

NATIONAL MASTERS NEWS

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

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Nationals Draw 1062 to Orono, Maine

Raschker Sets Five World Records

By JERRY WOJCIK

ORONO, Me. — Yogi Berra's immortal words, "It's déjà vu all over again," could have been the buzzwords at the 35th USATF National Masters Championships held here on Aug. 8-11.

In 1998, the Championships at the University of Maine in Orono drew 1061 entrants. This year the number was 1062. In 1998, 35 pending records — eight world and 27 U.S. — were set. This year, 34 pending records — 9 world and 25 U.S. — were broken or established.

Approximately 700 participated in the Saturday evening banquet in 1998. According to meet management, about 700 partook of the 2002 Cookout Feast in the campus field house. This year the weather was near perfect, although a little warmer than it was in 1998.

This year, the competition was just as dazzling as it was five years ago. Officials were again plentiful. Peter Taylor, who announced for four days in 1998 from ground level, did exactly the same this year, almost from the same spot. The meet direction staff consisted of essentially the same group as conducted the 1998 affair.

And, as was true in 1998, the participants agreed generally that it was one of the best championships ever.

The venue was again the Clarence Beckett Family Track & Field Facility,

an eight-lane light-blue oval surrounding the football field inside Alford Stadium. Throwing events were held on an adjoining area north of the stadium. Competition was held in five-year age groups, starting at age 30 and going up through M85 and W80.

Almost Every State Represented

Entrants represented almost every state, including Hawaii and Alaska. Guest competitors, who included foreign and U.S. resident non-citizens, made up a large part of the entire field. As a matter of fact, women guest athletes were first in the W30 through W50 divisions in the 100. Nations represented included Canada, Great Britain, Australia, Poland, Germany, and Japan.

Phil Raschker, Marietta, Ga., was the star of the meet. She continued her attack on the record books that she began with five world records in the 2002 Masters Indoor Championships in Boston after turning 55 in February.

"The most exciting event in a long time for me was the 80m hurdles," Raschker said after the championships. "Running side by side with Anna (Włodarczyk, W50) hurdle for hurdle. For this I would have traded all of the other events. It was exhilarating!"

After winning the pentathlon on Thursday with a W55 pending world



JERRY WOJCIK

Roberto Castillo #327, 45, Steve Gallegos #140, 47, and Paul Fragua, supplied one of the closest finishes of the meet in the M45 800, 35th National Masters Championships. Castillo won in 2:00.92, with Gallegos, 2nd (2:00.95), and Fragua, 3rd (2:01.81).



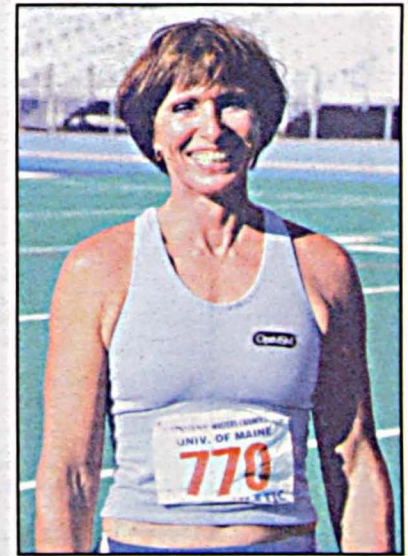
SUZY HESS

Bill Melville #629, and Wilford Scott, staged one of the most exciting races of the meet, with Melville (29.58) winning the M75 200 over Scott (29.61), 35th National Masters Championships.



SUZY HESS

Finalists in the W40 200 (l to r): Kathy Reed, Robin Galloway, Sylvia Wasson, Mimi Ney, 3rd (29.96), Kathy Shook, 2nd (28.58), and Joy Upshaw-Margerum, 1st (26.66) 35th National Masters Championships.



SUZY HESS

Phil Raschker broke five W55 world and three U.S. records, 35th National Masters Championships.

2002 USATF NATIONAL MASTERS 5K CROSS COUNTRY CHAMPIONSHIP

Sunday, November 24, 2002
Holmdel Park - Holmdel, New Jersey

Plus **Open 5km Cross Country Alumni Shootout**

For more information on these events visit www.usatfnj.org

Meet Schedule:

10:00am... Women 40 & Over
10:45am... Men 50-59
11:20am... Men 40-49
11:55pm... Men 60 & Over
12:40pm... *Holmdel Park Alumni Open 5km Shootout*

Eligibility:

All men and women 40 years or older on race day are eligible to compete in the Championship races. Race director may require proof of age. **USATF membership is required.** Membership is also required for the non-championship open race. Foreign athletes may participate as individuals (not on a team) and are eligible for (non-USATF) commemorative awards. Resident aliens (green card holders) are eligible for individual and team competition and may win USATF awards.

Age Divisions/Awards:

The top 5 athletes in each 5 year age group will receive National Championships medals.

Team Entries:

Only USATF Association clubs are eligible to compete for team titles. Association or National Teams are not allowed under USATF Masters rules.

Team entries must be submitted (mailed) together. Add-ins and scratches are allowed up until race day.

Proof of team (club) membership is required in the form of a USATF club certificate or a letter from the local USATF association. Please mail this documentation with team entries.

The following will constitute teams:
Men 40-49 & 50-59 - 5 score, declare upto 8
Men 60-69, Men 70+ - 3 score, declare upto 5
All women's teams - 3 score, declare upto 5

Team Prize Money & Awards:

Gold, Silver and Bronze medals will be awarded to all declared athletes on 1st, 2nd and 3rd place teams. \$2700 in team prize money will be available as follows:

Men	1st	2nd	3rd	Women	1st	2nd
M40-49	\$400	\$200	\$100	W40-49	\$200	\$100
M50-59	\$400	\$200	\$100	W50-59	\$200	\$100
M60-69	\$200	\$100		W60-69	\$200	
M70-79	\$200					

Entry Fees:

Masters National 5K XC Championships:
(no day of race entry)

Pre-entry: (received by November 14th): \$20.00 (include a SASE and Bib # and information will be mailed back)

Register online at www.compucore.com

Late Registration: (on 11/23) at Holiday Inn: \$30.00
Long Sleeve Championship T-Shirt and Pre-Event Buffet Dinner available for \$12.95/pp at hotel.

Open 5km Cross Country Shootout:
(no day of race entry)

Pre-entry: (postmarked by November 14th): \$10.00

(include a SASE and Bib # and information will be mailed back)

Late Registration: (on 11/23) at Holiday Inn: \$15.00
T-shirts not available for this event

Lodging:

Mention "USATF Masters XC" when calling any of the below:
Holiday Inn (Tinton Falls) 732-544-9300 (Meet Headquarters)
Red Roof Inn (Tinton Falls) 800-843-7663

Holmdel Park Alumni Open Cross Country Shootout Info: provides post-collegiate and collegiate athletes the opportunity to compete on the infamous Holmdel Cross Country course for the first time since their High School days. Just how good are Jason DiJoesepp's (15:16) and Janet Smith's (17:35) course records. For the first time non high school runners will be given the opportunity to see for themselves. **Alumni Team Competition:** top 3 (from the same High School) to score...male and female divisions.

Make Checks Payable to: USATF-NJ & Mail to: USATF Masters XC, PO Box 10120, New Brunswick, NJ 08906

May be photocopied One form/person

INDIVIDUAL REGISTRATION FORM

Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Age (on Race Day): _____ Date of Birth: _____ Male _____ Female _____

**02 or *03 USATF #: _____ Phone: _____

*Required to compete call 732-296-0006 to receive an application or register online at www.usatfnj.org

Team Affiliation: _____

1) Only fill this in if you are representing a team at this event
2) Reminder: All team applications should be received as a package.
3) Athletes in **Open 5km Cross Country Shootout** indicate the High School you graduated from.

Team Age Division: _____

Team Captain: _____ Team Captain's Phone: _____

In consideration of your accepting this entry, I hereby waive and release any and all rights and claims to damage I may have against race officials, Holmdel Park, USATF-NJ, volunteers, sponsors and any representatives for any and all injuries by me in this event.

(Signature) _____ (Date) _____

Masters XC Championships	Open 5km Cross Country Shootout
\$ _____ Pre-Entry (\$20)	\$ _____ Pre-Entry (\$10)
\$ _____ Late Registration (\$30)	\$ _____ Late Registration (\$15)
\$ _____ Long Sleeve T-Shirt (\$12) <i>Shirts sold at the event will be \$15.</i>	\$ _____
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**WRITE
ON!**

Address Letters to: National Masters News
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RECORDS OF RACES

I just ran my 1000th race in 23 years of racing, the Cypress 5K, July 27, and I won the M70+ age group.

Does anyone keep records of the number of races run by an individual over a period of time?

My shortest race was 50m, and the longest a marathon (18 of them). My favorite distance is the 5K.

This year, I've run 30 races and won 25 in my age group. I started running at age 40, when my youngest son signed me up for my first race, a 10K. My fastest times came when I was 61.

Milo Sather

Los Angeles, California

HURDLE HEIGHTS

I'm trying to make a comeback after a three-and-half-year layoff and point for the World Championships in Puerto Rico, but I have a problem with the hurdles.

I see that for M70+ and W60+ the hurdle height, according to WMA, is set at 27", yet I do not know of a sin-

gle meet in the U.S. that includes the 27" hurdles. It's always 30", which, at age 85, I shy away from.

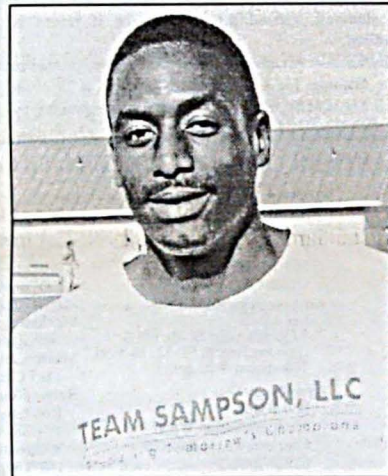
I've been told that there are no 27" hurdles available in the U.S. and its possessions; therefore, all races are at 30", even indoor and outdoor U.S. masters championships. No school will buy hurdles that lower to 27" - too expensive.

I would like a definite answer not only for myself, but also for all the athletes who will compete in the 80m and 300m hurdles in Puerto Rico. What will the heights be for the M70+ and W60+, and do the Puerto Rico meet directors have hurdles that will adjust to 27"?

Alfred Guidet

California City, California

(We have contacted the Puerto Rico officials and hope to have an answer in the October issue. - Ed.)



JERRY WOJCIK

Aaron Sampson at the Northwest Regional Masters Championships, Salt Lake City, July 19-20. In June, Sampson broke the M40 long jump world record with a 25-2 1/2 leap.

We Welcome Letters

- Letters submitted to Write-On should include your full name, signature, address, and daytime telephone numbers. Information other than your name and city in which you live are kept confidential.
- E-mail submissions same as above (except, of course, no signature).
- Keep it short. Concise letters developing a single theme are more likely to be published.
- Please type and double space.
- Letters are condensed and edited.
- Not all submissions are published. □

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CZZMN

Northwest Regionals Held in Salt Lake City

By JERRY WOJCIK

SALT LAKE CITY, Utah - This year, the USATF Northwest Regional Masters Championships left the I-5 corridor sites of Eugene, Portland, and Seattle, and headed here. Hosted by the Utah Association, the meet was held at East High School on the edge of the University of Utah campus on July 19-20.

Despite temperatures in the 90s, 32 regional records were set, with most events held in the morning before it got too hot. Two U.S. records were set in the superweight.

The entry was relatively small, but included an impressive field, including a large guest turnout from as far away as Florida and Connecticut.

International-class sprinters Stephen Robbins, 59, of Seattle, and Paul Edens, 61, Portland, Ore., were the top performers in the sprints, with Robbins running an 11.98 100 and 24.39 200, and Edens posting a 12.62 100 and 25.46 200.

Guest athlete Trent Hagle, 38, Texas, won the 100, 200, and 400. Susanne Robson, 36, Utah, won the 200 in 28.75, and ran the 800 in 2:25.19 and 1500 in 4:55.69. Roger Pamell, 52, California, skimmed the hurdles in 15.98.

Edvard Vozar, 42, Salt Lake City, won the M40 high jump with the meet's best mark of 1.86. Aaron Sampson, 40, Salt Lake City, who set a pending M40 world record of 25-2 1/2 one month before, had to settle for a 21-10.

Todd Christensen, of Utah, ex-Oakland Raider and M45 champion in the indoor heptathlon and outdoor decathlon, won in the high jump, pole vault, shot put, discus, javelin, and hammer.

Gerald Vaughn, 66, North Carolina, M65 U.S. record holder for the indoor shot, was the best performer in the event with an age-graded 96.7% 13.90.

Other throwers thrived in the heat. Melanie Reske, 81, Oregon, broke the W80 U.S. record for the 25# superweight with a 4.05, and Patricia Osmon, 75, Oregon, established a W75 U.S. record with a 3.34.

Dan John, 44, who lives within throwing distance of East High, was the farthest in the discus (47.86) and



SUZY HESS

Bob Sager, second M50 in the discus (35.47), Northwest Regional Masters Championships, Salt Lake City, July 19-20.

56# superweight (11.03), but had to share hammer honors with George Mathews, 58, Seattle, with both at 48.66. Bob Cahners, 60, Florida, hit the 18.09 mark with the 20# weight.

John Kernan served as meet director, with help from Demetrio Cabanillas, Utah Association president. The meet headquarters Marriott University Park Hotel received plaudits from the athletes who stayed there, for the service it provided. As an example, the hotel shuttle took guests to restaurants and picked them up afterward upon request. □

Update Your Club Info

An updated list of masters clubs will be published in the November issue. Changes, additions, and deletions to the most recent list should be sent to "Clubs," National Masters News, P.O. Box 50098, Eugene, OR 97405 or to natmanews@aol.com before the October 10th deadline. □

Nine Join NMN Sustainers

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

Special thanks this month go to:

Randy Brower
Ray Bzibziak
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Thomas Talbott
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Charlotte, North Carolina
Lee's Summit, Missouri
Charlotte, North Carolina



It was with great Masters Champ venue for the records broken; great GREAT FUN!

All that seemed that the European ionships starting on entries! How can it be 1060 entries? I know country and they are we be happy with I think not. We are no

What are the reasons

I have been asked over and over again don't have a problem fine the way it is, national governing track and field and run a meet, and outstanding. Besides, v and have superb change anything?

Some say the growing is that we selves well. Others that many of our ru to participate inro say it's because we ical mass of a gam say it's because we mum qualifying s National Champion

Valid Opinions

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And why not?

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Or, local reside championships m want to enter wo because they hav in track and field, lege or high schoo fy.

We are allow now, and, gues growing. In a n athlete who has have to keep p someone who h or wait in a fiel seek out instruct event? I think n

Grass Roots
USATF mast



Track & Field Report

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

National Pride

It was with great pride that I participated in this year's USATF National Masters Championships in Orono, Maine. Over 1060 competitors; great venue for the most part; many personal, single-age, world, and U.S. age-group records broken; great officials; great Maine people; great Games Committee and GREAT FUN!

All that seemed *great* until I read that the European Masters Championships starting on Aug. 15 had 4293 entries! How can it be that we had only 1060 entries? I know we are only one country and they are many, but should we be happy with 1060 participants? I think not. We are not growing!

What are the reasons?

I have been asking that question over and over again. Some say we don't have a problem and everything is fine the way it is, that we are the national governing body of masters track and field and know best how to run a meet, and our athletes are outstanding. Besides, we are having fun and have superb congeniality. Why change anything?

Some say the reason we are not growing is that we don't market ourselves well. Others say the reason is that many of our runners find it easier to participate in road running. Some say it's because we don't have the critical mass of a games format. Others say it's because we don't have minimum qualifying standards for our National Championships.

Valid Opinions

Obviously, these statements have a certain validity. The most current opinion concerns the adoption of minimum qualifying standards at our Nationals. Several people have asked about proposing legislation to incorporate these minimum standards in future National Championships.

And why not?

Some say it would take the "fun" out of our championships, they might not be able to compete in as many events as they can now, and they might not be able to get as many medals. There is the concern that some of their friends will not qualify and, therefore, be unable to participate.

Or, local residents living near the championships meet site who might want to enter would not be able to, because they have never participated in track and field, or haven't since college or high school and couldn't qualify.

We are allowing all these things now, and, guess what? We're not growing. In a meet, is it fair for an athlete who has trained all year to have to keep passing on the track someone who hasn't trained enough, or wait in a field event while others seek out instruction on how to do the event? I think not!

Grass Roots

USATF masters track and field is

set up as a grass roots organization to provide track and field competition at all levels, starting with the 57 associations around the country that organize masters competition. Also, there are clubs that put on meets, and seven regions that hold masters championships.

And, finally, there is our National Championships. The idea is to build up to the National Championships. I didn't say earn the right to enter. If we have the money and time, we can go.

Time and Money

Have you ever been asked what you did to get to the National Championships you've entered? It can be somewhat deflating when you tell the questioner that all you need is time and money.

The National Senior Games Championships are held every two years. Yes, they are a "game" and we are a "sport." They offer track and field and have minimum performance standards, with at least two qualifying from each state for each event. If half those qualifiers show up at NSGA Nationals, they have a big track meet. Most don't, because they are just happy telling their friends that they qualified. It's somewhat like being invited to the Olympic Trials, I think. And we masters are called the elite ones!

The NSGA Web site says it supports your efforts to stay healthy, active and fit. I think we do that. "Your ticket to a healthier lifestyle," it states. I think we do that as well.

Mission Statement

Craig Masback says our masters program "creates a sense of shared purpose and a positive spirit." That may be "lawyer speak" for friendship. I think it does point to the need for us

TWENTY YEARS AGO September 1982

- Nationals Attract 450 to Wichita
- Pat Dixon Sets New W60 10K WR With a 44:51
- New M80 800 (2:53.5) and 1500 (6:12.2) WRs by Harold Chapson in Hawaii
- Shirley Dietderich Breaks W55 200 AR in 35.00



SUZY HESS

Finalists in the M65 200 (from l): James Ware; Dennis Melanson; Richard Camp, 3rd (27.73); Don Beck; Larry Colbert, 1st (26.95); Spencer Parrish; and Wayne Bennett, 2nd (27.19), 35th National Masters Championships.

to create a mission statement, so we all have a common understanding of who we are and can differentiate ourselves from others.

I would like volunteers to work on a committee to create a mission statement for presentation at our National Convention in December. Maybe pride will have something to do with our mission statement.

Qualifying Standards

What could minimum qualifying standards be? The same as NSGA has?

The top 25 from the previous year, or the last rank, if there are less? Should we have minimum standards for medals? Should an athlete have participated in a regional meet? Will we have more participants in our National Championships with MQS? Are we willing to chance it?

It's your association. Tell me how you feel. Even if your performance was less than you hoped it would be at Orono, I'm still very proud of all of you. □

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Third Wind

By MIKE TYMN

Is Climbing Everest Like a 3-Hour Marathon?

While compiling a list of "oldest achievers" in various sports in 1988, I came upon information that Dick Bass, at age 55, was the oldest person to climb to the top of Mt. Everest, a feat accomplished in 1985. Although I knew very little about mountain climbing and its demands, it seemed to me that the record was "soft."

I recall thinking that anyone capable of breaking three hours in the marathon probably had the basic strength and endurance necessary to climb the 29,028-foot summit of Everest. At the time, I was 51 and arrogantly assumed that, with the proper orientation and guidance, I would have no difficulty in making it to the top of Everest.

As it turns out, the record was soft. The record is now held by one Sherman Bull, who was 64 when he climbed the world's tallest mountain on May 25, 2001. Prior to Bull, Lev Sarkisov was the oldest climber to reach the top. At 60 years, 161 days, he had beaten Spaniard Ramon Blanco's record by one day. That was on May 12, 1999. During May of this year, Al Hanna of Chicago, age 71, came up several hundred yards short of making it to the top.

Since Ed Whitlock, at 69 years, 237 days, is the oldest person to break three hours in the marathon, my early comparison seems to have some validity.

The oldest female summitter is Anna Czerwinska, who was 50 when she did it on May 22, 2000. The oldest female to break three hours in the marathon is Rae Baymiller, 55 years, 76 days old when she did a 2:52 in the 1998 Chicago Marathon.

Since Sir Edmund Hillary and Tenzing Norgay made the first ascent of Everest in 1953, 808 climbers - 764 men and 44 women - have stood on the summit (for a total of 1052 ascents).

Everest vs. Marathon

Is climbing Everest tougher than running a 3:00 marathon? What limitations does aging have on it? Are those limitations any greater than those of the marathon? I put these questions to Kent Davenport, a 55-year-old orthopedic surgeon living in Honolulu. During May, Davenport served as the physician for a *National Geographic* team that was filming a television special in preparation for the 50th anniversary next year of the first ascent on May 29, 1953. That team included the sons of Hillary and

Norgay.

"There are a lot of differences between marathoning and climbing Everest," responded Davenport, a 2:40 marathoner 20 years ago and an experienced triathlete as well as an accomplished climber. "The main one, I suppose, is risk."

Davenport points to the fact that there have been at least 161 fatalities on Everest. "A three-hour marathon may take three hours of hard effort, but climbing Everest takes 7-10 days of hard 10-14 hour days at altitude, always with the risk of death should you miscalculate for a second," he adds.

Davenport and his wife, Carolyn, a 3:18 marathoner, trekked to the Base Camp of Mount Everest, a 10-day journey, after flying from Honolulu to Seoul, then to Bangkok and finally to Katmandu, the capital of Nepal, before taking a small plane to Lukla. While the distance from Lukla to Base Camp, at 18,000 feet, is only about 70 miles, it involves a 9000-foot climb and takes so long because of the altitude and the need to acclimate.

Taking a Hike

"It's basically a hike, nothing technical and no big risks," said Davenport, who has climbed Mount Yerupaja (21,765 feet) in South America (the third highest peak in the Western Hemisphere), the Matterhorn, Mont Blanc, and other peaks in Europe, South America, Alaska, and the continental U.S. "Snow storms are always a possibility, and we heard about Maoist guerrillas terrorizing the villages and beheading people, but we didn't have any problems."

As Davenport further explained the trek,



Kent and Carolyn Davenport at the base of Mt. Everest.

you go from one little village to the next, spending the night at one of the tea houses. You try to climb 1000 to 1500 feet a day, but there is a lot of up and down, so it is not a steady climb.

"If you took a helicopter to 18,000 feet, there's a good chance you'd die within the first few days," Davenport replied when asked that possibility. "The body needs to adjust. You have to take it gradually."

Once climbers reach Base Camp, they must still proceed slowly, usually going up a few thousand feet before coming down again and then going back up. There are four camps between Base Camp and the summit.

Up and Down

"Some people go up to Camp One, then come down and wait a couple of days, then they'll go to Camp Two and come down before going back up again," Davenport continued. "It's a lot like training for a marathon, when you are doing longer and longer runs each week. When you are climbing, you do these short attacks at different altitude levels until you are comfortable at certain altitudes, and then from there you go to the top. Most of the climbers going to the top use oxygen beginning at Camp Three, which is at 24,000 feet."

To go on from Base Camp to the summit, one must obtain a government permit that costs from \$40,000 to \$70,000, depending on the number of people in the expedition. However, Davenport estimates his expenses at just \$50 per day for the month he was in Nepal. That includes the cost of two Sherpas and a guide, as well as food and lodging expense.

"I'm too old for that," Davenport chuck-

led when asked if he had any desire to go on up from Base Camp.

Oxygen Deficiency

"The main problem with aging and high altitude performance is probably the decrease in VO_2 max," Davenport further explained. "As you go up in altitude, you have less oxygen to use to make energy, and as you age, you have a lower ability to capture and use oxygen. It's kind of like driving a big car with a small engine at altitude. It cannot generate the power it can at lower altitude."

Davenport pointed out that it is an individual thing. Just as there are 70-year-old people who can outrun 30-year-olds in a marathon, so it is with climbing. "There are a lot of young bucks who cannot get over 20,000 feet, because their bodies will not accommodate to altitude," he said. "Some people have an easier time with altitude than others."

He added that the longer recovery time from injury and illness that comes with aging is a big factor, especially when considering that one must spend a month or longer on the mountain.

Pulling out a climbing magazine, Davenport pointed to an item which stated that using oxygen and climbing with a guided tour "bears little personal reward to all but the shallowest souls."

By e-mail, I asked Ed Whitlock if he had considered climbing Everest. He replied that he doesn't care much for heights, but wondered if he might use oxygen tanks in future attempts to break three hours in the marathon. □

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

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35th Nation

Continued from page 1

best 4938 points world-record 13.15 followed up with victories in the 1000m (49.14), 3000m (49.14), and 5000m (1:43). In 1999, she ran a 13.03. For her performance, Raschker was named Field's Athlete of the Year.

The other world records set by women: Georgia, W65, 800m (1:43), Vermont, W65, 3000m (1:43), Michelsohn, New York, W65, 5000m (1:43), Oneitheia Lewis, New York, W65, 10000m (3:58.00).



Kathy Martin broke W65 (2:25.00) and 1500m (4:45.00) Masters Championship records.

Michelsohn had the clock for her record run the day before she notified the officials her record was 31" high. Officials, under the impression she was having run races since its inception, but always assured the barrier was removed, took her to a machine shop and she set a new record.

Of the 25 U.S. women, Carol Davenport accounted for 10 records. Kathy Martin, 1999 record times in 1000m (49.14), Margaret Hinton (1999) records in the high jump (1.43), Alfred DuBois,

35th Nationals

Continued from page 1

best 4938 points, which included a world-record 13.19 in the 80H, she followed up with world-record performances in the 100 (13.30), 200 (27.39), 300H (49.14), and pole vault (3.00), and U.S. records in the long jump (4.90), triple jump (9.66), and high jump (1.43). In the regular 80H on Friday, she ran a wind-aided (+2.4) 13.03. For her performance in Orono, Raschker was named USA Track & Field's Athlete of the Week.

The other world records were also set by women: Jeanne Daprano, Georgia, W65, 800; Barbara Jordan, Vermont, W65, 300H; Marie-Louise Michelsohn, New York, 2000SC; and Oneitha Lewis, New York, W40, hammer.



JERRY WOJCIK

Kathy Martin broke W50 U.S. records in the 800 (2:25.00) and 1500 (4:52.55), 35th National Masters Championships.

Michelsohn had to do more than beat the clock for her record. After a practice run the day before the steeplechase, she notified the officials that the water barrier was 31" high, not the specified 30". Officials, understandably skeptical, having run races over that barrier for year since its installation without questions, but always accommodating, measured the barrier. Sur enough - 31"! It was removed, taken to the campus machine shop and reduced to 30" in time for Michelsohn to break the record.

Of the 25 U.S. records, 19 were by women. Carol Finsrud, W40, Texas, accounted for three in the throws. Kathy Martin, W50, New York, ran record times in the 800 and 1500. Margaret Hinton, W80, Texas, leaped to records in the high jump and long jump. Alfred DuBois, M70, Wisconsin, race-

walked to a record in the 5000, the only walk record of the meet.

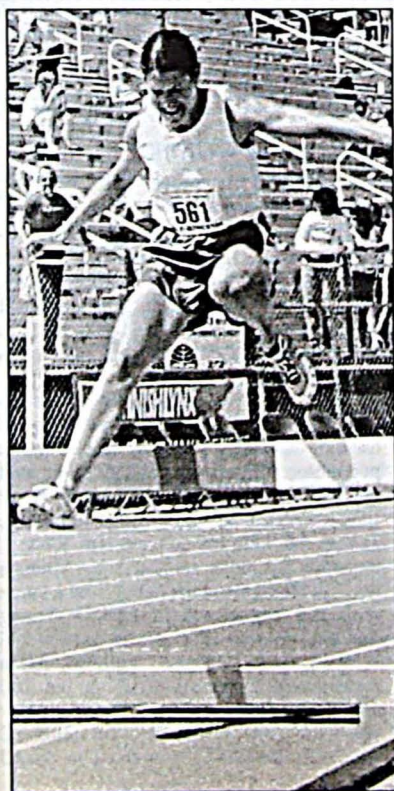
Even worse than in the 34th Nationals in Baton Rouge, La., where nine individual champions were crowned in the W30-34 division, just six individual events were contested in that division here. By some strange quirk of birthdays or perhaps grandchild-tending duties, only two W70s showed up.

At the athletes' meeting on Friday night on the U. of Maine campus, items discussed included information on forthcoming major meets, uniforms for the U.S. entrants in the 15th World Masters Championships in Puerto Rico, and the need for wider media coverage of our championships.

USATF President Bill Roe, who watched the championships for several days, was in attendance at the meeting, as well as, for the first time at a U.S. championships, three representatives from the World Masters Athletics Executive Committee: Rex Harvey, Vice-President (Stadia), Stan Perkins, Oceania Delegate, and Brian Oxley, North America Delegate.

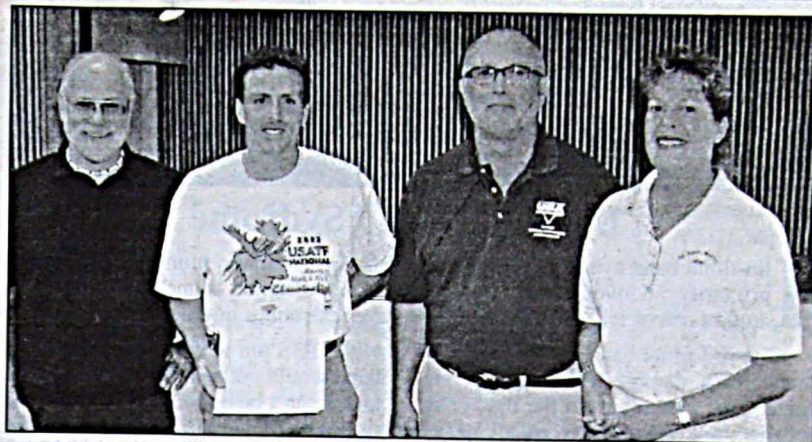
The meet was well-covered by the local media, both on television and especially by the press. The *Bangor Daily News* had sports section front page coverage every day, including photos. The Sunday, Aug. 11, sports page included a column on record-setter Barbara Jordan, written by *Bangor Daily News* staff writer Glenn Jordan - her son. One masters athlete offered, "You wouldn't get this kind of coverage in L.A. or New York."

As was true in 1998, the meet was not



JERRY WOJCIK

Emily MacDonald, first W40 (8:24.73) in the 2000m steeplechase, 35th National Masters Championships.



JERRY WOJCIK

Chris Yorges (second left) accepted his 2001 M35 Track Athlete of the Year Award at the Athletes' Meeting, 35th National Masters Championships. On his left is Bill Roe, USATF President, and on his right, George Mathews, Masters T&F Chair, and Suzy Hess, Masters T&F Vice-Chair.

absolutely perfect. Some athletes felt that the "Moose" award stand, inside the south end of the oval and obscured somewhat by canopies, could have been better positioned. Others thought that the declaration process when the one-hour deadline was not strictly followed disrupted athletes trying to warm up and concentrate on their races.

Marek Wensel, M30 winner in the 200 and 400, said after the meet, "The declaration system was much better in Baton Rouge last year. I hope that they stick to the rules in Eugene next year and not allow athletes to run when they show up minutes before the race."

The primary local sponsors were:

Governor's Restaurant, Bear Brew Pub, Chocolate Grille, Pat's Pizza, Margarita's Restaurant, and Womens marketplace.com Web site. Additional assistance was provided by Coca-Cola, Inc., Cyr Bus Lines, and IBM.

The event was directed by Rolland Ranson of the U. of Maine. Willi Gallant served as assistant meet director. They were aided by Val Foss and Paul Morency of the USATF Maine Association. Maine State Legislator, the Honorable Don P. Berry, Sr., served as officials' coordinator.

The 36th USATF National Masters Championships in 2003 will be held in Eugene, Ore., on Aug. 7-10. □

THROWERS TRAIN YOUR BRAIN!!!

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PAGLIANO'S PODIATRIC POINTERS
The Foot Beat
By JOHN W. PAGLIANO, D.P.M.

Ilio-tibial Band Syndrome

Ilio-tibial band syndrome is one of the 10 most common running injuries. It is primarily an over-use injury seen in long distance runners, occurring in around 5% of all runners treated for lower extremity injuries in our clinic.

The ilio-tibial band itself is a thickened strip of fascia lata (gristle in meat) that extends from the iliac crest of the hip down into the outside of the knee area. When the knee flexes, it pulls on this fascial band.

Stabilizing Role

Normally the fascial band acts as a stabilizing ligament between the femur and the tibia. ITBS reportedly locks the knee into extension and contributes to pelvic slouch. It also enables us to rest while standing.

When we run, the ilio-tibial band rubs over the lateral femoral condyle, producing an inflammatory condition. The pain is usually localized above the knee, but also extends up and down the lateral side of the knee.

Obviously, running, deep knee squats, and climbing stairs aggravate this condition.

It is interesting to note that we actually found a study that said if those

with ITBS run with their legs stiff, the band would not be irritated. We tried it, and it can't be done.

Medical literature shows that the band impinges against the lateral epicondylar of the femur just after foot strike when we run, so it is very hard to try to "run through" the pain.

Local Pain

Generally, most athletes complain about local pain and tenderness along the outside of the knee. This is usually aggravated by repetitive knee flexion. In most cases there is very little swelling.

When we questioned runners about ITBS, most had increased their running mileage or times. The addition of interval training programs was also reported among this group. Many reported running on hilly terrain.

We found that ITBS does not respond to any one specific treatment modality. We use a mixed bag of

treatments to keep the athlete running. Obviously, running speed and distance must be reduced. Moist heat is applied nightly for 20 minutes to increase blood flow to the area. Limited icing after workouts is suggested. Knee sleeves are used by those who can tolerate them. This sterilizes the outer knee area and provides heat to the ilio-tibial band. Squatting and stair climbing must also be eliminated.

In some cases, local steroid injections seem to help.

Physical Therapy

Physical therapy is usually initiated to reduce pain and tenderness. Moist heat is applied on a daily basis and ultrasound, electrical muscular stimu-

lation, and soft tissue myofascial release are recommended.

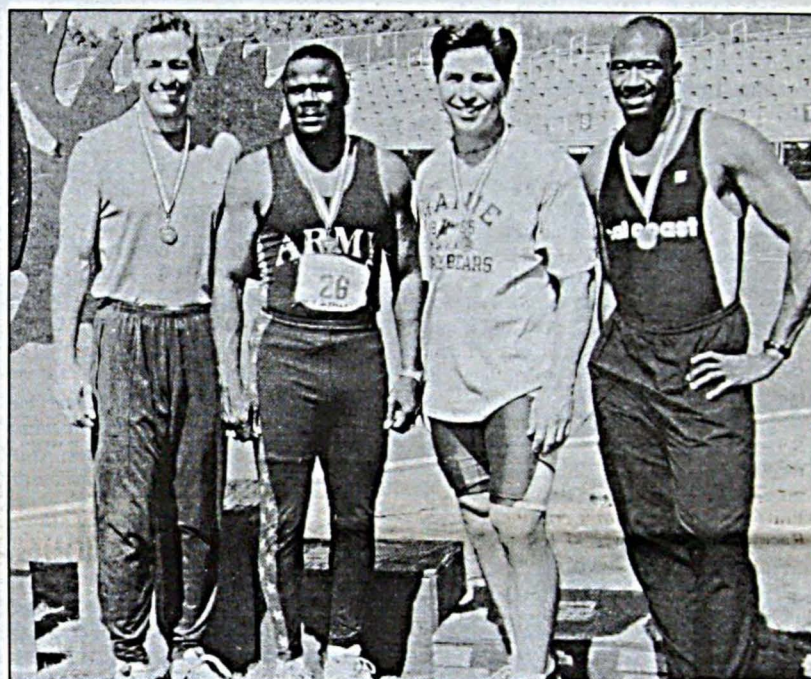
A stretching program is initiated after the pain level has subsided.

Foot orthoses and taping are used in those with obvious biomechanical deformities, but we have had difficulty isolating one type of biomechanical deformity as a cause of this problem.

Various surgical techniques can be used to reduce the pain in this area; however, this approach has not been used extensively.

The long-term prognosis for ITBS appears to be good, although some patients have recurrent symptoms if they do not follow proper guidelines. □

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)



Winning M40-49 4x100 (47.52) team (from l): Eric Dixon, Mark Pasos, Raphael August, and Eugene Anton, 35th National Masters Championships.

Highlights of the Nationals

By JERRY WOJCIC

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

M30: Tim Fua reaped three golds (16.10 SP) in the throws. Marek Wensel scored wins in the 200 and 400 (49.76). Don Drummond defended his 2001 titles in the SH and LH (54.92).

M35: Kettrell Berry won the three sprints (22.84 200). Chris Yorges won the SC and 800, after finishing second in the pentathlon. Glenn Thompson duplicated his 2001 wins in the SP and DT. Dave McGovern, 37, was first to the finish line in both the 5000 (49:51) and 10K RWs.

M40: Sal Allah spoiled Tony Young's masters championships debut with a surge with 200 left to win in 1:54.27. Young returned in the 1500 for a sensational 3:59.34 win. Guest athlete Allan Tissenbaum zipped to firsts in the 100 (11.05) and 200 (22.60). David Dobler was the pacesetter in the 3000SC (9:43.75). Greg Foster doubled in the LJ and TJ.

M45: Ben James took wins in the 200 (23.36) and 400 (51.67). Roberto Castillo and Steve Gallegos battled in the middle

distances, Castillo winning the 800 (2:00.95), and Gallegos taking the 1500 (4:11.43). Michael Pinocci raced to a 34:28.39 for the 10,000 first.

M50: Ed Gonera powered to impressive wins in the 200 (23.37) and 400 (51.63). David Salazar won the 800 (2:09.02) and 1500 (4:24.21). Bob McCusker won the 5000 and broke the 3000SC record with a 10:30.34. James Dolezel skimmed to the LH gold in 65.46. Vincent Struble, 52, topped all of the meet's vaulters with a 4.32. Greg Geraci sparkled among the throwers with a 59.99 JT win.

M55: Edward Jones, 57, erased one of the oldest U.S. records on the books, the 6.10 LJ by Tom Patsalis in 1981, with a 6.12. Stan Whitley, 56, ran a blazing 11.90 to win the 100 but pulled up in the 200, won by guest Peter Crombie (24.90) with Roger Pierce, first U.S. in 25.36. Pierce, Brisbane world champion in the 400, won (55.52) over Crombie (56.84) and Larry Barnum (57.30). Harold Nolan triumphed in the 800 and 1500 (4:41.20). Tom Gage won the SP and his specialty the HT (57.14). Leon Jasionowski strode to wins in the 5000 (24:58) and 10K RW.

PENDING AGE-GROUP RECORDS SET AT 35TH USATF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS ORONO, MAINE, AUG. 8-11, 2002

World Records

Event	Age	New Mark	Name	Old Mark	Held By
100	W55	13.30	Phil Raschker	13.43	Brunhilde Hoffman
200	W55	27.39	Phil Raschker	27.90	Avril Douglas
800	W65	2:44.43	Jeanne Daprano	2:46.3	Carolyn Cappetta
80H(Pent)	W55	13.19	Phil Raschker	13.30	Corrie Roovers
300H	W55	49.14	Phil Raschker	52.11	Corrie Roovers
300H	W65	63.53	Barbara Jordan	64.66	B. Jordan
2000SC	W60	8:47.67	Marie-L. Michelsohn	8:52.30	Jan Murray
PV	W55	3.00m	Phil Raschker	2.56m	Joy MacDonald
HT	W40	52.83m	Oneithe Lewis	51.85m	M. Duss-Mueller

U.S. Records

Event	Age	New Mark	Name	Old Mark	Held By
100	M85	16.72	Bill Weinacht	17.49	Frank Finger
400	W65	72.72	Jeanne Daprano	73.76	Irene Obera
800	W50	2:25.00	Kathy Martin	2:25.39	Shirley Matson
1500	W50	4:52.55	Kathy Martin	4:57.44	Shirley Matson
1500	W60	5:32.82	Marie-L. Michelsohn	5:32.8h	Yvette Lavigne
80H	W65	17.38	Barbara Jordan	18.69	B. Jordan
3000SC	M50	10:30.34	Bob McCusker	10:31.01	Fav Bradley
HJ(pent)	W55	1.43m	Phil Raschker	1.33m	Kathy Bergen
HJ	W80	0.95m	Margaret Hinton	0.90m	Mary Bowermaster
LJ	M55	6.12m	Edward Jones	6.10m	Tom Patsalis
LJ	W40	5.49m	V. Amarasekara	5.44m	Veronica Amarasekara
LJ	W55	4.82m	Phil Raschker	4.39m	Nadine O'Connor
TJ	M80	8.27m	Ed Lukens	8.12m	Tom Kennell
TJ	W55	9.66m	Phil Raschker	8.08m	Christel Miller
TJ	W65	8.53m	Audrey Lary	8.25m	A. Lary
TJ	W80	4.60m	Margaret Hinton	---	---
SP	W45	12.27m	Carol Finsrud	12.08m	Joanne Grissom
DT	W45	47.69m	Carol Finsrud	38.46m	Ruth Welding
DT	W75	19.35m	Bernice Holland	18.12m	Ruth Seeger
HT	M80	30.45m	Robert Chase	30.37m	R. Chase
HT	W45	41.31m	Carol Finsrud	38.46m	Joan Stratton
HT	W65	27.40m	Evelyn Wright	26.78m	Judy Fetherston
HT	W70	23.45m	Judy Fetherston	22.90m	Bernice Holland
HT	W75	20.66m	Bernice Holland	19.56m	Elizabeth Hagemann
5000RW	M70	28:57.77	Alfred DuBois	29:05.46	Jack Starr

World Bests

Event	Age	New Mark	Name	Old Mark	Held By
3200R	W60	12:14.73	Wild Women	---	---
Pent	W55	4938	Phil Raschker	---	---
10KRW	W80	77.07	Jane Dana	78.26	N. Jeffreys

Highlights

Continued from page 8

M60: To pick a group would be to led by Emil Pawlik body else in the p and won the SH. Edens won the 10 Harrison second with Harold Tolso back. Richard Coc field in the DT (53 cessfully defended titles at Baton Rou

M65: Larry C (26.95) and 400 Hawk flew to golds U.S. record 2:25.4 Tom Langenfeld so Ed Oleata was first pentathlon with a 3

M70: Jim Stool the awards stand fo the SH, HJ, LJ, and the 100 (13.75), 20 back after a bout w behind Charles W 5000, and sprinted win by four second Palmer won his 10 championship, and Jim Duncan won Thursday, and the Saturday. Alfred D record for the 5000

M75: Bill Melv Scott, 75, staged pe race of the meet in ning in 29.58, with Phil Brusca took Racewalker Ed G wins in the 5000 an



Ed Gonera, M50 g 400, 35th National

Continued on page 9

Highlights of Nationals

Continued from page 8

M60: To pick out the standout in this group would be to name all of the winners, led by Emil Pawlik, who outscored everybody else in the pentathlon with a 3775 and won the SH, LH, HJ, and LJ. Paul Edens won the 100 (12.54), with Marion Harrison second (12.71), and 200 (25.90) with Harold Tolson (25.98) a half step back. Richard Cochrane, 64, beat a tough field in the DT (53.27). Paul Johnson successfully defended his 5000 and 10K RW titles at Baton Rouge.

M65: Larry Colbert steamed to 200 (26.95) and 400 (60.73) wins. Henry Hawk flew to golds in the 800 with a near-U.S. record 2:25.47 and won the 1500. Tom Langenfeld soared to HJ and TJ titles. Ed Oleata was first in a field of six in the pentathlon with a 3734.

M70: Jim Stookey went to the top of the awards stand four times, with firsts in the SH, HJ, LJ, and TJ. Harry Brown won the 100 (13.75), 200, and 400. Jim Sutton, back after a bout with cancer, artfully hung behind Charles Williams for most of the 5000, and sprinted with about 180 to go to win by four seconds (22:07.04). Wendell Palmer won his 16th consecutive discus championship, and added the SP and HT. Jim Duncan won the pentathlon on Thursday, and the JT in a field of 16 on Saturday. Alfred Dubois broke the U.S. record for the 5000 RW.

M75: Bill Melville, 75, and Wilford Scott, 75, staged perhaps the most exciting race of the meet in the 200, Melville winning in 29.58, with Scott second at 29.61. Phil Brusca took three of the throws. Racewalker Ed Gawinski left town with wins in the 5000 and 10K.

M80+: National records were set by Bill Weinacht, M85, 100 (16.72), Ed Lukens, M80, TJ (8.27), and Bob Chase, M80, HT (30.45). Leland McPhie, M85, is a four-time national champion.

W30: An embarrassingly vacant division, with no contestants in the hurdles, SC, and field events. Devon Sargent repeated her Baton Rouge firsts in the 800 and 1500.

W35: Rebecca Heuer sailed to 800 and 1500 first places. Colleen Barney was the first U.S. behind Maureen Rodrigue in the 200 and 400.

W40: Veronica Amarasekara increased her U.S. record in the LJ to 5.49 and won the 100 and TJ. Oneitha Lewis added a WR in the HT among her three throw wins. Joy Upshaw-Margerum made short work of the long hurdles (65.53), was first U.S. in the SH, and won the 200 (26.66). Caryl Senn captured the pentathlon and JT golds.

W45: Carol Finsrud upped U.S. records in the SP, DT, and HT, and won the JT. Jacqueline Board won three national titles in the sprints. Debbie Topham hastened to wins in the 5000 and 10K RWs.

W50: Kathy Martin was the U.S. luminary in this group, with national records in the 800 (2:25.00) and 1500 (4:52.55), running all by herself with no pressure in both races. Anna Wlodarczyk, a former Polish Olympian, was first in about a half-dozen events, including the pentathlon with a 4809. Gayle Johnson was second woman overall in the 5000 RW (27:27).

W55: Phil Raschker's six WRs and

three U.S. records minimizes the other performances, but Lynn Naftel shone in the 400 and 800, and Lorraine Tucker took three throws.

W60: Marie-Louise Michelsohn notched a 2000SC WR (8:47.67) and a U.S. 1500 record (5:32.82). Lynne Ingalls, a converted distance runner, won the three sprints (100 15.32). Barbara Cleveland jumped all over the place with wins in the HJ, PV, and LJ. Elton Richardson, after a layoff due to illness, returned with firsts in both walks.

W65: Jeanne Daprano and Barbara Jordan set one WR and one U.S. record apiece. Audrey Lary upped her TJ record to 8.53, and Evelyn Wright stretched the

HT record to 27.40. Bev LaVeck took both RWs.

W70: Only two competitors in four events, but a U.S. record for Judy Fetherston in the HT.

W75: Bernice Holland topped U.S. records in the DT and HT. Nancy Smalley dominated from the 400 through the 5000. Pat Peterson, back after another severe bout of illness, won the 100 (18.22) and 200 (39.96).

W80: Margaret Hinton won seven events, the HJ and TJ with U.S. records. Gerry Davidson won the 1500 and 5000. Jane Dana, winner of both RWs in Baton Rouge, did it again, the 10K with a world best 78:26. □

WANT PRESS FOR YOUR RACE / MEET??

Too often, at national, regional, even world class events, there is zero or next to no major press coverage - despite top quality athletes who break national age records in your meet. Bob Weiner, former White House press staff and media coordinator for Congressional committees - and a dedicated masters runner who has directed RRCA national championship road races and USATF world class track events - has formed a public affairs company and contacted National Masters News about this glaring omission and need in the masters running circuit. Bob worked at the 2002 Salt Lake Olympics generating press for the World Anti-Doping Agency's drug testing activities before and at the Games - obtaining stories on "Today", "Good Morning America", NBC Evening News, HBO, AP, the Washington Post, New York Times, Los Angeles Times, NPR, and all major media. He had done the same for U.S. Drug Czar Barry McCaffrey at the 2000 Sydney Olympics. Bob and his company - Robert Weiner Associates Public Affairs - are eager and ready to help the Masters Running movement.

Press at your race is a motivational tool for the runners and field athletes, organizers, friends, supporters, and the public - before and after your event, a useful magnifier for years as you keep giving out clips. And it's just plain fun to see your event on the eleven o'clock news! Or in the wires or networks if you capitalize on something truly major.

WANT PRESS AT YOUR RACE/MEET (OR OTHER MAJOR EVENT OR ISSUE)?

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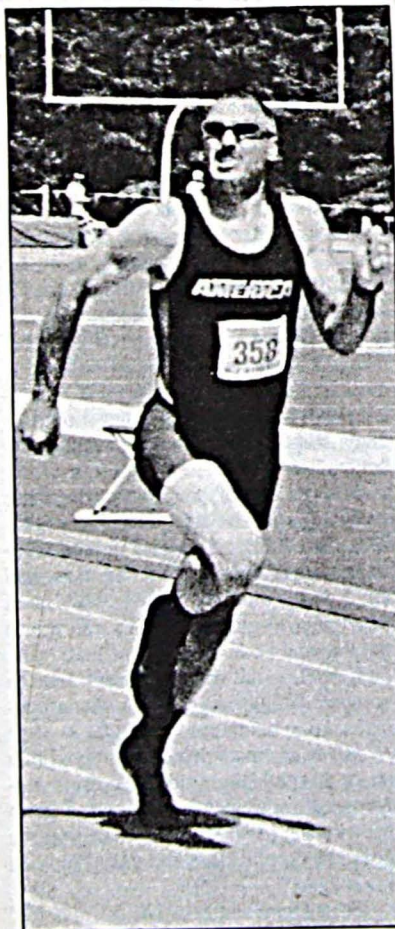
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2002 USATF NATIONAL MASTERS T&F CHAMPIONS, ORONO, MAINE; AUGUST 8-11

M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85
100 Prather	Berry	Pierce	Trombley	Bowen	Whitley	Edens	Bennett	Brown	Melville	Sclarsaft	Weinacht
200 Wensel	Berry	Whiteley	James	Gonera	Pierce	Edens	Colbert	Brown	Melville	Manno	Weinacht
400 Wensel	Berry	Allah	James	Gonera	Pierce	McMillan	Colbert	Brown	Johnson	Manno	Matteson
800 Ditzmar	Yorges	Allah	Castillo	Salazar	Nolan	Howard	Hawk	Sutton	Johnson	Tribou	Springer
1500 Small	Van Cleve	Young	Galleagos	Salazar	Nolan	Howard	Hawk	Sutton	Johnson	Tribou	Springer
5000 Hickey	Kavanaugh	Denning	Cannon	McCusker	Dixon	Borla	Slocum	O'Neill	Gear	Healy	
10000 Hickey	Dias	Poulos	Pinood	Kornell	Dixon	Borla	Brennard	Williams	O'Neill		
SH Drummond	Ashford	McCloud	Zahn	Wilson	Baker	Pawlik	Jankovich	Stookey			
LH Drummond	Sloan	Brower	Pannell	Dolezel	Graff	Pawlik	Rizzo				
SC McVeyFinner	Yorges	Dobler	Robinson	McCusker	Prouty	Cordero	Haviland				
HJ Carney	Agave	McBarnette	Campbell	Jamrich	DeHorn	Pawlik	Langenfeld	Stookey	Brako	Lukens	McPhie
PV ---	Nealey	Miller	Hunter	Struble	Rauscher	Cannon	Conklin	Donley			
LJ Weston	Golden	Foster	Quick	Fahy	Jones	Pawlik	Shipp	Stookey	Daprano	Lukens	McPhie
TJ Weston	---	Foster	Lariza	Rodenbeck	Baker	Byrnes	Langenfeld	Stookey	Carter	Lukens	McPhie
SP Fua	Thompson	Taylor	Summers	Shumaker	Gage	Baskett	Vaughn	Palmer	Brusca	Horsley	McPhie
DT Fua	Thompson	Taylor	Wetenhall	Fahy	Swarts	Cochran	Anderson	Palmer	Brusca	Schlotbauer	Maki
HT Fua	Herr	Verning	Wetenhall	Meyer	Gage	Wallin	Ward	Palmer	Brusca	Chase	
JT Barr	Hannay	McConnell	Lothrop	Geraci	Gagne	Burns	Pashal	Duncan	Daprano	Lukens	Maki
PENT Barr	Aubuchon	Janusey	Russ	Christensen	Kroodsma	Pawlik	Oleata	Duncan	Carter		
4x100 So Cal		FBN		MET		DALM					
4x400 FIBO		MM		SFA		ER		SERA			
4x800 ---		UNA		MIDA		ER					
5000RW ---	McGovern	Craig	Reed	McGuire	Jasonowski	Johnson	Bray	DuBois	Gawinski	Levinsohn	Patterson
10KRW ---	McGovern	Craig	Reed	McGuire	Jasonowski	Johnson	Bray	DuBois	Gawinski	Geyer	Patterson
W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	
100 D'Angelo	Lawson	Amarasekara	Board	Hayes	Raschker	Ingalls	Jordan		Peterson		
200 D'Angelo	Barney	UpshawMergm	Board	Hayes	Raschker	Ingalls	Daprano		Peterson		
400 ---	Barney	Shook	Board	Curtis	Naftel	Ingalls	Daprano		Smalley		
800 Sargent	Heuer	Macaulley	Barraza	Martin	Naftel	LaVigne	Daprano		Smalley	Adams	
1500 Sargent	Heuer	Eyre	Barraza	Martin	Shirley	Michelsohn	Harada		Smalley	Davidson	
5000 RossiMontero	Murray	O'Malley	Miyashiro	Martin	Kelley	Schalet	Calhoun		Smalley	Davidson	
10000 RossiMontero	Murray	Nealey	Miyashiro	Jones	Gustafson	Schalet	HodgeHite				
SH ---		UpshawMergm	Thompson		Raschker	Carter	Jordan				
LH ---		UpshawMergm			Raschker						
SC ---	AlleMorril	MacDonald			Trotto	Michelsohn					
HJ ---		Mendenhall	Hopple		Raschker	Cleveland	Wright		Valien	Hinton	
PV ---				Nesbihal	Raschker	Cleveland	Meller				
LJ ---		Amarasekara		Matthews	Raschker	Cleveland	Lary		Valien	Hinton	
TJ ---		Amarasekara	Thompson	Nesbihal	Raschker	Carter	Lary		Valien	Hinton	
SP ---	Decker	Lewis	Finsrud	Towey	Tucker	Huff	Donley		Holland	Hinton	
DT ---	Decker	Lewis	Finsrud	Hartzler	Tucker	Young	Wright	Fatherston	Holland	Hinton	
HT ---		Lewis	Finsrud	Hartzler	Cutler	Young	Wright		Holland	Hinton	
JT ---	Ptser	Senn	Finsrud	Towey	Tucker	Sisley	Donley				
PENT ---	Ptser	Senn	Hopple		Raschker	Sisley	Jordan				
4x100 NBG		Calzones									
4x400 So Cal											
4x800 ---											
5000RW ---	Tenan	Hauch	Topham	Johnson	Frable	Richardson	LaVeck	Elkins		Dana	
10KRW ---	Tenan	Gutsche	Topham	Brosnahan	Steigerwalt	Richardson	LaVeck	Elkins		Dana	



JERRY WOJCIK

Ed Gonera, M50 gold medalist in the 200 and 400, 35th National Masters Championships.



Masters Racewalking

By ELAINE WARD

You Are Never Too Old to Start Something New

Jane Dana, 81, started racewalking when she was 73 years old, and within three years she was setting American records. Her current standing records are: W75: 10K track (1:14:15); 15K road (1:56:10); W80: 5K track (37:47); 5K road (37:29); 10K track (1:75:42); 10K road (1:80:13); 15K road (1:58:42); One-Hour Postal Walk (8142 meters). Jane is a member of the Southern Cal Walkers. The following interview was completed a week before she competed in the USATF National Masters Outdoor Championships in Orono, Maine. —ew

EW: There are not many women willing to start a new sport at age 73. Weren't you worried about being too old?

JD: No. I never really gave my age any thought. My un-athletic daughter, who was living at home, developed a great interest in racewalking. She just pulled me along. She was invited to join a walking group in Riverside and said, "Mom, you have to come with me." So I went with her and received encouragement from the coach. After a year, I decided to try a judged race.

Disappointing Start

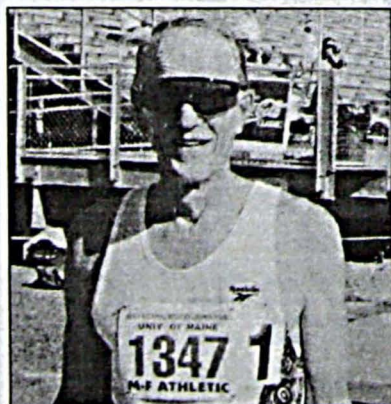
EW: How did it go?

JD: It went very poorly. At the seventh lap, someone came up to me with a red paddle and said, "Get off the track." I felt terrible. I never felt so humiliated in my life. When the race was over, I talked to my daughter who wasn't DQed. I said, "We have to find a racewalking clinic where I can learn to walk correctly, so I won't see that red paddle again."

We went to Maine to a camp with Dave McGovern. Dave worked on me and we had a great time. I came back and entered the regular Southern California Grand Prix Series. After completing three races, I got another red paddle. I talked to my daughter again and this time we decided to contact a local coach who was also a judge. I haven't been disqualified since. I occasionally get a caution.

EW: If you do get cautions, do you slow down?

JD: I never look at the disqualification board when I'm racing. I used to look at the board and worry about it. Then I thought, "Worrying isn't going to help me. If I'm not legal, someone is



JERRY WOJCIK

Alfred Dubois broke the M70 U.S. 5000 race-walk record with a 28:57.77, 35th National Masters Championships.

going to come after me with a red paddle." So I just keep walking the best I can.

Sports Background

EW: It isn't easy making American records as quickly as you have. What are your secrets?

JD: I have a strong background in sports. I was a physical education major with a masters degree. I did all but the thesis toward an Ep.D. from UCLA. I coached and taught classes at the University of Redlands for years. If I'm going to do something, I try to do the very best that I can physically and mentally. A lot of it is mental.

I also have wonderful support from my (six) daughters. We do all kinds of things together. So I have always thought that I could do anything that they could do. They never ever put me down and are always encouraging me. Last year, two of my daughters went with me to Baton Rouge and were on the cheering line taking pictures. Their support makes a huge difference. Last week I wasn't feeling so good and was worrying about going to Orono. In different ways they said, "Just go, have a good time, and quit belly aching."

EW: Has your training changed much since you were 73?

JD: I started taking care of my grandsons three years ago, which changed things. For two years, I was pushing a baby jogger as I was training. This type of training is good for strength and endurance, but not for speed. Now I train 6 1/2 miles instead of 7 1/2 miles almost every day on the hills around where I live. I no longer do speed work at the track, but do one mile as fast as I can every workout. I have not been able to get my speed back up again. I'm about two minutes slower than I was four years ago.

Quality of Life

EW: Are you slower because of the changes in your training, or because of adding a few years?

JD: Probably both. I try to keep the quality of my life as good as I possibly can. Quality includes family and other responsibilities besides racewalking. However, racewalking, to me and to my family is a very important part of my life. My children don't want me to stop, so I keep at it. Besides, I feel so much better when I train.

I feel better physically and mentally. It gives me a high. If I don't workout, life just isn't the same. Let's face it, any time you exercise and you feel good about



JERRY WOJCIK

Heidi Hauch (r), first W40 (27:24.92) and Gayle Johnson, first W50 (27:27.71), 5000 racewalk, 35th National Masters Championships.

what you are doing, you may get tired physically, but not mentally. When I come back after my morning workouts, all of my mental faculties are charged and I'm ready for the day.

Focusing on the Goal

EW: When you enter a race, what is your mindset?

JD: When I'm racing, I'm single-minded. The only thing I pay attention to is my lap-counter. When I'm told I have two laps to go, it gives me energy to pick up speed. I know what I have left in my body and how much I can give out. I save a little for the last 100 yards. Then, I give it my all. I want to finish looking sharp. I want that heel to come down with a straight leg and to roll off my toes — very legal and correct.

It really bothers me during a race when someone at the finish line announces, "Here comes Jane Dana, with an American record of such and such." It blows my mind. I may not feel I'm having a great race and I start thinking about that. I just want to be ignored and left alone to concentrate. I figure I'm doing the very best I can.

EW: You've set an impressive number of American records in your short racewalking career. Do you have any special memories connected with them?

JD: The first record I made was racing 15K at the International Race in El Paso. I really thought there was going to be a 5K when I went. I didn't know it was just a 15K. You told me, "Give it a try." So I did. That was my first record.

Planning the Outcome

My favorite records were made at the Masters Outdoor Championships in Orono in 1998. I was 77 then. I really planned for that meet. I wanted to do well, because I wasn't satisfied with my race the year before in San Jose. I want-

ed to make records and had been training to make them. I felt very fit.

The night before the 10K road walk, we were told the distance of the loop, and I lay awake thinking about the lap times I needed to make. I still feel good remembering as I did what I set out to do. I made American records in both the 5K (35:10.20, 89.8%) and 10K (1:12:35.58, 88.9%).

Staying Competitive

EW: Are you looking forward to competing again at the Masters Outdoor Championships in Orono?

JD: I'm nervous about Orono this year. I haven't been walking as much and am not walking as fast as I was at 77. That bothers me. I would like to be able to walk the same. I know it's silly to feel that way, but I just want to do well. I have to keep reminding myself that as long as I do my very best, that should be okay. But it's not for me. I want to do better.

Masters meets are always fun, but when I get on the start line, that's business. Just before a race, I'm internally screaming at myself, "What in the world am I doing out here? Do I really need this?" I'm so glad when they call me to the line and I can forget all of that.

EW: Lots of women don't like to compete. What do you think the advantages are in being competitive?

JD: It has made me get involved in a lot of things I might not have done otherwise. It motivates me to excel. I grew up with the idea: "Decide what you are going to do and do it the very best you know how."

(Jane Dana won the W80 5K and 10K racewalks at the Nationals in Orono, the 10K with a world best 78:26 — ed.) □

(Elaine Ward can be reached by e-mail at narwf@aol.com)

P

Odis Sanders

Odis Sanders, Masters coach, Wash., last year of the willow Championships in the 1990s, and was a

Sanders left running in 1984 at the burnout of emerging a decade later. Sanders, The Grand Prix racing presence a face on Oregon's interview should put into Odis' travels world.

NMN: When did you start?

OS: I was between high school called Lincoln in New York. (In the 1950s it was a reformatory for boys.) Christian Brothers wanted me to try every sport. I did basketball, swimming, football, track, you name it. It was a choice. It was tiring troubled the kids could either instill discipline or give them discipline.

NMN: How did you get into it?

OS: Playing basketball. I went beyond curfew.

A Born Winner

NMN: Did you ever win?

OS: Yes, I did. I was a two-and-a-half year old. My first time out on the track, I won the boys of all age group. I was about 13, and I was everybody and was 100 yards off the course.

NMN: When did you stop?

OS: I was 16, and I got there. They had good runners, one of them was 7:49, which is pretty good. I was 2:00. I was a coach, Joe Bess, stopped coaching back, but he still coached.

NMN: What was your favorite?

OS: He's ever since. Haircut, runs 6-7 days a week. Man, he's basic giving me discipline figure to me. I stuck to this day.

NMN: How long have you been running, total?

OS: I ran from 11 years. Then it was 1992. I quit total after 1984. I re-

PROFILE

Odis Sanders, 43, Distance Runner and Comeback Kid

Odis Sanders' picture last appeared in the NMN in a photo of the Oregon TC Masters team that won the USATF Cross-Country Nationals at Vancouver, Wash., last winter. Running fans with longer memories will remember the name of the willowy phenom from Long Island, who won the New York State X-C Championships in 1978, was the Junior College National X-C Champion the following year, and was a fixture on the elite road racing circuit in the U.S. in the early 1980s.

Sanders left running altogether in 1984 at the burnt-out age of 25, re-emerging a decade later as Odis Sanders, The Grown-up, a dominant racing presence and always friendly face on Oregon's running scene. This interview should provide some insight into Odis' travels through the running world.

NMN: When did you start running?

OS: I was between 13 and 14, at a school called Lincoln Hall, in upstate New York. (In the 1970s, Lincoln Hall was a reformatory school run by the Christian Brothers.) It was mandatory to try every sport. We played baseball, basketball, swimming, cross-country, football, track, you didn't have much of a choice. It was all part of rehabilitating troubled kids and getting them ready for the outside, hoping that you could either instill religion in them or give them discipline, some self-worth.

NMN: How did you get yourself put in there?

OS: Playing hooky, having problems at home about discipline, hanging out beyond curfew.

A Born Winner

NMN: Did you shine right away at running?

OS: Yes, I did. I wound up staying two-and-a-half years at Lincoln Hall. My first time out running cross-country ever, I won the race out of 400-500 boys of all age groups, and there were two age groups older than us. I was about 13, and I wound up beating everybody and was only 20-30 seconds off the course record.

NMN: When did you go to Freeport (N.Y.) High School?

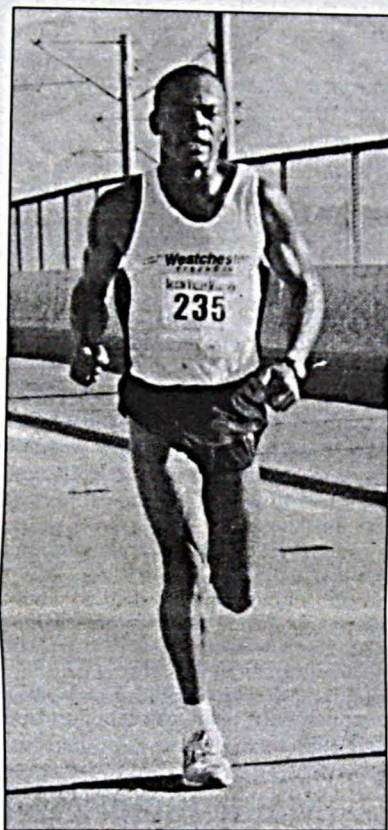
OS: I was 16, a sophomore, when I got there. They had a really good team, good runners, our 4x800 relay ran 7:49, which is pretty fast. That's four guys under 2:00. My high school coach, Joe Bessel, is still alive. He stopped coaching a number of years back, but he still runs at age 78.

NMN: What was his coaching style like?

OS: He's everything I am. Total discipline. Haircut, shirts tucked in, neat, runs 6-7 days a week. The old Iron Man, he basically saved my life by giving me discipline and being a father figure to me. I still see and talk to him to this day.

NMN: How many years have you been running, total?

OS: I ran from age 14 to 25. That's 11 years. Then in 1984, I quit for eight years until I started training again in 1992. I quit totally, no running at all after 1984. I remember, because the



Odis Sanders

MARATHONPHOTO

Olympic Trials were a horrible disappointment. I had qualified at NYC for the marathon trials with a 2:14. That's the year Pfitzinger won, Tuttle took second, Salazar was third. I made a decision not to run.

Wrong Choice

I had a sciatic nerve injury, and I had missed so much training that I didn't feel confident entering the race and just trying. It was actually a bad decision, but I was young and I let myself down, and the regrets came even before the Trials that this was a mistake and there was no way to get into the race the week before.

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Everything hit me after the race, about people in the state with these high expectations for me, and on top of that, my family was having problems. For the first time in my life I just gave up.

NMN: What got you running again after so long?

OS: That's such an amazing story that I don't think readers should even hear about it. I'm 33. I had quit running. I go from 132 to 185 or something. I don't really feel bad, I'm a little chunky. I'm drinking a lot of beer and hanging out. You know I like gambling, so I go to card rooms.

I'm 180 pounds, but I feel good about me, I mean my running career is over as far as I'm concerned. Anyway, I wound up meeting this woman, and I go out with her. She has two kids and her sister has two kids.

Revived Interest

Things didn't work out between us, but I stayed friends with the kids, and after a few years they get old enough to where they could play sports. So they started going out for soccer, and I'm trying to encourage them to be aggressive and get fast, and they tell me, "Easy for you to say, sitting on the side eating donuts." And I told the kids, "Hey, I used to be a world-class runner," and they all started laughing.

So I thought about it. I mean even out of shape I could still jog, but I guess something just kind of plagued my memory, and I went home and

started thinking, and the next day I got up and I ran a mile.

It took me nine minutes. I realized I was out of shape, or over the hill, or whatever you want to call it. And I just started jogging every day, three miles, and kept losing weight and it got to a point where I was no longer running nine-minute pace. I was now back to six-something and I started doing some fartlek workouts, and then I started doing speed workouts, and the rest you can see. I'm back.

So that's how I got back into running. And that's what inspired me — trying to inspire some kids to do something. Sometimes it's not just about being near and inspiring someone; sometimes you have to show them. □

(Sanders' training schedule will be in October issue.)

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On The Run

By HAL HIGDON

Hal Higdon's column will resume in October.

Masters Woman Wins 135-Mile Badwater Ultramarathon Overall

Pam Reed, 41, stunned the ultramarathon world by winning outright the 135-Mile Badwater Ultramarathon, finishing almost five hours ahead of her closest competition, in 27 hours and 56 minutes, and shattering the women's record, hitherto seen as untouchable.

The Badwater begins below sea level in Death Valley, Calif., and finishes at 9000 feet at Mt. Wilson Portal on the west side of the Sierras, a few miles from I-395.

One of 17 invited women, Reed started at 6:00 a.m. on Tuesday, July 23. The temperature later in the day at Death Valley was 123 degrees.

Reed, of Arizona, a mother of three boys, stepmother of two more, and director of the Tucson Marathon, never took a rest, and stopped once for 30 sec-

onds to tend to a blood blister on her right big toe on her way to an early morning finish on July 24. Other competitors stopped for a catnap, massage, or a quick meal.

Reed ate once without losing stride—half a peanut butter and honey sandwich. At 5-3, she weighed 104 pounds at the start and lost six pounds by the finish of the grueling 135-mile run.

Seventy-nine invited ultramarathoners started. Several dozen, including "name" ultra runners, succumbed early to a stiff, dehydrating wind and dropped out early.

Reed said she would not be back for the Badwater. Having run a perfect race, she said, it would be difficult to bear the thought of doing it again without beating her time. □

Poolheco, Park Win Masters Titles in White River 50 Mile Trail Run

Running with spectacular Mt. Rainier as a backdrop, defending masters champion Dennis Poolheco, 41, Glendale, Ariz., ran a strong second half to capture his second 50 Mile Trail masters title (7:21:49) at the White River 50-Mile Trail Run/USATF 50M Trail National Championships, July 27, Crystal Mountain, Wash.

Poolheco may be best known as the runner who routinely beats the horse in the 50-mile Man Against Horse Race in Dewey, Ariz., but has numerous 50M wins to his credit in races against

other hominids.

The 2002 Western States 100-Miler runner-up, Luanne Park, 41, Redding, Calif., easily won the women's masters title in 9:03:11. She was the fifth woman and 36th overall finisher. Each took home \$750 for their significant efforts.

The White River 50-Miler is run on the rugged terrain of the Mt. Baker-Snoqualmie National Forest, 75 miles east of Seattle. The up-and-down course varies in elevation from 2000 to nearly 6000 feet. □

—from a report by Scott McCoubrey and Brian Metzler

Cross-Country Bids Invited

By CAROLE LAGENBACH
Masters Cross-Country Representative
As most of you know, bid applications to host masters cross-country championships now come to USATF's Cross-Country Council, formed in December 2000.

One of the goals of the council is to promote regional cross-country championships. In masters running, it is especially important because masters in general pay their own way to competitions, and traveling to a national championships can be costly for individuals and teams.

Unlike Junior Olympics, masters regional events do not progress to a national championships. They are stand-alone competitions with regional awards for only those athletes who

Hellebuyck Tops Posse in Maine, Fidatov Sails In Unchallenged

By SUSANNAH BECK
Eddy Hellebuyck, 41, Albuquerque, N.M., outraced a competitive masters field at the People's Beach to Beacon 10K, Aug. 3, Cape Elizabeth, Me., demonstrating fine form after taking a few beatings in recent races (seventh 40+ at Peachtree 10K, July 4; sixth 40+ at Boilermaker 15K, July 14).

Hellebuyck ran a speedy 29:49 over the challenging course under steamy conditions, trumping fellow road-race-a-week circuiters Andrew Masai, 42, Kenya, 30:10; Paul Evans, 41, GBR, 30:17, and Marylandian-Russians Gennady Temnikov, 41, 30:47, and Andrey Kuznetsov, 44, 31:25. Maine's own master blaster, Bob Winn, 43, Ogunquit, closely followed the international elite field with his 31:39.

Elena Fidatov, 42, Bucharest, Romania, ran unchallenged to a 34:14 W40+ win, earning \$1000, in addition to \$500 for her ninth place overall finish. Beach to Beacon was Fidatov's second-to-last stop on her U.S. road racing tour before heading back to Romania for some R&R, and her B2B time was her fastest 10K so far this summer.

Fidatov was the overall women's winner (21:08) several weeks before at the Subaru Buffalo 4 Mile Chase, July 20, and the W40+ winner (35:37) a week later at the Greater Clarksburg 10K, July 27.

Elana Paramonova, 41, Russia/Gaithersburg, Md., started the race, but withdrew due to a bothersome

quadriceps injury. Kathryn Martin, 50, Northport, N.Y., was the W40+ runner-up in a toasty 36:49. □



VICTOR SAILER / PHOTO RUN
Paul Evans, 41, Great Britain/New Jersey, third master (30:17) at the People's Beach to Beacon 10K, Aug. 3.

Masai Topples Hellebuyck at Falmouth, Pozdnyakova Returns

By SUSANNAH BECK
In the week between the Beach to Beacon 10K, Aug. 3, in Cape Elizabeth, Me., and the Falmouth Road Race, Aug. 11, in Falmouth, Mass., elite masters racers said goodbye to their Maine host families

and hello to new families on Cape Cod.

This was no coincidence of circumstances, as the family homestays at Falmouth were one of B2B-founder Joan Benoit-Samuelson's favorite parts of the great Massachusetts race.

Defending Falmouth 40+ champion Andrew Masai was on the lookout for Fast Eddy (Hellebuyck) this week, and turned around their one-two B2B finish, cruising over the 7.1 mile course, 33:53 to 34:00.

"Boston Billy" Bill Rodgers, 54, was on hand to clean up the Super Master ranks with a 39:57.

Tatyana Pozdnyakova, 47, Ukraine, reappeared on the racing circuit with a decisive one-minute win over ubiquitous New Yorker, Gordon Bakoulis, 41, 38:53 to 39:57.

Benoit-Samuelson, 45, who took it easy at Beach to Beacon, running through the race with a New York firefighter at slower than race pace, turned on her jets and took third master here in 40:22.

Falmouth masters winner in 2001, Elena Fidatov closed her U.S. season with a fifth place 41:31. □

FIVE YEARS AGO September 1997

- 5788 Athletes Take Part in 12th World Veterans Championships in Durban; Phil Raschker Takes Ten W50 Golds
- 1200 Compete in 30th National Masters T&F Championships in San Jose
- Ruth Wysocki Blasts U.S. Record at Bastille Day 8K With a 26:19
- Jim Carmines (54, 48:32) and Don DeNoon (54, 48:39) Duel in 10K RW Championships

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By JERRY WO
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Lewis Sets Hammer Record 250 Compete at East Regionals

By JERRY WOJCIK

In its fourth consecutive year at Springfield College, Mass., the USATF East Regional Masters Championships, drew a large field of 250, many tuning up for the National Championships farther north in Orono, Me., two weeks later.

The standout performance was by Oneitha Lewis, 42, of the NY Masters, who added almost four meters with a 55.68 to the W40 hammer world record of 51.85 by M. Duss-Mueller in 2001. Lewis also broke her W40 U.S. record (14.53 in 2001) for the shot with a 14.66.

In other events, Sharon Warren, 51, with a 29.01, and Margaret Curtis, 53, with a 29.57 in the 100, staged the best women's race in the sprints. Irene Thompson, 48, ran the 80H in 14.97.

Pam Allie Morrill, 39, won the 2000m steeplechase in 8:00.4, a sure bet for a top ranking in 2002. Maryanne Torrellas, 44, was the fastest woman in the 5000 racewalk (27:22.83), and added a steeplechase win (9:43.6).

Among the men, Jesse Norman, 51, won the M50 100 in 12.26, an age-graded 90.7%, but Ed Gonera, who turned 50 in May, won the 200 from Norman, 23.61 to 24.49, and the 400 (52.41), both times age-graded at 94+%.

In the distances, Saladin Allah, 42, won the M40 race in an A-G 88.5% 2:04.19. Mike McCusker, 53, took the M50 mile in 4:53.77, an A-G 89.0%.

Other noteworthy performers included Peter Thompson, 52, 100H (15.36, 90.0%); John Pelton, 63, 2000SC (8:13.8, 85.0%); Barry Kline, 62, high jump (1.52, 88.4%); Gerald Vaughn, 66, shot put (13.92, 96.9%); Greg Geraci, 51, javelin (55.74, 84.6%); and Bob Keating, 55, 5000RW (24:56.11, 87.3%).

The championships were hosted by USATF-New England, under the direction of Association Director Steve Vaitones, Association President Marja Bakker, and Masters Representatives Ed Daniels and Phil Byrne.

USATF-NE hopes to host the championships again in 2003 at around the same time. □

TEN YEARS AGO September 1992

- Nationals Draw 1075 to Spokane; 10 World and 31 U.S. Records Set in 100-degree Heat
- Henry Rono (41, 14:43) Edges Doug Bell (41, 14:44) in Gardena 5000
- Pierre Levisse (40, 45:08) and Nancy Grayson (42, 54:58) Win in Utica Boilermaker 15K

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The Weight Room

By JERRY WOJCIK

Cream of the Crop and Cream Puffs

The throw fields were well-represented at the 35th Nationals in Orono. Carol Finsrud garnered three potential W40 U.S. records in the shot, discus (her forte), and the hammer, which saw more records than the other throws.

Oneitha Lewis, W40, broke the world record with a 52.83 in the hammer. Lewis, admittedly off her game here, recorded a 58+ throw in the Empire State Games three weeks earlier.

Interesting Progression

Evelyn Wright started an interesting hammer record progression by breaking Judy Fetherston's W65 U.S. record of 26.78 with a 27.40. Fetherston revised Bernice Holland's W70 record of 22.90 with a 23.45, and Holland erased Elizabeth Hagemann's W75 record of 19.56 with a 20.66.

Paul Fua, M30, Wendell Palmer, M70, and Phil Brusca, M75, were triple throws winners, Palmer winning the discus for the 16th straight time, a

string probably unmatched at the national championships level.

In close contests, Craig Shumaker, 53, won the M50 shot over Mike Shiaras, 51, 15.36 to 15.30; Richard Cochran, 64, defeated a large field and Larry Pratt, 61, with a 53.27 to Pratt's 53.12 in the discus.

A Little Extra Juice

Jim Lothrop, 47, 54.75, and Dennis Morris, 45, 54.02, finished 1-2 in the M45 javelin. Pentathlete Bill Daprano, 75, saved some javelin propellant to win by a few inches over Brusca, 30.67 to 30.53.

A few throwers lamented that the throws in Orono can't be conducted within the track oval, thus denying them the same exposure that runners get, because the stadium is a synthetic surface football field. I think there were more "spectating" throws aficionados in the somewhat shady area where the throws were held than would have been in stands exposed to the sun. Temperatures were in the mid-90s.

Additionally, USATF officers who are involved with bid offers say that sites which can comfortably accommodate in four days the number of masters throwers in a Nationals are becoming rare, and perhaps we should be happy with what we get.

Get the Hook

For a seafood junkie, I didn't perform well on the Maine lobster circuit. The first night in Portland, after a late arrival, I had to settle for a hamburger and milk shake. The second night out, in a restaurant noted for its seafood, I opted for the blue plate special - liver and onions!

The next night, in Orono's neigh-

boring city, Old Town, we ate at a restaurant called Governor's, a down home local eatery, which was packed every night with masters taking advantage of the extensive, moderately-priced menu, and sinful desserts, if you like massive cream puffs filled with the best whipped cream I've ever tasted. I had turkey, mashed potatoes, and gravy, followed by a cream puff.

Finally, I glommed onto Maine scallops the next night and stayed with them until the lobster fest on Saturday night at the U. of Maine Field House, where I forewent the corn and various salads to make room for the lobster and scads of mussels. That made up for the other seafood-less dinners until Sunday evening, when I did a haddock number followed by another cream puff, my third, at Governor's.

Heavy Consequences

When I left Eugene on Monday, the 5th, I weighed 198. When I returned on the 12th, I weighed 204, despite not being served anything of substance on our three flights to get here and having to run for two of them to make it home.

I'm happy that the 36th National Championships will be held in Eugene in 2003, but, boy, will I miss those Governor's cream puffs. □



JERRY WOJCIK

Oneitha Lewis bettered the W40 world record for the hammer (52.83), 35th National Masters Championships.



SUZY HESS

Warren Taylor, M40 national champion in the shot put (15.34), 35th National Masters Championships.

Rankers Are Ready

By JERRY WOJCIK

USATF Masters T&F Rankings Coordinator

The outdoor season rankers for 2002 are listed below. If your best marks have not appeared in the NMN results section by the January 2003 issue, send them with documentation or verification (name of meet, date, site, and director's name with a phone number or e-mail address) to the appropriate compilers. Marks sent to me for events that I'm not compiling will not be forwarded.

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: deo@foxinternet.com

High jump, pole vault - Joy MacDonald, 6721 NE 21st Road, Ft. Lauderdale, FL 33308; e-mail: FTLREDSKIN@aol.com

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

Mile, 3000, 10,000, hammer, javelin, 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

Racewalks: 5000 track/5K road, 10K, 20K - Thomas Higbie, 7851 Admirals Ct., Indianapolis, IN 46236; e-mail: thigbie@indyweb.net □

WMA Age-Grading Status Report

By REX HARVEY

WMA Vice-President, Stadia

It has been eight years since the 1994 version of the WAVA Age-Grading Tables was adopted. There have been many improved and additional performances in the period since 1994, and, at the direction of the WMA President and Council, WMA has undertaken a 2002 update.

The new 2002 World Masters Athletics Age-Grading Tables officially took effect as of May 1, 2002. Because the only official WMA use of age-grading is for the combined events, those were the only tables released at that time. However, the update was for all of the 1994 events

and will include events that were not factored in 1994. This comprehensive update will be available soon.

WMA is working to see that a 2002 masters combined events scoring book (the little green book that contains the factors and the tables for all of the combined events) will be published in Germany again. WMA is also working with *National Masters News* to publish a comprehensive 2002 Age-Grading book again in an improved, easy-to-use format. Of course, WMA Age-Grading will be available on the World_Masters_Athletics.org Web site.

There are some preliminary 2002 tables on the site now; however, they

Continued on page 15

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ages 45 to 60

On a blistering peratures reached Charlton set his record of the su 10,000, in the BV Cophall Stadium Knowing that he h utes, the 75-year-old last couple of laps teetering on the



Anke Moritz, of Germany, 80H (11.82), 35th National Masters Championships.

Age Grading

Continued from page 14 contain some error dle factors.

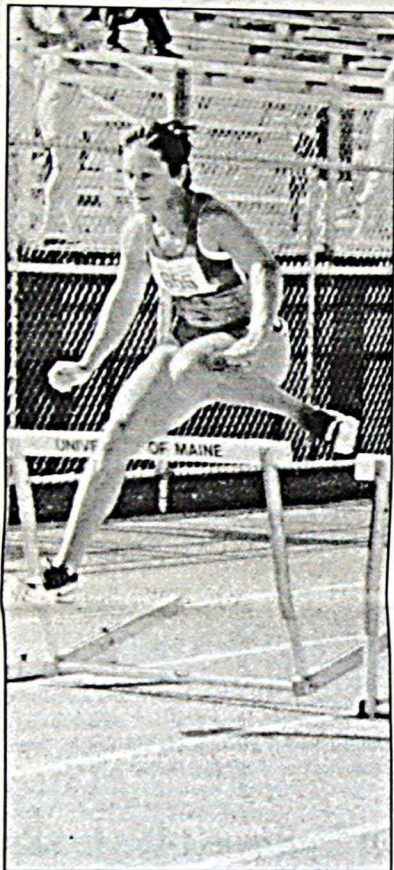
Until these data widely available, in a state of flu USA-GBR comb in July was cond factors; the Combined-Even likewise. But th Masters Decathl Jersey, and th Masters Outdoor completed in M using the old because the Hy software did not factors.

As is painful ticians, all past c

Report from Britain

**BVAF Championships Torrid
Both On and Off the Track**

On a blistering hot day, when temperatures reached 90+ degrees, Steve Charlton set his third M75 world record of the summer, a 41:47.31 10,000, in the BVAF Championships, Cophall Stadium, North London. Knowing that he had to better 42 minutes, the 75-year-old pressed on in the last couple of laps and appeared to be teetering on the brink of collapse.



SUZY HESS
Anke Moritz, of Germany, was first in the W40 80H (11.82), 35th National Masters Championships.

But all was well, and he crossed the line before falling into the arms of well wishers and subsequently being taken away by the first aiders.

Earlier in the same race a couple of the women were forced to withdraw after staggering to a standstill, despite the presence of marshalls with cups of water. Charlton had taken the 5000 on the first day of the championships when temperatures were only 79 degrees, but was outside his recent M75 record of 19:45.

In the opening race of the second day, the women's steeplechase, Jane Pidgeon, the leader, crashed over one of the barriers and landed heavily head first. She was knocked unconscious and it was ten minutes before she came to. Pidgeon seemed to recover but was taken to hospital as a precaution. The race had been held over the lower women's barriers.

Elsewhere, there was a 1:58.98 M40 800 victory for Chris Wood over Phillip Hall, where four men were inside 2:01, while double Brisbane gold medallist, Ester Linaker, was supreme in the W60 sprints.

In the throws, Neil Griffin, 54, was in fine form with over 50m in the discus on the opening day. He took the hammer and then the shot with a world-leading 15.28, as a warm-up for the European Championships three weeks later.

At the BVAF athletes general meeting, held during the championships, a heated debate ensued about changing the name of the governing body to British Masters Athletics Federation (BMAF). The vote was eventually carried by a substantial majority.

Also at the AGM it was revealed by the chairman, Mick Statham, that the BVAF was suing WMA Non-Stadia Vice-President Ron Bell for

the return of monies paid out for work that was allegedly not done. This came after Bell resigned from the

position of Vice-Chairman.

- From Martin Duff and Bridget Cushen

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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"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
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	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

MEN

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

IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT USATF
Women						
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#
Men						
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 pentathlions.

Note: The 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. For all age-groups indoors, 5 hurdles are run.

Age Grading

Continued from page 14

contain some errors in the men's hurdle factors.

Until these data are published and widely available, age-grading will be in a state of flux. For instance, the USA-GBR combined events challenge in July was conducted using the 2002 factors; the German National Combined-Event Championships, likewise. But the USATF National Masters Decathlon/Heptathlon in New Jersey, and the USATF National Masters Outdoor Championships just completed in Maine, were conducted using the old 1994 age-grading, because the Hy-Tek Meet Manager software did not yet contain the 2002 factors.

As is painfully evident to the statisticians, all past combined events point

total performances will now have to be recalculated using the new factors. All point totals will change. There probably will even be changes in who holds certain records, although that usually is rare.

This recalculation, while not easy, is not uncommon as it is required every time the IAAF scoring tables are changed, and it has happened many, many times in the history of the combined events. That is one of the main reasons why the current age-grading was used for eight years even though there were certain events that sorely needed updating long before that.

Please have patience as the 2002 age-grading gets completely phased in and be sure to check which version was used before comparing performances.

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Throwers Break Records in Texas Championships

By WAYNE BENNETT

The Dallas Masters T&F Club hosted the 22nd annual Texas Masters Championships at Coppell H.S., Dallas, July 27. Some 175 entrants combined for two U.S. age-group records, 79 All-American performances, and 22 age-graded perfor-

mances over 90%.

Bob Ward, 69, broke the M65 hammer record of 47.34 by Joe Chadbourne in 1996 with a 48.37, an age-graded 97.8%. Wendell Palmer, 70, broke Ladislav Filip's M70 45.59 record with the 1kg discus in 1998 with a 48.06 (93.8%).

Bill Collins, 51, reached 98.4% in the 100 with 11.29. Others in the 90% international-class level included John Hartfield, 57, in the 100 (95.0%), and Steve Horton, 39, in the 400 with a 52.84 (96.8%).

Wind readings were slightly over that allowable for records. Temperatures were in the 90s for most of the day.

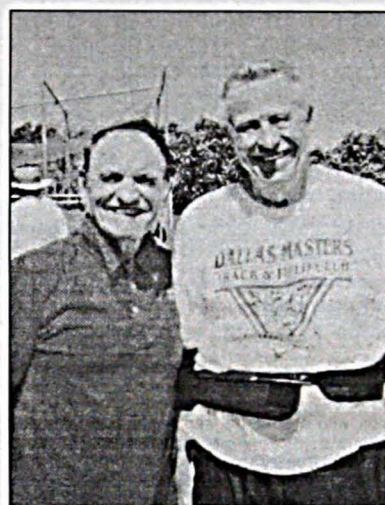
Thane Baker, silver and gold medal-

ist in the 1952 and '56 Olympics, was the starter. Another ex-Olympian, Rev. Bob Richards, 76, pole vault champion in 1952 and '56, competed in the weight pentathlon. □

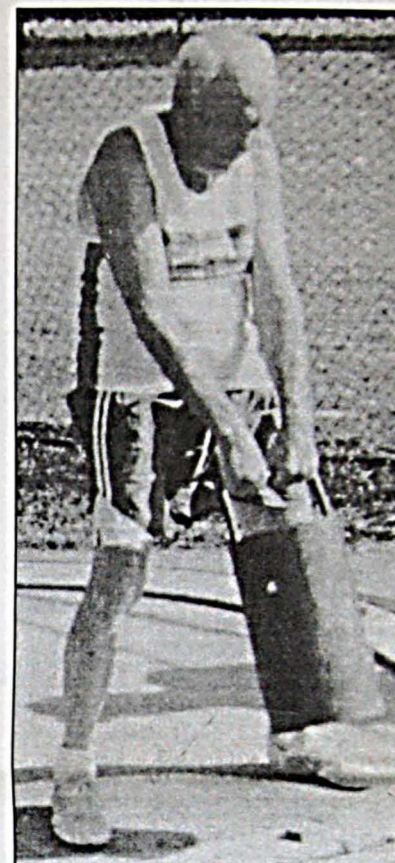
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, SEPT. 2002

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
RENEE STERRETT (JAMAICA, NY)	9- 6-62	40-44
SHEMAYNE WILLIAM (RIDGEFIELD, NJ)	9-11-62	40-44
RENEE BELANGER (CAN)	9-12-62	40-44
JACK PIERCE (US)	9-23-62	40-44
MARICA KULL (EDINA, MN)	9- 1-57	45-49
LOLES VIVES (ESP)	9-13-57	45-49
FREDDY SERVANT (FRA)	9-16-57	45-49
DONNA SCHULTZ (PORTLAND, OR)	9-19-57	45-49
COLIN CORKERY (NEEDHAM, MA)	9-21-57	45-49
BEVERLY PETERSON (NZL)	9-21-57	45-49
SILKE HEITMANN (GER)	9-23-57	45-49
PATTY BLANCHARD (CAN)	9-26-57	45-49
MARNA-MEY VANDERBURGH (RSA)	9-28-57	45-49
SALLY RICHARDS (MN)	9- 5-52	50-54
ATHALIG VAN BEUGE (RSA)	9-16-52	50-54
DAGMAR GOCHT (GER)	9-17-52	50-54
JANILLE ZERNIGLE (MEDFORD, WI)	9-20-52	50-54
JANET LAWSON (GBR)	9-23-52	50-54
NADINE DE GHEUS (BEL)	9-12-47	55-59
SKIPPER CLARK (BROOKLYN, NY)	9-15-47	55-59
JANE BIRD (GBR)	9-20-47	55-59
TERREZENE BROWN (CA)	9-27-47	55-59
BOB SCHLAU (SC)	9-28-47	55-59
MONICA BENZ (SUI)	9-28-47	55-59
CHARLENE GROET (DEMOTTE, IN)	9-29-47	55-59
JUDY IKENBERRY (CRESTLINE, CA)	9- 3-42	60-64
REGINALD PHIPPS (GBR)	9- 6-42	60-64
ALICIA KELLY (MIAMI SHORES, FL)	9- 6-42	60-64
KERSTIN NILSSON (SWE)	9-10-42	60-64
EDWARD HILL (BIRMINGHAM, AL)	9-15-42	60-64
MARLESE HOFFMAN (GER)	9-16-42	60-64
DORIS HERITAGE (SEATTLE, WA)	9-17-42	60-64
CATHERINE COLEMAN (AUS)	9-26-42	60-64
KEN WINN (STONE MT., GA)	9-14-37	65-69
MARGARET TURNER (N. ORLEANS, LA)	9-14-37	65-69
HELGI PARTS (URS)	9-15-37	65-69
CONNIE VOIGT (US)	9-17-37	65-69
PAT BESSEL (GRAND ISLAND, NY)	9-19-37	65-69
MACK STEWART (HOUSTON, TX)	9-19-37	65-69
BEN ANIXTER (SAN CARLOS, CA)	9-20-37	65-69
ESSIE KEA (CLEVELAND, OH)	9-22-37	65-69
ARDEL BOES (GOLDEN, CO)	9-24-37	65-69
LIISA KUJALA (FIN)	9-24-37	65-69
JAY SILVESTER (UT)	9-27-37	65-69
WILLIAM JOHNSTON (SALT LAKE CITY, UT)	9-29-37	65-69
HAZEL RIDER (GBR)	9- 2-32	70-74
WILFRIED IRMEN (GER)	9-10-32	70-74
ROSWITHA KOTZBAUER (GER)	9-10-32	70-74
DOROTHY STOCK (LA MESA, CA)	9-12-32	70-74
JOSH CULBREATH (XENIA, US)	9-14-32	70-74
WILBUR WILLIAMS (LOS ANGELES, CA)	9-15-32	70-74
DAVE WACO (GRANADA HILLS, CA)	9-18-32	70-74
BILL GOOKIN (SAN DIEGO, CA)	9-22-32	70-74
JOHN KICK (MA)	9-25-32	70-74
KEN WEINBEL (SEATTLE, WA)	9- 5-27	75-79
HELEN PALMER (LOS ANGELES, CA)	9-10-27	75-79
JOAN FLYNN (HONOLULU, HI)	9-13-27	75-79
ROBERT WILLIAMS (MONTEREY PARK, CA)	9-19-27	75-79
PETER MIRKES (GER)	9-28-27	75-79
SAM JOHNSON (NZL)	9- 5-22	80-84
NEWLIE HEWSON (WASH., DC)	9- 5-22	80-84
EARL FOSTER (LYNCHBURG, VA)	9- 9-22	80-84
NORA KUTTI (EST)	9-10-22	80-84
MARYBELLE RUSSEL (NV)	9-16-22	80-84
DANA ZATOPKOVA (CZE)	9-19-22	80-84
DIANA SMITH (CLAREMONT, CA)	9-21-22	80-84
TOSHIRO MIKI (JPN)	9- 6-17	85-89
GALINA KHINTCHOUT (RUS)	9- 9-17	85-89
JAN VERLOOP (NED)	9-10-17	85-89
GRACE SCHWEITZER (SANTA BARBARA, CA)	9-17-17	85-89
CHARLES JOHANNESMEYER (SANFORD, NC)	9-20-17	85-89
JOZEFINE SIK (HUN)	9-27-17	85-89
HARRY LOGAN (AUS)	9-30-17	85-89
VIVIAN NELSON (HARRISBURG, PA)	9- 9-12	90-94
JEFF GERSON (OLMSTED, OH)	9-10-12	90-94
JACK SIRINGER (OLMSTED, OH)	9-10-12	90-94
SUDA GIICHI (JPN)	9-16-12	90-94
GIICHI SUDA (JPN)	9-16-12	90-94
JAMES BOLE (LONG BEACH, CA)	9- 6- 7	95-99
JOHN A KELLEY (WATERTOWN, MA)	9- 6- 7	95-99
LAWRENCE O'NEIL (KALISPELL, MT)	9-21- 7	95-99
ALEX RENK (GER)	9- 1- 2	100-104
TOM ROBERTS (ATLANTA, GA)	9-14- 2	100-104
BASCILIO FUENTES (KAUAI, HI)	9-23- 2	100-104
ERWIN JASKULSKI (AUT-HONOLULU, HI)	9-24- 2	100-104

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



Rev. Bob Richards, 76, and Jim Gerhardt, 73, at the Texas Masters Championships, Dallas, July 27.



Doc Bennett, 81, tossing the 98# weight, Texas Masters Championships, Dallas, July 27.

Johnson, Greenberg Star in Southwest Regionals

Paul Johnson in the sprints and Joe Greenberg in the javelin were the top performers in the USATF Southwest Regional Masters Championships, held at Clark Field, Fort Worth, Texas, on July 13.

Johnson, 67, of Texas, was pushed to an age-graded 96.7% 12.90 in the 100 and a 95.4% 26.69 in the 200 by Wayne Bennett, 65, Texas, who ran a 91.2%

13.45 and 90.3% 27.67.

Don Denson, 62, was also at the international class, with a 92.7% 12.92 in the 100.

Greenberg, 52, Texas, hurled the javelin 199-3/60.73 for an age-graded 93.9% performance, tops in the throws.

Donna Moore, 43, was the best performer in the 800, with an 83.3% 2:29.65.

The best hurdle times were by Robert Hahn, 50, with an 89.8% 15.06 for the 100H, and Rick Easley, 48, with an 88.6% 61.88 in the 400H.

Charlie Richard, 67, scored an 86.6% with a 32-0/19.77 in the triple jump. Robert Harrell won the M60 discus contest with a 160-9/49.02. □

FIFTEEN YEARS AGO September 1987

• Nationals Draw 976 to Eugene

• Phil Raschker Sets Three W40 WRs in Nationals (100/11.83; 400H/67.23; TJ/35-7)

• Doug Latimer, 49, Is Top Master in Western States 100 Mile in 19:39:02

• Atlaw Beligne, M40, Claims Masters Victory in Utica Boilemaker 15K With a 50:26

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

M

NATIO

• The correct dates National Masters T&F Championships are 7-10, 2003.

• George Hirsch, the editor of Rodale Inc.'s *Runner* magazine, that position on July 15 as the new Worldwide Publisher Emeritus. He worked for the RW brand for more than 15 years. Rodale's growing international presence on Sept. 30, 2004. Claudia Hirsch, will now have direct control of the magazine. Hirsch has been in the business since 1962 and in 1987 merged into *Runner* over as publisher. He was the editor of *Marathon* in 1976 and created *Marathon* in 1977. Rodale publishes *Prevention*, *Bicycling*, and other magazines. Hirsch's active lifestyles, the *National Masters News* until January 2002.

• Several masters are chosen to be on the 2002 Running Team that will compete in Austria, to compete in the Mountain Running Trophy. The senior women will run the 100K and the senior men will run the 50K. Among the chosen: Rick Albuquerque, NM, the 1998 World Trophy and 2000 Verrington, 40, Bradford National 50K champion and runner on the World 100K. DiStefano, 43, Telluride, Colorado, is the fastest runner ever at last year's 21st. Shelley and Verrington, 40, are competing in the WMRA Women's 35+ for women's 50K Championships in Innsbruck, Austria, this weekend following the World

EAS

• Bob Matteson, 86, broke the M85 U.S. mile record of 15:00.00 at Hudson-Mohawk RRC Co. on July 9. The present record is 14:55.00 by Kirk in 1983.

• Oneitha Lewis, 49, broke the WR for the HT with a 54:14.53 for the SP with a 1:14.53. Strong Throwers Classic in 13. The HT record belongs to SWI, at 51.85. Meet director, topped all SP performers with the 16#. Larry Pratt, 40, topped the 1k discus.

• In a show of masterly support to the *National Masters News*, Underwood, 41, 59:20.59; 34, Derrick Staley, 40, 60:09, and 60:19, finished 13th, 14th, and 15th. USATF Adirondack 100K Lake George, NY, July 7. first M60+ (66:26). Beth W40+ (66:55).

• John Prather, 43, Sustainer to the farthest reaches of the M40+ race with a 34:45.59. June 8. Barbara Gubbins, Southampton, was the Verrington, 40, 60:09, and 60:19, finished 13th, 14th, and 15th. Steve Conroy, 57, Manhattan, topped the 1k discus with a 39:00.

• Kathy Martin, 50, topped the 1k discus with a 39:00. and Gubbins, 42, 18:27.59, topped the 1k discus. The Vytra Women's 5K, 13. Marle-Louise Mitchell, Brook, NY, won the W60

Masters Scene

NATIONAL

• The correct dates for the 36th USATF National Masters T&F Championships are Aug. 7-10, 2003.

• **George Hirsch**, the Worldwide Publisher of Rodale Inc.'s *Runner's World*, retired from that position on July 15 and assumed the role of Worldwide Publisher Emeritus. He will continue to work with the RW brand, which he has directed for more than 15 years, as well as with Rodale's growing international operations until Sept. 30, 2004. **Claudia Smalley**, RW publisher, will now have direct responsibility for RW. Hirsch has been in the magazine publishing business since 1962 and founded *The Runner* magazine in 1977, which was sold to Rodale in 1987 and merged into RW, with Hirsch taking over as publisher. He was a founder of the NYC Marathon in 1976 and creator of the New Year's Eve Midnight Run in Central Park, an annual tradition for the past 23 years. In addition to RW, Rodale publishes *Prevention*, *Men's Health*, *Bicycling*, and other magazines promoting healthy, active lifestyles, and was the owner of the *National Masters News* for several years until January 2002.

• Several masters are among the Americans chosen to be on the 2002 Teva U.S. Mountain Running Team that will travel to Innsbruck, Austria, to compete in the WMRA World Mountain Running Trophy Race, Sept. 14-15. The senior women will run a 9.2K uphill event, and the senior men will race 11.7K uphill. Among the chosen: **Richard Shelley**, 40, Albuquerque, NM, the top U.S. finisher at the 1998 World Trophy and 2nd U.S. in 2000; **Dan Verrington**, 40, Bradford, MA, the 2002 National 50K champion and the 2nd U.S. finisher on the World 100K team; and **Karl DiStefano**, 43, Telluride, CO, the top U.S. finisher ever at last year's World Trophy, placing 21st. Shelley and Verrington will also be competing in the WMRA World Masters (40+ for men; 35+ for women) Mountain Running Championships in Innsbruck on Sept. 21, the weekend following the World Trophy.

EAST

• **Bob Matteson**, 86, Bennington, VT, broke the M85 U.S. mile record with a 10:54.0 in the Hudson-Mohawk RRC Colonie Mile, Albany, NY, July 9. The present record is 12:23.0 by **Herb Kirk** in 1983.

• **Oneitha Lewis**, 42, smashed the W40 WR for the HT with a 54.03, and her W40 AR (14.53) for the SP with a 15.09 at the Long & Strong Throwers Classic, Lancaster, PA, July 13. The HT record belongs to **M. Duss-Mueller**, SWI, at 51.85. Meet director **Glenn Thompson**, 39, topped all SP performances with a 17.48 with the 16#. **Larry Pratt**, 61, hit 56.21 with the 1k discus.

• In a show of masters camaraderie, **Bob Underwood**, 41, 59:20, **Kevin Higgins**, 42, 59:34, **Derrick Staley**, 43, 59:41, **Chris Buckley**, 40, 60:09, and **John Crawford**, 48, 60:19, finished 13th, 14th 15th, 16th and 17th, USATF Adirondack 10 Mile Championships, Lake George, NY, July 7. **John Pelton**, 63, was first M60+ (66:26). **Beth Stalker**, 42, was first W40+ (66:55).

• **John Prather**, 43, Scottsdale, AZ, traveled to the farthest reaches of Long Island to win the M40+ race with a 34:45, Shelter Island 10K, NY, June 8. **Barbara Gubbins**, 42, from nearby Southampton, was the W40+ winner in 38:04. **Steve Conroy**, 57, Manhasset, NY, had the best performance with a 39:07.

• **Kathy Martin**, 50, Northport, NY, in 17:50, and **Gubbins**, 42, 18:27, finished 1-2 masters in the Vytra Women's 5K, Farmingdale, NY, July 13. **Marie-Louise Michelson**, 60, Stony Brook, NY, won the W60 race in 20:53. First 40+

RWer was **Maryanne Torrellas**, 43, Clinton, NY, in 26:16.

• Masters victors at the NYRR Bronx Half-Marathon, July 7, were **Alan Ruben** 45, 1:14:41, and **Carmen Jimenez**, 42, 1:27:50. **Anna Thornhill**, 61, 1:43:57, and **Kenneth Jones**, 71, 1:42:39, dominated their age groups.

• Dashing across the finish line first in the NYRR Nike RUNNYC Fitness Dash/Slash 4-miler, July 28, Central Park, was **Amador Ybanez**, 46, 21:53, with **Jimenez**, 42, 25:35, leading the W40+. The 70-74 age groups were notable with **Leo Schonaut**, 72, 34:47, and **Thelma Wilson**, 70, 36:04, taking top honors.

SOUTHEAST

• On July 4, **Sherry Volk**, 41, Williamsburg, VA, won \$150 for first W40+ with a third-female 20:32, Yorktown Freedom 5K, Yorktown, VA. **Dai Roberts**, 41, Virginia Beach, VA, got the same prize for an M40+ win in 16:04. Senior Masters (50+) winners, **Bill Alto**, 51, Newport News, VA, 19:32, and **Donna Harper**, 50, Virginia Beach, 23:04, collected \$100 each.

• **John Tuttle**, 43, Douglasville, GA, in 25:02, and **Sarah Kramer**, 41, Ogden, UT, in 30:27, reeled off masters wins, The Crazy 8s 8K, Kingsport, TN, July 13. Division winners included **Larry Overbay**, 55, Kingsport, 30:27, and **Harriet Locke**, 70, Bristol, TN, 46:15.

MIDWEST

• **Bernice Holland** threw pending W75 U.S. records with a 61-2 DT and a 69-10 HT, and **Everett Hosack**, 100, established an M100 WR for the hammer with a 27-8, Cleveland Track Classic, Brecksville, OH, July 6. **Ruth Seeger** set the present DT in 1999 with a 59-5; **Elizabeth Hagemann** has the HT at 64-2 in 1997.

• **Fred Hirsimaki**, 77, Findlay, OH, was inducted into the Ohio Senior Citizens' Hall of Fame, Columbus, OH, June 18. This is his third Hall of Fame induction. A combined-eventer, Hirsimaki was the M75 gold medalist in the 2002 National Masters Decathlon Championships.

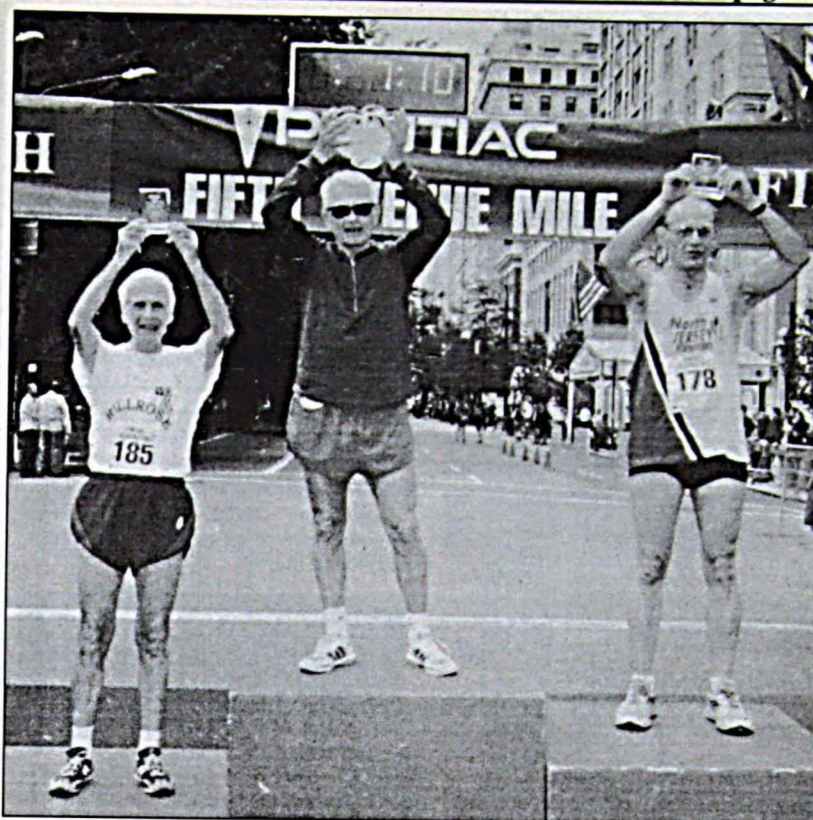
• **Elena Fidatov**, 42, not only finished first W40+ but also first master overall with a third female 35:37, Greater Clarksburg 10K, Clarksburg, WV, July 27. **Terry Mahr**, W50, blasted off a second W40+ in 40:18. **Larry Taylor**, M40, 35:48, and **Ed Frohnapfel**, M45, 35:55, were 1-2 M40+. **Fay Bradley** won the M60 race in 42:35.

• **Kevin Hanson**, 41, Sterling Heights, MI, 34:29, and **Steve Arch**, 41, Okemos, MI, 35:35, finished 7th and 8th in the Standard Federal Bank 10K Series, Lansing, MI, June 29. **Janice Spodarek**, 48, Okemos, was first W40+ (41:39). **James Hicks**, 62, Mason, MI, was first 60+ (44:21). In the SFB 10K, Grand Rapids, MI, July 20, **Michael Frank**, 45, Grosse Pointe Woods, MI, 37:32, and **Laurie Decker**, 42, Cadillac, MI, in a second woman overall 40:25, were first masters.

MID-AMERICA

• **Ebbie Leyden**, 41, St. Paul, MN, was second female overall in 35:50, Midnight Madness 10K, Ames, IA, July 13. **Phil Krauder**, 41, Cascade, IA, took the M40+ race (33:25). More masters winners under 40:00 were **Paul Deanda**, 50, Panora, IA, 36:49, **Rick Hogan**, 57, Kansas City, MO, 38:49, and **Ann Ringlein**, 45, Lincoln, NE, 39:46. **Claudia Scott**, 51, Marion, IA, nabbed W40+ honors in the 5K with a 20:37. **Stephen Feld**, 42, Marshalltown, IA, raced to the M40+ win in 17:49. **Hogan**, M55 winner in the 10K, was fourth master in 18:36.

• **Bobby Williams**, 49, was the overall winner of the Fair St. Louis 10K Handicap Run, July



DON PREVEN

First three in the 2001 George Sheehan Memorial M70-79 Mile in the Fifth Ave. Mile (from l): John McManus, 78, third; Jim Sutton, 70, first (5:38.8); and Walter Desind, 70, second. This year's NYRR Fifth Ave. Mile is scheduled for Sept. 28.

7, using a 4.5 minute handicap and running 30:31 to finish first of 706 runners. **Bernie Violand**, 52, ran a 31:04 with a 5.5 handicap to take second. First woman overall was **Jan Daker**, 54, 11th overall with a 12.0 handicap and a 33:21 time.

WEST

• **David Olds**, 40, Los Angeles, romped to a second-place 32:33, Will Rogers 10K, Pacific Palisades, CA, July 4. **Clyde Matsuma**, 42, Santa Monica, CA, was second M40+ (35:13). **Diane Isaacs**, 41, Berrington, CA, took the W40+ in 42:35.

• **Dave Parsel**, 47, Costa Mesa, CA, with a fourth-place 33:27, and **Louise Davis**, 41, Fullerton, CA, breezed to masters firsts in the Cypress, CA, 10K, July 27. **Bob Koch**, 75, took the M70+ race in 50:23. In the 5K, **Angelo DeCollibus**, 45, Anaheim, CA, 16:34, and **Susan Enlow**, 46, Corona, CA, nabbed masters honors. **Gary Riley**, 60, West Covina, CA, in 20:00, and **Yoko Elchel**, 55, Woodland Hills, CA, 22:06, were division winners.

• **Salomen Torres**, M40, 30:45, and **Margit Haupt**, W40, 36:50, bolted to masters firsts, Distance Derby 5 Mile, Huntington Beach, CA, Aug. 10. **Robert Sullivan**, M55, 33:11, and **Lol Coker**, W50, 37:42, were impressive division winners. In the 10 Mile, **Dave Parsal**, M45, 54:10, and **Louise Davis**, W40, 65:59, took masters honors. **Elaine Campo** won the W50 race in 66:49.

NORTHWEST

• **Regina Joyce**, 45, former Irish Olympian, broke the W45 U.S. mile record with a 5:05.9 in the Club West All-comers, Edmonds, WA, July 31. The current record is 5:21.5 by **Carol Flexor**, also of Washington, in 1989. A track and X-C coach at Edmonds-Woodway HS, where the meet was held, Joyce said, "I would really like to take a shot at sub-5:00." She may have broken the W45 1500 record of 4:48.19, but was not timed at that distance. In the Seattle Masters Classic, a week before, she ran a 4:50 1500 and 2:25 800.

• **Jerry Henley**, 43, Alpine, UT, fourth overall in 2:43:29, and **Julle Godderidge**, 44,

Smithfield, UT, second overall in 3:11:50, were first 40+ in the Deseret News/KJZZ Marathon, Salt Lake City, July 24. **Terry Harris**, 55, Shreveport, LA, was ninth in 2:57:09.

• **Bob Horsley** broke the M80 U.S. record for the 35# SW with a 5.63, and **Leon Joslin** established an M90 SW record of 4.04, Seattle Masters Classic, July 26-27. In other action, **Jack Craig**, M50, skimmed the hurdles in 15.62, and **Stan Chraminski**, with a 26:51, outstrode **Bob Novak** by seven seconds for the M50 win in the 5000 RW.

• **Jeff Clarke**, M45, 39:02, and **Rhonda Glass**, W40, with a third-female 43:26, cruised to masters firsts, Terry Fox/Shore Run 12K, Seattle, June 23. Division winners included **Walt Rotkis**, M55, 43:39, and **Dorie Quam**, W55, 48:59.

• **Odin Sanders**, 43, Eugene, OR, 72:23, and **Russell Trump**, 48, Yoncalla, OR, 82:03, finished 1-2 in the Coburg Half-Marathon, Coburg, OR, July 21. **Kit Sundling**, 45, Eugene, OR, recorded a W40+ win in 83:46. **Sally Lockyear**, 58, Yachats, OR, won the W55 race in 1:51:21.

INTERNATIONAL

• In the 26th South Africa Masters Athletics Championships, Bellville, Cape Town, May 3-4, **Claude Sterley**, 90, scored 3281 points to overshadow the M90 WR of 2225 for the WP, held by **Everett Hosack** (USA). **Veronica Welgemoed** ran a 78.26 400 to break the W70 WR of 79.14 by **Anna Mangler** (GER). Nearly 400 athletes attended the SAMA Championships, deemed "one of the most successful to date" by NMN correspondent **Leo Benning**. At the athletes' meeting on May 3, **Elise Engelbrecht**, **Basil Carnie**, **Sybrand Mostert**, and **Benning**, were recognized with a first-ever, special lifetime achievement award for service to masters athletics. **Stan Immelman** and **Welgemoed** were selected as Athletes of the Year.

• **Anne Keenan-Buckley**, 40, ran 15:47.73 to place third in the 5000 at the Irish National Track and Field Championships, July 14. Her time is a pending WMA World Record. The old record was held by **Nicole Levaque**, FRA, who ran 15:51.7 in 1994 at age 43.

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 7. USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@attbi.com

November 9. USATF National Masters Weight Pentathlon Championships, St. Amant, La. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930.

March 28-30, 2003. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Pentathlon on 28th. Steve Vaitones, USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org; email: office@usatfne.org

May 27-June 9, 2003. National Senior Games/The Senior Olympics, Hampton Roads, Va.

Augus 7-10, 2003. 36th annual USATF National Masters Championships, Hayward Field, Eugene, Ore.

EAST

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

September 3-October 19. Delaware Senior Olympics. Mary Costello, 888-881-6128; www.delawareseniorsolympics.org

September 4-11. Maine Senior Olympics, Portland. Anita Chandler, 207-775-6503.

September 20-23. New Jersey Senior Olympics, Fort Monmouth. Michael Garamella, 973-618-1111.

October 3-5. Maryland Senior Olympics, Towson U., Baltimore. Bob Zeigler, 410-704-4456; www.towson.edu/solympics

SOUTHEAST

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

September 24-28. Georgia Golden Olympics, Robins AF Base. Vicki Pilgrim, 404-657-6644.

September 30-October 6. North Carolina Senior Games, Raleigh. Cindy Trumbower, 919-851-5456; www.ncsenior games.org

December 7. Clearwater Throwers Classic/Weight Pentathlon/Superweight, Clearwater, Fla. John Selleh, 727-725-8139; jselleh@aol.com

MIDWEST

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

September 3-15. Wisconsin Senior Olympics, Milwaukee. Helen Ramon,

262-821-4444; www.execpc.com/~aging
September 18-22. Kentucky Senior Olympics, Elizabethtown. Eddie Bowen, 270-358-4321; www.srtc.com/~wenk4jz
September 20-22. Illinois Senior Olympics, Springfield. Sheila Sheilds, 217-789-2284.

MID-AMERICA

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

September 5-8. South Dakota Senior Games, Sioux Falls. Al Weisbecker, 605-428-3807; www.sdseniorgames.atfree web.com

September 28-29. Kansas Senior Olympics, Topeka. KS Sr. Olympics, 1534 SW Clay, Topeka, KS 66604. 785-368-3798.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 7. Lions Waterloo Throwers Meet, Lake Travis HS (near Austin), Texas. lionswaterloo@earthlink.net

September 19-22. Arkansas Senior Olympics T&F Events, Hot Springs. Qualifying for 2003 NSGA Championships. AR Sr. Olympics, PO Box 3377, Hot Springs, AR 71914. 502-321-1441; email: arsolymph@hotsprings.net

September 21-26. Louisiana Senior Olympic Games, Baton Rouge. Butch Gipson, 225-925-1748; www.lsog.net

WEST

Arizona, California, Hawaii, Nevada

September 15. Peter St. Geme, Inc.'s Champions Run for Children, Kezar Stadium, Golden Gate Park, San Francisco, CA. 5K Run or Walk, Track Dashes, Mile, and Invitational Mile. 415-759-2690; www.jambajuice.com.

September 21. San Diego Senior Olympics, Cuyamaca College, El Cajon, Calif. 50+ SDSSF, 619-226-1324. www.sdseniorgames.org.

September 28-October 6. Nevada State Games, Las Vegas. Vince Adamo, 3890 N. Buffalo Dr., Las Vegas, NV 89129. 702-242-1590. www.nevadaseniorolympics.com

October 5. 29th annual Club West Meet, Santa Barbara, Calif. Beverley Lewis, 805-969-5852, fax: 969-6613; Gordon McClenathen, 805-964-3005.

October 5-6. Nevada Senior Olympics, Las Vegas, Nevada. Nevada Senior Games, Inc., 3890 N. Buffalo Dr., Las Vegas, NV 89129. Contact: 702-242-1590; e-mail: srgames1@juno.com; web: www.nevadaseniorolympics.com

October 20. Self-Transcendence Masters Games, Long Beach St. U., Calif. 40+. Bigalita Egger, 6220 Bristol Parkway, #315, Culver City, CA 90230. 310-645-0271; fax: 645-8618.

October 26-November 10. Southland Senior Olympics, Long Beach, CA. (Registration deadline Sept. 26.) 50+. 562-570-3537; www.lbparks.org

NORTHWEST

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

September 12-15. Idaho Senior Games, Boise. Karin Hoffer-Boles, 800-859-0324; www.iad-ore.com

October 7-19. Huntsman World Senior Games, St. George, Utah. 10K, 5K, 1500. Contact: 800-562-1268; www.seniorgames.net

June 21-22, 2003. Hayward Masters Classic, Eugene, Ore.

INTERNATIONAL

September 20-29. Asia-Pacific Games, Queensland, Australia. www.mastersgames.com.au

October 5-13. World Masters Games, Melbourne, Australia. Multi-sport. WMG, Locked Bag 2002, South Melbourne, VIC 3205, AUST. E-mail: info@2002worldmasters.org; www.2002worldmasters.org

November 3-10. 11th South American Championships, Cochabamba, Bolivia. Pablo Vera, PO Box 24, Cochabamba, Bolivia. 591-4 4263068; fax: 591-4 419200; anambol2002@yahoo.com

July 2-13, 2003. 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org

July 26-August 3, 2003. Pan Pacific Masters Games, Sacramento, Calif.

LONG DISTANCE RUNNING

NATIONAL

September 14-15. USATF National Masters 24-Hour Championships, Olander Park, Sylvania, Ohio. Dan Brannen, 4 Strawberry Ln., Morristown, NJ 07960. 973-898-1261; danbrannen@earthlink.net

September 29. USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. TCM, Inc., 2925 Dean Parkway, Ste. 110, Minneapolis, MN 55416. 612-925-3500; fax 925-3532; www.twincitiesmarathon.org

October 19. USATF National Masters Championships/Edmund Fitzgerald 100K, Duluth, Minn. Sue Olson, 157625 Judicial Rd., Burnsville, MN 55306. 952-892-1108; www.edmundfitz.com

October 26. USATF National Masters 15K Championships/Tulsa Run, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

November 3. USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031; www.gvh.net

November 24. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/nj

December 14. USATF National Masters 10K Cross-Country Championships, Rock-

ON TAP FOR SEPTEMBER

TRACK AND FIELD

West Seattle Stadium will host the USATF National Masters Weight & Superweight Championships for the umpteenth time on the 7th. The Arkansas Senior Olympics, Hot Springs, on the 19th-22nd, San Diego Senior Olympics, El Cajon, Calif., on the 21st, and the Kansas Senior Olympics, Topeka, on the 28th-29th, are included in the long list of S.O. offerings this month. Tracksters and roadees will commingle at the Champions Run for Children Mile, on the track, and Jamba Juice 5K at Kezar Stadium in San Francisco's Golden Gate Park on the 15th.

LONG DISTANCE RUNNING

Both of the National Masters Championships are lengthy: the 24-Hour, Olander Park, Sylvania, Ohio, on the 14th-15th, and the Twin Cities Marathon, Minneapolis/St. Paul, on the 29th. Other races range from the New Haven, Conn., 20K, on the 2nd, to the Dick Beardsley Half-Marathon, in Minnesota, on the 7th, and the U.S. Air Force Marathon, Dayton, Ohio, and Prefontaine Memorial 10K, Coos Bay, Ore., both on the 21st, the NYRR Fifth Ave. Mile on the 28th, and the Fox Cities Marathon, Appleton, Wisc., on the 29th.

RACEWALKING

Three National Masters Championships to pick from: the 40K, Monmouth, N.J., on the 1st; the 5K, Kingsport, Tenn., on the 21st; and the One-Hour, St. James, N.Y., on the 28th. □

EAST

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

lin, Calif. Joe Rubio, Venue Sports, 4035 S. Higuera, San Luis Obispo, CA 93401. joe@venuesports.com; www.resultzone.com/xcnatls

September 2. New Haven 20K & 5K, New Haven, Conn. 203-481-5933; newhavenroad race.org

September 2. Pittsylvania 5K Classic, Highland Park, Pittsburgh, Pa. John Harwick, 724-254-2369.

September 8. Komen Boston Race for the Cure 5K, Brighton, Mass. 617-746-9292; www.bostonraceforthe cure.org

September 14. Officer Gary Farley 5K, Seaford, L.I., N.Y. 516-349-9157; www.litf.org

September 15. Dutchess County Classic Marathon, Half-Marathon, & 8K, Poughkeepsie, N.Y. 914-475-4024; dutchesscounty

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September 15. K Cure 5K, Centra

September 15. Ith Eastern Region Cl

September 15. C 5K, Providence, c.breagy@worldn

September 15. Philadelphia H Philadelphia, Pa. ladistancerun.org

September 19. Association 5K R 212-860-4455; w

September 21. 10K/RRCA Chan Cow Harbor 10K, 11768. www.cow

September 21. L Weirs, N.H. 8-per 603-234-5452; kr

September 22. Cross-Country, 4455; www.nyrr

September 22. National Champ Stasaitis, 154 El 13501. 315-797-

September 27- Mile Relay, B Beach, N.H. 5 lay.com

September 28. NYC. 212-860-

M&W60+ cont 6886; alpuma@

September 29. 5K, Philadelphia

September 29. 8K Grand Attleboro, Mass.

Ro-Jack's Food Mansfield, MA C

September 29. Race 10K, Pittsb www.rungreatrac

September 29. & 5K, Newport l newportymca.org

October 5. Nev 10K, & 5K, Ne 2150; www.nhm

October 5. St. Washington, D.C

October 6. Gre Marathon, Cent 4455; www.nyrr

October 6. Wine Corning, N.Y. 6 glassrace@aol.c

October 6. BA Mass. 508-435-6 baa.org

October 6. Ma Half-Marathon, www.mainemar

October 12. Un Hartford Marath 652-8866; www

October 13. D 15K/USATF M ships, Wilmingt

October 13. I State Marathon, 4499; www.OS

October 13. Marathon, Sc Boston qualif hmrrc.com

October 14. T

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September 15. Komen NYC Race for the Cure 5K, Central Park. 212-293-CURE; www.komennyc.org

September 15. Ithaca 5 & 10 Milers/RRCA Eastern Region Championships, Ithaca, N.Y. Lorrie Marnell, 607-255-8877.

September 15. CVS/Pharmacy Downtown 5K, Providence, R.I. Charlie Breagy, c.breagy@worldnet.att.net

September 15. Jefferson Hospital Philadelphia Half-Marathon & 5K, Philadelphia, Pa. 215-564-6499; www.philadistancerun.org

September 19. NYRR American Heart Association 5K Run on Wall St., 6:30 pm. 212-860-4455; www.nyrrc.org

September 21. The Great Cow Harbor 10K/RRCA Championships, Northport, N.Y. Cow Harbor 10K, PO Box 41, Northport, NY 11768. www.cowharborrace.com

September 21. Lake Winnepesaukee Relay, Weirs, N.H. 8-person teams. Ken Robichaud, 603-234-5452; krobichaud@presstek.com

September 22. NYRR Fred Lebow 5K Cross-Country, Central Park. 212-860-4455; www.nyrrc.org

September 22. Falling Leaves 5K/RRCA National Championships, Utica, N.Y. Jim Stasaitis, 154 Elmwood Place, Utica, NY 13501. 315-797-4949.

September 27-28. Reach the Beach 200 Mile Relay, Bretton Woods-Hampton Beach, N.H. 508-881-4505; www.rtbrelay.com

September 28. NYRR Fifth Avenue Mile, NYC. 212-860-4455; www.nyrrc.org; M&W60+ contact Al Puma, 718-854-6886; alpuma@att.net

September 29. Four Seasons Terry Fox 5K, Philadelphia. 215-963-2737.

September 29. Ro-Jack's 8K/USATF-NE 8K Grand Prix Championships, Attleboro, Mass. Leigh-Anne Cubberley, Ro-Jack's Food Stores, 50 Suffolk Rd., Mansfield, MA 02048.

September 29. City of Pittsburgh Great Race 10K, Pittsburgh, Pa. 412-255-2493; www.rungreatrace.com

September 29. Newport Half-Marathon & 5K, Newport R.I. 401-847-9200; www.newportymca.org

October 5. New Hampshire Marathon, 10K, & 5K, Newfound Lake. 603-744-2150; www.nhmarathon.com

October 5. St. Elizabeth's Hospital 5K, Washington, D.C. 202-882-0225.

October 6. Grete's Great Gallop Half-Marathon, Central Park, NYC. 212-860-4455; www.nyrrc.org

October 6. Wineglass Marathon & Relay, Corning, N.Y. 607-936-4686; email: wineglassrace@aol.com

October 6. BAA Half-Marathon, Boston, Mass. 508-435-6905/617-236-1652; www.baa.org

October 6. Maine Marathon, Relay, & Half-Marathon, Portland. 207-741-2084; www.mainemarathon.com

October 12. United Technologies Greater Hartford Marathon, Hartford, Conn. 860-652-8866; www.hartfordmarathon.com

October 13. Delaware Distance Classic 15K/USATF Mid-Atlantic Championships, Wilmington. 302-798-4179.

October 13. Brooks Pharmacy Ocean State Marathon, Providence, R.I. 401-885-4499; www.OSM26.com

October 13. Mohawk Hudson River Marathon, Schenectady-Albany, N.Y. Boston qualifier. 518-435-4500; www.hmrrc.com

October 14. Tufts 10K Health Plan for

Women, Boston. Kristin Girard, tufts10K@conventures.com

October 19. Baltimore Comcast Marathon, Baltimore, Md. 800-487-0670; www.TheBaltimoreMarathon.com

October 20. Bay State Marathon, Half-Marathon, & 10K, Lowell, Mass. www.baystatemarathon.com

October 20. Army Ten-Miler, Washington, D.C. 202-685-3361; armytenmiler.com

October 26. Seaside 10 Mile & 5K, Ocean City, Md. www.ococean.com

October 27. Marine Corps Marathon, Washington, D.C. 800-RUN-USMC; www.marinemarathon.com

October 27. CompassBank Cape Cod Marathon/Relay, Falmouth, Mass. Limited to 1200 marathoners and 150 relay teams. USATF NE Championships. 508-540-6959; email: marathon@cape.com

October 27. Mystic Places Marathon & Relay, East Lyme, Conn. 203-481-5933; mysticplacesmarathon.org

October 27. Mayor's Cup Men's 8K & Women's 5K Cross-Country, Dorchester, Mass. USATF-NE, 617-566-7600; BAA, 617-236-1652.

November 3. New York City Marathon. 10:50 a.m. 212-860-4455; www.nyrrc.org

November 17. NYRR Cross-Country Championships, Van Cortlandt Park, Bronx. See Nov. 3.

November 24. Philadelphia Marathon & 8K. 215-685-0054; www.philadelphia.marathon.com

November 28. 66th Manchester 4.7 Mile Road Race, Manchester, Conn. 860-649-6456; www.manchesterroadrace.com

November 30. Knickerbocker 60K, Central Park, NYC. See Nov. 3.

SOUTHEAST

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

September 1. Rock 'N' Roll Half-Marathon, Virginia Beach, Va. 800-311-1255; www.mrhalf.com

September 21. West Florida Y Croom 50K Trail Run/RRCA Southern Region Championships, Brooksville. Jim Bodoh, 813-884-1606.

September 28. Harvest Festival 8K, Saraland, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

October 12. Peachtree City Classic 15K/RRCA National Championships, Peachtree City, Ga. Jan Stewart, PO Box 2377, Peachtree City, GA 30269. 678-364-1109.

October 13. Disney's 10K Classic, Orlando, Fla. 407-938-3398; disneyworldsports.com

October 20. Trigon Bay Bridge Marathon, Virginia Beach, Va. 757-498-0215; www.baybridgemarathon.com

October 26. Dick Batchelor 5K Run for Children, Orlando, Fla. 407-896-1160; www.trackshack.com

October 26. Wild Ghost Chase 5K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

November 2. Food World Senior Bowl Charity Run 10K, Mobile, Ala. Richard Dorman, sr Bowl@seniorbowl.com

November 9. SunTrust Richmond Marathon, Richmond, Va. 804-673-RACE; www.richmondmarathon.com

November 23. Paul deBruyn Memorial 30K/RRCA National Championships, Daytona Beach, Fla. Leonard Kochendorfer, PO Box 1303, Daytona Beach, FL 32127. 386-322-0835.

November 28. Outback Distance Classic Half-Marathon, Jacksonville, Fla. 904-731-1900; www.1stplacesports.com

November 28. Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlantatrackclub.org

MIDWEST

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

September 8. Chicago Half-Marathon. 773-929-6072; chicagohalfmarathon.com

September 14. Standard Federal Bank 10K Series, Detroit-Metro, Mich. 877-904-5408; www.standardfederalbank10k.com

September 21. USAF Marathon, Wright Patterson Air Force Base, Dayton, Ohio. Contact: 937-257-4350; http://afmarathon.wpafb.af.mil

September 21. Corn Classic 5000, Morganfield, Ky. 8:30 am. Douglas J. Johnson, 270-389-4684; 389-2323

September 29. Fox Cities Marathon, Appleton, Wisc. 5K Run/Walk on 28th. \$10,000 prize money. Contact: 877-230-7223; www.foxcitiesmarathon.org

October 5. Women Only 5K & 10K, Flint, Mich. 810-659-6493.

October 6. 25th annual Detroit Free Press/Flagstar Bank Marathon, Detroit, Mich. 734-769-2926; www.detroitfreepressmarathon.com

October 13. LaSalle Bank Chicago Marathon. 888-243-3344; www.chicago.marathon.com

October 20. Columbus Marathon, Columbus, Ohio. 614-421-RUNN; www.columbusmarathon.com

October 26. Extreme Exchange 5 Mile Cross-Country/RRCA Central Region Championships, Valparaiso, Ind. Clark Goyeske, 219-853-4124; www.dunelandexchangeclub.org

November 2. Kentucky Miles of Smiles 100 Mile, Lexington to Mt. Sterling (50 miles, 1st day/return 2nd day). Also Man O' War Marathon. Don Hall, 325 Shoreside Dr., Lexington, KY 40515. 859-264-9378.

November 3. Canal Connection XX 10K/RRCA Central Region Championships, Utica, Ill. Jon Bastuck, 815-223-8988; Bastuck@mindspring.com

MID-AMERICA

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

September 7. Dick Beardsley Half-Marathon & 5K, Detroit Lakes, Minn. 1-800-542-3992;



VICTOR SAILER / PHOTO RUN
Kate Paddon, 40, first overall (37:21). Ryka Women's 10K, Hartford, Conn., June 29.

www.visitdetroitlakes.com

September 8. City of Lakes 25K, Edina, Minn. 612-821-8981; www.active.com

September 14. Turkey Day 10K, Worthington, Minn. 507-376-6105(d); 376-5610(e).

September 21. Walker North Country Marathon, Relay, & 10K Run/Walk, Walker, Minn. 218-547-3327; www.raceberryjam

September 29. Twin Cities 10 Mile, Minneapolis. 612-925-3500; twincitiesmarathon.org

October 5. USATF Mid-America Masters & Open Cross-Country Championships, U. of Colorado, Boulder. Masters M&W-5.8K. Tim Dolen, 303-499-3841; tpdolen@yahoo.com; www.toucantrackclub.net/midamerica.html; www.boulderroadrunners.org

October 6. GOALS 10K Trail Run, Grand

Continued on page 20

Strength & Speed New! 2002 fun fact

book by Dale Harder. Like *Guinness Book* + *Believe It Or Not* combined, this beefy encyclopedia is crammed with strength & endurance records for every age 1 to 100. Do you want to see the evolution of world records in every track & field event? See how you compare! Do you know the heaviest man to run a 4:00 mile? The lightest man to put the shot 70'? Which president could do a one-arm chinup? Do you know what 300 lb man can do chinups, holding 200 lb? Anecdotes and percentile ratings in track & field, weightlifting & powerlifting. Plus articles on highland games, stone lifting, Basque lifting, grip strength, pullups, pushups, caber tossing, farmer's walk, fire walking, martial arts, canal vaulting, apnea diving, high diving, fittest man, Inch dumbbell, strong men, & much more. 356 huge pages.

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Continued from page 19

Forks, N. Dak. william_gosnold@und.nodak.edu

October 13. Mount Rushmore Marathon, Rapid City, S.D. 605-721-1251; info@mount_rushmoremarathon.com

October 13. Durango Marathon, Durango, Colo. www.durangomarathon.com

October 20. Wichita Marathon, Wichita, Kansas. 316-636-1266; www.feist.net/wichitamathon

October 20. Spirit of St. Louis Marathon, St. Louis, Mo. 314-725-9884; www.stlouismarathon.com

November 9. Rim Rock Run X - 37K, Colorado National Monument, Grand Junction, Colo. Elaine Peterson, PO Box 3685, Grand Junction, CO 81502; 970-243-4055; www.rimrockrun.org

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 5. USATF Oklahoma Half-Marathon Championships/Reuel Little Classic, Madill. Also 5K & 10K. RLC, Box 692, Madill, OK 73446. 580-795-7267.

October 5. Texas Avenue Mile, El Paso. 915-533-2656.

October 5-6. Arkansas Traveller 100 Mile/RRCA Southern Region Championships, Perryville. Stan Ferguson, 501-329-6688; www.angelfire.com/ak3/at100

October 6. Susan Komen 5K Race for the Cure, Dallas. 214-750-7223.

October 12. Texas Lutheran U. Bulldog 5K, Segui. 830-372-6578; kholamon@tlu.edu

October 12. Tulsa Zoo 5K & 10K, Tulsa, Okla. 918-669-6635; www.tulsazoo.org

October 20. Koala Centers & Luke's Locker 20K/RRCA Southern Region Championships, Houston, Texas. Barbara Sheppard, 713-797-8601; www.houston20K.com

November 10. San Antonio Marathon, Relay, & 5K, San Antonio, Texas. 210-246-9652; www.samarathon.org

WEST

Arizona, California, Hawaii, Nevada

September 2. 49er Canyon 10 Mile Classic, Auburn, Calif. 530-878-0697; fax: 888-6457.

September 8. Terry Fox 4 Mile, Carlsbad, Calif. 760-602-1011; www.kinanevents.com

September 8. BayLands FrontRunners 10K & 5K, Palo Alto, Calif. 408-984-4076; FrontRunners@BayLands.org

September 22. Komen Orange County Race for the Cure 5K, Newport, Calif. 714-957-9165; www.occure.com

October 5. Manhattan Beach Old Hometown 10K, Manhattan Beach, Calif. 310-372-3553.

October 6. Heart of the City 10K & 5K, Los Angeles. 310-828-4123.

October 13. Long Beach Marathon, Half-Marathon, & 5K, Long Beach, Calif. 562-728-8829; www.runlongbeach.com

October 20. Humboldt Redwoods Marathon & Half-Marathon, Arcata, Calif. Six Rivers RC, 707-443-1220; www.hrm-andhalf.org

October 20. San Luis Obispo Mini-Marathon, San Luis Obispo, Calif. 800-676-7463; www.cityofthesea.com

October 26. CBS Halloween 5K & 10K, Studio City, Calif. 310-828-4123; W2 promo@aol.com

October 27. Arturo Barrios 5K & 10K, Chula Vista, Calif. 858-450-6510; www.eliteracing.com

November 28. Ocean Spray Dana Point Turkey Trot 10K & Masters 5K, Dana Point, Calif. 949-496-1555; www.turkeytrot.com

NORTHWEST

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

September 21. Prefontaine Memorial 10K, Coos Bay, Ore. 541-269-1103; prefontaine.run.com

October 6. Portland Marathon, Portland, Ore. PM, PO Box 4040, Beaverton, OR 97076. www.portlandmarathon.org

CANADA

October 27. Casino Niagara International Marathon & Half-Marathon, Niagara Falls, Ontario. 905-356-9460; www.discoverniagara.com

INTERNATIONAL

September 22. New Zealand Masters Half-Marathon Championships, Clevedon, Manukau City. Fax: 09 279 8709; www.manukau-marathon.co.nz

RACEWALKING

September 1. USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, Shore AC, 28 N. Locust St., W. Long Branch, NJ 07764. 732-222-9080; elliottden@aol.com

September 7. North Central 5K RW Championships, Detroit Lakes, Minn. Paul Geyer, 218-847-0410.

September 21. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6406; bbaker@preferred.com



JERRY WOJCIK

Anna Wlodarczyk, 51, guest entrant, was first in seven events, including the pentathlon, 35th National Masters Championships.

September 28. USATF National Masters One-Hour RW Championships, St. James, N.Y. Michael Roth, Walk USA, 185 Lake Ave., St. James, NY 11780. 631-584-9824; mjroth@IX.netcom.com

September 28. USATF North Region/Illinois 5K RW Championships, Chicago. Email: arcaswoss@aol.com

October 7-19. Huntsman World Senior Games, St. George, Utah. Contact: 800-562-1268; www.seniorgames.net

October 20. USATF South Region RW Championships, Ft. Lauderdale, Fla. 954-921-9190.

October 20. USATF National Masters 20K Championships, Coconut Creek, Fla. Dan Koch, Florida AC, 3331 N.W. 22nd St., Coconut Creek, FL 33066. 954-970-9634; fax: 970-0382; racerwalker@cyberagency.net



KEN LEE

The start of the 2001 Men's Masters Mile, 2001 Champions Run for Children, San Francisco (from l): Tim Minor, Kevin Ostenberg, Graeme Fell (winner, 4:26.02), Dave Clingan, Brian Davis, and Jamin Aasum. This year's race is scheduled for Sept. 15.

Masters Fields Set for Champions Mile Run for Children

The fields for the men's and women's masters mile are set in the Champions Run for Children, scheduled for San Francisco's Kezar Stadium, Sept. 15.

Tony Young, 40, of Washington, and Canadian Graeme Fell, 43, head the men's list. Young ran a U.S. masters record 4:09.61 in June; Fell won last year in rain, with a 4:26.02.

The list includes Jamin Aasum, 43, second-ranked M40 in the mile in 2001, and Dave Clingan, 48, top-ranked M45 in the mile last year. Colin Rothery, 42, of Ireland, and Mohamed Ramdani, of France, are possible entrants.

The women's field includes indoor and outdoor national champion Rose Monday, 43, road racer Maria Trujillo de Rios, 42, and Maureen de St. Croix, 49, of Canada. Sharlet Gilbert, 51, who ran a 2:30.87 800 in late June in the Hayward Classic, hopes to break the W50 U.S. record of 5:29.39.

The Peter St. Geme, Inc.'s Champions Invitational Mile Run for Children raises funds for UC-San Francisco Pediatric AIDS Research.

In addition to the elite races, the day's events include age-group heats for ages 3-through-18, and the Jamba Juice 5K Banana Man Chase III. □

Colorado - North Dakota - South Dakota - Kansas - Iowa - Minnesota - Missouri - Nebraska - New Mexico

USA Track and Field - Mid America Cross Country Championships

University of Colorado - Boulder - Colorado - Saturday October 5, 2002 - 8:30 am



University of Colorado - Buffalo Ranch Cross Country Course
CU South Campus - US 36 and Table Mesa Dr - Boulder, Colorado

Sponsored by USA Track and Field
University of Colorado Cross Country Team
Boulder Road Runners
USATF - Colorado Association



USATF Awards (open to USATF members only)
Individual Awards - top 3 finishers - 5-year age groups
Team Awards (open to USATF clubs only) - top 3 teams - 10-year age groups
Also - Foreign Athlete Awards - Optional Alumni Competition

Open Women's Division (ages 19-39) - 5.8 k
Open Men's Division (19-39) - 8 k
University of Colorado Collegiate Races - Rocky Mountain Shootout
Masters Men's and Women's Division (40 and above) 5.8 k

For More Information Contact:
www.toucantrackclub.net/midamerica.html
or www.usatf.org
Tim Dolen - 303-499-3841 - tpdolen@yahoo.com

M30-34	Kane Wilson	6:01
M35-39	Joe Dudman	5:51
M40-44	Marc Nesbitt	5:41
M40-44	Kenneth Bastin	5:41
M40-44	James Coster	5:41
M40-44	Steve Davis	5:41
M40-44	Douglas Johnson	5:41
M40-44	Chip Roe	5:41
M45-49	Rob Duncanson	5:31
M45-49	Hank Lawson	5:31
M45-49	Larry Burney	5:31
M45-49	Mike Felling	5:31
M45-49	Patrick Morris	5:31
M45-49	Bob Myers	5:31
M45-49	Paul Nelson	5:31

U.S. MA

Event	30-34	35-
55	6.8	6.8
60	7.4	7.4
100	11.0	11.0
200	22.4	22.4
400	51.5	51.5
800	2:02	2:02
1500	4:20	4:20
Mile	4:40	4:40
3000	9:25	9:25
5000	15:45	15:45
10000	32:30	32:30
55H	8.6	8.6
60H	9.0	9.0
110H	15.4	15.4
100H		
80H		
400H	58.0	58.0
300H		
3K-SC	10:10	10:10
2K-SC		
HJ	1.90	1.90
6-2Y	4.40	4.40
PV	4.40	4.40
14-5/8	13.00	13.00
LJ	6.50	6.50
21-4	2.00	2.00
TJ	13.20	13.20
43-3/4	41.00	41.00
Shot	14.50	14.50
47-7	4.00	4.00
Discus	44.80	44.80
147-0	1.00	1.00
Hammer	47.24	47.24
155-0	1.00	1.00
Javelin	62.00	62.00
203-5	1.00	1.00
35#WT	15.00	15.00
49-2 1/4	45.00	45.00
25#WT		
56#WT	9.50	9.50
31-2	2.00	2.00
Pent.	2800	2800
Decath.	5500	5500
WT Pent.	2800	2800

Notes: 1) 100 stan
2) Short hu
3) Long hu
4) Shot put
5) Discus ti
6) Hammer
7) Javelin
8) Metric h
9) Pen/Dec

U.S. MASTERS

	1.5K	Mile
W30	7:13	7:47
W35	7:22	8:03
W40	7:37	8:21
W45	8:03	8:41
W50	8:25	9:05
W55	8:55	9:31
W60	9:17	10:01
W65	9:48	10:35
W70	10:26	11:15
W75	11:10	12:01
W80	12:03	12:58
W85	13:13	14:15
W90	14:56	16:06
M30	6:31	7:01
M35	6:43	7:14
M40	6:58	7:29
M45	7:13	7:46
M50	7:33	8:05
M55	7:50	8:26
M60	8:13	8:51
M65	8:38	9:19
M70	9:08	9:50
M75	9:43	10:28
M80	10:26	11:14
M85	11:21	12:13
M90	12:41	13:39
Age-graded time/f		

RECIPIENTS OF ALL-AMERICAN AWARDS

Table listing award recipients for M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94.

Table listing award recipients for M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94.

Table listing award recipients for M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90-94.

Table listing award recipients for W40-44, W45-49, W50-54, W55-59, W60-64, W65-69, W70-74, W75-79, W80-84, W85-89, W90-94.

U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

Table of U.S. Masters All-American Standards for Men, listing events and standards for various age groups.

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: 27"; 80+: 27".

U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

Table of U.S. Masters All-American Standards for Women, listing events and standards for various age groups.

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40-49: 30"; 50-59: 27"; 60+: 27".

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

Table of U.S. Masters All-American Standards of Excellence for Racewalkers, listing events and standards for various age groups.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

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

1. If you have equaled or bettered the standard of excellence, please fill out this application, completely. 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.

Continued from previous page

Table of race results for various events including 5000 Meters, 10000 Meters, 1500 Meters, and 5000 Meters. Lists names and times.

Table of race results for various events including 5000 Meters, 10000 Meters, 1500 Meters, and 5000 Meters. Lists names and times.

Table of race results for various events including 10000 Meters, 1500 Meters, 5000 Meters, and 5000 Meters. Lists names and times.

Table of race results for various events including 1500 Meters, 5000 Meters, 5000 Meters, and 5000 Meters. Lists names and times.

Table of race results for various events including 5000 Meters, 5000 Meters, 5000 Meters, and 5000 Meters. Lists names and times.

Continued on next page

Continued from previous page

Table with 3 columns: Rank, Name, Score. Includes events like *Kotelko, Olga M, Hinton, Margaret O, Weston, Rod E, Jackson, Corwin P, Barr, James E, Melton, James, Golden, Derrick L, Welborn, Daren K, Foster, Gregory E, Sampson, Aaron L, Jackson, Dannie R, Reynolds III, Walte, *Stasiuk, Peter J, Schwieterman, Joe P, Choppa, Rick M, Poor, Dan, Scott, Bernard, Event 243 M45 LJ, Quick, David A, Lariza, Mike G, Lennox, Edward A, Smith, Joe C, Fahy, Pat, Rodenbeck, Larry J, Santos, Anthony A, Druckrey, Stan A, Dolezel, James E, Crockett, Roger A, Oleski, John M, Weatherbee, Taylor, Black, Ivan G, Dunne, Gerard F, Jones, Edward L, Baker, Robert P, Febles Cruz, Edwin, Milove, Michael, Event 237 M60 LJ, Pawlik, Emil H, Denson, Don, Byrne, Phil, Dewey, Howard L, Bartholomew, Charle, Mezzapelle, Edward, Event 238 M65 LJ, Shipp, Phillip D, Conklin, Deke, Pacheco, Pedro, Hughes, Burt, Varner, James, Event 239 M70 LJ, Stookey, James L, Schreiber, John S, Donley, Jerry A, Vaughan, Cully, Rider, David C, Dickman, Cliff J, Lance, Jack, Pore, Ed, Event 240 M75 LJ, Daprano, William L, Soller, Richard A, Event 240 M80 LJ, Lukens, Edwin, Maxwell, Ralph, Scaraffa, Joseph, Event 240 M85 LJ, McPhie, Leland R

TRIPLE JUMP

Table with 3 columns: Rank, Name, Score. Includes events like *Nakatake, Kimiko, Event 241 W40 TJ, Amarasekara, Veroni, Ushaw-Marguerum, Jo, Event 241 W45 TJ, Thompson, Irene, Event 241 W50 TJ, *Wlodarczyk, Anna, Nesbihal, Susan, Event 241 W55 TJ, Raschker, Phil K, Event 242 W60 TJ, Carter, Ann E, Event 242 W65 TJ, Lary, Audrey, Wright, Evelyn M, Meiler, Flo L, Event 242 W75 TJ, Valien, Johnnyne M, Event 242 W80 TJ, Hinton, Margaret O, Event 243 M30 TJ, Weston, Rod E, Melton, James, Event 243 M40 TJ, Foster, Gregory E, Battle, Marcus, Acker, Rick, Makozy, Frank, Event 243 M45 TJ, Lariza, Mike G, Quick, David A, Lennox, Edward A, Muter, Brian L, Event 244 M50 TJ, Rodenbeck, Larry J, Fahy, Pat, Black, Ivan G, Crockett, Roger A, Dolezel, James E, Oleski, John M, Event 245 M55 TJ, Baker, Robert P, Milove, Michael, Ewing, Johnston M, Event 245 M60 TJ, Byrnes, Buster, *Rodriguez, Gervasio, Wallin, Carl J, Rosenthal, David M, Event 246 M65 TJ, Langenfeld, Tom, Butterfield, Thomas, Beck, Donald E, Hughes, Burt, Varner, James, Event 247 M70 TJ, Stookey, James L, Lance, Jack, Event 247 M75 TJ, Carter, Bill C, Brako, Frank, Voegel, Bob, Event 247 M80 TJ, Lukens, Edwin, Maxwell, Ralph, Event 247 M85 TJ, McPhie, Leland R, Springler, Maxwell

SHOT PUT

Table with 3 columns: Rank, Name, Score. Includes events like Event 248 W35 SP, Decker, Jane E, Vinal, Diane L, Sapko, Stacy J, Event 248 W40 SP, Lewis, Oeitha, Houseman, Denise, Petkus, Joanne F, Event 248 W45 SP, Finsrud, Carol E, Welding, Ruth A, Lafayette, Carla J, Wetenhall, Katherin, Hallen, Sue, Melenthin, Cheryl, McCuen, Barbara, Event 249 W50 SP, Towey, Mary M, Hartzler, Mary A, Event 249 W55 SP, Tucker, Lorraine, *Swinton, Margery, Jager, Kathy L, Bahr, Joyce A, Cutler, Georgia L, Trotto, Mary, Hunt, Linda W, Event 250 W60 SP, *Williams, Evaun B, *Neuber, Marianne G, Huff, Karen M, Katz, Roslyn, Young, Carol A, Event 250 W65 SP, Donley, Christel M, Cirulnick, Anna, Crooks, Marcia A, Moravcsik, Francesc, Event 251 W75 SP, Holland, C. Bernice, Valien, Johnnyne M, Perkins, Alverta, Rawcliffe, Morna K, *McLeod-Smith, F. D, Event 251 W80 SP, *Kotelko, Olga M, Hinton, Margaret O, Gradick, Katharine, Event 252 M30 SP, Fua, Tim D, Lechler, Al, Barr, James E, Event 252 M35 SP, Thompson, Glenn A, Adelgren, Todd K, *Dajia, Peter P, Shannon, Tim R, Herr, Troy S, Curry, Mike J, Biggs, Ray E, Event 253 M40 SP, Taylor, Warren, Shields, Walter T, Galarde, John E, Carr, Robert W, Rinker, Craig G, Anderson, Rick R, Matthews, II, James, Emery, Nathan B, Dvornik, Mark J, Event 254 M45 SP, Summers, Ron L, Wetenhall, James, Hansen, Dennis T, Clark, Ed, Letizia, Carmen, Dematteo, Donald R, Reichard, Carl, Watson, Richard B, Event 255 M50 SP, Shumaker, Craig, Shiarras, Michael, Quinn, Tim P, Gager, Bob, Chandler, Dennis D, Valasek, Daniel M, Event 256 M55 SP, Gage, Tom L, Roll, Charles S, Hiney, Bill, Konen, Hank A, Bookin-Weiner, Jerr, Chapman, Mark A, Event 257 M60 SP, Baskett, Gary L, Wallin, Carl J, Cochran, Richard L, Winters, Gary F, Cohen, Stephen B, Meyer, Alex J, Sheakley, Hal G, Crater, Harold L, Cahners, Bob, Event 258 M65 SP, Vaughn, Gerald O, Ward, Bob, Shipp, Phillip D, Rosen, Leonard L, Horine, Larry, Feick, Ray E, Tomlinson, Doug, Olson, Leonard T, Allison, Thomas H, Dickman, Cliff J, Patrick, William A, Event 260 M75 SP, Brusca, Phillip F, Pistorino, Sr., Cha, Voegel, Bob, Stein, Jacob, Event 260 M80 SP, Horsley, Robert B, Schlothauer, David, Ricciardi, Armando, Event 260 M85 SP, McPhie, Leland R, Maki, Bruno A, Event 261 W35 DT, Decker, Jane E, Vinal, Diane L, Sapko, Stacy J, Event 261 W40 DT, Lewis, Oeitha, Houseman, Deise

DISCUS

Table with 3 columns: Rank, Name, Score. Includes events like Event 261 W35 DT, Decker, Jane E, Vinal, Diane L, Sapko, Stacy J, Event 261 W40 DT, Lewis, Oeitha, Houseman, Deise

Table with 3 columns: Rank, Name, Score. Includes events like Ecklund, Deborah A, Finsrud, Carol E, Welding, Ruth A, Hallen, Sue, Wetenhall, Katherin, Lafayette, Carla J, Wetenhall, Katherin, Hallen, Sue, Melenthin, Cheryl, McCuen, Barbara, Event 262 W45 DT, Finsrud, Carol E, Towey, Mary M, Nesbihal, Susan, *Cochrane, Nancy J, Event 263 W55 DT, Tucker, Lorraine, Cutler, Georgia L, Smith, Cindy, Bahr, Joyce A, Jager, Kathy L, *Swinton, Margery, Curtis, Sally M, Event 264 W60 DT, *Williams, Evaun B, *Neuber, Marianne G, Young, Carol A, Katz, Roslyn, Huff, Karen M, Event 264 W65 DT, Wright, Evelyn M, Meiler, Flo L, Beraman, Joan M, Thompson, Joann C, Crooks, Marcia A, Cirulnick, Anna, Moravcsik, Francesc, Event 265 W70 DT, Fetherston, Judy H, Event 265 W75 DT, Holland, C. Bernice, Valien, Johnnyne M, Perkins, Alverta, Rawcliffe, Morna K, *McLeod-Smith, F. D, Event 265 W80 DT, *Kotelko, Olga M, Hinton, Margaret O, Gradick, Katharine, Event 266 M30 DT, Fua, Tim D, Lechler, Al, Barr, James E, Event 266 M35 DT, Thompson, Glenn A, Robertson, William, Shannon, Tim R, Biggs, Ray E, Hannay, Scott R, Curry, Mike J, Event 267 M40 DT, Taylor, Warren, Galarde, John E, Emery, Nathan B, Anderson, Rick R, Dvornik, Mark J, Rinker, Craig G, Matthews, II, James, Wetenhall, James, Clark, Ed, Hansen, Dennis T, Watson, Richard B, Umshler, Dennis B, Shumaker, Craig, Romansic, Jack, Bowersox, Gerald L, Sager, Bob, Chandler, Dennis D, Event 270 M55 DT, Swarts, Art, Konen, Hank A, Gage, Tom L, Englund, Lee O, Schneider, Gary R, Hiney, Bill, Bookin-Weiner, Jerr, Chapman, Mark A, Event 271 M60 DT, Pratz, Larry R, Harrell, Robert J, Macmillan, David W, Baskett, Gary L, Higgins, Lloyd F, Hotchkiss, Richard, Harrington, Michael, Pawlik, Emil H, Burns, John T, Meyer, Alex J, Bookin-Weiner, Jerr, Wallin, Carl J, Byrne, Phil, Lang, John B, Crater, Harold L, Event 272 M65 DT, Anderson, Ron K, Holmes, Stephen V, Ward, Bob, Granley, William E, Saling, Neil E, Rosen, Leonard L, Shipp, Phillip D, Camp, Richard P, Holmes, Edgar M, Carozzi, Joseph F, Carney, James L, Palmer, Wendell L, Xanthopoulos, Apost, Horine, Larry, Feick, Ray E, Olson, Leonard T, Garrahan, William F, Allison, Thomas H, Feick, Ray E, Patrick, William A, Tomlinson, Doug, Poe, Ev, Dickman, Cliff J, Event 274 W75 DT, Brusca, Phillip F, Carter, Bill C, Pistorino, Sr., Cha, Stein, Jacob, Voegel, Bob, Davidson, Robert F, Event 275 M80 DT, Schlothauer, David, Horsley, Robert B, Event 275 M85 DT, Maki, Bruno A

Table with 3 columns: Rank, Name, Score. Includes events like McPhie, Leland R, Event 276 W35 JT, Pitzer, Liz, Vinal, Diane L, Sapko, Stacy J, Nolen-Mack, Tammy, Event 276 W40 JT, Senn, Caryl E, Charewick, Laura B, Lewis, Oeitha, Harper, Lori J, Ecklund, Deborah A, Event 277 W45 JT, Finsrud, Carol E, Welding, Ruth A, Wetenhall, Katherin, Hallen, Sue, McCuen, Barbara, Melenthin, Cheryl, O'Brien, Sandra M, Event 278 W50 JT, Towey, Mary M, Nesbihal, Susan, *Cochrane, Nancy J, Event 278 W55 JT, Tucker, Lorraine, Cutler, Georgia L, Smith, Cindy, Raschker, Phil K, Swinton, Margery, Bahr, Joyce A, Jager, Kathy L, Douglass, Linda L, Trotto, Mary, Event 279 W60 JT, *Williams, Evaun B, *Radcliffe, Marg, Sisley, Becky L, Young, Carol A, Huff, Karen M, *Neuber, Marianne G, Katz, Roslyn, Carter, Ann E, Event 280 W65 JT, Donley, Christel M, Youngs, Joan C, Crooks, Marcia A, Beraman, Joan M, Cirulnick, Anna, Event 280 W75 JT, Holland, C. Bernice, Valien, Johnnyne M, *McLeod-Smith, F. D, Event 280 W80 JT, *Kotelko, Olga M, Hinton, Margaret O, Gradick, Katharine, Event 281 M30 JT, Barr, James E, Event 281 M35 JT, Hannay, Scott R, Scott, Daniel E, Curry, Mike J, Event 281 M40 JT, McConnell, Ron A, Hadden, Roy, Kesterson, Michael, Barba, Steve J, Michitson, Tim, Event 282 M45 JT, Lothrop, Jim, Morris, Dennis, Finkbeiner, Michael, Fisher, Tim H, Watson, Richard B, Russ, Jim, Easley, Rick J, Letizia, Carmen, Event 283 M50 JT, Geraci, Greg J, Powers, Bob, McPherson, Paul B, Chandler, Dennis D, Schuster, Neal R, Queaney, Jim, Cameron, Dennis A, Event 284 M55 JT, Gagne, Buzz, Rice, Robert, Stein, Herb, Chapman, Mark A, Karimian, Seyavash, Event 287 M70 JT, Burns, John T, Lang, John B, Sattari, Espandiar, *Pamenter, Fred R, Wallin, Carl J, Byrne, Phil, Meyer, Alex J, Pawlik, Emil H, Harrell, Robert J, O'Halloran, Arthur D, Event 288 M65 JT, Pashai, Ezzat, Youngs, Robert A, Illuzzi, Sr., Frank, Russell, Malcolm L, Shipp, Phillip D, Yost, Chuck, Kirken, Charles E, *Staveley, Bob J, Varner, James, Event 287 M70 JT, Duncan, James D, Xanthopoulos, Apost, Horine, Larry, Feick, Ray E, Vaughn, Cully, Garrahan, William F, Malstrom, Eric, Webber, Rich, Kiwitt, Sid, Allison, Thomas H, Olson, Leonard T, Richardson, Doug M, Wojcik, Jerry, Tomlinson, Doug, Dickman, Cliff J, Poe, Ev, Event 288 M75 JT, Daprano, William L, Brusca, Phillip F, Pistorino, Sr., Cha, Stein, Jacob, Event 288 M80 JT, Lukens, Edwin, Ricciardi, Armando, Horsley, Robert B, Event 288 M85 JT, Maki, Bruno A, McPhie, Leland R

Table with 3 columns: Rank, Name, Score. Includes events like Event 289 W35 HT, *Dajia, Kristen J, Event 289 W40 HT, Lewis, Oeitha, Houseman, Denise, Ecklund, Deborah A, Event 289 W45 HT, Finsrud, Carol E, Welding, Ruth A, Hallen, Sue, Wetenhall, Katherin, Melenthin, Cheryl, McCuen, Barbara, Event 290 W50 HT, Hartzler, Mary A, Towey, Mary M, *Cochrane, Nancy J, Event 290 W55 HT, Cutler, Georgia L, *Swinton, Margery, Bahr, Joyce A, Event 290 W60 HT, *Williams, Evaun B, Young, Carol A, Katz, Roslyn, Event 291 W65 HT, Wright, Evelyn M, Cirulnick, Anna, Crooks, Marcia A, Event 291 W70 HT, Fetherston, Judy H, Event 291 W75 HT, Holland, C. Bernice, Valien, Johnnyne M, *McLeod-Smith, F. D, Event 291 W80 HT, *Kotelko, Olga M, Hinton, Margaret O, Gradick, Katharine, Event 292 M30 HT, Fua, Tim D, Event 292 M35 HT, Herr, Troy S, Shannon, Tim R, Curry, Mike J, Palazzo, Robert J, Biggs, Ray E, Event 293 M40 HT, Venning, Michael S, Doherty, Brian G, Matthews II, James, Event 293 M45 HT, Wetenhall, James, Shields, Carl D, Cedrone, Bob, Reichard, Carl, Schradler, Lawrence, Watson, Richard B, Letizia, Carmen, Event 294 M50 HT, Meyer, Thomas, Edwards, Tim W, Sager, Bob, Partridge, John A, Fahy, Thomas, Bowersox, Gerald L, Romansic, Jack, Event 294 M55 HT, Gage, Tom L, Mathews, George R, Konen, Hank A, Chapman, Mark A, Event 295 M60 HT, Wallin, Carl J, Hotchkiss, Richard, Osterhoudt, Bob, Cahners, Bob, Byrnes, Buster, *Strelitski, Vladi, Event 295 M65 HT, Ward, Bob, *Staveley, Bob J, Holmes, Edgar M, Vost, Richard, Event 296 M70 HT, Palmer, Wendell L, Olson, Leonard T, *Velez, Angel T, Wojcik, Jerry, Allison, Thomas H, Patrick, William A, Event 297 M75 HT, Brusca, Phillip F, Bergenback, Richard, Stein, Bob, Voegel, Bob, Event 297 M80 HT, Chase, Robert M, Horsley, Robert B, Ricciardi, Armando, Schlothauer, David, Event 329 W35 Outdoor Pentathlon, Pitzer, Liz, Event 329 W40 Outdoor Pentathlon, Senn, Caryl E, Event 329 W45 Outdoor Pentathlon, Hoppie, Carla L, Event 329 W50 Outdoor Pentathlon, *Wlodarczyk, Anna, *Cochrane, Nancy J, Event 329 W55 Outdoor Pentathlon, Raschker, Phil K, Trotto, Mary, Event 329 W60 Outdoor Pentathlon, Sisley, Becky L, Event 329 W65 Outdoor Pentathlon, Jordan, Barbara R, Meiler, Flo L, Event 309 M30 Outdoor Pentathlon, Barr, James E, Sanfilippo, David C, Krause, Jeff S, Melton, James, Jones, John I, Rous, Michael, Aurbuchon, James, Yorges, Chris J, Sloan, Kerry L, Koolsbergen, Jonas, Event 310 M40 Outdoor Pentathlon, Janusey, Michael A, Foster, Gregory E, Kesterson, Michael, Plude, Ken J, Wagner, Patrick R, Haiford, Eric W, Doran, Dr. Rob, Plummer, Craig, Price, Willie, Marchand, Edouard

OUTDOOR PENTATHLON

Table with 3 columns: Rank, Name, Score. Includes events like Event 329 W35 Outdoor Pentathlon, Pitzer, Liz, Event 329 W40 Outdoor Pentathlon, Senn, Caryl E, Event 329 W45 Outdoor Pentathlon, Hoppie, Carla L, Event 329 W50 Outdoor Pentathlon, *Wlodarczyk, Anna, *Cochrane, Nancy J, Event 329 W55 Outdoor Pentathlon, Raschker, Phil K, Trotto, Mary, Event 329 W60 Outdoor Pentathlon, Sisley, Becky L, Event 329 W65 Outdoor Pentathlon, Jordan, Barbara R, Meiler, Flo L, Event 309 M30 Outdoor Pentathlon, Barr, James E, Sanfilippo, David C, Krause, Jeff S, Melton, James, Jones, John I, Rous, Michael, Aurbuchon, James, Yorges, Chris J, Sloan, Kerry L, Koolsbergen, Jonas, Event 310 M40 Outdoor Pentathlon, Janusey, Michael A, Foster, Gregory E, Kesterson, Michael, Plude, Ken J, Wagner, Patrick R, Haiford, Eric W, Doran, Dr. Rob, Plummer, Craig, Price, Willie, Marchand, Edouard

Table with 3 columns: Rank, Name, Score. Includes events like Event 311 M45, Russ, Jim, Duncanson III, Tipping, Mike C, Watry, Jeffrey, Wells, Jameson, Hamlett, Mark A, Watson, Richard, Hanson, Gregory, Event 312 W50, Roman, Fernando, Christensen, Ken, Holmes, Carter, Garity, Michael, Cameron, Dennis, Schuster, Neal, Event 312 M55, Kroodsma, Roger, Baker, Robert P, Reiter, Gordon, Decker, Darryl, Stein, Herb, Brown, Douglas, Event 313 M60, Pawlik, Emil H, Byrne, Phil, *Adams, Barry F, Meyer, Alex J, Event 313 M65, Oleata, Edward, Shipp, Phillip, Butterfield, Thomas, Jankovich, Wiliam, *Hartford, Dillon R, Lipton, Marshall, Event 313 M70, Duncan, James D, Vaughan, Cully, Event 313 M75, Carter, Bill C, Voegel, Bob, Event 298 W35, Tenan, Jean, Armstrong, Gino, Event 298 W40, Hauch, Heidi J, Roberts, Monet, Druckenmiller, Event 298 W45, Topham, Debbie, Fong, Virginia, Finch, Kathy J, *Hartford, Dillon R, Event 298 W50, Johnson, Gayle, Brosnahan, She

Continued from previous page

Table of race results for 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

Table of race results for 10000m Racewalk, 15000m Racewalk, 20000m Racewalk, 30000m Racewalk, 40000m Racewalk, 50000m Racewalk, 60000m Racewalk, 70000m Racewalk, 80000m Racewalk, 90000m Racewalk, 100000m Racewalk.

Table of race results for 10000m Racewalk (continued), 15000m Racewalk (continued), 20000m Racewalk (continued), 30000m Racewalk (continued), 40000m Racewalk (continued), 50000m Racewalk (continued), 60000m Racewalk (continued), 70000m Racewalk (continued), 80000m Racewalk (continued), 90000m Racewalk (continued), 100000m Racewalk (continued).

Table of race results for 10000m Racewalk (continued), 15000m Racewalk (continued), 20000m Racewalk (continued), 30000m Racewalk (continued), 40000m Racewalk (continued), 50000m Racewalk (continued), 60000m Racewalk (continued), 70000m Racewalk (continued), 80000m Racewalk (continued), 90000m Racewalk (continued), 100000m Racewalk (continued).

Table of race results for 10000m Racewalk (continued), 15000m Racewalk (continued), 20000m Racewalk (continued), 30000m Racewalk (continued), 40000m Racewalk (continued), 50000m Racewalk (continued), 60000m Racewalk (continued), 70000m Racewalk (continued), 80000m Racewalk (continued), 90000m Racewalk (continued), 100000m Racewalk (continued).

Table of race results for 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

Table of race results for 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

Table of race results for 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

Table of race results for 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

Table of race results for 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

Table of race results for 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m.

The above results are printed here as provided by meet managers. Athletes with an asterisk (*) before their names are not U.S. citizens and do not displace U.S. citizens. Pentathlon individual event marks and scoring will be published in the October issue.

Continued on next page

Continued from previous page

3000m	
M30 Jim Oleske	11:27.80
M35 Doug Kelly	10:44.70
M40 Ted Poulos	9:57.60
M45 John Winkert	14:44.80
M50 J J Wind	12:56.60
M65 Tom Kurihara	14:19.80
High Jump	
M45 Keith Mathis	5
M65 John Sellers	3-8
Long Jump	
M30 James Barr	19-2.50
M45 Keith Mathis	15-9
W50 Hillen Stubendorf	12-9.75
Triple Jump	
M45 Keith Mathis	30-1
Shot Put	
M30 Kunle Lawson	46-6
M35 Peter Pappaceno	38
M45 Keith Mathis	32-5.25
M55 Victor Litwinski	31-9
M60 Troy Mashburn	34-4.75
M65 Ezzat Pashai	35-5.75
W50 Hillen Stubendorf	23-10
Discus	
M30 Kunle Lawson	148-6
M35 Peter Pappaceno	109-7
M65 John Sellers	115-8
W65 Sharon Good	34-6
Javelin	
M30 James Barr	169-9
M45 Keith Mathis	120-2
M55 Russ White	150-10
M65 Ezzat Pashai	130-3
W65 Sharon Good	24-6
Weight Throw	
M30 Kunle Lawson	47-5.50
Mile RW	
W35 Leesa Anderson	14:15.20
W45 C Caravoulas	11:35.60
3000m RW	
W45 C Caravoulas	24:07.20

Long & Strong Throwers Classic

Lancaster, PA; July 13	
Shot Put	
M30 Albert Lechler	15.71
Roy Raines	7.82
M35 Glenn Thompson	17.48
Phil McDonald	10.75
M40 Warren Taylor	15.46
Glenn Metcalfe	9.84
M45 Joe Johns	12.92
Don Jirak	7.99
M50 John Von Rohr	13.29
Mike Kainas	11.33
Rich Dunphy	10.12
M55 Charles Roll	13.84
Carl Levine	9.09
Chas Whitford	7.11
M60 AugustKauffmann	12.22
M65 Bill Kugler	12.70
M70 Ray Feick	11.78
M75 BrianPowerWaters	8.09
M80 PaulEberhardinger	4.62
W30 Jen Stephens	10.46
W40 Oneithe Lewis	AR15.09
(Lewis/14.53/2001)	
W60 Roslyn Katz	7.37
W65 Anna Cirulnick	7.21
Discus	
M30 Albert Lechler	40.70
M35 Glenn Thompson	53.12
Phil McDonald	29.26
M40 Warren Taylor	47.73
M45 Joe Johns	41.75
M50 John Von Rohr	36.14
Dan Folk	28.61
M55 Frank Monroe	32.85
Carl Levine	25.51
Chas Whitford	19.48
M60 Larry Pratt	56.21
Abe Sheinker	25.41
M65 Bill Kugler	34.30
John Sellers	33.94
M70 Ray Feick	35.08
M75 BrianPowerWaters	31.36
M80 PaulEberhardinger	13.29
W30 Jen Stephens	23.84
W40 Oneithe Lewis	42.95
W60 Roslyn Katz	20.57
W65 Anna Cirulnick	16.93
Hammer	
M30 Roy Raines	30.46
M35 Troy Herr	54.01
M40 Mike Bersch	46.56
M45 Carl Shields	48.28
M50 John Von Rohr	45.01
Dan Folk	24.86

M55 Carl Levine	22.09
M60 Abe Sheinker	30.07
M65 John Sellers	34.10
Bill Kugler	25.35
M70 Ray Feick	37.31
M80 PaulEberhardinger	15.61
W30 Jen Stephens	23.73
W40 Oneithe Lewis	WR54.03
(M DussMueller/51.85/2001)	
W60 Roslyn Katz	29.32
W65 Anna Cirulnick	21.38
Javelin	
M30 Bob Luciano	60.85
M40 Glenn Metcalfe	31.75
M50 Greg Geraci	54.37
Dick Richardson	45.03
Dan Folk	16.01
M55 SeyavashKarimian	34.31
Carl Levine	25.18
M65 John Sellers	24.78
Bill Kugler	16.10
M70 Ray Feick	34.46
M75 BrianPowerWaters	17.98
M80 PaulEberhardinger	10.58
W30 Jen Stephens	19.85
W60 Roslyn Katz	15.83
W65 Anna Cirulnick	12.08
Weight Throw	
M30 Roy Raines	8.58
M50 John Von Rohr	14.25
Dan Folk	8.65
M55 Carl Levine	8.45
M60 Abe Sheinker	9.17
M65 Bill Kugler	13.31
John Sellers	10.51
M70 Ray Feick	17.29
M80 Paul Eberhardinger	6.49
W30 Jen Stephens	7.36
W60 Roslyn Katz	12.16
W65 Anna Cirulnick	7.81
Superweight	
M30 Roy Raines	5.63
M50 Dan Folk	4.09
M55 Carl Levine	4.21
M70 Ray Feick	8.78
M80 PaulEberhardinger	3.66

USATF Long Island

Championships	
Uniondale, NY; July 14	
100m	
M35 Jim Reilly	11.0h
M40 Joseph Picini	18.0h
M50 James Lee	13.4h
M55 David Molloy	13.6h
M60 David Rosenthal	15.5h
M65 Lloyd Williams	14.1h
200m	
M40 Gari Powder	27.0h
M50 James Lee	27.5h
M55 David Molloy	27.8h
M60 David Rosenthal	33.1h
M65 Richard Rizzo	28.3h
W40 Caryl Senn	28.6h
400m	
M35 Marc Nesbitt	53.4h
M45 Rockdale Hudson*	1:02.8h
M50 Alex Constantinou	59.7h
M55 Bob Edmonds*	1:14.1h
M65 Irwin Bernstein*	1:11.1h
W40 Stephanie Vega*	1:03.1h
W60 Lisa Daley*	1:00.7h
800m	
M65 Irwin Bernstein*	2:52.8h
1500m	
M40 Ronald Provenzano*	4:52.8h
M45 Pete McNeil	4:33.2h
M50 Bob Schuler	5:11.1h
M60 Joe Cordero	5:32.1h
W35 Beth Zebuth	5:30.4h
W60 M-L Michelsohn	5:50.5h
5000m	
M45 Leo Murillo	21:01.1h
M60 Blaine Lawson	21:01.3h
Short Hurdles	
M55 John Harbulak	19.9h
W40 Caryl Senn	16.6h
Long Hurdles	
M40 Darnell Gating*	54.9h
M50 Rick Lapp	1:03.6h
M55 Mike Milove	1:15.5h
M60 Joe Cordero	1:04.0h
M65 Richard Rizzo	52.8h
4x100m Relay	
M40 Aura*	47.5h
High Jump	
M30 Ed Donnellan	1.70
M50 Ivan Black*	1.46
M60 David Rosenthal	.91
W40 Caryl Senn	1.46

Pole Vault	
M35 Duncan Littlefield	4.50
Long Jump	
M50 Ivan Black*	4.68
M55 John Harbulak	3.58
M60 C J Cuddy	3.51
M65 Ed Kent*	4.06
Triple Jump	
M50 Ivan Black*	10.32
M55 Mike Milove*	10.20
M64 David Rosenthal	7.50
Shot Put	
M40 Michael Clancy	11.25
M45 George Sandas	8.93
M50 Tom Rempe	8.61
M60 C J Cuddy	9.92
M65 Ed Joyce	10.18
W50 Joy Rempe	6.51
Discus	
M40 Michael Clancy	35.54
M50 Tom Rempe	24.38
M55 John Harbulak	27.69
M60 C J Cuddy	29.85
M65 Rich Janson	30.55
W50 Joy Rempe	16.78
Javelin	
M45 George Sandas	22.66
M55 John Harbulak	32.20
M60 C J Cuddy	28.92
M70 Rich Webber	29.60
W40 Caryl Senn	31.38
W50 Susan Nesbital	18.64
3000m RW	
M60 Seth Kaminsky	17:14.5h
*Non-association	

Potomac Valley TC Meet

Alexandria, VA; July 21	
100m	
M30 Patrick Howell	11.40
M35 Lonnie Hooker	11.90
M45 Matt Texier	12.00
M55 Robert Koontz	12.10
W45 Sheryl Lewis	16.60
200m	
M30 Patrick Howell	24.00
M50 J J Wind	46.90
M55 Jim Thurman	27.60
M60 David Rosenthal	34.10
M70 Ralph Romain	27.10
W45 Martha Lutz	30.10
400m	
M35 Greg Pennell	1:01.00
M55 Melvin Fields	59.90
M70 Ralph Romain	1:01.30
W45 Martha Lutz	1:10.10
800m	
M30 Blair Desio	1:59.60
M35 Greg Pennell	2:26.10
M50 Larry Hart	2:41.70
M60 James Verdier	2:56.30
Mile	
M30 Patrick Howell	5:08.40
M35 David Caldwell	5:07.40
M40 Ted Poulos	4:55.80
M50 Dan Eddy	5:15.90
M60 James Verdier	6:07.20
W30 Samantha Kirby	6:09.80
W40 Sarah Buckheit	6:22.20
3000m	
M30 Jim Oleske	11:24.00
M40 Ted Poulos	9:58.00
M45 John Winkert	14:41.20
W30 Jennifer Lazio	13:07.20
Long Jump	
M30 James Barr	19-4
M60 David Rosenthal	11-4.50
Triple Jump	
M60 David Rosenthal	25-8.50
Shot Put	
M55 Victor Litwinski	32-6
M65 Ezzat Pashai	34-4.25
Discus	
M30 James Barr	119-7
M55 Victor Litwinski	99-5
M65 Ezzat Pashai	113-7
M75 Charles Pistorino	80-9
Javelin	
M30 James Barr	163
M40 Marvin Daniel	80-3
M55 Victor Litwinski	83-9
M65 Ezzat Pashai	127-9
M75 Charles Pistorino	85-4
Weight Throw	
M55 Victor Litwinski	26-6
Mile RW	
M55 Bob Ryan	11:01.30

3000m RW	
M55 Victor Litwinski	18:25.40
M60 Basil Grant	21:45.50
W30 Sara Grimes	20:29.20
W35 Shari Tanck	24:19.00
W40 Virginia Ingles	17:02.50
W45 Nadine James	23:01.90
W55 M Hennessey	22:54.90

USATF East Regional Masters

Championships	
Springfield College, MA; July 26-27	
100m	
M30 Barney Borromeo	11.33
Michael Lucas	12.21
Mark Coley	12.42
M35 Tim Gunn	11.85
M40 David Cherry	12.16
David Neumann	12.29
Michael Elliott	15.03
M45 Ed James	11.97
Michael Fortunata	13.44
Frank Sharpe	13.97
M50 Jesse Norman	12.26
Dennis Braun	12.54
David Westover	12.81
Bob Marchetti	13.91
Chris Hitchcock	14.02
M55 Ron Johnson	12.95
Richard Jones	13.09
Jewell Wilson	14.15
Gary Snyder	14.21
M65 Wm Bittner	13.60
Dick Camp	13.64
Dennis Melanson	13.78
Lloyd Williams	13.87
Spencer Parrish	15.34
M70 Robert Bruce	15.39
Donald Hudson	15.76
Tom Talbott	17.24
M75 Frank Brako	16.82
W35 Kisha Carman	13.3
M50 Sharon Warren	14.1
Margaret Curtis	14.6
Virginia Angell	17.7
M65 Barbara Jordan	16.0
Hannelore Boerner	18.9
M75 Pat Peterson	19.2
200m	
M30 Steve Boedeker	24.45
Mark Coley	25.02
M35 Tim Gunn	23.74
Steve Kwiat	25.08
M40 Darnell Gating	23.52
Daniel Cherry	24.21
David Bynoe	24.56
David Neumann	24.78
Anthony Boeno	32.66
M45 Ben James	23.60
Ed James	24.92
M50 Ed Gonera	23.61
Jesse Norman	24.49
Dennis Braun	t25.69
Larry Libow	t25.69
Carroll Blake	26.66
M55 Roger Pierce	25.56
Ron Johnson	25.73
Warren Graff	26.91
Richard Jones	26.99
Jewell Wilson	30.07
M60 Phil Byrne	29.60
Barry Kline	31.85
M65 Dick Camp	28.31
Wm Bittner	28.93
Rich Rizzo	29.16
M30 Jim Oleske	30.96
John MacDonald	30.96
Spencer Parrish	32.40
M70 Robert Bruce	31.83
Tom Talbott	35.04
Don Bramante	35.14
M75 Y M Naci	35.84
Frank Brako	39.91
M80 Jim Manno	35.07
M85 Bob Matteson	40.97
W30 Lisa Daley	26.83
W40 Louise Clark	30.47
W45 Gail Johns-Rees	30.27
W50 Sharon Warren	29.01
Margaret Curtis	29.57
W65 Barbara Jordan	34.64
Hannelore Boerner	34.82
W75 Pat Peterson	42.30
400m	
M30 Adam Gardner	52.97
Steve Boedeker	53.00
Bob Chinchillo	55.81
M35 James Scosney	53.90
Steve Kwiat	55.10
Alan Bautista	56.26
M40 Saladin Allah	50.66
David Bynoe	53.96
Michael Elliott	57.78
Gino Caro	59.84
M45 Ben James	52.34

Francis Schiro	54.80
M50 Ed Gonera	52.41
Carroll Blake	56.24
Dennis Braun	56.83
Errol Lee	58.18
M55 Roger Pierce	57.90
Gary Snyder	65.26
Joe Burleson	72.81
M65 John MacDonald	65.69
Chris Rush	66.86
Irwin Bernstein	71.11
Mike Patterson	77.95
M70 Tom Talbott	79.56
Don Bramante	86.22
M75 Y M Naci	75.73
Tim Sugure	1:59.49
M80 Jim Manno	82.53
M85 Bob Matteson	1:40.42
W30 Lisa Daley	59.82
AlexandriaWaddell	60.87
W35 Julia Casais	64.88
W40 Louise Clark	69.31
W45 Irene Thompson	64.34
Gail JohnsRees	66.80
W50 Margaret Curtis	65.38
W65 Hannelore Boerner	84.36
800m	
M30 Brian Hickey	2:09.62
M35 Tom Metz	2:12.19
ManuelChinchilla	2:13.12
John Hanlon	2:18.64
M40 Saladin Allah	2:04.19
Michale DeLuz	2:25.30
Kevin McKenna	2:28.52
M45 Doug Bogert	2:25.55
Peter Michaelson	2:32.04
Anthony Baker	2:35.85
Mark Ringiewicz	2:54.31
M50 Jame Corridan	2:19.24
Stephen Viegas	2:24.82
Bob Pertak	2:26.35
Stephen Davis	2:50.23
M55 Frank Handelman	2:22.07
Steve Prouty	2:25.51
Ernie Heimberg	2:29.05
JonathanTetherly	2:37.10
Joe Burleson	2:51.96
M60 Sid Howard	2:26.46
Rich Colasuonno	2:41.37
Ken Skinner	2:52.41
M65 Chris Rush	2:32.21
Frank Haviland	2:37.08
Jim Aneshansley	2:39.80
Kieran O'Reilly	2:40.42
Bill Spencer	2:45.66
M70 Y M Naci	3:37.35
Tim Sugure	4:47.97
M80 Bill Tribou	3:34.25
W30AlexandriaWaddell	2:23.31
MarikaSickinger	2:56.51
W65 Mary Harada	3:33.41
Mile	
M35 Ed Skricki	5:10.64
ManuelChinchilla	5:13.69
M40 Anthony Boeno	6:06.35
M45 Greg Hanson	6:05.03
Mark Ringiewicz	6:38.24
M50 Mike McCusker	4:53.77
M60 Sid Howard	5:28.06
Rich Colasuonno	5:34.81
John Pelton	5:49.66
Ken Skinner	6:04.16
Jerry LeVasseur	6:36.73
M65 Frank Haviland	5:52.81
Bill Spencer	5:54.96
Jim Aneshansley	5:55.02
Tom Butterfield	6:23.23
Dillon Maier	7:18.56
M75 Tim Sugure	10:11.43
M80 Bill Tribou	7:54.43
W30 AlexandriaWaddell	5:39.95
Marika Sickinger	6:31.49
W40 Karen Lein	7:08.13
W60 Zofia Turosz	7:01.71
W65 Mary Harada	7:30.69
5000m	
M40 Dennis Coleman	17:38.58
Kevin Manghan	19:40.40
M45 John Matthews	17:24.02
M60	

Continued from previous page

M45 Dan Wallace	11.93
Carl Reichard	10.77
Don DeMatteo	10.53
Mark Ringiewicz	7.77
Don Jirak	6.75
M50 Peter Thompson	10.76
Dave Tousignant	10.19
Rich Dunphy	10.12
Stephen Davis	9.71
M55 Chas Roll	13.89
Ken Rose	12.79
Bill Hiney	12.74
Doug Renwick	10.93
Walt Roucken	10.30
M60 Gary Crawford	11.03
M65 Gerald Vaughn	13.92
Len Rosen	11.56
Louis Capano	10.91
Geo Cormey	10.58
Chuck Yost	10.47
M70 ApostXanthopoulos	12.40
Lay Feick	11.68
Ren Olson	10.23
M75 Frank Brako	7.24
W35 Jane Decker	10.47
JanetSikowskiRitte	9.03
W40 Oneitha Lewis AR14.66	(Lewis/14.53/2001)
Denise Houseman	10.80
W55 MarthOppenheimer	5.53
W60 Roslyn Katz	7.09
KathyBalthazarHei	6.90
Judy Scott	6.37
W65 Anna Cirulnick	6.89
Marcia Crooks	6.34
Amy Hicks	6.30
W70 Harriet Patch	5.75
Discus	
M30 Roy Rains	23.75
M35 Glenn Thompson	49.19
Norman Deep	33.43
Scott Hanney	33.35
Kevin Ritter	23.40
M45 Pat Morris	36.89
Dan Wallace	35.00
Mike Fortunata	32.76
Carl Reichard	28.92
M50 Peter Thompson	34.99
Frank Sestokas	33.53
Dave Tousignant	32.59
Pat Lynn	30.03
John Oleski	27.13
M55 Bill Hiney	41.75
Vic Radzevich	33.32
Frank Monroe	32.71
Kent Worder	31.70
Doug Renwick	28.17
M60 Larry Pratt	48.56
David MacMillan	46.51
Gary Crawford	39.48
Phil Byrne	37.98
John Lang	36.84
M65 Len Rosen	39.52
Geo Cormey	33.19
Louis Capano	33.15
Chuck Yost	33.03
Wm Barker	29.25
M70 ApostXanthopoulos	37.22
Len Olson	36.11
Wm Garrahan	34.82
Ray Feick	32.37
Don Hudson	31.46
M75 Frank Brako	17.64
W35 Jane Decker	30.98
JanetSinkowskiRitte	26.87
W40 Oneitha Lewis	42.04
Denise Houseman	27.09
W55 MarthOppenheimer	15.09
W60 Roslyn Katz	20.04
Judy Scott	18.18
W65 Joan Youngs	18.96
Amy Hicks	18.60
Marcia Crooks	17.78
Anna Cirulnick	16.10
W70 Harriet Patch	13.29
W75 Doris Berlepsch	10.42
Hammer	
M30 Roy Rains	27.35
M35 Norman Deep	39.44
M45 Carl Reichard	42.28
Dan Wallace	35.38
M70 Ray Feick	37.27
ApostXanthopoulos	32.63
Donald Hudson	32.36
M75 James Crawford	33.38
W35 Jane Decker	18.38
W40 Oneitha Lewis WR55.68	(DussMueller/51.85/2001)
Denise Houseman	41.44
W55 MarthOppenheimer	17.22

W60 Roslyn Katz	27.37
KathyBalthazarHei	16.48
W65 Amy Hicks	23.67
Anna Cirulnick	21.01
Marcia Crooks	15.77
Javelin	
M30 Rich DeStefano	66.11
M35 Scott Hanney	57.14
M40 Roy Hadden	51.00
Anthony Boerio	21.52
M45 Don Jirak	22.45
M50 Greg Geraci	55.74
Buzz Gagne	48.16
Ken Effler	46.66
Jim Queeny	39.82
M55 Bob Borshay	22.64
M60 Phil Byrne	41.10
John Lang	37.61
Dave Servis	31.14
Tom Fitzgerald	27.02
M65 Bob Youngs	40.96
Frank Illuzzi	40.40
Chuck Yost	31.66
Geo Cormey	30.16
Tom Butterfield	27.18
M70 ApostXanthopoulos	36.26
Ray Feick	34.84
Wm Garrahan	33.84
Len Olson	28.46
M75 Frank Brako	15.68
W35 Jane Decker	18.72
W40 Laura Charewicz	31.69
Oneitha Lewis	30.44
Lori Harper	18.95
Denise Houseman	17.50
W45 Irene Thompson	25.47
W50 June Fichter	14.25
W55 MarthOppenheimer	11.92
W60 Roslyn Katz	17.75
W65 Amy Hicks	20.22
Joan Hicks	18.89
Marcia Crooks	14.15
Anna Cirulnick	11.63
W70 Harriet Patch	10.16
W75 Doris Berlepsch	12.44
5000m Racewalk	
M50 Brian Savilonis	25:43.92
M55 Bob Keating	24:56.11
Bill Harriman	28:56.95
Chas Mansbach	31:46.51
M60 Gustave Davis	34:08.99
Tom Fitzgerald	40:03.91
M65 Allyn Evans	31:39.05
Spencer Parrish	34:14.51
James Pine	41:10.03
M70 Bill McCann	34:14.71
Louis Free	34:22.56
W35 Jean Tenan	29:18.38
HollyWenninger	30:21.49
GingerArmstrong	32:24.01
W40 MaryanTorrellas	27:22.83
Ann Percival	29:07.90
W55JoanneHarriman	33:16.27
Pat Godfrey	33:31.08
W60 Lois Dicker	31:10.31

SOUTHEAST

Florida AC South Florida Meet	
Palm Beach Gardens; June 22	
100m	
M40 John Holzman	12.55
Ralph Minton	12.55
M60 Avital Schurr	13.47
Ray Lebowitz	14.30
M65 Benjamin Jiminez	17.17
M70 Larry Fleischman	16.13
200m	
M35 Dan Bergeson	27.00
M40 Martin Fox	26.89
John Kealty	28.79
M45 Jeffrey Elliot	25.85
M60 Avital Schurr	27.90
Lionel Bonch	28.10
M65 Benjamin Jiminez	39.32
400m	
M40 Martin Fox	1:00.4
John Kealty	1:07.5
M45 Jeffrey Elliot	58.6
M60 Lionel Bonch	1:05.2
M70 Alan Smith	1:32.9
800m	
M35 Dan Bergeson	2:18.5
Miguel Dias	2:35.5
M45 Pat Casey	2:24.3
Tim Murr	2:50.3
M55 Matt Duncan	2:40.2
Wayne Boynton	3:05.7
M70 Alan Smith	3:18.7
Martin Quinn	3:51.5
W40 Elaine Rancatore	2:43.9

Jo Anne Miller	3:04.7
W45 Rosa Rogers	3:08.2
W60 Willy Moolenaar	3:11.7
1500m	
M30 Aldo Viramo	4:34.9
M35 Miguel Dias	5:23.7
M45 Jose Clavijo	4:39.6
Pat Casey	5:26.4
M55 Matt Duncan	5:42.9
Wayne Boynton	6:05.8
M60 Joseph Glazer	6:37.1
M70 Martin Quinn	7:18.2
M75 Tom McDonald	7:45.5
W30 Monica Rossi-Nomler	5:55.8
W40 Elaine Rancatore	5:47.4
M45 Rosa Rogers	6:35.3
W60 Willy Moolenaar	6:48.5
3000m	
M40 John Kealty	13:24.5
M45 Jose Clavijo	12:26.5
M55 Wayne Boynton	12:26.6
M60 Joseph Glazer	14:17.8
M70 Martin Quinn	14:58.8
M75 Tom McDonald	16:12.0
W55 Maria Clavijo	17:23.3
High Jump	
M60 Ray Lebowitz	1.07
M65 Rudy Houg	1.32
M70 Larry Fleischman	1.22
Ed Holmes	1.07
Long Jump	
M40 Ralph Minton	5.03
M60 Ray Lebowitz	3.77
M65 Benjamin Jiminez	3.60
Don Zaccardo	2.83
Triple Jump	
M45 Jesus Virella	9.67
M60 Ray Lebowitz	8.18
Shot Put	
M60 Bob Cahners	11.52
Ray Lebowitz	9.79
M65 Rudy Houg	11.43
Don Zaccardo	6.46
M70 Lou Pollay	11.50
Larry Fleischman	10.00
M75 Ed Holmes	9.60
W60 Loyda Jiminez	4.89
Discus	
M60 Bob Cahners	32.96
Ray Lebowitz	31.67
M65 Rudy Houg	43.48
Don Zaccardo	23.76
Benjamin Jiminez	21.82
M70 Larry Fleischman	27.62
Ed Holmes	27.00
Hammer	
M60 Bob Cahners	45.17
M65 Don Zaccardo	17.30
Javelin	
M45 Jesus Virella	48.77
M50 Nate Robinson	44.92
M60 Ray Lebowitz	24.10
M65 Don Zaccardo	24.27
M70 Larry Fleischman	23.75
W40 Kristya Yackey	16.00
20# Weight Throw	
M60 Bob Cahners	18.45
M65 Don Zaccardo	7.00
1500m RW (unjudged)	
M45 Mike Felling	6:55.65
M55 Dan Koch	9:08.56
M60 Bob Cella	8:27.10
M70 Bob Fine	9:13.93
M75 Dan De Mauro	10:46.35
W35 Carolyn Kealty	8:28.30
W70 Ruth Perraud	11:59.39
3000m RW (unjudged)	
M55 Dan Koch	18:34.5h
M60 Bob Cella	17:52.8h
M70 Bob Fine	18:50.1h
M75 Danny De Mauro	21:45.5h
W35 Carolyn Kealty	18:24.6h
W70 Ruth Perraud	24:50.6h

MIDWEST

USATF Wisconsin Championships	
Milwaukee; June 20-22	
100m	
M40 Jeffrey Frerks	12.26
Reggie Rabb	12.77
Norm Monsen	13.08
M45 Stan Druckrey	13.41
Edwin Burlington	13.87
Tim Roberts	16.18

M55 Jim Lee	13.51
M60 David Ewey	15.13
M70 Bill Baxter	17.32
W45 Cindy Carter	17.66
W55 Lynne Ingalls	15.27
200m	
M40 Jeffrey Frerks	25.39
Norm Monsen	27.00
Brian McBride	28.37
M45 Richard Srnka	26.52
Paul Turpin	26.53
George Schroeder	27.01
M60 David Ewey	33.03
W35 Aberdeen Morton	29.07
W55 Lynne Ingalls	31.47
400m	
M35 Todd Barden	59.76
M40 Brian McBride	63.54
M45 Paul Turpin	58.54
Lorn Dilley	63.70
M50 Jerry Feldhausen	64.87
M65 Richard Collins	94.87
M70 Alfred DuBois	80.22
Bill Baxter	86.15
W35 Aberdeen Morton	64.19
W55 Lynne Ingalls	71.66
800m	
M35 Anthony Gilbert	2:23.59
M45 Don Smith	3:01.57
M70 Alfred DuBois	3:16.18
1500m	
M40 David Kaminski	4:27.60
M45 Don Smith	5:58.05
3000m	
M30 Keith Mulhollon	9:30.70
M45 Bruce Brown	10:33.03
W35 Sandra Gregorich	11:47.48
5000m	
W40 MelaniMcManus	21:54.01
Short Hurdles	
M45 Robert Zahn	16.80
W35 Leesa Fookes	18.35
W45 Cindy Carter	29.41
Long Hurdles	
W45 Cindy Carter	1:50.85
4x400m Relay	
M45 Happy Cadavers	4:13.81
High Jump	
M50 Edwin Burlington	1.48
Ed Greene	1.33
M70 Bill Baxter	1.02
Pole Vault	
M40 Dave Gilbert	4.12
M50 John Chnstran	3.36
Ed Greene	2.59
M70 Tom Hinkes	2.15
Long Jump	
M40 Ronald Utz	5.37
James Higgins	5.29
Brian McBride	4.33
M45 Richard Srnka	5.17
George Schroeder	4.35
M50 Stan Druckrey	4.98
Ed Greene	4.05
Tim Roberts	3.92
M70 Bill Baxter	3.44
W45 Cindy Carter	3.39
Triple Jump	
M40 Ronald Utz	11.51
M70 Bill Baxter	5.40
Shot Put	
M35 John Rose	14.45
M50 Randall Canham	13.85
Tim Seifert	13.80
Jerry Amundson	13.18
M55 Rich Woosencraft	12.25
M60 Stephen Cohen	12.63
W65 Janice Wolowicz	6.07
Discus	
M35 John Rose	43.45
M50 Tim Seifert	41.26
Greg Zachwieja	39.55
Jerry Amundson	38.84
M55 Lee England	44.65
Rich Woosencraft	34.70
M60 Stephen Cohen	43.11
W65 Janice Wolowicz	13.85
Javelin	
M45 Garry Martin	32.12
M50 Tim Roberts	30.61
W65 Janice Wolowicz	11.91
Decathlon	
M40 Andy Colbert	3076
M50 Neal Schuster	2118
5000m Racewalk	
M50 Ron Winkler	32:55.69
M70 Alfred DuBois	29:57.28
Bill Baxter	37:44.42
W45 Judy Myers	30:56.01
W50 Judy Stock	38:04.32

Cleveland Track Classic

Breaksville, OH; July 6	
80m	
M30 Boyce Watkins	7.87

M35 Steven Bunn	7.38
M40 Rodney Wilson	7.85
W35 Euni Canty	9.92
W40 Susan Stephenson	9.74
W60 Mary Robinson	9.89
100m	
M30 Boyd Watkins	12.30
M35 Khalid Mulazim	11.32
M40 Rodney Wilson	12.73
M50 Doston Jones	12.94
M55 Tim Butts	13.28
M60 David Stern	14.61
M70 James Stookey	14.66
M75 Dean Shaw	15.26
M85 Bill Weinacht	16.95
W35 Linda Carty	13.91
W40 Susan Stephenson	15.92
W60 Mary Robinson	15.84
W65 Audrey Lary	15.71
200m	
M35 Khalid Mulazim	22.74
M40 Larry Finley	26.06
M45 Walter Hawkins	25.89
M60 David Stern	30.12
M75 George Riser	34.04
W40 Susan Stephenson	34.08
W60 Mary Robinson	33.70
400m	
M30 Boyce Watkins	60.77
M35 Khalid Mulazim	52.36
M40 Gary Coiro	59.25
M45 Walter Hawkins	56.37
M50 Norman Thomas	67.76
M75 George Riser	85.26
W35 Sheri Liebschner	72.26
W40 Joanne Siegel	60.34
W60 Mary Robinson	79.15
W65 Grace Butcher	84.93
800m	
M30 Ben Hill	3:19.87
M75 David Cavicchi	7:07.35
W40 Joanne Siegel	2:55.19
W50 Mary Hartzler	3:10.52
W65 Grace Butcher	2:56.74
1500m	
M40 Tom Cavicchi	5:12.83
M45 Jim Wilhelm	4:34.39
M75 Richard Cavicchi	14:14.19
W40 Joanne Siegel	5:56.25
W55 Helen Younglas	8:21.89
W70 Mary Cavicchi	14:45.22
3000m	
M30 Jeff Day	9:36
M40 Tom Cavicchi	10.42
M45 Toby Barvincak	11.48
M50 Randy Barkacs	10.52
M55 Bob Kuebler	11.41
W35 Debbi Kilpatrick	10.06
W40 Joanne Siegel	12.20
W45 Mary Watson	12.37
W70 Mary Cavicchi	30.29
Short Hurdles	
M40 Grover Coats	15.75
300mH	
M40 Kelly Lycan	49.18
M60 Barry Kline	46.09
4x100m Relay	
M40 OFLY	55.48
High Jump	
M50 Bob Rockwell	4-10.75
M60 Barry Kline	4-8.75
M70 Wm Simmons	4-2
M75 Geo Roubush	3-6
Pole Vault	
M40 Frank Makozy	10-6
M70 Chuck Wiedman	6-10
Long Jump	
M30 Boyce Watkins	15-6
M35 Chip Johnson	18-11.5
M50 Bob Rockwell	15-11
M55 Jerry Boswell	17-7.75
M60 Grover Coats	13-0.75
M70 Dan Kellarney	11-8.5
W35 Linda Carty	15-5.5
W40 SusanStephenso	12-4
W65 Audrey Lary	11-4.75
	

Continued from previous page

M75 Phil Brusca	110-0
W65 Janet Amery	31-6
Javelin	
M65 Pete Stopoulos	88-5
M75 Phil Brusca	81-5
W65 Pat Beam	54-8

Oak Forest Masters Meet
Oak Forest, IL; July 21

100m	
M35 Steve Bunn	11.82
M45 Tom Rewolinski	12.77
M50 Gerry Krainik	12.32
M65 Don Amery	15.07
M70 Harry Brown	13.78
W45 Leah Rewolinski	17.04
W55 Lynne Ingalls	15.16
W65 Patricia Beam	18.91
200m	
M35 Ennis Taylor	24.13
M45 Tom Rewolinski	27.00
M50 Gerry Krainik	24.94
M65 Don Amery	30.40
W45 Leah Rewolinski	35.83
W55 Lynne Ingalls	30.94
W65 Patricia Beam	40.98
400m	
M55 Leon Savenas	1:01.51
M65 Walter Czarny	1:25.58
M70 Harry Brown	1:07.29
W55 Lynne Ingalls	1:03.82
800m	
M30 Daniel Cress	2:14.21
M35 Roger Bashore	2:08.84
M50 Jerry Feldhausen	2:32.81
M60 Jeremy Lys	2:47.68
3200m	
M40 Aney Colbert	13:45.85
Short Hurdles	
M45 Robert Zahn	15.10
M50 Stan Druckery	16.78
M60 Bruce Mills	18.88
Long Hurdles	
M45 Robert Zahn	47.90
M60 Bruce Mills	1:02.30
High Jump	
M40 Andy Colbert	5-0
M45 Jeff Watry	5-4
M65 Tom Langenfeld	4-10
Pole Vault	
M40 Andy Colbert	11-6
M45 Jeff Watry	10-6
Long Jump	
M40 Andy Colbert	13-11
M45 Jeff Watry	16-6.25
M50 Stan Druckery	16-7.75
Shot Put	
M30 Wayne Keneipp	12.60
M40 Walter Shields	14.50
M50 Tim Seifert	13.18
M60 Stephen Cohen	12.69
M65 Don Amery	9.88
M70 Larry Marsh	10.97
W50 Linda Romansic	6.25
W65 Patricia Beam	7.67
Discus	
M40 Walter Shields	37.09
M50 Tim Seifert	39.62
M55 Loran Robertson	40.86
M60 Stephen Cohen	42.12
M65 Everett Hardy	37.88
M70 Larry Marsh	28.68
W50 Linda Romansic	15.82
W65 Patricia Beam	20.19
Javelin	
M45 Jeff Watry	39.35
M50 Jack Romansic	29.72
M60 Gene Primm	30.58
M65 Walter Czarny	29.95
M70 Larry Marsh	34.18
W50 Linca Romansic	13.03
W65 Patricia Beam	17.38

Rocky Mountain Masters Throwers
UNC, Greeley, CO; June 30

Hammer	
W55 Sharon Raham	15.49
M40 Rande Treece	50.02
Milt Girouard	32.15
M50 Tim Edwards	49.05
M55 Ian Percy	41.04
M65 Robin Herron	27.43
Shot Put	
W55 Sharon Raham	8.30
M40 Milt Girouard	14.88
Rande Treece	11.07
M50 Tim Muller	14.02
M55 Ian Percy	11.98
M65 Robin Herron	11.33
Discus	
W55 Sharon Raham	24.65
M40 Milt Girouard	44.22
Rande Treece	37.44
M50 Tim Muller	50.01
Tim Edwards	41.66
M55 Ian Percy	46.02
M65 Robin Herron	35.60
Javelin	
W55 Sharon Raham	25.70
M40 Milt Girouard	41.52
Rande Treece	35.28
M55 Ian Percy	45.80
M65 Robin Herron	25.85
Weight Throw	
W55 Sharon Raham	6.52
M40 Rande Treece	14.51
Milt Girouard	11.62
M50 Tim Edwards	18.09
M55 Ian Percy	14.80
M65 Robin Herron	13.44
Super-Weight Throw	
M40 Rande Treece	7.44

MID-AMERICA

BOTC Meet
Urbandale, IA; June 22

100m	
F30 Kelli Wenzel	13.13
M35 Jeff Alaimo	12.13
M40 Jeff Stone	11.59
John Briggs	12.12
Mathias Liebergessel	13.25
M55 Les Lane	12.53
M65 Ken Clark	16.41
M75 Mel Larsen	13.43

200m	
M30 Marek Wenzel	22.27
M35 Jeff Alaimo	25.90
M40 Jeff Stone	24.77
M75 Mel Larsen	32.75
400m	
M30 Marek Wenzel	50.25
M40 John Briggs	1:07.00
M50 Mike Moser	1:08.70
800m	
M30 David Nash	1:58.75
1500m	
M40 Kevin Vanderlinden	4:39.99
80/100m Hurdles	
M50 Carter Holmes	19.00
M60 George LaBelle	20.44
M75 Mel Larsen	18.70
300 Hurdles	
M60 George LaBelle	1:05.51
3000m Racewalk	
M60 George LaBelle	25:16.12
Shot Put	
M30 Marek Wenzel	39'10"
M35 Todd Davis	47'4"
M40 Nate Hanson	35'9"
M45 Matt Byrnes	41'7"
M50 Mike Moser	30'3"
M60 George LaBelle	36'1"
M65 Ken Clark	30'2"
Discus	
M30 Marek Wenzel	112'10"
M35 Todd Davis	155'11"
M40 Nate Hanson	96'9"
M60 George LaBelle	97'2"
Long Jump	
M35 Jeff Alaimo	17'0"
M65 Ken Clark	11'1"
Triple Jump	
M60 George LaBelle	22'0"
M65 Ken Clark	22'1"
High Jump	
F40 Michele Lastovica	4'0"
M50 Mike Moser	4'4"
M55 Les Lane	4'10"
M60 George LaBelle	3'10"
M65 Tom Langenfeld	4'10"
Ken Clark	3'2"

2002 USATF/NM Masters Meet Albuquerque; July 7	
100m	
MW40 Peggy Wilson	14.1
Robin Galloway	14.8
Kathy Reed	15.8
MW45 Mileah Loeb	18.2
MW50 Colleen Burns	15.2
MW55 Laurie Barton	16.3
Jenny Dobbert	17.2
Jane Harrington	17.2
MW65 Joan Blair	27.6
MM40 Jim Pritchard	12.4
Herb Behm	13.2
Tony Gonzales	13.8
MM45 Mike Pannell	12.3
MM50 Paul Blankenship	13.9
MM55 Edward Jones	12.3
Richard Wild	12.9
Roger Assink	13.2
MM60 Ron Kirkpatrick	14.8
MM70 Andy Anderson	15.7
200m	
MW40 Robin Galloway	30.7
Kathy Reed	33.2
MW45 Mileah Loeb	40.7
MW50 Colleen Burns	30.7
Vicki McEvoy	40.7
Deanna Scoville	41.3
MW55 Laurie Barton	35.0
Jane Harrington	38.2
Jenny Dobbert	39.7
MW65 Joan Blair	68.2
MM40 Jim Pritchard	25.3
MM45 Tony Gonzales	27.4
Herb Behm	28.1
MM45 Mike Pannell	25.1
MM50 Pat Fort	36.5
MM55 Edward Jones	25.6
Roger Assink	27.3
Richard Wild	28.3
MM60 Ron Kirkpatrick	28.6
MM70 Andy Anderson	33.3
400m	
MW30 Jackie Kirstein	1:28.6
MW40 Robin Galloway	1:13.5
MW45 Karen Blackmore	1:22.2
MW50 Deanna Scoville	1:29.9
Vicki McEvoy	1:29.8
MW65 Joan Blair	2:36.0
MM40 David Hampton	61.0
MM45 Mike Pannell	55.8
MM50 Bobby Toler	61.3
Mark Miller	64.9
MM60 Ron Kirkpatrick	65.1
MM75 Chet Warwick	1:48.8
800m	
MW30 Jackie Kirstein	3:46.0
MW40 Mary Lou Gooris	3:16.7
Lisa Hampton	3:52.5
MW45 Judith Udall	3:36.7
MW50 Deanna Scoville	3:45.6
MM40 Blake Wood	2:19.9
MM70 Don Leis	4:17.3
1500m	
MW45 Judith Udall	7:29.3
MM40 Blake Wood	4:33.7
Tim Newell	4:45.2
MM45 Paul Gooris	5:27.7
3000m	
MW45 Lucille Braher	12:32.8
5000m	
MM40 Tim Newell	17:17.3
MM45 Wayne Chick	17:46.6
MM55 Robert Pratte	19:26.0
3000m Racewalk	
MW40 Karen Jeffery	18:12.2
MW65 Marj Larragoite	20:18.9
MM45 Greg Jochems	18:15.2
MM55 Peter Procopio	20:09.3
MM70 Ryszard Nawrocki	22:43.8
Short Hurdles	
MW40 Peggy Wilson	14.5
MM60 Ron Kirkpatrick	19.5
4x100m Relay	
MW40 4 Flying Females	63.6
Phoenix Mt.	64.6
MW50 Phoenix Mt.	71.6
MM40 Dusten	55.1
4x400m Relay	
MW40 4 Flying Females	5:35.4
High Jump	
MW55 Laurie Barton	1.21
MW65 Christel Donley	1.12
MM50 John Barton	1.41
MM55 Bill Forsyth	1.31
MM60 Mike Valle	1.21
MM65 Ray Fitzhugh	1.31

Pole Vault	
MM60 Gary Isham	2.74
MM65 Ray Fitzhugh	2.59
MM70 Jerry Donley	2.89
Long Jump	
MW40 Peggy Wilson	4.15
Mary Lou Gooris	3.19
Lisa Hampton	2.52
MW50 Deb Vestal	2.25
MW55 Laurie Barton	3.38
MM75 Willie Gatza	1.36
MM40 Charles Bryan	3.91
David Hampton	3.82
MM45 Paul Gooris	3.98
MM50 Paul Blankenship	4.54
Jack Eichorn	4.14
John Barton	3.53
MM55 Edward Jones	5.48
Richard Wild	4.56
MM65 Ray Fitzhugh	3.88
MM70 Don Leis	2.58
MM75 Chet Warwick	2.64
Triple Jump	
MW40 Mary Lou Gooris	6.91
MW50 Deb Vestal	5.35
MM40 Charles Bryan	9.18
MM65 Ray Fitzhugh	8.06
Shot Put	
MW40 Mary Lou Gooris	5.50
MW65 Christel Donley	8.05
MW75 Willie Gatza	4.54
MM80 Marjorie Holmes	4.18
MM30 Patrick Hochmadel	13.85
MM35 Darryl Johnson	12.10
MM40 Tom Casnadi	10.87
MM50 Michael Shiras	16.01
Steve Ross	14.00
Tim Fuehrer	10.10
MM55 Paul Economides	15.27
Bill Forsyth	9.49
MM60 Stephen Cohen	13.04
Mike Valle	12.33
MM65 James Koch	12.50
Ray Fitzhugh	9.30
Al Clowser	9.02
MM70 Wendell Palmer	13.15
Don Leis	7.67
MM75 Edwin Johnson	7.04
MM80 Frank Bowles	9.50
Lee Hirst	8.06
Discus	
MW50 Deb Vestal	15.59
MW75 Willie Gatza	11.41
MM35 Darryl Johnson	30.00
MM40 Tom Casnadi	33.06
MM45 Patrick Jaramillo	29.83
MM50 Dennis Umahler	48.07
Steve Ross	42.00
Jack Eichorn	32.02
MM55 Paul Economides	43.86
Bill Forsyth	32.81
MM60 Stephen Cohen	43.23
Mike Valle	40.86
MM65 Ray Fitzhugh	30.38
Al Clowser	30.31
Wayne Moria	28.03
MM70 Wendell Palmer	45.43
Roy Johnson	32.00
MM75 Edwin Johnson	20.22
MM80 Lee Hirst	22.10
Javelin	
MW65 Christel Donley	22.82
MW75 Willie Gatza	11.80
MM40 Herb Behm	30.09
MM45 Patrick Jaramillo	28.12
Paul Gooris	24.28
MM50 Pat Fort	25.88
MM60 Mike Valle	32.70
MM65 Ray Fitzhugh	29.60
Al Clowser	20.18
MM70 Wendell Palmer	19.66
MM75 Chet Warwick	16.20
MM80 Frank Bowles	29.70
Lee Hirst	20.08
Hammer	
MW70 Judy Fetherston	24.67
MW75 Willie Gatza	11.50
MM40 Jeff Crothers	36.88
MM55 Paul Economides	51.85
Bill Forsyth	28.97
MM60 Mike Valle	42.30
MM65 Al Clowser	26.03
MM70 Wendell Palmer	37.89
MM80 Frank Bowles	23.63

SOUTHWEST

North Texas Senior Olympics Wichita Falls; June 1	
100m	
M50 Gene Iwen	13.36
M55 Michael Vaught	13.00
M60 Ron Colliver	13.90

M65 Wayne Bennett	13.06
M70 Joe Vaughn	15.27
M75 J Gresham	16.32
M80 Bill Carter	15.36
M85 Joe Henderson	20.30
W50 Oneala O'Brian	14.99
W60 Shelly Whitlock	16.35
Joe Quartano	17.84
W65 Mary Bradford	33.21
W75 Lillie Doss	21.93
W80 Nita Henderson	21.93
200m	
M50 Gene Iwen	26.44
M55 Tom Fisher	26.95
M60 Troy Scoggins	27.16
M65 James Leggett	29.46
M70 Joe Vaughn	33.00
M75 Jack Gilbert	36.46
M80 Claude Spears	44.24
M85 Joe Henderson	48.04
W50 Oneala O'Brian	33.01
W60 Shelly Whitlock	37.80
W65 Mary Bradford	42.25
W75 Lillie Doss	74.90
400m	
M50 Richard Winford	68.40
M55 Tom Fisher	61.44
M60 Ron Colliver	63.78
M65 James Leggett	67.48
M75 Jack Gilbert	96.00
M80 Claude Spears	2:06.85
W75 Lillie Doss	2:57.60
800m	
M50 Joe McKissick	2:38.92
M55 John Hesley	2:52.04
M60 Robert Kocot	3:14.18
M65 Ralph Wolf	3:16.07
M70 Harold Franklin	3:22.84
M75 Bob Wingo	4:51.45
W75 Lillie Doss	6:24.00
1500m	
M50 Joe McKissick	5:30.02
M60 Jerry Nottingham	7:25.97
M65 Ralph Wolf	7:06.92
M70 Harold Franklin	7:27.96
M75 Don Watson	9:42.18
M80 Houston Brumit	13:29.00
W75 Lillie Doss	12:31.00
1500m Racewalk	
M50 R Macelwain	9:17.29
M60 Jim Horton	8:22.05
W60 Mary Morrison	11:11.40
5K Road Race	
M50 Gerald Stuber	22.35
M55 Dale Teichman	27.49
M60 Jerry Nottingham	30.00
M65 Gary Schmidt	22.55
M70 Harold Franklin	30.33
M75 Ray Hyde	58.59
W75 Lillie Doss	45.37

Cat Spring Grunt IV
Cat Spring, TX; July 13

Shot Put	
W45 Carol Finsrud	12.88
C. Mellenthin	6.60
W50 Diana Gutierrez	10.42
M35 Stefan Blomquist	19.38
M40 Bruce Navarre	11.97
M45 Dan Roloff	10.66
M55 Tom Gage	14.07
Vince Breaux	11.83
Mark Chapman	11.57
Bobby Barnes	11.49
Harry Windham	11.01
Harold Landry	10.82
Pat Arceneaux	10.50
Herb Stein	9.72
M60 John Conniff	13.22
Don North	11.65
M65 Jim Carney	8.63
Milton Brady	8.38
M70 Jim Gerhardt	12.01
Pay Carstensen	10.80
Joe Quartano	10.64
Jack Haller	9.67
Skip Meneely	6.09
M75 Fred Adams	7.25
W45 Carol Finsrud	53.86
C. Mellenthin	20.63
W50 Diana Gutierrez	28.52
M40 Bruce Navarre	50.45
M45 Dan Roloff	29.14
M55 Tom Gage	40.64
Vince Breaux	40.09
Harry Windham	36.08
Mark Chapman	34.64
Bobby Barnes	34.56
Pat Arceneaux	31.39
Herb Stein	29.55
Harold Landry	28.06

Continued from previous page

M75 Fred Adams	2293
Super Weight	
W45 Carol Finrud	9.18
C. Mellenthin	4.03
M40 Bruce Navarre	8.40
M55 Tom Gage	9.86
Vince Braux	6.68
Mark Chapman	4.76
Herb Stein	3.36
M60 John Conniff	6.18
M70 Pay Carstensen	8.87
Jim Gerhardt	5.94
M75 Fred Adams	4.82

USATF Southwest Regional Masters Championships Fort Worth, TX; July 13

100m	
M30 James Enecio	11.70
M35 Ken Travis	11.07
Trent Hagler	11.04
Clain Udy	11.44
M40 Willie Jenkins	11.80
John Bechtold	12.33
Bryan Shilcutt	12.70
M45 Ron Boleware	12.13
T J Lester	12.56
Mark Chaplin	12.73
M50 Jimmie Jones	13.00
Richard Riddle	13.65
Terry Sutton	14.24
M55 Doug Spencer	12.72
M60 Don Denson	12.92
M65 Paul Johnson	12.90
Wayne Bennett	13.45
M70 Joe Vaughan	15.43
W50 Oneala O'Briant	15.53
Diane Worcester	20.92
W60 Shelly Whitlock	13.29
SylviaBrooksSmith	17.78

200m	
M30 James Enecio	24.16
M35 Ken Travis	22.23
Clain Udy	23.37
Michael Dennis	24.40
M40 Willie Jenkins	23.93
Byron Ware	27.29
Vince Morris	27.78
M45 Ray Pennie	24.29
Ron Boleware	24.58
T J Lester	25.90
M50 Jim Dolzel	25.90
Jimmie Jones	27.47
Robert Hahn	27.51
M55 Doug Spencer	26.30
M60 Don Denson	27.69
M65 Paul Johnson	26.69
Wayne Bennett	27.67
Bill Biddy	36.36
M70 Joe Vaughan	33.92
W50 Oneala O'Briant	34.10
W60 SylviaBrooksSmith	40.92

400m	
M30 Preston Peters	55.20
M35 Trent Hagler	52.00
Tom Johnson	53.17
David Jones	54.24
M40 John Bechtold	55.95
Bryan Shilcutt	57.85
Scott Anderson	58.12
M45 Ray Pennie	54.11
Mark Chaplin	60.22
M55 Dave Joyce	69.23
Andy Pittman	72.83
M60 Marvin Herring	71.40
W50 Oneala Briant	81.76

800m	
M40 Bradley Garner	2:10.93
Mike Lawshe	2:37.19
M55 Dave Joyce	2:42.36
John Hesley	2:46.17
M60 Marvin Herring	3:10.62
M65 James Bowen	3:31.34

1500m	
M70 Jack Gray	6:29.60
5000m	
M35 Carl Clark	17:28.75
M45 Ray Kirchmeyer	29:04.21
M70 Robert Coffey	23:33.58
Jack Gray	23:35.48
W65 Phyllis Provost	35:48.75

Short Hurdles	
M40 Ken Ellis	17.08
M45 Paul Neisen	18.05
M50 Robert Hahn	15.06
Jim Dolzel	17.60

Long Hurdles	
M40 Robbie Birdwell	60.68
M45 Rick Easley	61.88
High Jump	
M40 Ken Ellis	1.70

M50 John Worchester	1.55
M70 Ross Vrooman	1.27
Val Smith	1.14
W60 Shelly Whitlock	1.07
Phyllis Provost	0.91
Pole Vault	
M40 Richard Barrett	4.11
Ken Ellis	3.96
Tom Garzillo	3.51
M45 James Fountain	3.51
M50 John Worchester	3.66
M M Vick	3.51
Jim Dolzel	3.25
M55 Dennis Schmitt	2.67
M65 George Jageman	1.98
W60 Shelly Whitlock	1.60
W65 MaryLou Bradford	1.78
Sue Tunnidiff	1.60

Long Jump	
M35 Alan Sims	6.31
M40 Vince Morris	4.38
M55 Dennis Schmitt	4.57
M65 Charlie Richard	4.44
George Jageman	3.19
W50 Diane Worcester	3.01
W65 Sue Tunnidiff	2.79
Triple Jump	
M55 Dennis Schmitt	7.59
M65 Charlie Richard	9.77
Shot Put	
M35 Jeff Bell	12.48
M40 Walter Hamilton	11.99
Ken Ellis	11.18
M45 Amy Ferrando	9.91
M50 Brooks West	13.31
Ed Forester	12.89
Roger Conboy	12.60
M60 Sheppard Miers	13.51
Julius Cassels	10.96
Charles Cannon	9.83
M65 Jim Koch	12.32
George Jageman	9.80
M70 Wendell Palmer	13.51
Val Smith	9.87
Ross Vrooman	9.56
W50 Oneala O'Briant	9.04
W60 Shelly Whitlock	6.83
W65 Sue Tunnidiff	6.65

Discus	
M35 Jeff Bell	32.41
M40 Richard Stewart	44.62
Walter Hamilton	38.80
M45 Mark Sullivan	29.79
Amy Ferrando	25.77
Ray Kirchmeyer	16.41
M50 Brooks West	42.49
Ed Forester	42.34
Roger Conboy	38.18
M60 Robert Harrell	49.02
Sheppard Miers	45.99
Julius Cassels	32.24
M65 George Jageman	24.60
M70 Wendell Palmer	42.73
Ross Vrooman	29.90
Val Smith	27.44
W50 Oneala O'Briant	22.50
W60 Shelly Whitlock	15.09
W65 Sue Tunnidiff	19.39
MaryLouBradford	14.31

Hammer	
M40 Richard Stewart	44.63
Walter Hamilton	37.05
M45 Amy Ferrando	24.96
M50 Terrell Schaffer	34.07
Roger Conboy	33.17
M60 Charles Cannon	28.74
M70 Wendell Palmer	39.93
Val Smith	16.69

Javelin	
M45 Amy Ferrando	47.02
John Ellison	43.87
M50 Joe Greenberg	60.73
Roger Conboy	45.52
M55 Dennis Schmitt	25.70
M60 Charles Cannon	42.37
M65 Charlie Richard	38.42
George Jageman	15.14
M70 Val Smith	26.47
Ross Vrooman	24.79
Wendell Palmer	20.80

Weight Throw	
M35 Jeff Bell	8.65
M40 Walter Hamilton	11.70
M45 Amy Ferrando	7.48
M50 Roger Conboy	12.90
M60 Charles Cannon	11.84
M70 Wendell Palmer	13.70
Val Smith	7.72

Weight Pentathlon	
(HT/SP/DT/J/T/W/T)	
Walter Hamilton 41	---
(37.02/11.78/37.93/-/11.70)	---
Amy Ferrando 45	---
(24.96/9.92/25.80/-/7.48)	---

Roger Conboy 52	---
(33.17/12.60/38.18/45.52/12.90)	---
Terrell Schaffer 53	---
(34.08/9.27/34.85/27.74/11.33)	---
Charles Cannon 62	---
(28.76/9.82/32.22/11.89/11.84)	---
Wendell Palmer 70	---
(39.93/13.50/42.72/20.81/12.75)	---
Val Smith 73	---
(16.64/9.86/27.43/27.47/8.25)	---
M60 David Gordon	19:41.63
M65 Pres Donaldson	20:52.71
W40 Pat Donaldson	21:38.83
W65 Doris Flynn	21:17.36

Texas Masters Championships Coppell HS, Dallas; July 27

100m	
M30 David Whaley	14.26
Chris Essick	14.49
M35 Trent Hagler	11.26
Clain Udy	11.56
David Jones	11.57
M40 Reggie Garner	11.78
Andre Phea	12.01
John Bechtold	12.35
M45 Wylie Turner	11.71
Calvin Saulsberry	11.84
Ron Boleware	11.85
M50 Bill Collins	11.29
Thomas Acrey	12.02
Jimmie Jones	12.96
M55 John Hartfield	12.17
Doug Spencer	12.74
Mike Vaught	14.37
M65 Wayne Bennett	13.17
M70 Joe Summerlin	13.77
David Cady	14.63
Bill Wareham	14.93
M75 Bill Carter	15.50
Bob Wingo	18.77
W45 Debra Stuart	15.40
W50 Oneala O'Briant	15.37
W60 Shelly Whitlock	16.67
Sylvia BrooksSmith	17.91
W65 Marylou Bradford	17.17

200m	
M30 Jermie Marshall	24.57
Davie Whaley	29.31
M35 Eddie Moore	nta
M40 Andre Phea	25.04
Bryan Shilcutt	26.44
Randy Wight	26.58
M45 Ray Pennie	23.92
Ron Boleware	24.25
Calvin Saulsberry	24.39
M50 Bill Collins	23.10
Jim Dolzel	25.43
Larry Donehower	26.26
M55 Doug Spencer	nta
M60 Marvin Herring	nta
M65 Wayne Bennett	nta
M70 Joe Summerlin	29.66
David Cady	30.87
Bill Wardum	31.83
W35 Dionne Bruff	26.40
W40 Cynthia Samilton	31.00
W45 Laura Kearns	32.59
Debra Stuart	33.23
W50 Oneala O'Briant	33.16
W60 SylviaBrooksSmith	41.53

400m	
M35 Steve Horton	52.84
Carey Hannsz	56.35
Michael Dennis	56.61
M40 John Bechtold	57.26
Scott Anderson	58.47
Vince Morris	63.80
M45 Ray Pennie	54.52
Mike Pannell	55.45
Rick Easley	55.99
M50 Jim Dolzel	62.54
Bobby Miller	64.48
Mike Loyd	65.11
M55 Bill Lewis	60.22
M60 Marvin Herring	81.04
M65 Cleveland Payne	69.86
M70 Bill Warcham	83.51
M75 Bob Wingo	1:41.56
W35 Dionne Bruff	61.48
W40 Elizabeth Rudy	72.66
Cynthia Samilton	73.23
W45 Laura Kearns	73.50
W50 Oneala O'Briant	83.24
W65 Phyllis Provost	1:55.55

800m	
M30 Carlo Deason	2:12.27
M35 Luke Luo	2:06.07
Cary Hannsz	2:09.07
Kerry Sloan	2:12.14
M40 Jeff Lindsey	2:02.70
Blake Wood	2:15.98
Chris Hughes	2:16.01
M45 David DeSosa	2:14.93
Michael Jenkins	2:16.41

Horace Grant	2:17.91
M50 Terry Ziegler	2:34.06
Bobby Miller	2:35.79
M60 Marvin Herring	3:35.78
W65 Phyllis Provost	4:17.43
1500m	
M30 Carlo Deason	4:32.58
M40 Blake Wood	4:25.90
M45 Mac Allen	4:27.59
Michael Jenkins	4:46.76
Ken Greaves	4:57.57
M50 Anthony Colon	4:48.26
Terry Ziegler	5:00.94
W40 Elizabeth Rudy	5:52.89

5000m	
M45 Ken Greaves	19:09.25
Ray Kirchmeyer	28:29.75
M60 Mike Broyles	28:12.70
W40 Julie Graves	29:32.81
Short Hurdles	
M40 Dan Cook	15.31
Jeff Brower	16.23
M45 Paul Nelson	17.09
M50 Robert Hahn	16.08
M60 Bill Hardin	22.42
Long Hurdles	
M30 Chris Essick	62.37
M35 Robbie Birdwell	61.03
Jeff Brower	65.14
M45 Mike Pannell	60.55
M50 Jim Dolzel	72.43
High Jump	
M40 Ken Ellis	11.72
Jeff Brower	11.72
Rick Cawley	1.47
M45 Coy Akers	1.57
M50 Jim Dolzel	1.47
Terrell Schaffer	1.22
M55 Eddie Luce	1.42
M60 Mike Broyles	1.22
M65 Geo Jageman	1.07
M70 Ross Vrooman	1.27
Val Smith	1.17
M75 Bob Wingo	1.07
M80 Doc Bennett	0.92
W55 Linda Douglass	1.27
W60 Shelly Whitlock	1.02
W65 Phyllis Provost	0.97
Marylou Bradford	0.92

Pole Vault	
M35 Richard Hare	3.20
M40 Richard Barrett	3.81
Ken Ellis	3.81
Tom Garzillo	3.05
M45 James Fountain	3.96
M50 John Worcester	3.66
Mike Vick	3.35
Jim Dolzel	3.05
M60 Steven Warr	2.59
Bill Hardin	2.13
W65 Marylou Bradford	1.83

Long Jump	
M40 Vince Morris	4.50
Peter Biadasz	3.10
M45 Nathan Hollis	4.49
Ray Kirchmeyer	3.42
M50 Jim Dolzel	5.14
M55 Eddie Luce	5.20
M65 Geo Jageman	3.15
M70 Bill Warcham	3.51
Val Smith	2.80
Ross Vrooman	2.60
M75 Bill Carter	3.76
M80 Doc Bennett	2.49
W65 Phyllis Provost	2.70

Triple Jump	
M40 Peter Biadasz	6.00
M45 Nathan Hollis	6.86
Ray Kirchmeyer	8.93
M50 Jim Dolzel	10.34
M70 Val Smith	6.24
M80 Doc Bennett	5.23
Shot Put	
M30 Tom Richards	11.93
D Paddon Jones	9.08
M35 Dave Rothenbury	11.83
M40 Rich Stewart	13.56
Walter Hamilton	11.96
Ken Ellis	11.07
M45 Dan Roloff	110.08
Amy Ferrando	110.08
M50 Brooks West	13.69
Roger Conboy	12.83
Terrell Schaffer	10.07

5000m	
M55 Ernest Monceaux	11.66
Harry Windham	10.99
M60 Sheppard Miers	12.77
Robert Cahners	11.63
Mike Broyles	8.33
M65 Bob Ward	12.24
Dean Hesse	11.97
Geo Jageman	9.60
M70 Wendell Palmer	13.58
Jim Gerhardt	11.85

Pay Carstensen	10.58
M75 Bob Richards	9.55
M80 Doc Bennett	6.88
W45 KayMartindaleAnde	10.21
W50 Oneala O'Briant	8.99
W55 Nina Bryant	5.83
M60 Shelly Whitlock	6.71
W65 Phyllis Provost	5.96
Discus	
M30 Tom Richards	32.48
M35 Dave Rothenbury	41.74
Shane Weeks	39.80
M40 Richard Stewart	43.35
Walt Hamilton	36.83
Ken Ellis	34.70
M45 Amy Ferrando	30.87
Mark Sullivan	29.22
Dan Roloff	22.81
M50 Brooks West	41.34
Mark Lampkin	40.42
Roger Conboy	37.13
M55 Ernest Monceaux	42.43
Harry Windham	34.98
M60 Sheppard Miers	43.73
Swayne McCauley	43.69
Robert Cahners	31.84
M65 Dean Hesse	34.70
Geo Jageman	23.72
M70 Wendell Palmer	AR48.06
(Filip/45.59/1998)	
Jim Gerhardt	35.01
Ross Vrooman	28.48

75m	
Bill Carter	29.91
Bob Richards	28.98
M80 Doc Bennett	16.28
W40 Diana Hamilton	21.43
W45 KayMartindaleAnde	28.88
W50 Oneala O'Briant	21.38
Rickie Wright	14.75
W55 Nina Bryant	11.97
W60 Shelly Whitlock	15.83
W65 Phyllis Provost	15.83
Marylou Bradford	13.2</

Continued from previous page

M30 Brian Gore	54.02
M35 Leo Palogne	53.55
John Garratt	56.81
M40 Joe Gilboy	1:02.75
M45 Lyle Greenberg	1:02.86
M60 Jack Karbens	1:09.94
M65 Ray Archibald	1:29.00
M70 Jim Selby	1:13.92
M75 Walt Atcheson	1:35.08
W55 Lynn Naftel	1:08.63
800m	
M30 Todd Darras	2:32.05
M35 Benjamin Crouch	2:09.40
M40 Kevin McCarthy	2:08.09
M45 Gregory Lash	2:24.13
M50 Barry Molony	2:17.00
M55 Bob Russell	2:19.03
M65 Ray Archibald	3:25.31
M70 Jim Selby	2:56.51
W35 Carmen Jackinsky	2:50.74
W40 Debbie Jones	2:46.04
W60 Kaye Duncan	4:07.77
1500m	
M30 Todd Darras	5:06.94
M35 Patrick Ceo	5:06.95
M50 Hugo Velazquez	4:53.09
M65 Gordon McClenathen	6:02.16
M70 Ray Archibald	6:52.68
M70 Jim Selby	6:52.68
5000m	
M45 James Everett	21:38.84
M65 Don Truxex	20:52.44
Ray Archibald	26:37.02
Short Hurdles	
M35 Richard Holmes	15.10
M40 Geras Hayraappetyan	16.60
Eugene Anton	18.86
W55 Lynn Naftel	16.65
Long Hurdles	
M45 Andrew Hecker	1:10.40
M55 Sheirdon Groves	1:09.44
W55 Lynn Naftel	57.53
2000m Steeplechase	
M65 Gordon McClenathen	9:38.5h
M75 Avery Bryant	13:05.4h
W55 Anne Fisk	14:26.0h
High Jump	
M35 ron Lee	1.85
M40 Tom Vanzandt	1.85
Geras Hayraappetyan	1.80
Lee Balkin	1.70
M50 Roberto Pozzi	1.55
M60 Davie Perry	1.55
Burt Bergen	1.40
M65 Hal Smith	1.25
M70 Barney Phillips	1.10
Robert Perry	.84
W35 Nina Ranta-Bagdaser	1.65
W40 Karen Vaughn	1.35
W45 Carla Hoppie	1.30
W50 Annelies Steekelenburg	1.40
Cathy Baar	.79
W60 Kathy Bergen	1.25
Pole Vault	
M45 Craig Clifford	10-6
M60 Gary Miller	11
Long Jump	
M40 Geras Hayraappetyan	5.57
M45 Rob Duncanson	4.98
M60 Victor Chaney	4.31
Jack Karbens	3.63
M65 Roger Tsuda	4.56
M70 Barney Phillips	2.95
M75 Walt Atcheson	1.87
W50 Cathy Baar	2.34
Triple Jump	
M45 Robert Richardson	10.85
M50 Milan Tiff	12.72
M60 Victor Chaney	9.63
Shot Put	
M35 Angelo Rosselli	9.62
M45 James Kerman	13.93
M65 Hal Smith	12.88
Alan Rosen	8.96
M70 Barney Phillips	7.77
W40 Karen Vaughn	8.79
W45 Carla Hoppie	8.50
M55 Hattie Perry	6.12
Discus	
M35 Angelo Rosselli	21.15
M40 James Baly	33.18
Steve Barba	32.98
M50 Mike Deller	43.11

M60 Joe Marino	48.45
Jack Karbens	36.84
M65 Alan Rosen	36.06
M70 Don Hegberg	32.26
M75 Walt Atcheson	21.60
W50 Cathy Baar	15.38
W60 Kathy Bergen	18.84
Hammer	
M35 Angelo Rosselli	23.44
M50 Mike Deller	46.76
Tom Meyer	44.87
M60 Jack Karbens	29.74
Javelin	
M35 Angelo Rosselli	28.94
M40 James Baly	33.18
Steve Barba	32.98
M45 Tom Bowman	31.48
M50 Sy Silverstein	39.92
Ron Rook	39.00
M60 Larry Stewart	49.66
Jack Karbens	34.07
W40 Karen Vaughn	22.18
W45 Tina Bowman	23.97
W50 Cathy Baar	10.34
Mile RW	
M55 Jim Hanley	11:58.6
M65 Ray Archibald	11:11.8

San Diego Senior Olympics/
McMahon Memorial Track &
Field Meet

San Diego, CA; June 29

100m	
M30 Randy Thompson	12.13
Ken O'Conner	13.11
M45 James Lofton	11.66
Calvin Evans	12.85
Rodney Corley	14.16
M50 Thad Wilson	12.57
Raymond Yack	13.20
Mike Granum	13.66
M55 Diethart Reichardt	13.30
Ronald Stock	15.22
M60 Gary Sims	13.46
Lee Gillespie	13.51
M70 Arnold Ray	14.81
Jim Selby	15.58
M75 Ray Crawford	20.56
Robert Davidson	34.15
M85 Bert Morrow	21.56
W35 Tammy Mack	14.16
W45 Debbie Selby	16.99
Christine Stone	20.52
W50 Brenda Matthews	14.66
W55 Lynn Naftel	14.93
Mary Trotto	18.88
W60 Marilyn Ongley	18.83
W70 Frances Styles	20.01
200m	
M30 Randy Thompson	24.75
M35 Kettrell Barry	22.65
Jim Mount	25.18
M40 Carlos Amado	23.05
M45 James Lofton	23.68
Fred Kolkhorst	25.19
Calvin Evans	25.80
M50 Herman Castille Jr	25.97
John Tomaschke	27.30
M55 Diethart Reichardt	27.97
Lee Fitzgerald	28.93
Bruce Underhill	30.58
M60 Gary Sims	28.30
Lee Gillespie	28.53
Jack Karbens	30.79
M70 Arnold Ray	31.35
Jim Selby	32.83
Francis Kishi	34.73
M75 Ray Crawford	49.62
M85 Bert Morrow	53.82
W35 Tammy Mack	29.91
W45 Debbie Selby	37.50
Christine Stone	44.44
W55 Lynn Naftel	30.63
Mary Trotto	40.24
400m	
M35 Kettrell Barry	49.71
Jim Mount	54.00
M40 Carlos Amado	49.86
M50 Herman Castille Jr	58.47
John Tomaschke	1:02.30
Jack Farnan	1:05.09
M55 Simeon Baldwin	1:00.87
Bruce Underhill	1:09.24
M60 Jack Karbens	1:07.86
M65 Richard Gardner	1:43.26
M70 Jim Selby	1:14.40

M75 Walter Atcheson	1:36.26
John Cross	1:46.57
W45 Debbie Selby	1:25.43
W55 Lynn Naftel	1:09.99
Mary Trotto	1:36.63
W60 Marilyn Ongley	1:26.36
W80 Gerry Davidson	1:56.59
800m	
M50 Don Irving	2:18.00
Rick Smothers	2:29.31
Jack Farnan	2:31.35
M55 Gary Rust	2:17.67
Lee Fitzgerald	2:23.93
Simeon Baldwin	2:40.23
M60 Malcolm McGown	3:04.71
M65 Ray Archibald	3:26.65
Richard Gardner	4:04.86
M70 Jim Selby	2:57.83
Harold Willis	4:01.77
W80 Gerry Davidson	4:36.14
1500m	
M35 Norman Suguitan	5:26.40
M50 Greg Wilson	4:39.17
Don Irvine	4:40.28
Hugo Velazquez	4:53.51
M65 Gordon McClenathen	5:54.61
Ray Archibald	7:00.02
M70 Jim Selby	5:59.77
Bob Holmes	6:59.14
M75 John Cross	8:02.82
W40 Patricia Contreras	5:27.19
5000m	
M35 Norman Suguitan	20:55.8h
Alex Tamayo	21:19.9h
M50 Roy Adams	20:38.8h
Raymon Galindo	21:35.2h
M65 Michael Ribet	23:49.0h
Richard Gardner	33:37.1h
M75 John Cross	29:46.1h
Short Hurdles	
M45 Rodney Corley	24.69
M50 Thad Wilson	15.50
M85 Bert Morrow	26.09
W50 Nancy Cochrane	15.87
W55 Lynn Naftel	15.68
Mary Trotto	28.10
Long Hurdles	
M45 Ken Stone	1:18.00
M55 Sheridan Groves	1:05.66
M60 Jack Karbens	1:00.84
W50 Nancy Cochrane	1:04.18
W55 Lynn Naftel	55.97
2000m Steeplechase	
M60 Dick Jones	8:53.70
M65 G McClenathen	9:22.28
Ray Archibald	10:58.61
Richard Gardner	13:59.35
M70 Jim Selby	10:16.75
M75 Avery Bryant	12:08.05
W55 Mary Trotto	11:00.05
3000m Steeplechase	
M50 Greg Wilson	11:51.78
Paul Baumhoefner	13:02.31
High Jump	
M35 Ron Low	1.85
Alex Tamayo	1.30
M40 Henry Watson	1.60
M50 John Little	1.65
Ed Bayskauskas	1.50
M60 Davie Perry	1.50
M70 Dave Douglass	1.19
M75 Edward Holmes	1.25
Herb Wilkinson	1.14
M85 Leland McPhie	1.04
W30 Leslie Martin	1.40
W50 A Steekelenburg	1.25
W55 Mary Trotto	.99
W70 Frances Styles	.89
Pole Vault	
M40 Greg Charles	3.66
M45 Bill Halverson	4.57
Charles Brown	4.42
M60 Terry Cannon	3.38
M70 Joe Lata	4.13
Bob Holmes	2.31
W40 Jennifer Stary	2.44
W45 Rita Hanscom	2.31
W55 Mary Trotto	1.32
W60 Nadine O'Connor	2.31
Long Jump	
M45 Rob Duncanson	5.18
M50 Angel Cachinero	5.48
John Little	4.63
M55 Bruce Underhill	4.51
M60 Victor Chaney	4.47

Jack Karbens	3.57
Herb Wilkinson	2.56
Ray Crawford	2.33
M85 Leland McPhie	2.27
Triple Jump	
M50 Angel Cachinero	12.48
Richard Beaumont	6.90
M60 Victor Chaney	9.41
M85 Leland McPhie	4.50
W70 Frances Styles	5.45
Shot Put	
M35 Angelo Roselli	9.64
M40 James Barry	11.22
M45 Bill Gardner	12.63
M50 Michael Shiaras	15.15
Stephen Weeks	10.30
M55 Bruce McDonald	10.46
Cornelius McCormick	9.92
M65 James Koch	12.02
Chuck Kirby	8.95
M70 Doug Tomlinson	11.29
M75 Edward Holmes	9.19
M85 Leland McPhie	7.31
W40 Allison McCormick	6.92
W50 A Steekelenburg	7.62
W75 Dolly Scott	4.70
Discus	
M35 Angelo Roselli	22.68
M40 James Barry	35.70
M45 Rob Duncanson	26.80
M50 Mike Cour	34.15
Joseph Apple	27.64
Stephen Weeks	27.26
M55 Cornelius McCormick	34.97
Ronald Stock	26.75
M60 Jack Karbens	35.17
M70 Harry Hawke	37.40
Doug Tomlinson	29.06
Dave Douglass	26.68
M75 Edward Holmes	26.33
Herb Wilkinson	24.72
Kio Song	24.53
M85 Leland McPhie	19.71
W50 Cathy Baar	16.26
Nancy Cochrane	13.58
W55 Ingrid Mancini	19.95
Mary Trotto	16.23
W75 Dolly Scott	11.40
Hammer	
M35 Angelo Roselli	24.46
M50 Joseph Apple	23.97
M60 Jack Karbens	28.04
M70 Dave Douglas	33.94
M75 Joe Benintende	12.82
Javelin	
M35 Angelo Roselli	26.96
M45 Rob Duncanson	35.35
M50 Joseph Apple	23.84
M60 Jack Karbens	32.52
M65 Chuck Kirby	26.40
M70 Doug Tomlinson	28.28
Dave Douglass	23.13
M75 Kio Song	17.79
Joe Benintende	8.43
M85 Leland McPhie	15.88
W35 Tammy Mack	23.25
W40 Allison McCormick	28.77
W50 Nancy Cochrane	11.74
Cathy Baar	7.43
W65 Mary Trotto	15.00
W70 Frances Styles	5.45
5000m RW	
M60 Dale Sutton	30:30.8h
Bob Weeks	31:57.7h
M70 Peter Corona	31:25.7h
Lloyd McGuire	35:31.1h
M75 John Cross	38:39.9h
M80 John Levinson	38:41.0h

USATF Hawaii Meet
Honolulu; July 6

100m	
M50 Mike Moser	15.0h
M55 Ron Pate	13.6h
M60 Jack Karbens	14.2h
200m	
M50 Mike Moser	30.9h
M55 Ron Pate	28.2h
M60 Jack Karbens	29.1h
400m	
M30 Jason Pang	63.8h
M50 Mike Moser	73.8h
800m	
M45 Francis Mukai	2:24.8
W35 Kelli Lyau	2:59.2
1500m	
M30 Jason Pang	5:44.2

W35 Kelli Lyau	5:44.0
100mH	
M60 Lionel Low	20.0h
High Jump	
M50 Mike Moser	4-2
M60 Lionel Low	4-4
Long Jump	
M60 Lionel Low	14-5
Triple Jump	
M60 Lionel Low	30-1

KelField Meet #108
Santa Cruz, CA; July 20

Shot Put	
M45 Richard Watson	10.58
M50 Gary Kelmenson	10.58
M55 Lad Pataki	16.03
M60 Jack Kuhns	11.98
Mike Parker	11.23
M65 Jerry Fasteen	11.49
W50 Nancy Cochrane	5.97
Discus	
M45 R Watson	33.26
M50 G Kelmenson	34.39
M55 L Pataki	54.47
M60 J Kuhns	38.32
M Parker	35.42
M65 J Fasteen	37.40
W50 N Cochrane	15.40
Hammer	
M40 Mike Venning	43.36
M45 R Watson	34.26
M50 G Kelmenson	36.20
M55 L Pataki	55.61
M60 J Kuhns	32.94
M Parker	27.40
M65 J Fasteen	28.87
W50 N Cochrane	14.52
Javelin	
M45 R Watson	45.36
M55 L Pataki	38.43
M60 J Kuhns	32.85
M Parker	22.48
M65 J Fasteen	32.63
W50 N Cochrane	14.55
Weight Throw	
M45 R Watson	11.29
M50 G Kelmenson	13.73
M55 L Pataki	20.01
M60 J Kuhns	13.26
M Parker	11.03
M65 J Fasteen	10.86
W50 N Cochrane	7.16
Superweight	
M45 R Watson	7.25
M50 G Kelmenson	6.59
M60 J Kuhns	5.14
M Parker	4.73
M65 J Fasteen	4.88
W50 N Cochrane	3.85
W55 Judy Watson 35#	2.93
Weight Pentathlon (HT/SP/DJ/T/W/T)	
M45 R Watson	3164
M55 L Pataki	WR5503 (Liedtke/5152/1998)
M60 J Kuhns	3574
M Parker	2930
M65 J Fasteen	3671
W50 N Cochrane	1624

NORTHWEST
Inland Northwest Championships
Pullman, WA; June 15

100m	
M30 Keith Stuffle	11.3
M35 Scott Williams	11.1
M40 Steve Kutsch	12.7
M50 Dean Funabiki	13.5
200m	
M35 Scott Williams	24.0
400m	
M40 Chip Roe	63.7
M50 David Kolva	91.9
800m	
M30 Keith Stuffle	2:37.4
M35 Jon Hally	2:34.3
M40 Rick Lundgren	2:37.0
M55 Rich Tucker	2:19.1
1500m	
M55 Jim Peterson	6:14.0
M60 Des O'Rourke	5:34.1
3000m	
M35 Cliff Rogge	11:39.7
5000m	
M35 Jon Hally	21:19
M45 Steve Rishling	20:22
M55 Jim Peterson	23:35
10000m	
M40 Tim Gundy	34:28
M45 Brian Kinksbury	42:58
Short Hurdles	
M45 Rob Casseleman	18.2

Long Hurdles	
M30 Keith Stuffle	55.2
2000SC	
M40 Chip Roe	7:14.6
4x100 Relay	
M30 Orofino	49.2
High Jump	
M40 Steve Kutsch	5-4
M45 Steve Miller	4-8
M50 Kent Kinyon	5-3
Long Jump	

Continued from previous page

M35 Joe Dudman	9:14.91
M50 Doug Winn	10:13.31
M55 Stephen Peirce	13:31.47
M65 Larry Wright	13:05.68
M70 John Bromstead	18:35.27
M75 Don Anhorn	19:19.26
W40 Sandra Maxwell	13:22.47
W65 Diane Bromstead	17:02.28
5000m	
M35 Joe Dudman	16:36.21
M45 Alan Knoop	16:39.65
M55 Scott Taylor	15:46.43
M65 Larry Wright	23:17.54
W50 Jeanette Groesz	20:35.02
W75 Helen Lachman	29:29.00
Short Hurdles	
M30 Fred Finnigan	17.92
M45 Frank Schmidt	16.86
M75 Dennis Sullivan	18.23
Long Hurdles	
M55 Stephen Peirce	1:01.97
M60 Joe Johnson	52.16
M70 John Hepner	1:00.24
2000m Steeplechase	
W45 Robin Vesey	8:45.65
W55 Jean Moule	13:27.80
W65 Laura Stepan	13:28.91
3000m Steeplechase	
M35 Christopher Grenze	9:47.42
M50 Jim Satterfield	13:04.42
M55 Stephen Peirce	15:06.25
High Jump	
M30 Gogo Peters	6-4.25
M35 Michael Jaqua	5-6
M50 Sig Jensen	5-2
M55 Stephen Peirce	4
M60 Dave Baldwin	4-8
M65 John Steinman	4-1
M70 Harvey Lewellen	4
M75 Vince Sempronio	3-10
M80 Gilbert Young	3-8
W55 Caroline Cooney	3-5
Pole Vault	
M35 Michael Jaqua	13
M40 James Holmes	12
M45 Louis Baucom	12
M50 Richard Ying	10
M60 Don McCrea	8
M65 John Steinman	9-6
M70 Harvey Lewellen	8
M75 John Cleveland	8-3
W40 Donna Schultz	9
Long Jump	
M30 Gogo Peters	23:11.50
M35 Mike Toll	21:1.75
M40 G Cunningham	17-6.25
M45 Bob Blackburn	18-11.75
M50 Sig Jensen	14.50
M55 David Smith	12-4.25
M60 Victor Chaney	14.3
M65 John Steinman	13-11
M70 Cully Vaughn	12-7.50
M75 Dennis Sullivan	8-7.50
W35 Julie Toll	12-11.25
W40 Donna Schultz	13-3.25
W55 Caroline Cooney	11-1.50
W65 Jane Dods	10-3
Triple Jump	
M30 Gogo Peters	48-6.75
M35 Mike Toll	39
M45 Mike Lariza	43-2.25
M50 Kameron Mitchell	31-7.75
M55 Stephen Peirce	24-8.50
M60 Victor Chaney	31-11.25
M65 Norman MacLeod	30-11.25
M75 Dennis Sullivan	19-11.50
W35 Julie Toll	29-2
Shot Put	
M35 Brad Fisher	33-5
M40 Dean Crouser	55-8
M45 John Wells Jr	33-8
M50 Ray Milojevich	38-2
M55 Chuck Chapin	50
M60 Bud Sanborn	37-3
M65 Bob Lawson	39-4
M70 Tom Allison	39-2
M75 Vince Sempronio	36-11
M80 Don Jacobs	16-3
W40 Melinda Erickson	24-8
W45 Kathleen Gould	19-2
W50 Joyce Taylor	29-6
W55 Jean Moule	24-10
W65 Marilyn Gray	15-6

W75 Pat Osmon	18-2
Discus	
M30 Jeff Wood	140
M40 Dean Crouser	154-10
M50 Pat Ellsberg	114-10
M55 Chuck Chapin	136-8
M60 Joe Myers	133-9
M65 Neil Saling	137-10
M70 Harvey Lewellen	131-10
M75 Cal Hersey	100-6
W50 Joyce Taylor	76-4
W65 Marilyn Gray	33-7
W75 Pat Osmon	36
Hammer	
M30 Dean Barley	141-3
M45 Dean Crouser	160-6
M50 Pat Ellsberg	93-8
M55 Chuck Chapin	149-9
M60 Bud Sanborn	88-6
M65 Bob Lawson	111
M70 Harvey Lewellen	135-7
M75 Ward Church	75-3
W50 Joyce Taylor	126-7
W65 Marilyn Gray	16-5
W75 Pat Osmon	61-2
Javelin	
M30 Corey Swim	194-7
M40 Ward Nelson	145-7
M45 Brian Vaughn	154-4
M50 Ray Milojevich	139
M55 Robert Rice	126-8
M60 Gary Reddaway	169-10
M65 Bob Lawson	120-7
M70 Cully Vaughn	116-11
M75 Cal Hersey	96-4
M80 Joseph Mallon	58-8
W40 Barbara Friesen	88-4
W50 Joyce Taylor	70-7
W75 Pat Osmon	43-7
Weight Throw	
M50 Pat Ellsberg	35-10
M55 Chuck Chapin	53-3
M60 Bud Sanborn	39-2
M65 Bob Lawson	41-4
M70 Harvey Lewellen	51-8
M75 Vince Sempronio	42-9
W50 Joyce Taylor	39-9
3000m RW	
M50 Pat Dettloff	15:37.16
M60 Edgar Kousky	16:59.95
M65 Ron Macpike	19:17.20
M70 Dick Vaughn	20:19.61
W30 Mireille Jeukens	19:00.21
W35 Carmen Jackinsky	16:31.86
W40 Lisa Remillard	22:37.86
W50 Cyndy Goodman	24:35.80
5000m RW	
M45 Robert Frank	26:32.45
M50 Pat Dettloff	25:53.20
M65 Ron Macpike	32:48.90
M80 Joseph Mallon	49:65.00
W30 Mireille Jeukens	33:15.38
W35 Maria Kozo	34:15.92
W50 Cyndy Goodman	43:03.17
W55 Donna Lafayette	20:24.22
USATF Northwest Regional Masters Championships Salt Lake City, UT; July 19-20	
100m	
M30 Corwin Jackson	12.17
M35 Trent Hagler	11.53
M40 Aaron Sampson	11.54
John Enslow	12.53
Eric Halford	13.08
M50 Willie Venable	12.71
Mark Lesniak	12.72
Tracy Jones	12.79
M55 Stephen Robbins	11.98
Eric Hill	14.17
M60 Paul Edens	12.62
Darrel Short	14.88
M65 Jim Schlewitz	15.51
M70 Jack Coy	15.21
M80 Ralph Maxwell	18.30
W50 Susan Hill	17.52
W60 Becky Sisley	17.41
Rose Schlewitz	18.45
200m	
M30 Corwin Jackson	24.22
M35 Trent Hagler	23.48
Doug Beynon	25.47
M40 Eric Halford	25.90
John Enslow	25.99
M45 Dwayne Baruso	25.39
Delynn Barney	33.90
M50 Roger Parnell	25.82
Mark Lesniak	26.05

Willie Venable	26.50
M55 Stephen Robbins	24.39
M60 Paul Edens	25.46
Darrel Short	31.22
Robert Gent	37.08
M65 Jim Schlewitz	32.94
M70 Jack Coy	31.35
James Duncan	32.77
Cully Vaughn	35.09
M80 Ralph Maxwell	41.23
W35 Susanne Robson	28.75
W60 Rose Schlewitz	43.18
W65 Suzi MacLeod	37.76
400m	
M35 Trent Hagler	54.46
Doug Benyon	57.46
M45 Brian McKinley	57.06
Dwayne Baruso	59.14
M50 Rich Tucker	60.67
M55 Eric Hill	70.29
M60 Don McMillan	59.87
M65 Jim Schlewitz	87.24
M75 Rodney Brown	79.40
W50 Susan Hill	89.18
800m	
M35 Chris Yorges	2:07.76
Todd Wallenfelt	2:21.23
M45 Delynn Barney	2:54.87
M50 Rich Tucker	2:18.99
M55 Ed Christy	3:01.23
M60 Don McMillan	2:18.85
W35 Susanne Robson	2:25.19
W65 Suzi MacLeod	3:14.93
1500m	
M35 Chris Yorges	4:24.76
Wayne Cottrell	4:44.76
Todd Wallenfelt	5:05.37
M40 Paul Wolfe	4:51.97
David Gaeuman	5:02.19
M45 Thomas Griggs	5:02.27
W30 Carol Rowe	5:00.42
W35 Susanne Robson	4:55.69
W50 Jeanette Groesz	5:31.74
W65 Suzi MacLeod	6:42.64
5000m	
M50 John Bruckner	21:07.24
W50 Jeanette Groesz	20:43.02
Short Hurdles	
M45 Brian McKinley	16.37
Todd Christensen	16.97
M50 Roger Parnell	15.98
M55 Eric Hill	19.29
M60 Robert Gent	22.46
Long Hurdles	
M45 Brian McKinley	62.65
M60 Robert Gent	74.61
4x100m Relay	
Flames (no age given)	48.07
High Jump	
M35 Richard Brecht	1.73
M40 Edvard Vozar	1.86
M45 Todd Christensen	1.63
M50 Roger Parnell	1.53
M60 Dwayne Horton	1.44
Darrel Short	1.24
M65 John Steinman	1.40
Doug Spainhower	1.36
M70 Cully Vaughn	1.16
M80 Ralph Maxwell	1.16
W60 Becky Sisley	1.16
W65 Christel Donley	1.12
Pole Vault	
M40 Robert Kittell	3.45
M45 Todd Christensen	3.25
M55 Larry Holmes	3.35
Bruce Perkins	2.85
M65 John Steinman	2.85
M70 Jerry Donley	2.75
W60 Becky Sisley	2.25
Long Jump	
M40 Aaron Sampson	6.65
John Enslow	5.92
Eric Halford	5.12
David Gilliland	4.47
M45 Joe Smith	5.95
Todd Christensen	5.60
M50 Roger Parnell	5.87
Wally Duncan	4.42
M60 Darrel Short	4.02
Robert Gent	3.78
M65 Doug Spainhower	4.57
M70 Cully Vaughn	3.80
M80 Ralph Maxwell	3.18
Triple Jump	
M40 David Gilliland	10.04
M45 Joe Smith	12.49
M50 Wally Duncan	8.43
M60 Darrel Short	7.98
Robert Gent	7.71
M65 Doug Spainhower	8.09
Gordon Scheffner	7.26
M80 Ralph Maxwell	6.81
Hugh Hackett	5.19
W60 Becky Sisley	7.33

Shot Put	
M40 Edvard Vozar	10.76
Jeff Crothers	10.16
M45 Peter Giordano	12.54
Todd Christensen	12.42
M50 Tim Muller	14.19
Bob Sager	12.15
James Brogan	9.49
M60 Bob Cahners	11.65
Riley O'Neil	11.61
M65 Gerald Vaughn	13.90
James Koch	12.00
Neil Saling	11.61
John Steinman	10.01
Al Clowser	9.08
M70 James Duncan	11.62
Cully Vaughn	9.71
W40 Luba Vozar	6.82
W50 Susan Hill	6.40
W65 Christel Donley	7.56
W75 Patricia Osmon	5.68
W80 Melanie Reske	4.86
Discus	
M40 Dan John	47.86
John Enslow	28.40
M45 Todd Christensen	36.49
M50 Tim Muller	47.80
Bob Sager	35.47
James Brogan	31.91
M55 Gary Schneider	42.36
Tom Bartlett	24.09
M60 James Osterud	39.01
Riley O'Neil	37.94
Dwaine Horton	35.97
Robert Gent	35.07
M65 Neil Saling	43.57
Al Clowser	26.70
M70 Grove Bolles	41.41
James Duncan	33.50
Jerry Wojcik	27.71
Cully Vaughn	26.41
M80 Hugh Hackett	18.20
W75 Patricia Osmon	12.07
Hammer	
M40 Dan John	48.66
Jeff Crothers	34.56
M45 Todd Christensen	24.33
M50 Thomas Meyers	47.29
Bob Sager	39.63
M55 George Mathews	48.66
M60 Bob Cahners	45.87
M65 Al Clowser	21.43
M70 Jerry Wojcik	32.72
M80 Hugh Hackett	21.42
W60 Suzy Hess	17.79
W75 Patricia Osmon	16.72
W80 Melanie Reske	11.18
Javelin	
M40 Eric Halford	37.82
M45 Todd Christensen	42.82
M50 Paul McPherson	49.34
Bob Sager	31.30
M60 Dwayne Horton	35.99
Robert Gent	27.93
M65 Al Clowser	25.45
Jim Schlewitz	25.20
M70 James Duncan	39.26
Cully Vaughn	31.27
Jerry Wojcik	25.55
M80 Hugh Hackett	19.21
W40 Luba Vozar	20.95
W60 Becky Sisley	27.75
Rose Schlewitz	15.85
W75 Patricia Osmon	13.18
W80 Melanie Reske	10.32
Weight Throw	
M40 Jeff Crothers	11.22
M50 Bob Sager	14.67
James Brogan	9.80
M55 George Mathews	16.88
M60 Bob Cahners	18.09
M65 James Koch	10.59
M70 Jerry Wojcik	13.21
M80 Hugh Hackett	8.71
W60 Suzy Hess	8.82
W75 Patricia Osmon	6.15
W80 Melanie Reske	6.11
Superweight	
M40 Dan John	11.03
Jeff Crothers	8.03
M50 Bob Sager	6.58
M55 George Mathews	8.21
M60 Bob Cahners	7.20
M65 James Koch	4.81
M70 Jerry Wojcik	7.13
W60 Suzy Hess	5.25
W75 Patricia Osmon	AR3.34
W80 Melanie Reske	AR4.05
(Snaden/3.54/2000)	
1500m Racewalk	
M35 Richard Brecht	10:00.10
M40 Mark Olson	10:09.71
M65 Al Clowser	10:38.15
M70 Floyd Ormsby	15:13.91

W45 Stacey Reeder	10:27.50
5000m Racewalk	
M70 Floyd Ormsby	51:39
W40 Glenn Kelly	28:39
Deanna Mardian	32:13
W45 Stacey Reeder	37:28
W50 Mary Snyder	29:04
W60 Karen Murphy	34:08
W65 Sara Lee Warberg	38:29
Inland Northwest Masters Track and Field Classic Pullman, WA; July 20	
100m	
M50 Dean Funabiki	13.76
M60 Joe Johnson	13.87
W30 Sheila Rae Smith	13.54
W35 Kelley Hewett	14.17
W40 Marilyn Dewarder	14.21
W45 Janet Wiebold	18.91
200m	
M50 Norman Lewis	26.6h
M60 Merv Armstrong	28.3h
W35 Kelley Hewett	28.8h
400m	
M50 Norman Lewis	1:01.33
M55 Fred Clark	1:05.39
M60 Walter Rechlin	1:08.95
W30 Susan Brown	1:20.05
W35 Kelley Hewett	1:02.56
W45 Becky Phillips	1:26.39
800m	
M55 Fred Clark	2:33.90
M60 Desmond O'Rourke	2:36.07
W30 Adele Thompson	2:42.08
W55 Margart Noren	3:29.36
1500m	
M40 Steve Brube	4:57.25
M50 Bob Stevenson	7:08.92
M55 Joe Nelson	4:55.00
M60 Desmond O'Rourke	5:26.49
W30 Adele Thompson	5:27.06
W40 Norah McCabe	5:47.38
W50 Janet Wiebold	8:23.00
W55 Margaret Noren	6:59.76
5000m	
W40 Laurence Davin	21:37.8
10,000m	
W35 Lauea Blume	47:00.0
2000m Steeplechase	
W30 Shannon Overbay	9:17.83
W35 Lauea Blume	9:34.47
3000m Steeplechase	
M40 Chip Roe	11:29.0
High Jump	
M60 Joe Johnson	1.22
W30 Susan Brown	1.35
Long Jump	
M40 Vince Martin	5.41
M60 Frank Struna	5.06
M70 William Platts	3.36
W30 Susan Smith	5.47
W50 Susan Brown	3.55
Triple Jump	
M30 Christopher Cook	12.13
M40 Vince Martin	11.03
M50 Bob Stevenson	6.89
M60 Frank Struna	11.27
W30 Sheila Rae Smith	11.41
Shot Put	
M40 Ray Roff	9.03
M50 Dave Alporque	8.67
M60 Gary Baskett	13.21
W50 Sue Hinz	8.40
Discus	
M40 Ray Roff	26.33
M50 Dave Alporque	25.88
M55 Fred Clark	31.71
M60 Gary Baskett	43.58
M70 William Platts	31.49
W45 Becky Phillips	16.16
W50 Lynn Balfanz	17.32
Hammer	
M40 Ray Roff	16.12
M50 Dave Alporque	20.61
M60 Gary Baskett	29.00
W45 Becky Phillips	10.75
W50 Sue Hinz	29.74
Javelin	
M55 Dick Warwick	41.93
M60 Walter Rechlin	35.11
M70 William Platts	37.20
5000m RW	
M45 Barton Kale	30:57.8
M50 Bob Novak	27:57.2
M55 Truvor Bodnar	33:02.0
W35 Lauea Blume	35:46.0

Seattle Masters Classic, West Seattle Stadium, WA; July 26-27	
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Continued from previous page

W70 W Welgemoed 78.26	W60 R Rossouw 10:08.82	M80 P Frech 17.72	W55 J Cowley 58.25	Long Hurdles	M65 A Mankiewicz 11.07
W75 J Foster 1:58.83	High Jump	M85 L Wale 18.87	W60 C Kidson 64.58	M35 D Wendlicki 1:02.14	M70 M Pawlak 9.36
800m	M30 L Jacobs 1.55	M90 C Sterley 18.82	W65 M Johnson 75:20	M40 A Giza 1:01.53	M80 J Krawczyk 7.30
M30 B Records 1:58.76	M40 T Endro 1.65	W35 A Henngo 32.32	W70 R Cooper 78:09	M45 J Suski 1:14.05	W35 M Kamrowska-Nowak 13.11
M35 G Green 2:04.50	M45 C Carl 1.55	W40 C Naude 23.88	W75 A Villet 68:22	M55 M Burdzy 1:17.93	W40 M Kidziora 10.30
M40 B Robinson 2:03.73	M50 J Scheepers 1.40	W45 A Ellis 27.72		M60C Okolski 50.79	W45 B Klimaszewska 10.43
M45 W Myburgh 2:07.26	M65 L Benning 1.40	W50 H Schoonwinkel 40.75	Poland Veterans Championships	M65 J Gorski 1:17.51	W50 J Dec 9.14
M50 L Claassen 2:08.40	W30 C Shillaw 1.40	W55 K van der Merwe 30.96	Sopot, June 15-16	M70 J Przyborowski 57.24	W70 A Radlak 5.25
M55 S Immelman 2:07.26	W35 D Heymans 1.75	W60 A Olivier 31.66	100m	2000m Steeplechase	Discus
M60 R Hugo 2:36.10	W40 G Jacobson 1.35	W65 C Stander 26.97	M35 D Krakowiak 11.60	M35 P Olchawa 7:25.50	M35 R Piotrowski 41.74
M70 F Nel 3:05.81	W45 A Steenkamp 1.22	W70 S Malherbe 19.61	M40 S Chmieliewski 11.98	M40 S Ialcucki 6:59.60	M40 M Szpak 50.31
M75 N Sharpley 3:34.45	W50 M Jonkers 1.25	W75 L Grobler 17.52	M45 W Pawlak 12.34	M50 H Stuczyski 7:41.47	M45 K Jankowski 41.99
W30 G Hardenberg 2:31.97	W55 K van der Merwe 1.16	Javelin	M55 G Malkowski 13.33	M55 M Burdzy 8:54.21	M50 L Bobrzyk 39.92
W35 R Odendaal 2:22.78	W65 N van Lill 1.06	M30 A de Buys 31.09	M60 C Okolski 13.92	M60 J Stuczyski 7:50.39	M55 T Laska 45.60
W40 L de Beer 2:21.72	Pole Vault	M40 G Louw 57.08	M65 J Solowski 15.81	High Jump	M60 A Szymalski 43.87
W45 L Alexander 2:26.55	M40 L Nienaber 4.00	M45 F Stander 50.50	M70 M Pawlak 15.74	M35 M Antkowiak 1.60	M65 R Ksieniewica 38.87
W50 P Immelman 2:40.14	M45 K Joubert 3.20	M50 E Ludlick 41.35	W35 J Skawilska 14.59	M40 R Szto 1.70	M70 S Kowalski 32.12
W55 M Tomlinson 2:52.40	M50 J Allers 3.00	M55 I Hildebrand 33.47	W40 M Biskup 14.55	M45 A Rubala 1.75	M80 J Krawczyk 24.13
W70 J Geldenhuis 3:58.66	M65 A Smith 2.30	M60 G van der Merwe 32.88	W45 G Rupala 15.76	M50 J Kaduszkiewicz 1.60	W35 I Sakow 17.93
W75 J Foster 4:32.57	W30 E Thornton 3.20	M65 A Smith 33.05	W50 E Bartosik 14.35	M55 R Katus 1.60	W40 M Biskup 24.51
1500m	W40 G Jacobson 2.70	M70 J du Preez 15.08	200m	M60 C Okolski 1.45	W45 T Piwowarska 26.25
M30 B Williams 4:16.75	W55 P Pietersen 1.70	M75 J Visser 28.55	M35 A Kiedrowski 23.32	M65 J Solowski 1.20	W70 A Radlak 13.25
M35 L Mfino 4:34.94	Long Jump	M80 P Frech 24.55	M40 L Stecula 25.66	W40 U Kielan 1.66	Hammer
M40 C de Wet 4:24.93	M30 R Rossouw 6.05	M85 L Wale 22.81	M45 P Wieslaw 25.15	Pole Vault	M35 S Kikol 33.84
M45 M Kelly 4:30.90	M35 M Cresswell 6.03	M90 C Sterley 10.57	M50 J Nath 26.69	M35 C Tomasz 3.70	M40 W Niemkiewicz 39.26
M50 V Lentseenyane 4:35.42	M40 M Brasier 5.60	W35 A Henngo 28.43	M55 J Zawadzki 28.70	M40 K Dziamski 4.30	M45 J Jurkowski 41.37
M55 S Immelman 4:54.68	M45 C Carl 4.87	W40 C Naude 30.90	M60 J Grzelak 28.63	M45 Z Iysiak 3.70	M50 A Pilczkowski 57.17
M60 S Mostert 5:05.85	M50 B Carnie 5.09	W45 P Smit 22.37	M65 M Drohomirecki 31.79	M50 P hwiiski 3.50	M55 Ryszard 52.86
M65 B Evans 5:37.92	M55 T van der Mescht 4.50	W50 M Ferreira 27.08	M70 A Wojtowicz 32.97	M55 M Sliwiski 3.00	M60 A Sakow 44.22
M75 H Botha 7:37.34	M60 D Coetzee 4.02	W60 V Lovatt 18.84	M80 K Spychala 45.81	M60 E Korolko 2.00	M65 A Kargol 47.46
W30 B Valentin 5:44.55	M65 L Benning 3.68	W65 N van Lill 20.58	W40 M Biskup 29.55	Long Jump	M70 S Kowalski 37.37
W35 R Odendaal 4:58.80	W35 A Rall 4.78	W70 A Ackermann 17.59	W45 G Rupala 33.57	M35 D Krakowiak 6.34	M80 J Krawczyk 31.80
W40 S Brits 4:52.53	W40 C Europa 3.77	Decathlon	W50 M Gadomska 32.77	M40 S Chmieliewski 6.42	W50 H Gubalska 12.32
W45 L Alexander 5:12.13	W45 R van Heerden 4.46	M45 A de Jager 1837	400m	M45 L Jaworski 5.96	Javelin
W55 A van Zyl 6:36.43	W50 S van Rooyan 3.76	M50 J Allers 6817	M35 A Kiedrowski 52.98	M50 S Szydowski 6.18	M35 S Kikol 50.80
W65 M Johnson 7:48.32	W60 Y de Wit 2.96	M60 H Miekautsch 5146	M40 A Pieczara 57.55	M55 G Malkowski 5.56	M40 S Witek 59.65
W70 J Geldennuys 8:16.57	W65 G Theron 2.97	M65 A Smith 4626	M45 J Zieniewicz 56.31	M60 C Okolski 4.64	M45 S Iablski 54.08
W75 J Foster 7:15.71	Triple Jump	Heptathlon	M55 J Nath 60.17	M65 J Solowski 3.90	M50 J Dec 49.86
5000m	M35 M Cresswell 12.15	W40 L de Beer 3710	M50 W Kostro 1:02.82	M70 M Pawlak 4.18	M55 J Piniewski 43.33
M30 M Nabanda 14:16.25	M40 A September 11.35	W60 R Rossouw 4370	M60 A Kolpak 1:29.46	M80 J Krawczyk 2.37	M60 A Sakow 49.52
M35 M Hlazo 16:15.42	M45 H Campher 10.65	W70 I Hofmeyr 4971	M65 J Gorski 1:13.78	W35 M Kamrowska 5.10	M65 M Drohomirecki 44.92
M40 D Mahlangu 15:29.78	M50 H Smit 10.48	Weight Pentathlon	M80 K Spychala 2:05.42	W40 M Biskup 5.15	M70 S Kowalski 23.27
M45 T Moses 16:22.19	M55 P van Rensburg 7.92	M30 C Scheepers 2696	W40 B Chalaszczky 1:16.63	W50 E Bartosik 3.90	M80 K Spychala 8.93
M50 D Nienaber 17:51.51	M60 D Coetzee 8.55	M35 D Odendaal 2473	W45 G Witt 1:17.64	Triple Jump	W30 R Nieroda 43.79
M55 A Bock 18:00.96	M65 L Benning 8.32	M40 S Jacobs 2267	800m	M35 A Kiedrowski 12.70	W40 M Biskup 26.02
M60 S Mastert 19:03.00	W35 A Rall 10.20	M45 J van Zyl 3112	M35 Z Niczko 2:03.81	M40 J Borkowski 13.10	W45 B Klimaszewska 29.71
M65 P Brennan 20:49.04	W45 P Smit 9.06	M50 J Roodt 3941	M40 Arend Bogdan 2:08.60	M45 A Rupala 12.87	W50 J Dec 20.37
M70 L Nayler 23:08.04	Shot Put	M55 B Oosthuizen 2653	M50 H Gliniecki 2:19.34	M50 J Kaduszkiewicz 12.21	W70 A Radlak 6.20
M75 H Botha 28:14.90	M30 C Scheepers 15.651	M60 S Johnston 3767	M55 A Miodzieniak 2:32.27	M55 G Malkowski 11.78	5000m RW
W30 B Valentin 21:27.30	M35 F de Wit 12.66	M65 A Rzepecki 4502	M60 A Bokwa 2:42.34	M60 C Okolski 9.51	M35 J Holender 22:15.99
W35 C vanderWethlzn 18:53.62	M40 A Badenherst 11.01	M75 J Visser 3521	M65 K Mieczyslaw 2:36.59	M65 J Solowski 8.98	M40 J Kios 22:15.44
W40 E Swart 19:13.52	M45 J van Zyl 14.90	M80 P Frech 3081	M70 Z Petri 3:00.72	M70 J Przyborowski 9.22	M45 M Iuniewski 25:21.39
W45 C Cupido 19:47.20	M50 J Roodt 13.30	M85 L Wale 3347	W40 B Chalaszczky 2:59.36	Shot Put	M50 B Bulakowski 24:42.31
W50 E Swanepoel 23:42.98	M55 J van Wyk 10.05	M90 C Sterley 3281	W45 G Wyczalkowska 2:52.43	M35 R Piotrowski 14.68	M55 R Sklpski 32:33.26
W55 M Herbert 21:54.84	M60 G van der Merwe 12.03	W35 A Henngo 2828	1500m	M40 M Szpak 15.47	M65 J Bialous 27:59.86
10,000m	M65 A Rzepecki 12.80	W40 C Naude 2340	M35 Z Niczko 4:15.49	M45 B Michalowski 14.55	M70 M Rutyna 30:29.06
M30 M Nobanda 29:34.23	M75 J Visser 9.05	W45 A Ellis 2565	M40 B Arend 4:19.00	M50 J Mathia 12.90	W40 J Iuniewska 27:24.52
M35 M Hlazo 33:18.94	M80 P Frech 8.16	W50 H Schoonwinkel 3627	M45 K Kowalski 4:21.54	M55 S Maliszewski 12.75	W55 K Kamilska 32:36.60
M40 A Spiers 23:53.94	M85 L Wale 8.00	W55 K van der Merwe 2777	M50 H Gliniecki 4:37.31	M60 J Werling 12.17	W65 J Fijaalkowska 29:39.53
M45 T Moses 33:26.19	M90 C Sterley 5.36	W60 A Olivier 3146	M55 A Miodzieniak 5:05.31		
M50 D Nienaber 37:44.93	W30 A Liebenberg 10.90	W65 N van Lill 3146	M60 A Bokwa 5:34.56		
M55 J Mathers 41:38.09	W35 R de Buys 10.32	W70 S Malherbe 2967	M65 M Kolasa 5:33.59		
M60 L Stirk 43:00.87	W40 C Naude 8.90	W75 L Grobler 2828	M70 Z Petri 6:44.62		
M70 L Nayler 44:33.74	W45 A Ellis 7.63	5000m Racewalk	W30 A Przebieg 5:03.93		
W30 Q Moreley 48:11.83	W50 H Schoonwinkel 11.39	M30 C Langley 27:25.76	5000m		
W40 E Swart 44:33.74	W55 Y Rzepecka 8.16	M35 I Nel 22:20.61	M35 J Gardener 16:13.57		
W45 M deVilliers 39:19.14	W60 A Olivier 8.30	M40 E Johannes 25:42.28	M40 S Ialcucki 16:28.76		
W50 E Swanepoel 49:04.33	W65 N van Lill 7.32	M45 C Klopper 25:22.30	M45 M Majer 16:50.30		
Short Hurdles	W70 S Malherbe 6.26	M50 J van Zyl 26:15.76	M50 L Ilwiski 18:24.36		
M30 L Motshabi 16.84	W75 L Grobler 5.83	M55 P Wontor 30:22.28	M55 T Rojewski 17:51.43		
M35 H Keet 20.41	Discus	M60 J Spence 27:36.31	M60 F Adolph 21:08.94		
M40 M Brasier 18.39	M30 G Scheepers 45.80	M65 P Hatz 28:47.44	M65 K Kikol 21:31.20		
M45 H Campher 20.14	M35 D Odendaal 33.57	M70 J Hotston 30:28.97	M70 Z Petro 24:53.26		
M55 G Joubert 19.50	M40 J Visser 38.02	M75 G Hazle 33:16.94	M75 M Parusilski 25:24.91		
M60 D Heunis 19.84	M45 J van Zyl 44.66	M80 J Rogers 43:27.36	W30 A Przebieg 18:41.41		
M65 A Smith 22.73	M50 J Allers 45.90	M85 B Goodwin 48:31.29	5000m		
W30 C Shillaw 16.22	M55 J van Wyk 35.92	M90 P Rabinowitz 46:47.12	M35 J Gardener 16:13.57		
W40 E Taljaard 13.01	M60 S Johnston 42.75	W35 G Smeeron 27:38.45	M40 S Ialcucki 16:28.76		
W45 R van Heerden 15.73	M65 A Rzepecki 40.93	W40 T Carstens 27:28.78	M45 M Majer 16:50.30		
W50 M Ferreira 17.57	M75 J Visser 25.08	W45 B Nell (1 lap short) 22:32.93	M50 L Ilwiski 18:24.36		
W55 M Tomlinson 15.37	M80 P Frech 28.61	W50 E Brand 28:45.81	M55 T Rojewski 17:51.43		
W70 I Hofmeyr 19.20	M85 L Wale 23.65	W55 J Crowley 28:43.53	M60 F Adolph 21:08.94		
Long Hurdles	M90 C Sterley 15.43	W60 L Hatz 31:58.40	M65 K Kikol 21:31.20		
M30 L Motshabi 59.35	W35 A Henngo 32.60	W65 M Johnson 37:47.80	M70 Z Petro 24:53.26		
M35 K Kriel 58.40	W40 C Naude 23.78	W70 R Cooper 36:49.62	M75 M Parusilski 25:24.91		
M40 S van Heerden 70.70	W45 A Ellis 24.97	W75 A Villier 34:11.53	W30 A Przebieg 18:41.41		
M45 H Campher 67.18	W50 H Schoonwinkel 29.52	20K Road Walk	M35 J Gardener 32:49.89		
M55 C van Onselen 95.49	W55 Y Rzepecka 25.58	M35 I Nel 1:38.26	M40 E Rydzewski 35:43.42		
M60 D Heunis 60.1h	W60 H White 20.67	M40 E Johannes 1:52.29	M45 J Skarlyski 32:59.44		
W40 C Taljaard 69.95	M65 C Stander 20.66	M45 C Klopper 1:54.50	M50 R Czech 35:26.94		
W45 R van Heerden 75.90	W70 S Malherbe 14.39	M50 J van Zyl 1:51.06	M55 J Wojciechowski 35:07.74		
W55 M Ballot 63.7h	W75 L Grobler 15.92	M55 P Wontor 2:08.08	M60 F Adolph 43:28.87		
W60 R Rossouw 62.1h	Hammer	M60 J Spence 2:02:15	M65 J Federowicz 44:01.12		
Steeplechase	M30 M Veckermann 47.20	M65 N Alderton 2:04:10	M75 M Parusilski 45:49.56		
M35 B Jacobs 10:10.56	M35 D Odendaal 37.50	M70 M Slabbert 2:18:26	Short Hurdles		
M40 A Spiers 10:10.61	M40 R van Bentheim 28.38	M75 G Hazle 2:25:45	M40 A Pieczara 20.30		
M45 H Hill 11:14.20	M45 J Barnard 38.06	M80 J Rogers 3:15:04	M45 J Suski 21.74		
M60 R Hugo 8:59.23	M50 G Koen 53.58	10K Road Walk	M50 J Pelka 17.04		
W35 C vanderWesthzn 7:46.34	M55 G Engelbrecht 32.96	W35 G Smeeton 56:43	M55 J Sitnik 20.09		
W40 B Putter 8:53.90	M60 S Johnston 37.02	W40 T Carstens 56:43	M60 C Okoloski 18.09		
W45 V van Gordon 10:17.44	M65 A Rzepecki 46.85	W45 B Nell 50:30	M70 J Przyborowski 14.17		
	M75 J Visser 29.22	W50 E Brand 61:10	W40 J Krawsz 14.25		

LONG DISTANCE RESULTS

EAST		M40 Scott Brown 21:29
LL Bean 4th of July 10K		M45 Stephen Nickerson 22:58
Freeport, ME; July 4		M50 Ron Newbury 23:45
Overall		M55 Glenn Johnson 28:45
Rusty Snow 32	32:59	M60 Bob Payne 29:03
Joan Samuelson 45	36:58	M65 David Woods 35:37
M40 Todd Coffin	33:24	M70 Richard Dam 41:43
Danny Paul	36:09	M75 Gary Bergeron 34:25
Charlie Humphries	37:03	M80 Carlton Mendel 44:10
M50 Steve Reed	38:06	W40 Julie Peterson 25:59
John Morey	42:46	W45 Mary O'Brien 27:27
Joel Croteau	42:50	W50 Emily Byquist 30:20
M60 Bob Coughlin	44:47	W55 Kitty Kelley 32:02
Harry White	46:04	W60 Liz Murphy 45:44
David Cunie	46:56	W65 Barbara Robinson 35:06
M70+Ken Omer	70:16	W70 Bobbie Maclean 52:18
Tom Miller	81:57	W75 Peggy Martin 70:25
Julius Marzul	94:31	W80 Josephine Fisk 97 92:16
W40 Joan Samuelson	36:58	
Gayla Underkoffler	39:56	
Ellie Tucker	40:33	
Kathy Hepner	43:18	
W50 Rosalyn Randall	50:43	
Betsy Barrett	51:57	
Heather Higbee	54:18	
W60 Gail Reinersten	51:40	
Polly Keniston	56:44	
Sally Paterson	72:45	
Bridgton Four on the Fourth		
Bridgton, ME; July 4		
Overall		
Andy Spaulding 31	20:28	
Kristin Barry	23:54	
		Continued on next page

Continued from previous page

M85 David Schilowitz	2:27.24
W40 Carmen Jimenez	1:27:50
W45 Kari Profit	1:30.52
W50 Teiko Schultz	1:39.45
W55 Marjorie Kos	1:49:28
W60 Anna Thornhill	1:43.57
W65 Wen-Shi Yu	2:09:03
W70 Bertha McGruder	2:45:56
W75 Joan Rowland	2:48.58

Vytra Women's 5K
Farmingdale, NY; July 13

Overall	
Catherine Ndereba 29	15:53
W40 Barbara Gibbs	18:27
Marilyn Caulfield	18:36
Elizabeth Ratner	18:41
W45 L. Harfenes-Melnik	19:38
Kim Solomine	21:36
Diane Gordon	22:14
W50 Kathryn Martin	17:50
Melissa Kennedy	22:33
W55 Betty Horstmann	22:40
Hilory Boucher	23:30
W60 M. Michelsohn	20:53
W65 Billie G. Moten	29:56
W70+Dolly Finkelstein	33:57

Boilermaker 15K
Utica, NY; July 14

Overall	
Paul Kosgei	43:22
Constantina Dita	48:29
M40 Andrew Masai	46:25
Gennadi Temnikov	46:32
Simon Karori	46:51
Dennis Simonaitis	46:59
Andrey Kuznetsov	47:18
Eddy Hellebuyck	47:42
Phil Bedford	48:14
M45 Thomas Smith	52:55
Charlie Andrews	54:44
Vlodymyr Tomilov	55:47
M50 Gary Romesser	50:13
Bill Rodgers	53:52
Vladimir Krivoy	54:54
M55 William Dixon	53:41
Bong Joon Yoon	62:01
M60 Doug Goodhue	59:43
Jack Nelson	60:32
M65 Tony Cerminaro	62:31
Dean Cowen	70:59
M70 Edward Doucette	76:06
Howard Rubin	80:52
M75 Fred Blakeslee	99:31
Skip Richardson	106:58
W40 Elana Fidatof	52:01
Elena Paramonova	54:09
Gordon Bakoulis	55:04
Lori Hewig	55:49
Kelly Dwong	62:46
W45 Claudia Kasen	59:57
Laurie Kinsella	65:56
Beth Howlett	67:19
W50 Diane Legare	57:29
Carolyn Smith-Hanna	62:44
Joan P. Ellis	63:56
W55 Karen Davies	72:33
Gail Vernold	74:58
W60 Sandra Folzer	74:21
Y T-Rothenberg	79:56
W65 Margaret Betz	72:01
Ann Vella	102:25
W70 Maureen Dooley	119:39
W75 R Tumidajewicz	118:35

Subaru Buffalo 4M Chase
Buffalo, NY; July 20

Overall	
Patrick Nthiwa	18:07
Elena Fidatof 42	21:08
M40 Gennadi Temnikov	18:55
Andrew Masai	19:01
Andrey Kuznetsov	19:40
John Tuttle	19:56
Githuma Kamau	20:56
David Hawes	21:03
Paul Kelly	21:07
M45 Bob Carroll	21:31
Gary Lantinen	22:19
Joseph Campbell	22:38
M50 D O'Connor	22:58
Stephen Forrester	23:29
M55 Tom Appenheimer	25:26
David Sheridan	25:38
M60 George Markoff	25:32
Robert Glazier	25:43
M65 Jack Meegan	28:17
J Antkowiak	30:16
M70 David Willett	31:17
Sandy Bueme	33:56
M75 Charled Bauer	39:53
Skip Richardson	40:14
M80 Henry Sypniewski	39:03

W40 Elena Fidatof	21:08
Danuta Bartozek	22:57
Nancy Tinan	23:03
Elena Paramonova	23:42
W45 Brigitte Soltz	25:43
K Holm	27:13
W50 C Smith-Hanna	25:36
Paula DesJardins	26:32
W55 Judy Mowery	30:30
Joan Thomas	30:57
W60 Barbara McLeod	36:34
Barbara Slivan	38:32
W65 Helen Botti	33:10
Edey Radice	38:28
W70 Helen Bueme	39:33

Goshen Gallop XXIII 10K XC
Goshen, VT; July 28

Overall	
Tim Donahue 32	42:02
Racheal Clattenburg 18	50:40
M40 Matt Karkoski	44:29
Elizabeth Ratner	46:49
Dhyan Nirmegh	46:51
Warren Foster	46:51
M50 J. Stableford	50:53
Robert Morell	53:47
William Holland	53:55
M60 Steve Aikenhead	56:56
Dale Harris	1:10:58
Art Collins	1:20:51
W40 Christine Bush	57:21
Maggie Jones	59:16
Heather Williams	59:39
W50 Barbara Freedman	58:51
C. Quackenbush	1:07:38
W70+Betty Lachante	1:21:23

NYRR Fitness Dash 4 Miles
Central Park, NYC; July 28

Overall	
William Roldan Mora 29	20:20
Cathy Grote 27	23:32
M40 Stanislaw Jaremko	22:43
M45 Amador Ybanez	21:53
M50 Theodore Truet	23:47
M55 Julio Aguirre	24:22
M60 Ark Maciak	28:23
M65 Michael goldman	28:42
M70 Leo Schonhaut	34:47
M75 Jack Haar	36:58
M80 Mel Freidel	48:37
M85 Wilfredo Rios	53:55
W40 Carmen Jimenez	25:35
W45 Mary Conry	28:14
W50 Cathy Handy	29:37
W55 Chuang Chang	32:57
W60 Ruth Fairbrother	34:27
W65 Rosa Nales	38:01
W70 Thelma Wilson	36:04
W75 Joan Rowland	44:47

Yankee Homecoming 10M
Newburyport, MA; July 30

Overall	
Gideon Mutisya 37	51:22
Lauren Matthews 22	63:26
M40 Dan Verrington	54:08
Paul Hammond	54:51
M45 Mark Hathaway	62:57
Randy Frost	63:08
M50 Vladimir Krivoy	58:18
Stephen Burton	62:59
M55 Larry Olsen	57:18
Bnan Greene	67:10
M60 Lawson Noyes	69:22
Philip Pierce	75:53
M65 Paul Shanahan	76:32
Wally Kurz	78:22
M70 Maurice Fernigno	95:37
Julian Siegel	104:06
M75+Carlton Mendell	80:114:30
W40 Liz Mooney-Arceri	69:05
Michelle Lafamme	69:31
W45 Claire McManus	74:31
Cathy Page	76:34
W50 Diane Legare	63:42
Karen Durante	76:51
W55 Wendy Burbank	80:02
Fay Lowrey	80:42
W60 Patricia Ryan	98:23
Nancy Spiro	105:09

People's Beach to Beacon 10K
Cape Elizabeth, ME; Aug. 3

Overall	
James Koskei 32	28:11
Adriana Fernandez 31	31:56
M40 Eddy Hellebuyck	29:49
Andrew Masai	30:10
Paul Evans	30:17
Gennadi Temnikov	30:47
Andrey Kuznetsov	31:25
Bob Winn	31:39
Todd Coffin	32:38

Scott Brown	32:43
Paul Hammond	33:37
M45 John Barbour	32:59
Russell Wogan	34:50
Danny Puan	34:56
Mark Will-Weber	36:31
Barry Fifield	36:39
M50 Steve Reed	36:45
Frank Rucki	37:38
Mark Uliasz	37:40
J Esty-Kendall	37:59
Andre Benoit, Jr.	38:35
M55 Bob Shoil	37:05
Guy Berthiaume	37:33
Bill Reilly	37:53
Guy Lindwall	38:48
Patrick Glover	39:14
M60 Jack Brennan	39:52
George Luke	41:02
Harry White	43:55
M65 Robert Randall	45:02
David Griffiths	45:51
Jerry Sombke	49:52
M70 Donald Ross	50:05
Thomas Hunt	61:59
William Hamilton	62:58
M75 Len Locke	62:48
William Nyan	62:46
Julius Marzul	93:10
M80 Carlton Mendell	67:10
Nelson Soule	80:24
Phil Campbell	86:58
W40 Elana Fidatof	34:14
Susan Foster	39:35
Gayla Underkoffler	39:48
Jeanne Hackett	40:44
Kathy Hepner	42:27
Libby Christensen	42:41
W45 Nanc; Stewart	38:48
Ellie Tucker	39:21
Donna Hurley	40:41
Claire McManus	41:47
Paula May	42:31
W50 Kathryn Martin	36:49
Carol Hogan	44:09
Deirdre Bird	44:43
Jane Rau	46:36
Isola Metz	47:45
W55 Gretchen Read	43:31
Carol Kane	46:58
Kitty Kelley	48:15
Faye Lowrey	48:31
Trish Swenson	49:24
W60 Monique Robitaille	54:26
Sara Urso-Profera	55:33
Marcy McGuire	59:09
W65 Imme Dyson	50:40
Polly Kenniston	53:35
Beverley McCoid	64:46
W75 Dottie Gray	69:41
Patricia Chick	115:14
W80 Louise Rossetti 81	83:45

Falmouth Road Race >7.1M
Falmouth, MA; Aug. 11

Overall	
Paul Kosgei	
Lomah Kiplagat	
M40 Andrew Masai 42	33:53
Eddy Hellebuyck	41:34:00
Simon Karori 42	34:35
Paul Evans 41	34:47
Gennadi Temnikov	40:35:09
Dennis Simonaitis 40	35:29
Kenneth Gartner	42:38:45
Keith Brantly 40	39:41
Paul Fendler 46	40:23
Sam Eid 43	40:37
Greg Diamond 45	40:42
Edward Fitzmaurice 41	41:26
Cameron Stracher 41	41:58
Steve Virgadala 42	42:07
John Sullivan 41	42:11
M50 Bill Rodgers 54	39:57
Robert Englio 52	44:20
Rod Dixon 52	45:30
Kyran Bergin 53	45:57
Stephen Hamel 50	46:26
Jack Afarian 50	46:27
Roger Roark 53	46:28
Bill Lord 58	46:28
M60 Al Nagel	49:36
John Worgan	50:52
Bill Masterson	51:11
Chris Sweeny	51:40
Will Mason	52:22
M65 William Riley	46:30
Michael Mullo	51:47
John Quinton	54:17
Richard Hill	54:53
Don Ribatt	57:32
M70 Paul Woodberry	62:38
Robert Sheehan	64:42
Mike Bennett	66:16
John Delahunt	71:50
Edwin Cushing	72:06
M75 Sab Koide	70:55
Stephen Churchill	71:08
John Taylor	73:10
William Ryan	78:26
Huna Rosenfeld	87:03
W40 T Pozdnyakova 47	38:53
Gordon Bakoulis 41	39:57
Joan Samuelson 45	40:22
Susan Faber 40	40:29
Elena Fidatof 42	41:31
Laura Hruby 41	42:21
Marge Bellisle 47	45:24
Nanci Cahalane 43	46:36
Mary Mulgrew 40	48:39
Mary Demello 42	49:15
Jane Lundy 42	49:33
Judith Copley 42	49:43
Julie Ryan 40	49:44
Maryellen Borge 44	50:33
Kathleen Philpott 44	50:37
W50 Judith Hine 53	48:08
Janet Bober 58	49:10
Cathy Klim 53	49:22
Leah Whipple 51	51:03
Jane Apono 50	52:49
Iris Madore 52	54:27
Joan MacClary 54	55:01
Linda Keefe 51	55:26
W60 Joanne Van Scoy	63:21
Nancy Spinale	63:38
Carole Hand	63:42
Judy Savitt	63:47
Nancy Spiro	64:32
W65 Mary Cashman	60:07
Rebekah Stephens	62:37
Marie Killeen	63:47
Virginia Fettig	64:36
Manon Power	66:52
W70 Susan Wilson	81:59
Marylou Flood	86:01
Eileen DiGregorio	117:51
W75 Dottie Gray	84:02
W80 Louise Rossetti	92:07

George Sheehan Classic 5 Mile
Red Bank, NJ; Aug. 10

Overall	
Simon Wangui 23	23:21
Edna Kiplagat 22	26:23
M40 Kevin Brewer	27:58
M45 Michael Mooney	27:55
M50 Bill Scholl	29:56
M55 Art Burger	30:55
M60 Pat Cosgrove	32:18
M65 Ralph Garfield	37:23
M70 Joe LaBruno	42:29
M80+Clarence Lurch	65:07
W40 Janice Moore	32:29
W45 Dawn Ciccone	34:05
W50 Betty Shonts	35:54
W55 Rita La Bar	40:11
W60 Gloria Jenkins	44:24
W65 Imme Dyson	39:48

Bridge of Flowers 10K
Shelburne Falls, MA; Aug. 10

Overall	
Paul Mwangi 35	31:27
Lori Hewig 42	37:14
M40 Dan Verrington	33:44
M45 Paul Hargreaves	37:53
M50 Vladimir Krivoy	37:10
M55 Larry Olsen	36:31
M60 Eddie From	42:03
M65 Wade Stockman	48:32
M70 Joe Fernandez	45:42
M75 Bud Aronson	58:42
M80 Carlton Mendell	66:06
W40 Lori Hewig	37:14
W45 Susan Hackney	40:57
W50 Diane Legare	39:29
W55 Mary Ryczek	47:56
W60 Ginger E Hunt	56:36
W70 Ann Stockman	56:14

SOUTHEAST

Atlanta TC 5K
Atlanta, GA; June 8

Overall	
Andy Keel 26	16:14
Sally Brooking 45	21:13
M40 John Black	16:53
Rob Whetter,	16:58
M45 Ron Sims	17:10
George Taylor	18:33
M50 Wes Wessely	18:20
Larry Lioy	19:35
M55 Sam Benedict	19:06
Charlie Patterson	19:34
M60 Andrew Sherwood	20:46
Charles Teague	24:45
M65 Richard Cheney	23:34

M70 Harold Gravitt	25:08
M75 Joe Petrolino	34:30
W35 Jill Egan	21:25
W40 Michele Keane	21:14
Valerie Reynolds	21:42
W45 S Brooking	21:13
Trenice Mullis	22:45
W50 Michie Pitts	22:09
W55 Dale Holmes	25:56
Holly York	25:37
W60 Ann Akers	24:16

Yorktown Freedom 5K
Yorktown, VA; July 4

Overall	
Bryce Ruiz 18	15:35
Kristine Wilson 28	19:08
M40 Dal Roberts	16:04
Bill Bustin	16:55
Ned Berg	17:49
M45 Mark Mullady	16:49
James Bates	17:42
Stephen Chantry	18:24
M50 Bill Alto	19:32
Steve Tyndall	19:51
M55 Dennis Manske	20:02
Bob Spencer	20:37
M60+Robert Wright 61	20:15
Tom Ray 69	22:06
W40 Sherry Volk	20:32
Margarita Doreste	20:58
W45 Sharon White	20:36
Carol Talley	21:22
W50 Donna Harper	23:04
C Rudesill Brantley	24:03
W55 Barbara Ivey	24:46
Barbara O'Brien	31:06
W60+Joan Coven 61	23:21
Linda Maner 60	30:57

Crazy 8's 8K
Kingsport, TN; July 13

Overall	
Patrick Nthiwa 19	22:37
Asmae Leghzaoui 25	24:27
M40 Scott Boltwood	31:00
Bill Gibson	31:48
Bob Gibson	31:51
M45 Dan Richardson	30:17
Mark Skelton	31:52
Jon Mather	31:58
M50 Eddie Neely	32:36
Bill Dickerson	32:43
M55 Larry Overbay	31:16</

Continued from previous page

M55 John Haas	22:24
Ruben Huerta	22:40
John Carey	21:25
M60 Paul Brown	
Tom Cueva	
Bob Blum	
M65 Bob Rice	
Robert De	
Gary Smith	
M70 Ruben Esq	
Don Weid	
Arthur Al	
W40 Helen Mor	
Yvonne Ra	
Henne So	
W45 Diana Cor	
Gisela Sak	
Sylvia Al	
W50 Barbie Spa	
Hope Calle	
Linda Cow	
W60 Alexandra	
Hope Carre	
Kae A	
W65 Marlene Za	
W70 Shirley Doe	
-10K-	
Overall	
Scan Smith 38	
Elizabeth Huip	
M40 Mike Filler	
Joe Sotck	
Wayne Jo	
M45 Mike Pug	
Mike Krp	
Ed Davis	
M50 Bill Came	
Lorenzo H	
Joe Ogata	
M55 Joe Murlik	
Phillip Har	
Chuck Lait	
M60 Chapman J	
Charles Dr	
Jim Phillip	
M65 William Tr	
Joe Carillo	
M70 Bob Koch	
W40 Anet Mey	
Lupe Marti	
W45 Wendy Bra	
Cathy Milw	
Pilar Alciva	
W50 Jimno Noh	
Bonnie Kill	
Lillian Cha	
W60 Maria Lewis	
Anna Eckel	
Will Rog	
Pacific Palisac	
Overall	
Nate Bowen 26	
Kara Barnard 23	
M40 David Olds	
Clyde Mats	
Tyrone Blac	
M45 Rob Terris	
Craig Mead	
Blair Tarr	
M50 Phillip Cohe	
Bill King	
M55 Richard Nel	
Ken Aermi	
M60 Lynn Bortan	
M65 Harry Pante	
M70+ Jim Hightor	
W40 Diane Isaac	
Claudia Can	
Tina Burch	
W45 Maria Marro	
Ann Johnson	
Catherine C	
W50 Sue Empey	
Nancy Shura	
W55 Connie Neis	
Penelope Fo	
W60 Roberta Ellio	
W65 R. Olin-Wein	
W70 L. Rebeschin	
Fleet Feet Ca	
Sacramento, C	
Overall	
Steve Immel 25	
Melanie Cleland 31	
M40 Steve Haas	
Kevin Ostenberg	
Danny Gonzales	
Angel Roman	
Robert Pickens	
M45 Miguel Tibaduiza	
Lloyd Stephenson	
Mark Fukis	
Brian Davis	

Paul Skokowski	5:01
M50 Don Paul	4:59
Les Ong	5:05
Randy Sturgeon	5:13
M65 Will Wright	3:59:49
Mort Weisberg	4:19:46
M70+Daniel Cowan	74:5:10:11

M50+James Flanigan	1:42:02
W40 Joanne Leyva	1:58:59
W50+Laurie Binder	1:55:00
M65 Mel Preedy	34:50
Lionel Wilridge	38:50
W60+James Flanigan	35:50
W60+James Flanigan	36:24
W60+James Flanigan	36:21
W60+James Flanigan	37:20
W60+James Flanigan	31:58
W60+James Flanigan	38:20
W60+James Flanigan	40:39
W60+James Flanigan	40:53
W60+James Flanigan	54:43
W60+James Flanigan	58:49
W60+James Flanigan	50:09
USATF 50M	
Championships	
W60+James Flanigan	
non-USATF	
participants)	
W60+James Flanigan	6:50:39
W60+James Flanigan	8:13:17
W60+James Flanigan	7:21:49
W60+James Flanigan	7:44:41
W60+James Flanigan	7:47:59
W60+James Flanigan	8:49:14
W60+James Flanigan	9:16:40
W60+James Flanigan	8:06:15
W60+James Flanigan	8:52:02
W60+James Flanigan	10:06:55
W60+James Flanigan	10:13:46
W60+James Flanigan	10:23:40
W60+James Flanigan	7:39:08
W60+James Flanigan	9:07:04
W60+James Flanigan	10:03:44
W60+James Flanigan	10:05:44
W60+James Flanigan	10:23:38
W60+James Flanigan	8:21:45
W60+James Flanigan	10:18:28
W60+James Flanigan	11:23:41
W60+James Flanigan	11:49:16
W60+James Flanigan	12:59:40
W60+James Flanigan	11:20:14
W60+James Flanigan	9:03:11
W60+James Flanigan	11:34:23
W60+James Flanigan	9:25:16
W60+James Flanigan	11:41:29
W60+James Flanigan	11:55:52

NORTHWEST	
Terry Fox/Shore Buns 12K	

M65 Mel Preedy	34:50
Lionel Wilridge	38:50
W60+James Flanigan	35:50
W60+James Flanigan	36:24
W60+James Flanigan	36:21
W60+James Flanigan	37:20
W60+James Flanigan	31:58
W60+James Flanigan	38:20
W60+James Flanigan	40:39
W60+James Flanigan	40:53
W60+James Flanigan	54:43
W60+James Flanigan	58:49
W60+James Flanigan	50:09

USATF 50M	
Championships	
W60+James Flanigan	
non-USATF	
participants)	
W60+James Flanigan	6:50:39
W60+James Flanigan	8:13:17
W60+James Flanigan	7:21:49
W60+James Flanigan	7:44:41
W60+James Flanigan	7:47:59
W60+James Flanigan	8:49:14
W60+James Flanigan	9:16:40
W60+James Flanigan	8:06:15
W60+James Flanigan	8:52:02
W60+James Flanigan	10:06:55
W60+James Flanigan	10:13:46
W60+James Flanigan	10:23:40
W60+James Flanigan	7:39:08
W60+James Flanigan	9:07:04
W60+James Flanigan	10:03:44
W60+James Flanigan	10:05:44
W60+James Flanigan	10:23:38
W60+James Flanigan	8:21:45
W60+James Flanigan	10:18:28
W60+James Flanigan	11:23:41
W60+James Flanigan	11:49:16
W60+James Flanigan	12:59:40
W60+James Flanigan	11:20:14
W60+James Flanigan	9:03:11
W60+James Flanigan	11:34:23
W60+James Flanigan	9:25:16
W60+James Flanigan	11:41:29
W60+James Flanigan	11:55:52

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Steve Immel 25	5:02
Melanie Cleland 31	4:29
M40 Steve Haas	4:30
Kevin Ostenberg	4:31
Danny Gonzales	4:31
Angel Roman	4:34
Robert Pickens	4:35
M45 Miguel Tibaduiza	4:41
Lloyd Stephenson	4:44
Mark Fukis	4:53
Brian Davis	4:56

M40 Craig Steinmaus	2:41:29
Guy Gordon	2:44:00
M45 Michael Baumann	2:57:59
Michael German	2:58:53
M50 Douglas MacLean	3:00:12
Ted Levine	3:02:39
M55 Harvey Kunz	3:28:08
David Large	3:28:15
M60 Robert Terry	3:45:45
Bob Beaton	3:57:38

W60 Teresa Ross	1:33:21
Alice Stotler	1:37:53
Dorothy Strand	1:48:21
W65 Wilma Maddock 68	1:32:38
Mary Dugan 65	1:39:50
Margaret Roberts 66	2:03:35



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KING

Regional 5K	
June 8	
23:52	
28:41	
32:53	
33:39	
37:59	
25:34	
30:05	
35:00	

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Continued from previous page

M55 John Haas	22:24
Ruben Huerta	22:40
Johanna Carey	23:25
M60 Paul Browne	22:02
Tom Cuevas	24:10
Bob Blum	24:38
M65 Bob Rice	22:12
Robert DeMiranda	26:37
Gary Smith	32:10
M70 Ruben Esqueda 71	25:03
Don Weidenkeller 71	28:36
Arthur Almeraz 70	31:49
W40 Helen Moreno	24:35
Yvonne Ramirez	24:52
Hernie Sotelo	25:04
W45 Diana Corneli	29:35
Gisela Salcedo	29:40
Sylvia Almerito	32:10
W50 Barbie Spatz	25:45
Hope Calleros	30:23
Linda Cowen	31:34
W60 Alexandra DeMiranda	26:21
Hope Carroza	29:08
Kae A	39:10
W65 Marlene Zamberlia	56:08
W70 Shirley Donoho 72	43:58
-10K-	
Overall	
Sean Smith 38	35:22
Elizabeth Huipe 18	41:22
M40 Mike Fillipow	35:47
Joe Sotelo	38:51
Wayne Jones	40:33
M45 Mike Pugh	36:40
Mike Krpan	36:55
Ed Davis	38:48
M50 Bill Cameron	42:47
Lorenzo Herrera	42:50
Joe Ogata	44:59
M55 Joe Murillo	46:59
Phillip Harding	49:04
Chuck Laine	53:05
M60 Chapman Hervey	36:23
Charles Davis	52:38
Jim Phillips	60:18
M65 William Traub	58:31
Joe Carrillo	60:30
M70 Bob Koch 75	51:08
W40 Anet Meyer	44:16
Lupe Martinez	50:19
W45 Wendy Bracamonte	47:09
Cathy Millward	56:04
Pilar Alcivar	62:53
W50 Jimmie Noh	57:37
Bonnie Killebrew	60:19
Lillian Chacon	64:39
W60 Maria Lewis 60	58:45
Aana Eckel 65	62:05

Will Rogers 10K	
Pacific Palisades, CA; July 4	
Overall	
Nate Bowen 26	31:38
Kara Barnard 23	37:27
M40 David Olds	32:33
Clyde Matsumura	35:13
Tyrone Black	36:06
M45 Rob Terris	37:24
Craig Mead	38:37
Blair Tarr	38:42
M50 Phillip Cohen	37:23
Bill King	39:57
M55 Richard Nelson	41:15
Ken Aerni	45:48
M60 Lynn Borland	42:21
M65 Harry Pantelas	49:39
M70+Jim Highton	53:08
W40 Diane Isaacs	42:35
Claudia Campos	43:35
Tina Burch	46:00
W45 Maria Marrone	44:37
Ann Johnson	46:12
Catherine Coleman	49:28
W50 Sue Empey	48:42
Nancy Shura	53:01
W55 Connie Nelson	55:21
Penelope Foley	57:22
W60 Roberta Elliott	58:00
W65 R. Olin-Weiman	1:44:48
W70 L. Rebeschini	1:22:02

Fleet Feet Capitol Mile	
Sacramento, CA; July 7	
Overall	
Steve Immel 25	4:13
Melanie Cleland 31	5:02
M40 Steve Haas	4:29
Kevin Osterberg	4:30
Danny Gonzales	4:31
Angel Roman	4:34
Robert Pickens	4:35
M45 Miguel Tibaduiza	4:41
Lloyd Stephenson	4:44
Mark Fukis	4:53
Brian Davis	4:56

Paul Skokowski	5:01
M50 Don Paul	4:59
Les Ong	5:05
Randy Sturgeon	5:12
Steve Hall	5:18
Art Mitchum	5:19
M55 Michael Dove	5:10
Greg Jewett	5:16
Searcy Barnett	5:21
Fred Martin	5:26
M60 Stephen Lyons	5:19
Jim Williams	5:20
Dan Preston	5:27
Robert Gormley	5:46
Robert Seidner	5:47
M65 Roger Fong	6:40
M70+Ed Reyna 71	7:37
W40 Maria Trujillo de Rios	5:18
Sara Freitas	5:28
Carol Keller	5:34
Kimberly Fanady	5:45
Patricia Contreras	5:47
W45 Kim Rupert	5:41
Clair Malonson-Fry	5:55
Desiree Wilson	6:09
Robin Cambra	6:58
W50 Sharlet Gilbert	5:41
Melinda Morse	5:54
Maggie Fillmore	6:27
Irene Herman	6:49
W55 Georgoa Riley	7:12
Cynci Calvin	8:00
Lynn Hall	8:10
Jeanne Olson	8:17
W60 Shirley Matson	6:01
Suzanne Franco	7:44
Madelyn Moon	7:55
W65 Myra Rhodes	6:57
Florence Fong	8:55
W70+Margarethe Stykel 72	8:19
Peggy Ewing 74	9:58

Friday Night 5K	
Sacramento, CA; July 12	
Overall	
Vernon Ruiz 20	15:21
Diana Clock 19	18:58
M40 AJ Michel	17:43
M50 Mike Ammon	17:52
M60 Ricardo Guidolin	21:32
W40 Vic Lyons	50:29
M70 Theesa Brown	20:31
W50 Candace McGahan	34:30
W60 Roberta Schneider	31:34
W70 Helen Tom	44:30

Cypress 5K & 10K	
Cypress, CA; July 27	
Overall	
Chad Durham 22	31:30
Kelly Flathers 31	35:07
M40 Anselmo Feliciano	35:41
M45 Dave Parsel	33:27
M50 Fasteddie Knapp	40:55
M55 Paul Akiyama	42:25
M60 Dave Hurburt	43:46
M65 Stanley Polski	46:40
M70+Bob Koch	50:23
W40 Louise Davis	41:17
W45 Joan Altflisch	49:23
W50 Jeannie Cheung	51:19

-5K-	
Overall	
Josh Yelsey 19	15:16
Janicka Petersen	17:52
M40 Scott Weinstock	17:52
M45 Angelo Decolibus	18:34
M50 David Wilson	18:54
M55 Bob Stagner	21:09
M60 Gary Riley	20:00
M65 Robert Lyons	21:29
M70+Milo Sather	24:58
W40 Laura Chaides	23:09
W45 Susan Enlow	20:40
W50 Sharon Loesto	21:06
W55 Yoko Eichel	22:06
W60 A. Demiranda	28:26
W65 Tina Sowers	39:10
W70+Shirley Donoho	40:11

Chronicle San Francisco	
Marathon	
San Francisco, CA; July 28	
Overall	
Nat Bowen 26	2:31:46
Magdalena Lewy 28	2:50:11
M40 Craig Steinmaus	2:41:29
Guy Gordon	2:44:00
M45 Michael Baumann	2:57:59
Michael German	2:58:53
M50 Douglas MacLean	3:00:12
Ted Levine	3:02:39
M55 Harvey Kunz	3:28:08
David Large	3:28:15
M60 Robert Terry	3:45:45
Bob Beaton	3:57:38

M65 Will Wright	3:59:49
Mort Weisberg	4:19:46
M70+Daniel Cowan	745:10:11
Gurnam Brard 72	5:11:07
W40 Carolyn Doles	3:06:36
Julie L'Heureux	3:17:18
W45 Janet Green	3:36:51
Carol Bennett	3:42:38
W50 Bonnie Hooper	3:52:32
Sue Empey	4:01:03
W55 Marian Lyons	4:04:22
Cheri Brandt	4:25:40
W60 Pat Vienna	4:21:57
Ann Grove	4:25:44
W65 Deborah Rogers	8:45:01
W70+Therese Fanelli	715:22:29

48th Annual Distance Derby	
Huntington Beach, CA; Aug. 10	
-5 Mile-	
Overall	
Matt Rainwater 21	26:25
Jenny Bell 20	31:26
M40 Salomen Torres	30:45
Tim Connelly	31:24
Robert Harris	31:58
M45 David Smith	31:02
Rafael Maldonado	32:40
Jim Schmitt	34:56
M50 Carlos Thornton	37:06
Ed Coffey	37:32
Robert Atchue	38:12
M55 Robert Sullivan	33:11
Steve Carter	35:41
Bill Sokol	35:46
M60 Lary Heffer	40:03
Joseph Umbro	40:04
Gary Singleton	40:10
M65 Bill MacLaren	41:02
Bib DeMiranda	42:10
Doc Wolfe	46:25
M70 Lloyd Marchand 70	50:02
Gio Masetta 74	1:13:56
W40 Margit Haupt	36:50
Carolyn Miller	38:17
Lisa Winkelpleck	39:36
W45 Donna Osuna	39:35
Leslie DeBoer	46:33
Jodee Preston	47:14
W50 Loi Coker	37:42
Barbara Russell	42:14
Donna Noguchi	48:32
W55 Jeanie Leitner	39:56
Linda Dhunjishah	50:07
Dee Wheeler	53:23
W60 Cathy Gobins	53:51
Sarah Novell	56:12
W70 Dorie Smith 71	52:38

-10 Mile-	
Overall	
Steve Frisone 30	51:37
Heather Frisone 29	1:00:18
M40 Derek Hyde	59:21
Mike Fillipow	59:53
Cesar Vasquez	1:00:06
M45 Dave Parsal	54:10
Jeff Snyder	59:34
Robert Kessler	1:02:04
M50 Rick Delgado	1:06:09
Peter Chumich	1:06:03
Moo Lim	1:07:30
M55 John Hunter	1:04:27
Agustin Medina	1:07:38
Roge Wqcingaertner	1:07:54
M60 David Rusher	1:13:41
Luis Varga	1:14:15
Alan Wakeling	1:14:28
M65 Don Watson	1:14:47
William Wall	1:16:33
Stanley Polski	1:17:07
M70 Bob Koch 75	1:24:06
Rex May 70	1:30:36
James Wilkie 75	1:36:28
W40 Louise Davis	1:05:59
Kimi Rouse	1:08:42
Tammy Sargeant	1:08:43
W45 Susan Enlow	1:11:12
Linda Stennes	1:11:35
Donna Hinshaw	1:12:06
W50 Elaine Campo	1:06:49
Candy Clark	1:09:32
Jan Adams	1:15:09
W55 Judith Fisher	1:18:50
Carole Gass	1:28:45
Veronica Burkhalter	1:31:17
W60 Teresa Ross	1:33:21
Alice Stotler	1:37:53
Dorothy Strand	1:48:21
W65 Wilma Maddock 68	1:32:38
Mary Dugan 65	1:39:50
Margaret Roberts 66	2:03:35

Firecracker 5000	
Seattle, WA; July 4	
Overall	
Uli Steidl	15:30
Megan Johnson	18:18
M40 David Coannon	17:09
Paul Hopkins	17:31
Ed Hill	18:39
M50 Monte Evans	18:11
Pekka Termonen	18:28
M60 Mel Preedy	21:31
Lee Parker	22:05
M70+Ralph Riddick	25:44
W40 Fawn Cole	21:45
Kimberly Smith	22:27
W50 Dorie Quam	22:09
Meredith Johnson	22:54
W60 Sally Jerome	24:51

Gorge Games 10K & Half-	
Marathon Trail Runs	
Hood River, OR; July 13	
Overall	
Cam Dauler	41:33
Christy Paul	45:15
M40 Greg Gustafson	42:06
Mark Moreland	48:24
M50+Sherm Rouse	49:36
Eric Sanford	59:51
W40 Sierra Schneider	51:55
K ObayashiBartsch	59:03
W50+Katy Mellow	62:42

NORTHWEST	
Terry Fox/Shore Runs 12K	
Seattle, WA; June 23	
Overall	
Chris Charles	34:09
Katherine Malm	39:21
M40 Loren Hill	39:09
Ed Hill	40:19
Robbie Robbins	40:36
M45 Jeff Clarke	39:02
Mark Houghton	40:19
Scott Klippert	43:03
M50 Doug MacLean	41:31
Russ Weeks	44:50
Terry Wong	46:08
M55 Will Rotkis	43:39
Walt Lomen	44:12
Greg Larson	45:53
M60+Jim Finnerty	46:43
Peter Konis	47:46
Alan G Thompson	47:52
W40 Rhonda Glass	43:26
Claudia Cooper	47:50
M. Cunningham	49:52
W45 Mary Rogers-Crum	46:23
Michelle DeLaTorre	51:08
Mindy Nicholes	51:27
W50 Reitha Weeks	51:18
Susan Davenport	55:28
Alison Bell	57:51
W55 Donie Quam	48:59
Hanna Berman	55:47
Gloria Edmonds	35:15
W60+Sally Jerome	52:31
Gene Guthrie	60:57
Wilma Parker	63:25

Fort Dalles Days 10K & 5K	
The Dalles, OR; July 20	
Overall	
Jamie Harris	31:15
Mandi Fitz-Gustafson	41:42
M40 Greg Gustafson	35:18
M50 Wait Notter	42:57
M60+Gunther Bauer	42:28
W40 Martha Callahan	60:28
W50 JoAnn Wixon	75:03
W60+Virginia Nicholson	56:37
-5K-	
Overall	
Trevor Olson	18:11
Brenda Coats W40	20:13
M40 John Iremonger	20:47
M50 Hector Osuna	21:23
M60+David Griffith	47:04
W40 B Coats	20:13
W50 Fran O'Brien	39:01
W60+M... Feist	47:58

Coburg Half-Marathon	
Coburg, OR; July 21	
Overall	
Odis Sanders 43	72:23
Jenny Crain 34	78:19
M40 O Sanders	72:23
Tim Knox	89:33
Bob Harms	90:03
M45 Russell Trump	82:03
Scott Lawson	82:56
M50 Francis Kessler	83:46
M55 Chuck Comack	86:14
M70+Stan Rodkey 71	2:25:29
W40 Liz Hendrie	95:25
Sara Fahey	98:40
W45 Kit Sundling	94:51
Noreen Zupan	1:50:24
W50 Virginia Heer	2:04:36
W55 Sally Lockyear	1:51:21
W60 Suzanne Rodkey	2:13:51

UPS Torchlight Run at Seafair 8K	
Seattle, WA; July 27	
Overall	
Paul Kezes 23	24:16
Zivile Balciunaite 23	26:39
M40 Loren Hill	28:50
Ed Hill	29:57
M45 Romas Sausaitis	27:58
Mark Billett	27:58
M50 Bob Murphy	28:52
Michael Allison	29:27
M55 Michael Shouse	34:32
Lester Soule	36:34
M60 Jim Finnerty	34:42
Bob Brown	37:42

M50+James Flanigan	1:42:02
W40 Joanne Leyva	1:58:59
W50+Laurie Binder	1:55:09

M65 Mel Preedy	34:50
Lionel Wilridge	38:50
W40 Gaylene Donner	35:50
Reva Fred	36:24
W45 Barb Blumenthal	36:21
Susan L Walters	37:20
W50 Sandi Halgren	31:58
Meredith Johnson	38:20
W55 Judy Fisher	40:39
Marcia Puryear	40:53
W60 F Popstojanovic	54:43
Pearl Spiger	58:49
W65 Diana Anderson	50:09

White River 50M USATF 50M	
Trail Running Championships	
Crystal Mountain, WA; July 27	
(Results include non-USATF	
championships participants)	
Overall	
Nate McDowell 30	6:50:39
Ann Heaslett 38	8:13:17
M40 Dennis Poolheco	7:21:49
Dave Terry	7:44:41
Michael Carlson	7:47:59
John Zilly	8:49:14
Craig Ralstin	9:16:40
M45 Steve Smucker	8:06:15
Stu Sherman	8:52:02
Pete Hansen	10:06:55
Bob Redwanc	10:13:46
David Dutton	10:23:40
M50 Pekka Tormonen	7:39:08
David Horton	9:07:04
Mike Suminski	10:03:44
Bob Gracie	10:05:44
Tim Yanacheck	10:23:38
M55 Frank Bozanich	8:21:45
Rob Grant	10:18:28
Ron Nichol	11:23:41

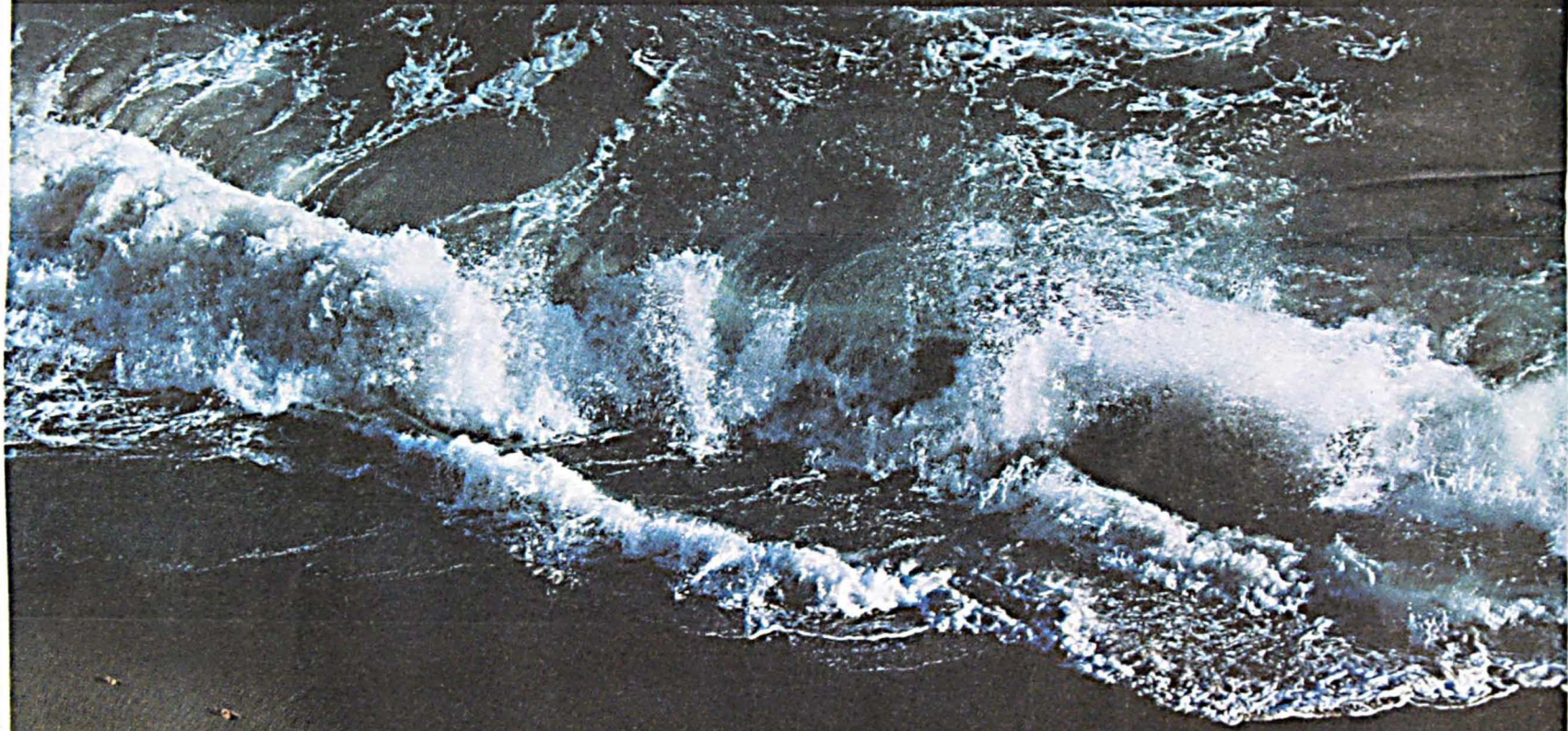


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"you wanna race?"



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