar	S Matthes	McCormack	Haviland	Sutton	Osburn	Tribou	Malizia
5000 Dobson	Pope	Harding	Garcia	McCasky		Boria	G Matthes	Smith	Forshee		
10000 Rocha	Pope		Jennings		Pratte	Boria	G Matthes		Forshee		
SH Drummond	Ashford	Grimes	Price	Druckrey	Gray	Pawlik	Butterfield	Stookey			
LH Drummond	Spence	Grimes	Pannell	Druckrey	Gray	Byrne	Butterfield	Stookey			
SC McVeyFinne	Yorges	Brower	McCusker	Taylor	Sweeny	Pelton	Haviland	Daniel	Osburn		
HJ Barr	Rhine	Reese	Pirch	Sauers	Cawley	Perry	Langenfeld	Stookey			Boucke
PV Barr		Brady	Crites	Bard	Johnston	Cannon	Goode	Donley		Yenari	
LJ Jackson	Sampson	Johnson	Lofton	Druckrey	Jones	Byrne	Richard	Stookey		Kennell	Boucke
TJ Jackson	Coushay	Johnson	Lariza	Rockwell	Cawley	Low	Richard	Stookey		Kennell	Springer
SP Adelgren	Thompson	Taylor	Summers	Shiaras	Gage	Cochran	Vaughn	Horine	Simmons	Chapman	Boucke
DT Pratt	Thompson	Taylor	England	Fahey	Gage	Pratt	Palmer	Bolles	Hooker	Kennell	Boucke
HT Barr	Hall	Janusey	Reichard	Edwards	Gage	Hotchkiss	Ward	Baggett	Stein	Chase	Boucke
JT Barr	Hall	Janusey	Watson	Geraci	McNabb	Morris	Russell	Horine	Pistorino	Chapman	Boucke
PENT Barr	Light	Janusey	Jacquet	Acea	Russell	Kroodsm	Byrne	Shipp	Daprano	Carter	
4x100 Texas Track Club		East		East		Una		West			
4x400 FIBO		Una		Louisiana Masters		East		West			
4x800				Mid-America Runners		East		West			
5000RW O'Shaughnessy	McCullough	Craig	Renfroe	Walker	Frale	Johnson	Evans	Starr	Mirm	Geyer	
10KRW	McCullough	Craig	Renfroe	Barranco	Frale	Johnson	McGuire	Starr	Mirm	Geyer	
W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85
100 Ellington	Cress	Margerum	McField	Raschker	Lowenstein	Cleveland	Fitzgerald	O'Leonard	Peterson	Friedman	
200 Bruff	Cress	Sargis	McField	Raschker	Lowenstein	Boerner	Fitzgerald	O'Leonard	Peterson	Friedman	
400 Bruff	Cress	Heil	McField	Gilbert	Lowenstein	Daprano	Fitzgerald	O'Leonard	Peterson		
800 Sargent	Rice	Heil	Neal	Gilbert	Nafel	LaVigne	Fitzgerald	O'Leonard	Doss		
1500 Sargent	Rice	Haney	Neal	Gilbert	Kelley	LaVigne	Melehan	Smith	Doss		
5000	Robertson	Footle	Melanson	Gilbert	Kelley		HodgesHite	Gilmore	Doss		
10000		O'Malley		Eichel	Kelley			Gilmore			
SH		Margerum	Lowery	Raschker	Carter	Sisley	Jordan				
LH Davis		Margerum	Johnson	Clark			Jordan				
SC Liebschner			Johnson								
HJ Martin		Mendenhall	Lowery	Raschker	Douglass	Cleveland	Meiler		Hinton	Friedman	
PV			Johnson	Raschker		Cleveland	Meiler		Valien		
LJ Leslie		Amarasekara	Lowery	Raschker	Vandrcruysn	Cleveland	Jordan		Valien	Friedman	
TJ		Amarasekara	Lowery	Raschker			Jordan	Bortell	Valien		
SP	Judge	Finsrud	Welding	Towey	Perry	Hilliard	Messner	Bortell	Hinton	Gradick	Brookover
DT	Goldberg	Finsrud	Welding	Hartzler	Hess	Hilliard	Messner	Bortell	Hinton	Gradick	Brookover
HT	Goldberg	Finsrud	Welding	Towey	Hess	Hilliard	Messner		Norckauer	Friedman	
JT	NolenMack	Finsrud	Welding	Tucker	Douglass	Sisley	Messner	Bortell	Valien	Gradick	Brookover
PENT		Amarasekara	Johnson	Raschker	Carter		Meiler		Valien		
4x100 West											
4x400		So Calif TC				So Calif TC					
4x800		So Calif TC									
5000RW	Tenan	Herazo	Simonds	Eichel	Frale	Sinkovec	Elliott	Hamilton	Gordon	Dana	
10KRW	Tenan	Herazo	Simonds	Johnson	Frale	KaneGreiss	Elliott	Elkins	Gordon	Dana	



# Masters Racewalking

By ELAINE WARD

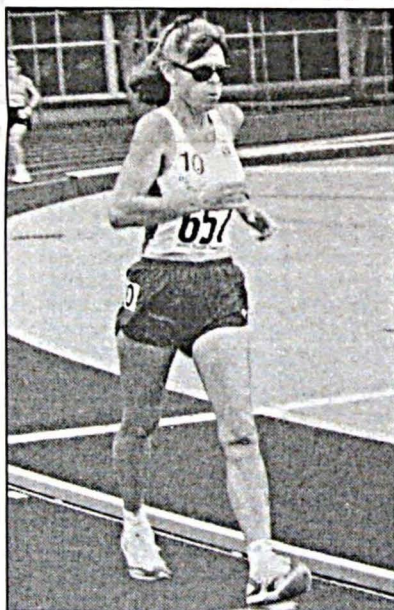
## U.S. Walkers Overcome Jetlag to Race in Brisbane

Following are comments by athletes participating in the walks at the XIV WAVA Games in Brisbane, Australia. The 5K walks were held on July 4 and 5. The Women's 10K and Men's 20K walks were held on July 13.

### Did the time difference between the U.S. and Australia bother you?

**Lee Chase (W40):** I booked my flight to Brisbane 10 days before my first race. I tend to need more time than most to get adjusted and being there early really helped.

**Mike Blanchard (M40):** I don't have difficulty adjusting to time zone changes because I start to adjust prior to leaving. Calculating the time difference between Colorado and Australia, I stayed up till about 2 a.m. and got up around 9 a.m. On the plane I went to sleep based on the time in Brisbane. I left Denver at 9 p.m.,



JERRY WOJCIK

Rita Sinkovec, W60 winner (31:53.53), 5000 racewalk, 2001 USATF National Masters Championships, Baton Rouge, La.

### WAVA RACEWALK STATISTICS

#### USA Placements:

Gold: Men 1, Women 3  
Silver: Men 3, Women 7  
Bronze: Men 4, Women 3  
Fourth: Men 2, Women 6  
Fifth: Men 1, Women 5  
Sixth: Men 2, Women 6

#### 5K Finishers:

USA: Men 30, Women 39  
Canada: Men 2, Women 10  
20K Finishers (Men):  
USA 25, Canada 2  
10K Finishers (Women):  
USA 36, Canada 9

arrived in Brisbane around 9 a.m., and stayed up the rest of the day without taking a nap. I competed two days later on the 4th.

**Carol Bertino (W50):** We left about five days before our 5K. I was glad to have that time to adjust, but three days would probably have been enough.

**Rita Sinkovec (W60):** This was my first major international competition involving a significant time change. I arrived in Brisbane two weeks prior to WAVA, hoping to fully adjust. However, while traveling by car and sightseeing, it was difficult to stick to a balanced diet and follow my coach's training schedule. I had to be quite creative to train on a small coral island on the Great Barrier Reef, in the middle of a rainforest, and in the mountains.

**Shirley Dockstader (W65) and Ed Lane (M65):** We only had one day between our arrival in Brisbane and Ed's 5K on the 4th and Shirley's 5K on the 5th, but it wasn't a problem. We attribute that to taking the homeopathic remedy, "No Jet Lag," during our flight. We also took it on our return with the same good results.

**Bob Mimm (M75):** I usually arrive early. This year I went to Sydney first for three days. In retrospect, it would have been better to go after the races. I arrived in Brisbane the day before the 5K and had to do a lot of walking to get registered in the meet and in my hotel. It was very tiring.

**What were the highlights of your races?**

**Cheryl Rellinger (W35):** Winning! Winning the 5K, and not knowing it when I crossed the finish line. A week of tourism between the 5K and 10K races was not best for an optimal 10K. I went out at a pace I should have been able to handle, but perhaps the hilly course and the heat took their toll and I slowed. (Cheryl won a gold in the 5K and silver in the 10K. - ew)

**Lee Chase (W40):** I had a great experience in the 5K. My plan was to start in the back, do even splits and not care where I came in, so I was thrilled to come in sixth.

In the 10K, I teamed up with Sandy DeNoon and we dropped down to the W35 to race with Cheryl Rellinger. (One can drop down to a younger age division to form a team, but not move up to an



JERRY WOJCIK

Charles Allie, winning the M50 200 in the rain with an age-graded 96.5% 23.60, National Masters Championships, Baton Rouge. Stan Druckrey #192, was second (24.39); Marion McCoy #451, was third (24.40).

## Highlights of the Nationals

By JERRY WOJCIK

Following are some of the top performers, by division, at the USATF National Masters Championships in Baton Rouge:

**M30:** Robert Thomas, IN, rolled to wins in the 200 (22.13) and 400 (49.10). James Barr, VA, took the pentathlon gold medal on the first day, and followed with golds in the HJ and JT. Don Drummmon, CA, flew to firsts in the SH and LH.

**M35:** Kettrell Berry, 38, CA, captured titles in the 200 (22.28, A-G 91.9%) and 400 (48.99, 92.9%). David Ashford, 38, IL, topped the short hurdlers with a 96.8% 14.04 in the 110. Chris Yorges, 35, OR, won his sixth straight title in the 3000SC and took the 1500. Brian Pope, MS, nabbed both 5000 and 10,000 firsts. Glenn Thompson, PA, flung to firsts in the SP and DT. Stephen McCullough, CT, racewalked to 5000 and 10K wins.

**M40:** Mark Kibort, 40, CA, finished 6th of 19 in the 200m prelims, but won (22.80 to 22.81) in a squeaker final from 100 winner Derek Holloway, 40, CT, both at 91.1%. Sunder Nix, 40, IND, ran a 92.2% 50.03 to take the 400. Many-time national champion Peter Grimes, 42, CA, won the 110H (15.17, 92.8%) and was best A-G in the 400H (55.43, 93.2%). Michael Janusey, PA, overcame a large field of 10 in the pentathlon with 3407 points.

**M45:** Neville Hodge, 45, MD, won the 100 in a 96.3% 11.09 from Thomas Jones, MD (11.52) and Robert Bowen, WV (11.77), and a highlighted 200 featuring Jones (22.93) and former pro-footballer and long jumper James Lofton, TX (23.07), with a 95.6% 22.50. Steve Gallegos, CO, won the 800 and the 1500. Stacey Price, NM, took the SH in a 93.5% 15.79.

**M50:** Charles Allie, 53, PA, was the sprint standout with a second in the 100 to Marion McCoy, and wins in the 200 (23.60, 96.5%) over Stan Druckrey, WI, and the 400 (54.58, 92.7%) over Alston Brown. But, Druckrey was Mr. Versatile in this group with golds in the 100H (14.98, 92.2%), 400H, and LJ. Trail runner Dave Taylor, 51, OR, made his championships debut in the SC with a win. James Sauer, 53, GA, leaped to the HJ win over Milan Jamrich, TX, with fewer misses at 1.75. Greg Geraci, NJ, outdistanced all of the meet's javelinists with a 56.66.

**M55:** Lots of multiple winners in this group. Tom Gage, MT, dominated the throws with three firsts, including a 95.3% 54.03 HT under less than favorable wet conditions. Robert Koontz, 57, DC, outran

Courtland Gray in the 100 (12.38, 93.4%) and 200 (24.98, 93.8%), but Gray blasted to wins in the 100H (16.34) and 400H (65.74). James Cawley, TX, soared to firsts in the HJ and TJ. Fellow Texan, Norman Frable, doubled in the RWs.

**M60:** Southern California's Ken Dennis, 64, nearing Grand Old Man of Sprinting status, won the 100 with a sensational 12.55 (96.9%) and 200 (26.52, 93.4%). Phil Byrne, MA, came back from a severe ankle sprain in Brisbane to win the pentathlon, LH, and LJ. Amazing Bill Borla, 61, CT, posted the best performances in the 5000 (17:36.90, 90.7%) and 10,000 (37:27.25, 88.3%). John Pelton, VT, in his first SC ever, won in 8:06.33. Richard Cochran, MO, won the SP (13.70) but lost the DT to Larry Pratt, DE, 53.05 to 52.17.

**M65:** Gerald Vaughn, M65, hit a U.S. SP record 13.89. Lloyd Williams, NY, turned in winning times in the 100 (13.66, 91.3%) and 200 (28.06, 90.7%). Frank Haviland, 66, took home to NJ three gold medals in the 400, 800 (2:28.93, 90.7%), and 1500. Other double winners were George Mathes, CO, 5000 and 10,000; Tom Butterfield, CT, in both hurdles; and Charlie Richard, LA, in the LJ and TJ.

**M70:** James Stookey, MD, won his usual seven events in the sprints, hurdles, and jumps. Guest competitor from Canada, Earl Fee, 72, was first in his specialties. Jim Sutton, PA, was second to Fee in the 800 but won the 1500 (5:22.64, 89.0%). Larry Horne, 70, NC, won the shot with a 93.0% 13.73 and the javelin. The West quartets won all three relays.

**M75:** Harold Johnson, CA, claimed titles in the 200, 400, and 800. Jim Forshee, MI, motored to wins in the 5000 (23:02.40) and 10,000. Bill Osburn, MD, doubled in the 1500 and 2000SC. Jacob Stein, KY, had the Ripley's Believe It or Not mark of the meet with a 77-7 at age 77 in the HT. Bob Mimm, NJ, strutted to both RW firsts.

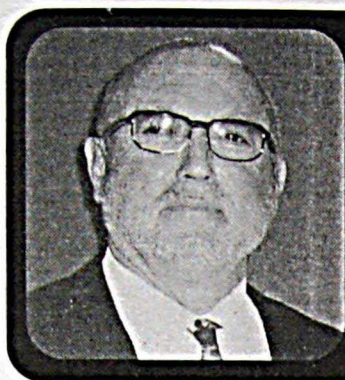
**M80:** Tom Kennell, 80, FL, bounced to a U.S. record 8.20 in the TJ. Robert Chase, 80, ME, hammered out a U.S. record 30.37. Two-timers were John Means, OH, 100 and 200; Bill Tribou, CT, 800 and 1500; and Leo Chapman, KS, SP and JT.

**M85:** Robert Boucke, 87, CA, raked in six titles. San Fernando Valley boy, Vincent Malizia, 86, registered wins in the 200, 800, and 1500.

**W30:** Dionne Bruff, TX, scampered to firsts in the 200 (26.56) and 400 (59.69). Devon Joan Sargent, NY, sped to golds in the

Continued on page 11

Continued on page 19



# T&F Report

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

## USA Shows Its Colors in Brisbane

**W**hat a great opportunity the USA athletes had in Brisbane to show the world how proud we are of our country. Unfortunately, not all of us took advantage of this opportunity. I had my singlets, but not my full uniform. My poor excuse was that I didn't like the feel of the garments. Shame on me!

The U.S. came in third in an informal poll of the worst-dressed teams in the opening ceremony. I have to take some responsibility for this. Your U.S. delegates, by consensus, voted in the WAVA General Assembly to require national identifying singlets at least, by ALL competitors, in ALL competitions. It

passed! Hurrah! Our country's colors are not yellow.

Maybe the Masters Committee wants to pass a rule that all athletes must wear a USA uniform when marching at international competitions. Some of the countries looked spiffy because their countries gave them the uniforms. I will

present a proposal to Craig Masback to see if this may be possible from our NGB.

One great highlight of the General Assembly meeting was Rex Harvey's election, by a wide margin, as Vice-President Stadia. Congratulations, Rex! He will really help in our international relations. We are greatly misunderstood by the international community.

The "lowlight" of the Assembly was Sacramento losing its bid for the 2005 Championships by a considerable margin. It made no difference that Sacramento had the best bid and presentation over Helsinki and San Sebastian, Spain. John McCassey and the Sacramento team, as well as Bill Roe, our USATF president, did the best possible job. They even had a letter from the top man in the White House supporting their bid.

The U.S. delegation made a motion to allow 10 minutes for questions and answers of the bidding cities. No one would second the motion and the voting commenced. Sacramento came in third. What a shame! Especially since Sacramento was the only city to show it

had experience running a masters meet. Thank you, Sacramento. I hope you will consider bidding for 2007. Maybe it will be our turn. Or, will it be Malaysia's turn? I think we were beaten by "The United Countries of Europe."

I want to thank the Masters Committee for allowing your delegates to vote "United," as a bloc. We looked good most of the time.

Finally, you're no longer a veteran. WAVA is now World Masters Athletics. This is definitely better, but is it too close to "World Masters Games?" We will find out when the two competitions come up against each other in 2005 and 2007.

G'day Mates! □



**SUZIE HESS**  
Phil Raschker, W50 eight-time gold medalist at the 2001 National Masters Championships, Baton Rouge, high jumping indoors at the outdoors.

## Highlights of the Nationals

Continued from page 10

800 (2:20.55) and 1500. Sheri Liebschner, OH, debuted in the SC with a win.

**W35:** Barbara Cress, NC, bolted to sprints in the 100, 200, and 400 (61.59). Donna Rice, OK, prevailed in the 800 (2:24.90) and 1500. Elana Goldberg, KS, won the DT and HT.

**W40:** This group could beat a lot of college teams. Carol Finsrud, TX, carried her domination in the throws from Brisbane to Baton Rouge, winning all four throws. Veronica Amarasekara, CA, started off with the pentathlon win and proceeded to golds in the LJ (U.S. record 5.44) and TJ (10.87). Joy Margerum, 40, CA, returned to competition after several years away, with victories in the

100 and her specialties, the 80H (12.76, 84.45) and 400H (69.56). Diane Heil, CA, took the 400 and 800 (2:24.59, 86.1%). Martha Mendenhall, WA, was top high jumper with an 87.0% 1.55 indoors at the outdoors. Victoria Herazo, NV, again scored two RW firsts.

**W45:** Another Brisbane returnee, Ruth Welding, IL, was the master of the throws with four firsts. Linda Lowery, GA, won the 80H and three of the jumps. Liz Johnson, NC, saved enough energy after her pentathlon first to win three more gold medals. Denise McField, MO, breezed to sprint golds in the 100 (13.19), 200 (26.69), and 400 (62.30), all at the A-G 86+% level. Oregonian Peggy Neal survived the heat to win the 800 (2:27.48, 85.0%) and 1500.

**W50:** Phil Raschker, GA, at the top of her age group at 54 and nursing a sore Achilles, nevertheless won eight decisive gold medals, from the pentathlon to the sprints, hurdles, and all four jumps. Sharlet Gilbert, CA, who entered seven events, took firsts in four: 400, 800 (2:34.69, 85.6%), 1500, and 5000. Mary Towey, OH, won the SP and HT. Hillen Stubendorff, 52, MD, was the fastest woman in the 2000SC with an 8:51.12.

**W55:** Nadine Lowenstein, 56, NY, hastened to three wins in the 100, 200 (30.54, 86.0%), and 400. Alicia Kelley, FL, overcame conditions to win the 1500, 5000, and 10,000. Kathy Frable, TX, got golds in both walks.

**W60:** Barbara Cleveland, 61, FL, was a four-time winner, in the 100, HJ, LJ, and PV, the last with a 2.50, bettering the WR of 2.36, unfortunately indoors. Vanessa Hilliard, 60, FL, held court in the throws, winning the SP, DT (U.S. record 29.80), and HT with a 100+% 43.54 U.S. record. Yvette LaVigne, CA, had to beat tough opponents in the 800 and 1500 to win. Becky Sisley, OR, hurdled and threw the javelin to victories.

**W65:** Barbara Jordan, 65, VT, broke the 300H WR with a 64.66 and the U.S. 80H with an 18.73. Marilyn Fitzgerald, 66, VA, won all four events she entered, the 100 (16.04, 87.4%), 200, 400, and 800. Erika Messner, 65, FL, ruled the throws with four wins. Flo Meiler, 67, VT, returned after a pentathlon win to take the HJ (1.10) and PV.

**W70:** Sumi Onodera Leonard, CA, cruised to four wins in the three sprints and 800. Gloria Bortell, 70, FL, took the top spot on the award stand four times, for three

Continued on page 13



JERRY WOJCIK

Barbara Cress, W35 winner in the 100, 200, and 400, National Masters Championships, Baton Rouge.



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## On The Run

By HAL HIGDON

### Old Slow Folk Down Under

Waiting at the finish line of the marathon at the World Veterans Championships in Brisbane, Australia, was a photographer for *The Sunday Mail* and a TV crew from Channel 9 of that city. Younger and faster runners had finished several hours earlier, but the local media wanted only me. My time? Five hours plus; hardly an impressive performance even among Old Slow Folk Down Under.

Thus the conundrum of masters athletics: The media at all levels of competition is less interested in performance than it is in "stories." Up close and personal. Marion Jones' time in hundredths of a second for the 100 meters ranks lower on their interest charts than the fact that she just divorced her husband.

My story? In Brisbane, I was running the second of my 7 marathons in 7 months to celebrate my 70th birthday and help raise \$700,000 for 7 separate charities. That story proved infinitely more interesting to Brisbane's local media than the fact that some Australian bloke had run 2:30 to finish first overall. The TV crew stumbled onto the story by accident. They were nosing around the finish line looking for up-close-and-personals and spotted the *Mail* photographer waiting with my wife Rose and friend Walt McConnell for me to finish.

#### Media Pitch

The *Mail* photographer was only there because Rebecca Hill, who handles publicity for The Alzheimer's Association, had pitched 7-7-70 to his newspaper. Alzheimer's is the charity I ran for in Brisbane. Alzheimer's Disease is a problem that affects older people. Yes, you and me! It is a progressive, degenerative disease of the brain, and the most common form of dementia. Approximately 4 million Americans have Alzheimer's Disease.

In a national survey, 19 million Americans said they had a family member with Alzheimer's Disease, and 37 million said they knew someone with that disease. That last group probably includes almost everyone who is a subscriber to *National Masters News*.

Rose and Walt looked concerned, because on a warm day on a hilly course I was taking longer than predicted. "Here he comes!" announced Walt, but it was someone else instead. The TV crew ably documented the disappointment on their faces.

Then I appeared in my U.S.A. uniform smiling and shamelessly waving my cap as I crossed the line. TV audiences love disaster turned into triumph. My 7-7-70 bite made the 6:00 news. The TV crew also stayed long enough to capture the final finisher: a 70-year-

old woman from India, who took more than 8 hours to finish. Sorry fans of fast runners; up-close-and-personal wins again.

#### Lucky Thirteen

This was my thirteenth trip to the World Veterans Championships. One focus of my life during the last quarter century has been this athletics meeting for older runners, held every other year in different parts of the world.

That there exists a world track & field championships for older runners is due to the vision of David H. R. Pain, who was an attorney in San Diego when he started jogging in his mid-40s. Missing the competition he once found in handball, Pain convinced a local promoter to add a "master's mile" for runners his age in an open track meet.

Eventually he founded a unique track meet for older runners. In 1972, Pain took a group of masters runners to a series of meets in Europe, which laid the groundwork for the first World Veterans Athletics Championships in Toronto, Canada in 1975. I ran in that first World Vets in Toronto, winning the M40 3000 meter steeplechase in 9:18.6, still the American masters record, a time that would have been good enough for a silver medal in Brisbane a quarter century after I ran it.

#### Stories vs. Times

But fast times such as that don't always interest reporters. Other than my 7-7-70 Quest, the story that grabbed the media's attention most in Brisbane was that of Australian Leslie Amey, age 101, who ran the 1500 meters in 19:59.54.

No surprise that he won his age group. Amey is the first documented centurion to compete at the World Vets. Photographers also loved Mexican Rosari Iglesias Rocha, age 90, who donned a sombrero after running the 800 meters in 6:59.18.

How do those performances compare with high-schooler Allan Webb's 3:53 time for the mile this spring? Age-group charts do permit comparisons, but the media doesn't want to hear about it.

#### Fast Performances

For those of you who do care, one of the best achievements at Brisbane was Chantal Dallenbach of France, age 38,

who won the 5000 in 16:25.55, 10,000 in 34:39.50, 2000 steeplechase in 6:51.97, and the 8K cross-country. Dallenbach won gold medals, not real gold as she might at a Grand Prix meet.

Not all the fastest Old Folk traveled Down Under. Dallenbach might not have won that many gold medals had same-age American Regina Jacobs decided to show in Brisbane. (Jacobs ran near-15 for 5000 this summer at the USATF Championships, after winning the 800 and 1500.)

#### Professionals Stay Away

And Johnny Gray's time of 1:48 at age 40 this year is certainly better than the 1:52.46, Ireland's Colm Rafferty ran winning the 800 at the World Vets. Pay-for-pay runners like Jacobs and Gray are rarely attracted to pay-their-way competition. Arnold Palmer and Jack Nicklaus don't compete in senior golf events without compensation either.

The media, thus, might be pardoned its lack of interest in pure performance by Old Slow Folks, but sadly it often extends to all levels of the track & field sport.

At a meeting of the World Association of Veteran Athletes held

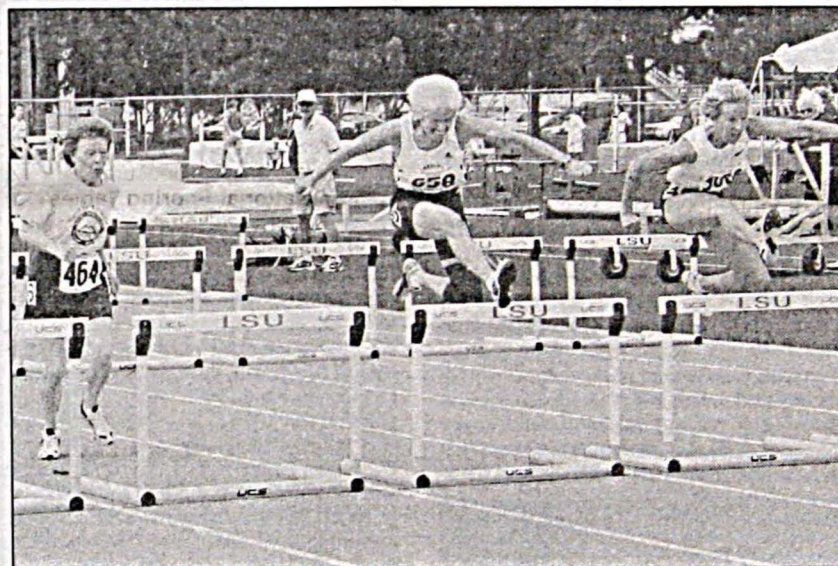
midway through the championships, WAVA sought to improve its marketability by voting a name change to World Masters Athletics (WMA).

Left in place was the seemingly discriminatory rule that sets 35 as the age women become "masters," while men have to wait until turning 40. Try explaining that to the press or, through them, to the public.

It seems unlikely that the now renamed "World Masters Athletics Championships" will become a truly professional event that would attract major sponsors and large numbers of spectators to its next gathering in Carolina, Puerto Rico, in July, 2003.

Live TV? Forget it! Track meets for younger and faster people have a hard enough time doing that. In the meantime, there's still a place for a few of us Slow Old Folks to grab glory by having a story. □

(Hal Higdon is a Senior Writer for *Runner's World*. To learn more about his plan to run 7 marathons in 7 months to celebrate his 70th birthday and help raise \$700,000 for 7 separate charities, visit his Web site: [www.halhigdon.com](http://www.halhigdon.com).)



JERRY WOJCIK  
Barbara Jordan (far right) broke the W65 world record for the 80H with an 18.73 in a mixed age-group race, National Masters Championships, Baton Rouge. Becky Sisley (c) won the W60 title; Flo Meiler was second W65.

### Nationals in Baton Rouge

Continued from page 9

championships in Boston for the last several years, did all of the announcing for the four days, and even squeezed in some award presentation announcements.

The traditional Age-Graded Race of Champions 100m was not on the schedule.

#### Overall Good Report

Athletes were generally satisfied with the meet, despite early problems with hotel-to-track shuttle transportation, and disappointment that the promised music and dancing at the Cajun Bayou "Fais-Do-Do" dinner on Friday evening didn't materialize.

Alan Russell, M50 pentathlon winner from Iowa, probably reflects the

attitude held by athletes, "Yes, the weather was sort of unfortunate, but I had a generally favorable impression of the meet. For example, we did our M50 pentathlon long jump with thunder and steady rain, but the officials working that event maintained their good humor throughout the deluge and ran the event as efficiently as possible under difficult circumstances. Nevertheless, I can't help but think what a really splendid location Baton Rouge would be to hold the National Masters Indoor Championships in the future."

The 35th annual USATF National Masters Championships will be held at the University of Maine, Orono, Aug. 8-11, 2002, the site of the 1998 Championships. □



JERRY WOJCIK

David Taylor, winner of the M50 steeplechase (11:05.09) at the water jump, National Masters Championships, Baton Rouge.

### Highlights of Nationals

Continued from page 11

throw wins and a TJ gold.

**W75:** Johnnye Valien, 76, CA, continued her Brisbane streak with a U.S. TJ record (6.30), and four more wins, including an indoor/outdoor PV of 1.70 and an outstanding pentathlon score of 3671. Pat Peterson, NY, another Brisbane veteran, scorched the track in the 100 (18.07, 86.0%), 200, and 400. Lillian Doss, TX, won three distance races. Versatile Margaret Hinton, TX, jumped and threw to three golds.

**W80:** Diane Friedman, OH, entered nine events, and left Bernie Moore Stadium with five golds. Katharine Gradick, FL, is a three-time national champion in the throws. Olga Kotelko, 82, of Canada, was first in several of the events. Jane Dana, 80, CA, established a U.S. record in the 10K RW of 1:20:13.

**W85:** Juanita Brookover, 86, NC, broke U.S. records in the SP (5.08) and JT (11.20). □



JERRY WOJCIK

Jeff Brower, M40 pentathlete, hits the sand in the long jump, the first event in the pentathlon, National Masters Championships, Baton Rouge.

## PUBLICATIONS ORDER FORM

### Masters Age Records (2001 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2000. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

### Masters Track & Field Rankings (2000)

Men's and women's 2000 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

### McMahon Family Trust Masters Track & Field Indoor Rankings (2001)

Indoor rankings for 2000. 4 pages. \$1.50.

### Masters Age-Graded Tables

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

### Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of August 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$2.00.

### Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of July 20, 2000 (world) and December 3, 2000 (USA). 4 pages. \$1.50.

### Competition Rules for Athletics (2001 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

### USATF Directory (2000/2001)

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.

### USATF Governance Handbook (2001)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.

### International Scoring Tables

Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: pentathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, weightlifting, and triathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4 1/2 x 6). \$12.00.

### Masters Racewalking

Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.

### USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.

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### 2001 Road Race Management Directory

Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.

### Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.

### Masters Track and Field: A History, by Leonard Olson

Olson, a masters competitor since 1970, traces the development of masters t&f from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the personalities and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. \$65.

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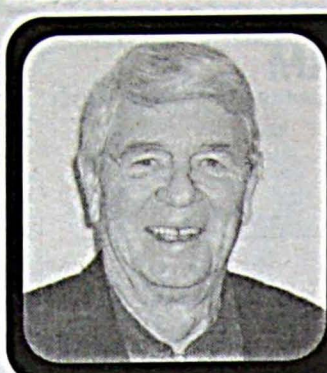
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## The Weight Room

By JERRY WOJCIK

### Where Do We Go from Here?

A drop in the number of participants from previous National Championships and less than favorable weather didn't deter throwers at Baton Rouge. Of course, throwers who showed up could take an attempt, head for some shade, and sip liquids before their next turn, something those in the 5000 and 10,000 couldn't do.

In the shot put, Gerald Vaughn, 65, North Carolina, set an AR 13.89, and Montanan Tom Gage, 58, perhaps acclimated since he's been working in Louisiana, won with a 14.51, both at an age-graded international-class 94.4%. Another Tarheel, Larry Horine, 70, won the SP with a 93.0% 13.73 and the javelin with a 40.54.

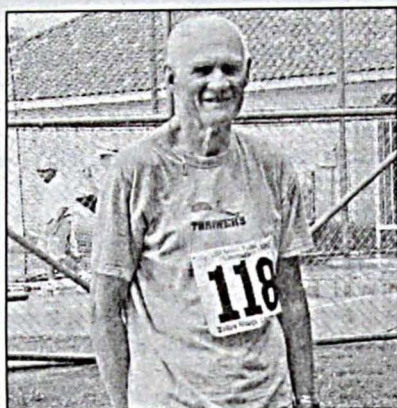
Gage also took the discus and hammer (54.03, 95.3%). Wendell Palmer, 69, Texas, was the top dog in the discus (48.31, 92.3%). Delmon McNabb, 55, Louisiana, stabbed javelin honors with an 89.3% 54.66.

#### Throwers Stand Out

Six of the 11 U.S. age-group records were by throwers. Bob Chase, 80, Maine, who recently took up the hammer after a 60-year layoff, fought off a "no-no" implement and a steady rain to break the M80 U.S. record with a 30.37/99-7. Chase's own hammer had been approved by the weights and measures crew, but after one throw of over 100-0, the field officials declared his hammer illegal. The rest of his attempts were with other hammers, but he failed to hit 100-0 again.

Vanessa Hilliard, 60, Florida, destroyed the W60 U.S. hammer record of 35.38 with a 43.54, a 100+% performance, and broke the discus record with a 29.80. Juanita Brookover, 86, North Carolina, hit W85 records in the shot (5.08) and javelin (11.20).

Three women captured all four golds



SUZY HESS

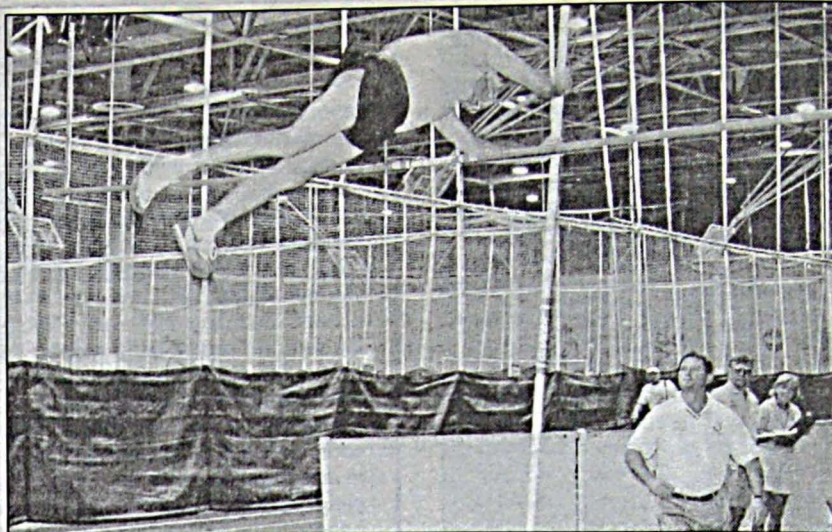
Bob Chase broke the M80 U.S. hammer record with a 30.37, National Masters Championships, Baton Rouge.

in the throws: Carol Finsrud, W40, Texas, Ruth Welding, W45, Illinois, and Erika Messner, 65, Florida.

#### Absence of the Younger Set

There has never been an excess of age-30-39 athletes at the nationals. This year, their absence was particularly noticeable. Not one W30-34 champion was crowned in the throws (also true of the W35 jumps). The first championship in the hammer didn't happen until M45.

You'd think that the younger athletes wouldn't have been as influenced by the pre-championships hoopla made of the weather in Baton Rouge; perhaps they were more reluctant to cope with



JERRY WOJCIK

John Diggs, M65 vaulter, clears the bar indoors at the National Masters Championships, Baton Rouge.

the weather than the more experienced old-timers were.

A few participants noted that some of the past champions and top throwers were among the missing. True, but I've noticed in masters meets that when the winner isn't a given before the event starts, there is a greater sense of competition and even an atmosphere of play and fun, elements that appear to be diminishing in our Nationals.

#### Crossover Hopes

Speaking of fun and games, unless I'm mistaken, one of the selling factors of scheduling the National Masters Championships with or close to the NSGA/Senior Olympics in Baton Rouge was that athletes from both meets would commingle, get to know one another, and, as a result, develop an understanding of both programs that would lead to greater crossover participation, or some such.

By the time the Nationals entrants got there on July 24th, the NSG track & field people had pulled up stakes after the last event on the 21st, except for a

couple of hundred who stayed for the Masters Championships, according to the Baton Rouge LOC. Most of those who double-dipped were already experienced masters. Unless both meets had been scheduled for the LSU track at the same time (an impossibility), how could it have been otherwise?

#### Potential Participants

I think it would pay off for us to make inroads into the NSG attendees. They have to qualify for their biennial meet, we don't. Their entry fee was much higher than that for the Nationals. It was just as hot, or hotter from what I heard, at the NSG as it was during the Nationals. Why, then, did they have 18 W55 shot putters at the NSG, and we had one W55 at the Nationals? There were 19 M70 shot putters at the NSG; we had five. Horine was the M70 winner in both meets, with a 13.60 at the NSG and a 13.73 at the Nationals.

I can't be the only one who sees the potential in those numbers, but so far, we masters haven't done much to capitalize on it. □

## Rankings Report for September

By JERRY WOJCIK  
USATF Masters T&F Rankings  
Coordinator

The rankers for the 2001 outdoor season are listed below. If your best marks have not appeared in the results sections by the January 2002 issue, send them with verification (name of meet, date, site, director's name, etc.) to the appropriate compilers. The deadline for submissions to the compilers is Jan. 31, 2002.

100, 200, 4x100, 4x400 - Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

400 - Ruth BreMiller, 590 W 29th Ave., Eugene, OR 97405; e-mail: brem@oregon.uoregon.edu

800, 1500 - Erich Reed, 2359 Columbia, Eugene, OR 97403; e-mail: erichreed@yahoo.com

Short hurdles, long hurdles, steeplechase, 5000 - David Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117; e-mail: deom@jps.net

High jump, pole vault - Joy McDonald, 6721 NE 21st Road, Ft.

Lauderdale, FL 33308; e-mail: FTLREDSKIN

Long jump, triple jump, shot put, discus - James Gerhardt, 834 Thornvine Lane., Houston, TX 77079.

Javelin - Tom Allison, 4925 Hunters Glen Dr., Eugene, OR 97405.

Mile, 3000, 10,000, hammer, weight, superweight - Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com

Combined events - Alan Russell, 1713 Amherst Dr., Ames, IA 50014; e-mail: russell@iastate.edu.

#### Corrections

2000 M70 Javelin: The correct spelling of the 4th ranked thrower is Allan Trefry, not Allen.

2001 Indoor W50 400: Elizabeth Riordan should have been ranked 2nd with a 67.51 instead of 4th with a 69.11.

2001 Indoor W70 Racewalk: Terry Hamilton was mistakenly placed in the M70 3000 racewalk rankings in the July issue. She should be ranked second with a 22:55.4 in the W70 division. □

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## LDR Report

By CAROLE LANGENBACH

### Opinions Sought on Cross-Country Rules

As many of you are aware, a Cross-Country Council was formed last December when USATF's reorganization plans took effect. As the Masters LDR representative to the new council, I am encouraging athletes to contact me with concerns and opinions regarding our national masters cross-country championships (see p. 3 for my e-mail and home addresses).

In a report issued after the council met in Eugene in June, I summarized plans for masters events to be included with the currently-held fall and winter senior (open) cross-country championships. Masters have already been included over the past few years, and we want policies in place to ensure masters participation. These ideas will be voted on when the Masters LDR Committee meets at the USATF Annual Meeting in Mobile, Ala., Nov. 28-Dec. 1.

#### Fall/Winter Races

It is my recommendation that a 10K masters (40+) race be offered at the fall

event (where teams from the associations compete) and that a 6K masters race be offered at the winter event (where the shoe company teams compete). Keep in mind that masters LDR championships do not allow "national (shoe company) teams."

Race directors would be expected to follow masters LDR championship guidelines and rules of competition. By reserving these two distances with the open events, the Masters LDR Committee would be free to award cross-country championships at other popular distances, specifically 5K and

### East Regionals Draw 290

By JANE DODS

Over 290 athletes entered the USATF East Regional Masters Championships at Springfield College, Springfield, Mass., Aug. 11-12. Rain prior to the meet and a nearby highway accident that caused two-hour delays resulted in a few dozen no-shows, but conditions were decent for the most part. Impressive marks were sprinkled



JERRY WOJCIK  
Anselm LeBourne, 41, winner (4:26.3) of the 2000 NYRRC Fifth Avenue Masters M40-59 Mile. The 2001 race is scheduled for Sept. 29.

throughout the competition.

John Brooks, M45 (11.90/23.67) and Rich Lapp, M50 (12.38/24.81), doubled in the sprints, with Larry Colbert, M60 (13.12/26.74/59.62) taking the triple crown in his division. In the women's competition, Audrey Lary, W65 (16.12/34.41) grabbed a sprint double. Lary also won the long (3.39) and triple jumps (7.54).

Alston Brown, M50, took charge of the 800 (2:05.28) and the 1500 (4:24.19). Kristine Ross, W35, topped her division in the 1500 (4:58.48).

Darnell Gatling, M40, circled the track in 55.66 to win the long hurdles, with Irene Thompson, W45, charging down the straightaway in 13.65 to capture the short hurdles.

Standouts in the jumps included Russ Bosback, M40, who won the high jump with a 1.65 leap, and James Stookey, M50, who crossed over the bar at 1.25.

In the throws, Oneitheia Lewis, W40, won the shot put (13.89), the discus (41.65), and the hammer (45.48). Glen Johnson, M60, dominated his competition with golds in the shot put (15.39) and discus (54.26). Anders Halvorsen, M30, uncorked a 64.11 javelin toss to convincingly take the gold in his division.

Finally, both the M30 4x100 and 4x400 relays were won by Aura (47.42/3:34.98).

The meet was hosted by the USATF New England Association and will be held next year in July, three to four weeks before the National Championships in Orono, Me. □



Shore AC W40-49 4x400 at the Penn Relays (from l): Susan Ardito, Christine Murphy, Lois Eder, and Jane Erbe. This was Shore AC's first ever women's team at Penn.

8K, which would not be linked to open events.

Someone suggested to me that masters cross-country scoring be changed from "total time" of scoring runners to "points by finish place," the traditional method used for cross-country scoring. I have always preferred using the times of the runners because that way a team member's actual performance is the factor, not how far back he/she may be pushed by the opposing teams' declared members.

#### Scoring Rules

In M60+ teams and all masters women's teams, a total of eight runners can be declared while only the top three score. The "place scoring" rule states, "Non-scoring declared members of complete teams shall retain their finishing positions and thereby displace other runners." If we changed to "place scoring" the teams which could run eight athletes, those teams would definitely have an advantage over those with only three, no matter how well the three actually ran.

I would welcome any input on this topic, even though rules of competition will not be considered at this year's annual meeting. The Executive Committee of Masters LDR will meet at the Twin Cities Marathon in October. It's not too early to consider any rule

changes for the following year.

One other consideration for masters cross-country is the concept of charging a team fee. Several teams came up to me after the awards ceremony at last February's winter nationals in Vancouver, Wash., to ask for medals for their team's non-scoring runners. Most events simply can't afford all the extra medals this would require. Would teams object to an additional fee? □

### TWENTY YEARS AGO November 1981

- 14th Nationals Draw 500 to Los Gatos, Calif.
- Vicki Bigelow (W45, 18:14.0) and Jaclyn Caselli (W60, 23:19.2) Establish 5000 WRs in West Regionals
- Herb Lorenz, 42, Breaks 10K AR with a Sizzling 30:41.50
- Ray Hatton, 49, Sets 3000 AR (9:02.95) in Mt. Hood All-Comers Meet

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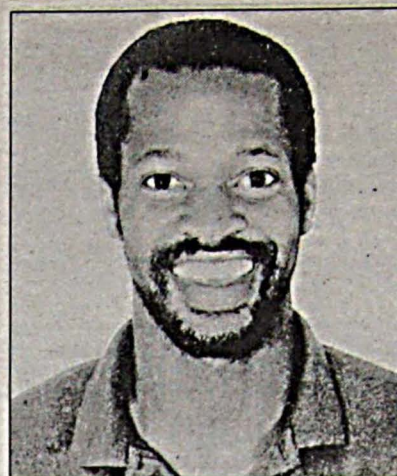
## Willie Banks Leaps into the Limelight

By KEN STONE

Nine years after retiring from international track, Willie Banks made quick work of the world outdoor M45

triple jump record June 30 in his masters track debut.

Banks, who turned 45 in March, blasted a 47-8/16 on his first legal leap



Willie Banks

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, SEPT. 2001

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
KATHRYN SOKOLL (ORLANDO, FL)	9-1-56	45-49
ROSITA PIRHOFFER (ITA)	9-2-56	45-49
PETA BIRD (AUS)	9-3-56	45-49
RINA KRUGER (RSA)	9-8-56	45-49
SYDNEY MARIE (US)	9-9-56	45-49
KEITH MCLANNAN (GBR)	9-14-56	45-49
YANNICK GACON (FRA)	9-19-56	45-49
JOHN KONINGH (NEWPORT BCH, CA)	9-24-56	45-49
GILLIAN CASTKA (HKG)	9-24-56	45-49
ATSUKO FUJIKAWA (JPN)	9-28-56	45-49
HENDRINA VAN HEERDEN (RSA)	9-28-56	45-49
RICHARD MCMULLEN (PENSACOLA, NJ)	9-4-51	50-54
DORIS MANDL (AUT)	9-12-51	50-54
TIM WALTERS (US)	9-24-51	50-54
PENNY FORSTER-GILKEY (ROGUE RIVER, OR)	9-25-51	50-54
HEATHER M. IHNTIV (AUS)	9-28-51	50-54
KATHRYN MARTIN (CAN-NORTHPORT, NY)	9-30-51	50-54
ANNE RODEN (GBR)	9-10-46	55-59
HANNELORE SCHENK (GER)	9-17-46	55-59
NIKOLAI KOSYRENKO (RUS)	9-22-46	55-59
MARGARET ANNE BEACHAM (GBR)	9-28-46	55-59
MARGARET NUTTALL (GBR)	9-29-46	55-59
CHIEKO NAKAMURA (JPN)	9-2-41	60-64
ALLA KOLESNIKOVA (RUS)	9-2-41	60-64
INGO PEYKER (AUT)	9-8-41	60-64
JAMES F O'NEILL (GBR)	9-11-41	60-64
JACK KARBENS (HONOLULU, HI)	9-12-41	60-64
BARBARA STEWART (MARIETTA, GA)	9-17-41	60-64
TYRONE NELSON (DIXON, CA)	9-20-41	60-64
JACKIE CHARLES (GBR)	9-29-41	60-64
HORST MEYER (CA)	9-5-36	65-69
THERESE DEGHILAGE (BEL)	9-7-36	65-69
MARGARET BETZ (CONKLIN, NY)	9-12-36	65-69
GEORGE SCOTT (NZ-LONG BEACH, CA)	9-14-36	65-69
ALMETA PARISH (SAN FRANCISCO, CA)	9-15-36	65-69
JEANNE DAPRANO (ATLANTA, GA)	9-16-36	65-69
WILFRIED CHIAU (BEL)	9-17-36	65-69
MARIA ZAHN (GER)	9-17-36	65-69
AL OERTER (FORT MEYERS, FL)	9-19-36	65-69
DIANE BROMSTEAD (SAN JOSE, CA)	9-20-36	65-69
IRA DAVIS (PHILADELPHIA, PA)	9-25-36	65-69
TOM WOODRING (SANTA BARBARA, CA)	9-25-36	65-69
CHIEKO YOSHIDA (JPN)	9-25-36	65-69
LOUISE TRICARD (COCOA BCH, NY)	9-26-36	65-69
SALLY RUSBY (HORSEHEADS, NY)	9-26-36	65-69
KEN BAKER (RIDGEWOOD, NJ)	9-28-36	65-69
RICHARD LEE (EUGENE, OR)	9-30-36	65-69
ANNA CHATRINE RUHLÖW (GER)	9-30-36	65-69
JIM HERSHBERGER (WICHITA, KS)	9-2-31	70-74
TERRENCE KILMARTIN (GB)	9-10-31	70-74
JERRY SMARTT (WESTMINSTER, CA)	9-11-31	70-74
HERM WYATT (LOS GATOS, CA)	9-13-31	70-74
COLLEEN BRUNNER (NZL)	9-14-31	70-74
RUTH BAUMAN (GER)	9-15-31	70-74
D. E. S. CROOK (GB)	9-17-31	70-74
VIRGINIA LUCAS (US)	9-19-31	70-74
CLARENCE TRINKNER (JAMESVILLE, WI)	9-24-31	70-74
DAVE DOUGLASS (CULVER CITY, CA)	9-28-31	70-74
WALTER HUTCHINS (PHILADELPHIA)	9-29-31	70-74
ARTHUR TAYLOR (CANADA)	9-1-26	75-79
MARGARET MACKINNON (AUS)	9-2-26	75-79
IRENE KIEL (GER)	9-14-26	75-79
ADELE MILICEVIK (CAN-SCOTTSDALE, AZ)	9-21-26	75-79
BOYCE JACOBS (RENO, NV)	9-24-26	75-79
ANDREW SEMPLE (AUS)	9-29-26	75-79
DEWEY VROOM (WHITTIER, CA)	9-29-26	75-79
JUNE BARNES (WESTERVILLE, OH)	9-1-21	80-84
FRED NORRIS (GB)	9-4-21	80-84
WILLIAM WINSLOW (DAYTON, OH)	9-11-21	80-84
HILDE JOECKLE (GER)	9-12-21	80-84
WALTER SCHREIBER (WG)	9-12-21	80-84
ED KEYSAR (SHERMAN OAKS, CA)	9-17-21	80-84
HARRIET SARGENT (JENNINGS, MO)	9-27-21	80-84
LIESEL SCHEPE (GER)	9-7-16	85-89
TAKESHI YABE (JPN)	9-8-16	85-89
GRACE LABELLE (MN)	9-0-11	90-94
DON HUMMEL (CANTON, OH)	9-8-11	90-94
ZEKI TAMER (CINCINNATI, OH)	9-15-11	90-94
JOHN DICK (HAYWARD, CA)	9-18-11	90-94
VERA WISCHMANN (GER)	9-20-11	90-94
ART VESCO (SAN MARINO, CA)	9-27-11	90-94
IVY GRANSTROM (CAN)	9-28-11	90-94
PAUL NARCESSIAN (WARWICK, RI)	9-30-11	90-94
BIRGIT NYHED (SWE)	9-30-11	90-94
ALEXANDER PITTENDRICH (AUS)	9-13-6	95+
KUMAZO KASHIWADA (JPN)	9-20-6	95+
FRANKLIN PENNOCK (SAN JOSE, CA)	9-27-1	95+

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

approach instead of the 150-foot approach of his youth.

He says he now weighs 194 pounds - well off his 166 during his WR days. "I've lost 6 pounds in two weeks," said Banks, a Japanese-fluent lawyer with a sports consulting business, who helped Osaka in its failed bid to host the 2008 Olympics. "If I lose another 14 pounds, I could probably jump over 50 feet."

An intermediate goal would be to beat the best M45 indoor triple jump ever - 48-7/16 by fellow UCLA alum, Milan Tiff, in 1995. A witness to Banks' record jump in San Diego was Arnie Robinson, the 1976 Olympic long jump champion who is recovering from severe injuries after his car was broadsided by a wrong-way driver in August 2000.

"I think it's great," Robinson said. "It's one of the most wonderful things I've seen since my accident." Few people in the stands were aware that the man in the yellow shorts and T-shirt was a National Track and Field Hall of Famer.

Now a volunteer jumps coach at La Costa Canyon High School in Carlsbad, where he lives, Banks confessed, "Always the first meet is kind of scary. I want to go over 50 feet, but I'm going to have to have competition."

Banks has undergone surgery to repair his legs, but he put competition on the back burner after his last meet in September 1992 - in Japan, where between 1989 and 1992 he was a professor at a Japanese college, teaching law and sports.

In 1992-93, he worked for Southern California Electric Co., and in 1994 he was deputy venue director of the World Cup soccer tournament. He parlayed that job into one as director of athlete services for the Atlanta Olympic Games (from 1994 to 1996). Since then, he's owned his own company, done sports consulting - and advised Stockholm and Osaka on their Olympic bids.

But those roles receded into the background June 30, when Banks took his baby steps back into track with a foot-long improvement of the world M45 record. Relaxing on the grass after his efforts, Banks was approached by an official bearing his prize - a small gold medal hanging from a short ribbon.

Handed the hardware, Banks read aloud to himself its inscription. "Hey, San Diego champion," he said with genuine excitement. "I am the man now. This is so cool!" □

## DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue. Send to: *National Masters News*, P.O. Box 50098, Eugene OR 97405

at the San Diego Association USATF Open and Masters Championships at UC San Diego to shatter a mark set only three weeks earlier by Dave Quick at a USATF tune-up meet at Long Beach State University. In that meet, Quick topped by two inches the 14-year-old world mark of 46-6/16 set by Finland's Stig Backlund.

As fate would have it, a man raking the pit for Quick was William Augustus Banks III - who held the open world record of 58-11 for 10 years. Infected by Quick's excitement at beating the world record, Banks decided to train for a masters comeback. So wearing the same adidas spikes he used in triple-jumping a monster wind-aided 59-8 at the Indianapolis Olympic Trials in 1988, Banks took first among five competitors in San Diego, including an 18-year-old.

The effort was little noticed by the small crowd in the concrete bleachers on the opposite side of the track - but it gained the attention of American track's governing body in Indianapolis, which named him USATF Athlete of the Week on July 3.

USATF media staffer Tom Surber said Banks thus became the first over-40 athlete ever accorded USATF's weekly honor. His best jump - at 14.55 meters - is worth nearly 55-4 when age-graded. He used a 117-foot

## FIFTEEN YEARS AGO November 1986

- 19th Nationals Draw 761 to New York City
- Canadian Chris McCubbins (30:49) and England's Priscilla Welch (34:27) Finish as Top Masters in Asbury Park 10K
- Boo Morcom Sets M65 PV WR (12-4 1/2) in Brown University Meet
- Rex Harvey, 40, Wins National Decathlon with 6262 Points



## MASTERS COACHING/TRAINING

On this page is a list of masters coaching groups throughout the USA. Sites and individuals listed offer a variety of different programs. Some are free, others require a membership or training fee.

Some are informal gatherings in a supportive group without a professional coach. Often, an individual offers to serve as a leader

without professing any coaching qualifications. Some coaches are very experienced, with Olympic level athletics to their credit. Most programs focus on specific or select-

ed events/distances, which is noted on the chart. Interested athletes should contact the named individuals at the listed phone numbers. □

Name/Organization	Location/Site	Events	Contact	Name/Organization	Location/Site	Events	Contact
Progressive Training Team	U. of South Florida Tampa, FL	LD	C-Dror Vaknin 813-971-7627	Ink Runs Ltd.	Greensboro, NC	LD/SF	C-Terry VanNatta 336-275-8464 inkruns@usa.net
AT&T/Lucent NJ Runners	Bernards HS or Morristown HS 5:30 p.m. Hunterdon Central Reg. HS; Flemington, NJ	S	Joe Hehn 908-782-8287 (H) 908-221-7270 (W)	Dixon Hemphill	Fairfax, VA	MD, LD	703-250-9277
Terry Jessup	Dallas-S.M.U.	MD, LD	C-214-526-5318	Jerry Hiatt	Seabreeze HS, Daytona Beach, FL Tuesdays A.M.	MD, LD	Jerry Hiatt/904-255-1279 donna@totcon.com
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493	The "Fast Program"	Boca Raton, FL	S, MD, LD	Bill Welle, Site Director 561-977-9824 fax 561-368-1090 www.FastProgram.com
Robert Vaughn	Dallas-S.M.U.	MD, LD	C-214-820-7800	San Diego Panthers TC	San Diego, CA	T, F	James King/Randy Thompson 619-475-5252
Kyle Heffner	McKinney, TX	MD, LD	C-972-562-2776	Mark Miller	Ruidoso, New Mexico	S, LJ, TJ	Mark Miller 505-258-3921 helishot@trailnet.com
Leo Davis	West LA College, Culver City, CA	S, H	C-Leo 909-595-9674	Training Mng. Systems	Los Gatos, CA	TH	Lad Pataki 1-800-553-2188 science@patakitms.com
Ross Dunton, SCS	1520 Woodstock Drive Sevierville, TN 37862	S, F, MD, LD	C-Ross Dunton 865-774-0023 coachr880@worldnet.att.net	Mike DeWitt	Parkside Athletic Club Mike DeWitt	RW	Mike DeWitt 414-551-0142
Fred Husted, Riverside TC	Riverside, CA	S, PV, F	C-Fred 909-369-0761	Ken Grace	Chabot College, Hayward, CA		Ken Grace 510-723-6662
George Mehale	CSU-Long Beach, CA	S, MD, S, F	C-George 310-498-8405	Upper States Athletics	West Jordan, UT	S, F, LD	Van Phillips 801-963-8386 usaelite1@earthlink.net
Dave Rodda	CSU-Long Beach, CA	S, F, MD, TH	C-Dave 310-866-9771 x2400 (work)	Gamespeed	Brentwood, CA	S	Aaron Thigpen 925-513-8676
Laszlo Tabori SFV TC	Mon, Wed, Sat - Culver City Tu, TH - Burbank, CA	MD, LD	C-Laszlo, 818-556-1563 (work)	Gulf Coast Racewalkers	Dade City, FL	RW	Susan Heft 352-567-0855
Wilbur "Moose" Thompson	Long Beach, CA	TH	C-Moose 310-596-0360	Club Vault	Beaverton, OR		Jerry Cash 503-524-5078
Elaine Ward	Pasadena, CA	RW	C-818-577-2264	American Walking Assoc.	Boulder, CO	RW	Viisha Sedlak 303-938-9531 viisha@americanwalk.org
Pat Connelly	Birmingham H.S.-Tue Santa Monica HS - Wed	MD, LD	C-818-994-0682 (home)	American Walking Assoc.	St. George, UT	RW	Sharon Conland 435-688-1438 sconlan@redrock.net
Hawaii Masters TC	U of Hawaii-Manoa Sunday - 9 a.m.-11 a.m.	S, TH, F	C	American Walking Assoc.	Cardiff, CA	RW	Claudia Lane 760-944-9213 claudialw@aol.com
Club West	Santa Barbara CC Santa Barbara, CA	MD, LD	C-Drew Sutcliffe 805-687-7863	American Walking Assoc.	Highland, IL	RW	Laurie Plochier/Kathy Southwick 618-654-3981
St. Louis Masters	Parkway South HS	S, MD, LD, J, F, H	L-Gordon Reiter 314-230-9120	American Walking Assoc.	Bluebell, PA	RW	Tami Zylka 215-641-4658
J. "Moose" Miller	Southington, CT	TH	C-860-621-3128	American Walking Assoc.	Thunder Bay, ONT, Canada	RW	Karl Dahl/807-344-9807 kdahl@baynet.net
Powerline Sports	YMCA-Central El Paso, TX	MD, LD, S, F	C-David Jackson 915-533-3941	Team David	Eugene, OR	LD	Dave McJunkin 541-343-6468
John Tansley	Canyon Del Oro H.S., Tucson, AZ	TH, J	C-520-825-2595	Bob Williams	Portland, OR	MD, LD	Bob Williams 503-643-6184 bobw@pacethyself.com
So. Cal Track Club	Mission Viejo, CA Trabuco Hills H.S.	S, MD, LD, TH, F	C-Mark Cleary 714-589-0242	Miami Valley TC	Yellow Springs, OH	All Events	C-Vince Peters 937-767-7424 mv_tc@erinet.com
River City Track Club	Sacramento, CA	T&F	C-Mike Holzgang 916-489-7881	Gamespeed	Brentwood, CA	S	C-Aaron Thigpen 925-513-8676
Tom Craig	Oakland, CA	MD	C-510-633-1161	"The Track Junkie"	Los Angeles, CA	S	C-Eugene Driver 323-758-6543
Personal Best Program	Reston, VA	LD	703-742-7856 Dr. Ron Kulik; Dr. Neil McLaughlin	Points in Motion	Upper Montclair, NJ	MD	C-Joel Pasternack 973-773-2082 joelrun@aol.com
Eugene RC	Multiple Sites - Eugene, OR	MD, LD	Cathie Twomey Bellamy/541-343-4841	West Penn TC	Pittsburg, PA	T&F, LD	Anthony Boerio GoDeacs86@aol.com
Racewalking	Kentfield, CA	RW	C-Jack Bray 415-461-6843	Wings of Moon TC	Pittsburg, PA	RW	Mary Fowler GoDeacs86@aol.com
SBA	Santa Barbara, CA	MD, LD	C-Jim Triplett 805-967-1986	Performax	Canton, MA	S, J	John Oleski 781-575-0255 617-489-9028 jperformax@earthlink.net
Elmer Haynes	Sacramento, CA	All Events	916-845-3080	Neil Schuster	Milwaukee, WI	T&F, LD	C-414-962-6610
Bob Schul Racing Team	Dayton, Ohio	MD, LD	Bob Schul 937-293-7935	PR Racing Team	Lewiston, ME	S, LD	Scott Brown 207-782-0688 runscott@aol.com
Ladislav Filip	Eugene, OR	Gen. Fitness	C-Ladislav 541-687-1262	All American Coaching	Marblehead, MA	S, MD, LD	C.W. Newhall 781-639-4346 coachnewhall@yahoo.com
MC 2 Athletics	Trinity College, Hartford, CT Wed., 4-6 p.m./Sun., 8-10 a.m.	S, MD, LD	C-Sam McClendon 860-985-1170	Team Raven	New Orleans, LA	S, MD, LD	Raven Bailey 504-835-7554
Cal Coast Track Club	Irvine, CA	LD, MD, S	C-Bill Sumner Rick Herr 949-476-7076	All American Coaching	Marblehead, MA	T&F, LDR	WF Newhall 781-639-4346 coachnewhall@yahoo.com
Young At Heart Racing	Colorado Springs, CO	MD, LD	C-Craig Young 719-630-8197 cyoung@aol.com				
Tim Graf Graf Speed Enhancement	Joliet Jr. College Fri. 4:30 p.m., Joliet, IL	S	Tim Graf tygraf@msn.com				
Ric Rojas Running	Boulder, CO	LD	Ric Rojas 303-444-7276 ricrojas@aol.com www.ricrojasrunning.com				
Judy Heller	Portland, OR	RW	C-Judy Heller 503-282-1677 eroft@aol.com				
Paul Anthony-Schmitz	940 Rutland Dr. #306 Lincoln, NE 68512	MD, LD	C-Paul Anthony-Schmitz 402-423-6895				
Desert Valley Rockets Cathedral City, CA	Cathedral City HS	All T&F	C-Sam Jackson 760-770-0100 #102 pager 833-3420				
Western PA Track Club	Moon Township HS Pittsburgh, PA	S, MD, LD	C-Anthony Boerio 412-734-1091				
Tony Carter	Clearwater, FL	S, F	C-Tony Carter 727-804-2825				

C=Coach; L=Led by experienced athlete or volunteer of informal group; S=sprints (100-400m); MD=middle distance (800-5K); LD=long distance (5K-marathon); TH=throws; J=javelin; F=field events; H=hurdles. NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that's training together, informally or formally, send the info to NMN, P.O. Box 50098, Eugene OR 97405 or e-mail to natmanews@aol.com

## U.S. vs. Canada Cross-Country Challenge

By CAROLE LANGENBACH

This year's annual U.S. vs. Canada Masters Cross-Country Challenge will be hosted by the Canadians at Mundy Park in Coquitlam, British Columbia, on Sept. 15. Tentatively, the women are scheduled to run a 5K and the men an 8K.

The Challenge began in 1977 in Toronto and has been held every year except last year when race founder, Don Farquharson, passed away. The Americans and Canadians take turns hosting the event, and it moves from

coast to coast. In a unique scoring procedure designed to reward the country with the most and best runners, the winning country takes home the perpetual Fleischmann Cup to keep for one year.

Because this is an international competition, W35-39 are included in the masters women's division, while men must be 40 and over to compete. After the race, runners are invited to a social gathering to congratulate the winners and celebrate the friendship between the two countries.

Over the years, the Canadians have taken home the trophy more times than have the Americans. A key factor is a good turnout of runners, regardless of speed. In five-year age divisions, a country without runners is penalized by having to add points, so let's not let the Canadians win by default! Contact me (p. 3) in the U.S. for entry information. □

### Need Back Issues?

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National Masters News  
P.O. Box 50098, Eugene, OR 97405

### WMA/USATF Hurdles and Implements Specifications

#### HURDLES

##### WOMEN

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"				
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
50-59	300m	.686m 27"				
60+	300m	.686m 27"				

##### MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49						
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"				
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"				
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"				

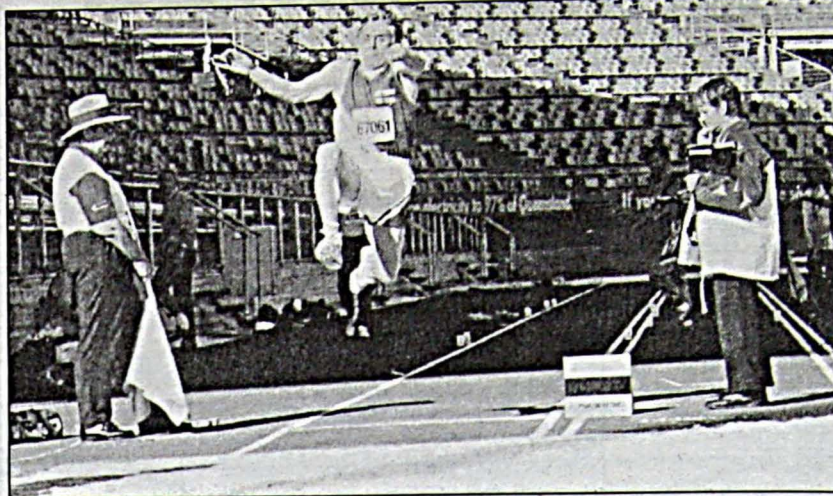
#### IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
USATF						
<b>Women</b>						
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.*	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	25#
<b>Men</b>						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.*	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.*	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.*	12#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
WMA weights are used for USATF weight pentathlons.

Note: The 50m, 55m, and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.

\* New 1999 IAAF specifications.



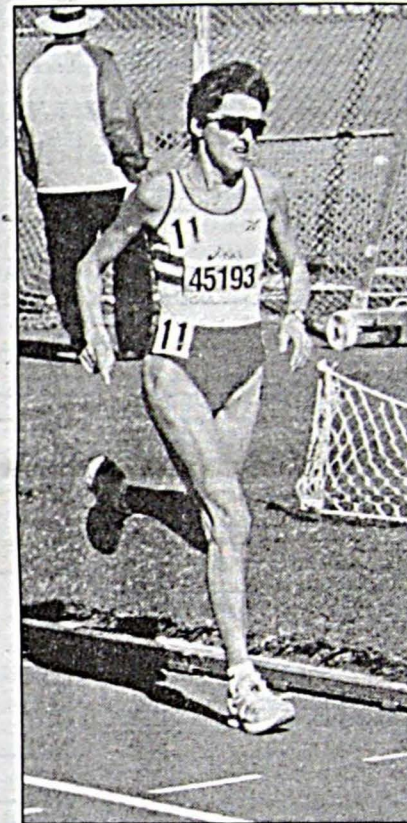
JERRY WOJCIK

Antti Kanerva, M65, Finland, in the decathlon long jump, 14th WAVA Championships.



DOUG SMITH

Ron Robertson, New Zealand, on his way to an M60 world record of 6:30.21 for the 2000SC, 14th WAVA World Championships, Brisbane, Australia.



JERRY WOJCIK

Bronwyn Cardy, Great Britain, W45 winner of the 5000 and 10,000 (36:20.10), 14th WAVA Championships.

## Hellebuyck Tackles World Marathon

Eddy Hellebuyck, 40, Albuquerque, N.M., represented the United States at the IAAF World Championship Marathon, in Edmonton, Canada, August 3. He was the second U.S. finisher, 38th overall, in 2:28:01. Warm temperatures, a 2000 ft. elevation, and a slow, tactical race pack made for slower times.

"This was the kind of weather where you have to run smart, but it even got to me . . . I was aiming for a 2:18, and I hit 1:10 at halfway, but I couldn't hold it," Hellebuyck was quoted as saying. "I came in under-trained. I've found that that works better in the marathon. I think a lot of our runners have a tendency to overtrain."

The self-deprecating Hellebuyck went on to say, "It's pretty sad for me, a 40-year-old, to be the second U.S.

finisher. I shouldn't even be here. I think (Mark) Coogan, (Peter) De La Cerda, and (Rod) De Haven should get some of the blame for the poor U.S. performance, because they didn't even want to run here."

Hellebuyck has a 2:11:50 marathon PR, and more than 20 career marathon wins. He has the third fastest marathon time for a U.S. runner in 2001, as of August.

While he may undertrain, he cannot be accused of under-racing. In typical fashion, Hellebuyck, an astonishingly prolific racer, was found in Massachusetts at the Falmouth Road Race, one week after the marathon, where he finished the 7.1 mile course in 35:57, sixth M40+ in a race with a loaded international masters field. □

- Source: [www.runnersworld.com](http://www.runnersworld.com)

# Masters Scene

## NATIONAL

• **Bob Schwartz**, a freelance writer specializing in running humor, has written *Run, Therefore I Am - Nuts!* - a collection of humorous essays on running. Available in September in bookstores and online (Amazon), the book, published by Human Kinetics, has 264 pages and 48 illustrations and sells for \$15.95. Some of the proceeds will go to groups to promote running, such as the Roads Scholars through the RRCA; the ARA; NYRRRC Foundation; and Running USA.

• **Amy Bazarnik**, manager of the NYC Marathon Strides Team for MS, is looking for runners who already have numbers for the NYC Marathon to take part in the Strides' effort to raise money to fight MS. Money raised will go to the NYC chapter of the National Multiple Sclerosis Society and towards research and local support groups and services for people living with MS. Those interested in joining the team can contact Bazarnik at 212-463-7787, x3012; abazarnik@msnyc.org, or visit their website at <http://msnyc.org/events/marathon.html>.

• **Jeanne Daprano** set age-64 WRs in the 1500 (5:46.13) and 800 (2:46.31) and anchored the USA W60-64 4x400 team, which set a WR (4:56.74), 14th WAVA Championships, Brisbane.

• Omitted from the list of U.S. records set at Brisbane was **Joan Ottaway's** W55 silver medal 9:10.57 in the 2000SC, bettering the 9:44.85 of 1997 held by **Madeline Bost**.

## EAST

• **Kenny Russelburg**, 40, Alexandria, VA, in 28:57, and **K. Daragan**, 45, Silver Spring, MD, in 38:00, rocketed to masters firsts in the Go Fourth 8K, Alexandria, July 4. **Rebecca Guenther**, 49, Arlington, VA, burst to a second W40+ with a 45:38. **Paul Lackey**, 77, Arlington, VA, led the M75s to the finish with a 41:39. **Vic Litwinski**, 57, McLean, VA, was the first racewalker in 51:27.

• **Elena Fidatof**, 40, of Romania, cruised to a sixth-place, W40+ first 16:42, Vytra Health Plans Women's 5K, Farmingdale, NY, July 14. **Kathy Martin**, 49, Northport, NY, was second with a best performance of the day 18:14. Steeplechaser **Marie-Louise Michelson**, 59, Stony Brook, NY, won the W55 race in 20:32. The race was staged by the Greater Long Island RC, with GLIRC's Ellen Weinstein directing.

• **Madeline Noe**, 40, Freehold, NJ, 17:34, A-G 86.1% won the USATF-NJ 5K Championships outright, July 14, at Teterboro, NJ. **Tom Bowmaster**, 41, Morristown, NJ, took the M40+ in 15:54, 85.4%. **Toshiko d'Elia**, 70, Ridgewood, NJ, flew to 25:03 for the W70, 82.4%.

• **Andrew Masai** is the summer's hottest masters road racer. The 41-year-old Kenyan who calls Albuquerque home has wins at the July 21 Subaru Buffalo 4 Mile Chase, 18:41; the People's Beach to Beacon 10K, Cape Elizabeth, ME, Aug. 4, 29:37; and at the Falmouth (MA) Road Race 7.1 mile, Aug. 12, 33:55. Meanwhile, **Judi St. Hilaire**, 41, Somerset, MA, continues her speedy season with a win at Beach to Beacon (33:53) and a second place finish in a heated duel with Romanian **Elena Fidatof**, 41, at Falmouth, 38:43 to 38:52. **Ramila Burangulova**, 40, Russia, added flair to the fire just four seconds back in 38:56. Also at cruising speed through Falmouth, sailed **Dick Hoyt**, 61, Holland, MA, with a terrific 39:37 to capture the M60; **Bill Rodgers**, 53, Sherborne, MA, was M50 winner in 39:29; and **William Riley**, 65, Marstons Mills, MA, the M65 winner in 46:08.

## MID-AMERICA

• Omitted from the August Mid-America Regional Results was the 50.67 4x100 by the M50-59 squad of **Tom Fisher**, **Ron Colliver**, **Mike Steinmetz**, and **Jim Dolezel**.

• The M30-39 FIBO TC 4x400 squad registered a 3:20.45 at the State Games of America, Edwardsville, IL, Aug. 11; members were **Brad Dittmar**, 31, 52.5; **Kirt Beeby**, 33, 50.1; **Robert**

**Thomas**, 34, 48.9; and **Marek Wensel**, 32, 48.9.

• **Janet Robertz**, 41, Shorewood, MN, won outright at the Avon/Minneapolis 10K, Aug. 11, Lake Nokomis, MN. Her 34:56 improves her three-place finish last year by over three minutes.

## SOUTHWEST

• **Vince Breaux**, 55, was top scorer (3525), USATF SW Regional Masters WP Championships, Slidell, LA, June 23. Best single-event scores came from **Harold Crater**, 62, 11.53 SP, 828 points, and **Charles Cannon**, 61, 41.34 JT, 824 points.

## WEST

• The M40-49 Reebok Aggies RC team broke the WR for the 4x1600 with an 18:01.88 under the lights at Los Gatos HS, Los Gatos, CA, Aug. 2. The present record is 18:22.6y by a USA team in 1988 at Los Gatos. "This is a nice way to be over 40," said **Joe Fabris**, team captain. "As the long-time guys in the Aggies started hitting that magic age, we started looking at this record." Fabris, 43, Los Gatos, opened with a 4:32, followed by **Tim Minor**, 43, Reno NV, who passed off, with a 4:32, to **Kevin Osterberg**, 40, Half Moon Bay, CA, who recorded a 4:27 split and handed off to **Steve Haase**, 42, Sacramento, who broke the tape with a 4:29.

• **Dale Herring**, M55, zipped to meet bests in the 100 (12.7) and 200 (26.2) in the Crown Valley Senior Olympics, Pasadena, CA, June 10. **Jim Selby** won the M70 800 in 2:47.8. **Joe Marino**, M60, hit a 151-2 in the DT. **Adele McCormick**, W75, top-ranked in the 2000 JT, speared a 56-9. **Jesus Orendain**, M55, led the 1500 RW field to the finish in 8:18.5.

## NORTHWEST

• Top performers in the Inland NW Classic, Pullman, WA, July 21, were **Dennis Phillips**, 55, PV (13-0, A-G 91.2%); **Frank Struna**, 60, TJ (36-5/4, A-G 88.8%); and **Rich Tucker**, 56, 800 (2:19.07, A-G 88.2%). In a geographical team competition, based on points scored by best A-G performances, Inland NW scored 654 to Oregon's 288.

• Trailrunners **Dennis Poolheco**, 40, Glendale, AZ, 7:17:17, and **Ann Trason**, 40, Kensington, CA, 7:57:52, were the top masters at the White River 50 Mile National Championships, Crystal Mountain, WA, July 28. Trason, the long-reigning queen of American ultra-running, was first woman overall, and Poolheco, an up-and-comer who will challenge the field at Colorado's Leadville 100, finished an encouraging fourth. **Eric Clifton**, 43, Albuquerque, was only moments behind Poolheco at 7:17:51.

## OPEN

• The National Distance Running Hall of Fame inducted its fourth class of distinguished runners on July 7. **Bill Dellinger**, **Lynn Jennings**, **Fred Lebow**, and **Craig Virgin** joined the ranks of current Hall of Famers **Ted Corbitt**, **Bill Rodgers**, **Joan Benoit-Samuels**, **Frank Shorter**, **Katherine Switzer**, **John A. Kelley**, **Nina Kuscsik**, **Billy Mills**, **Francie Larrieu-Smith**, **Clarence De Mar**, **Steve Prefontaine**, **Alberto Salazar**, and **Grete Waitz**.

• California's multi-national-hurdles champion, **Marion Sanchez**, 69, is taking 15 basketball players to China, Dec. 15-Jan. 2. The "USA-China Basketball Goodwill Tour" will foster an international intercollegiate athletics exchange in preparation for the 2008 Olympic Games in Beijing and the possible 2012 Olympics in the San Francisco area. Subsequent trips are planned for the years 2003-2006.

## CORRECTION

• The correct javelin marks in the June 10 Potomac Valley TC Meet results in the July issue are **Kevin Kanyan**, M30, 202-2, and **Hillen Stubendorff**, W50, 41-9. The marks had been transposed.

## Racewalking

Continued from page 10

*older division. - ew)* There were 101 women in our group, racing in the full sun and with a hill on the course! I came in 4th in my age group, but the team was the best part, knowing we were pulling together, plus getting a silver medal.

**Mike Blanchard (M40)**: The 5K was my first international competition. I was so excited, I went out a little too fast, but I finished in the top ten in my age-group which was my goal. The 20K was great with all the fan support. Hearing people cheering "Go USA" made me want to work harder. Getting a silver team medal in my first WAVA meet was great.

**Sherry Watts (W45)**: The 5K highlight was sharing a track with so many wonderful walkers. The highlight of the 10K was sharing the effort and award with my Canadian teammates, **Nanci Sweazy** and **Helen Hoover**. Two of us were walking injured, and our bronze medal was a very pleasant surprise.

**Carol Bertino (W50)**: My 5K race was scheduled at noon and it was very warm. I was nervous, but a glitch at the beginning of the race helped me relax. We were lined up at the start when the head judge flew into a rage (in Italian, yet). The woman next to me had leggings on. The other women tried to tell her to roll them up, but there was a language problem and the leggings had stirrups.

A resourceful Canadian said she had an extra pair of shorts in her bag alongside the track. We made a circle around the woman and she changed while the Aussie women sang *Waltzing Matilda* and the TV cameras rolled. "Cosi va bene," said the judge and we were off. Oh, did you want to know about the race? It was HOT!

**Janet Higbie (W55)**: The beautiful track was one of the highlights of the 5K. The temperature was optimal for me in the 10K and the course great. I had a personal best, which was rewarding. **Kathy Frable** had a great race and did much to enable our W55-59 team to get a gold medal. The Aussies are awesome racewalkers.

**Rita Sinkovec (W60)**: My 5K highlight was competing thousands of miles from home, in a very impressive stadium in front of a large audience and peers from all over the world. Finishing 4th was a great thrill.

Finishing third in the 10K, getting the bronze medal and standing on the podium was beyond my wildest expectations. To top it off, this qualified me to be part of a W60 Team USA in which three of us (**Elton Richardson** and **Joanne Elliott**) earned a silver medal, losing the gold to Australia by only 3.5 seconds.

**Paul Johnson (M60)**: I liked having the 5K before the 20K, plus having the 5K in the main stadium. They normally relegate the racewalks to secondary stadiums. I also liked having all 35 in my age group walk together in the 5K, instead of in two heats.

**Shirley Dockstader (W65)** and **Ed Lane (M65)**: Both the men's and women's racewalking fields were

stronger than we have ever seen at the WAVA Games. Some outstanding streamlined techniques and fast times in all age groups speak well for the international state of our sport. We came away inspired to upgrade our own technique and times.

**Jack Bray (M65)**: This was the most competitive WAVA Championships of the seven that I have attended since 1989. As always, it's great to race the best in the world!

Just being in the 5K race gave me hope for the future. I walked my personal best for the year and was one of only four American men to medal in the 5K. In the 20K, my goal was to be under two hours and help out the American team.

**Claire Elkins (W70)**: The highlights of the 10K were making a PR after my knee replacement three years ago, and being on the W70 team for a silver medal.

**Bob Fine (M70)**: In February, I did 29:42 for a 5K and 64:00+ for 10K. I felt I had a chance to medal in Brisbane and to win the national championship in Baton Rouge. In April, I suddenly went downhill. It could be because of over-training and aging. It also could be because I had the residuals of bronchitis and was at least 10 pounds overweight. It probably was a combination.

The 32:00 5K I did in Brisbane was the slowest I ever walked at a WAVA event. My competitive efforts were certainly not the highlight of Brisbane. It was still a great trip, as the Australians were unbelievably friendly and the city a delight.

**Bob Eisner (M70)**: This year's M70-74 group was probably the fastest and deepest ever at a WAVA competition. It included at least three past winners. I had to feel good about finishing 8th out of 25 starters with just one warning. Nine days later Men 60+ went to the starting line at 9 a.m. for the 20K. The course was good - a fast, flat 2K loop by the river with some shade.

**Bob Mimm (M75)**: In the 5K and 20K I felt the pace was not all that fast. I was struggling in both races because of tiredness, not the pace. (*Bob won silver medals in both his races. - ew*) □

(*Elaine Ward Can be contacted by e-mail at [narwf@aol.com](mailto:narwf@aol.com)*)

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### WMA REGIONAL CHAMPIONSHIPS

Leon, Mexico

Aug. 20-24, 2002

### WORLD MASTERS GAMES

Melbourne, Australia

Oct. 5-13, 2002

### WMA INTERNATIONAL CHAMPIONSHIPS

San Juan, Puerto Rico

July 1-12, 2003

We have packages to the above games!!

Contact us NOW!!!

Paul Goyer

# 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 usually 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 8.** USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@home.com

**November 27 - December 1.** USATF 23rd Annual Meeting, Mobile, Ala. USATF, PO Box 120, Indianapolis, IN 46206-0120. 317-261-0500; fax: 261-0481; www.usatf.org

**March 22, 2002.** USATF National Masters Indoor Pentathlon Championships, Boston. Men: 60H/LJ/SP/HJ/1000; women: 60H/HJ/SP/LJ/800. See below.

**March 22-24, 2002.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston. Steve Vaitones, USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org; email: office@usatfne.org

**August 8-11, 2002.** 35th annual USATF National Masters Championships, U. of Maine, Orono.

### EAST

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

**September 1-2.** Potomac Valley TC Games, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org

**September 5-26.** Maine Senior Games, Portland. 207-775-6503.

### SOUTHEAST

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

**October 4-6.** North Carolina Senior Games, Raleigh. 919-851-5456.

**November 3.** Clearwater Weight Pentathlon/Throwers Classic, Clearwater, Fla. 727-725-8139; jselleh@aol.com

**November 27-December 1.** Florida Senior Games State Championships, Lakeland. 850-488-8347.

### MIDWEST

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

**September 2.** 20th annual Wolfpack Throwing Classic, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614-459-2547.

**September 5-15.** Wisconsin Senior Olympics, Milwaukee. 262-721-4444.

**September 19-23.** Kentucky Senior

Games, Elizabetown. 270-765-5551.

**September 20-23, 26-30.** Illinois Senior Olympics, Springfield. 217-789-2284.

**September 22.** 5th annual Norm Bower Memorial Weight Pentathlon, Kent St. U., Kent, Ohio. Allen Ray, 1618 Woodward Ave., Lakewood, OH 44107. 216-226-3481.

### MID-AMERICA

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

**September 1-2.** Rocky Mountain Masters Games, Potts Field, U. of Colorado, Boulder. SASE: Sue Norton, 401 Arkansas Mt. Rd., Boulder, CO 80302. 303-443-2695, or Jim Weed, 507-726-5607.

**September 6-9.** South Dakota Senior Games, Sioux Falls. 605-428-3807.

**September 20-23, 27-30.** Kansas Senior Olympics, Topeka. 785-368-3798.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**September 15, 20-26.** Oklahoma Senior Olympics, Tulsa. 918-596-7866.

**September 27-30.** Arkansas Senior Olympics, Hot Springs. Gail Ezelle, 501-321-1441; arsrolym@hotsprings.net

**October 12-13.** Louisiana Senior Olympic Games, LSU, Baton Rouge. 225-925-1748.



JERRY WOJCIK

Nadine Bowers, 44, first W40 in the javelin (36.71), USATF Northwest Regional Masters Championships, Gresham, Ore., June 23-24.

### WEST

Arizona, California, Hawaii, Nevada

**September 15.** San Diego Senior Olympics/Chuck McMahon Memorial Track Meet, San Diego State U., San Diego, Calif. Contact: 619-226-1324 (ph.), or email: theshirleys@abac.com

**September 16.** Champions Run for Children, Kezar Stadium, Golden Gate Park, San Francisco, Calif. Invitational Mile, 5K, Kids Run. 415-759-2690; www.rhodyco.com

**September 29.** 28th annual Club West Meet, Santa Barbara, Calif. Gordon McClenathen, 805-964-3005; Beverley Lewis, 805-969-5852.

**September 29-October 7.** Nevada Senior Olympics, Las Vegas. NSG, 3890 N. Buffalo Dr., Las Vegas, NV 89129. 702-242-1590; email: srgames@juno.com

**October 13.** KelField 9th Annual Throws Meet, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com. BBQ & beverages.

**October 20.** 4th annual Great Punkin Open Throws Meet & Weight Pentathlon, Nevada Union HS, Grass Valley, Calif. USATF sanctioned. 10:00 am. Most implements supplied; bring own javelins. \$10. No prizes or medals. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. ashglaze42@hotmail.com

**October 21.** Sri Chinmoy Masters Games, CSU-Long Beach, Calif. M&W40+. Bigalita Egger, 310-645-0271.

**November 10.** KelField Throws Meet #99, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

**November 10-25.** Hawaii Senior Olympics, Honolulu. 808-732-8805.

### NORTHWEST

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

**September 6-9.** Idaho Senior Games, Boise. 800-859-0324; 208-549-2411.

**October 8-20.** Huntsman World Senior Games, St. George, Utah. T&F-9th & 10th. Huntsman Senior Games, 82 West 700 South, St. George, UT 84770. 800-562-1268; 435-674-0550; fax: 435-674-0589; hwsig@infowest.com

### CANADA

**September 8-9.** Montreal Masters Fall Classic Decathlon, Bill DeHart, 4046 Hingston St., Montreal, Canada H4A 2J7. 514-486-1006, or 450-292-0599.

### INTERNATIONAL

**September 28-30.** Russian Veterans Championships, Krasnodar. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

**October 5-14.** Australian Masters Games, Newcastle, NSW. AMG, PO Box 1599, Newcastle West, 2302, NSW, Australia. www.nhevents.com.au

**October 6-7.** Russian Multi-Event Championships, Sochi. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

**January 12-19, 2002.** 11th Oceania Veterans Athletic Championships, Geelong, Australia. 2002 Oceania Veterans Games, PO Box 1819, Geelong 3220, Australia.

**August 20-24, 2002.** North & Central American & Caribbean WMA Regional Championships, Leon, Mexico.

**October 5-13, 2002.** World Masters Games, Melbourne, Australia. Multi-sport.

## ON TAP FOR SEPTEMBER

### TRACK & FIELD

The USATF National Masters Weight & Superweight, the final championships of 2001, is set for the 8th at West Seattle Stadium. Other important end-of-season meets are the Rocky Mountain Games, Boulder, Colo., on the 1st-2nd; San Diego Senior Olympics/Chuck McMahon Memorial Meet, on the 15th; Arkansas Senior Olympics, Hot Springs, 27th-30th; and Club West Meet, Santa Barbara, Calif., on the 29th. The Champions Mile Run for Children takes place at Kezar Stadium, San Francisco, on the 16th.

### LONG DISTANCE RUNNING

The lights will be on in Sylvania, Ohio, for the National Masters 24-Hour Championships on the 15th-16th. The 15th pits the U.S. vs. Canada in the Cross-Country Challenge at Coquitlam, B.C. Among the post-summer season offerings are the New Haven 20K, Conn., and U.S. 10K Classic, Atlanta, Ga., on the 3rd; Naples on the Run 20K, Fla., and Eriesistible Marathon, Erie, Pa., on the 9th; Great Cow Harbor 10K, Northport, N.Y., on the 15th; Philadelphia Half-Marathon on the 16th; Fifth Avenue Mile on the 29th; and the Fox Cities Marathon, Appleton, Wisc., Duke City Marathon, Albuquerque, and Portland, Ore., Marathon on the 30th.

### RACEWALKING

Two Masters Championships are on the line - the 40K, Ft. Monmouth, N.J., on the 9th, and the 5K, Kingsport, Tenn., on the 22nd. □

WMG, Locked Bag '2002, South Melbourne, VIC 3205, AUST. Email: info@2002worldmasters.org; www.2002worldmasters.org

**July 2-12, 2003.** 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org

## LONG DISTANCE RUNNING

### NATIONAL

**September 14.** National Run to Work Day. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rrca.org

**September 15.** U.S. vs. Canada Cross-Country Challenge, Mundy Park, Coquitlam, B.C., Canada. 1 p.m. Carole Langenbach, 4261 S. 184th St., SeaTac, WA 98188. 206-433-8868; pntf@wolfenet.com

**September 15-16.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 3743 Woodmont Rd., Toledo,

Continued on page 21

Continued from page 20

OH 43613. 419-475-0731.

**October 7.** USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. Dan Finanger, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 27.** USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

**November 4.** USATF National Masters 8K Cross-Country, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031.

**November 18.** USATF National Masters 5K Cross-Country, DeLand, Fla. John Boyle, PO Box 1700, DeLand, FL 32721. 904-736-0002.

**December 1.** USATF National Masters 6K Cross-Country, Mobile, Ala. Steve Schoenwald, 6509 Timbers Dr., Mobile, AL 36695. 334-470-7730.

**December 29.** USATF National Masters 50K Trail Championships, Huntington, Ind. Mitch Harper, 5207 Hopkinton Dr., Fort Wayne, IN 46814. 219-436-0739.

**EAST**

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

**September 3.** New Haven 20K, New Haven, Conn. 203-481-5933.

**September 9.** Avon 5K Run/Walk, Baltimore, Md. 410-377-8882; avonrunning@avon.com

**September 9.** NYRRRC Harry Murphy 5K Cross-Country, Van Cortlandt Park, Bronx. 212-860-4455; www.nyrrc.org

**September 15.** Great Cow Harbor 10K, Northport, N.Y. Cow Harbor 10K, PO Box 41, Northport, NY 11768. www.cowharborrace.com

**September 16.** USATF New Jersey Men's 8K & Women's 5K Cross-Country Championships, Readington Twp. Julie



MIKE POLANSKY

Elena Fidatof, 40, of Romania, masters winner (16:42), Vytra Women's 5K, Farmingdale, N.Y.

Schick, 732-296-0006; usatfnj@aol.com

**September 16.** Dutchess County Marathon, Fishkill, N.Y. 914-473-3204; www.pojonews.com/dcclassic

**September 16.** New England 5K Championships, Providence, R.I. Steve Vaitones, 617-566-7600; usatfne@ix.netcom.com

**September 16.** Run for Recovery 5K, Arlington, Va. www.vanguardservices.org/events.html

**September 16.** Philadelphia Distance Run Half-Marathon & 5K. 610-526-9188; www.philadistance.com

**September 22.** Lake Winnepesaukee Relay, Weirs, N.H. 8-person teams. Ken Robichaud, 603-889-1908, x223; www.northmedfordclub.org

**September 23.** Fall Leaves 5K/RRCA National Championships, Utica, N.Y. Utica RC, James Stasaitis, Jr., 315-797-4949; www.UticaRoadrunners.org

**September 23.** LIRRC 5K, East Meadow, N.Y. 516-569-4959.

**September 23.** Adirondack Masters 5K Championships/Arsenal City Run, Watervliet, N.Y. 518-270-3811; usatfadir@aol.com

**September 28-29.** Reach the Beach 200-Mile Relay, Bretton Woods-Hampton Beach, N.H. 508-881-4505; www.rtblrelay.com

**September 29.** Fifth Avenue Mile, NYC. NYRRRC, 212-860-2280; tkelley@nyrrc.org; www.nyrrc.org

**September 29.** New Hampshire Marathon & 10K, Newfound Lake. 603-744-2150; www.newfoundchamber.com

**September 29.** Long Island 5K Championships/Officer Gary Farley Memorial 5K, Wantagh, N.Y. 516-573-6710; office@litf.org

**September 30.** Richard S. Caliguiri Pittsburgh Great Race 10K, Pa. 412-255-2371; fax: 255-2307; www.rungreatrace.com

**September 30.** East Region Half-Marathon Championships/Liberty Waterfront Run, Jersey City, N.J. 973-898-1261; danbrannen@earthlink.net

**September 30.** New England 8K Championships, Attleboro, Mass. See Sept. 16.

**October 7.** Leaf Peepers Half-Marathon & 5K, Waterbury, Vt. Central Vermont Runners, 1152 North St., Montpelier, VT 05602. 802-223-2080; email: teef30@aol.com

**October 7.** 20th Annual Wineglass Marathon/Merrill Lynch Team Relay. Bath-Corning, N.Y. 800-284-3352, x615; www.wineglassmarathon.com

**October 7.** Georgetown Classic 10K, Washington, D.C. 301-871-0400; www.runwashington.com

**October 8.** Ocean State Marathon, Warwick-Providence, R.I. 401-885-4499; www.OSM26.com

**October 8.** Tufts Health Plan 10K for Women, Boston, Mass. 888-767-RACE; www.tuftshealthplan.com

**October 13.** Aetna Greater Hartford Marathon, Half-Marathon, & 5K, Hartford, Conn. 860-652-8866; www.hartfordmarathon.com

**October 14.** Army Ten-Miler, Washington, D.C. 202-685-3361; www.armytenmiler.com

**October 14.** Mohawk-Hudson River Marathon/USATF Adirondack Championships, Schenectady-Albany. 518-435-4500; www.hmrrc.com

**October 14.** Atlantic City Marathon. 609-601-1786 or 822-6911; www.racegate.com

**October 14.** B.A.A. Half-Marathon, Boston, Mass. www.baa.org

**October 20.** Baltimore Marathon, Baltimore, Md. 800-487-0607; www.The



SUZY HESS

Leonard Sperandeo, 41, West Valley TC, winner (4:21.57) Masters Mile, GMC Envoy USA Championships, Eugene, Ore., with Jamin Asum (r), 42, So Cal TC, second (4:22.03) and Joe Fabris, 43, Reebok Aggies, third (4:23.77).

BaltimoreMarathon.com

**October 21.** Bay State Marathon, Tyngsboro, Mass. 978-433-9909; www.baystatemarathon.com

**October 27.** Seaside 10 Mile & 5K, Ocean City, Md. www.ocean.com

**October 27-28.** Mystic Places Marathon, Rocky Neck State Park, Conn. 2000 limit. 203-481-5933; www.mysticplacesmarathon.org

**October 28.** Mayor's Cup Cross-Country, Franklin Park, Dorchester (Boston), Mass. 617-566-7600.

**October 28.** 26th Marine Corps Marathon, Washington, D.C. Rick Nealis, 800-RUN-USMC; www.marinemarathon.com

**October 28.** Compass Bank Cape Cod Marathon & Relay, Mass. 1200 limit. 508-540-6959; www.capecodmarathon.com

**November 4.** New York City Marathon. NYRRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455; www.nyrrc.org

**November 11.** Stockade-athon 15K, Central Park, Schenectady, N.Y. HMRRRC, 435-4500.

**November 18.** Philadelphia Marathon & 8K. 215-685-0054; www.philadelphiamarathon.com

**SOUTHEAST**

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

**September 2.** Rock 'N' Roll Half-Marathon, Virginia Beach, Va. 800-311-1255; RnRHalf@eliteracing.com

**September 3.** U.S. 10K Classic, Atlanta, Ga. 770-432-0100; www.us10K.org

**September 3.** Georgia 10K Championships, Macon. Dave Martin, 404-378-2605.

**September 8.** Hurricane Run 5K, Dauphin Island, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

**September 9.** Naples on the Run 20K, Naples, Fla. Naples 20K, 2128 9th St. N., Naples, FL 34102. 941-434-9786.

**September 29.** Harvest Festival 8K, Saraland, Ala. Port City Pacers; see Sept. 8.

**September 29.** BB&T Virginia 10 Miler, Lynchburg. 804-845-5338; www.sportscapital.org

**October 7.** Disney's 10K Classic,

Orlando, Fla. 407-938-3398; www.disneyworldsports.com

**October 13.** Peachtree City Classic 15K/RRCA National Championships, Peachtree, Ga. Peachtree City RC. Carolyn Gulick, 770-487-7652; gulick@aol.com

**October 14.** Atlantic City Marathon, Half-Marathon, 10K, & 5K. SASE to AC Marathon, Box 2181, Ventnor, NJ 08406. www.active.com

**October 20.** Paint the Town Pink 4K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

**November 3.** Delchamps Senior Bowl Charity 10K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

**November 10.** SunTrust Richmond Marathon & NTELOS 8K, Richmond, Va. 804-673-RACE; www.richmondmarathon.com

**November 17.** Avon 5K Run/Walk, Tampa Bay, Fla. 800-748-1047, x5350; www.avonrunning.com

**MIDWEST**

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

**September 1.** Charleston 15 Miler & 5K, Charleston, W. Va. Charleston Distance Run, PO Box 11595, Charleston, WV 25339. 304-348-6464.

**September 3.** Park Forest Scenic 10 Mile, Park Forest, Ill. 708-748-2005; www.villa.geofparkforest.com

**September 9.** Chicago Half-Marathon/Illinois Championships. 773-929-5978.

**September 9.** Eriesistible Marathon, Erie, Pa. 814-866-6269; thompson1@erie.net

**September 22.** USAF Marathon, Wright Patterson Air Force Base, Dayton, Ohio. 800-467-1823; http://afmarathon.wpafb.af.mil

**September 30.** Fox Cities Community First Marathon, Appleton, Wisc. Marathon, Half-Marathon, 26.2 Mile Relay Marathon, & 13.1 Mile Power Walk. 877-230-7223; www.foxcitiesmarathon.org

**October 7.** LaSalle Bank Chicago Marathon. 312-904-9800; 1-888-243-3344;

Continued on next page

Continued from page 21

www.chicagomarathon.com

**October 20.** Indianapolis Marathon, Lawrence, Ind. 317-826-1670; www.indianapolismarathon.com

**October 21.** Detroit Free Press/Flagstar Bank International Marathon, Detroit, Mich. 313-222-6676; www.freep.com/marathon

**October 21.** Columbus Marathon & 5K, Columbus, Ohio. www.columbusmarathon.com

**MID-AMERICA**

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

**September 9.** City of Lakes 25K, Minneapolis. MDRA office, 952-927-0983; www.raceberryjam.com

**September 9.** New Mexico Marathon, Albuquerque. 505-345-4274; www.newmexicomarathon.org

**September 15.** Turkey Day 10K, Worthington, Minn. 800-279-2919(d); 507-376-5610(e).

**September 16.** Avon 5K Run/Walk, Albuquerque, N.M. 800-748-1047, x5350; www.avonrunning.com

**September 29.** 39th annual Jackrabbit 15 Mile, Brookings, S. Dak. Shari Landmark, 605-688-5386; www.brookings.com/striders

**September 30.** Duke City Marathon, Albuquerque, N.M. 505-880-1414; www.dukecitymarathon.com

**October 6.** USATF Mid-America Region Masters Cross-Country (5.8K) Championships, U. of Colorado-Buffalo Ranch. Held after UC Rocky Mountain Shootout X-C Championships. Also open 8K and women's 5.8K. Tim Dolen, 303-499-3841; tdolen@compuserve.com

**October 7.** Avon 5K Run/Walk, Kansas City, Kansas. 800-748-1047, x5350; www.avonrunning.com

**October 13.** Hobo Day 5K, Brookings, S. Dak. Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058; www.brookings.com/striders

**October 20-21.** Spirit of St. Louis Marathon,

Relay, & 5K (20th), St. Louis, Mo. 314-725-9884; www.stlouismarathon.com

**November 10.** Rim Rock Run, Grand Junction, Colo. Elaine (SASE), P.O. Box 3685, Grand Junction, CO 81502; 970-243-4055; www.rimrockrun.org

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**October 20.** Reuel Little Classic Half-Marathon/USATF Oklahoma Championships, Madill.

**November 10.** Boot Scoot & Run 5K/USATF Oklahoma West Championships, Fairview.

**November 11.** San Antonio Marathon, Half-Marathon, & 8K, San Antonio, Texas. 210-246-9652; www.samarathon.org

**November 17.** Turkey Trot 10K/USATF Oklahoma East Championships, Tulsa.



PHIL COX

Shirley Matson, winner of the W60 race (5:55), Fleet Feet Capital Mile, Sacramento, Calif.

**April 28, 2002.** Oklahoma City Memorial Marathon, Oklahoma City, Okla. Marathon, relays, walks. 405-525-4242; www.okmarathon.com

**WEST**

Arizona, California, Hawaii, Nevada

**September 9.** Terry Fox 4 Mile Trail Run/Walk, Carlsbad, Calif. 760-434-7706; robyn@kinanevents.com

**September 23.** Komen Orange County Race for the Cure Women's 5K Run/Walk, Newport Beach, Calif. Also Coed 5K. 714-957-9165; www.occure.com

**September 30.** Heritage Oaks Bank 10K/Pacific 10K Championships, Paso Robles, Calif. MMassey@heritageoaksbank.com

**October 7.** Sacramento Marathon. 707-678-5005; starlite99@aol.com

**October 14.** Arturo Barrios Invitational 10K Run/Walk & 5K Run/Walk, Chula Vista, Calif. Elite Racing, 858-450-6510; www.eliteracing.com

**October 21.** Komen Inland Empire Race for the Cure Women's 5K Run/Walk, Temecula, Calif. Also Coed 5K, 909-695-0457; www.IEKOMEN.com

**October 21.** Humboldt Redwoods



SUZY HESS

Athletes seek shelter under the awards tent during a late afternoon shower, National Masters Championships, Baton Rouge.

Marathon, Weott, Calif. 707-443-1220; spowers@northcoast.com

**October 28.** Silicon Valley Marathon, San Jose, Calif. 831-477-0965; www.svmara.com

**November 4.** Santa Clarita Marathon, Half-Marathon & 5K, Santa Clarita (30 miles north of L.A.), Calif. 888-823-3455; www.smarathon.org

**November 10.** CPVA 10K & 5K, Seal Beach, Calif. 714-841-5417; www.nealand.com/finishline

**November 11.** Long Beach International City Marathon, Long Beach, Calif. 562-728-8829; www.runlongbeach.com

**November 17.** Jet to Jetty 5K & 10K, Playa del Rey, Calif. AMCS, 310-670-1410.

**NORTHWEST**

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

**September 3.** Super Jock 'n Jill Half-Marathon, Woodinville, Wash. Super Jock 'n Jill, 206-522-7711; 800-343-4411; superjocknjill.com

**September 8.** Utah 8K Championships, Alta. 435-753-3064; usatf@inconnect.com

**September 15.** Five Miler for Men's Cancer Research/Alaska Championships, Anchorage. 907-242-5916; depstein@prostate-ak.org

**September 16.** Komen Portland Race for the Cure 5K, Portland, Ore. 503-553-3680; www.raceforthechecupdx.org

**September 30.** Portland Marathon, Ore. 503-226-1111; www.portlandmarathon.org

**October 6.** St. George Marathon, St. George, Utah. Carlene Garrick, 435-634-5850; www.stgeorgemarathon.com

**CANADA**

**September 15.** U.S. vs. Canada Cross-Country Challenge, Mundy Park, Coquitlam, B.C. 1 p.m. Carole Langenbach, 4261 S. 184th St., SeaTac, WA 98188. 206-433-8868; pntf@wolfenet.com

**October 21.** Casino Niagara International Marathon, Half-Marathon, & 5K, Niagara Falls, Canada. 905-356-9460; www.niagara.fallstourism.com

**INTERNATIONAL**

**September 30.** Berlin Marathon. Marathon Tours, 617-242-7845; www.marathontour.com

**October 14.** Avon Running 10K Global Championships, Budapest, Hungary. 212-282-5350; www.avonrunning.com

**October 28.** Venice Marathon, Venice, Italy. 800-444-4097; www.marathontour.com

**October 29.** Dublin Marathon, Dublin, Ireland. See Oct. 28.

**November 4.** Athens Marathon, Athens, Greece. 800-444-4097; www.marathon.tour.com

**RACEWALKING**

**September 8.** Dick Beardsley 5K RW (judged), Detroit Lakes, Minn. Paul Geyer, race director, Detroit Lakes Chamber of Commerce, 800-542-3992; www.visitdetroitlakes.com

**September 8, 15, 22, 29.** Potomac Valley TC Fall RW Clinic, Alexandria, Va. 703-671-2520; www.pvtc.org

**September 9.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

**September 15.** Long Island 15K RW Championships, Eisenhower Park, N.Y. USATFLI, 516-349-9157; office@litf.org

**September 16.** Louis Drazin Memorial 5.2 Mile Racewalk, Interlaken, N.J. 12 pm. Harry Drazin, 714 Fernmere Ave., Interlaken, NJ 07712. 732-531-2609.

**September 16.** Inland NW 5K RW Championships, Medical Lake, Wash. Don Robertson, 509-238-9591; onice@icehouse.net

**September 22.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406.

**September 29.** Illinois 5K RW Championships, Chicago. Chicago Walkers, 773-327-4493.

**September 30.** Long Island 20K RW Championships, Hauppauge, N.Y. See Sept. 15.

**October 6, 13, 20.** Potomac Valley TC Fall RW Clinic, Alexandria, Va. 703-671-2520; www.pvtc.org

**October 7.** USATF National Masters One-Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889.

**October 10-11.** Huntsman Senior Games 1500 (track) & 5K (on 11th) Racewalks, St. George, Utah. Clinic by Viisha Sedlak on Oct. 10 before 1500. See T&F - Northwest.

**October 27.** USATF National Masters 100K Track RW Championships, Yellow Springs, Ohio. Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387. 937-767-7424.

**November 4.** USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634; racewalker@cyberagency.net

**December 8.** Texas Largest Judged 5K RW, Pharr, Texas. 8:00 am. A.C. Jaime, 800-383-5733.



GEORGE BANKER

Donna Moore, 40, first master, with a course record 18:17, Run for the Roses 5K, Wheaton, Md.

# RECIPIENTS OF ALL-AMERICAN AWARDS

<b>M35-39</b>					
Dean Janz	3000m	9:31.54	7-1-00		
	1500m	4:21.84	6-23-01		
<b>M40-44</b>					
Ed Ellison	800m	2:04.45	7-27-01		
	1500m	4:24.56	6-16-01		
John Lewandowski	mile	4:27	9-9-00		
W F Newhall	5000m	16:08.99	7-14-01		
Steve Terrill	800m	2:03.50	5-5-01		
Barry Ward	HJ	5-10	5-20-01		
<b>M45-49</b>					
Bob Blackburn	P	3279	3-23-01		
	LJ	19-2 1/2	3-23-01		
	LJ	19-6	3-23-01		
	TJ	36-2 1/2	5-26-01		
	LJ	19-2	6-9-01		
	LJ	18-10 1/2	6-14-01		

James Fruscella	D	39.42	7-28-01		
Scott Kessler	3K SC	12:17	7-7-01		
Hank Lawson	Mile	4:56.8	7-5-01		
<b>M50-54</b>					
John C Holmes	3K SC	12:21.39	7-26-01		
	400h	65.47	7-28-01		
Vance Jacobson	200m	25.0	6-19-01		
Josef Pflater	PV	12-0	7-8-01		
James McEvoy	J	44.10	5-27-01		
<b>M55-59</b>					
Jim Hammond	400m	60.8	7-4, 14-01		
	800m	2:21.7	7-4, 14-01		
	1500m	4:52.7	7-4, 14-01		
Ronnie Jordan	200m	26.6	5-12-01		
	200m	26.9	6-16-01		
Wayne White	LJ	16-1	7-14, 28-01		

<b>M60-64</b>					
John Backlund	5K RW	28:50.93	6-9, 10-01		
	Mile RW	8:46.71	6-9, 10-01		
Dave Budz	2K SC	9:01	7-25, 28-01		
Gary Crawford	D	42.26	7-28-01		
Richard Dow	D	42.47	3-3-01		
William Eisenhart	J	139-5	6-13-01		
Jerry Huhn	J	146-7	4-7-01		
Raymond Lebowitz	LJ	15-3 1/2	7-19-01		
Thom Weddle	mile	5:26	1-25-01		
	5000m I	18:43.21	3-10-01		
	800m	2:32.50	7-15-01		
<b>M65-69</b>					
Neil Saling	SP	38-9	7-7-01		
Ken Tronstad	SP	38-0	6-9-01		
<b>M70-74</b>					
Bud Potter	10K	48:17	11-12-00		

Doug Richardson	J	31-06	6-4, 14-01		
Alan Smith	1500m	6:18.1	7-28-01		
Cully Vaughan	J	33.17	7-27-01		
<b>W30-34</b>					
Kat Able	5K	19:44	6-1991		
	5K	19:35	2-1992		
<b>W35-39</b>					
Julle Toll	TJ	29-11 1/2	7-8-01		
<b>W40-44</b>					
Mary Anne Hredzak	5000m	19:58	5-28-01		
Susan Searle	800m	2:34.58	7-27-01		
<b>W45-49</b>					
Trenice Mullis	Mile	6:19.30	5-4, 6-01		
<b>W70-74</b>					
Mellicent Whinston	LJ	8-3	7-8-01		

## U.S. MASTERS ALL-AMERICAN STANDARDS

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	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	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	27.9	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	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	28:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	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	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
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 1/2	6-1/2	5-9/8	5-6	5-3	4-11	4-9	4-6 1/2	4-1 1/2	3-9/8	3-3/4	2-7/8	
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	
	14-5/8	13-5/8	12-11/8	12-1 1/8	11-7/8	10-0	8-10/8	7-10/8	7-6/8	6-6/8	5-10/8	4-3/4	
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	20-0/8	19-2/8	18-4/8	17-8/8	16-1/8	14-9	13-9/8	12-5/8	10-11/8	9-4/8	7-2/8	
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	
	43-3/4	41-4/4	37-8/4	35-5/4	34-1/4	31-2	29-2/4	26-11	22-10	21-4	19-8	19-5/4	
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	42-11/4	39-4/4	42-0	37-8/4	36-1/4	29-6/4	26-3	19-8/4	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2/4	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	65-7/4	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	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2/4	45-11/4	42-8	39-4/4	32-9/4	29-6/4			19-8/4	16-4/4	13-1/4	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8/4	32-9/4	29-6/4	23-11/4	17-4/4	14-9	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6/8	27-10/8	26-3	19-8/4	18-1/4	16-4/4	14-9	11-5/4	9-10	8-2/4	6-6/4	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
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: 30-39: 39"; 40-49: 36"; 50-59: 33"; 60-69: 30"; 70-79: 30"; 80+: 27"  
 3) Long hurdles: 30-39: 36"; 40-49: 33"; 50-59: 30"; 60-69: 27"; 70+: 27"  
 4) Shot put: 30-39: 7.26k (16#); 40-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 5) Discus throw: 30-39: 2kg; 40-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg;  
 6) Hammer: 30-39: 7.26k (16#); 40-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 7) Javelin: 30-39: 800g; 40-49: 700g; 50-59: 600g; 60-69: 500g; 70-79: 500g 80+: 400g  
 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 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
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70												

# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

## NATIONAL

USATF National Masters Decathlon / Heptathlon Championships, Curtis HS, Tacoma, WA; June 16-17

Athlete Name		Age	Points	100	LJ	SP	HJ	400	HURDLE	DT	PV	JT	1800
<b>M30</b>													
1	Pingel, Eric	M31	5704	11.92	6.19m	11.05m	1.86m	56.16	16.16	32.80m	3.40m	47.35m	5:32.23
	Pella, IA			wi 1.3	wi 1.1	36'03.00	6'01.25	wi 1.4	107'07.00	11'01.75	155'04.00		
2	Johnson, Nurel	M31	4850	11.69	5.47m	10.06m	1.50m	53.49	17.60	23.11m	2.90m	38.40m	5:12.81
	Pearland, TX			wi 1.3	wi 1.0	33'00.25	4'11.00	wi 1.4	99'06.00	9'06.25	126'00.00		
<b>M35</b>													
1	Porter, Doug	M39	5629	12.59	5.26m	10.40m	1.65m	57.83	17.90	31.74m	3.90m	50.74m	5:15.01
	Seattle, WA			wi 1.3	wi 2.3	34'01.50	5'05.00	wi 1.4	104'01.00	12'09.50	166'06.00		
2	Wilcox, Rod	M35	5357	12.46	5.72m	9.14m	1.80m	57.22	16.77	30.34m	2.90m	40.71m	5:19.60
	Edmonds, WA			wi 1.3	wi 1.5	30'00.00	5'10.75	wi 1.4	99'06.00	9'06.25	133'07.00		
3	Jaqua, Michael	M38	4541	13.83	4.80m	8.91m	1.45m	64.17	18.84	25.48m	3.90m	37.31m	5:25.29
	Portland, OR			wi 1.3	wi 0.4	29'02.75	5'05.00	wi 1.4	83'07.00	12'09.50	122'05.00		
<b>M40</b>													
1	O'Neill, Tim	M40	6438	12.21	5.97m	11.97m	1.76m	58.60	16.33	35.73m	3.40m	44.07m	6:03.75
	Phoenix, AZ			wi 1.1	wi 1.9	39'03.25	5'09.25	wi 2.1	117'03.00	11'01.75	144'07.00		
2	Gaudette, Chuck	M40	6246	12.81	5.63m	10.47m	1.73m	59.48	18.76	36.81m	3.20m	52.03m	5:01.76
	Anahelm, CA			wi 1.1	wi 1.3	34'04.25	5'08.00	wi 2.1	120'09.00	10'06.00	170'08.00		
3	Robertson, Ryan	M41	4440	12.55	4.95m	9.87m	1.34m	66.55	23.03	30.82m	2.60m	34.23m	5:23.30
	East Menasha, WI			wi 1.1	wi 0.6	32'04.75	4'04.75	wi 2.1	101'01.00	8'06.25	112'04.00		
4	Hodson, Greg	M44	2793	14.48	4.02m	6.87m	1.37m	68.99	26.90	18.42m	1.90m	27.18m	6:00.32
	Covelo, CA			wi 1.1	wi 0.7	22'06.50	4'06.00	wi 2.1	60'05.00	6'02.75	89'02.00		
<b>M45</b>													
1	Watry, Jeff	M45	6402	13.19	5.23m	10.43m	1.70m	59.47	18.50	31.78m	3.00m	40.56m	5:12.60
	Paddock Lake, WI			wi 2.0	wi 1.6	34'02.75	5'07.00	wi 1.4	104'03.00	9'10.00	133'01.00		
2	Jacquet-Aceas, Russell	M48	5712	12.92	5.27m	7.58m	1.43m	57.94	17.67	24.83m	2.60m	33.98m	5:13.56
	Seattle, WA			wi 2.0	wi 0.6	24'10.50	4'08.25	wi 1.4	81'05.00	8'06.25	111'06.00		
3	Berquist, Brian	M48	5569	12.62	5.06m	9.48m	1.46m	57.18	19.97	29.06m	2.40m	35.18m	5:45.75
	Saskatoon, SK			wi 2.0	wi 3.3	31'01.25	4'09.50	wi 1.4	95'04.00	7'10.50	115'05.00		
3	Weares, Kelly	M47	4088	13.89	4.76m	8.84m	1.58m	67.39	21.07	24.70m	MH	20.47m	6:08.53
	Webb City, MO			wi 2.0	wi 0.7	29'00.00	5'02.25	wi 1.4	81'00.00		67'02.00		
<b>M50</b>													
1	Russell, Alan	M51	7238	12.60	5.03m	11.30m	1.58m	57.08	17.08	39.27m	3.50m	35.40m	5:26.55
	Alex, IA			wi 1.5	wi 1.6	37'01.00	5'02.25	wi 2.1	128'10.00	11'05.75	116'02.00		
2	Cole, Dan	M54	6262	13.12	4.90m	10.02m	1.76m	59.96	17.15	29.81m	2.10m	32.34m	5:40.57
	Olympia, WA			wi 1.5	wi 3.0	32'10.50	5'09.25	wi 2.1	97'10.00	6'10.75	104'01.00		
3	Green, Bob	M52	6162	13.15	4.28m	12.08m	1.43m	59.60	18.81	34.25m	3.00m	36.18m	5:46.57
	Seneca, SC			wi 1.6	wi 2.8	39'07.75	4'08.25	wi 2.1	112'04.00	9'10.00	118'08.00		
4	Hawkins, John	M52	6079	13.70	4.84m	11.05m	1.67m	68.67	20.82	35.99m	3.40m	39.15m	6:09.66
	Vancouver, BC			wi 1.5	wi 2.1	36'03.00	5'05.75	wi 2.1	118'01.00	11'01.75	128'05.00		
4	Stevick, Drew	M50	5502	13.84	4.47m	9.89m	1.46m	65.17	19.03	27.17m	2.30m	45.31m	5:57.38
	Olympia, WA			wi 1.5	wi 1.1	32'05.50	4'09.50	wi 1.7	89'02.00	7'06.50	148'08.00		
5	Holmes, Carter	M51	5491	13.29	4.68m	9.07m	1.46m	59.06	19.09	23.98m	2.20m	24.56m	5:14.84
	Minneapolis, MN			wi 1.6	wi 2.2	29'09.25	4'09.50	wi 1.7	78'08.00	7'02.50	80'07.00		
6	Baskauskas, Ed	M50	4936	15.09	4.30m	9.61m	1.52m	76.50	17.56	28.35m	2.80m	42.70m	7:27.19
	Martinez, CA			wi 1.6	wi 1.7	31'06.50	4'11.75	wi 1.7	93'00.00	9'02.25	140'01.00		
7	Davis, Mike	M51	3270	15.96	3.54m	8.75m	1.28m	79.80	22.17	26.62m	2.40m	29.55m	DNF
	New Lenox, IL			wi 1.6	wi 2.2	28'08.50	4'02.25	wi 1.7	87'04.00	7'10.50	96'11.00		
<b>M55</b>													
1	Baker, Robert	M55	6597	12.95	5.07m	10.13m	1.47m	62.51	17.72	30.07m	2.60m	27.20m	6:08.76
	Metalville, LA			wi 2.0	wi 0.7	33'03.00	4'09.75	wi 0.7	98'08.00	8'06.25	89'03.00		
2	Reiter, Gordon	M55	6423	13.55	4.74m	9.32m	1.47m	60.21	21.05	26.24m	2.70m	28.71m	6:50.98
	Bellwin, MO			wi 2.0	wi 1.0	27'03.75	4'09.75	wi 0.7	86'01.00	8'10.25	94'02.00		
3	Lamont, Grant	M57	5065	13.95	4.52m	9.86m	1.38m	64.88	DNF	25.41m	1.90m	35.08m	6:23.80
	Vancouver, BC			wi 1.5	wi 0.1	32'04.25	4'06.25		83'04.00	6'02.75	115'01.00		
4	Hughes, Geoffrey	M55	4876	13.54	MD	8.95m	1.38m	64.38	20.26	22.94m	2.20m	27.85m	6:08.82
	Eugene, OR			wi 2.0		29'04.50	4'06.25	wi 0.7	75'03.00	7'02.50	91'04.00		
5	Gent, Robert	M59	4010	15.58	3.78m	8.89m	1.41m	1120.49	21.66	31.21m	1.82m	26.95m	9:26.29
	Beaver, UT			wi 2.0	wi 0.9	29'02.00	4'07.50	wi 0.7	102'05.00	5'11.50	88'05.00		
<b>M60</b>													
1	Byrne, Phil	M60	7141	13.6h	5.06m	10.62m	1.45m	68.14	17.0h	38.47m	1.90m	40.23m	5:53.36
	Charlestown, MA			wi 1.5	wi 2.1	34'10.25	4'09.00	wi 3.0	126'02.00	6'02.75	132'00.00		
2	Sheedy, Bob	M60	5170	14.0h	4.71m	10.58m	1.48m	DNF	DNF	16.22m	2.30m	35.28m	7:44.67
	Port Angeles, WA			wi 1.5	wi 1.8	34'08.50	4'10.25		126'00.00	7'06.50	115'09.00		
3	McCrea, Don	M60	2857	26.97	2.87m	8.88m	1.30m	2123.09	DNF	27.53m	2.00m	28.65m	11:39.52
	Portland, OR			wi 1.5	wi 2.0	29'01.75	4'03.25		90'04.00	6'06.75	94'00.00		
<b>M65</b>													
1	Jankovich, Bill	M67	5879	14.3h	3.67m	8.67m	1.24m	73.22	21.0h	27.33m	2.50m	26.07m	6:41.58
	Racine, WI			wi 1.5	wi 1.4	28'05.50	4'00.75	wi 3.0	89'08.00	8'02.50	85'04.00		
2	Hepner, John	M69	5240	16.16	3.48m	8.62m	1.21m	77.52	23.7h	28.47m	2.00m	31.21m	6:20.88
	Eugene, OR			wi 1.5	wi 1.2	28'03.50	3'11.50	wi 3.0	93'05.00	6'06.75	102'05.00		
<b>M70</b>													
1	Propoy, Ray	M72	5146	16.79	3.72m	8.89m	1.27m	1441.78	17.89	28.15m	1.90m	31.63m	9:03.65
	Astoria, OR			wi 1.5	wi 1.3	29'02.00	4'02.00	wi 3.0	92'04.00	6'02.75	103'09.00		
<b>M75</b>													
1	Hirasaki, Fred	M76	6484	16.73	3.80m	9.07m	1.24m	1131.40	16.59	27.25m	2.10m	31.00m	9:12.06
	Findlay, OH			wi 1.5	wi 2.2	29'09.25	4'00.75	wi 3.0	89'05.00	6'10.75	101'08.00		
<b>M80</b>													
1	Amerasekara, Ver	M40	5116	12.86	1.55m	9.84m	27.12	5.38m	20.55m	2:55.93			
	Pontana, CA			wi 1.4	5'01.00	32'03.50	wi 1.7	wi 0.2	67'05.00				
2	Cole, Cathy	M40	4294	14.86	1.40m	9.70m	29.63	4.16m	35.47m	3:05.38			
	Shelton, WA			wi 1.4	4'07.00	31'10.00	wi 1.7	wi 1.7	116'16'00.00				
3	Johnson, Liz	M44	2679	16.10	1.19m	7.11m	33.07	3.13m	16.20m	3:06.98			
	Charlotte, NC			wi 1.4	3'10.75	23'04.00	wi 1.7	wi 1.3	53'02.00				
4	Hopple, Carla	M44	2293	17.67	1.31m	8.93m	30.80	1.76m	16.22m	DNF			
	Las Vegas, NV			wi 1.4	4'03.50	29'03.75	wi 1.7	wi 0.6	53'02.00				
5	Vaughn, Karen	M43	2187	18.13	1.34m	8.36m	37.44	2.97m	20.07m	4:10.52			
	Tustin, CA			wi 1.4	4'04.75	27'05.25	wi 1.7	wi 0.6	65'10.00				
<b>M85</b>													
1	Bowman, Tina	M48	3770	16.13	1.16m	6.46m	31.03	3.83m	20.23m	2:49.69			
	Long Beach, CA			wi 1.4	3'09.50	21'02.50	wi 1.7	wi 2.8	66'04.00				
<b>M90</b>													
1	Raschker, Phil	M54	5753	13.21	1.37m	9.20m	28.04	4.55m					



Continued from previous page

W85 Josephine Gregg OH 12:28.96
Mavis Borthick TN 14:17.66
Mary Haines CT 15:17.37
High Jump
M50 AJ Gabbard OH 1.60
Terrell Schaffer TX 1.50
Marty McClintock MO 1.45
Wayne Lloyd NM 1.40
Jim Dolezel OK 1.40
M55 Robert Baker LA 1.50
Eddie Harris NJ 1.45
Jim Flowers CO 1.45
Henry Clapper MO 1.45
Ray Kozusko TX 1.40
M60 Howard Dewey NY 1.60
James Paddie LA 1.55
Davie Perry CA 1.50
Bob Bergfeldt AZ 1.45
Ron Dennert MO 1.45
M65 Wayne Mishler NM 1.35
Don Breese OH 1.40
Armand Zahn WY 1.35
Charles Newman TN 1.30
James Nicholson TN 1.30
M70 Gordon Siefert AL 1.30
Richard Lowery FL 1.30
Stewart Hayner IN 1.30
Paul Bambrook CA 1.25
George Huson - 1.25
M75 Ed Holmes FL 1.20
Frank Brako - 1.15
Ray Schnitzer FL 1.10
Oscar Gilstrap AL 1.10
Benny Cruse LA 1.05
M80 James Cordell TX 1.10
Howard Hall FL 1.05
Seymour Duckman FL 1.05
M85 Donald Pellman AR (Crane/1.13/1985) OH 1.10
John Boesenhofer OH 1.10
Leland McPhee CA 1.00
W50 Phil Raschker GA 1.40
Linda Palermo LA 1.15
Marcia Long TN 1.05
Carol Bradford LA 1.00
Jane Kaiser MO 1.00
W55 Linda Douglass TX 1.30
Marg Radcliffe BC 1.25
Laurie Barton TX 1.20
D VanderCruyssen TX 1.15
Arth Phares OK 1.10
W60 Barbara Cleveland FL 1.20
Marilyn Bellamy TN 1.10
Essie Kea OH 1.10
Shelly Whitlock TX 1.05
Ida Culp WA 1.05
W65 Flo Meier VT 1.10
Janice Birks PA 1.05
Joan Burgess MA 1.05
Mary Melehan FL 1.05
MaryLou Bradford TX 1.00
W70 Vera Whiteside IL 1.00
Bridgette Langer MA 0.90
Jean Brubaker PA 0.90
Lillian Overcast TX 0.85
W75 Sarah Overton TN 1.00
Margaret Hinton TX 0.95
Luella Morris TN10 90
Wally Dashiell MD10 90
W80 Mary Bowermaster OH 0.90
Pole Vault
M50 Gene Bard MT 3.70
Dennis Schmitt TX 3.10
Jim Kelly NY 2.95
M55 Bill Johnston FL 3.66
David Middour TX 2.82
Don Fisher DE 2.67
Lynn Zimmer MI 2.52
M60 Frank Tinelli TX 2.85
Jerry McBride AR 2.70
Roger Chassay AZ 2.70
Bob Bergfeldt AL 2.70
Jerry Rouse SD 2.40
M65 Duane Rykhus MS 3.00
John Sharp IN 2.73
William Jankovich WI 2.50
Harold Herrington TN 2.43
William Rothley FL 2.13
M70 Gordon Seifert AL 2.65
John Weiss MO 2.50
Ed Williams TX 2.35
John Rutherford TX 2.35
W S Donald MS 2.05
M75 Jim Johnson CA 1.71
Bill Noonan LA 1.56
Oscar Gilstrap AL 1.56
M80 James Cordell TX 1.86
Ted Yanan LA 1.56
Art Holland MI 1.41
M85 Don Pellman AR 1.84
John Boesenhofer OH 1.26
W50 Phil Raschker GA 2.75
W55 Ingrid Miller MA 1.52
W60 Barbara Cleveland FL 2.44
Shelly Whitlock TX 1.37
W65 Flo Meier VT 1.90
MaryLou Bradford TX 1.75
W75 Sarah Overton TN11 30
Margaret Hinton TX11 30
Long Jump
M50 Teddy Price FL 5.26
Dan Ursery LA 5.23
Gene Iwen CO 5.05
Jim Dolezel OK 5.04
Dennis Schmidt TX 4.97
M55 Ray Kozusko TX 5.50
Mike Daniel MD 5.40
Robert Baker LA 5.14
Tyrone Brown VA 4.90
Wayne White LA 4.79
M60 Hans Gordon VA 4.77
James Kenney MD 4.77
Ray Lebowitz FL 4.66
Jerry McBride AR 4.54
Bob Bergfeldt AZ 4.39
M65 Charlie Richard LA 4.66
Peter Stopoulos IL 4.76
Paul Beckman AR 4.68
Wayne Mishler OH 4.49
Alan Brevik SD 4.30
M70 Monroe Hatchford NM 4.13
Paul Bambrook CA 4.11

Sam Ascani LA 3.76
Richard Soller OH 3.71
Stewart Hayner IN 3.53
M75 Charles Modlin - 4.15
Frank Brako - 3.67
Oscar Gilstrap AL 3.37
Nile Russell MI 3.17
Ray Schnitzer FL 2.91
M80 William Canterna PA 3.25
Seymour Duckman FL 3.16
John Anoka FL 3.11
M85 Donald Pellmann AR (Trahan/2.97/2000) AR 3.08
John Boesenhofer OH 2.73
Max Springer TN 2.52
Harold Hoffman NC 1.44
M90 Ernest Nero TX 1.16
W50 Phil Raschker GA 4.58
Janet Blair NM 4.34
Brenda Matthews CA 3.87
Jane Kaiser MO 3.14
Dory Wagner RI 3.07
W55 Marg Radcliffe BC 3.52
D VanderCruyssen TX 3.38
Carmela Miller VA 3.24
Blandine Tate NC 3.24
Ann Carter SC 3.21
W60 Barbara Cleveland FL 3.90
Marilyn Bellamy TN 3.13
Lucille Ligon VA 3.05
Eileen Schmidt KS 3.02
IA 2.93
W65 Janice Birks PA 3.32
Barbara Jordan VT 3.30
Shirley Smith FL 3.27
Flo Meier VT 3.08
Jean Schooler AR 2.95
W70 Ethel Lehmann DE 2.76
Bridgette Langer MA 2.53
CA 2.45
Francis Styles NC 2.18
Doris Forbes WI 2.00
Lillian Overcast TX 2.00
M75 Mary Holland MI 2.83
Margaret Hinton TX 2.56
Sarah Overton TN 2.32
Mary Norckauer LA 2.20
Luella Morris TN 2.01
W80 Mary Bowermaster OH 2.18
Molly MacKown CO 1.89
Carla Convery VA 1.57
W85 Dorothy Bavaro AR NY 1.73
MaryAnn Mestayer LA 0.53
ARTN 0.71
Shot Put
M50 Robert Winchell IN 13.84
Bob Peters MO 13.58
Bill Schlachter NE 13.26
Dave Saitich LA 12.93
William Gainey MD 12.60
M55 Jerry BookinWeiner MA 12.04
Vincent Breaux LA 11.48
Alex Meyer NE 10.83
Harold Landry LA 10.69
Anthony Ames FL 10.59
M60 Glen Johnson TN 14.83
Gene Thacker CA 13.57
Stephen Cohen IL 13.12
Dan LaRose MI 13.05
Nick Denito MA 12.92
M65 Gerald Vaughn AR NC 14.25
John Cantrell TX 12.94
Wendell Palmer TX 12.78
James Koch NM 12.68
Len Olson FL 12.13
M70 Larry Horne NC 13.60
Peter Augsburgher OH 12.36
Mack Branham SC 12.29
A Xanthopoulos LA 11.59
Bob King CO 11.16
M75 George Riser OH 10.77
Glen Burgess WY 9.60
Villem Rahe OH 9.59
Bill Bangert MO 9.57
Ed Holmes FL 9.36
M80 Dale Buysse CO 9.56
Walt Evick NC 9.32
Bill Trimmell KS 8.83
M85 Donald Pellman AR 9.96
Roy Hollingsworth NM 7.34
Leland McPhee CA 6.80
M90 Harold Hoffman NC 5.09
Ernest Nero TX 4.93
W50 Connie Strobach MO 11.13
Donna Dubbelde IL 10.45
Mary Hartzler OH 10.29
BarbaraLoPiccolo NY 9.03
Phil Raschker GA 8.88
W55 Ingrid Miller MA 11.90
Joyce Dakin LA 8.84
Connie Sarver CA 8.79
Carol Griffith MI 8.66
Carmela Miller VA 8.06
W60 Cherie Sherrard CA 9.85
Lucille Ligon CA 8.63
Barbara Hutchison NM 8.20
Rita Matz OH 8.01
Marilyn Bellamy TN 7.69
W65 Erika Messner FL 8.77
Mary Roman CT 8.62
Char Sobkowski IL 8.04
Shirley Smith FL 7.94
Bertha Aldrich IA 7.52
W70 Jean Brubaker PA 7.59
Dory Wagner GA 26.48
Arlene Mayer NM 7.39
Gail Zitnay MD 19.11
Betty Neal TX 17.45
Dainne Kaerwer VA 28.56
W55 Carmela Miller NJ 27.32
Diane Jenke BC 27.24
Carol Griffith MI 26.00
Sharon Raham CO 23.25
W60 Fay Richard LA 25.76
Margaret Barker SC 25.16
Deeanne Janne NV 25.01
Shirley Lambert NM 24.52
Ann Flynn CT 23.20
W65 Erika Messner FL 26.72
Hajmet Bloemer NE 25.38
MaryLouBradford TX 20.48
Amy Hicks MA 20.18
Norma Stotts AR 19.98
W70 Jean Brubaker PA 21.22

Paul Dally TX 44.59
Bob Hume FL 43.77
Don Zonich VA 39.24
M55 Swayne McCauley TN 41.98
Jerry BookinWeiner MA 40.15
Vincent Breaux LA 37.98
Richard Stag LA 36.49
Richard Tucker MS 33.03
M60 Richard Cochran MO 55.41
Larry Pratt DE 54.21
Glen Johnson TN 52.92
Stephen Cohen IL 48.28
David MacMillan ME 47.33
M65 Ron Anderson KS 49.02
Wendell Palmer TX 46.75
Jerry Griffin LA 45.47
Bill Gramley NC 41.23
Rodney Letchworth FL 40.02
M70 Larry Horne NC 39.05
Mack Branham SC 34.98
A Xanthopoulos MA 34.62
Richard Lowery FL 33.09
Tom Meagher MN 33.05
M75 Ed Hooker OK 34.24
George Riser OH 33.82
Bill Bangert MO 27.09
Doug Cochran AZ 25.23
Benny Cruse LA 24.55
M80 Dale Buysse CO 29.24
Gene Abdenour OH 24.68
Bill Canterna PA 24.46
M85 Donald Pellman AR (Camine/24.36/1993) NM 24.36
Roy Hollingsworth CA 18.30
Leland McPhee TX 12.92
M90 Ernest Nero TX 12.92
W50 Mary Hartzler OH 30.68
Pat Connell DE 29.28
Donna Dubbelde IL 29.28
Connie Strobach MO 27.84
BarbaraLoPiccolo NY 24.60
W55 Ingrid Miller MA 34.98
Carol Griffith MI 25.46
Connie Sarver CA 23.14
Sharon Raham CO 21.35
Marilyn Duvall LA 20.78
W60 Ann Flynn CT 24.06
Audrey Kempf SD 22.28
Barbara Hutchison NM 21.37
Lucille Ligon CA 21.22
Cherie Sherrard CA 19.82
W65 Erika Messner FL 25.02
Char Sobkowski IL 23.14
Elen Brannigan CA 21.14
Amy Hicks MA 20.80
Bertha Aldrich IA 20.02
W70 Lonnie Proctor NC 18.72
Betty Neal FL 18.34
Arlene Mayer NM 17.88
Vera Whiteside IL 17.21
Jean Brubaker PA 16.96
W75 Sarah Overton TN 15.56
Mary Norckauer LA 15.41
Harriet Boyd FL 15.40
Charlotte Acton CO 14.36
Ann Toya NM 14.32
W80 Geneva Gillis NC 12.74
Elizabeth Prycl PA 12.12
Carla Convery VA 8.80
W85 Juanita Brookover NC 12.74
Mamie Evans LA 10.18
Eleanor Pease OH 8.96
W90 Eleanor Pease TN 5.44
Javelin
M50 Greg Geraci NJ 53.66
Buzz Gagne NH 51.55
Virgil Graham KS 45.14
Harold Bourgeois LA 43.23
Sanford Suire LA 42.55
M55 Delmon McNabb LA 53.75
Richard Sander LA 50.58
Art Lawrence TX 48.44
Jerry Ransdell NV 44.29
Vincent Breaux LA 40.53
M60 James Kenney MD 45.41
Frank Tinelli TX 41.20
Charles Cannon LA 41.09
Frank Illuzzi NJ 40.45
Tom Harasti FL 39.86
M65 Stanley Koster MI 40.26
Dick Davies TN 39.06
Charles Lanza TN 38.92
Charlie Richard LA 37.98
Jack Parker TX 36.91
M70 Larry Horne NC 39.69
A Xanthopoulos MA 38.42
W S Donald MS 38.27
Joe Quartano VA 30.29
Robert Mrozinski MI 31.65
M75 Charles Pistonno VA 30.29
Villem Rahe OH 29.93
Doug Cochran AZ 27.36
Jim Hays NE 25.24
Chet Warwick NM 19.83
M80 Burt Beadle LA 27.04
William Canterna PA 26.52
Dale Buysse CO 23.90
M85 Don Pellman AR 25.59
Leland McPhee CA 19.12
John Boesenhofer OH 15.74
M90 Al Nellis SC 8.31
W50 Connie Strobach MO 27.53
Phil Raschker GA 26.48
Dory Wagner FL 23.59
Gail Zitnay MD 19.11
Dainne Kaerwer VA 17.45
W55 Carmela Miller NJ 27.32
Diane Jenke BC 27.24
Carol Griffith MI 26.00
Sharon Raham CO 23.25
W60 Fay Richard LA 25.76
Margaret Barker SC 25.16
Deeanne Janne NV 25.01
Shirley Lambert NM 24.52
Ann Flynn CT 23.20
W65 Erika Messner FL 26.72
Hajmet Bloemer NE 25.38
MaryLouBradford TX 20.48
Amy Hicks MA 20.18
Norma Stotts AR 19.98
W70 Jean Brubaker PA 21.22

Ethel Lehmann FL 21.04
Betty Neal FL 20.78
Vera Whiteside IL 20.28
Arlene Mayer NM 17.60
W75 Sarah Overton TN 16.91
Mary Holland MI 15.94
Margaret Hinton TX 15.64
Mary Norckauer LA 14.74
Ann Toya NM 13.01
W80 MaryBowermaster OH 10.81
Carla Convery VA 8.41
Mae Copes LA 7.43
W85 Eleanor Riding OH 8.31
Mary Haines CT 6.13
MaryAnnMestayer LA 5.47
USATF National Masters Outdoor Pentathlon Championships
Bernie Moore Track Stadium, Louisiana State University, Baton Rouge, LA; July 25
Athlete Name Age Points LJ JT 200 DT 1500
M30
1 Barr, James E M33 2693 5.88m 49.32m 25.57 35.27m 5:24.92
w: 3.8 161'10.00 w:-0.9 115'08.00
2 Borchard, Mark J M31 2494 5.42m 37.42m 24.93 26.23m 4:49.53
w: 2.5 122'09.00 w:-0.9 86'01.00
3 O'Shaughnessy, Patrick M32 1250 4.02m 28.25m 26.83 21.80m DNF
w: 2.6 92'08.00 w:-0.9 71'06.00
M35
1 Light, Rob W M38 2760 5.94m 38.76m 24.66 32.40m 5:22.48
w: 2.8 127'02.00 w:-0.6 106'03.00
2 Sigman, Glen M39 2512 4.86m 31.84m 25.14 27.30m 4:41.31
w: 2.3 104'05.00 w:-0.6 89'07.00
3 Sloan, Kerry L M38 2432 5.37m 26.40m 24.98 24.97m 4:48.44
w: 3.0 86'07.00 w:-0.6 81'11.00
4 McKenzie, John S M36 2393 5.48m 29.97m 26.64 24.05m 4:47.35
w: 2.8 98'04.00 w:-0.6 78'11.00
5 Koolsbergen, Jonas M36 2143 4.87m 31.34m 29.55 30.28m 5:25.58
w: 2.3 135'07.00 w:-0.6 99'04.00
6 Bailey, Raven I M36 1864 4.59m 34.44m 28.26 27.79m 5:48.99
w: 2.5 113'00.00 w:-0.6 91'02.00
7 Birch, Roy M M39 1492 5.77m 35.93m 59.94 30.13m DNF
w: 2.5 117'10.00 w:-0.6 98'10.00
M40
1 Janussey, Michael A M43 3407 5.66m 55.99m 24.82 33.33m 5:01.78
w:-0.1 183'08.00 w:-0.1 109'04.00
2 Dyer, John M M43 3203 5.62m 36.76m 25.28 35.14m 4:37.49
w: 4.3 120'07.00 w:-0.2 115'03.00
3 Winkel, Stephen J M43 3148 5.63m 42.67m 25.80 33.70m 4:51.69
w: 2.7 140'00.00 w:-3.1 110'07.00
4 Russ, Jim M44 2863 5.08m 45.63m 26.49 30.24m 5:04.75
w: 1.8 149'08.00 w:-0.2 99'02.00
5 Keasterson, Michael M40 2801 5.40m 48.63m 25.93 32.84m 6:02.12
w: 1.0 159'06.00 w:-3.1 107'09.00
6 Brower, Jeff D M42 2535 5.52m 25.90m 26.46 24.18m 5:00.99
w: 2.3 85'00.00 w:-3.1 79'04.00
7 Halford, Eric W M41 2413 4.63m 35.24m 26.37 25.96m 5:21.38
w:-0.2 115'07.00 w:-0.2 85'02.00
8 Marchand, Edouard D M41 2321 4.65m 38.46m 26.63 26.62m 5:49.92
w: 0.9 126'02.00 w:-0.2 87'04.00
9 Wells, Jameson P M44 2117 4.42m 38.99m 30.33 28.97m 5:39.72
w: 1.9 127'11.00 w:-3.1 95'00.00
10 Zelanski, Paul M41 2086 5.29m 34.73m 26.13 28.19m DNF
w: 1.3 113'11.00 w:-0.2 92'06.00
11 Makoty, Frank M41 1980 4.58m 36.97m DQ 29.46m 5:05.85
w: 1.9 121'03.00 96'08.00
12 Adams, Bradley W M43 1152 3.09m 30.68m 33.70 31.11m DNF
w: 2.1 100'08.00 w:-3.1 102'01.00
13 \*Aunan, Tommy M42 1144 4.23m 30.89m 32.80 17.40m DNF
w: 2.0 101'04.00 w:-3.1 57'01.00
M45
1 Jacquet-Aceas, Russell M48 2787 5.13m 34.37m 25.72 17.30m 5:08.88
w: 1.8 112'09.00 w:-0.2 56'09.00
2 Watson, Richard B M48 2286 4.46m 45.50m 32.41 30.36m 6:22.66
w:-2.0 149'03.00 w:-0.2 99'07.00
M50
1 Russell, Alan M M51 3384 4.96m 33.93m 26.10 37.45m 5:15.95
w: 0.7 111'04.00 w:-1.0 122'10.00
2 Stein, Herbert E M54 2545 4.14m 35.96m 28.97 27.91m 6:00.33
w: 0.2 118'00.00 w:-1.0 91'07.00
3 Jacobson, Vance B M53 2233 4.04m 27.96m 27.04 20.50m 6:25.28
w: 0.2 91'09.00 w:-1.0 67'03.00
4 Zisko, Peter R M51 1799 3.82m 25.79m 32.16 26.92m 6:55.94
w: 0.3 84'07.00 w:-1.0 88'04.00
M55
1 Kroodsma, Roger M57 3698 5.05m 38.68m 27.28 35.12m 5:33.07
w: 0.2 126'11.00 w:-1.0 115'03.00
2 Baker, Robert P M55 3180 4.91m 26.52m 27.38 32.51m 5:56.11
w: 0.2 87'00.00 w:-1.0 106'08.00
3 Meyer, Alex J M59 2100 3.55m 31.59m 33.71 30.64m 6:41.00
w: 0.2 103'08.00 w:-1.0 100'04.00
4 Brown, Douglas S M58 814 2.69m 17.13m 38.03 13.41m 8:19.66
w: 0.2 56'02.00 w:-1.0 44'00.00
M60
1 Byrne, Philip M M60 3418 4.76m 38.61m 29.32 37.28m 6:34.09
w: 0.7 126'08.00 w:-1.3 122'04.00
2 Rowan, Terence C M60 2787 4.29m 30.79m 30.58 30.89m 6:47.19
w:-0.6 101'00.00 w:-1.3 101'04.00
3 Medley, Ken L M60 2597 4.60m 29.89m 31.76 30.98m 7:43.44
w:-0.1 98'01.00 w:-1.3 101'08.00
M65
1 Shipp, Phil M66 3030 3.92m 36.40m 35.19 37.84m 7:08.45
w: 0.2 119'05.00 w:-1.5 124'02.00
2 Jankovich, William M67 1121 3.80m 26.62m DNF DNF DNF
w: 0.5 87'04.00
3 Cleveland, Jim M67 308 2.92m DNF DNF DNF
w: 0.2
M70
1 Daprano, William L M74 2641 3.65m 28.48m 33.08 26.75m 9:04.96
w: 0.8 93'05.00 w:-1.5 87'09.00
2 Vaughan, Cully M70 2155 3.38m 28.41m 39.69 25.91m 9:08.79
w: 1.0 93'02.00 w:-1.5 85'00.00
M75
1 Carter, Bill C M78 3227 3.73m 24.19m 35.55 30.47m 7:44.74
w:-0.1 79'04.00 w:-1.5 99'11.00
Athlete Name Age Points BUNDLE LJ SP 800
W40
1 Amarsekara, Veronica W40 3460 12.75 1.38m 9.12m 5.34m 3:07.30
w:-0.3 4'06.25 29'11.25 w: 2.2
W45
1 Johnson, Liz B W45 2436 16.30 1.23m 6.95m 3.55m 3:14.23
w:-0.3 4'00.50 22'09.75 w: 2.1
W54
1 Raschker, Phil K W54 3999 13.53 1.38m 8.81m 4.53m 3:04.24
w:-2.6 4'06.25 28'11.00 w: 2.1
W59
1 Carter, Ann E W59 1766 19.46 1.05m 5.66m 2.95m 4:39.13
w:-2.6 3'05.25 18'07.00 w: 1.2
W67
1 Meiler, Flo L W67 3145 20.02 1.11m 6.56m 3.11m 4:05.53
w:-2.6 3'07.75 21'06.25 w: 2.9
2 Jordan, Barbara R W65 3120 18.69 1.05m 5.65m 3.12m 3:55.76
w:-2.6 3'05.25 18'06.50 w: 2.5
W75
1 Valien, Johnnye M W76 3671 23.01 0.96m 6.55m 3.19m 4:50.35
w:-2.6 3'01.75 21'06.00 w: 1.4
USATF National Masters Track & Field Championships, Bernie Moore Track Stadium, Baton Rouge, LA; July 25-28
\*Non-U.S. citizen, does not place in standings.
M30 -100m- 100 METERS
1 @Wabo Tshimanga 32 CA 11.14 88.54
2 Arron Prather 31 FL 11.42 86.34
3 Robert Thomas 34 IN 11.48 86.54
4 Lloyd Collins 34 LA 11.58 85.74
5 Marek Wensel 32 IA 11.64 84.74
6 Art Beedy 33 UK 11.83 83.34
Continued on next page

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Table with 3 columns: Name, State, Time. Includes entries for William Ashley, Corwin Jackson, Patricia O'Shaughnessy, etc.

Table with 3 columns: Name, State, Time. Includes entries for W35 -100m, W40 -100m, W45 -100m, etc.

Table with 3 columns: Name, State, Time. Includes entries for W45 -100m, W50 -100m, W55 -100m, etc.

Table with 3 columns: Name, State, Time. Includes entries for W60 -100m, W65 -100m, W70 -100m, etc.

400 METERS

Table with 3 columns: Name, State, Time. Lists 400 meter race results for various age groups.

200 METERS

Table with 3 columns: Name, State, Time. Lists 200 meter race results for various age groups.

Continued on next page

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Table with 3 columns: Rank, Name, and Time. Lists results for 400m, 500m, and 800m events.

800 METERS

Table with 3 columns: Rank, Name, and Time. Lists results for 800m, 1000m, 1500m, and 2000m events.

Table with 3 columns: Rank, Name, and Time. Lists results for 500m, 1000m, and 1500m events.

1500 METERS

Table with 3 columns: Rank, Name, and Time. Lists results for 1500m, 2000m, 3000m, 4000m, 5000m, 10K, and 15K events.

Table with 3 columns: Rank, Name, and Time. Lists results for 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 10K, and 15K events.

10K

Table with 3 columns: Rank, Name, and Time. Lists results for 10K, 15K, 20K, 30K, 40K, 50K, and 60K events.

Table with 3 columns: Rank, Name, and Time. Lists results for 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 10K, and 15K events.

STEEPLECHASE

Table with 3 columns: Rank, Name, and Time. Lists results for 2km, 3km, 4km, 5km, 6km, 7km, 8km, 9km, 10km, 11km, 12km, 13km, 14km, 15km, 16km, 17km, 18km, 19km, and 20km events.

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**4x100 RELAY**

M30-49 -4X100m RELAY-

M30-39

1 TTC (Hahn, Raney, Menzies, Menzie)	47.22
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M40-49-

1 EAST (Jones, Hodge, Sr., Barnwell)	45.26
2 SCTC (Baker, Sears, Spence, Berry)	45.31
3 MIDW (Zahn, Rewolinski, Druckrey,)	47.28

80-89

1 EAST EASTERN 48.68

1) Brown, Alton 52	2) Black, Ivan G 52
3) Lyden, Charles E 53	4) Johnson, Mark S 50

2 PAC PACIFIC NW 49.40

1) Brocato, Charles J 56	2) Jacobson, Vance B 53
3) Lyden, Charles E 56	4) Craig, Jack A 52

3 MAR MID-AMERICA RUNNERS 50.08

1) Iwan, Gene C 50	2) Holmes, Carter 51
3) Dolezal, Jim E 51	4) Regan, Shawn 51

90-89

1 UNA Unattached 53.47

1) Head, John 63	2) Gordon, Hans 80
3) Demson, Don 81	4) Martin, JR, Richard J 65

2 LAM LOUISIANA MASTERS 53.58

1) Boudreaux, Michael P 62	2) Holter, Johnny M 50
3) Moore, Doris 50	4) LaBauve, Galen J 53

70-79

1 WEST WESTERN REGION 1:17.59

1) Holmes, Bob B 72	2) Willis, Harold W 73
3) Sanchez, Efran R 72	4) Selby, Jim 73

M30-39

1 WEST (Margerum, Amarasekara, Iba,) 50.21

- UNA (Avidi, Nolen-Mack, Leslie, M) DQ

**4x400 RELAY**

M30-49 -4X400m RELAY-

M30-39

1 FIBO (Essick, Beeby, Dittmar, Wens)	3:25.93
2 SCTC (Ashford, Cleary, Sears, Berr)	3:42.45

M40-49

1 UNA (Simons, Puckerin, Hernandez)	3:32.13
2 SW (Raney, Landry, Easley, Lofto)	3:33.84

M50-79 -4X400m RELAY-

M50-59

1 LAM (Boudreaux, Hollier, Moore, S)	4:27.64					
M60-69						
1 EAST (LeVassuer, Borla, Haviland,)	5:10.16					
M70-79						
1 WEST (Holmes, Willis, Sanchez, Sel)	6:01.43					
M30-79 -4X400m RELAY- <p>M40-49</p> <table border="1"> <tr><td>1 SCTC (Barraza, Shirley, Selby, Sar)</td><td>5:02.17</td></tr> <tr><td>M60-69</td><td></td></tr> <tr><td>1 SCTC (Onodera-Leonard, Valien, Sm)</td><td>6:42.27</td></tr> </table>	1 SCTC (Barraza, Shirley, Selby, Sar)	5:02.17	M60-69		1 SCTC (Onodera-Leonard, Valien, Sm)	6:42.27
1 SCTC (Barraza, Shirley, Selby, Sar)	5:02.17					
M60-69						
1 SCTC (Onodera-Leonard, Valien, Sm)	6:42.27					

**4x800m RELAY**

M50-79 -4X800m RELAY-

M50-59

1 MAR (Iwen, Holmes, Fallen, Salaza)	9:40.04	
2 LAM (Hollier, Boudreaux, Moore, S)	10:29.93	
M60-69		
1 EAST (Daly, Butterfield, Borla, Le)	11:25.98	
M70-79		
1 WEST (Holmes, Willis, Sanchez, Sel)	13:56.42	
M30-79 -4X800m RELAY- <p>M40-49</p> <table border="1"> <tr><td>1 SCTC (Willard, Gilbert, Barraza, N)</td><td>11:26.62</td></tr> </table>	1 SCTC (Willard, Gilbert, Barraza, N)	11:26.62
1 SCTC (Willard, Gilbert, Barraza, N)	11:26.62	

**HIGH JUMP**

M30-44 -HJ-

M30

1 James Barr	33 VA 1.65m 70.8%
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M35

1 Kent Rhine	39 TX 1.75m 79.9%
2 Lyle Whitaker, II	39 KS 1.65m 75.3%

M40

1 Mack Reese	40 CA 1.80m 82.9%
2 Douglas Schneebeck	40 NM 1.70m 78.3%

M45 -HJ-

1 Garry Pirch	46 MO 1.70m 83.3%
2 Walden Curry	48 LA 1.65m 82.9%
3 Larry Vollmer	48 TX 1.60m 80.4%
3 Kelly Meares	47 MO 1.60m 79.6%
5 Robert Zahn	47 WI 1.55m 77.1%
6 Valeriy Snezhko	47 MN 1.55m 77.1%
7 John Hanning	45 LA 1.45m 70.3%
8 Richard Watson	48 AZ 1.45m 72.8%

M50-59 -HJ-

M50

1 James Sauers	53 GA 1.75m 92.5%
2 Milan Jamrich	51 TX 1.75m 90.6%
3 Ivan Black	52 NY 1.50m 78.5%
4 Bob Rockwell	51 SC 1.45m 75.1%
5 Neal Schuster	53 WI 1.30m 68.7%

M55

1 James Cawley	58 TX 1.55m 86.5%
2 Robert Baker	55 LA 1.50m 81.0%
3 Jim Flowers	55 CO 1.45m 78.3%
3 Joe Johnston	57 FL 1.45m 80.1%
5 Johnston Ewing	57 TN 1.40m 77.3%
- John Thomas	56 FL NH

M60 -HJ-

1 Davie Perry	62 CA 1.55m 90.1%
2 Howard Dewey	60 NY 1.50m 85.2%
3 Emil Pawlik	62 MS 1.50m 87.2%
4 Barry Kline, Sr.	61 PA 1.45m 83.3%
5 Philip Byrne	60 MA 1.40m 79.5%
6 John Head	63 TX 1.35m 79.4%
7 Louis Vodopya	64 TN 1.25m 74.4%
- Gervasio Rodriguez	63 PR NH

M65-89 -HJ-

M65

1 Tom Langenfeld	66 MN 1.50m 90.9%
2 Phil Shipp	66 AZ 1.35m 81.8%
3 Joel Stinson	66 ME 1.30m 78.7%
4 Jerry Sullivan	66 CA 1.25m 75.7%
5 Ritch White	66 CO 1.15m 69.7%

M70

1 James Stookey	71 MD 1.35m 86.5%
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M85

1 Robert Boucke	87 CA 0.80m 64.0%
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M30-59 -HJ-

M30

1 Kimiko Nakatake	30 NY 1.50m 72.8%
2 Leslie Martin	32 CA 1.35m 67.1%

M40

1 Martha Mendenhall	42 WA 1.55m 87.0%
2 Elaine Iba	40 CA 1.30m 71.4%

M45

1 Linda Lowery	49 GA 1.25m 76.6%
2 Liz Johnson	45 NC 1.20m 70.1%

M50

1 Phil Raschker	54 GA 1.40m 91.5%
2 Hillen Stubendorff	52 MD 1.25m 79.6%

**LONG JUMP**

M30-39 -LJ-

M30

1 Corwin Jackson	30 UT 6.07m 67.8%
2 James Barr	33 VA 6.05m 69.3%

M35

1 Aaron Sampson	39 UT 6.97m 86.5%
2 Alan Sims	37 TX 6.12m 74.0%
3 Kevin Lendo	38 LA 6.03m 73.9%
4 John McKenzie	36 MD 5.31m 63.3%
5 David Hogan	36 MO 5.28m 63.0%

M40 -LJ-

1 Bryan Johnson	43 ND 6.13m 80.3%
2 Joe Schwieterman	42 IL 5.49m 71.0%
3 Lewis Kayes, III	41 NC 5.23m 66.7%
4 Marcus Battle	42 MD 5.14m 66.4%
5 Remo Biagioni	42 NJ 5.08m 65.7%

M45 -LJ-

1 James Lofton	45 TX 6.61m 88.9%
2 Larry Vollmer	48 TX 6.07m 85.1%
3 Richard Thomas	48 TX 5.80m 81.3%
4 Willard Thompson	48 TX 5.62m 78.8%
5 Joseph DeMartini	47 FL 4.39m 60.7%
6 Bob Maseratti	49 AR 4.38m 62.2%

M50 -LJ-

1 Stanley Druckrey	52 WI 5.40m 79.8%
2 James Manor	53 CA 5.01m 75.1%
3 Jim Dolezal	51 OK 4.98m 72.7%
4 Bob Rockwell	51 SC 4.90m 71.5%
4 Ivan Black	52 NY 4.90m 72.4%
6 Taylor Weatherbee	50 TN 4.66m 67.1%
7 Paul Blankenship	51 TX 4.64m 67.7%
8 Eric Hill	54 FL 4.28m 65.0%
9 Vance Jacobson	53 WA 4.16m 62.3%
0 Neal Schuster	53 WI 3.63m 54.4%
1 Peter Zisko	51 CA 3.50m 51.0%
- Herbert Stein	54 LA FOUL

M55 -LJ-

1 Edward Jones	56 TX 5.50m 85.9%
2 James Cawley	58 TX 5.22m 83.7%
3 Robert Baker	55 LA 5.00m 77.0%
4 Joe Johnston	57 FL 4.94m 78.1%
5 John Thomas	56 FL 2.17m 33.9%

M60-69 -LJ-

M60

1 Philip Byrne	60 MA 5.02m 82.7%
2 Emil Pawlik	62 MS 4.80m 81.3%
3 Don Denson	61 TX 4.75m 79.3%
4 Hans Gordon	60 LA 4.60m 75.7%
5 Lionel Low	61 HI 4.49m 74.9%
6 Ken Medley	60 NM 4.34m 71.5%

M65

1 Charlie Richard	66 LA 4.56m 81.4%
2 Pedro Pacheco	67 PR 4.01m 72.6%
3 Phil Shipp	66 AZ 3.78m 67.5%

M55

1 Linda Douglass	56 TX 1.30m 86.6%
2 Marg Radcliffe	59 BC 1.20m 83.3%
3 Dor Vander Cruyssen	55 TX 1.05m 69.0%

M60-84 -HJ-

M60

1 Barbara Cleveland	61 FL 1.20m 85.1%
M65	
1 Flo Meiler	67 VT 1.10m 83.9%
2 Mary Melehan	67 FL 1.00m 76.3%
3 Mary Lou Bradford	65 TX 0.90m 67.1%

M75

1 Margaret Hinton	79 TX 0.85m 75.2%
- Willie Gatza	76 CO NH

1 Olga Kotelko 82 BC 0.90m 84.1%

2 Diane Friedman 80 OH 0.85m 76.5%

**POLE VAULT**

M30-49 -PJ-

M40

1 Thad Brady	40 FL 4.35m 81.3%
2 James Fountain	44 TX 3.90m 77.0%
3 Kevin Troclair	44 LA 3.30m 65.2%
4 Jack Butler	43 TN 3.00m 58.4%
- Marc Herna	44 TX NH
- Charles Baker	40 VA NH

M45

1 Bob Crites	47 TX 3.90m 80.4%
2 Charles Barnard	46 MO 3.60m 73.1%
3 Kelly Meares	47 MO 3.60m 74.2%
4 Ron LeClerc	49 LA 3.00m 63.6%
- Gary Hunter	45 IN NH

M50-59 -PJ-

M50

1 Gene Bard	51 MO 4.00m 87.3%
2 Michael Wick	50 TX 3.70m 79.5%
3 Johnnie Bye	52 SC 3.70m 81.8%
4 Robert Mard	53 LA 3.25m 72.8%
5 Jim Dolezal	51 OK 3.10m 67.6%
6 Douglas Kaiser	52 FL 2.95m 65.2%

M55

1 Joe Johnston	57 FL 3.85m 91.2%
2 Johnston Ewing	57 TN 2.95m 69.9%
3 William Subanks	58 NC 2.65m 63.7%

M60-84 -PJ-

M60

1 Terry Cannon	63 CA 3.20m 82.4%
2 Steven Warr	60 TX 2.90m 71.7%
3 Gary Isham	61 NM 2.60m 65.1%

M65

1 Taylor Goode	65 VA 3.10m 82.2%
2 Duane Rykhuis	66 SD 2.90m 77.9%
3 John Diggs	65 TN 2.70m 71.6%
4 William Jankovich	67 WI 2.40m 65.4%
- Robert Adams	68 LA NH

M70

1 Jerry Donley	71 CO 2.80m 80.6%
2 John Rutherford	71 TX 2.20m 63.4%
3 Bob Holmes	72 CA 2.20m 64.3%

M80

1 Ted Yenari	81 LA 1.80m 60.2%
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M30-84 -PJ-

M45

1 Liz Johnson	45 NC 1.80m 51.1%
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M50

1 Phil Raschker	54 GA 2.90m 94.4%
2 Hillen Stubendorff	52 MD 2.70m 85.1%

M60

1 Barbara Cleveland	61 FL 2.50m 90.2%
2 Becky Sisley	62 OR 2.30m 84.2%

M65

1 Flo Meiler	67 VT 1.80m 71.1%
2 Mary Lou Bradford	65 TX 1.60m 61.3%

M75

1 Johnnye Valien	76 CA 1.70m 76.9%
2 Margaret Hinton	79 TX 1.30m 61.6%

M70-89 -LJ-

M70

1 James Stookey	71 MD 4.65m 88.9%
2 Sam Ascani	71 LA 4.02m 76.8%
3 Jerry Donley	71 CO 3.95m 75.5%
4 William Daprano	74 GA 3.80m 75.7%
5 Richard Soller	74 OH 3.67m 73.1%

M80

1 Tom Kennell	80 FL 3.74m 80.6%
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M85

1 Robert Boucke	87 CA 1.55m 39.5%
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M30-54 -LJ-

M30

1 Paula Leslie	32 OR 4.80m 65.7%
2 Kimiko Nakatake	30 NY 4.57m 60.7%

M40

1 Veronica Amarasekara	40 CA 5.44m 83.5%
2 Joy Margerum	40 CA 5.20m 79.8%
3 Elaine Iba	40 CA 4.81m 73.8%
4 Elizabeth Mondoy	43 CA 3.26m 52.3%

M45

1 Linda Lowery	49 GA 4.24m 74.2%
2 Marcia Hulce	46 VA 3.68m 61.6%
3 Liz Johnson	45 NC 3.02m 49.8%

M50

1 Phil Raschker	54 GA 4.51m 84.7%
2 A Lorraine Tucker	54 CA 3.99m 75.0%
3 Colleen Burns	51 NM 3.98m 71.7%
4 Hillen Stubendorff	52 MD 3.84m 70.2%
5 Carolyn McCormick	54 TX 3.12m 58.6%

M55-84 -LJ-

M55

1 Marg Radcliffe	59 BC 3.63m 73.3%
2 Dor Vander Cruyssen	55 TX 3.46m 66.0%

M60

1 Barbara Cleveland	61 FL 3.77m 78.3%
2 Hannelore Boerner	64 VT 2.95m 64.1%

M65

1 Barbara Jordan	65 VT 3.18m 70.0%
2 Flo Meiler	67 VT 2.96m 67.1%
3 Fei-Mei Chou	66 CA 2.42m 54.1%
4 Phyllis Provost	67 TX 2.13m 48.3%

M75

1 Johnnye Valien	76 CA 3.05m 78.8%
2 Margaret Hinton	79 TX 2.51m 67.6%
3 Mary Norckauer	76 LA 2.21m 57.1%
4 Willie Gatza	76 CO 1.45m 37.4%

M80

1 Olga Kotelko	82 BC 2.28m 65.3%
2 Diane Friedman	80 OH 1.61m 43.9%

**TRIPLE JUMP**

M30-44 -TJ-

M35

1 Brian Coushay	37 OR 13.74m 78.9%
2 Donald Hardy	39 LA 13.52m 80.0%
3 Kevin Lendo	38 LA 12.22m 71.2%

M40

1 Bryan Johnson	43 ND 13.20m 83.3%
2 James Singleton	41 GA 12.27m 74.7%
3 Mortimer Sellers	42 MD 11.58m 71.5%

M45 -TJ-

1 Mike Lariza	45 OR 13.40m 86.4%
2 Larry Vollmer	48 TX 11.33m 76.3%
3 Frank Sharpe	46 NY 10.92m 71.4%
4 Joseph DeMartini	47 FL 10.11m 67.1%
5 Garry Pirch	46 MO 9.57m 62.6%
6 John Hanning	45 LA 8.57m 55.2%

M50-59 -TJ-

M50

1 Bob Rockwell	51 SC 11.29m 79.4%
2 Milan Jamrich	51 TX 10.99m 77.3%
3 Ivan Black	52 NY 10.45m 74.5%
4 Taylor Weatherbee	50 TN 10.13m 70.2%
5 James Manor	53 CA 9.97m 72.1%
6 James LeNoir	50 LA 8.49m 58.8%

M55

1 James Cawley	58 TX 10.69m 83.2%
2 Robert Baker	55 LA 10.61m 79.0%
3 Johnston Ewing	57 TN 8.73m 67.0%

M60-69 -TJ-

M60

1 Lionel Low	61 HI 9.90m 80.4%
2 Hans Gordon	60 LA 9.57m 76.6%
3 Gervasio Rodriguez	63 PR 8.56m 71.6%

M65

1 Charlie Richard	66 LA 9.86m 86.1%
2 Tom Langenfeld	66 MN 9.22m 80.5%
3 Tom Butterfield	65 CT 8.73m 75.1%
4 Joel Stinson	66 ME 7.80m 68.1%

M70-89 -TJ-

M70

1 James Stookey	71 MD 9.63m 90.4%
2 Sam Ascani	71 LA 8.62m 80.9%

M80

1 Tom Kennell	80 FL 8.20m 87.7%
2 Ted Yenari	81 LA 5.17m 56.1%

M85

1 Max Springer	87 TX 4.94m 59.4%
2 Robert Boucke	87 CA 2.23m 26.8%

M30-59 -TJ-

M30

1 Kimiko Nakatake	30 NY 9.42m 62.3%
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M40

1 Veronica Amarasekara	40 CA 10.87m 80.0%
2 Elaine Iba	40 CA 9.36m 68.9%

M45

1 Linda Lowery	49 GA 9.17m 78.1%
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M50

1 Phil Raschker	54 GA 9.14m 84.4%
2 Carolyn McCormick	54 TX 6.89m 63.6%

M60-79 -TJ-

M65

1 Barbara Jordan	65 VT 6.72m 74.0%
2 Flo Meiler	67 VT 5.71m 65.0%
3 Fei-Mei Chou	66 CA 5.23m 58.5%

M70

1 Gloria Bortell	70 FL 4.79m 57.2%
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M75

1 Johnnye Valien	76 CA 6.30m 82.8%
2 Margaret Hinton	79 TX 5.37m 74.1%
3 Mary Norckauer	76 LA 5.07m 66.7%
4 Willie Gatza	76 CO 3.49m 45.9%

**SHOT PUT**

M30-39 -SP-

M30

1 Todd Adelgren	34 NE 14.78m 66.5%
2 Albert Lechler, Jr.	32 OH 14.42m 64.9%
3 Andrew Pratt	30 TX 14.39m 64.8%
4 James Barr	33 VA 12.82m 57.7%
5 Patri O'Shaughnessy	32 WA 8.66m 39.0%

M35

1 Glenn Thompson	38 PA 16.22m 74.2%
2 Lyle Whitaker, II	39 KS 11.48m 53.7%

M40-49 -SP-

M40

1 Warren Taylor	42 PA 14.83m 74.0%
2 Bradley Slinkard	44 CA 14.81m 77.1%
3 Robert Carr	43 TN 14.42m 73.5%
4 Ed Cockrell	41 IL 12.55m 61.2%
5 James Matthews, II	41 FL 11.91m 58.1%
6 Bradley Adams	43 LA 10.31m 52.6%

M45

1 Ronald Summers	48 FL 14.63m 83.1%
2 Gary England	46 FL 14.26m 77.5%
3 Jeffrey Baty	46 LA 14.36m 67.2%
4 Garry Wolff	46 KY 12.27m 66.7%
5 David Rhatigan	47 OK 12.11m 67.3%
6 Richard Watson	48 AZ 10.22m 58.1%
7 Frank Broadus	45 KY 9.45m 50.2%
8 Bob Maseratti	49 AR 8.27m 48.0%

M50-59 -SP-

M50

1 Michael Shiaras	50 AZ 14.51m 78.1%
2 Craig Shumaker	52 PA 14.46m 81.4%
3 Tim Muller	51 AZ 14.22m 78.3%
4 Angelo Rinaloi	52 CA 12.09m 71.4%
5 Bob Sager	53 MT 12.69m 69.6%

M55

1 Tom Gage	58 MT 14.72m 94.4%
2 George Mathews	57 WA 12.08m

Continued from previous page

9 Bob Maseratti	49 AR 22.70m 38.1h
M50 -DT-	
1 Thomas Fahey	52 CA 51.39m 81.5h
2 Tim Muller	51 AZ 47.93m 74.3h
3 Valentino Martinez	52 MO 47.75m 75.7h
4 Mark Lumpkin	53 LA 46.48m 75.3h
5 Craig Shumaker	52 PA 45.91m 72.8h
6 Tim Edwards	53 CO 42.57m 69.0h
7 Glenn Weaver	53 NJ 37.27m 60.4h
8 Bob Sager	53 MT 36.73m 59.5h
9 Peter Zisko	51 CA 27.49m 42.6h
M55 -DT-	
1 Tom Gage	58 MT 45.12m 81.5h
2 Gary Schneider	58 MT 42.70m 77.1h
3 Swayne McCauley	59 TN 41.04m 75.7h
4 Mark Chapman	58 TX 35.10m 63.4h
5 Alex Meyer	59 NE 33.22m 61.3h
6 John Thomas	56 FL 29.98m 51.8h
7 Julius Cassels	59 LA 25.54m 47.1h
M60 -DT-	
1 Larry Pratt	60 DE 53.05m 83.3h
2 Richard Cochran	63 MO 52.17m 87.6h
3 David MacMillan	61 ME 47.03m 75.5h
4 Sheppard Miers	60 OK 46.80m 73.5h
5 Stephen Cohen	62 IL 45.69m 75.0h
6 Richard Hotchkiss	62 CA 43.59m 71.6h
7 Emil Pawlik	62 MS 42.43m 69.7h
8 John Conniff, Jr.	60 TX 39.80m 62.5h
9 Wayne Morris	64 NM 39.69m 68.0h
0 Harold Sheakley	60 CA 31.94m 50.1h
1 Phillip Byrne	60 MA 31.78m 49.9h
2 James Turner	62 GA 31.67m 52.0h
3 Louis Vodopya	64 TN 30.44m 52.2h
4 Esse Sattari	63 FL 25.36m 42.5h
M65 -DT-	
1 Wendell Palmer	69 TX 48.31m 92.3h
2 Gerald Griffin Jr.	66 LA 43.69m 78.2h
3 Bob Ward	68 TX 43.11m 80.7h
4 William Gramley	65 NC 42.25m 74.0h
5 Edward McComas	67 MD 40.16m 73.5h
6 Leonard Olson	69 FL 39.04m 74.6h
7 Leonard Rosen	67 NH 38.88m 71.2h
8 Phil Shipp	66 AZ 38.78m 69.4h
M70 -DT-	
1 Grove Bolles	70 ID 43.05m 84.0h
2 Larry Horine	70 NC 41.64m 81.3h
3 Jim Gerhardt	72 TX 38.20m 78.0h
4 William Garrahan	71 RI 36.57m 73.0h
5 Tom Allison	71 OR 34.17m 68.2h
6 William Patrick	71 SC 31.76m 63.4h
7 Gerald Wojcik	71 OR 28.15m 56.2h
8 Jack Haller, Sr.	71 LA 25.72m 51.3h
9 Zamir Bavel	72 KS 25.18m 51.4h
M75 -DT-	
1 Ed Hooker	75 OK 37.01m 80.5h
2 Bill Carter	78 OK 33.31m 77.5h
3 Floyd Simmons	78 NC 27.89m 64.8h
4 Jacob Stein	77 KY 27.42m 62.4h
5 Donald Dreyer	79 LA 19.15m 45.5h
6 Robert Dew	77 LA 12.69m 28.8h
M80	
1 Tom Kennell	80 FL 26.46m 64.2h
2 Leo Chapman	82 KS 20.60m 53.6h
M85	
1 Robert Boucke	87 CA 14.96m 48.1h
M30-59 -DT-	
1 Elana Goldberg	39 KS 38.17m 53.5h
M40	
1 Carol Finsrud	44 TX 51.06m 80.8h
M45	
1 Ruth Welding	45 IL 34.76m 56.3h
2 Esther Rosales	46 TX 20.08m 33.3h
3 Cheryl Mellenthin	45 TX 19.08m 30.9h
M50	
1 Mary Hartzler	52 OH 30.44m 58.6h
2 Mary Towey	50 OH 23.95m 43.8h
3 Skipper Clark	53 NY 19.55m 38.6h
4 Susan Hill	52 FL 18.24m 35.1h
M55	
1 Suzy Hess	59 OR 15.31m 34.9h
M60-69 -DT-	
1 Vanessa Hillard	60 FL 29.80m 69.6h
2 Ann Flynn	62 CT 22.89m 56.3h
3 Joan Youngs	64 CT 19.91m 51.4h
4 Cherie Sherrard	62 CA 19.27m 47.4h
M65	
1 Erika Messner	65 FL 22.34m 59.0h
2 Ellen Brannigan	68 CA 19.88m 56.6h
3 Flo Meiler	67 VT 19.83m 55.1h
4 Amy Hicks	68 MA 19.64m 55.9h
5 Pei-Mei Chou	66 CA 16.92m 45.8h
6 Phyllis Provost	67 TX 16.19m 45.0h
7 Mary Lou Bradford	65 TX 14.74m 38.9h
M70-89 -DT-	
1 Gloria Bortell	70 FL 17.45m 52.1h
2 Georgia Johnson, MD	71 MI 12.49m 38.2h
M75	
1 Margaret Hinton	79 TX 15.35m 57.1h
2 Willie Gatza	76 CO 11.93m 41.2h
3 Mildred Buchert	79 LA 11.43m 42.5h
M80	
1 Olga Kotelko	82 BC 11.84m 48.1h
2 Katharine Gradick	83 FL 11.58m 48.5h
3 Diane Friedman	80 OH 10.17m 38.7h
M85	
1 Juanita Brookover	86 NC 12.45m 58.2h
2 Betty Jarvis	86 OK 10.10m 47.2h

M60-69 -HT-	
M60	
1 Richard Hotchkiss	62 CA 44.20m 77.3h
2 Donald Trimble	64 NH 33.17m 60.5h
M65	
1 Bob Ward	68 TX 44.50m 88.3h
2 Leonard Olson	69 FL 36.48m 73.8h
3 Edward McComas	67 MD 30.62m 59.5h
M70-89 -HT-	
M70	
1 Ted Baggett	70 FL 40.46m 74.7h
2 Luis Velez	71 PR 38.45m 72.6h
3 Gerald Wojcik	71 OR 32.57m 61.5h
4 Ken Weinbel	73 WA 30.18m 59.4h
5 Zamir Bavel	72 KS 29.77m 57.4h
6 William Patrick	71 SC 25.73m 48.5h
7 Jack Haller, Sr.	71 LA 21.94m 41.4h
M75	
1 Jacob Stein	77 KY 23.65m 50.6h
2 Donald Dreyer	79 LA 17.40m 38.8h
M80	
1 Robert Chase	80 ME 30.37m 69.1h
2 Leo Chapman	82 KS 22.13m 53.9h
M85	
1 Robert Boucke	87 CA 13.11m 39.0h
M30-59 -HT-	
M35	
1 Elana Goldberg	39 KS 31.10m 56.6h
M40	
1 Carol Finsrud	44 TX 39.64m 79.7h
M45	
1 Ruth Welding	45 IL 31.65m 64.9h
2 Esther Rosales	46 TX 23.91m 50.0h
3 Cheryl Mellenthin	45 TX 19.34m 39.6h
M50	
1 Mary Towey	50 OH 32.79m 64.3h
M55	
1 Suzy Hess	59 OR 21.45m 50.4h
M60-89 -HT-	
M60	
1 Vanessa Hillard	60 FL 43.54m 04.2h
M65	
1 Erika Messner	65 FL 25.81m 68.2h
2 Amy Hicks	68 MA 21.62m 60.8h
M75	
1 Mary Norckauer	76 LA 15.86m 52.2h
2 Willie Gatza	76 CO 9.67m 31.8h
M80	
1 Olga Kotelko	82 BC 14.53m 55.2h
2 Diane Friedman	80 OH 11.98m 42.7h
3 Katharine Gradick	83 FL 11.95m 46.8h
M30-39 -JT-	
M30	
1 James Barr	33 VA 51.75m 55.9h
2 Andrew Pratt	30 TX 41.83m 43.5h
3 Lawson Spiers	30 AZ 41.13m 42.8h
M35	
1 Kenneth Hall	37 LA 48.22m 56.2h
2 Daniel Scott	37 WA 45.55m 53.1h
3 Kent Rhine	39 TX 45.00m 54.4h
4 Lyle Whitaker, II	39 KS 41.67m 50.4h
5 John McKenzie	36 MD 28.90m 33.0h
M40-49 -JT-	
M40	
1 Michael Janusey	43 PA 55.96m 73.0h
2 Dennis Morris	44 LA 54.59m 72.5h
3 Darren Llewellyn	40 IL 49.71m 61.2h
4 Michael Kesterson	40 MI 48.48m 59.7h
5 Army Ferrando	44 TX 46.10m 61.3h
6 Edouard Marchand	41 CA 39.29m 49.3h
M45	
1 Richard Watson	48 AZ 48.03m 68.9h
2 Rickey Easley	47 TX 45.01m 63.3h
3 Phil Campbell	48 TN 40.50m 58.1h
M50 -JT-	
1 Greg Geraci	50 NJ 56.66m 84.3h
2 Edwin Morland	53 KS 52.83m 83.2h
3 Robert Kouvolto	51 SC 51.95m 78.8h
4 Bobby Barnes	54 LA 44.78m 71.9h
5 Richard Richardson	52 PA 44.43m 68.7h
6 Neal Schuster	53 WI 38.99m 61.4h
7 Herbert Stein	54 LA 38.03m 61.0h
8 Glenn Weaver	53 NJ 35.73m 56.3h
9 Kamaniya Sheehan	54 NY 32.01m 51.4h
M55 -JT-	
1 Delmon McNabb	55 LA 54.66m 89.3h
2 Richard Sander	55 LA 51.59m 84.3h
3 Richard Legas	55 UT 49.79m 81.4h
4 Robert Rice	55 OR 42.03m 68.7h
5 Mark Chapman	58 TX 35.43m 61.3h
6 John Thomas	56 FL 35.26m 58.8h
7 Alex Meyer	59 NE 34.46m 60.8h
8 Hugh Sweeny	57 NJ 27.61m 46.9h
M60 -JT-	
1 Wayne Morris	64 NM 43.31m 77.3h
2 Charles Cannon	61 LA 41.11m 69.4h
3 Esse Sattari	63 FL 40.51m 71.0h
4 Frank Tregre, Jr.	60 LA 39.22m 64.9h
5 Phillip Byrne	60 MA 36.50m 60.4h
6 John Conniff, Jr.	60 TX 35.48m 58.7h
7 James Turner	62 GA 34.56m 59.4h
8 Harold Sheakley	60 CA 33.07m 54.7h
M65 -JT-	
1 Malcolm Russell	65 ID 38.44m 69.9h
2 Charlie Richard	66 LA 36.95m 68.5h
3 Phil Shipp	66 AZ 35.40m 65.6h
4 Bob Ward	68 TX 34.00m 65.5h
5 Leonard Olson	69 FL 31.59m 62.0h
M70 -JT-	
1 Larry Horine	70 NC 40.54m 81.0h
2 Cully Vaughan	70 OR 33.17m 66.3h
3 William Garrahan	71 RI 32.86m 66.9h
4 Tom Allison	71 OR 32.72m 66.7h
5 William Daprano	74 GA 29.94m 64.6h
6 Gerald Wojcik	71 OR 27.43m 55.9h
7 Jack Haller, Sr.	71 LA 26.57m 54.1h
8 William Patrick	71 SC 24.47m 49.8h
M75 -JT-	
1 Cha Pistorino, Sr.	78 VA 28.11m 65.4h
2 Floyd Simmons	78 NC 26.40m 61.4h
3 Bill Carter	78 OK 26.24m 61.0h
4 Homer Socolofsky	79 KS 25.24m 59.8h
5 Jacob Stein	77 KY 21.13m 48.2h
6 Donald Dreyer	79 LA 19.54m 46.3h
M80	
1 Leo Chapman	82 KS 21.82m 55.9h
M85	
1 Robert Boucke	87 CA 12.13m 37.2h
M30-59 -JT-	
M35	
1 Tammy Nolen-Mack	37 CA 23.05m 35.4h

M40	
1 Carol Finsrud	44 TX 32.05m 58.8h
2 Laura Charewicz	41 NH 28.83m 49.0h
3 Elaine Iba	40 CA 23.38m 38.7h
M45	
1 Ruth Welding	45 IL 25.07m 47.1h
2 Esther Rosales	46 TX 20.50m 39.6h
3 Cheryl Mellenthin	45 TX 14.67m 27.6h
4 Sandra Schuster	47 WI 14.31m 28.3h
M50	
1 A Lorraine Tucker	54 CA 28.01m 56.4h
2 Phil Raschker	54 GA 25.86m 52.1h
3 Skipper Clark	53 NY 22.49m 44.2h
4 Mary Towey	50 OH 21.92m 39.8h
M55	
1 Marg Radcliffe	59 BC 27.20m 62.3h
2 Linda Douglass	56 TX 14.94m 31.7h
M60-69 -JT-	
M60	
1 Becky Sisley	62 OR 29.06m 71.9h
2 Vanessa Hillard	60 FL 22.67m 53.2h
3 Fay Richard	61 LA 22.26m 53.6h
4 Joan Youngs	64 CT 19.14m 49.8h
M65	
1 Erika Messner	65 FL 29.89m 79.7h
2 Amy Hicks	68 MA 21.02m 60.6h
3 Mary Lou Bradford	65 TX 19.18m 51.1h
4 Lu Quast	66 TX 18.54m 50.8h
5 Phyllis Provost	67 TX 16.53m 46.5h
6 Ellen Brannigan	68 CA 16.16m 46.6h
M70-89 -JT-	
M70	
1 Gloria Bortell	70 FL 20.19m 61.2h
M75	
1 Johnnye Valien	76 CA 17.90m 63.3h
2 Margaret Hinton	79 TX 14.72m 56.2h
3 Willie Gatza	76 CO 13.31m 47.1h
4 Mildred Buchert	79 LA 11.07m 42.3h
M80	
1 Katharine Gradick	83 FL 12.07m 52.2h
2 Olga Kotelko	82 BC 10.89m 45.6h
3 Diane Friedman	80 OH 9.71m 38.0h
M85	
1 Juanita Brookover	86 NC 11.20m 54.3h
2 Betty Jarvis	86 OK 8.75m 42.4h
M30-64 -5km WALK-	
M30	
1 Patri O'Shaughnessy	32 WA 45:46.12 40.2h
M35	
1 Stephen McCullough	39 CT 34:11.76 56.3h
M40	
1 Rod Craig	43 MI 25:55.10 76.4h
2 Tommy Aunan	42 WA 28:41.14 68.5h
3 Timothy Doss	40 TX 38:24.73 50.5h
M45	
1 Carl (Mike) Renfro	49 MS 27:56.14 74.2h
2 Bart Kale	45 WA 30:06.04 66.7h
3 Xerman Vazquez	49 TX 30:23.16 68.2h
M50	
1 Max Walker	54 IN 26:07.55 82.6h
2 Randy Surratt	52 LA 30:04.32 70.6h
3 Ross Barranco	51 ME 30:24.72 69.2h
M55	
1 Norman Frable	55 TX 26:22.29 82.5h
2 Douglas Brown	58 FL 26:22.29 82.5h
M60	
1 Paul Johnson	63 FL 28:53.26 81.2h
2 Robert Cella	64 FL 30:01.47 78.9h
M65-84 -5km WALK-	
M65	
1 Allyn Evans	66 AL 31:25.21 76.9h
2 Lloyd McGuire	69 CA 34:10.10 73.0h
3 Richard Huie	66 CT 42:03.27 57.5h
M70	
1 Jack Starr	72 DE 31:30.80 81.9h
2 Ken Long	73 NC 32:28.63 80.4h
3 Robert Fine	70 FL 33:00.73 76.4h
4 Wilson Petefish	72 TX 33:46.44 76.5h
5 Cliff Elkins	70 AZ 34:11.85 73.8h
6 Louis Free	71 CT 34:24.58 74.2h
7 Jack Shuter	71 OH 34:24.58 74.2h
M75	
1 Robert Mimm	76 NJ 34:07.77 79.4h
2 Cyril Buchert	79 LA 38:39.45 72.9h
M80	
1 Paul Geyer	81 MN 41:40.66 69.6h

M30-84 -5km WALK-	
M35	
1 Jean Tenan	38 CT 28:53.93 73.7h
2 Angel Wofford	37 LA 29:34.34 71.5h
3 Ginger Armstrong	38 CA 31:55.46 66.7h
M40	
1 Victoria Herazo	42 NV 25:20.86 86.6h
M45	
1 Carol Simonds	45 FL 28:54.42 77.7h
M50	
1 Yoko Eichel	54 CA 28:47.69 84.3h
2 Betty Surratt	51 LA 31:26.58 75.1h
3 Cathy Mayfield	50 IN 32:26.06 72.2h
4 Pat Walker	54 IN 35:58.26 67.5h
5 Nancy Sigmon	51 FL 38:30.10 61.3h
6 Gayle Johnson	52 MO 38:30.10 61.3h
M55	
1 Kathy Frable	55 TX 31:09.97 78.6h
M60	
1 Rita Sinkovec	61 CO 31:53.53 81.5h
2 Kay Cella	61 FL 39:40.43 65.5h
M65	

Continued from previous page

<b>Weight Pentathlon</b>	
M40 Brian Doherty	2666
M45 Don Fildins	3430
Bob Cedrone	3283
Carmen Letizia	2648
M50 Dave Tousignant	2890
Jim Queeney	2506
Neil Rich	1955
M55 Carl Wallin AR59 (3870/Humphries/1996)	4434
Jim Chamberas	3038
M60 George Cormey	2755
W55 Patricia Fogg	2657
W65 Marcia Fogg	2756
--Aug. 1--	
<b>Discus</b>	
M35 B Cotter	130-6
M45 B Cedrone	116-5
W55 P Fogg	62-8
W65 M Crooks	63-3
<b>Javelin</b>	
M35 B Cotter	124-6
M45 B Cedrone	98-8
W55 P Fogg	54-2
W65 M Crooks	42-3
<b>Weight Throw</b>	
M35 B Cotter	44-7.5
M45 B Cedrone	46-5
W55 P Fogg	20-4.5
W65 M Crooks	42-3
<b>Potomac Valley TC Meet Alexandria, VA; June 24</b>	
<b>100m</b>	
M30 Andrew Higgins	11.45
M35 Clay Walker	13.12
M40 Harold Hunt	12.23
W45 Pamela Wusthof	17.90
W80 Carla Convery	26.10
<b>200m</b>	
M35 Anthony Armstead	25.50
M40 Avon Meacham	28.08
M45 Ambrasio Fernandez	26.24
M55 John "JC" Shenk	30.69
M65 Rolland Elliott	34.11
M70 James Stookey	28.94
W30 Samantha Kirby	31.97
W45 Pamela Wusthof	38.58
<b>400m</b>	
M30 Ron McGraw	54.47
M35 Anthony Armstead	58.74
M40 Steve Nearman	54.55
M50 D J Bertagnoli	1:06.85
M55 John "JC" Shenk	1:06.41
W30 Samantha Kirby	1:09.42
<b>800m</b>	
M30 Ron McGraw	2:06.84
M40 Joseph Petro	2:27.87
M50 D J Bertagnoli	2:40.95
M60 Alby Williams	2:28.66
W35 Danielle Trelles	2:23.91
<b>Mile</b>	
M30 Anthony Hamm	4:35.68
M40 Steve Nearman	4:41.15
M45 Bruce Hamilton	4:55.00
M50 Joe Giunta	6:20.53
M55 James Verdier	6:17.00
M65 Rolland Elliott	7:29.34
<b>3000m</b>	
M30 Craig Chasse	9:51.20
M40 John Arbab	10:54.00
M45 James Moreland	11:33.60
M50 Jay Wind	11:22.30
M55 John Haubert	11:37.20
W30 Samantha Kirby	12:05.10
<b>Short Hurdles</b>	
M40 Karl Smith	14.44
M70 James Stookey	13.83
<b>High Jump</b>	
M70 Victor Litwinski	4.4
<b>Long Jump</b>	
M30 George Willock	18-7
M40 Harold Hunt	18-2.50
W80 Carla Convery	4-9
<b>Triple Jump</b>	
M30 George Willock	33-9.75
<b>Shot Put</b>	
M30 James Barr	44-3
M35 John McKenzie	26
M65 Bill Smith	34-3
W80 Carla Convery	12-7
<b>Discus</b>	
M30 James Barr	120-6
M35 Chris Pendergrass	157-8
M50 Barry Merritt	89-1
M55 Toli Wellihozsky	107-11
M60 Norman Johnson	122-11
W80 Carla Convery	26

<b>Javelin</b>	
M30 Kevin Kanyan	198-3
M35 John McKenzie	97-1
<b>1600m RW</b>	
M30 David Doherty	6:54.46
M40 John Winkert	11:15.54
M45 Steven Pecinovsky	6:58.03
M55 Victor Litwinski	9:59.64
M60 Michael Schwed	9:40.29
W45 Lainey Bernstein	9:51.30
W70 Terry Hamilton	12:16.48
<b>3000m RW</b>	
M30 David Doherty	13:41.80
M45 Steven Pecinovsky	13:15.80
M55 Victor Litwinski	17:42.40
M60 Michael Schwed	18:39.70
M80 Ed Dewey	28:08.80
W45 Lainey Bernstein	18:10.90
W55 Margaret Hennessey	23:53.60
W70 Terry Hamilton	23:15.10

**New Jersey Championships Tinton Falls; June 24**

<b>100m</b>	
M30 Cortez Grimes	12.5
M35 Greg Foster	11.1
M40 Val Barnwell	11.2
M45 Ed Goner	11.4
M50 Jesse Norman	12.3
M55 Paul Henry	12.7
M60 Roosevelt Weaver	13.3
M65 Alex Johnson	14.7
M80 Jim Manno	15.8
W30 Nedenia West	13.4
W35 Robin Moore	12.8
W50 Hillen Stubbendorff	14.8
W60 HanneloneBoeyner	16.1
W65 Audrey Lary	15.8
<b>200m</b>	
M30 Dean Kerr	24.2
M35 David Byrone	24.1
M40 Val Barnwell	23.1
M45 Archie Glaspy	23.7
M50 Dennis Brown	25.4
M55 Paul Henry	26.8
M60 Nate Byrd	28.1
M65 Alex Johnson	30.8
M70 William Bergen	37.5
M80 Jim Manno	33.6
W30 Nedenia West	28.6
W35 Robin Moore	26.0
W50 Bunny McDonnell	35.2
W60 HanneloneBoeyner	33.6
<b>400m</b>	
M35 David Byrone	55.1
M40 Sal Allah	50.2
M45 Ed Goner	52.6
M50 Alston Brown	54.5
M55 Richard Hamner	57.1
M60 John MacDonald	67.0
M65 Jim Aneshansley	70.6
M70 Ray Cherniak	78.0
W50 Bunny McDonnell	80.2
<b>800m</b>	
M30 Richard Carlson	2:15.8
M35 Bryan Carr	2:04.8
M40 Chuck Shields	2:14.3
M45 Thomas Allen	2:47.2
M50 Alston Brown	2:04.3
M55 Richard Hamner	2:20.4
M60 Sid Howard	2:22.0
M65 Frank Haviland	2:30.2
W35 Kim Mannen	2:29.5
W60 Madeline Bost	3:33.3
<b>1500m</b>	
M30 Richard Carlson	4:36.6
M35 John Hanlon	4:56.6
M40 Glenn McIsaac	4:20.3
M45 Thomas Allen	5:35.4
M50 Harry Nolan	4:31.8
M60 Gene Chase	5:59.2
M65 Frank Haviland	5:20.3
W30 Sonia Eilman	4:54.4
W50 Hillen Stubbendorff	6:01.2
W60 Madeline Bost	6:59.7
<b>5000m</b>	
M35 Manuel Pereira	16:43.8
M40 John Papp	16:22.1
M45 James McNamara	18:29.7
M50 Roger Price	17:53.7
M60 Armando Oliveira	20:23.1
M65 Ralph Garfield	23:23.8
M75 Robert Mimm	28:08.0
M85 Dudley Healy	33:28.0
<b>100mH</b>	
M35 Glenn Paterson	15.3
M45 Al Cestero	21.2
M50 Mark Johnson	19.0
W35 Denise Jones	26.2
W45 Irene Thompson	15.3
<b>400mH</b>	
M45 Irene Thompson	73.8
M50 Ivan Black	nta

<b>High Jump</b>	
M35 Greg Foster	5-3
M45 Al Cestero	5-1
M50 Ivan Black	4-11
M55 Eddie Harris	4-9
M65 Leon Trout	4-1
W60 Evelyn Wright	4-1
<b>Pole Vault</b>	
M35 Duncan Littlefield	15-5.5
M45 Carlos Freytes	13-0
M50 John Hoogasian	11-0
M55 Tom Rauscher	10-6
W50 Hillen Stubbendorff	8-0
W60 Evelyn Wright	6-0
<b>Long Jump</b>	
M30 Rod Weston	6.31
M35 Greg Foster	6.60
M40 Rick Choppa	5.31
M45 Al Cestero	5.27
M50 Mark Johnson	4.87
M55 David Gingras	2.49
M60 K M Thomas	3.82
M65 Leon Trout	3.86
M70 Jack Lance	3.14
M75 Zelig Strauss	1.72
W45 Irene Thompson	4.31
W60 Evelyn Wright	3.48
W65 Audrey Lary	3.55
<b>Triple Jump</b>	
M30 Rod Weston	14.01
M35 Greg Foster	14.51
M45 Mark Gershon	10.25
M50 Ivan Black	10.44
M60 David Rosenthal	7.91
M70 Jack Lance	7.09
M75 Zelig Strauss	7.74
M80 Eddie Coyle	4.12
M85 Irene Thompson	9.01
W60 Evelyn Wright	7.46
W65 Audrey Lary	8.12
<b>Shot Put</b>	
M40 Tony Ciccone	12.55
M45 Jay McKeen	13.69
M50 Michael Kalnas	10.60
M60 John Boykin	11.12
M65 Ray Feick	10.24
M70 William Bergen	8.42
M75 Zelig Strauss	7.61
M80 Jimmy Choy	4.99
W35 Denise Jones	6.95
W60 Evelyn Wright	8.33
<b>Discus</b>	
M40 Tony Ciccone	41.62
M45 Jay McKeen	42.64
M50 Glenn Weaver	38.80
M55 David Gingras	15.18
M60 Russ Van Put	39.69
M65 Ray Feick	38.54
M70 William Bergen	27.52
M75 Zelig Strauss	24.91
M80 Jimmy Choy	12.83
W60 Evelyn Wright	24.52
W65 Audrey Lary	21.88
<b>Hammer</b>	
M40 Michael Bersch	45.45
M50 Ron Salvio	29.76
M65 Ray Feick	34.65
W60 Evelyn Wright	25.96
<b>Javelin</b>	
M30 Dan Adams	55.39
M40 Rich Cetin	50.87
M45 Dick McMullin	46.33
M50 Glenn Weaver	37.00
M60 John Lang	44.44
M65 Ray Feick	32.36
M70 Sidney Kiwit	29.01
M80 Jimmy Choy	13.84
W60 Evelyn Wright	20.86
<b>Weight</b>	
M40 Michael Bersch	11.84
M50 Ron Salvio	9.90
M65 Ray Feick	14.44
M75 Zelig Strauss	6.92
W60 Evelyn Wright	8.40
<b>Superweight</b>	
M40 Tony Ciccone	10.96
M45 Jay McKeen	10.26
M65 Ray Feick	8.11
W60 Evelyn Wright	6.52

**USATF East Regional Championships, Springfield College, MA; July 11-12**

<b>100m</b>	
M30 Cortez Grimes	12.22
M35 Tim Gunn	11.71
M40 R V Biagioni	12.07
M45 Daniel Patane	12.18
Craig Plummer	14.25
M45 John Brooks	11.90
Neil Steinberg	11.99
Jeff Moore	12.34
M50 Rick Lapp	12.38
Dennis Brown	12.68

Michael Garrity	14.30
M55 Robert Koontz	12.50
Roger Pierce	12.68
M50 Ivan Black	12.94
Melvin Fields	13.12
M60 Larry Colbert	13.12
Dick Camp	13.48
Phil Byrne	13.69
M65 Lloyd Williams	14.16
William Hufnagel	15.18
Dave Hanlon	16.60
M70 Robert Bruce	15.37
Jack Lance	18.06
Burton MacIver	26.09
M75 H MacMillan	16.64
Frank Brako	16.93
M80 Jim Manno	16.21
W30 Nedenia West	13.57
Amy Carney	13.98
W35 Robin Moore	13.04
Denise Jones	17.31
W50 Sharon Warren	14.13
Hillen Stubbendorff	15.21
W60 Evelyn Wright	16.69
W65 Audrey Lary	16.12
Mary Roman	17.78
Gloria Lipton	24.19
W75 Patricia Peterson	18.54
<b>200m</b>	
M35 Tim Gunn	23.78
Phillippe Neron	24.52
Alan Bautista	25.62
M40 Damell Gating	23.75
Paul Allon	23.79
Keith Royster	23.88
M45 John Brooks	23.67
Neil Steinberg	24.39
Michael Fortunato	26.08
M50 Rick Lapp	24.81
Stephen Bates	24.90
Dannis Brown	25.74
M55 Roger Pierce	24.89
Robert Koontz	24.92
Jim Burke	30.04
M60 Larry Colbert	26.74
Thomas Ranuga	27.25
Rick Camp	27.26
M65 Lloyd Williams	29.14
William Hufnagel	31.42
Bruce Marsh	32.27
M70 James Stookey	29.57
Robert Bruce	31.48
Don Bramante	34.95
M75 Frank Brako	35.84
Y M Naci	36.19
M80 Jim Manno	35.19
W30 Amy Carney	28.48
Nedenia West	28.69
W35 Robin Moore	26.35
Shemayne Williams	26.98
Dawn Isaac	29.23
W40 Louise Clark-Feaster	29.74
Martha Lutz	31.25
W45 Paula Dickson-Taylor	30.16
W50 Sharon Warren	29.07
Hillen Stubbendorff	31.46
W65 Audrey Lary	34.41
Mary Roman	39.02
W75 Patricia Peterson	39.49
<b>400m</b>	
M35 Bolivier Valentine	56.90
Phillippe Neron	1:04.82
M40 Damell Gating	51.47
paul Allon	53.51
Keith Royster	53.54
M45 Francis Schiro	56.04
Donald Passman	58.75
Jeffrey Elliot	59.44
M50 Michael Garrity	1:06.85
M55 Roger Pierce	55.64
Richard Hammer	57.95
Melvin Fields	59.68
M60 Larry Colbert	59.62
Thomas Ranuga	1:00.06
M65 Bruce Marsh	1:11.14
M70 Don Bramante	1:27.66
M75 Ray Cherniak	1:17.43
Archie Messenger	1:17.77
Howard McMillan	1:23.14
W30 Amy Carney	1:03.32
W35 Shemayne Williams	1:01.24
Dawn Isaac	1:04.97
W40 Louise Clark-Feaster	1:08.76
Martha Lutz	1:09.04
W45 Paula Dickson-Taylor	1:05.83
W75 Patricia Peterson	1:42.01

<b>800m</b>	
M30 Isaya Okwiya	2:03.88
M40 Chuck Shields	2:11.85
Craig Plummer	2:25.27
M50 Alason Brown	2:05.28
Stephen Viegas	2:32.28
Joseph Burleson	2:36.65
M55 Ernest Heimberg	2:28.35
Jonathan Tetherly	2:34.33
John Kuhi	2:50.54
M65 Christopher Rush	2:34.01
Irwin Bernstein	2:53.03
M75 Archie Messenger	3:07.96
Ray Cherniak	3:20.19
W30 Sonja Elltiann	2:20.43
W35 Kim Mannen	2:25.45
Kristine Ross	2:28.95
W45 Paula Dickson-Taylor	2:51.59
<b>1500m</b>	
M30 Isaya Okwiya	4:20.17
M35 Rich Marion	4:14.40
John McKenzie	4:35.24
M40 Chuck Shields	4:31.71
M45 Charles Lutz	4:39.13
M50 Alason Brown	

Continued from previous page

Leonard Rosen	11.68
Louis Capano	10.94
M70 Leonard Olson	12.28
William Garrahan	10.77
Burton MacIver	5.44
M85 Bob Detweiler	4.01
W35 Denise Houseman	10.68
Denise Jones	7.21
W40 Oneitha Lewis	13.89
Deborah Ecklund	6.45
W45 Barbara McCuen	6.08
W50 Skipper Clark	8.87
Ellie Matthews	6.36
W55 Joyce Bahr	8.69
Patricia Fogg	8.24
Roslyn Katz	7.64
W60 Evelyn Wright	8.94
Norma Schilloff	8.09
W65 Mary Roman	8.70
Audrey Lary	7.79
Marcia Crooks	6.73
W70 Harriet Patch	5.96
<b>Discus</b>	
M40 Peter DeStefano	42.57
Thom Lanzalotto	36.26
Stephen McCullough	26.58
M45 Toney Ciccone	39.00
Patrick Morris	38.64
Michael Fortunato	34.41
M50 John Oleski	25.18
Michael Garnry	24.41
M55 Geoffrey Brown	35.09
Victor Radzevich	29.14
M60 Glen Johnson	54.26
Phil Byrne	40.20
Gary Crawford	37.77
M65 William Smith	44.09
Leonard Rosen	39.94
Joe Carlozzi	34.85
M70 William Garrahan	36.23
Leonard Olson	35.48
Chuck Dolecki	29.98
M75 George Brown	22.67
M80 David Schlothauer	22.81
M85 Bob Detweiler	13.27
W30 Denise Houseman	27.00
Judy Roehr	24.78
W40 Oneitha Lewis	41.65
Deborah Ecklund	19.44
W45 Barbara McCuen	19.85
W50 Ellie Matthews	16.57
W55 Joyce Bahr	20.89
Patricia Fogg	20.38
Roslyn Katz	19.88
W60 Ann Flynn	23.01
Norma Schilloff	21.23
Joan Youngs	19.34
W65 Marcia Crooks	19.26
Mary Roman	18.78
Gloria Lipton	10.67
W70 Harriet Patch	12.64
W75 Doris Berlepsch	11.57
Hammer	
M30 Anders Halvorsen	64.11
Kevin Sullivan	47.17
M35 Mark Stephenson	30.67
M40 David Ruben	8.75
M45 Bob Cedrone	44.22
Carl Reichard	41.75
Michael Shernill	21.28
M60 Norm Cyprus	39.95
Gary Crawford	31.36
George Cormey	24.35
M65 Patrick Lynn	41.28
Ray Feick	32.70
Geoffrey Brown	27.60
M70 Leonard Olson	38.21
William Garrahan	32.49
Charles Stevenson	28.56
M75 A James Crawford	30.71
Lev Mozhaev	30.30
M85 Bob Detweiler	11.54
W35 Denise Houseman	39.71
Judy Roehr	20.65
W40 Oneitha Lewis	45.48
Deborah Ecklund	20.03
W45 Barbara McCuen	20.85
W50 Ellie Matthews	17.45
W55 Roslyn Katz	28.13
Joyce Bahr	21.70
Patricia Fogg	20.80
W60 Norma Schilloff	23.30
W65 Mary Roman	22.19
Marcia Crooks	17.64
Lorelei Ruben	12.03

**Javelin**

M30 Richard DeStefano	56.00
Dan Adams	53.84
M40 R V Biagioni	42.44
Craig Palmer	35.78
Mike Spavakos	30.88
M50 Buzz Gagne	43.59
Richard Hudson	38.90
James Queeeny	38.14
M60 Jim Kenney	47.27
Phil Byrne	38.43
George Cormey	31.06
M65 Robert Youngs	41.46
James duncan	37.84
Ray Feick	33.44
M70 William Garrahan	33.45
Leonard Olson	30.63
Burton MacIver	14.11
W35 Judy Roehy	19.23
W40 Laura Charewicz	30.77
Oneitha Lewis	29.92
Deborah Ecklund	15.93
W45 Barbara McCuen	16.20
W50 Skipper Clark	21.82
June Fichter	15.73
Ellie Matthews	15.70
W55 Patricia Fogg	18.16
Joyce Bahr	17.36
Roslyn Katz	16.84
W60 Ann Flynn	21.75
Joan Youngs	17.93
Norma Schilloff	16.68
W65 Marcia Crooks	15.44
Mary Roman	12.40
Gloria Lipton	11.31
W70 Harriet Patch	11.65

**5000m RW**

M35 William Masters	33:37.11
M40 S McCullough	29:50.67
M45 Jerry Gordon	33:45.07
M50 Bob Keating	24:39.33
Brian Savilonis	26:40.45
Stanley Sosnowski	27:03.03
M55 David Baldwin	25:49.46
Charles Mansbach	31:30.84
M60 Gustve Davis	34:01.32
Spencer Parrish	35:32.05
Thomas Fitzgerald	39:39.90
M70 Bill McCann	34:37.30
Chuck Dolecki	36:08.61

**Triboro Tornados TC Meet**  
Attleboro, MA; July 14

100m	
M40 Neil Steinberg	11.9
M50 Joe Kopka	13.6
M60 Bill Hufnagel	15.2
M70 Pat Ferraro	15.4
W50 Bea Kearney	17.6
200m	
M40 Neil Steinberg	24.4
M50 Joe Kopka	28.0
M60 Bukk Hufnagel	32.6
M70 Pat Ferraro	34.6
W50 Bea Kearney	37.6
400m	
M30 Steve Boedecker	55.0
Long Jump	
M40 Peter Littlefield	14.0
Shot Put	
M40 Bob Otrando	52
Discus	
M40 Rick Brown	95-2
M70 Don Hudson	109-10

**Dartmouth Weight Meet**  
Hanover, NH; July 21

Shot Put 16#	
Bob Otrando 45	51-3.5
Carl Wallin 59	42-6.5
Don Filkins 47	39-4
Brian Dougherty 41	35-5
Bob Cedrone 46	33-4
Carl Wallin 6k	46-1.5
Len Rosen 67 5k	40-3
Fran Monasickw67 3k21-0	
Discus	
Carl Wallin 1k	142-0
Len Rosen 1k	131-6
Bob Cedrone 2k	107-9
Hammer 16#	
Bob Cedrone	149-9
Don Filkins	134-4
Brian Dougherty	127-10
Carl Wallin	125-10
Carl Wallin 6k	138-10

**SOUTHEAST**

**Jacksonville TC Summer Classic**  
Jacksonville, FL; July 14

100m	
M30 Aaron Prather	10.7
M35 Al Gibbs	11.24
M40 Harold Pierce	11.45
M45 Steve Palacios	11.84
M50 Cleve Smith	11.6
M55 Wayne Hanson	12.2
M60 Marion Harrison	12.3
200m	
M30 Aaron Prather	22.0
M35 Curtis Ward	23.1
M40 Harold Pierce	22.9
M50 Cleve Smith	24.1
M55 Wayne Hanson	25.8
M60 Marion Harrison	25.8
400m	
M45 J Elliott	59.4
M55 J C Shenk	65.2
M60 Lionel Bonck	65.1
800m	
M45 Tom Aspel	2:28
M70 Alan Smith	3:22
1 Mile	
M35 Stephen Whittle	6:34
M45 Tom Aspel	5:14
M55 J C Shenk	6:30
M70 Alan Smith	7:06
Two Mile	
M45 A J Hart	13:54
M70 Alan Smith	15:35
4x400m Relay	
Scott, 42, Murad, 32, Ward, 35, Prather, 31	3:46.9
High Jump	
M70 Les Rudy	4-0
Pole Vault	
M40 Thad Brady	14-0
M50 Pat Crandall	10-6
M55 Charlie Polhamus	12-0
Long Jump	
M30 John Burke	17-7
M45 Pete Bradley	15-10
M50 Cleve Smith	19-0
M70 Les Rudy	11-10
Shot Put	
M40 C Rogers	34-6
M60 John Sloan	33-9
M75 John Gamble	32-6
Discus	
M45 Pete Bradley	118-6
M50 Bob Hume	143-5
M55 Loren Clayman	122-7
M60 John Sloan	125-1
M70 Les Rudy	78-2
M75 John Gamble	106-8
Javelin	
M45 Pete Bradley	125-7

**MIDWEST**

**USATF Wisconsin Championships**  
Madison; June 16

100m	
M40 Mike Kesterson	12.12
Norm Monsen	12.63
M45 Tom Rewolinski	12.33
Bob Spaciell	12.84
M50 Mike Oliver	13.81
M55 Jim Lee	13.14
M60 David Ewey	14.72
M65 Paul Lehmkuhl	14.66
Bill Baxter	17.72
W45 Leah Rewolinski	16.95
200m	
M40 Mike Kesterson	26.00
Norm Monsen	26.95
M45 Paul Turpin	26.84
Michael Jelich	31.48
M50 Mike Oliver	29.88
M60 David Ewey	14.72
400m	
M40 John Misurelli	68.15
Norm Monsen	71.14
M45 Paul Turpin	59.66
James Cobb	84.87
M50 Jerry Feldhausen	64.06
M65 Alfred DuBois	79.66
W30 E KogalamaMcGow56.34	
W45 S O'BrienSchuster	93.33
800m	
M40 Eric Parker	2:10.42
M50 Barry Smanz	2:29.55
M55 Stan Mathes	2:20.32
W30 ToniLealKelly	2:32.34
1500m	
M40 Ronald Daley	5:18.05
Brian McBride	5:40.95
M45 Dan Rindfleisch	4:56.95
W30 ToniLealKelly	5:23.04

**3000m**

M30 Nick Schuster	9:49.66
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**Short Hurdles**

M45 Robert Zahn	16.64
Bob Spaciell	18.39
M50 Stan Druckrey	14.56
M65 Paul Lehmkuhl	20.39

**Long Hurdles**

M50 Stan Druckrey	63.86
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**High Jump**

M50 Neal Schuster	1.27
M65 Paul Lehmkuhl	1.27
Bill Baxter	1.12

**Pole Vault**

M30 Greg Rebella	4.57
M45 George Lehman	3.51
M70 Tom Hinkes	2.13

**Long Jump**

M40 Mike Kesterson	5.47
James Higgins	4.79
M50 Stan Druckrey	5.03
Tom Roberts	3.93
M65 Paul Lehmkuhl	4.18
Bill Baxter	3.34

**Triple Jump**

M65 Paul Lehmkuhl	8.47
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**Shot Put**

M45 Bob Spaciell	10.84
Michael Jelich	7.30
M50 Jerry Amundson	12.79
Rich Woodcraft	12.65
W55 Nancy Cornwall	7.59
W65 Janice Wolowicz	5.55

**Discus**

M45 Bob Spaciell	32.20
M50 Jerry Amundson	38.24
Rich Woodcraft	37.02
M55 John Schultz	28.27
W55 Nancy Cornwall	15.84
W60 Janice Wolowicz	12.86

**Javelin**

M40 Mike Kesterson	54.62
M50 Neal Schuster	35.16
M55 John Schultz	19.88

**3000m Racewalk**

M50 Alice Winkler	21:56.82
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**5000m Racewalk**

M50 Ron Winkler	32:30.00
M65 Alfred DuBois	29:12.68
Bill Baxter	36:57.09
W45 Judy Myers	33:18.81
Judy Stock	34:58.79
W55 D Leinenweber	35:23.04

**MID-AMERICA**

**Minnesota Masters Championships**  
Blaine; June 10

100m (wind +5.4 mps)	
M30 Bradley Keyes	12.91
M35 Fred Martin	13.51
M40 Kerry Baubie	12.40
M45 Don Tarasewicz	12.14
M50 Russ Anterone	13.56
M55 Paul Montgomery	12.67
M60 Lowell Thompson	13.70
W35 JoeAnn Jackson	13.05
200m	
M30 Jeff Schweinfus	25.23
M40 Kerry Baubie	25.65
M45 Don Tarasewicz	25.33
M50 Shawn Regan	25.87
M55 Paul Montgomery	26.17
W35 JoeAnn Jackson	28.95
400m	
M30 Jeff Schweinfus	55.26
M35 Fred Martin	61.82
M50 Shawn Regan	56.62
M70 Ron Nelson	92.87
W35 Tish Borgen	85.39
800m	
M35 Gerry Werven	2:15.82
M40 Jeff Olson	2:10.77
M45 GeraldMatykowski2:54.51	
M55 Art Maillet	2:58.78
1500m	
M35 Gerry Werven	4:48.23
M40 Charlie Gits	5:01.00
M45 Howard Morris	5:08.46
M70 Ron Nelson	7:13.13
W35 Tish Borgen	6:51.31
5000m	
M40 Mark Kassebaum	16:05.73
Short Hurdles	
M45 Dennis Nelson	20.68
M50 Carter Holmes	18.68
M60 George LaBelle	18.82
M65 Jim Peterson	21.60
Long Hurdles	
M45 Dennis Nelson	74.96

M50 Carter Holmes	68.22
M60 George LaBelle	65.61
High Jump	
M30 Bradley Keyes	5-4
M40 Kevin McLaughlin	5-4
M50 Carter Holmes	4-6
M60 George LaBelle	3-10
M65 Tom Langenfeld	4-10
M75 Charles Obye	3-10
Pole Vault	
M30 Curtis Maertens	14-0
M35 Matt Kolb	15-4.5
M40 Eric Lund	12-6
M45 George Lehman	12-0
M65 Duane Rykhus	9-6
Long Jump	
M35 Matt Kolb	19-8.75
M40 Kerry Baubie	18-5
M50 Russ Anterone	13-9
M55 RichardAnderberg	6-4
M60 George LaBelle	11-9
M65 Jim Peterson	12-2.5
M75 Charles Obye	11-6.25
W35 JoeAnn Jackson	14-10.75
W45 Deb Vestal	7-8.25
Triple Jump	
M55RichardAnderberg	14-9.25
M60 George LaBelle	23-3.5
M65 Jim Peterson	26-8.5
M75 Charles Obye	23-8.25
W45 Deb Vestal	17-0.75
Shot Put	
M30 Bradley Keyes	35-6.75
M45 Matthew Byrnes	40-6.25
M50 Jim Rosamilia	34-3
M55 RichardAnderberg	23-3.25
M60 George LaBelle	29-11.5
M65 Jim Peterson	31-8.5
Discus	
M30 Bradley Keyes	102-5
M40DougWeimerskirch	105-3
M45 GeraldMatykowski	103-1
M50 Michael Moser	86-10
M55 RichardAnderberg	51-8
M60 George LaBelle	88-9
M65 Jim Peterson	111-4
W45 Deb Vestal	55-5
Javelin	
M30 Bradley Keyes	125-3
M35 Fred Martin	139-2
M40DougWeimerskirch	153-5
M50 Jim Rosamilia	132-10
M55 RichardAnderberg	52-1
M60 George LaBelle	103-5
M65 Jim Peterson	81-11
M75 Charles Obye	62-8
5000m Racewalk	
M60 Bernie Finch	33:03.79
M70 Jerard Hargis	35:42.57
W30 Lori Peterson	36:26.93
W35 Tish Borgen	31:46.55

**SOUTHWEST**

**Mardi Gras Weight Pentathlon**  
Lafayette, LA; May

(HT/SP/DY/JT/WT) actual throws

Cheryl Mellenthin (40-44)	1.466
16.76/6.19/19.61/13.51/5.58	
Bengt Jarlsjo (35-39)	2.942
35.46/13.74/41.86/41.09/11.92	
Dave Rothenbury (35-39)	2.009
30.91/9.94/43.23/36.52/nm	
Robby Thompson (40-44)	1.279
15.42/8.73/14.82/20.38/8.43	
Jeff Baty (45-49)	3.127
36.85/9.54/36.22/35.19/12.80	
Harold Bourgeois (50-54)	2.842
28.81/11.11/31.11/35.77/11.66	
Herb Stein (50-54)	2.130
17.96/9.21/23.87/35.20/7.88	
Mark Lumpkin (50-54)	863
nm/nm/46.03/nm/nm	
Tom Gage (55-59)	4.708
54.06/13.69/42.98/30.25/18.86	
Vince Breaux (55-59)	3.348
30.39/10.23/33.85/37.05/12.16	
Mark Chapman (55-59)	2.976
25.79/10.73/31.68/31.60/10.27	
Harold Landry (55-59)	2.572
23.11/10.32/27.63/26.18/8.96	
Manuel Decoteau (55-59)	2.062
22.17/7.48/19.08/24.62/8.69	
Delmon McNabb (55-59)	1.788
22.05/nm/25.52/48.42/nm	
Don North (60-64)	3.240
28.33/11.10/31.50/35.87/12.32	
Charles Cannon (60-64)	3.122
24.79/9.89/30.44/41.84/11.29	
Pay Carstensen (65-69)	

Continued from previous page

M65 Paul Johnson	25.50
Jim Leggitt	28.76
M75 Sam Patterson	34.40
Bob Wingo	37.87
M80 John Alexander	34.13
W50 Deborah Jo Van 400M	36.06
M40 Lindy Raney	55.00
Bryan Shilcutt	56.56
M45 Will McHone	58.78
M50 Bill Lewis	61.28
Dale Skinner	62.06
Richard Winford	71.14
M55 John Mylius	69.59
Andy Pittman	71.19
M65 Paul Johnson	58.96
M75 Sam Patterson 800M	90.49
M50 John Ross	2:55.98
M55 Gerald Roy	2:28.39
John Mylius	2:39.70
Lloyd Rust	2:51.82
M75 Bob Wingo	3:43.84
W40 Rose Monday 1600M	2:19.13
M50 Mike McCracken	5:31.17
John Ross	6:42.85
M45 Steve Patridge	44-8
M55 Gerald Roy	5:33.89
John Mylius	5:49.87
Lloyd Rust	6:26.18
W30 Silvia Salinas	6:55.18
Veronica Diaz	6:56.34
M50 Walter Harris	22:13.52
John Ross	23:28.81
M55 Gerald Roy	19:22.77
Lloyd Rust	23:21.01
M70 Bill Barton	27:54.72
M35 Robbie Birdwell	17.47
M40 Dan Cook	17.84
M45 Roy Morales	21.20
M55 Jim Cawley	16.81
M60 Charlie Miller	15.97
M65 Lowell Bonnefield 300MH (36")	17.18
M35 Robbie Birdwell	47.67
M45 Roy Morales	51.21
M65 Lowell Bonnefield	51.65
Jim Leggitt	56.96
M30 JCTC (Rainey, Menzies Baker, Menzies)	45.95
M45 Sil Bosch	5-10
M50 John Barton	4-6
M55 Mark Chapman	4-2
Charles Good	4-0
M60 Bufo Morrison	4-0
M65 Jim Leggitt	4-2
M75 Bob Wingo	3-4
W50 Laurie Barton	3-10
M40 Monzell Baker	21-6.5
James Adams	11-9
M45 Sil Bosch	16-11
M50 Paul Blankenship	15-5
Richard Winford	14-8
John Barton	12-6.5
M55 Ed Jones	19-7
Jim Cawley	16-7
M60 Don Denson	16-6
Ben Nowotny	12-5
Bufo Morrison	11-7
M65 James Leggitt	12-5
M75 Bill Carter	12-2
W50 Carolyn McCormick	11-7
Laurie Barton	11-6
M40 Monzell Baker	44-8.5
M45 Sil Bosch	34-1
M55 Jim Cawley	33-1
M60 Bufo Morrison	23-0
M75 Bill Carter	24-4.5
W50 Carolyn McCormick	23-5
M30 Trey Dolezal	11-0
M60 Ben Nowotny	7-4
M35 Dave Rothenburg	38-1
M40 David Bolles	33-1
Bobby Thompson	27-10
M45 Steve Patridge	47-10
M50 Fred Perry	42-11
Jimmy Salazar	40-5
M55 Mark Chapman	37-1
Charles Good	35-3

M60 John Conniff	40-9.5
Harold Crater	37-1
Bufo Morrison	30-8
Howard Zingg	30-0
M65 Jim Carney	28-4
M70 Jim Gerhardt	38-2
M75 Ross Morris	31-7
Bill Carter	31-0
Fred Adams	25-5
M80 Adrien Pronovost	19-0
W30 Elsie Goines	30-8
W40 Diana Gutierrez	27-9
Gay Mylius	21-4
Cheryl Mellenthin	20-11
W80 Alatha Cole	11-9
M50 Jimmy Salazar	38-3
M55 Mark Chapman	31-10
M30 Carneron Norris	47-0
M40 Robbie Thompson	30-9
M45 Steve Patridge	54-11
M55 Mark Chapman	38-5
M60 Harold Crater	36-5
M70 Jim Gerhardt	33-3
M35 Dave Rothenburg	140-10.5
M40 Robby Thompson	44-1
M45 Steve Patridge	170-8
M50 Fred Perry	133-7
Jimmy Salazar	127-3.5
Larry Bonnett	102-8
M55 Mark Chapman	112-2
M60 John Conniff	145-8
Howard Zingg	123-9
Harold Crater	112-2.5
Bufo Morrison	84-3
M65 Jim Carney	91-3
Jim Leggitt	91-0
M70 Jim Gerhardt	121-3
M75 Bill Carter	99-7
Ross Morris	80-7
Fred Adams	60-2
M80 John Alexander	76-3
Adrien Pronovost	51-2.5
W30 Veronica Diaz	88-11
Elsie Goines	88-8
W40 Diana Gutierrez	86-5.5
Gay Mylius	87-8.5
Cheryl Mellenthin	66-0
W80 Alatha Cole	31-10.5
M35 Rick Cawley	113-1.5
M40 Steve Bolles	136-6
David Bolles	132-5
Robby Thompson	63-6.5
M50 John Ross	68-6
M55 Charles Good	117-5
Mark Chapman	114-2
M60 Jerry Dyes	163-2
John Conniff	125-9
Bufo Morrison	118-8
Harold Crater	92-8
M65 Jim Leggitt	98-9
M75 Bill Carter	83-6
M80 Adrien Pronovost	42-3
W40 Gay Mulius	70-7
Cheryl Mellenthin	50-9.5
M40 David Bolles	115-8.5
Steve Bolles	106-11
Robby Thompson	54-7
M55 Mark Chapman	89-3
M60 Howard Zingg	116-4
John Conniff	93-5.5
Bufo Morrison	76-2
Harold Crater	72-11
M75 Ross Morris	77-5
Fred Adams	70-6.5
M80 Adrien Pronovost	61-2
W40 Cheryl Mellenthin	60-0
M40 David Bolles	18-2.5
Steve Bolles	18-2.5
Robby Thompson	13-4
M55 Mark Chapman	16-4
M60 John Conniff	17-7
M75 Fred Adams	13-1
M80 Adrien Pronovost	9-2
W40 Cheryl Mellenthin	8-10
M40 Steve Bolles	33-4
David Bolles	32-10
Robby Thompson	21-9
M55 Mark Chapman	24-7
M60 Howard Zingg	40-4
John Conniff	37-4
Harold Crater	33-8
Bufo Morrison	28-3
M75 Fred Adams	18-8
M80 Adrien Pronovost	13-4

W40 Cheryl Mellenthin 13-7

25#

M75 Ross Morris 25-0

M80 Adrien Pronovost 15-11

W40 Cheryl Mellenthin 21-2

**Texas Masters Championships**  
**Weight Pentathlon**  
**Dallas, TX; July 7**

Reed Williams 36 2157

Mark Matie 36 1516

Richard Stewart 41 3427

Robert Thompson 43 1455

Ron Bamberg 48 3017

Tim Edwards 53 3550

Terrell Schaffer 52 2898

Thomas Gage 58 4765

Mark Chapman 58 2931

Wendell Palmer 69 4493

Val Smith 72 3036

Adrien Pronovost 80 2261

Doc Bennett 80 2159

**WEST**

**Crown Valley Senior Olympics**  
**Pasadena, CA; June 10**

50m

M50 Ed McElroy 6.9

M55 Dale Herring 7.0

M60 Ernie Gomez 6.3

M65 John McConnell 7.7

M70 Vince Salce 8.1

M75 Taki Nagao 8.4

M80 Richard Leach 9.8

M85 Clarence Trahan 9.8

W50 Brenda Matthews 7.4

W55 Peggy Andrews 8.6

W60 Kathy Bergen 7.5

W65 Patricia Willis 12.2

W70 Magdalena Kuehne 9.1

W75 Elinor Crawford 11.8

100m

M50 Bill Chin 13.2

Corky Johnson 13.7

M55 Dale Herring 12.7

Rob Farber 13.2

Dan Girling 13.6

M60 Walt Butler 12.9

Ernie Gomez 13.2

Lee Gillespie 13.4

M65 Frank Hollier 13.5

Joh Mighell 16.6

M70 Will Robinson 14.4

Jim Selby 15.3

Frank Kishi 15.5

M75 Thomas Pico 17.9

Thomas Miller 18.3

Joe Welch 19.6

M80 Richard Leach 18.4

M85 Clarence Trahan 19.2

Paul Hall 21.4

Cleo Allen 21.6

W50 Brenda Matthews 14.0

LaTanya Glass 15.6

Anne Fisk 17.2

W55 Peggy Andrews 17.8

Terrie Godfrey 19.6

MaryJane McMaster 24.0

W60 Kathy Bergen 14.4

Julie Grant 23.3

W70 Magdalena Kuehne 17.9

Dorie Smith 24.4

Louise Smith 25.9

200m

M50 John Tomaschke 26.7

M55 Dale Herring 26.2

Larry Barnum 27.1

Lee Fitzgerald 27.3

M60 Lee Gillespie 27.3

Terry Rowan 29.9

M65 Frank Hollier 27.7

Ray Archibald 38.4

M70 Will Robinson 30.2

Jim Selby 32.5

Bill Kennedy 35.7

M75 Thomas Pico 41.5

Joseph Welch 44.6

M80 Richard Leach 42.0

M85 Vincent Malizia 47.5

Paul Hall 50.1

Cleo Allen 51.9

W50 Brenda Matthews 31.0

Mellie Clark 35.6

W55 Peggy Andrews 41.5

MaryJane McMaster 53.9

W70 SumiOnoderaLenard 40.4

Dorie Smith 51.9

Louise Martin 63.6

400m

M50 Bill Fitzpatrick 59.6

Herman Castillo 60.1

John Tomaschke 62.2

M55 Larry Barnum 59.9

Ronald Salupo 61.0

M60 Darrell Smith 76.4

M65 Jesse Carrington 65.7

Ed Thibon 85.3

Ray Archibald 85.5

M70 Will Robinson 71.2

Louis Beadle 80.3

Bill Kennedy 82.2

M75 Ladislav Koran 94.3

Ed Rasky 2.21.4

M80 Richard Leach 1.41.9

M85 Vincent Malizia 1.47.9

W50 Mellie Clark 85.3

Maggie Small 1.43.0

W55 MaryJaneMcMaster 2.01.5

W70 Dorie Smith 1.59.0

W75 Elinor Crawford 2.40.1

M50 Bill Fitzpatrick 2.18.2

Rob Russell 2.29.1

Steve Kellmyer 2.29.1

M55 Lee Fitzgerald 2.24.5

M60 Hollis Stewart 3.01.4

Darrell Smith 3.01.5

M65 Ray Archibald 3.21.1

M70 Jim Selby 2.47.8

Efrin Sanchez 3.14.2

W50 Maggie Small 3.42.7

W55 MaryJaneMcMaster 4.25.6

W70 SumiOnoderaLenrd 3.46.6

M50 Hugo Velasquez 4.43.4

Steve Kellmyer 4.58.4

Augustin Medina 5.02.6

M55 Ronald Salupo 4.48.8

Byron Melendy 5.13.0

M65 Bill Faulk 5.44.9

Ray Archibald 6.32.5

M70 Efrin Sanchez 6.49.0

Bob Holmes 6.55.5

Tom Ito 8.32.0

W50 Yoko Eichel 5.57.7

Maggie Small 7.20.2

W70 SumiOnoderaLenrd 7.43.2

Dorie Smith 8.23.7

5000m

M55 Byron Melendy 19.26.7

M65 Bill Faulk 21.02.7

Joseph Tyler 30.48.1

M70 Bry Thorne 33.36.5

W75 Roberta Morgan 52.37.6

High Jump

M50 Charlie Rader 5-4

Corky Johnson 4-2

Larry Lloyd 4-0

M55 Roberto Pozzi 5-0

Ed Hanks 4-8

Richard Tanger 4-0

M60 Davie Perry 4-6

Bert Bergen 4-2

Robert Newberger 4-0t

Lee Hoyt 4-0t

M65 Jerry Sullivan 4-0

Robert Hilario 3-6

M70 Joe Craze 3-6

Robert Perry 2-6

W50 LaTanya Glass 3-6

Pole Vault

M50 Steve Morris 12-6

M65 Manny Mora 6-0

M70 Allan Trefry 6-6

Bob Holmes 6-6

M75 Donald Roser 6-6

Long Jump

M50 Ed McElroy 16-1.25

M55 Richard Tanger 13-3

M60 Robert Newberger 14-2

Bert Bergen 12-9.5

Jerry Chase 12-0

M65 Vincent Salce 12-2

Clifton Alexander 11-10.25

M70 Grant Cotter 5-1.75

M75 Taki Nagao 10-8

Thomas Pico 9-6.25

M80 Fred Fleck 4-5.5

M85 Clarence Trahan 9-7.75

Paul Hall 4-5.25

W50 Brenda Matthews 12-8

Anne Fisk 10-9.5

LaTanya Glass 10.7.5

W55 Sarah Snieder 8-2

W60 Tomasa Schultz 8-2

Julie Grant 7-2.25

W70 Magdalena Kuehne 10-2

Pat Craze 6-3.25

Louise Martin 5-7.25

W75 Adele McCormick 4-2.5

Shot Put

M50 Mike Nash 49-7.25

Jim Kermann 43-10.5

M55 Brian Spiegel 33-1.25

Jorge Juarez 30-5.5

Art Altshiller 29-4

M60 Martin Vedova 35-11.25

Hal Sheakley 34-5.5

Jerry Chase 28-11.75

M65 Hal Smith 45-6

Doug Cronin 35-5.5

Joe Durrenberger 32-9.75

M70 Charlie Sarver 35-3.75

Don Hegberg 33-7.25

Bart Young 26-10.75

M75 Thomas Pico 28-9.25

M80 Fred Fleck 16-3

M85 Cleo Allen 20-10.5

W50 LaTanya Glass 30-8.5

Mellie Clark 27-2.75

W55 Connie Sarver 28-9

Hattie Perry 20-7.75

W60 Christel Miller 22-10.5

Tomasa Schultz 20-3

W65 Mary Hirst 21-8.25

W70 Pat Craze 18-2.5

Julia Voltera 17-8.5

Ruth Hudgeon 16-4

W75 Adele McCormick 18-8.5

W80 Wilma Davenport 18-4

M50 Mike Deller 135-8

Mike Nash 128-0

Theageis Zoglou 122-5

M55 Brian Spiegel 91-3

Kenneth Baker 81-4

M60 Joe Marino 151-2

Terry Rowan 108-1

Hal Sheakley 95-5

M65 Alan Rosen 128-7

Hal Smith 127-4

Doug Cronin 113-1

M70 Don Hegberg 127-7

Charlie Sarver 104-2

Bart Young 81-3

M75 Donald Roser 77-9

M80 Fred Fleck 34-4

M85 Cleo Allen 38-4

W50 Mellie Clark 78-7

Anne Fisk 53-4

W55 Connie Sarver 75-4

W60 Kathy Bergen 56-11

Tomasa Schultz 55-0

W65 Ellen Brannigan 62-4

W70 Pat Craze 42-11

Julia Voltera 41-1

W75 Adele McCormick 47-6

Jeanne Bishop 32-8

W80 Wilma Davenport 38-10

Javelin

M60 James McEvoy 137-3

Larry Lloyd 118-9

John Montandon 103-7

M55 Steve Shepherd 130-8

James Brennan 113-6

Bert Shirk 98-4

M60 Steve Wordell 126-8

Martin Vedova 122-2

Joe Marino 120-8

M65 Chuck Coutts 92-2

Joe Durrenberger 56-4

M70 Allen Trefry 105-1

Don Hegberg 96-0

Joe Craze 95-9

M75 Ed Chynoweth 91-6

Don Roser 90-11

M80 Fred Fleck 26-3

W50 Nancy Oliveria 77-10

W55 Connie Sarver 74-9

M60 Kathy Bergen 81-2

Tomasa Schultz 47-8

W65 Ellen Brannigan 59-4

W70 Pat Craze 46-9

Magdalena Kuehne 45-9

Julia Voltera 33-11

1500m Racewalk

M50 Edwin Bouldin 8.53.9

M55 Jesus Orendain 8.18.5

Stuart Ray 9.39.3

M65 Carl Acosta 9.22.0

Leon Glazman 9.35.5

Lloyd McGuire 9.36.7

M70 Bart Young 10.18.1

M75 Masashi Noritake 10.42.1

M85 Phil Carey 13.09.5

W50 Yoko Eichel 8.24.3

W55 Jolene Steigerwalt 8.53.9

W65 Patricia Willis 11.59.7

W70 Patti Kennedy 11.57.3

5000m Racewalk

M60 Bob Nymman 31.06.4

M65 Carl Acosta 31.08.1

Leon Glazman 33.33.6

Lloyd McGuire 33.55.7

M75 Masashi Noritake 36.56.1

W50 Donna Cunningham 28.41.3

Yoko Eichel 28.43.3

Carol Bertino 31.33.2

W55 Jolene Steigerwalt 31.31.1

MaryJo Sullivan 41.36.9

W65 Carol Ferris 36.43.2

Pat Willis 43:12.2

W70 Patti Kennedy 39:49.9

**KelField Throws Series #97**  
**Santa Cruz, CA; June 23**

**Shot Put**

M50 Gary Kelmenson 11.07

M55 Lad Pataki 16.26

M60 Mike Parker 11.59

M65 Bob Humphreys 11.80

**Discus**

M50 G Kelmenson 38.20

M55 L Pataki 53.48

M60 M Parker 36.19

M65 B Humphreys 47.04

**Hammer**

M30 Matt Cavendar 45.74

M40 Casey O'Hara 42.29

M50 G Kelmenson 42.72

M60 Don Hughes 27.47

M65 B Humphreys 40.81

**Javelin**

M50 G Kelmenson 26.36

M55 L Pataki 39.01

M60 Mike Parker 26.39

M65 Bob Humphreys 30.80

**20# Weight**

M65 B Humphreys 16.74

**25# Weight**

M50 G Kelmenson 15.28

M65 D Hughes 11.12

**56# Weight**

M50 G Kelmenson 8.54

M65 D Hughes 6.19

**Weight Pentathlon**

M50 G Kelmenson 3352

M65 B Humphreys 4598

(marks above in WP order)

**USATF Hawaii Association**  
**Championships**  
**Hololulu; July 14**

100m

M45 Harvey McInerny 12.64

200m

M35 Mike Venglar 30.68

M55 Jack Karbens 29.61

M60 Bob Taylor 30.60

400m

M55 Jack Karbens 66.58

800m

M35 Randy Howard 2.32.00

M40 Bryon Galloway 2.11.68

M50 Ron Pate 2.25.98

W45 Britta Staub 3.00.67

1500m

M35 Randy Howard 4.46.05

5000m

M45 Joe Laturnau 18.51.00

High Jump

M45 Darryl Wong 5-2

Long Jump

M30 Rudy Huber 20-9.5

M60 Lionel Low 14-4

Triple Jump

M60 Lionel Low 30-1

Shot Put

M60 Lionel Low 17-8

Discus

M60 Lionel Low 71-11

**NORTHWEST**

**Inland NW Masters Track & Field Classic**  
**Pullman, WA; July 21**

100m

M50 Richard Ying 14.58

M60 Paul Stepan 14.26

M65 Jim Schlewitz 15.48

M70 Jack Coy 15.16

W30 Alisa Wis 14.63

W40 Marilyn Dewarder 14.52

W45 Linda Lanker 17.16

W55 Rose Schlewitz 18.78

200m

M60 Paul Stepan 29.51

M65 Jim Schlewitz 33.17

M70 Jack Coy 31.23

W30 Susan Brown 31.57

W40 Marilyn Dewarder 29.60

W55 Rose Schlewitz 43.93

400m

M45 Bob Blackburn 1:14.32

M50 Norman Lewis 59.43

M55 Rich Tucker 1:00.48

M60 Paul Stepan 1:07.41

M65 Jim Schlewitz 1:30.22

M70 Jack Coy 1:12.06

W40 Gretchen Hoy 1:49.02

800m

M40 Joe Law 2:32.50



Continued from previous page

M50 Pate West	2:22.29
M55 Rich Tucker	2:19.07
M60 Desmond O'Rourke	2:37.03
W30 Alisa Wise	2:45.49
<b>1500m</b>	
M40 Joe Law	5:11.21
M45 Bill Caldwell	5:01.30
M55 Joe Nelson	4:53.60
M60 Desmond O'Rourke	5:24.37
W30 Adele Thompson	5:22.68
W40 Norah McCabe	6:03.91
W60 Laura Stepan	8:14.48
<b>5000m</b>	
M40 Joe Law	19:49.4
M45 Bill Caldwell	18:44.5
W30 Shannon Overbay	22:37.4
2000m Steeplechase	
W30 Shannon Overbay	9:41.57
<b>3000m Steeplechase</b>	
M35 Chip Roe	11:54.44
<b>High Jump</b>	
M45 Kent Kinyon	1.35
M65 Fred Clark	1.04
W30 Susan Brown	1.14
W40 Gretchen Hoy	.96
<b>Pole Vault</b>	
M50 Reg Hulbert	3.66
M55 Dennis Phillips	3.96
W30 Alisa Wise	2.44
W45 Linda Lanker	1.83
W50 Terri Phillips	2.13
<b>Long Jump</b>	
M50 Ray Ellenwood	3.66
M60 Frank Struna	5.03
M70 William Platts	3.66
W40 Gretchen Hoy	2.31
W70 Melicent Whinston	2.14
<b>Triple Jump</b>	
M40 Vince Martin	11.29
M60 Frank Struna	11.09
<b>Shot Put</b>	
M30 David Nixon	10.70
M40 Ray Roff	9.47
M45 Mark Neal	11.37
M55 Dan Nipp	13.51
M60 John King	7.47
W30 Adele Thompson	7.54
W50 Sue Hinz	7.65
W70 Melicent Whinston	5.46
<b>Discus</b>	
M30 David Nixon	29.53
M40 Ray Roff	28.63
M45 Mark Neal	39.94
M50 Ray Ellenwood	27.57
M55 Dan Nipp	44.18
M60 Dick Dow	37.18
M70 Grove Bolles	41.65
W40 Gretchen Hoy	17.32
<b>Hammer</b>	
M50 David Kolva	22.59
W50 Sharon Sellereite	28.33
<b>Javelin</b>	
M40 Robert Shirts	52.87
M45 Bob Blackburn	29.94
M55 Jack Miller	23.15
M60 John King	25.67
M65 Jim Schlewitz	20.95
M70 William Platts	37.05
W40 Margo Aragon	20.50
W50 Sue Hinz	16.52
W55 Rose Schlewitz	14.72
<b>5000m RW</b>	
M50 David Kolva	31:44.2
M60 Harry Borland	33:48.1
W50 Bessie Kolva	38:44.1

**INTERNATIONAL**

**Hungarian Veterans Championships Tata; July 16-17**

<b>100m</b>	
M40 Peter Tasi	12.67
M45 Pal Zsilinszky	13.36
M50 Costa Alfred	13.19
M55 Branko Tepsic	12.23
M60 Hermer Rossler	13.78
M65 Homonnay Ferenc	14.47
M70 Istvan Hosszu	15.12
M75 Geza Dobriban	15.79
M80 Tibor Mihaly	16.77

M90 Bokonyi Gyorgy	27.9h
W35 Gabriella Auth	13.27
W40 Gabriella Karpati	13.88
W50 Eta Szurok	16.67
W65 Tamasne Loki	17.19
<b>200m</b>	
M40 Gyula Kovacs	27.6h
M45 Pal Zsilinszky	26.6h
M50 Costa Alfred	27.3h
M55 Branko Tepsic	24.8h
M60 Sandor Nagy	27.8h
M65 Ferenc Homonay	29.8h
M70 Karoly Novak	36.9h
W30 Erzsebet Nagyne	28.2h
W35 Angela Cseh	29.5h
W45 Annamaria Brozik	55.1h
W50 Eta Szurok	34.4h
W65 Tamasne Loki	35.7
<b>400m</b>	
M40 Peter Tasi	1:00.41
M45 Ferenc Toth	1:02.96
M50 Jozsef Tomkovics	1:09.17
M55 Jozsef Noe	1:02.63
M60 Hermer Rossler	1:07.75
M65 Zoltan Nagy	1:12.24
M70 Karoly Novak	1:37.95
M80 Tibor Mihaly	1:24.89
W45 Miklosne Farda	1:19.36
W50 Eta Szurok	1:19.04
W65 Lcsei Jagerne	1:52.40

<b>800m</b>	
M35 Tamas Benke	2:33.7h
M40 Kalman Kenyo	2:21.0h
M45 Ferenc Toth	2:21.7h
M55 Jozsef Noe	2:26.4h
M60 Imre Radi	2:31.0h
M65 Zoltan Nagy	2:44.0h
M70 Josef Bejo	4:02.6h
W30 Timea Szepesine	2:40.9h
W35 L Becskerek	3:30.7h
W40 Jozsefine Balogh	3:54.1h
W45 Miklosne Farda	3:08.7h
W50 Edit Ercsenyi	3:08.9h
W65 Lcsei Jagerne	4:07.1h

<b>1500m</b>	
M35 Tamas Benke	5:21.90
M40 Jen Buzas	5:00.10
M45 Csaba Beck	5:15.35
M55 Karoly Szuda	5:06.15
M60 Imre Radi	5:28.76
M65 Em Balint	5:49.60
M70 Elemer Oravec	7:03.20
W30 L Szepesine	5:38.39
W40 Emke Toth	7:07.28
W50 Edith Ercsenyi	7:04.35

<b>5000m</b>	
M35 Tamas Benke	19:28.44
M40 Istvan Szabo	16:40.28
M45 Imre Zsoldos	18:58.87
M55 Jozsef Tabajdi	20:46.38
M60 Ferenc Richter	24:11.00
M65 Janos Gal	27:51.90

<b>10,000m</b>	
M40 Istvan Orsos	35:30.8h
M45 Don Dawson	40:36.3h
M55 Ferenc Jusztin	44:13.3h
M65 Janos Gal	57:49.1h
M70 Ferenc Otvos	42:41.0h

<b>Short Hurdles</b>	
M45 Pal Zsilinszky	18.84
M55 Jozsef Radacs	18.39
M60 Laszlo Ers	20.04

<b>Long Hurdles</b>	
M45 Pal Zsilinszky	1:07.80
M55 Jozsef Radacs	1:16.70
M60 Laszlo Goczol	59.40
M70 Jozsef Bejo	1:19.50

<b>High Jump</b>	
M35 Sandor Varga	1.45
M40 Csaba Czinder	1.45
M45 Imre Varga	1.65
M50 Istvan Krosi	1.55
M55 Istvan Szarka	1.45
M60 Lajos Turi	1.25
M75 Geza Dobriban	1.20

<b>Pole Vault</b>	
M50 Andras Janusko	2.50
M60 Zoltan Kurunczy	2.70
W35 Gabriella Auth	3.00
<b>Long Jump</b>	
M45 Kalman Szabo	5.43
M50 Istvan Krose	5.51
M55 Mihaly Pasztor	4.94
M60 Lajos Turi	4.23
M70 Istvan Kovacs	3.60
M75 Geza Dobriban	3.98

M90 Gyorgy Bokonyi	1.68
W35 Gabriella Auth	5.18
<b>Triple Jump</b>	
M40 Csaba Czinder	11.03
M50 Istvan Krose	12.03
M55 Mihaly Pasztor	10.58
M60 Zoltan Kurunczy	9.40
M70 Istvan Kovacs	7.95
M75 Geza Dobriban	8.93
<b>Shot Put</b>	
M40 Attila Bosak	12.35
M45 Mihaly Varga	11.60
M50 Istvan Hajdu	7.96
M55 Attila Jeremias	12.93
M60 Jozsef Vadasz	12.50
M65 Tivadar Krasznai	10.96
M75 Janos Guzsvari	10.47
M80 Istvan Erszegi	7.81
W45 Krisztina Menyhart	11.60
W50 Sandorne Pallay	10.44
W60 Edit Babai	9.72
W65 Sandome Torok	8.60

<b>Discus</b>	
M45 Mihaly Varga	35.01
M40 Attila Bosak	38.83
M55 Fimec Toth	41.90
M60 Miklos Meszaros	42.62
M65 Laszlo Petrovics	44.97
M80 Istvan Erszegi	21.46
W45 Izmind Mosdenyine	29.88

W60 Annamaria Olah	18.70
W65 Sandome Torok	21.80
<b>Hammer</b>	
M40 Mihaly Mocsiari	50.40
M45 Lajos Bozsa	49.09
M50 Kalman Zejtler	56.00
M55 Istvan Penzes	43.15
M60 Zoltan Serf	36.07
M65 Laszlo Guttmann	22.06
M80 Istvan Erszegi	24.27
W45 Magdolna Benes	33.74

<b>Javelin</b>	
M40 Jozsef Magyari	51.20
M45 Istvan Marton	27.93
M55 Gyorgy Majoros	29.73
M60 Sandor Nagy	41.16
M65 Laszlo Guttmann	31.40
M75 Janos Gusvany	23.34
M80 Istvan Erszegi	15.72
W35 Ildiko Gyork	31.31
W45 Viktoria Beline	30.01
W50 Sandome Pallay	21.40
W55 Eva Kerteszne	29.48
W65 Maria Radacs	21.50

<b>5000m RW</b>	
W40 Gaborne Dren	25:17.0
W45 Ibolya Bemcs	29:21.7
<b>10,000m RW</b>	
M50 Gyorgy Kiss	58:53.0
M55 Gabor Szmodits	1:08.51

W55 Lynne Caruso	23:47
Natalie Grabow	23:53
W60 Sachiko Kawamura	28:40
Delores Papirman	29:27
W65 Helene Bedrock	23:35
Beverly Eggert	29:04
W70 Toshiko d'Elia	25:03
Elisa Schuemann	39:10

**Vytra Women's 5K Farmingdale, NY; July 14**

<b>Overall</b>	
Catherine Ndereba	28:15:35
W40 Elena Fidatof	16:42
Elizabeth Flatner	19:20
Eileen Barnes Corley	19:30
Nancy Katz-Johnson	20:49
W45 Kathy Martin	18:14
Patty Zebersky	19:27
Helen Visgauss	20:29
Margarita Marascia	20:47
W50 Melissa Kennedy	21:51
MaryAnne Goldman	23:13
Estella Clasen	23:28
W55 Marie-L Michelson	20:32
Betty Horstmann	21:55
Hilory Boucher	24:00
W60 Mary Nathan	22:28
Pat Cataldo	24:11
Wendy Burns	25:16
W65 Alexandra Finger	30:33
Ruth Sturgess	32:19
Lucia Niedermuller	32:36
W70+Dolly Finkelstein	71:31.06
Vera Allen	71:33.43
Lillian Hamill	70:38.00

<b>Masters Racewalkers</b>	
1 Linda Goldstein	51:33.21
2 Marlene Weinstein	41:33.40
3 Bonnie Klein	50:33.52

**The Stowe 8-Miler/USATF-New England Championships Stowe, VT; July 15**

<b>Overall</b>	
Diana Bowser	28:45:21
Paul Mwangi	34:39:47
M40 Craig Fram	40:36
Larry Sayers	40:48
W40 Nancy Corsaro	48:17
Evelyn Caron	50:07
Sue LaChance	50:21
W50 Rebecca S-Wooley	50:54
Maira Dumini	54:35
Carol L'Esperance	56:16
W60 Teri Scatchard	1:09:48
Barbara MacArthur	1:11:22
Betty LaCharite	1:15:36

**Subaru Buffalo 4 Mile Chase Buffalo, NY; July 21**

<b>Overall</b>	
Joseph Itati	17:53
Tania Jones	21:28
M40 Andrew Masai	18:41
John Tuttle	19:53
David O'Keefe	20:13
M45 Jerry Kooymans	20:00
Mike Dyon	21:33
Dave Reed	21:36
M50 Richard Hoebeker	22:12
Frank Lewis	22:22
Stephen Forrestal	23:14
M55 Samuel Adams	24:38
Doug Little	25:32
Kenneth Gordon	25:56
M60 George Markoff	25:54
Frank Shea	26:18
Ralph Zimmermann	26:23
M65 Brian Harris	24:36
Jack Meegan	27:50
Joseph Antkowiak	29:35
M70 Jerry Magoffin	32:13
Sandy Bueme	32:20
Richard Sullivan	33:37
M75 Charles Bauer	36:55
John Senef	42:20
M80 Henry Sypniewski	37:50
W40 Elena Fidatof	21:34
Nancy Tinari	22:19
E Carmichael	23:23
W45 Colleen Stewart	25:53
Brittge Soltz	26:17
Diane Sardes	26:52
W50 C Smith-Hanna	24:30
Paula DesJardins	28:09
Patricia Hinton	29:40
W55 Rae Baymiller	25:28
Judy Mowery	29:47
Patricia Kunselman	30:10
W60 Helen Botti	32:45
Edye Radice	37:26
Kathleen Manno	41:56
W65 Edna Hyer	39:42

Sheila Scandurra	42:31
W70 Helen Bueme	37:54

**Dash Splash 8K Central Park, NYC; July 29**

<b>Overall</b>	
Ryan Grote	27:24:42
Letyesus Berhe	23:28:49
M30 Jorge Pardo	34:25:36
Toby Tanser	33:26:00
Matt Chaston	33:26:10
M40 Jaime Cuitiva	27:03
David Hardy	29:14
Victor Osayi	29:24
M45 Amador Ybanez	26:59
Luis Chagala	30:18
Ivan Mills	30:26
M50 Leo Ciesa	33:20
Frank Nieves, Jr	33:27
Jostein Pedersen	33:52
M55 Julio Aguirre	30:34
John Samsel	31:55
Frederick Trilli	34:55
M60 Mariusz Solarski	37:32
Frank Schneider	37:40
Egidio Bernardo	40:51
M65 Joseph Pascarella	41:32
Daniel Jacobs	43:48
Joe Brown	45:10
M70 Walter Desind	42:15
Leo Schonhaut	43:45
Carlo Lopatriello	43:56
M75 Sab Koide	47:17
Wallace Cutler	1:12:49
M80 Thomas Gibbons	58:06
Wilfredo Rios	1:00:53
W30 Tina Johnson	31:30:22
Rosa Narvaez	36:30:58
Fiona Bayly	34:32:24
W40 Emmy Stocker	33:30
Gabriella Crandall	34:42
Jane Gillham	34:57
W45 Kim Dennis	35:24
April Bortone	38:12
Vickie Petruccielli	40:58
W50 I Jackson-Schon	36:09
Kathleen Horton	37:44
Barbara Hoess	39:53
W55 Ruth Fairbrother	41:26
Susan Sideman	43:24
Yvonne Franck	43:30
W60 Joan Bondell	42:41
Nike Mizelle	44:30
Louise Urban	49:20
W65 Naomi Vogel	47:25
Gloria Merridy	1:07:09
W70 Bertha McGruder	53:16
W75 Edith Farias	53:39
Pearl Jones	1:17:02
Jozi Neulinger	1:17:03
W80 Jennifer Lein	56:51

**42nd Yankee Homecoming 10 Miler Newburyport, MA; July 31**

<b>Overall</b>	
Gideon Mutisya	36:49:52
Ludmila Trina	31:58:10
M40 Larry Sayers	51:57
Jim Garcia	53:54
Sam Davis	54:19
M45 John Goodwin	58:25
James Morrisseau	59:37
David Kelly	61:13
M50 Klediewc Krvoy	56:25
Laurence Olsen	56:56
Bill Dixon	57:07
M55 David Sawyer	67:33
James Gwinn	67:42
Chas. Farrington	69:15
M60 Myron Anderson	72:06
Wally Kurz	74:13
Duncan McEachern	75:37
M65 George Bisson	75:47
Joseph Leader	82:47
Jim McLaughlin	84:16
M70 Julian Siegel	97:28
Walpoie EdDamish	116:57
M75 Carlton Mendell	99:56
W40 Nancy Corsaro	60:41
Julie Peterson	62:01
Miae Jacobs	66:24
W45 Gillian Horowitz	63:31
Nancy Deroma	71:08
Paula Holm	73:38
W50 Mary Ryczek	77:07
Karen Durante	78:13
Lisa Famiglietti	85:24
W55 Wendy Burbank	

Continued from previous page

Table with names and times: Jane Lavesque 82:11, Joyce Lyons 87:37, W60 Ann Rawnsley 92:58, Joanne Ratcliffe 102:33, Catherine Seymor 109:40

People's Beach to Beacon 10K Cape Elizabeth, ME; Aug. 4

Table with names and times: Evans Rutto 28:30, Catherine Nderaba 29:31, M40 Andrew Masai 29:37, Andrey Kuznetsov 30:32, Simon Karori 31:02, Bob Winn 31:54, Paul Evans 32:05, M45 John Barbour 32:57, Danny Paul 35:20, Thomas Wolff 36:22, M50 Bob Sholl 36:11, Al Swenson 36:10, Ron Newbury 36:44, M55 Guy Berthiaume 36:53, Patrick Glover 37:59, Arthur Roberts 39:09, M60 Bob Coughlin 43:47, Bob Payne 43:55, Robert Husted 44:24, M65 Lloyd Slocum 42:23, James Cusack 49:08, Jerry Sombke 51:03, M70 Joe Fernandez 44:04, Donald Ross 49:18, Joseph Corrigan 54:11, M75 William Nyhan 75 60:03, Carlton Mendell 79 61:43, W40 Judi St. Hilaire 33:53, Linda Somer-Smith 35:17, Gordon Bakouls 35:50, Maureen Burns 40:18, Donna Hurley 40:37, W45 Kathryn Martin 37:52, Ellie Tucker 39:46, Susan Maslowski 42:19, W50 Carol Hogan 41:15, Carolyn Mather 44:54, Connie McClellan 46:13, W55 Carol Kane 45:32, Betsy Gonnerman 47:53, Wendy Burbank 47:29, W60 Imme Dyson 50:57, Polly Kenniston 52:43, Marcelle McGuire 59:02, W65 Beverley McCoid 62:21, Maryan Atwood 69:49, Jane Rasmussen 69:57, W70+Dottie Gray 76 68:45, Rosemary Phelan 73 100:13, Vivian Turcott 80 111:14

Overall

Table with names and times: Evans Rutto 28:30, Catherine Nderaba 29:31, M40 Andrew Masai 29:37, Andrey Kuznetsov 30:32, Simon Karori 31:02, Bob Winn 31:54, Paul Evans 32:05, M45 John Barbour 32:57, Danny Paul 35:20, Thomas Wolff 36:22, M50 Bob Sholl 36:11, Al Swenson 36:10, Ron Newbury 36:44, M55 Guy Berthiaume 36:53, Patrick Glover 37:59, Arthur Roberts 39:09, M60 Bob Coughlin 43:47, Bob Payne 43:55, Robert Husted 44:24, M65 Lloyd Slocum 42:23, James Cusack 49:08, Jerry Sombke 51:03, M70 Joe Fernandez 44:04, Donald Ross 49:18, Joseph Corrigan 54:11, M75 William Nyhan 75 60:03, Carlton Mendell 79 61:43, W40 Judi St. Hilaire 33:53, Linda Somer-Smith 35:17, Gordon Bakouls 35:50, Maureen Burns 40:18, Donna Hurley 40:37, W45 Kathryn Martin 37:52, Ellie Tucker 39:46, Susan Maslowski 42:19, W50 Carol Hogan 41:15, Carolyn Mather 44:54, Connie McClellan 46:13, W55 Carol Kane 45:32, Betsy Gonnerman 47:53, Wendy Burbank 47:29, W60 Imme Dyson 50:57, Polly Kenniston 52:43, Marcelle McGuire 59:02, W65 Beverley McCoid 62:21, Maryan Atwood 69:49, Jane Rasmussen 69:57, W70+Dottie Gray 76 68:45, Rosemary Phelan 73 100:13, Vivian Turcott 80 111:14

Falmouth Road Race 7.1 Miles Falmouth, MA; Aug. 12

Table with names and times: Overall John Korir 25 32:26, Lomah Kiplagat 27 36:26, M40 Andrew Masai 33:55, Simon Karori 34:25, Andrey Kuznetsov 35:03, Isidro Rico 35:33, Paul Evans 35:44, Eddy Hellebuyck 35:51, Peter Fleming 36:31, Graeme Fell 36:51, Kenneth Gartner 39:21, Marc Dulude 39:40, M50 Bill Rodgers 39:29, Larry Olson 39:51, Robert Briglio 43:34, Peter Paulding 44:57, Bill Lord 46:00, Joseph Kvilhaug 46:25, Bob Moritz 46:30, Roger Roark 46:38, James Laurent 46:50, Philip Riposo 46:51, M60 Dick Hoyt 39:37, Frank Messmann 44:25, Jack Brennan 45:23, Richard Molloy 49:04, Daniel Beigel 50:02, M65 William Riley 46:08, Richard Bishop 56:50, James McLaughlin 57:45, Otis Dewan 59:25, Raymond Rogers 60:26, M70 Eugene Wood 53:45, Robert Borglund 55:32, Bob Davidson 57:46, Kern Keman 57:57, Paul Woodberry 60:51, W40 Elena Fidatov 38:43, Judi St. Hilaire 38:52, Ramia Burangulova 38:56, Tatyana Pozdnyakova 39:18

Table with names and times: Catriona Dowling 42:37, Janice Addison 43:10, Marge Bellisle 44:24, Nanci Cahalane 45:31, Susan Kenney 47:09, Judith Copley 47:29, W50 Anne Roden 46:38, Judith Hine 46:49, Cathy Klim 48:17, Sharon Sinerate 51:40, Susan Manning 52:19, Louise Boland 53:20, Peggy Couper 53:50, Karen S-Rohrberg 54:51, Paula Buckley 55:07, Barbara Zack 55:37, W60 Elizabeth Scarry 60:10, Kathleen Dunn 61:20, Peggy McDermott 61:29, Kathleen White 62:08, Carole Hand 62:37, W65 Jeanne Peterson 59:43, Elizabeth Jazowski 60:14, Virginia Fettig 64:27, Barbara Noddaff 66:58, Doris Beatty 69:27

SOUTHEAST

Table with names and times: Bridge of Lions 5K St. Augustine, FL; July 21 Overall Lee Yarkas 17 16:14, Karin Glenn 31 18:59, M40 Paul Holyko 17:50, M45 Rafael Martinez 18:27, M50 Bernie Candy 18:53, M55 Frank Frazier 20:45, M60 Larry Aaron 22:10, M65 Everett Crum 21:46, M70 John Hickey 26:26, M75+Dennis Lane 75 28:56, W40 Suzanne O'Malley 19:29, W45 Deborah Welsh 23:10, W50 Donna Webb 24:09, W55 Theresa Coomes 25:26, W60 Judith Daniel 24:42, W65 Frances Belonge 47:18, W70 Erma Hickey 44:58

MID-AMERICA

Table with names and times: 21st Annual Fair St. Louis 10K St. Louis, MO; July 1 Overall Paul Aufdemberge 36 32:50, Melinda Stock 33 36:10, M40 Mike Ferguson 35:18, M45 Les Myers 34:59, M50 Bernie Violand 35:38, M55 Mike Toolen 38:10, M60 Renzo Dreon 44:39, M65 Harold Dix 47:44, M70 Arnold Mueller 50:23, W40 DeeDeeSchleicher 42:08, W45 Gail Ford 44:27, W50 Rae Mohrmann 47:17, W55 Pam Chaffin 53:08, W60 Donna Sondag 59:57, W65 Sue Fay King 65:09, W70 Dottie Gray 76 69:14

Race For The Cure 5K Albuquerque, NM; July 14

Table with names and times: Overall David Morris 31 15:25, Kelly Dunbar 29 19:00, M40 Robert Muehlenweg 17:43, M50 Davis Salazar 18:49, M60 Bill Dodson 22:53, M70+Jack Eastham 35:48, W40 Robert Tefoya 23:25, W50 Kathy Foucar 21:45, W60 Helen Silversmith 32:39, W70+Mary Kirsling 46:11

27th Quad City Times Bix 7M Davenport, IA; July 21

Table with names and times: Overall John Korir 32:34, Catherine Nderaba 29 37:05, M40 Phil Kauder 37:54, Dan Lawson 39:02, Ed Ricca 39:34, M50 Joseph Nzau 39:58, Jim Pelarske 40:47, Bill Rodgers 40:55, M60 Ronn Baker 46:41, Nick Rogers 47:45, Dennis Werling 50:51, M70+Warren Bystedt 53:34, Ken Truesdell 68:40, Doyle McCully 67:06, W40 Janet Robertz 39:37, Joan Samuelson 40:55

Table with names and times: Andriette Wickstrom 49:57, W50 Que Harbor 48:59, Janelle Swanberg 49:57, Claudia Scott 53:08, W60 Judy Teeple 59:43, Judith Turner 62:41, Ginny Woodruff 64:29, W70+LDean Christensen 67:23, Lois Gilmore 68:37, Meghan Michel 81:38

Avon-Twin Cities 10K Lake Nokomis, MN; Aug. 11

Table with names and times: Overall Janet Robertz 41 34:56, W40 Janet Robertz 41 34:56, Debbie Leydon 36:29, W45 Barbara Leininger 41:13, W50 Gloria Jansen 43:35, W55 Kathy Peterson 47:41, W60 Judy Cronen 50:00, W65 Lois DeGonda 60:00, W70 Barbara Burhans 58:59

WEST

Chronicle Marathon and Half-Marathon San Francisco, CA; July 8

Table with names and times: Overall Vitas Ezersis 40 2:30:53, Micha Lowe 31 3:11:46, M40 Vitas Ezersis 2:30:53, Nestor Ayala 2:50:25, Frederic Roberts 2:52:35, M45 Ronald Kubokawa 2:57:39, William Siegrist 3:02:11, Antonio Arevalo 3:09:21, M50 Geoffrey Erickson 2:45:31, Ted Levine 3:17:47, Robert Harper 3:23:55, M55 Frank Blanco 2:47:53, Dan Maxey 3:12:12, Harvey Kurz 3:24:10, M60 Y Minowa 3:27:15, Robert Honer 3:29:49, David Jeppesen 3:38:12, M65 Oskar Martin 3:37:39, Mitsuo Suzuki 4:21:32, DJ Devine 4:43:44, M70 Daniel Cowan 4:48:44, Ernesto Malagon 5:08:14, Jon Borsot 5:14:20, W40 Christine Chapon 3:17:12, Carolyn Parsons 3:32:18, Caroline Block 3:37:20, W45 Janet Green 3:29:30, Terry Lynn 3:31:41, C Schlubrecht 3:50:04, W50 Diana Bishey 3:53:34, Emily Toy 4:25:19, Maxine Chong 4:33:01, W55 Barbara Brady 3:58:24, Gayle Moran 4:06:24, J Taksa Webb 4:06:59, W60 Ann Grove 4:11:04, Heather Yeowell 4:26:36, Kathy Ryan 4:30:05

Half Marathon

Table with names and times: Overall Ken Brown 31 1:13:54, Christine Brighton 34 1:26:54, M40 Felipe Sanchez 1:23:38, M45 Ed Casey 1:27:57, M50 Jim Granahan 1:29:19, M55 Robert Gormley 1:30:26, M60 Jack Solomon 1:52:37, M65 Ted Hartshorn 1:59:19, M70 Art Banka 77 2:57:27, W40 Mary Button 1:29:58, Pamala Herman 1:37:04, W50 Janet Cain 1:51:33, Linda Wimmer 1:46:14, W60 Lisa Sargisson 2:43:11, Terry Rice 3:06:34

Overall

Table with names and times: Ken Brown 31 1:13:54, Christine Brighton 34 1:26:54, M40 Felipe Sanchez 1:23:38, M45 Ed Casey 1:27:57, M50 Jim Granahan 1:29:19, M55 Robert Gormley 1:30:26, M60 Jack Solomon 1:52:37, M65 Ted Hartshorn 1:59:19, M70 Art Banka 77 2:57:27, W40 Mary Button 1:29:58, Pamala Herman 1:37:04, W50 Janet Cain 1:51:33, Linda Wimmer 1:46:14, W60 Lisa Sargisson 2:43:11, Terry Rice 3:06:34

NORTHWEST

Mayor's Midnight Sun Marathon Anchorage, AK; June 23

Table with names and times: Overall Rich Hanna 2:28:12, Laurie Parton 3:05:45, M40 John Clark 2:45:25, Chris Crawford 2:51:11, Jack Zaremski 3:01:37, M45 Joel Watum 2:53:40, Bob Davis 3:02:35, M50 Frank Cahill 2:56:19, Bud Semon 3:12:14, M55 Frank Webb 3:09:02, Carmine Locicero 3:19:40, M60 Don Tarasiewicz 3:40:47, John Kristensen 4:11:34, M65 Bill Dodson 4:04:51

Table with names and times: M70 John Peirce 4:50:49, M75 Ray Petterson 6:22:20, W40 Laura McDonough 3:17:56, Melinda Goldrich 3:32:36, Lisa D'angelo 3:44:18, W45 Mary Barrett 3:38:56, Peggy Cobey 3:47:51, W50 Dee Chadwick 3:22:13, Charlotte Hartwig 3:50:16, W55 Sue Cooper 4:35:23, Mitsuye Morrissey 4:35:59, W60 Judith Miller 5:37:22, Teresa Hill 5:48:14, W65 Marlis Schmid 6:38:00, W70 Yukie Mochida 4:49:15

Butte to Butte 10K Eugene, OR; July 4

Table with names and times: Overall Mike Dudley 30:48, Kristin Schwartz 35:32, M40 Odis Sanders 34:04, M45 Dan Wojcik 35:29, M50 William Cresko 37:23, M55 John Postlethwait 42:08, M60 Y Nishizuk 43:31, M65 Ken Ogden 47:54, M70 Fred Masarie 58:26, M75 Linn Spalding 74:31, W40 Diana Nicholas 47:26, W45 N Franks-Hovis 43:14, W50 Marilyn Nippold 46:20, W55 Kathryn Hutchinson 45:45, W60 Suzanne Rodkey 64:41, W65 Joann Dornlas 66:20

Deseret News Marathon & 10K Salt Lake City, UT; July 24

Table with names and times: Overall Andrew Musuva 31 2:29:31, Laurel Lan 22 2:58:20, M40 Bruce Mills 2:56:46, M45 Mark Dickey 2:54:11, M50 Bill Sayre 2:59:24, M55 Andy Schnebly 3:25:54

Table with names and times: M60 Wally Burnham 3:46:37, M65 Dan Shuff 3:51:42, M70+Thomas Gregory 74 4:50:17, W40 Pam Reed 3:05:32, W45 Vickie Ahlstrom 4:01:09, W50 Robin Birch 4:12:18, W55 Christy Felton 4:38:20, W60 Pauline Freeland 4:44:07, W65 Yoshiko Takahashi 4:28:28, W70+Julia Barrett 70 5:34:38

10K Overall

Table with names and times: Wilson Kakanyang 24 27:55, Nicole Jefferson 32:39, M40 Ken Stone 35:06, M45 John Erikson 36:06, M50 Lyle Neilson 34:28, M55 Larry Ingram 35:22, M60 George Evans 38:45, M65 Gam McBride 39:54, M70+John Cahill 77 44:27, W40 Seetha Sunrise 41:19, W45 Kirsten Whetstone 39:53, W50 Jeanie Groves 43:43, W55 Lynda Lambert 48:13, W60 Carolyn Ward 57:24, W65 Judith Bullogh 57:09

White River 50 Miler /USATF National 50 Mile Championships Crystal Mountain, WA; July 28

Table with names and times: Overall William Emerson 37 6:58:14, Ann Trason 40 7:57:52, M40 Dennis Poolheco 7:17:17, Eric Clifton 7:17:51, Leland Barker 7:42:09, M45 Steve Smucker 7:44:00, Kevin Setnes 7:53:28, Dan Brannen 9:19:12, M50 Roy Pirung 8:30:58, Mike Burke 8:58:05, Clem Lacava 9:20:34, M55 Rob Grant 9:21:48, Moe Beaulieu 11:28:35

Table with names and times: M60 Alfred Bogenhuber 9:25:14, Larry Carroll 9:49:05, Robert Lynes 10:54:12, M65 Dieter Walz 10:59:41, M70 Link Lindquist 11:29:50, Keith Wood 12:47:23, W40 Ann Trason 7:57:52, Tania Pacev 8:40:01, Luanne Park 8:46:38, W45 Joanie Mork 10:11:24, Lorraine Gersitz 10:28:43, Lynn Wemer 12:43:56, W50 Gail Bazeley 9:45:32, Kathryn Thomas 12:35:33, Marlis DeJongh 12:36:05, W55 Sharon Carroll 12:44:12

Overall

Table with names and times: Wilson Kakanyang 24 27:55, Nicole Jefferson 32:39, M40 Ken Stone 35:06, M45 John Erikson 36:06, M50 Lyle Neilson 34:28, M55 Larry Ingram 35:22, M60 George Evans 38:45, M65 Gam McBride 39:54, M70+John Cahill 77 44:27, W40 Seetha Sunrise 41:19, W45 Kirsten Whetstone 39:53, W50 Jeanie Groves 43:43, W55 Lynda Lambert 48:13, W60 Carolyn Ward 57:24, W65 Judith Bullogh 57:09

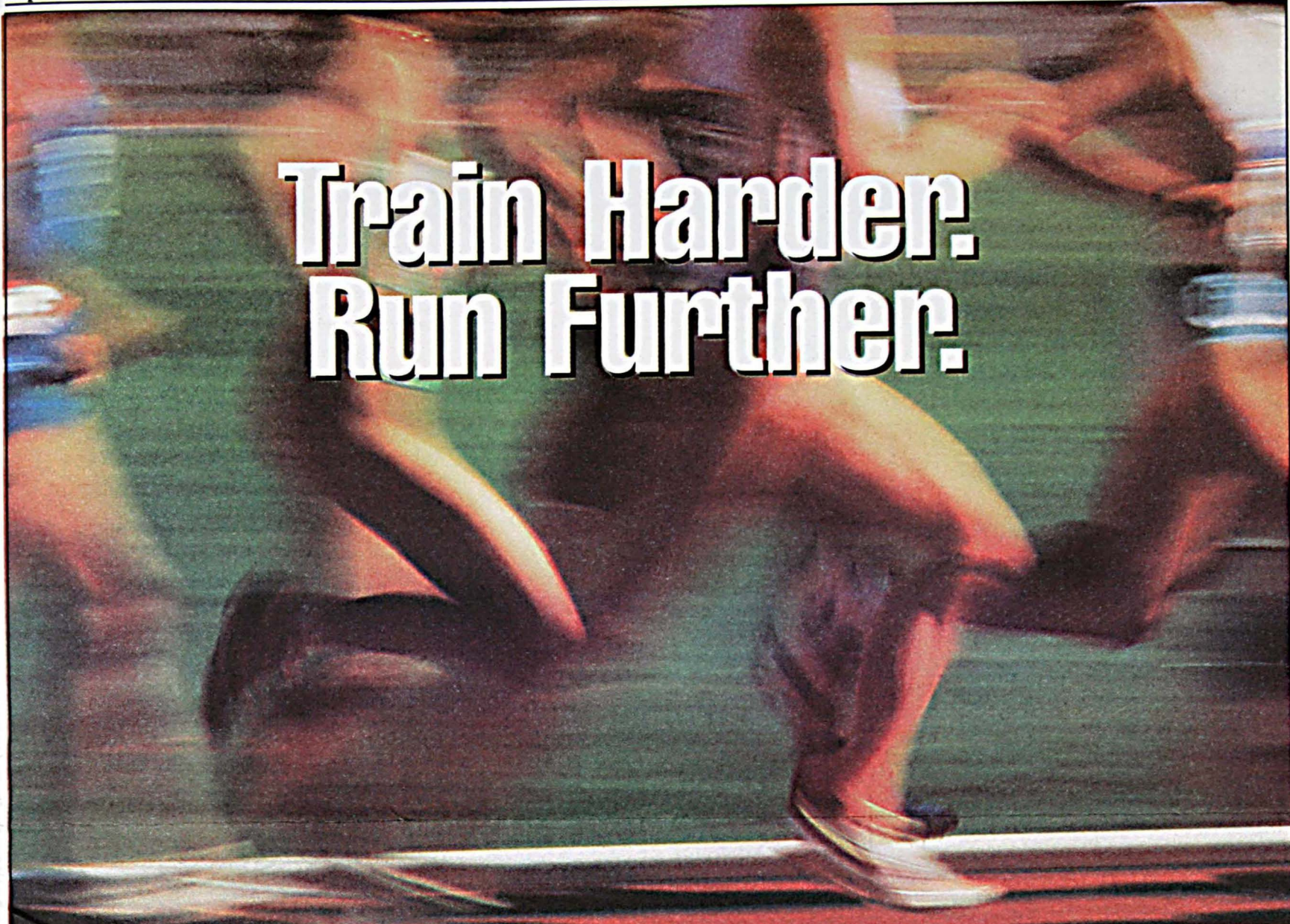
RACEWALKING

Inland Empire Racewalkers Mayfest 15K/Western Regional and 5K Racewalks

Table with names and times: 15K M30 Joe Nieroski 1:20:59, M40 Pedro Santoni 1:17:23, M55 Norm Frable 1:22:46, M60 Paul Johnson 1:17:26, M65 Jack Bray 1:29:34, W35 Sloan Zsiros 1:35:12, W40 Heidi Hauch 1:25:18, W45 Florence Braun 1:37:51, W50 Susan Jupena 1:48:59, W55 J Steigerwalt 1:38:40, W60 Joanne Elliott 1:40:38, 5K M50 Ray Stuart 32:34, M60 Bob Nyman 31:18, M70 Bill Moreman 35:28, W30 Margaret Govea 28:25, W40 Helen Hoover 31:15, W50 D Cunningham 29:49, W60 Anne Garrett 32:56, W70 Grace Moreman 39:21

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