

# NATIONAL MASTERS NEWS

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

301st Issue

September 2003

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STEPHEN W. DERMINER

Jim O'Neil, 78, is the only one who has participated in all 36 National Masters T&F Championships.



SUZY HESS

Finalists in the W40 100 (l to r): Sarah Lawson, Veronica Amarasekara, 2nd (13.61), Joy Sargis, 3rd (13.30), Joy Upshaw-Margerum, 1st (12.74), Robin Galloway, Patti Rogers, Kathy Shook, and Susan Stephenson.

## Nationals Draw 1207 to Hayward Field



STEPHEN W. DERMINER

Patricia Porter set a W40 world record in the high jump (1.75/5-8 $\frac{3}{4}$ ).

By JERRY WOJCIK

EUGENE, Ore. – Hayward Field again lived up to its reputation as the best place in the U.S. to hold a track meet.

For the fourth time, athletes came here for a masters national championships, and, for the fourth time, got what they came for: good competition, beautiful weather, events run on time, lots of officials, and the Hayward Field ambiance.

"A great meet," said Leah and Tom Rewolinski, both 49, of Wisconsin, in agreement with Sid Howard, 64, New Jersey, of the 1207 participants (294 women and 913 men) in the 36th USA Masters T&F Championships held at the University of Oregon's Hayward Field, Aug. 7-10.

Of his first meet at Hayward, Courtland Gray, 59, Texas, said, "I had missed the previous meets in Eugene, and, even though I had an injury, I decided to come anyway. It was worth the trip as the venue was more than I had imagined. Now I see what all the fuss is about."

Competition was held in five-year age groups, starting at 30 and going up to 85. The first three finalists received gold, silver, and bronze medals, the

next three, ribbons. Guest athletes, who cannot displace a U.S. athlete, received equal awards.

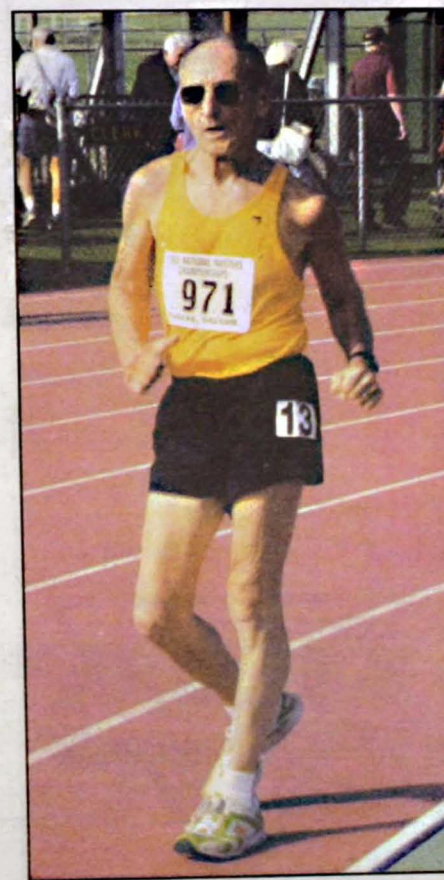
Forty-nine states were represented, with entries from Canada, Great Britain, Australia, and Mexico. One-third of the entrants signed up on-line.

The weather was perfect, with morning temperatures in the 50s for the early events and in the 80s by mid-afternoon, with a few clouds, all four days.

"Whenever I can run the 5000 and 10,000 in weather like this early in the morning, I consider it a gift," offered Paul Heitzman, Kansas, winner of both races in the M70 division.

One of the highlights of the meet was the excellent field event coverage, usually non-existent or scant at masters meets. Volunteers with hand radios were stationed at all field event sites and relayed the names of competitors and their marks to the announcers before and after the athletes made their attempts.

"The best I've ever seen, and I've been to a lot of major meets, including open championships," said Sandy Pashkin, Chair of the Masters Games Committee.



JERRY WOJCIK

Jack Starr, 75, broke U.S. M75 records for the 5000 and 10K racewalks.

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# 2003 USATF NATIONAL MASTERS 5K CROSS COUNTRY CHAMPIONSHIP

**Sunday, November 23, 2003  
Holmdel Park - Holmdel, New Jersey**

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

*For more information on these events visit [www.usatfnj.org](http://www.usatfnj.org)*

**Meet Schedule:**

- 10:00am... Alumni Open 5km Shootout
- 10:30am... Men 60 & Over
- 11:15am... Women 40 & Over
- 12:00pm... Men 50-59
- 12:35pm... Men 40-49

**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:**

**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 DiJoeseeph'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

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 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:

**Entry Fees:**

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					

**Masters National Championships:  
(no day of race entry)**

**Pre-entry:** \$20 (received by November 13th) (include a SASE and Bib # and information will be mailed back)

Register online at [www.compucore.com](http://www.compucore.com)

**Late Registration:** \$30.00

(Only on November 22nd at Holiday Inn)

*Long Sleeve Championship T-Shirt and Pre-Event Buffet Dinner available at hotel.*

**Open 5km Cross Country Shootout:**

**Pre-entry:** \$10 (received by November 13th) (include a SASE and Bib # and information will be mailed back)

**Day of Race Registration:** \$15

*T-shirts are not available for this event*

**Lodging:**

Mention "USATF Masters XC" when calling any of the below:

Meet Headquarters

Holiday Inn (Tinton Falls) 732-544-9300

Red Roof Inn (Tinton Falls) 800-843-7663

*Must call prior to 11/9 to ensure discounted rates.*

May be photocopied

**INDIVIDUAL REGISTRATION FORM**

One form/person

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

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

\*\*03 or '04 USATF #: \_\_\_\_\_ Phone: \_\_\_\_\_

\*Required to compete call 732-296-0006 to receive an application or register online at [www.usatfnj.org](http://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, USA Track & Field, New Jersey Association of USATF, New Balance North Jersey and their volunteers, sponsors and any representatives for any and all injuries by me in this event.

(Signature) \_\_\_\_\_

(Date) \_\_\_\_\_

Masters XC Championships	Cham-	Open 5km Cross Country Shootout
\$ _____		\$ _____
Pre-Entry (\$20)		Pre-Entry (\$10)
\$ _____		\$ _____
Late Registration (\$30)		Late Registration (\$15)
\$ _____		\$ _____
Long Sleeve T-Shirt (\$15) <i>Shirts sold at the event will be \$20.</i>		\$ _____
Size (Circle) S M L XL		<b>Total Enclosed</b>
\$ _____		\$ _____
<b>Total Enclosed</b>		



**WRITE  
ON!**

Address Letters to: National Masters News  
P.O. Box 50098, Eugene, OR 97405 or  
E-mail: natmanews@aol.com

### WMA MEET

A recent issue of NMN published a letter of complaint about the Southeastern Masters Track Meet in Raleigh, N.C., in May. I wish all World Masters Championships were conducted as well as it is.

Puerto Rico tried to put on a good meet. The bus transportation was excellent, but did not go to all hotels. There were too many sites widely spread out, necessitating large amounts of travel time.

We need to reconsider the position of team manager. A friend, still under stress from losing her husband, was denied permission to compete in the 5K racewalk because she did not show up an hour ahead of time. We need more compassion and understanding, not dictatorial decision-making.

In the 20K racewalk, the 80+ champion was told he could not compete because he was not wearing the actual singlet required by USATF. Our team manager did not know that this requirement had been eliminated. All you needed was a shirt that said USA, which he had. Fortunately, someone loaned him a shirt, and he was able to compete.

I am more upset, though, over the method of designating teams in the walks. Because some of us were not there an hour ahead of time, we were not permitted to compete on a team. The meet rule book said teams had to be designated before the start. It said nothing

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about one hour.

When your hotel is an hour's drive from the race site and the races start at 6 and 7 a.m., it is ridiculous to require one hour. I spent much time driving the day before trying to sign up a team. I finally learned I could sign up at the race. Nothing was said about an hour.

Our team manager's only reasoning was that I should have attended her meetings, held an hour's drive from my hotel, which would have meant three or four hours of time. I did not go to Puerto Rico to spend four hours of my time each day to attend a meeting.

Robert Mimm  
fatsmimm@earthlink.net

### RETURN TO COMPETITION

As some of your readers may know, I had a heart problem for the last seven years and that's why I've been out of competition. The problem was atrial flutter, and my local doctor's solution was to put me on a medication (diltiazem) that limited my heart rate. (Atrial flutter occurs when the right atrium gets false electrical signals to contract and does so at the rate of 250-300 beats per minute.)

Consequently, I could not train either hard or long, or race. I searched the Internet for other solutions and found one, called catheter ablation. Through good luck, I arranged a consultation with a renowned cardiologist in Paris, France, who specializes in this procedure.

In late January this year, I went to him and had it done. Now, no more flutter and no more diltiazem. Here I am six months later competing!

I thought maybe it would help other athletes with a similar history if you printed my story.

George Linn  
by e:mail

## Nationals—Eugene

Continued from page 1

In the medal count, eight world and 30 U.S. records were set. Leonore McDaniels, W75, Virginia, had a gallery of fans in the east grandstand as she steadily raised the pole vault record from 1.70/5-7 to 1.90/6-2 $\frac{1}{4}$ . She also increased her triple jump mark of 6.37/20-10 $\frac{1}{4}$  to 6.66/21-10 $\frac{1}{4}$ , and her high jump mark of 1.11/3-7 $\frac{1}{4}$  to 1.13/3-8 $\frac{1}{2}$ , both in the 15th WMA Championships, Puerto Rico.

Diane Palmason, W65, who lives in Washington and has dual U.S./Canadian citizenship, ran brilliantly, lowering the 400 record of 71.95 to 68.21, and the 800 record from 2:44.43 to 2:41.61.

Pole vaulter Nadine O'Connor, W60, California, added space to her own record of 2.63/8-7 $\frac{1}{2}$  with a 2.85/9-4 $\frac{1}{4}$ .

The road to records took different routes. Patricia "Trish" Porter, New Mexico, competing in her first National Masters Championships, broke the W40 high jump record of 1.72/5-7 $\frac{1}{4}$  with a sensational 1.75/5-8 $\frac{1}{4}$ . Her best collegiate mark was 5-8 $\frac{1}{4}$ .

In 1983, Porter, then known as Trish King, quit the U. of Oregon track team after her request to switch from the high jump to the heptathlon was denied, but she went on to earn a spot on the 1988 U.S. Olympic Team with a 6-5. Her return to Eugene after several decades to set a record earned her a front page story with a large photo in the *Eugene Register Guard* sports section.

In contrast, Robert Ward, M70, Texas, is a well-traveled masters competitor. Two months ago, here at the Hayward Masters Classic, he set three M65 U.S. records in the throws, despite being at the top of his age group at 69. Joining the M70 division on July 4, he started to set records as an M70, and added a world record here with a 51.89/170-2 with the 4kg hammer.

Two of the six javelin record breakers are just as dissimilar. Bill Platts, Idaho, a fishery scientist with a Ph.D. from Utah State, broke the M75 500gr record with a 40.70/133-6.

"I started throwing the javelin four years ago. I never saw a javelin before that," he said after his record throw. "I've exceeded the record a couple of times in practice but never in a meet until now. I'll get better."

Joe Greenberg, Texas, set an M50 U.S. record with a 60.2/197-6 for the 700gr implement. With submasters and masters experience at the national and international levels, he often won open competitions throwing as an M40+. On Saturday, after his final throw, he said that this was his final competition.

Kenny Dennis, a longtime Southern California resident now living in Las Vegas, broke one of the oldest U.S. records for the 100, 12.6h by Payton Jordan in 1982, with a 12.40.

Unfortunately, Dennis failed to declare for the 200 on Saturday before the one-hour limit and was not allowed to compete.

Double record breakers were Charles Rose, M70, North Carolina, 800 and 1500; Carol Finsrud, W45, Texas, who had the satisfaction of increasing her marks in the shot put and hammer, as did Barbara Jordan, W65, Vermont, in the short and long hurdles; and racewalkers Jack Bray, M70, California; Jack Starr, M75, Delaware; and Shirley Dockstader, W70, California.

Perhaps the most remarkable record of the meet was that by Jim O'Neil, 78, California, a participant in all 36 Championships, starting in 1968 in San Diego, Calif., who ran the 5000 and 10,000 here. On top of that, he has participated in all 15 Masters World Championships.

On Friday evening, an Athletes' Meeting was held at the U. of O.'s Knight Law School Building on the campus directly across from Hayward Field. With members of the Local Organizing Committee and the Masters Games Committee in attendance, athletes were able to voice their gripes.

The primary complaint was the inconsistency of the application of the one-hour declaration rule, so that athletes who hadn't declared their intention to run in a race were showing up minutes before the event and were allowed to compete. One athlete told how his sprint was aborted after the start gun went off to accommodate a late comer. Officials corrected the situation for the remaining two days.

After the informal meeting, publicist Bob Weiner, and Phil Raschker, a W55 athlete who has had considerable experience with promotion, conducted a seminar to show how athletes can get publicity in their local media.

A banquet for athletes and officials on Saturday evening gave attendees an opportunity to renew and meet new acquaintances. Larry Norris, president of the Championships host Oregon Track Club Masters, welcomed the athletes.

Media coverage included articles on former Olympians, newcomers, and local athletes in the *Register Guard*, and television clips on the meet and athletes.

The Championships opened at 8:00 a.m. with the 5000, shot put, and pentathlon on Thursday and closed on Sunday by 3:00 p.m. after the relays. Many of the relays were exhibition teams out to have some fun, and by that time, officials and volunteers were happy that the meet was coming to a close.

The remaining athletes said their last good-byes. Some, in a more festive mood, headed for Track Town Pizza on Franklin Boulevard, a few blocks from the campus, for a party hosted by Dave Clingan, USATF

Continued on page 5

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## Track & Field Report

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

### Communication is Essential for Publicity

**A**t the Masters Executive Committee Meeting, held prior to the Athletes' Meeting at the Masters Championships in Eugene, a motion was made by Dave Clingan, Active Athletes Representative, to appoint a communications volunteer to help get more publicity for USATF Masters T&F. I know we all think this is a great idea and we decided to develop criteria, and solicit candidates for this position.

We haven't developed the criteria yet, but I would like to get everyone's input before we go ahead. Members should know that USATF already has a Communications Department headed by Jill Geer. She is assisted by Tom Surber, Media Relations Manager, who was in attendance in Eugene compiling results and sending them to over 1000 media connections every day.

I found that many athletes do not know this. These press releases also appear at [www.usatf.org](http://www.usatf.org). To help disseminate this information in Eugene, I personally went to Kinko's and downloaded and printed these press releases for the athletes. It was a big hit. In the future, we will do this every day at our two National Championships.

What else can we do? One obvious need is to conduct interviews at the meet. Tom doesn't have enough time for this, so it would be great if some-

one with this kind of experience would volunteer. Actually, athletes may be surprised that they can volunteer and compete in the same meet! Maybe even job share.

#### Do It Yourself Approach

Some have emphasized that athletes do the media contacts themselves. Other professionals believe that is a long shot. When our USATF Communications Department isn't participating, it becomes the meet's local organizing committee's role to perform this function. They most likely need volunteers for this. Volunteering for this communication function would be a great help.

In order to help you fill this position, the USATF Communications office has produced a booklet titled *Using the Local Media to Your Advantage*. It is yours for the asking from the National Office.

#### Indoor Championships, 2006

Potential host venues for both the indoor world and national championships should be on alert. The criteria for the world championships can be found on [www.world-masters-athletics.org](http://www.world-masters-athletics.org), with a deadline of Nov. 30, 2003. Our U.S. deadline is Sept. 20, 2003. The Masters Executive Committee must select a candidate venue for approval by the USATF Board of Directors after Sept. 20, 2003, in order to meet the Nov. 30 deadline.

The deadline to notify Ken Weinbel for the 2006 National Indoor Championships is Oct. 31, 2003. The Masters Committee will vote on these championships at our meeting in Greensboro, N.C.

#### Dartfish

A huge "Thank You" to Lynn Cannon and Kristin Dilworth for their tireless work presenting Dartfish to us in Eugene. We plan to follow up at future championships. I'm not sure that everyone took advantage of this great performance tool. See Dr. Bob Ward's article (p.9) on the subject. Thanks to Ward and hammer coach Stewart Togher for their help as well. I'm still sore from Stewart's workout.

What can I say about the terrific meet put on by the folks in Eugene? Thanks to all who participated and facilitated! □

(George Mathews can be contacted by e-mail at [georgem@nwlinc.com](mailto:georgem@nwlinc.com))



CHUCK HAMMONDS

Leonore Mc Daniels, W75, broke the pole vault world record with a 1.90, 36th National Masters T&F Championships.

### Nationals—Eugene

Continued from page 4

Masters Rankings guru, and the *National Masters News*.

The 2000 Championships here drew over 1500. The loss of 300 athletes was attributed to the poor economy, and some East Coast athletes may have opted for the WMA Championships in Puerto Rico in July instead of coming to Oregon.

Over 100 officials, 30 from outside the Oregon Association, were utilized each day. Volunteers, many of whom worked multiple shifts with various duties, were from the Oregon TC and the community at large. Seventeen massage therapists donated their services during the competition.

Announcing duties were shared by Al Sheahen, of the *National Masters News*, Tom Heinonen, recently retired U. of O. women's track and cross-country coach, who worked four full days, racewalker Carolyn Kortge, Christy Davids, and Mick Cates.

The primary sponsors were Puma, PeaceHealth, Willamette.net, and Gill Athletics, Inc. Barbara Kousky and Tom Jordan, of Northwest Event

Management, served as meet directors.

In unofficial combined team scoring rankings, the So. Calif. TC scored 151 points for top honors, followed by Oregon TC Masters (126), Atlanta TC (85), Portland Masters (82), and Midwest Masters (78).

The 2004 Championships will be held in Decatur, Ill., at Millikin University, on Aug. 5-8. □

### TWENTY YEARS AGO September 1983

- 1900 Athletes Enter V World Veterans Games in Puerto Rico; To Avoid Cancelling Games, WAVA Tells South Africans to Stay Home
- Herm Wyatt Raises World M50 HJ Mark to 6-1 $\frac{3}{4}$
- Antonio Villanueva, 41, Runs Record 30:01 in Peachtree 10K



SUZY HESS

Diane Palmason set W65 world records for the 400 (68.21) and 800 (2:41.61), 36th National Masters T&F Championships.

### Nevada Senior Olympics In Las Vegas

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## Third Wind

By MIKE TYMN

### Payton Jordan: Matching Strides With Father Time

As I recently gathered material from my files for a book on the subject of aging and athletic performance, tentatively titled *Matching Strides, Strokes, and Swings with Father Time*, my "speed" folder was bulging with clippings of one kind or another about Payton Jordan, one of the best sprinters in the world just before World War II and no doubt the greatest masters sprinter ever. While I had met Jordan briefly at the 1987 nationals in Eugene and had exchanged a few letters with him in recent years, I had never interviewed him. Surely, a chapter about speed without comments by Payton Jordan would be incomplete.

Jordan's name appears over and over again in the age-class record book in both the 100 and 200, beginning at age 55 and continuing on up to age 82, when he hung up his spikes, at least his serious spikes.

"I've reached the point where the motivational level isn't where it should be to run at the level I want," Jordan, now 86, told me three years ago, shortly after he moved to Santa Barbara, Calif., from Los Altos, Calif. But Jordan still maintains a high level of fit-



JERRY WOJCIK

Angie Miyashiro #711, first W50 (40:29.19) and Katherine Nichols, second W35 (40:32.39) in the 10,000, 36th National Masters T&F Championships.

#### FIFTEEN YEARS AGO September 1988

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

ness, working out with weights twice a week and using a NuStep machine another two days a week.

#### Consulting the Archives

To assist me in my recent interview, Jordan graciously searched his files. As he looked for old articles that might help me, he came upon a 1958 letter from Percy Wells Cerutti, the famous Australian coach of the 1950s. Jordan was head track coach at Stanford University at the time. "I have not altered my views as to Stanford and the great Payton Jordan one iota," Cerutti began the letter, going on to discuss his new mile sensation, Herb Elliott.

Jordan uncovered another letter, this one dated February 14, 1943. It was from Lou Zamperini, his old teammate at the University of Southern California, a man whose story was told in this column last year. The letter was written just before Zamperini's plane went down in the Pacific and he began a three-year survival odyssey as a prisoner of war.

#### Unofficial Time

"Hello 9.4," the letter began, referring to Jordan's unofficial 9.4-second time in the 100 yard-dash in a 1938 meet in San Diego.

"Two of the timers had me at 9.4 but the head timer had me closer to 9.5," Jordan explained. "He said no one had run that fast, and so he gave me a 9.5."

Jordan came across some material about 1952 Olympic 1500 silver medalist Bobby McMillen, who ran for him when he was coaching at Occidental. "Do you know that he never lost to Roger Bannister?" Jordan commented. "There is no doubt in my mind that he could well have been our first sub-4 mile [if he had focused on it]. He ran with the big boys and gave them all they could handle."

He continued digging through his files. "My wife, Marge, says I'm a pack rat, hanging on to all these things," he mused, "but they help in refreshing one's memory and in perpetuating the wisdom of such people."

#### Cover of LIFE

There is a copy of the June 19, 1939 issue of *LIFE*, then the most popular magazine in the country, showing Jordan, at 21, on the cover. It is captioned "Captain of Champions," referring to the fact that Jordan was captain of the University of Southern California



Payton Jordan

team that had won the national collegiate championships the month before.

The year before, in the 1938 Fresno Relays, Jordan teamed up with Lee LaFond, Mickey Anderson, and Adrian Talley to set a world record of 40.5 in the 440 relay. In 1941, he again ran 9.5 for 100 yards, setting a world record for a grass track – a record that would stand for 27 years.

At the 1941 national AAU championships, he equaled Jesse Owens' 10.3 unofficial record for 100 meters. At the International Jamaican Olympiad that same year, he again clocked 10.3 for 100 meters and 21.1 for 200, both grass track world records. But the most memorable event of his pre-masters years came at the age of 14, when Olympic gold medalist Charlie Paddock, called the "world's fastest human," congratulated him on winning a race and told him, "Son, you keep working and you'll be a champion some day."

#### All Around Athlete

Jordan was a member of the USC team that defeated Duke 7 to 3 in the 1939 Rose Bowl, and while serving in the Navy he played halfback on the St. Mary's Pre-Flight team that had future San Francisco 49er great Frankie Albert at quarterback.

Jordan gives much of the credit for his development as a sprinter to his coach at USC. "Having been blessed with an exceptional coach and motivator, Dean Cromwell, plus being surrounded by many highly gifted teammates, we had much positive reinforcement and daily challenges within our team," he offered. "Oftentimes our time trials to secure a spot on the competitive meet squad were tougher than our competition against opposing teams."

#### Training - Then and Now

I asked him about his training in those days and what he would differently if he could go back 60-70 years with the knowledge he now has. The one big area that Jordan feels that sprinters back then could have benefited from was weight training. "Weights were not gen-

erally looked upon with favor," he explained. "Coaches felt they would make us muscle-bound. A few of us did dabble in some weight training, but our regimen was not very sophisticated or well structured with specificity to our event."

Another little recognized discipline was cross-training. "Because I took part in football and rugby as well as doing much swimming during the summers, I was unknowingly reaping the benefits of cross-training," he continued.

"Had this varied participation been more formalized, it is my opinion that it would've enhanced my performances in track and field, and vice-versa. Perhaps by pure luck it was my good fortune to be a part of enjoying world record performances in spite of little emphasis on weights and cross-training. I do firmly believe the mental part plays a great role in how one performs. The 'ole Grecian ideal, a strong body and strong mind makes sense."

#### Olympic Coach

With the cancellation of the 1940 and '44 Olympic Games due to the war, Jordan did not have the opportunity to show his speed in Olympic competition, but he became an Olympian nonetheless as the head coach of the U.S. Track & Field team at the '68 Games in Mexico City.

Following his military service, Jordan spent 41 years coaching, first at Redlands High School, then at Occidental College, and for the last 24 at Stanford University. "Of one thing I'm certain," he said, "and that is I have been blessed and quite possibly the thing I cherish most is the honor and privilege it has been for me to play a part in the lives of those I have coached in helping them be the best they could be on and off the track." □

(Payton Jordan will discuss sprinting and aging in this column next month. Mike Tymn can be reached by e-mail at metgat@aol.com)



SUZY HESS

Bill Collins, winning the M50 100 (11.40), with Jim Ross, 3rd (11.78), 36th National Masters T&F Championships.



# Profile

By **STEPHEN W. DERMINER**

## Jethro Tull's Martin Barre Speaks Out on Running and Music

**M**artin Barre has been the guitarist for the legendary rock band Jethro Tull for the last 30 years. He took the reins after their first album and anchored such classics as *Aqualung* and *Thick as a Brick*.

Barre was born in Birmingham, England, on Nov. 17, 1946. His grandfather bought him his first guitar and gave him albums by Barney Kessel, Jim Smith and Wes Montgomery, hoping to broaden his musical horizons. Barre cut his teeth playing music in the mid-1960s with a band called The Moonrakers, which helped him earn a little money on the side. They played in bars and other venues, whichever ones provided as many gigs as they could handle.



Legendary rocker, Jethro Tull's Martin Barre has been running passionately for 15 years.

He worked with a Bognor Regis based band, Motivation, who had backed Beau Brummel. The band became a blues band in 1968, after metamorphosing through Soul, R&B and Pop. They backed well-known artists such as The Coasters, The Drifters and Lee Dorsey. At one point they even recorded a song, *Lady Godiva*, for Liberty Records, written by their in-house songwriter who turned out to be Elton John, before hooking up with Jethro Tull.

"I eventually saw [Jethro Tull] in the summer of 1968, at the Sudbury Blues and Jazz Festival. They were modestly billed below Traffic and Fleetwood Mac, but they were very good," said Barre. "John Gee, the compere, swept the stage afterwards, humorously cleaning it of crawling insects."

### Running for Rehabilitation

Barre dedicated his life to running after he tore the ligaments in his knee during a wind surfing incident about 15 years ago. He started out just to rehabilitate the knee, but soon became addicted to the exercise.

"I was not fit at that time. I mean table tennis was my game. The rehab

running started shedding the weight. I would run 100 yards, then a mile or so, and then five, seven, 10 miles. Before I knew it, I was competing in half-marathons and even a couple of marathons. I noticed improvements in my physique and even mentally," added Barre.

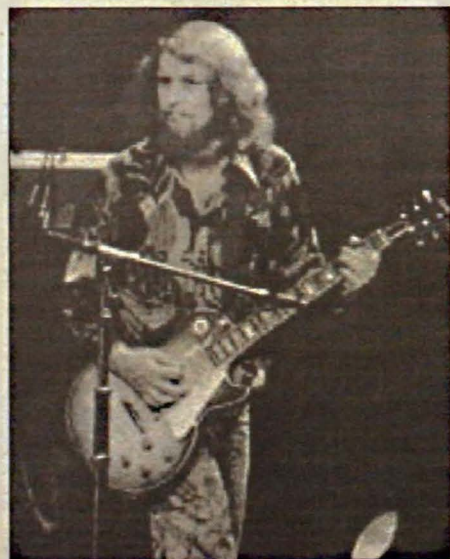
The guitar virtuoso, now on tour promoting his solo venture, *Stage Left*, claims that running is a great way to see the world. When he first started running he'd be on tour, cruising through streets, and people would look at him as if he were crazy. He tries to find time to run before a gig and expects about five miles from himself each day or his regimen is upset.

### Price is Right

Barre says, "Running is an easy way to get fit. It's aerobic, cheap, and available. No one runs in Turkey or India so they look at you as if you're insane when you're running down the road. Maybe it's the heat or something."

Barre's *Stage Left* is a completely versatile CD, taking one through melodic ups and downs, twisting and pulsing through Soul, R&B, Rock and Blues. It has some shades of Jethro Tull, of course, albeit mostly the guitar, but it is a great buy and a great CD to throw on the headphones and run to.

"It's good time music," says Barre. "It takes you through emotions. You'll be glad you bought it; every track stands on its own. It has melody and style. It's hard not to like it. I wanted to make a CD that everyone would enjoy. I hate to throw down my 15 bucks on a disc for one song if the rest is all rubbish." □



Martin Barre in his heyday in 1970.

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

**Treadmill Exercise Has its Drawbacks**

Many of us, at one time, have tried to use a treadmill to supplement our outdoor running program. Some like this way of training; for others it is very tedious. A number of studies have shown various foot, knee and back problems associated with treadmill running on a daily basis. So the question arises, is there something about the construction of a treadmill that could cause running injuries?

Although there is very little objective information regarding normal standards for feet on and off the treadmill, there are findings that show significant variations in running biomechanics while on the treadmill.

Studies have shown a decrease in the time of non-support, a quickened rate of striding, and a decrease in stride length. Murray and associates state that there is some reason in getting the foot of the swimming leg onto

the ground while the standing leg is being driven behind the body by treadmill motion. As the treadmill speed increases, there are more steps per mile than running over ground.

**Increased Stresses**

So, there are more heel strikes, more push-offs, and more energy expended than when running outside. This could possibly cause injury, due to the repetitive steps.

Continued on page 9

**8 World and 30 U.S. Records Set in Nationals**

Eight world and 30 U.S. age-group records were set in the 36th USATF National Masters Championships, Eugene, Ore., Aug. 7-10.

Leonore McDaniels, W75, was a triple WR breaker, and Diane Palmason, W65, set two. The other three records went to Patricia Porter, W40, Robert Ward, M70, and Nadine O'Connor, W60.

Phil Raschker, W55, was the female star of the meet, with eight gold medals, ranging from the 100 to the hurdles to the PV and the pentathlon. Max Springer, M85, with six firsts, and James Stookey, M70, with five wins, were her male counterparts.

Texans Bill Collins, M50, Cindy Steenbergen, W45, and Harry Brown, M70, Illinois, winners in the 100, 200, and 400, could share the award for the top sprinter of the Championships.

By divisions, here's a breakdown of the meet:

**W30**

Anita Howard zoomed to wins in the 100 (12.29) and 200 (25.42). Jacqueline

Nasca won all four throws, with a 37.65 in the HT and 39.53 in the DT. Sarah Leonard took the 400, 800 (2:16.43), and 1500. Distance runner Shannon Overbay is a double champion, in the 10,000 and SC.

**W35**

Venus Jewett flashed to wins in the 100 (12.82) and 200. Beth Erickson won the 5000 and 10,000 (39:07.54). Canada's Olivia Stewart starred in the SH (16.39) and LH. Lauriea Blume went short and long with victories in the 400 and SC.

**W40**

Patricia Porter thrilled the spectators with her 1.75 HJ WR. Veronica Amarasekara broke her U.S. record in the LJ (5.68) and won the TJ. Joy Upshaw-Margerum started with a pentathlon first and finished with golds in the 100, 200, and SH (12.06). Caryl Senn collected first places in the LH (69.16) and javelin. Mary Thane won the 800 (2:18.26) in a field of 16 and took the 1500 (4:46.36) from another large field. Kelly Murphy-Glenn racewalked to two awards stand visits, 5000 (26:55.54) and 10K (56:12).

**W45**

Cindy Steenbergen posted easy wins in the 100 (12.92), 200, and 400. Carol Finsrud smashed her own U.S. records in the SP (12.70) and HT (43.62). Janet Martin lowered the U.S. SC record to 8:18.11. Monica Kendall extended the national JT record to 37.79.

**W50**

Canada's Karla Del Grande looked unbeatable in the 100 (13.15), 200 (26.61), and 400 (60.60). U.S. records went to Sharlet Gilbert, SC (8:54.19), and Tina Bowman, JT (31.89). Carolyn Smith-Hanna returned to Upstate NY wearing gold medals for the 800 (2:30.41) and 1500 (5:10.42). Angie Miyashiro flew back to Hawaii a double champion in the 5000 and 10,000 (40:29.19). Mary Snyder had to hold off Debbie Topham to take both racewalks.

**W55**

Phil Raschker needed two shot putters to help carry her medal-laden luggage to the airport shuttle. Dorothy Vander Cruysee stuck a U.S. JT record (23.39). Joni Shirley won the 5000 and held off Sharon Gerl, 5:46.71 to 5:47.91, to win the 1500. Donna Cunningham triumphed in both racewalks.

**W60**

Nadine O'Connor upped her 2.63 PV WR significantly to 2.85. Kathy Jager won the 100 (14.14) from a tough field and took the 200 and LJ. Becky Sisley took time off from her Games Committee duties to win both hurdles and the JT.

**W65**

Diane Palmason, competing as a Canadian, broke WRs in the 400 (68.21) and 800 (2:41.61). Barbara Jordan broke two U.S. records in the hurdles - her own! She ran a 17.07 in the SH, a 63.62 in the LH, and threw in a win in the LJ. Joanne Grissom, who officiated for much of the four days, broke the national SP record with a 9.78 and won the HT.

**W70**

Racewalker Shirley Dockstader won both the 5000 (32:40.97) and 10K (1:07:38) with U.S. records. June Machala was in record territory in the 5000 (23:28.69) and 10,000 (50:24.97).

**W75**

Leonore McDaniels continued on her record binge since turning 75, with a 6.66 in

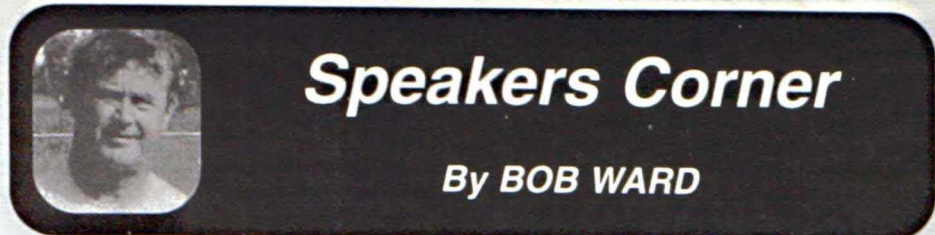
Continued on page 9

**2003 USATF National Masters T&F Champions, Eugene, Ore., August 7-10**

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85
100	Culpepper	Borromeo	Berry	Barnwell	Collins	Whitley	Edens	Dennis	H. Brown	Melville	Manno	
200	Culpepper	Brown	Berry	Barnwell	Collins	Allie	Edens	Tolson	H. Brown	Melville	Manno	Springer
400	Wensel	Thomas Jr.	Nix	Andrews	Collins	Allie	Ching	Stewart	H. Brown	R. Brown	Messenger	Springer
800		Nash	Young	Bradley	Salazar	Barnum	Howard	Stewart	Rose	Selby	Messenger	Springer
1500	Newton	Nash	Young	Rodiez	Spinney	Gaide	Howard	Stewart	Rose	Selby	Messenger	Springer
5000	Newton	Baldovino	Pope	Cannon	Hill	Taylor	Coffman	Iffrig	Heitzman	King	McManus	Healey
10000	Newton	Dudman	Pope	Cushman	Chick	Taylor	Coffman	Iffrig	Heitzman	Koch		
SH	Drummond	Holmes	Ashford	Lee X	McKinley	Johnston	Butler	Paulen	Stookey	Larsen		
LH	Drummond	Smith	Ashford	Pannell	Kemp	Gray	Rowan	Kirkpatrick	Stookey			
SC	McVeyFinney	Yorges	Grenzer	Cook	Hill	Pate	Pfueller	Levasseur		Selby		
HJ		Lee	Reese	McBarnette	Teller	Sauers	Burns	Langenfeld	Stookey	Seifert	Maxwell	
PV	Heinly	Wilcox	Sinatra	Hunter	Patterson	Kitlelainen	L. Holmes	Cannon	Donley	Seifert		
LJ	Hopkins	Toll	Moore	Johnson	Parnell	Crockett	Struna	Spainhower	Stookey	Platts	Carter	Springer
TJ	Brown	Coushay	Davenport	Banks	Rodenbeck	Manor	Struna	Spainhower	Stookey		Carter	Springer
SP	Lindsay	Curry	Shields	Wetenhall	Summers	Roll	Johnson	Vaughn	Ward	Wallace	Nettles	Schlothauer
DT	Lindsay	Davis	Kraychir	Wetenhall	Martinez	Fahey	Pratt	Cochran	Palmer	Wallace	Carter	Schlothauer
HT		Cavender	Martinez	Jansson	Meyer	Taylor	Gage	Humphreys	Ward	Brusca	Horsley	Schlothauer
JT	Weidman	Scott	Bender	Janusey	Greenberg	Stevick	Appel	Morris	Horine	Platts	Pistorino	Schlothauer
PENT		Wilcox	Porter	Janusey	Kemp	Baker	Karbens	Oleata	Duncan	Daprano	Carter	
5KRW			Nieroski	Santoni	Wiggins	McGuire	Opsahl	Johnson	Bray	Starr	Levinsohn	
10KRW			Nieroski	Santoni	Wiggins	Walker	Opsahl	Johnson	Bray	Starr	Levinsohn	
4x100	ATC	ATC	WRB	WRB	Georgia/So	Carolina	GW	GW	SCS	SCS		
4x400	FIBO Track Club		WRJ	WRJ	WRG	WRG	Hawaii Masters TC		So Cal Striders			
4x800	SEB	SEB	SWB	SWB	WRA	WRA	East Region	East Region	So Cal Striders			
*8KRR		Bell	Poulos	Peattie	Russell	Pate	Odwin					
	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	
100	Howard	Jewett	Upsh'Margrm	Steenbergen	Board	Raschker	Jager	Lary		Peterson		
200	Howard	Jewett	Upsh'Margrm	Steenbergen	Board	Raschker	Jager	Daprano		Peterson		
400	Leonard	Blume	Shook	Steenbergen	Board	Noren	Ingalls	Daprano		Onod'Leonard		
800	Leonard	Finaly	Thane	Hall	SmithHanna	Gerl		Daprano	Bahler	Onod'Leonard		
1500	Leonard	Wright	Thane	Teran	SmithHanna	Shirley		MacLeod	Bahler	Schley		
5000	McLaughlin	Ellickson	Teppo	Downing	Miyashiro	Shirley	Matson	Harada	Machala			
10000	Overbay	Ellickson	Minnefield	Davidson	Miyashiro	Spannaus	Michelsohn	HodgesHite	Machala			
SH		Schneider	Upsh'Margrm	Drotar		Raschker	Sisley	Jordan				
LH		Richardson	Senn	Johnson	Bowman		Sisley	Jordan				
SC	Overbay	Blume	Dougherty	Martin	Gilbert		Stepan					
HJ	Martin	Schneider	Porter	Johnson	Gipson	Raschker	Kathy Bergen	Donley		McDaniels		
PV				Schultz		Raschker	O'Connor			McDaniels		
LJ	Leslie	Richardson	Amarasekara	Schultz		Raschker	Jager	Jordan				
TJ		Richardson	Amarasekara	Johnson		Raschker		Gryssom		McDaniels		
SP	Nasca	Jinkins	Thornton	Finsrud	Stratton	Tucker	Sherrard	Grissom	Gray	Valien	Reske	Jarvis
DT	Nasca	Westbrook	Ecklund	Finsrud	Hartzler	Tucker	Jager	Schultz	Gray	Osmon	Reske	Jarvis
HT	Nasca	Jinkins	Ecklund	Finsrud	Hartzler	Tucker	Jager	Schultz	Gray	Osmon	Reske	Jarvis
JT	Nasca		Senn	Kendall	Bowman	VandCruysn	Sisley	Donley		Valien	Reske	Gradick
PENT	Irwin		Upsh'Margrm	Hoppie		Raschker	Jordan					
4x100	WRF	WRF	MWA	MWA								
4x400	MM	MM	Fleet Feet Sacramento				FL	FL				
4x800			Fleet Feet Racing									
5KRW		Berger	MurphyGlenn	Torrellas	Snyder	Cunningham	Murphy	LaVeck	Dockstader	Gordon	Dana	BennoCaris
10KRW		Vale	MurphyGlenn	Heinlein	Snyder	Cunningham	Rigney	Elliott	Dockstader	Gordon	Dana	BennoCaris
*8KRR		Blume	Corcoran	Martin	Bowler	Orr	Chalmers	Dods				

\*8KRR not a Championships event





## Speakers Corner

By BOB WARD

### Dartfish Trainer, A New Concept

We all owe a "Hurrah" to George Mathews for having the insight to bring Dartfish trainer, *The Ultimate Visualization Software Created for Sports Training*, to the USATF Masters National Championships in Eugene, Ore. Certainly, we all understand that if we know how we move, and if we know how we are supposed to move, our chances of improving are greatly accelerated.

In over 50 years of track & field, I haven't seen anything that can match the contribution of Dartfish to improving our performance. The sequence of events is simple: visually capture your event; analyze your event; share your event analysis with anyone.

We came to the "Land of Oz" for track & field, Eugene, with high hopes to compete, to accomplish, and to achieve the goals we set before us. Standing tall at the north end of Hayward Field is the statue of "The Wizard" of U. of Oregon T&F, Bill Bowerman.

In his hand is the Dartfish of his day, a Bell and Howell 16mm high-speed camera. Fascinatingly, there is a good possibility that it served the U.S.A. well as a gun camera in one of our fighter planes in WWII. Yes, a picture is worth a thousand words - in war, peace and sport.

But I'm told that the axiom in the original text said a picture was worth ten thousand words, not one thousand. This saying was emphasizing the power of sight. Most companies know this and develop very costly marketing plans to take advantage of it. Now, Dartfish brings this "Ultimate Sports Software" to us commoners in a series of affordable, hi-tech, broadcast quali-

ty, sports training software programs that belong in every serious athlete's equipment bag.

In addition, the beautiful part about this system is that a vast number of applications can be added to it. Dartfish marketing materials state that they specialize in producing digital images that are interactive, entertaining and educational. Further, that they are creating new dimensions that will help athletes like us achieve our goals.

On the other hand, the ultimate program would be to combine Dartfish with mystical elements, and you would have an unbelievable one-two punch. In reality, the comprehensive "Sports Science Team" is composed of the following elements: the camera; the Dartfish programs; the coaches and sport scientists; and the mystical and the media (sharing).

Be a loner, a one-element user, and you won't get the maximum benefit.

My recommendation is to get started today with the "DartTrainer" by taking advantage of the special offer that has been worked out with Dartfish for USATF members.

Strive for excellence: Citius, Altius, Fortius - Swifter, Higher, Stronger. □

(For more information go to [www.sportsscience.com](http://www.sportsscience.com))

### The Foot Beat

Continued from page 8

As the treadmill incline is increased, there are variations in the mechanical structure of the body. Forces against the forefoot are increased. A forward lean is necessary, and the center of mass of the body is shifted forward. This also causes increased ankle dorsiflexion to provide ground clearance which, in turn, increases pressure on the balls of the feet.

Ng, et al, in a high-speed camera study, showed that runners planted their feet in a flatter position on the treadmill than on the ground. So, we have to make the determination that there is a greater degree of midtarsal joint instability on the treadmill, causing a lower arch and the foot to appear flatter.

#### Change in Force

In an article on treadmill running, Orien points out the possibility of an alteration in anterior shear forces on the forefoot when on a backward moving surface. Therefore, the shear forces

may move to the back of the foot.

Although treadmill running and walking constitute a convenient method of exercise, those with specific biomechanical pathologies may wish to avoid the treadmill if it increases the risk of injury. If the athlete develops back, knee, ankle, or foot symptoms, the use of a treadmill should be discontinued. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, e-mail Dr. John Pagliano at the [footbeat@aol.com](mailto:footbeat@aol.com))

#### Need Back Issues?

Most back issues of the *National Masters News* are available for \$3.00 each, plus \$2.00 postage and handling for each order.

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JERRY WOJCIK

Hammer throwers at a clinic offered by DartTrack watch as hammer coach Stewart Togher analyzes the technique of a thrower videotaped at the 36th National Masters T&F Championships.

### Highlights of Nationals

Continued from page 8

the TJ, 1.90 in the PV, and 1.13 in the HJ, although she had a 1.15 HJ in the Pan Pac Games in Sacramento. Pat Peterson and Sumi Onodera-Leonard dueled in the sprints, Peterson winning the 100 and 200, Onodera-Leonard taking the 400.

#### W80+

Olga Kotelko, W80, of Canada, won the four throws, but runner-up, local favorite Melanie Reske was crowned four-time champion. Jane Dana took first in the RWs,

5000 (39:00.25) and 10K (1:18:36). Betty Jarvis, W85, won three throws from Katharine Gradick, with Gradick winning the JT (11.12). Fan Benno-Caris strode to RW wins, the 10K with a record 1:33:41.

#### M30

Jeff Culpepper posted the meet's fastest 100 (10.78) and 200 (21.97). The Chads didn't just hang around, Chad Newton winning the 1500 (4:08.86), 5000, and 10,000 (31:58.34), and Chad Lindsay taking the SP

Continued on page 12

## Pending World and U.S. Records 36th USATF National Masters Championships

#### World Records

Event	Age	New Mark	Name	Old Mark	Held By
400	W65	68.21	Diane Palmason	71.95	Carolyn Cappetta
800	W65	2:41.61	Diane Palmason	2:44.43	Jeanne Daprano
HJ	W40	1.75	Patricia Porter	1.72	Debbie Brill/Camen Carg
HJ	W75	1.13	Leonore McDaniels	1.10	Helgi Pedel
TJ	W75	6.66	Leonore McDaniels	6.31	Mary Partridge
HT	M70	51.69	Robert Ward	50.78	Carlos Blumentfeldt
PV	W60	2.85	Nadine O'Connor	2.63	N. O'Connor
PV	W75	1.90	Leonore McDaniels	1.70	Johnnye Valien

#### U.S. Records

Event	Age	New Mark	Name	Old Mark	Held By
100	M65	12.40	Kenneth Dennis	12.6h	Payton Jordan
800	M70	2:26.14	Charles Rose	2:27.57	James Lytjen
1500	M70	5:12.40	Charles Rose	5:14.97	James Lytjen
SH	M40	13.82	David Ashford	14.24	Stan Druckrey
SH	W65	17.07	Barbara Jordan	18.69	B. Jordan
LH	W65	63.62	Barbara Jordan	64.66	B. Jordan
SC	M75	10:09.12	Jim Selby	10:40.02	Avery Bryant
SC	W45	8:18.11	Janet Martin	8:21.66	Sue Grigsby
SC	W50	8:54.19	Sharlet Gilbert	10:54.85	Mary Trotto
LJ	W40	5.68	Veronica Amarasekara	5.44	V. Amarasekara
TJ	W35	11.74	Regina Richardson	11.15	Phil Raschker
SP	W45	12.70	Carol Finsrud	12.46	C. Finsrud
SP	W65	9.78	Joanne Grissom	9.30	Erika Messner
HT	M60	59.98	Thomas Gage	53.32	Stewart Thomson
HT	W45	43.62	Carol Finsrud	41.90	C. Finsrud
JT	M50	60.21	Joseph Greenberg	57.88	Richard Sander
JT	M75	40.70	Bill Platts	33.60	William Bronson
JT	M80	27.86	Charles Pistorino	19.11	Armando Ricciardi
JT	W45	37.79	Monica Kendall	36.98	Lurline Struppeck
JT	W50	31.89	Tina Bowman	28.67	Phil Raschker
JT	W55	23.39	Dorothy Vander Cruysse	22.41	Georgia Cutler
Pent	M50	3570	Steve Kemp	3560	John Tucker
Pent	M80	3688	Bill Carter	---	---
5000RW	M70	27:51.03	Jack Bray	28:57.77	Alfred DuBois
5000RW	M75	30:57.45	Jack Starr	31:14.00	Giulio DePetra
5000RW	W70	32:40.97	Shirley Dockstader	34:58.50	Joan Rowland
10KRW	M70	58:56	Jack Bray	59:21	Bill Flick
10KRW	M75	1:05:10	Jack Starr	1:06.48	William Talmadge
10KRW	W70	1:07:38	Shirley Dockstader	1:09.21	Miriam Gordon
10KRW	W85	1:33.41	Fan Benno-Caris	---	---



## Masters Racewalking

By ELAINE WARD

### The Bent Knee Bugaboo – Part II

**C**arl Acosta, M65, has been racewalking for 20 years. In the last 10, he has struggled with a bent knee problem that causes him to be disqualified from many races. As he competes at many national and international championships, there is much to learn from his attitude towards his nagging knee problem. Following is the second part of an interview with Carl on bent knee problems. —ew

**CA:** I cross-train with jogging and racewalking in the water as well as with bicycling and spinning.

**EW:** It is interesting that you bike. I know people in competitive biking who don't feel that biking is easy on their knees.

**CA:** I am not using bicycling for any kind of racing; it is just recreational. I do a nice easy mile. It's all centrifugal. There is no stopping and planting at the bottom. When your leg comes up, it is part of an even movement. It's recommended for people who are "rehabbing" from any kind of knee surgery. It's also used by athletes who get knee injuries. They go to the gym and start cycling.

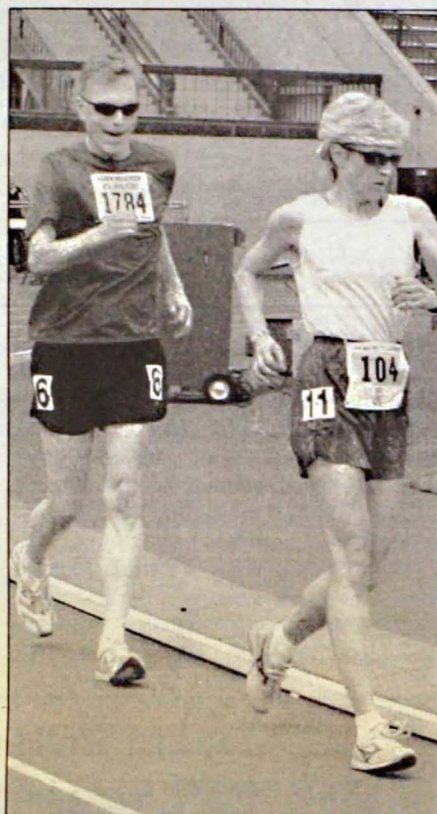
Spinning can be a problem. If you are with an instructor, he may have you simulate going up a mountain. He will have you gear up so it puts more stress on the quads and hams. I probably have too much tightness in the quads and hams right now to spin. My muscles are naturally tight and don't allow my leg to be flexible.

#### Coping With DQs

**EW:** One of the things that interests me about you is your ability to deal positively with what, for most people, is a very discouraging problem. Many older masters who have knee problems get angry and quit. What is your mindset that keeps you out there in spite of the odds?

**CA:** Many competitors are embarrassed to be DQed and taken off the track before the race is over. Like everyone, I was in shock when I had my first DQ, and some after that. But I guess I am one of the few who have become desensitized.

I am not going to allow anyone to keep me from doing something I enjoy. I don't like getting DQed, but I can still walk away knowing that I did the best



KONRAD WOJCIK

George Opsahl (l), first M60 (28:06.39) and Marianne Martino, second W50 (28:12.75), 5000 Racewalk, Hayward Masters Classic, Eugene, Ore., June 21.

I could and I am fitter for it.

I had a telephone call from a gal recently who is also struggling with being DQed. I told her not to get down on herself or down on the sport she loves. I said that the judges are just doing their job, that she should just keep getting help from her coach and keep working at it. She pointed out that she had been with her club, the Marin Racewalkers, since 1994 and had never met such a great group of people.

#### Look at the Video

One of the best helps for technique problems is to have someone take videos of you walking so you can observe yourself and understand how you look. They say a picture is worth a thousand words. I think several judges consider me the bent-knee poster boy.

When I finish a race without being DQed, I know I am making progress with my technique. This was happening before I re-injured my left knee.

No one is intentionally trying to walk with a bent knee. As we grow older, we become less flexible. We may not warm up enough because we are eager to get our stopwatch on and see how fast we can go. Or we may



JOHN CLAYTON CARIS

Gold medalist racewalkers (l to r) Joanne Elliott, W65, 5000, 10K, and team golds; Fan Benno-Caris, W85, 5000, 10K, and team golds; and Joan Berman, W65, 10K silver and team gold, 15th WMA World Championships.

not cool down enough, and feel sore and tight the next day. It takes many of us longer to recover from a workout or race than when we were younger.

It may be better to work out every other day, rather than every day. The bottom line is it's important to walk with legal technique during workouts as well as races, and your body has to be ready to do this.

#### Tough Judging

**EW:** Do you ever feel that the judges are picking on you?

**CA:** When I get DQed, I don't take it personally. The judges aren't sneaking up on me. They aren't hiding behind a tree during a road race. I am thoroughly aware of what I have to do, and if the judges see something that is an infraction, they are going to call it. I know some walkers feel that certain judges pick on them.

Racewalking is one of the few events where you can be pulled out of competition before finishing. I have been bothered by this, but it has never affected my persona.

Maybe it's the jobs I have held during my productive, working career that color my attitude toward the sport. I was in outside-sales. I didn't know from one month to the next what I was actually going to earn because I was on full commission.

Some days I would make a call on a customer and get chewed out because of some mistake I made or defect in the product. The customer might degrade me in front of the whole office.

Then I'd go down the street and make a call on another account, and everyone was patting me on the back. I was a hero. I didn't have time to worry about the bad experiences.

#### Positive Outlook

Now, when I look at the overall picture of my sales career, I remember the good parts – the people who helped me in a job I liked. I was calling on the owners of companies, not just bidding on things. The owners were like the judges in racewalking. I went out every day trying to get sales and only got in return what I put out.

I love racewalking. It changed my whole life. I get up every morning looking forward to working out. Racewalking is a great aerobic sport, and it takes into consideration every part of your body from head to toe. I feel very gratified when I finish a workout. As old as I am, I know I am accomplishing something that keeps me fit and active. And I don't plan to stop racing, as I love to compete. □

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



JERRY WOJCIK

Anna Wlodarczyk, W50 winner (13:13) and Phil Raschker, W55 winner (13:96), in the 80H, 36th National Masters T&F Championships.

### TEN YEARS AGO September 1993

- Nationals Attract 997 to Provo, Utah
- 233 Compete in Northwest Regionals
- Nick Rose (41, 46:00) and Carol McLatchie (41, 54:56) Win in Boilermaker 15K



# LDR Report

## State of The Sport: Road Race Snapshot

As an extended road race family in the U.S. that was 7,746,000 strong in 2002, road racing is one of the rare sports that can accommodate a family with an active 12-year-old daughter and 15-year-old son, a mom and college-aged daughter who want to be fit and support a cause, a competitive dad, aunt and uncle who run for personal bests, a grandfather who's not that much slower than his sons and a grandmother who enjoys a leisurely stroll – all in the same event. In fact, that group would be a good representation of the entire 5K "family" of participants.

Road race demographics released by USA Track & Field's Road Running Information Center (USATF RRIC) mirror the overall population of the U.S., with a 50/50 split of men and women and participation from all age, ethnic and economic groups. There is a training group, fun run and competitive race for everyone, with road racing and training taking place everywhere from vacation resorts to inner-city communities.

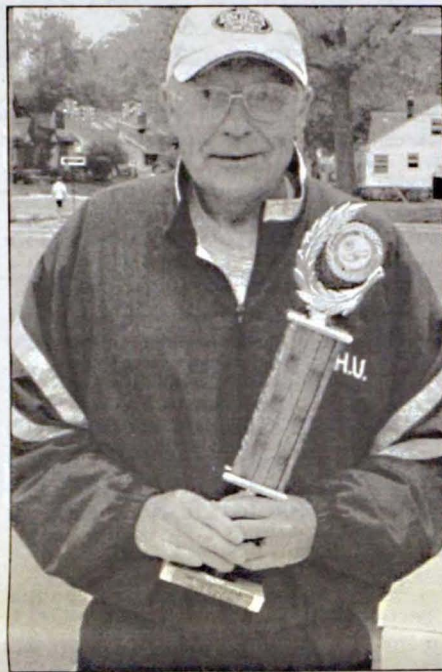
### Age, Sex and Median Times

The number of masters athletes (40 years and over) in road events has increased 55% over the past decade, with the estimated number of finishers rising to 3,160,000 in 2002 compared to 2,040,000 in 1993.

Masters runners account for 41% of all finishers, down just 1 percent from 2000. The number of junior road racers (19 and under) has been increasing in the last few years and now accounts for 14.1% of all 5K finishers and 8.5% of 10K, up from 12% and 6% in 2000, respectively.

In distances where the masters percent has decreased – 10K (43% in 2000, 41% in 2002), half-marathon (43% in 2000, 41% in 2002), and marathon (44% in 2000, 43% in 2002) – there has been a subsequent increase in female participants, who tend to be a few years younger than their male counterparts.

The average (mean) age for 2002 participants in 5K to marathons varied from 34 to 36 for females and 36 to 40 for males, with the longer distances producing the oldest fields in most instances. Ultra events from 50K to 100 miles had average female and



JERRY WOJCIK  
Everett Luoma, first M70 (54:24), Ferndale 10K, Ferndale, Mich.

male ages of 41 and 43, respectively.

### More Women Competing

The road race population also has a higher percent of women than the "frequent runner" groups identified by ASD (44.6% females) and NSGA (44.2% females). The highest percentage of women occurs in the 5K events (60.6%), while the lowest (36.6%) occurs in the 25K distance. Lower still are the "ultra" distances of 100K (24% women) and 50 miles (28%).

Some of the largest women's fields were in 2002 marathons such as Portland (58%), Rock 'n' Roll (54.2%) and Disney (50.9%), possibly indicat-

ing that race size and atmosphere are stronger factors in female participation. The overall male to female ratio for race finishers in all distances has remained close to 50/50 for the last two years.

Getting back to the 5K "family," an average age of 37 and a median time of 35:00 do not begin to describe the diverse 5K race population. The following chart lists median times from the major age groups in all 2002 5K results submitted to USATF:

Category	Median Time
Males (mean age = 36)	28:16
5 to 19 years	28:27
Open (20-39)	27:24
Masters (40+)	28:43
Females (mean age = 34.8)	42:52
5 to 19 years	38:17
Open (20-39)	37:45
Masters (40+)	50:48

The range of times run by the males is much narrower than the range of the female times. The women who are 40 and older are essentially walking, with an average time of 50 minutes and 48 seconds confirming that many 5Ks offer two events in one – a run and a walk.

When the charity events such as Revlon Run for Women and Race for the Cure are taken out of the finisher pool, the times are considerably faster – especially for the women, as illustrated by the following:

Category	Median Time
Males (mean age = 36.5)	26:42
5 to 19 years	26:41
Open (20-39)	25:58
Masters (40+)	27:19
Females (mean age = 34.2)	33:45
5 to 19 years	32:39
Open (20-39)	32:14
Masters (40+)	37:10

### 2002 Growth Spread Across Distances

The extended road race family in the U.S. was 7,746,000 strong in 2002. Runners continued to flock to 5K, a distance that accounted for 39% of the finishers and 49.7% of courses certified (599 out of 1205) by USATF in 2002.

The second most popular distance was the 10K, with 13.3% of the finishers and 13.9% of the courses certified last year. The distances showing the most growth for the same events received in both 2001 and 2002 were 1 mile (up 11%), 25K (up 10%), 15K (up 7%), half-marathon (up 5.4%) and marathon (up 5.3%).

The following chart summarizes the 2002 total estimates provided by the USATF RRIC.

Distance	%	Finishers
5K	39.0%	3,021,000
10K	13.3%	1,029,000
8K/5mi	7.8%	602,000
Mara	5.8%	450,000
H-mar	6.7%	516,000
4 mi	2.4%	185,000
1 mi	5.7%	441,000
2-3 mi	1.6%	125,000



MIKE POLANSKY  
Kathy Martin, 51, first member of the Greater Long Island RC finishers, accepting the Paula Wunderlich Memorial Award from Paula's daughter Courtney, Vytra Health Plans Long Island Women's 5K, Farmingdale, N.Y.

12K	1.5%	115,000
15K-30K	4.3%	333,000
Others	12.0%	929,000
Total	100.0%	7,746,000

USATF would like to thank all race directors, timers and state record-keepers who contributed to the collection of race results in 2002. For instructions on submitting 2003 electronic results for records, rankings and demographic purposes, please see the Results section of the [www.usaldr.org](http://www.usaldr.org) website.

Additional information on runner demographics can be found at the National Sporting Goods Association's Web site (<http://www.nsga.org>), American Sports Data's site (<http://www.americansportsdata.com>) and in the Running USA wire archives at <http://www.runningusa.org/cgi/archives2.pl> [see Running USA wire #32, April 23 Annual USATF RRIC Marathon Report and wire #65, Part I of State of the Sport].

For more information, contact: Ryan Lamppa, USATF RRIC, (805) 696-6232, or Linda Honikman, USATF RRIC, (805) 683-0408. □

–From USA Track & Field's Road Running Information Center



MIKE POLANSKY

First three M50-54 (l to r): Ted Truet (18:10), Brian Mangham (17:45), and John Walsh (18:11), Police Appreciation 5K, East Meadow, NY, June 5.

## FIVE YEARS AGO September 1998

- Nationals Draw 1061 to Orono, Maine .
- DiMarco, Gaynor Up WRs at SCA Championships
- Jane Welzel, 43, Sets W40+ Record 53:21 in Boilermaker 15K



## On The Run

By HAL HIGDON

### Demo Derby

**R**eturning to the hotel after the Standard Federal Bank 10K in Grand Rapids this July, I noticed police cars and barricades. I paid them little notice, figuring they were part of race traffic control.

Back in the room, I glanced out the tenth floor window. My room at the Amway Grand Hotel looked north toward a construction site. An old auditorium was coming down; a new convention center would take its place. A number of people sat on the lawn of the Gerald R. Ford Library across the Grand River. Their presence puzzled me. I heard a countdown begun on a loudspeaker: "10-9-8-7-6-5-4-3-2-1...." I wondered: "What's this all about?"

#### Whoomp!

Suddenly the building just north of us vanished in a cloud of dust.

#### Thwaaaaaaaaaack!!!

A chunk of debris bounced off the window – or maybe it was a shock wave, because the window remained unbroken. It happened too fast for me to be frightened, but for a moment I thought I was in Baghdad.

When the dust from the blast settled, the building had disappeared. It was gone! I later learned it was the Grand Rapids Auditorium, built in 1932, site for various concerts, plays and operas. No more of that: The Fat Lady had sung!

Too bad the organizers at Standard Federal Bank didn't warn everybody in advance about the explosion. It would have made a great race climax. The Amway Grand could have sold all its north-facing rooms to runners wanting grandstand seats to the demolition.

#### A Good Race

The race for me went smoothly. This is the second year for the SFB 10K Series: four races at that distance run during the summer in the state of Michigan. The first 10K was Lansing in June. After Grand Rapids in July, we went to Kalamazoo in August with the series final at Auburn Hills in September. As a spokesperson for the series, it was my pleasure to run all four races in addition to giving pre-race clinics.

It will be hard to duplicate the Grand Rapids experience, even without the explosion. I live in Long Beach, Indiana, only a mile south of the Michigan border. Racing in Michigan is both natural and easy for me.

Grand Rapids is less than two hours drive by expressway. Arriving with my wife, Rose, at the Amway Grand, Friday afternoon, we met Carey Pinkowski, race director for The LaSalle Bank Chicago Marathon and organizer of the SFB 10K series. We walked across the street for dinner at the Bulls Head

Tavern with several members of the Hansons Racing Team. I sat next to Kevin Hanson. We discussed the expansion of his team to soon include support for female runners. Brooks Shoes would provide sponsorship funds to make that possible.

#### Flat, Fast and Scenic

Last year's SFB 10K in Grand Rapids was contested over the hilliest course in the four-race series. That undoubtedly scared some runners away. For this year, Pinkowski prescribed a flat, fast and scenic course that headed north along the Grand River, U-turned near the three-mile mark and returned south, crossing the river twice in a last-mile loop.

I started in the back row, taking roughly half a minute to cross the starting line after the gun sounded, trusting the ChampionChip to sort out my exact time.

The weather was near perfect: a bright sun in a clear sky, but with temperatures near 70 and very little wind. I fell into a smooth rhythm and clicked off the first four miles within a few seconds of each other right at my goal pace. I ran near a runner with a red-white-and-blue shirt and a ponytail. We didn't talk, but I keyed off him, he on me, one of us sometimes dropping behind, sometimes pushing ahead.

By the fifth mile, I began to feel like the Fat Lady was sitting on my shoulders. My pace dropped. Ponytail moved ahead. The only rise on the course in the sixth mile allowed him to pull away. But I caught and passed another runner crossing the final bridge over the river that took us back to the start/finish areas.

#### Improved Time

I ran more than two minutes faster than my 10K time from Lansing the month before. I even won my age group, because the three runners who beat me in Lansing stayed away.

We take our victories where and when we can get them. Driving home after the post-race party, I began to plot the training that would allow me to improve on my times in future races. That is, if the Fat Lady can stay off my back and if I can pick hotels where they're not blowing up buildings next door. □

*(Hal Higdon is a Senior Writer for Runners World and a training consultant for The LaSalle Bank Chicago Marathon. Visit his Web site at: [www.halhighdon.com](http://www.halhighdon.com))*



SUZIE HESS

Members of the Mighty Micros exhibition 4x800 team (l to r): John Morton, Dave Clingan, Peter Magill, Lance Podolski, 36th National Masters T&F Championships.

### Highlights of Nationals

Continued from page 9

(15.76) and DT. Don Drummond swooped to wins in the SH (14.24) and LH.

#### M35

David Nash chalked up firsts in the 800 (1:55.80) and 1500 (4:02.42). Local LDRers Chris Yorges, SC, and Joe Dudman, 10,000, took firsts. Rod Wilcox won the pentathlon.

#### M40

This bunch could win college dual meets, led by David Ashford with a U.S. record in the SH (13.82) and an LH win (56.59). Kettrell Berry blasted off wins in the 100 (11.08) and 200 (22.25). Tony Young was sensational with firsts in the 800 (1:53.76) and 1500 (3:54.32). Brian Pope was infallible in the 5000 (14:46.45) and 10,000 (31:47.24). Joseph Nieroski took both RWs, 5000 (24:48.56)/10K (50:13).

#### M45

Another tough group, with Val Barnwell in the sprints, 100 (11.17)/200 (23.42), and versatile Mike Janusey, JT first (52.40) and meet's top scorer in the pentathlon (3799). Jim Wetenhall, SP and DT, and Ken Jansson, HT (55.13) ruled the throws. Bruce McBarnette soared 1.91 in the HJ, and former Olympian Willie Banks was non-pareil in the TJ. Pedro Santoni race-walked to two golds.

#### M50

Joe Greenberg, JT (60.21), and Steve Kemp, pentathlon (3570), left the venue with U.S. records. Bill Collins thrilled the crowd with brilliant wins in the 100 (11.40), 200 (23.00), and 400 (53.13). Ed Spinney, after a pre-meet write-up in the local paper, worked hard to save face in the 1500, holding off Ed Salazar, 4:34.60 to 4:34.75. Leonard Hill scored wins in the 5000 (16:08.68) and SC.

#### M55

Charles Allie hastened to wins in the 200 (23.79) and 400 (54.17). Jim Sauers cleared 1.75 in the HJ. Todd Taylor, HT (51.86), and Tom Fahey, DT (49.71), were thrower standouts.

#### M60

Paul Edens added national championships in the 100 (12.22) and 200 (25.38) to his current world titles earned in Puerto Rico a month ago. Tom Gage flung the

hammer to a U.S. record 59.98. Sid Howard, at the top of his age group at 64, didn't let that deter him from wins in the 800 (2:21.94) and 1500 (4:57.97). Don Coffman sped to 5000 (18:03.41) and 10,000 (37:38.74) victories. Larry Pratt prevailed in the meet's best discus battle with a win (54.51) over Lloyd Higgins (53.78). Doug Appel won the JT, 47.35 to 47.06, over Gary Reddaway, second in Puerto Rico. Frank Struna, LJ (4.75) and TJ (10.62), and racewalker George Opsahl, 5000 and 10K (59:11), were double winners.

#### M65

Kenny Dennis bolted to a U.S. record in the 100 (12.40). Mack Stewart competed a formidable triple in winning the 400 (61.38), 800, and 1500. Ed Oleata had the second-best pentathlon total (3656). Double winners were Bill Iffrig, 5000 and 10,000 (41:37.52), Doug Spainhower, LJ (4.58) and TJ, and Paul Johnson, 5000RW (27:14.53) and 10K (56:30).

#### M70

Charles Rose erased U.S. records in the 800 (2:26.14) and 1500 (5:12.40), as did Jack Bray in the RWs, 5000 (27:51.03) and 10K (58:56). Jim Stookey hauled five gold medals back to Maryland. Wendell Palmer hurled the DT to 40.98. Earl Fee, Calender, was a major factor in all of his races.

#### M75

Jack Starr vanquished the fields in the 5000RW (30:57.45) and 10K (1:05:10) with U.S. records. Jim Selby, SC (10:19.12), and Bill Platts, JT (40.70), also re-wrote U.S. records. Hal Wallace won the SP (11.21) and DT (36.21).

#### M80+

Bill "All-Around" Carter, totaled a U.S. record 3688 in the pentathlon, and won the LJ, TJ, and DT. Charles Pistorino poked a JT record (27.86). Archie Messenger, M80, took on the sprinters in the 400 and distance types in the 800 and 1500, and was the winner in all three. Jim Manno, M80, streaked to wins in the 100 (15.94) and 200. John Levinsohn, M80, won out in the RWs. Max Springer, M85, wore out the award stand with six appearances. David Schlothauer, M85, won the four throws.

– Jerry Wojcik

## Northwest Region Wins Virtual Challenge Meet

On the flight home from last year's USATF Convention in Kansas City, Becky Sisley, Northwest Regional Coordinator, thought of the idea of having what used to be called a "Postal Meet," in the West Region. In a postal meet, the events take place at different sites, yet the results are scored as a dual meet.

Mark Cleary, West Regional Coordinator, accepted the idea, while still on the same plane. Dave Clingan, also on the plane, agreed to manage the scoring of the meet. Thus the "Virtual Challenge Meet" became a reality.

The final score for this "first of a kind" masters meet was Northwest 1176 and West 933. So bragging rights go to the Northwest Region. The top two performers from the two regions for each of the regional championship events scored in the meet.

The Northwest Regionals were held in conjunction with the Hayward Classic, June 21-22, while the West Regionals were held July 26-27 in San Diego. The dual meet was scored using the International System: 5 for first, 3 for second and 1 for third; a region was not allowed to sweep an event. Relay scoring was 5 for the winner and 0 for the second best.

The Northwest was strong in the distance, racewalks and throwing events, while the jumps, sprints, middle distances and hurdles were almost equally split between the two regions. The difficult part of the scoring was to officially determine which participants in each of the meets were members of clubs and/or associations within the two competing regions.

Thanks go to Larry Patz for scoring the meet and for making Becky and Mark work to verify official participants. Larry indicated this was a fun project and he enjoyed doing it. □

- Becky Sisley



KONRAD WOJCIK

Megan Finaly (l) outprinted Sarah Leonard to win the W35 800 with a 2:16.38. Leonard was the W30 winner in 2:16.43, 36th National Masters T&F Championships, Eugene, Ore., August 9.

# PUBLICATIONS ORDER FORM

### Masters Age Records (2003 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Coordinator. \$6.00.

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### Masters Track & Field Rankings (2002)

Men's and women's 2002 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

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### McMahon Family Trust Masters Track & Field Indoor Rankings

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### Masters Age-Graded Tables

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

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Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of Dec. 7, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Coordinator. \$2.00.

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

Same as above, except indoor records (M40+, W35+) as of Sept. 15, 2002 (world) and Dec. 7, 2002 (USA). \$2.00.

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### WMA Handbook (2001-2003)

Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00

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### USATF Governance Handbook (2003)

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### Running Encyclopedia, The Ultimate Source for Today's Runner

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# The Weight Room

By JERRY WOJCIK

## Throwers, Weather Were Hot in Puerto Rico

In spite of a smaller than expected U.S. turnout in Puerto Rico for the 15th WMA Championships, throwers were hot, and wet on some days, in more ways than one, when some got caught in summer deluges.

Mike Shiarras, M50, Charles Roll, M55, Oneithea Lewis, W40, Carol Finsrud, W45, and Waldo McBurney, M100, took golds in the shot, McBurney with a WR by three feet, worth well over 100% on the age-graded scale.

Gerald Vaughn was blitzkrieged by two Germans and salvaged a silver, with the first three over 90% A-G.

Tom Fahey, M55, Glen Johnson,



STEPHEN W. DERMINER

Bill Platts, after his M75 U.S. record in the javelin at the 36th National Masters T&F Championships.

M60, Lewis, and Finsrud, were tops in the discus. Johnson's division had four USAs in the top eight.

In the hammer, Lewis broke her own WR with a 100+% 55.04. Ken Jansson, M45, and Finsrud were also winners.

The men javelin throwers were far out. Mike Brown and Chris Clark went 2-3 in the M45 division. Greg Geraci and Bob Powers took 1-2 in the M50, and Gary Stenlund, Gary Reddaway, and John Burns swept the M60 in that order.

Our WP performances, except for Lewis (4934) and Finsrud (4960), were fair-to-middlin'.

### Two Strikes

In the WP, I did my usual el foldo in the discus that cost me big points. In the shot, two of my attempts were



JERRY WOJCIK

Joanne Grissom, setting a W65 U.S. record (9.78) in the shot put, 36th National Masters T&F Championships.



JEANNE DAPRANO

Gold medal W75 team in the 4x100 and 4x400 from the USA (l to r): Sumi Onodera-Leonard, Leonore McDaniels, Johnnye Valien, and Pat Peterson, 15th WMA World Championships.

called illegal. This also happened to me at Gateshead and Brisbane. Any combined-event athlete fears a no-mark in a throwing event, and two no-marks are akin to a near-death experience.

In the few times that I've entered the shot at a meet in the U.S., I've never been called for an illegal put because of the improper position of my hand, elbow, arm, eyebrow, ear, etc. How come then at the last three World Championships? Obviously I'm doing something wrong. I think, and others agree with me, that U.S. officials may be too forgiving to those of us whose shot put form is questionable.

### Inconsistent Judging

Actually, the judging of "flat" javelin throws is a more vexing problem in a combined event or in the individual event, for that matter, than an illegal put. In Puerto Rico, we saw flat throws okayed and point-first throws nixed in both the combined and individual events.

It's difficult to fault javelin throw judges for a task most of us couldn't do any better, but there should be a degree of consistency. It would help if one official were responsible for the call, not two or three, and everybody I've talked to about the problem agrees



STEPHEN W. DERMINER

Bob Ward set an M70 world record in the hammer (51.69m), 36th National Masters T&F Championships.

that you can't make a fair call if you're standing 50 feet away from the implement when it hits the ground.

It would also help to reduce judgment calls if the javelins provided for future WMA weight pentathlons were distance rated to better correspond with the athletes' performances. In my division, most of us were somewhere between 22.00 and 32.00 meters.

### Weight Legitimized

Off the track, at the General Assembly, the weight was adopted as a legitimate WMA event, indoor and outdoor, as of January 2005. Even more importantly, the U.S. proposal to allow throwers to wear one competition number rather than two was approved after a lively demonstration by Masters T&F Chair George Mathews, who went through several gyrations to show why the tag on the front of a thrower's shirt is an encumbrance.

The weight will probably be an unofficial event at the inaugural WMA Indoor Championships in Germany, March 10-14, 2004. To beef up interest for throwers, the outdoor implements will be contested in a World Throwing Challenge. Our Indoor Championships are set for March 26-28 in Boston. □



STEPHEN W. DERMINER

Joe Greenberg broke the M50 U.S. record in the javelin (60.21m) 36th National Masters T&F Championships.

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# International Scene

By **TORSTEN CARLIUS**

## World 100K Welcomes New Age Group

**T**ogether with the LOC, the WMA Council has decided to add the new, but so far unofficial, age-group M35-39 at the 100K World Championships, Chinese Taipei, Nov. 16. The LOC will also announce this decision on its Web site, and all runners worldwide in this age-group are very welcome to Zan-wen Dam.



JERRY WOJCIK

Bob Lida, USA winner of the M65 200 (26.28), 15th WMA World Championships.

The M35-39s will compete under the same conditions as all other age groups except that the winner cannot be named World Champion and that other medals will be given in this age group.

According to the decision by the General Assembly in Carolina, Puerto Rico, some weeks ago, the Council will now accept applications to stage the 2006 WMA World Masters Championships Indoors. The rules and the bidding procedure can be found on our Web site under Section Reports, [www.world-masters-athletics.org](http://www.world-masters-athletics.org).

Please note that the deadline for bids is Nov. 30, 2003.

### WMA Council Members

At the IAAF Congress on August 20-21, WMA President Torsten Carlius, SWE, and WMA Council members Dieter Massin, GER, and Martina Hoernecke-Gil, ESP, were reelected to the IAAF Masters Committee for the period 2003-2007. Also reelected were former WMA Council Members Jim Blair, NZL, and Bridget Cushen, GBR. □



WARREN GRAFF

USA gold medal (48.12) M55 4x100 team (l to r): Doug Spencer, Charles Allie, Sam Hall, and Roger Pierce, 15th WMA World Championships.

### 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	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"	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
<b>Women</b>						<b>USATF</b>
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	25#
<b>Men</b>						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.	12#	35#

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

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WMA web site: <http://www.world-masters-athletics.org>

# Masters Scene

## NATIONAL

• **Leonore McDaniels**, W75, USA, should have been listed with athletes **Phil Raschker**, 56, USA, **Nora Kutti**, 80, EST, and **Francisco Vicente**, 70, POR, who were five-time gold medalists in the 15th WMA World Championships, Puerto Rico. McDaniels won the HJ, TJ, LJ, PV, and pentathlon, plus she garnered two more golds in the relays, and broke the WR for the HJ with a 1.15 in the heptathlon, better than the 1.11 WR she did in the individual HJ. Her 5874 heptathlon total establishes a WR.

• The U.S. record for the M60-69 4x400 listed in the Records List for the 15th WMA World Championships (August NMN, p. 11) was incorrect. The world and U.S. record is 3:53.87 by the USA quartet of **Martyn Adamson**, 60, **Mack Stewart**, 61, **Paul Johnson**, 64, and **Larry Colbert**, 62, at the 13th WAVA Championships in Gateshead.

• With wins at the sweltering Peachtree 10K, July 4 (35:01), the oozy, swoonfest Crazy 8s 8K, July 19 (27:57), and the muggy, sodden Beach to Beacon 10K (35:11), **Carmen Ayala-Troncoso**, 44, Austin, TX, has been cutting a hot and humid green streak across the country this summer. She is prepping for a fall marathon at Twin Cities, her first, where she hopes to break 2:49, the U.S. Olympic Trials qualifying standard.

## EAST

• Belgian **Bernard Simonet**, 41, 1:12:39, was the first male finisher in the NYRR Bronx Half-Marathon, NYC, July 6. First female master was **Yumi Ogita**, 41, 1:30:00.

• **Dan Verrington**, 41, Bradford, MA, 41:52, and **Nina Caron**, 43, Andover, MA, 48:27, outlegged the masters fields in the Stowe 8 Miler/USATF NE Championships, Stowe, VT, July 20. Top age-graded were Caron, 40:32.45, and M50 winner, **Larry Olsen**, 56, Milford, MA, 46:24/39:08.83. **James Daley**, 67, New Ipswich, NH, won the M65 race in 54:07.

• **Kathy Martin**, 51, nailed down the W40+ race with an 11th-place 18:03. Vytra Health Plans L.I. Women's 5K, Farmingdale, NY, July 19. **Marie-Louise Michelsohn**, 61, led the 60+ finishers with a 20:18. **Ruth Maller**, 74, was top 70+ in 34:27. The race, a KeySpan Grand Prix of L.I. event, had 434 finishers.

• Mexican distance star **Maria-Luisa Servin**, 40, now of Middleboro, MA, was the women's overall runner-up (58:07) at the Yankee Homecoming 10 Mile, Newburyport, MA, July 29, while Canada's **Diane Legare**, 52, Montreal, galloped to 1:03:18. New Englander **Robert Dabrio**, 41, Woburn, MA, 55:53,

topped the M40+.

• **Andrew Masai**, 43, Kenya, is having a hot flash this summer, scoring significant wins in Utica, NY's Boilermaker 15K (his fourth consecutive M40+ win, 45:53, July 13), and Maine's Beach to Beacon 10K (third M40 win, 29:25, Aug. 2). **Jackson Kipng'ok**, 42, Kenya, isn't making things easy, though – the speedster left Masai panting in second place at the Subaru Buffalo 4 Mile Chase (18:46 to 19:06), July 19, and at the Falmouth Road Race 7M (33:31 to 34:56), Aug. 10.

## SOUTHEAST

• **Terry Mahr**, 54, Oregon, Ohio, 40:20, was the top W40+ at the Greater Clarksburg 10K, Clarksburg, WV, July 26. **Eddy Hellebuyck**, 42, Albuquerque, NM, out-hilled **Andrey Kuznetsov**, 45, RUS, 31:21 to 32:09, for the men's title.

• **Sanders Gordon**, 42, Princeton, KY, had the wheels at the nighttime Crazy 8s 8K, Kingsport, TN, July 19. His 25:31 topped Douglasville, GA's **John Tuttle**, 42, 25:55, for top master.

## MIDWEST

• **Mike Scannell**, 41, Grand Blanc, MI, 31:21, and **Laurie Decker**, 43, Cadillac, MI, 38:40, deposited masters firsts, Standard Federal Bank 10K, Grand Rapids, MI, July 19. **James Carlton**, 60, White Lake, MI, ran a sensational 38:44. **Hal Higdon**, 72, NMN columnist, finished in 61:32.

• **James Lofton**, one of the top-ranked M45s in the long jump and 400 and who competes in the San Diego and So. Calif. area, was among the five inductees into the Pro Football Hall of Fame, Dayton, OH, Aug. 3. Lofton played for Green Bay, Oakland Raiders, and Buffalo Bills during his 16 years in the league.

## MID-AMERICA

• **Bernie Violand**, 53, was second in the time handicap SLTC Fair St. Louis 10K, July 4, with an actual time 37:05 and 5.5 handicap for a h-time of 31:36. **Bobby Williams**, 50, 36:40, 5.0 handicap, 31.40, was third. **Jan Daker**, 55, was first female and fourth, 44.56, handicap 13.0, 31:56.

## WEST

• **Danny Gonzalez**, 41, 4:30.80, and **Denise Ripley**, 41, 5:32.81, flew to \$125 awards apiece

for masters firsts, Fleet Feet Davis Mile, Davis, CA, July 13. **Melinda Morse**, 51, 5:51.18, and **Jim Gorman**, 54, 4:56.72, collected \$75 each for 50-59 firsts. **Shirley Matson**, 62, won the W60-69 race in 5:59.02.

• The Fleet Feet Racing Team of **Karen Jeffers** (1:06.95), **Mary Woo** (1:11.14), **Theresa Brown** (1:10.76), and **Kim Kimber-Wachter** (1:07.95) broke the W40-49 U.S. record for the 4x400 with a 4:36.95, Pan Pacific Masters Games, American River College, Sacramento, July 1-3. The present record is 4:46.51 in 1995.

• Lithuania-born local boy **Vitas Ezerskis**, 42, San Francisco, 2:35:53, placed second overall at the hilly San Francisco Chronicle Marathon, July 27, only 47 seconds off the winning time by Kenyan **Patrick Kamau**, 29, who claimed he was "just jogging." Running her sixth marathon of the year, Seattle's **Alicia Britt**, 40, 3:15:51, was first W40+ and fourth woman, scoring a PR. She cited her recent divorce for her inspiration (– from *SF Chronicle*).

• **Ann Trason**, 42, Kensington, CA, ran her 7th fastest Western States 100 Miler, Auburn, CA, June 28, 18:36 (hours), good for eighth runner overall. It was her 14th sub-20 hour finish at the monumental trail race. **Roger Dellor**, 60, set a new M60-64 age-group record, 20:28.

• The top age-graded performance at the USATF West Regional T&F Championships, San Diego, CA, July 26-27, went to **Kathy Bergen**, 63, 100, 14.48 (98.90%). **Shirley Matson**, 62, claimed the next highest marks for her 1500, 5:36.29 (98.65%), and 5000, 19:56.51 (93.51%).

## NORTHWEST

• In a rare appearance in the hinterlands, **Carmen Ayala-Troncoso**, 44, Austin, TX, tangled with NW's **Regina Joyce**, 46, Lynwood, WA, in the Scandia 10K, Junction City, OR, and had to settle for third overall in 38:20, with Joyce second at 37:07. **Odis Sanders**, 44, Eugene, OR, took third in 32:50. Local favorite **Gene Solomon**, 54, Junction City, won the M50 race in 38:23.

• **John Helmick**, 44, 36:01, and **Sharon Downing**, 47, 37:32, were first masters in the Butte to Butte 10K, Eugene, OR, July 4. **Mike Manley**, 61, took the M60 race in 42:45.

• The Walk With Me Marathon & Half-Marathon, designed by walkers for walkers drew 260 participants in Eugene, OR, June 28. Many made it their first 26.2 or 13.1 mile walk. Others were more experienced, such as **Carol Westerman**, from Kentucky, in her 120th marathon, the first walking. The event raised \$2000 for FOOD for Lane County.

• The Seattle Masters Classic, West Seattle,



STEPHEN W. DERMINER

June Machala won the W70 5000 and 10,000 at the 36th National Masters T&F Championships.

WA, July 26, produced two new record-holders. Setting a U.S. record in the hammer was **Tom Gage**, M50, 60.00 (**Stewart Thompson**/53.32/1997). Establishing a new world record in the 1500 was **Diane Palmason**, W65, 5:46.61 (**Jeanne Daprano**/5:48.48/2001).

## INTERNATIONAL

• Ultraman and birthday-boy **Roy Pirrung**, 55, Sheboygan, WI, set three U.S. age-group records in one long effort, a week after entering the M55s on July 7. At the Koln, Germany, 24-/48-hour Sri Chimnoy Self-Transcendence Run, July 11-12, Pirrung set new marks at 12-hours (77.75 miles), 24-hours (137.69 miles), and hit the 100-mile split in a record 16:10:20. Of Pirrung's many U.S. ultra records, these were not the most easily earned: the race was held around a 1.5K lumpy brick-paved loop along the Rhine River, causing shin splints and tripping runners in the dark. Street partying at a nearby festival also spilled onto the race course. For a database of U.S. Ultra records, go to [www.runningusa.org/index\\_us-records.html](http://www.runningusa.org/index_us-records.html).

• **Joop Ruter**, of the Netherlands, improved the M70 mile WR with a 5:19.75 in Rotterdam, July 11. **Siem Herlaar**, NED, holds the present record at 5:23.58 in 1999.

• **Igor Astapkovich**, 40, hurled the hammer 81.35/266-10 in the Belarus championships. **Yuriy Syedikh** holds the M40 WR at 75.66, set in 1995.

### Changes to the 2003 Indoor Rankings Published in 2003 June issue (also available on the National Masters News Web site)

<b>55m</b>		
M30 Reuben Irwin	1st	6.50
<b>60m</b>		
M30 Reuben Irwin	2nd	7.04
<b>200m</b>		
M55 Warren Graff	9th	26.58
<b>400m</b>		
M55 Warren Graff	5th	59.32
<b>Mile</b>		
M35 John Affleck, not Xose Affleck		4:51.7h
<b>3000m</b>		
M35 Andy Shotts	15th	10:23.81
Frank Swenson	19th	11:03.02
M45 Robert Castillo	4th	9:07.52
(not M40)		
<b>3000m Racewalk</b>		
M60 John Elwarner	1st	16:28
<b>Pole Vault</b>		
M50 John Lund	7th	3.35

### Changes to the 2002 U.S. Masters Outdoor Rankings Book

<b>100m</b>		
W60 Shelley Whitlock's time of 13.29 is an error. Should not be ranked 1st.		
<b>400m</b>		
M55 Don Boyer	24th	64.1
<b>1500m</b>		
M45 Charles Lutz	5th	4:36.0
<b>Long Jump</b>		
M50 Jim Dolezel	4th	5.59
<b>Triple Jump</b>		
M55 Jerry Boswell	1st	11.67
<b>Shot Put</b>		
M90 Allan Bjork	5th	6.19
<b>Discus</b>		
M65 Pete Barker	48th	31.83
<b>Weight Pentathlon</b>		
M70 Pay Carstensen	8th	4011

The last date for changes to the 2003 Indoor and 2002 Outdoor Rankings is October 1. Send changes to Jerry Wojcik, P.O. Box 50098, Eugene, OR 97405; [jerrywoj@aol.com](mailto:jerrywoj@aol.com)



MARK CLEARY

Entrants in the Masters Invitational 800, USA Championships, Stanford U., June 21 (l to r): Sharlet Gilbert, 52; Patricia Contreras, 45; Mary Woo, 41; Mimi Ney, 44; Mary MaCauley, 40; Katie Meyer, 46; Debbie Barraza-Lee, 46; and Carla Hoppe, 46.



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

**March 26-28, 2004.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Pentathlon on 26th. USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org

**August 5-8, 2004.** 37th Annual USATF National Masters Championships, Decatur, Ill.

### EAST

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

**September 21.** Fall Throwers Classic, U. of Delaware, Newark. Larry Pratt, discoach@aol.com

**October 26.** Philadelphia Masters All-Comers Runners Pentathlon (3000/800/200/1500/400) & Weight Triathlon (SP/JT/DT). Germantown Acad., Ft. Washington, Pa. Runners: Kyle Mecklenborg, 215-393-1382; krmeck@erols.com; weights: Ray Feick, 610-754-6007; rfeick@aol.com

### MID-AMERICA

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

**September 25-28.** Kansas Senior Olympics, Topeka. KS Sr. Olympics, 1534 SW Clay, Topeka, KS 66604. 785-368-3798.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**September 11-14.** Arkansas Senior Olympics, Hot Springs. 5K on 14th. NSG Qualifying site. Senior Arkansas Sports Organization, PO Box 3377, Hot Springs, AR 71914. 800-720-7276; 501-321-1441; arsrolym@hotsprings.net

**September 20.** Lions Waterloo Meet/USATF Southwest Regional Masters Championships, Austin, Texas. 512-345-9573; www.waterlootrackandfield.org; Lester Mount, 214-766-2854.

### WEST

Arizona, California, Hawaii, Nevada, New Mexico

**September 20.** San Diego Senior Olympics. Susan Loveall, executive director, 619-226-1324; fax: 226-1304.

**October 4.** 30th annual Club West Meet, UC-Santa Barbara, Calif. Gordon McClenathen, 805-964-3005.

**October 4-5.** Nevada Senior Olympics, Las Vegas, NV. 702-242-1590; e-mail: srgames1@juno.com; www.nevadaseniorolympics.com

**October 6-8.** Huntsman Senior Games, St. George, Utah, (60 miles north of Las Vegas). 800-562-1268; www.seniorgames.net; hws@infowest.com

**October 19.** Self-Transcendence Masters Games, Long Beach St. U., Calif. 40+. Bigalita Egger, 310-645-0271.

**November 1.** 6th Great Punkin Throws Meet, Nevada Union HS, Grass Valley, Calif. WP/All throws. Richard Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945; 530-273-3660; ashglaze42@hotmail.com

### NORTHWEST

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

**October 6-8.** Huntsman Senior Games, St. George, Utah. 800-562-1268; www.seniorgames.net; hws@infowest.com

### INTERNATIONAL

**September 13-14.** BMAF Decathlon & Heptathlon Championships, Woodburn Road, Sheffield, U.K. www.bvaf.org.uk

**March 10-14, 2004.** 1st World Masters Athletics Indoor Championships, Sindelfingen, Germany. Plus World Throwing Challenge & Cross-Country. www.leichathletik.de; www.sindelfingen2004.de

**July 6-16, 2005.** 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

## LONG DISTANCE RUNNING

### NATIONAL

**September 13.** USATF National Masters Championships/Olander Park 100 Mile Run, Sylvania, Ohio. Tom Falvey, 5835 Hideaway Ln., Sylvania, OH 43560. 419-885-7399.

**September 28.** USATF National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif. Mitch Massey, 1135

Santa Rosa St., San Luis Obispo, CA 93401. 805-544-7200, x105; fax: 546-2750; mmassey@heritageoakbank.com

**October 5.** USATF National Masters Championships/Twin Cities Marathon, Minneapolis, Minn. 612-925-3500; www.twincitiesmarathon.org

**October 11.** USATF National Masters Championships/Akron Marathon Relay, Akron, Ohio. Jim Barnett, 330-657-2224; 877-375-2786; www.akronmarathon.org

**November 2.** 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 8.** USATF National Masters Championships/San Diego 1-Day. 24-Hour Run, San Diego, Calif. John Metz, 1419 S. Pacific St., Oceanside, CA 92054. 760-967-8348.

**November 23.** 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 7.** USATF National Masters 10K Cross-Country Championships, Greensboro, N.C.

### EAST

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

**September 1.** New Haven 20K/USATF Championships, New Haven, Conn. 203-481-5933; www.newhavenroadrace.org

**September 7.** Downtown 5K, Providence, R.I. 401-294-4511; cvsdowntown5k.com

**September 7.** NYRR Fifth Avenue Mile, NYC. 212-860-4455; www.nyrrc.org; M&W60+ contact Al Puma, 718-854-6886; alpuma@att.net

**September 12-13.** Reach the Beach 200 Mile Relay, Bretton Woods-Hampton Beach, N.H. 508-881-4505; rtbrelay.com

**September 20.** Lake Winnepesaukee Relay, Weirs, N.H. Ken Robichaud, 603-235-5452; www.coolrunning.com

**September 20.** The Great Cow Harbor 10K, Northport, N.Y. 631-754-7369; www.cowharborrace.com

**September 21.** Jefferson Hospital Philadelphia Half-Marathon. 215-564-6499; philadelphiadistancerun.org

**September 21.** Falling Leaves 5K/RRCA National Championships & 14K, Utica,

Continued on page 17

## ON TAP FOR SEPTEMBER

### TRACK AND FIELD

The USA National Masters Weight & Superweight Championships take place at West Seattle Stadium on the 6th, followed by the Ultra Weight Classic. The Lions Waterloo Meet hosts the Southwest Regional Masters Championships, Austin, Texas, on the 20th. Final action is available in the Arkansas Sr. Olympics, Hot Springs, on the 11th-14th; San Diego Sr. Olympics, 20th, and the Kansas Sr. Olympics, Topeka, 25th-28th.

### LONG DISTANCE RUNNING

Masters in it for the long haul will head for the USATF National Masters Championships/Olander Park 100 Mile, Sylvania, Ohio, on the 13th, while those interested in the short of it will be at the National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif., on the 28th. Early Fall offerings include the New Haven, Conn., 20K on the 1st; NYRR Fifth Avenue Mile on the 7th; Omaha Marathon on the 14th; Great Cow Harbor 10K, Northport, N.Y., and Prefontaine Memorial 10K, Coos Bay, Ore., on the 20th; Hurricane Run 5K, Tulsa, on the 27th; and Komen Orange County 5K Race for the Cure, Newport Beach, Calif., and Pittsburgh Great Race 10K on the 28th.

### RACEWALKING

Racewalkers face off in the National Masters 40K Championships, Ocean Townships, N.J., on the 14th, and the 5K Championships, Kingsport, Tenn., on the 20th.

More races are scheduled for Detroit Lakes, Minn., on the 6th; Plantation, Fla., on the 7th; Medical Lake, Minn., and Plantation, Fla., again, on the 14th; and Long Island, N.Y., on the 21st. □

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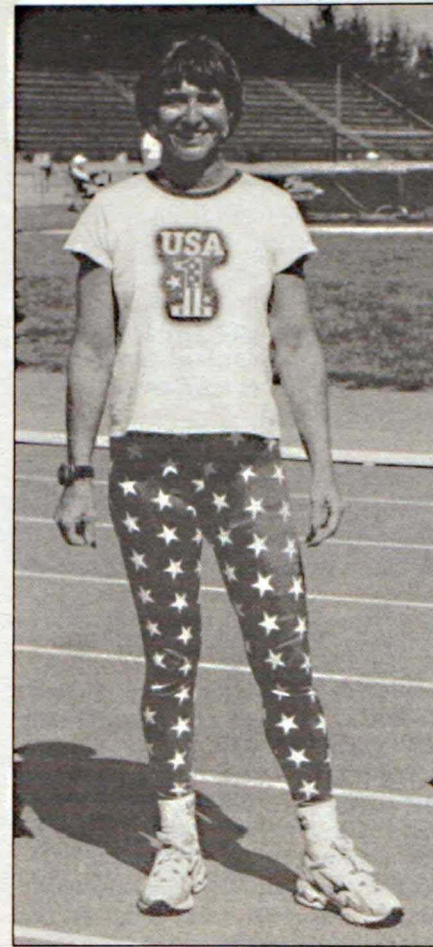
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Continued from page 17

N.Y. 315-797-4949; uticaroadrunners.org  
**September 21.** USATF Adirondack Masters & Open 8K Cross-Country Championships, Bethlehem, N.Y. Jacqueline Van Allen, 509-838-1834.  
**September 27.** Eliot Festival 5K, Eliot, Me. 207-439-3707; email: eliot5k@FCGnetworks.net  
**September 27.** Pennsylvania Avenue Mile & 5K, Washington, D.C. 202-546-7442.  
**September 27.** Cape May Beachfront 5 Mile, Cape May, N.J. 609-884-9565; www.CapeMayCity.org  
**September 28.** Adirondack Marathon & Half-Marathon, Schroon Lake, N.Y. 888-724-7666; adirondackmarathon.org  
**September 28.** Liberty Waterfront Half-Marathon/USATF-NJ Championships & 3K, Jersey City. 973-898-1261; www.oymp.net  
**September 28.** Richard S. Caliguiri City of Pittsburgh Great Race 10K. 412-255-2493; www.rungreatrace.com  
**October 4.** New Hampshire Marathon, Newfound Lake. 603-744-2150; www.nhmarathon.com  
**October 5.** Maine Marathon, Relay, & Half-Marathon, Portland. 207-741-2084; www.mainemarathon.com  
**October 5.** Army Ten-Miler, Washington, D.C. 202-685-3361; www.armytenmiler.com  
**October 5.** 22nd annual Wineglass Marathon & 3-Person Relay, Bath to Corning, N.Y. 570-882-4808; www.wineglassmarathon.com  
**October 5.** Syracuse Festival of Races 5K, Syracuse, N.Y. 315-446-6285; festivalofraces.com  
**October 11.** USATF New Jersey 5K Cross-Country Championships, Highland Park. Julie Schick, 732-296-0006.  
**October 11.** United Technologies Greater Hartford Marathon, Hartford, Conn. 860-

652-8866; www.hartfordmarathon.com  
**October 12.** Ocean State Marathon & Half-Marathon, Providence, R.I. 401-885-4499; www.OSM26.com  
**October 12.** Hackensack 5K, Hackensack, N.J. 732-381-0318; www.oymp.net  
**October 12.** Steamtown Marathon, Scranton, Pa. 800-22-WELCOME; www.steamtownmarathon.com  
**October 12.** NYRR Staten Island Half-Marathon, Staten Island, NYC. 212-860-4455; www.nyrrc.com  
**October 13 (Mon.).** Tufts Health Plan 10K for Women, Boston, Mass. 888-767-7223; tuftshealthplan.com  
**October 18.** Baltimore Marathon, Half-Marathon & Relay, Baltimore, Md. 800-487-0670; www.TheBaltimoreMarathon.com  
**October 19.** Mohawk Hudson River Marathon, Schenectady, N.Y. MHRiver Marathon@nycap.rr.com  
**October 25.** Seaside 10 Mile & 5K, Ocean City, Md. www.ocean.com  
**October 25-26.** Mystic Places Marathon & Relay, East Lyme, Conn. 203-481-5933; mysticplacesmarathon.com  
**October 26.** USATF New Jersey 8K Cross-Country Championships, Readington. Julie Schick, 732-296-0006.  
**October 26.** Compass Bank Cape Cod Marathon, Falmouth, Mass. 508-540-6959; www.capecodmarathon.com  
**November 2.** New York City Marathon. 212-860-4455; www.nyrrc.com  
**November 9.** Stockade-athon 15K, Schenectady, N.Y. hamletbryans@aol.com  
**November 23.** Citizens Bank Philadelphia Marathon & Rothman Institute 8K. 215-685-0054; philadelphiamarathon.com  
**November 29.** NYRR Knickerbocker 60K, Central Park, NYC. 212-860-4455; www.nyrrc.com



SUZY HESS

Phil Raschker, W55, won gold medals in eight events, 36th National Masters T&F Championships.

**September 7.** Chicago Half-Marathon. 312-347-0233; chicagomarathon.com  
**September 13.** Dick Lugar 5K & 10K, Indianapolis. 317-733-3300; www.fuxbro.com  
**September 20.** Al's Memorial 8K for Children's Hospital, Milwaukee, Wisc. 414-266-6343; www.alsmemorialrun.com  
**September 27.** Medical Center 10K Classic, Bowling Green, Ky. 270-782-3660; www.10k.bowlinggreen.net  
**September 27-28.** Fox Cities Marathon, Relay, & Half-Marathon, Appleton, Wisc. 877-230-7223; foxcitiesmarathon.org  
**September 28.** Quad Cities Marathon, Moline, Ill. 309-755-1599; qcmarathon.org  
**October 11.** Women Only 8K & 5K, Flint, Mich. 810-659-6493; gaultracemanagement.com  
**October 12.** LaSalle Bank Chicago Marathon. 312-904-9800; www.chicagomarathon.com  
**November 27.** Thanksgiving Turkey Trot 10K, Detroit, Mich. www.motorcitystriders.com

### MID-AMERICA

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

**September 6.** Dick Beardsley Half-Marathon & 5K, Detroit Lakes, Minn. Detroit Lakes C of C, 800-542-3992.  
**September 13.** Turkey Day 10K, Worthington, Minn. 507-376-6105(d); 376-5610(eve).  
**September 20.** Jack 15 Road Race, Brookings, S. Dak. 605-688-5386; www.prairiestriders.net  
**September 21.** Governor's Cup 10K, Denver, Colo. 303-694-2202; www.bkb ltd.com  
**September 27-28.** Omaha Marathon &

Half-Marathon, Omaha, Nebr. 402-354-1000; omahamarathon.com  
**October 4.** USATF Colorado Association Cross-Country Championships, U. of Colorado, Buffalo Ranch. 8:30 am: 5.8K women (age 19+); 5.8K men (60+); 9:15 am: 8K men (19-59); 10:15 am: CU Rocky Mountain Shootout.  
**October 12.** Durango Marathon, Half-Marathon, 10K, & 5K Durango, Colo. 970-375-2413; durangomarathon.com  
**October 12.** Mt. Rushmore Marathon, Rapid City, S. Dak. 605-721-1251; mountrushmoremarathon.com  
**November 8.** Rim Rock Run XI, 37K, Grand Junction, Colo. 970-243-4055; www.rimrockrun.org

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**September 13.** Komen Race for the Cure 5K, OSU-Tulsa. 918-744-5099, www.rfctulsa.org  
**September 27.** Hurricane Run 8K, Tulsa, Okla. www.hurricanerun.com  
**October 4.** USATF Oklahoma Championships/Reuel Little Half-Marathon, City Park, Madill. okrunner.com  
**October 25.** Tulsa Run 15K, Tulsa, Okla. okrunner.com  
**November 1.** 28th annual White Rock Half-Marathon, Dallas. 214-321-3211; www.whiterockhalf.org  
**November 9.** San Antonio Marathon, Relay, & 5K, San Antonio, Texas. 210-696-3797; www.samarathon.org

### WEST

Arizona, California, Hawaii, Nevada, New Mexico

**September 7.** Terry Fox 4 Mile Run/Walk, Carlsbad, Calif. Kinane Events, 949-452-3466; lisa@kinaneevents.com  
**September 7.** Komen Race for the Cure 5K, San Francisco. 415-561-3377; www.sf.komen.org  
**September 21.** Governor Gary Johnson 10K, Cloudcroft, N.M. 505-687-2133; email: swsunshine@pvt.net  
**September 28.** Komen Orange County 5K Race for the Cure, Newport Beach, Calif. Kinane Events, 949-452-3466; lisa@kinaneevents.com  
**October 5.** Sacramento Marathon & Half-Marathon, Sacramento, Calif. www.sacramento-marathon.net  
**October 11.** Northern Exposure 10K, North Las Vegas, Nev. 702-633-1612; cityofnorthlasvegas.com  
**October 11.** Lake Tahoe Marathon, South Lake Tahoe, Calif. 530-544-7095; www.laketahomarathon.com  
**October 12.** Long Beach International City Bank Marathon, Half-Marathon & 5K, Long Beach, Calif. 562-728-8829; runlongbeach.com  
**October 19.** Humboldt Redwoods Marathon & Half-Marathon, Humboldt Redwoods St. Park, Calif. HRM, PO Box 4989, Arcata, CA 95518-4989. www.hrm-andhalf.org  
**October 20.** Komen Inland Empire Race for the Cure 5K, Temecula, Calif. 909-304-9500; www.iekomen.com  
**October 25.** New Beginnings 5K & 10K, Concordia U., Irvine, Calif. Finish Line International, 714-841-5417; nealand.com/finishline  
**October 26.** Duke City Marathon, Half-



SUZY HESS

Corwin Jackson, M30 finalist in the 100, 36th National Masters T&F Championships.

### MIDWEST

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

**September 1.** Park Forest 10 Mile & 5K, Park Forest, Ill. 708-748-2005; www.scenic10.com

Continued from page 18

Marathon, & 5K, Albuquerque, N.M. 505-880-1414; www.dukecitymarathon.com

**November 2.** Santa Clarita Marathon, Santa Clarita, Calif. (30 minutes n. of L.A.). 888-823-3455; www.scmarathon.org

**November 27.** Ralph's Dana Point Turkey Trot 10K, 5K, & Masters 5K, Dana Point, Calif. 949-496-1555; lisa@kinanevents.com; www.turkeytrot.com

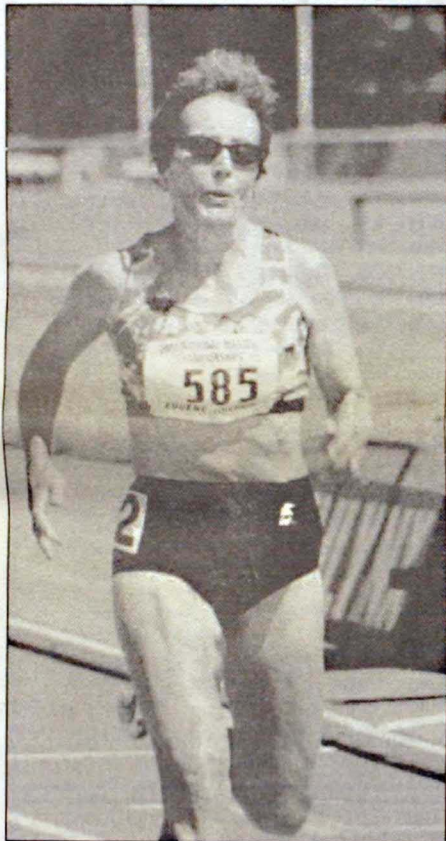
**NORTHWEST**

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

**September 7.** Ladies Day at the Races 5K & 10K, Bend, Ore. 541-382-7025; meadowlarkmanor.org

**September 7.** Bank to Bay 10K & 5K, Tacoma, Wash. 253-593-8786.

**September 14.** Komen Race for the Cure 5K, Portland, Ore. 503-553-3680; raceforthe-cure-pdx.org



SUZY HESS

Audrey Lary, winner of the W65 100 (15.60), 36th National Masters T&F Championships.

**September 14.** USATF Inland Northwest 5K Championships, Medical Lake, Wash. Jacqueline Van Allen, 509-838-1834.

**September 20.** Prefontaine Memorial 10K, Coos Bay, Ore. 541-269-1103; prefontainerun.com

**September 20.** St. Luke's Celebration 5K, Boise, Idaho. 208-381-2221; www.celebrateall.org

**October 5.** Portland Marathon, Portland, Ore. 503-226-1111; www.portlandmarathon.org



JERRY WOJCIK

Bob Koch, M75 gold medalist in the 10,000, 36th National Masters T&F Championships.

**October 12.** Spokane Marathon, Half-Marathon, & 5 Mile, Spokane, Wash. 509-624-4297; active.com

**October 25.** ORRC Autumn Leaves 25K, 50K, & 50 Mile, Champoeg St. Park, St. Paul, Ore. 503-646-7867; www.orrc.net

**November 9.** USATF Pacific 30K Championships, Clarksburg, Calif. Doug Thurston,

916-974-0786.

**November 30.** Seattle Marathon & Half-Marathon, Seattle, Wash. 206-729-3660; www.seattlemarathon.org

**CANADA**

**September 7.** Ontario Masters Championships/Longboat Toronto Island 10K, Toronto Islands. longboatroadrunners.com

**September 21.** Ontario Masters 5K Team Cross-Country Championships, Taylor Park, Toronto. www3.sympatico.ca/ontario.masters

**October 26.** Casino Niagara International Marathon, Niagara Falls, Ontario. 800-56-FALLS; www.niagarafallsmarathon.com

**November 16.** Ontario Masters 5K Cross-Country Championships, Guelph. www3.sympatico.ca/ontario.masters

**INTERNATIONAL**

**September 7.** BMAF Marathon Championships, Wolverhampton, England. www.bvaf.org.uk

**September 28.** Berlin Marathon, Berlin, Germany. www.berlin-marathon.com

**November 16.** WMA 100K Championships, Zan-en Dam, Taipei. www.iau.org.tw

**November 22.** British & Irish Veterans Cross-Country, Celtic Manor, Newport. www.bvaf.org.uk

**April 18-24, 2004.** World Masters Athletics Non-Stadia Championships, Auckland, New Zealand. 10K/10K,20K, 30K, 50K, RW/Team Cross-Country/Ekiden Relay/Half-Marathon. www.wma2004.org

**May 8-14, 2006.** World Masters Athletics Non-Stadia Championships, Vancouver, B.C., Canada. www.wma2006.org

**RACEWALKING**

**September 6.** Third annual North Central 5K RW Championships, Detroit Lakes, Minn. Detroit Lakes C of C, 800-542-3992.

**September 14.** USATF Florida 1500 & 3000 RW Championships, Plantation. Bob Cella, 954-921-9190.

**September 14.** USATF Inland Northwest 5K RW Championships, Medical Lake, Wash. Jacqueline Van Allen, 509-838-1834.

**September 14.** USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.



SUZY HESS

Jim Manno, winning the M80 100 (15.94), 36th National Masters T&F Championships.

**September 20.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-578-2061.

**September 21.** USATF Long Island 10K RW Championships, Long Beach, N.Y. Lenny Krostnsky, 516-889-0558.

**October 5.** USATF Indiana One Hour RW Championships, Indianapolis. Cheryl Sunman, 317-835-0161.

**October 12.** USATF East Region 30K RW Championships, NYC. Stella Cashman, 212-628-1317.

**October 12.** Bob Fine Invitational RW, Coconut Creek, Fla. 954-427-0032; 771-3347.

**October 19.** USATF National Masters 50K RW Championships, Hauppauge, N.Y. Mike Roth, PO Box 504, Old Bethpage, NY 11787. 631-979-9603.

**October 25.** USATF Pacific 10K RW Championships, Seaside, Calif. Hansi Rigney, 831-626-6602.

**November 23.** USATF National Masters 20K RW Championships, Coconut Creek, Fla. Bob Cella, 954-921-9190.

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Former AAU National Champion  
World Masters Champion from  
ages 45 to 60

**M40-44**

Al Gibbs	200m	23.09	7-26-03
	100m	11.39	7-26-03
Kevin Heffernan	800m	2:05.2	6-29-03
Scott Krall	J	51.59	7-6-03
Peter Schmidt	Mile	4:50.7	6-12-99

**M45-49**

Peter Chen	LJ	5.66m	6-26-03
Robert Meyers	J	50.66m	8-1-03
Bob Saul	Pent	2782	5-2-03

**M50-54**

Paul Baumhoefner	SC	12:47.26	7-26-03
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# RECIPIENTS OF ALL-AMERICAN AWARDS

**M60-64**

Pat Crandall	100hh	16.67	6-14-03
	HJ	1.60m	6-14-03
Richard Sobel	HJ	1.60m	6-15-03

**M55-59**

Cary Carter	LJ	5.11m	5-26, 6-7-03
Ray Celaya	1500m	4:58.63	6-5-03
Larry Steeb	55m	7.75	1-26-03
Roger Busch	D	147-8	7-19-03

**M60-64**

Don McCrea	PV	9-0	7-13-03
Bill Wells	300hh	51.22	6-28-03

**M65-69**

Jim Grosthwait	5K	20:53	6-21-03
Jim Davis	3000	12:02.2	1-25-03
	5000	20:16	6-22-03
	10,000	42:06	8-9-03

**M80-84**

Earl Sweeney	400	1:31.39	7-26-03
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**W30-34**

Leslie Martin	HJ	1.45	6-28-03
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**W50-54**

Sherisa Sterling	3000	13:56.34	7-12-03
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**W60-64**

Suzanne Franco	Mile	7:32	7-13-03
Sylvia BrookSmith	200	35.14	4-5-03
Walda Tichy	5K RW	31.49	4-13-03

**W75-79**

Melicent Whinston	LJ	2.37m	7-19-03
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## U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	100+
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5		
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6		
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0			
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0			
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0			
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30			
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20			
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15			
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:10	15:10	23:00	26:00		
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30			
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30			
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5				
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6				
110H	15.4	16.5	17.8	18.8											
100H					18.0	19.0	20.0	21.0							
80H									18.0	21.0	25.0	30.0			
400H	58.0	60.0	62.0	64.0	68.0	71.0									
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0			
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00									
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30			
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80			
	6-2 1/4	6- 3/4	5-9 1/4	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9 1/4	3-3 1/4	2-7 1/4			
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30			
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	7-10 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4			
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20			
	21-4	20- 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16- 1/4	14-9	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4			
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51			
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-1 1/4	22-10	21-4	19-6	19-5 1/4			
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00			
	47-7	46-0	44-0	41-5	42-11 1/4	39-4 1/4	42-0	37-8 1/4	36-1 1/4	29-6 1/4	26-3	19-8 1/4			
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24			
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/4	50-0			
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07			
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0			
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02			
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0			
Weight	15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00	5.50	4.00
	49-2 1/4	45-11 1/4	43-5 1/4	41-0 1/4	46-9	43-5 1/4	45-11 1/4	43-5 1/4	43-5 1/4	38-6 1/4	32-9 1/4	28-8 1/4	19-8 1/4	18-0 1/4	13-1 1/4
56#WL	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00			
	31-2	29-6 1/4	27-10 1/4	26-3	19-8 1/4	18- 1/4	16-4 1/4	14-9	11-5 1/4	9-10	8-2 1/4	6-6 1/4			
PenL	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000			
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500			
Wt. PenL	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000			

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg;  
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g  
 8) Weight: 30-49: 35# 50-59: 25# 60-69: 20# 70-79: 16# 80+: 12#  
 9) Pen/Dec/Wt.Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).  
 10) Metric heights and distances are the standard; feet and inches listed for convenience.

## U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	100+
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0				
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0				
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0				
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40				
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10				
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45				
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00				
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00				
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00				
100H	17.2	18.2													
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0				
400H	75.0	79.0	84.0	88.0											
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0				
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84				
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/4	3-0 1/4	2-11	2-9				
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70				
	8-10 1/4	7-10 1/4	6-10 1/4	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4				
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50				
	15-1														

# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

## NATIONAL

National Masters T&F Championships  
Eugene, OR; Aug. 7-10  
(\* = non-U.S. citizen)

**Event 501 M30 100 Meter Dash**

**Preliminaries**

1	Jeff Culpepper	M30	UNA	10.82
2	Don Drummond	M34	ATC	11.22
3	Arron Prather	M33	UNA	10.97
4	*Hugo Estrada	M33	UNA	11.56
5	Nate Sickerson	M30	FIBO	11.28
6	William Todd Ashley	M34	UNA	11.65
7	Randy Thompson	M34	UNA	11.83
8	Darrick Cornelius	M31	WUTC	11.94
9	Corwin Jackson	M32	UNA	12.16
10	Will Holland	M34	UNA	12.36

**Event 501 M30 100 Meter Dash**

**Finals**

1	Jeff Culpepper	M30	UNA	10.78
2	Arron Prather	M33	UNA	10.97
3	Nate Sickerson	M30	FIBO	11.24
4	Don Drummond	M34	ATC	11.47
5	*Hugo Estrada	M33	UNA	11.63
6	William Todd Ashley	M34	UNA	11.86
7	Randy Thompson	M34	UNA	12.08
---	Darrick Cornelius	M31	WUTC	DNF

**Event 502 M35 100 Meter Dash**

**Preliminaries**

1	Rex Brown	M39	UNA	11.00
2	Barney Borromeo	M35	UNA	11.12
3	Durrell Turnage	M37	SCTC	11.19
4	Robert Thomas Jr	M36	IND	11.43
5	Orlando Matthews	M39	FAC	11.33
6	Richard Holmes	M36	UNA	11.44
6	Art Anderson	M37	UNA	11.44
8	Clain Udy	M39	UNA	11.70
9	James Smith	M37	FEEL	11.87
10	Ennis Taylor	M39	UNA	11.99
11	Michael Chiles	M35	UNA	12.12

**Event 502 M35 100 Meter Dash**

**Finals**

1	Barney Borromeo	M35	UNA	11.10
2	Rex Brown	M39	UNA	11.15
3	Durrell Turnage	M37	SCTC	11.23
4	Orlando Matthews	M39	FAC	11.46
5	Art Anderson	M37	UNA	11.53
6	Richard Holmes	M36	UNA	11.69

**Event 503 M40 100 Meter Dash**

**Preliminaries**

1	Willie Gault	M42	UNA	11.04
2	*Rawle Crichlow	M40	UNA	11.13
3	Kettrell Berry	M40	SCTC	11.28
4	Kenneth Hopkins	M40	UNA	11.30
5	Frank Strong	M41	UNA	11.41
6	Marcus Shute	M40	ATC	11.65
7	Nathaniel Williams	M41	MOT	11.57
8	Eric Dixon	M43	UNA	11.59
9	James Chinn	M44	SCTC	11.67
10	Mark Kibort	M43	SCTC	11.78
11	Tommy Baker	M41	SZ	12.06
12	Kerry Sloan	M40	ARST	12.25
13	Ed Emlaw	M42	UNA	12.39
14	Charles Patton	M40	UNA	12.40
15	Ted Decesare	M40	UNA	12.51
16	Paul Scarlett	M40	UNA	12.59
17	Eric Halford	M43	UNA	12.69
18	Mark Pasos	M43	UNA	12.73
19	Christian Hendricks	M40	UNA	12.85
20	Harold Pierce	M43	ATC	12.98
21	John Falk	M42	UNA	14.23

**Event 503 M40 100 Meter Dash**

**Finals**

1	Kettrell Berry	M40	SCTC	11.08
2	*Rawle Crichlow	M40	UNA	11.30
3	Kenneth Hopkins	M40	UNA	11.43
4	Frank Strong	M41	UNA	11.50
5	Eric Dixon	M43	UNA	11.65
6	Marcus Shute	M40	ATC	11.94
7	James Chinn	M44	SCTC	12.01
8	Nathaniel Williams	M41	MOT	13.01

**Event 504 M45 100 Meter Dash**

**Preliminaries**

1	Val Barnwell	M45	SPRI	11.29
2	Michael Waller	M45	UNA	11.55
3	Marcus Irving	M49	UNA	12.16
4	Randy Williams	M49	UNA	11.89
5	Hubert Evans	M49	UNA	11.92
6	Billy McKinney	M47	UNA	12.21
7	*Brian Murray	M45	UNA	11.96
8	Michael Janusey	M45	UNA	12.04
9	Michael Cook	M47	UNA	12.11
10	Steve Cummings	M47	UNA	12.35
11	Charles Wasson	M48	UNA	12.42
12	Lawrence Finley	M45	OVER	12.64
13	Reggie Stover	M48	SPLJ	12.65
14	John Wells Jr	M49	UNA	12.68
15	Bryan Shilcutt	M45	DM	12.69
16	Tani Wu	M46	UNA	12.92
17	Kenneth Stone	M49	UNA	13.61
18	Lamar Galloway	M49	WTC	13.75
19	John Stoppels	M45	UNA	16.95

**Event 504 M45 100 Meter Dash**

**Finals**

1	Val Barnwell	M45	SPRI	11.17
2	Michael Waller	M45	UNA	11.30
3	Hubert Evans	M49	UNA	11.96
4	Marcus Irving	M49	UNA	11.97
5	*Brian Murray	M45	UNA	12.14
6	Billy McKinney	M47	UNA	12.18
---	Randy Williams	M49	UNA	DNF

**Event 505 M50 100 Meter Dash**

**Preliminaries**

1	Bill Collins	M52	UNA	11.67
2	Robert Bowen	M51	SPRI	11.79
3	Jim Ross	M50	UNA	11.96
4	Marion McCoy	M53	ATC	11.97
5	Greg Schwab	M50	UNA	12.07
6	Mark Lesiniak	M53	UNA	12.65
7	Jack Craig	M54	SXP	12.71
8	Steve Kloch	M51	SCTC	12.82
9	Donn Imrie	M53	UNA	12.89
10	Jerry Said	M50	UNA	12.99
11	Ernie Snodgrass	M50	UNA	13.29
12	Anthony Hanson	M54	UNA	13.70

**Event 505 M50 100 Meter Dash**

**Finals**

1	Bill Collins	M52	UNA	11.40
2	Robert Bowen	M51	SPRI	11.70
3	Jim Ross	M50	UNA	11.78
4	Marion McCoy	M53	ATC	11.78
5	Greg Schwab	M50	UNA	11.96
6	Mark Lesiniak	M53	UNA	12.72
7	Steve Kloch	M51	SCTC	12.80
8	Jack Craig	M54	SXP	12.81

**Event 506 M55 100 Meter Dash**

**Preliminaries**

1	Stan Whitley	M57	UNA	11.88
2	Charles Allie	M55	UNA	11.94
3	Charles Brocato	M59	UNA	12.58
4	Owen Rogers	M57	UNA	12.83
5	Raymond Yeck	M55	UNA	12.82
6	David Williams	M56	PMTC	12.85
7	*Richard Lech	M55	UNA	12.95
8	George Lyden	M58	UNA	13.03
9	Jeff Schaller	M55	CMT	13.09
10	James Goff	M56	UNA	13.54
11	Vance Jacobson	M55	UNA	21.76

**Event 506 M55 100 Meter Dash**

**Finals**

1	Stan Whitley	M57	UNA	11.70
2	Charles Allie	M55	UNA	11.94
3	Charles Brocato	M59	UNA	12.68
4	Raymond Yeck	M55	UNA	12.85

**Finals ... (Event 506 M55 100 Meter Dash)**

5	David Williams	M56	PMTC	12.95
6	Owen Rogers	M57	UNA	13.10
7	*Richard Lech	M55	UNA	13.13
8	George Lyden	M58	UNA	13.13

**Event 507 M60 100 Meter Dash**

**Preliminaries**

1	Paul Edens	M62	PMTC	12.53
2	Doug Smith	M64	UNA	12.73
3	Don Denson	M63	UNA	13.01
4	Tim Butts	M60	UNA	13.19
5	Lawrence Gunn	M60	MIDW	13.02
6	Marion Harrison Jr.	M64	ATC	13.27
7	John Galazin	M60	UNA	13.35
8	Walt Butler	M62	UNA	14.10
9	Pete Floyd	M63	UNA	14.51
10	Larry Armstrong	M61	UNA	14.63
11	Jack Karbens	M61	HAW	15.10
12	Paul Gilbert	M60	UNA	15.12

**Event 507 M60 100 Meter Dash**

**Finals**

1	Paul Edens	M62	PMTC	12.22
2	Doug Smith	M64	UNA	12.58
3	Don Denson	M63	UNA	12.91
4	Lawrence Gunn	M60	MIDW	13.01
5	Tim Butts	M60	UNA	13.17
6	Marion Harrison Jr.	M64	ATC	13.38
7	John Galazin	M60	UNA	13.59

**Event 508 M65 100 Meter Dash**

**Preliminaries**

1	Harold Tolson	M65	UNA	12.82
2	Kenneth Dennis	M66	SCS	12.88
3	Gary Sims	M66	UNA	13.19
4	Wayne Bennett	M66	DM	13.52
5	Dick Camp	M66	SFA	13.34
6	*David Dunn	M67	UNA	13.82
7	Spencer Parrish	M66	CTRW	14.41
8	Dale Sawyer	M65	FWTC	15.35
9	Paul Stepan	M65	PMTC	15.88
10	Jim Schlewitz	M69	PMTC	15.92

**Event 508 M65 100 Meter Dash**

**Finals**

1	Kenneth Dennis	M66	SCS	12.40
2	Harold Tolson	M65	UNA	12.55
3	Gary Sims	M66	UNA	13.11
4	Wayne Bennett	M66	DM	13.12
5	Dick Camp	M66	SFA	13.29
6	*David Dunn	M67	UNA	13.99
7	Spencer Parrish	M66	CTRW	14.20
8	Dale Sawyer	M65	FWTC	15.45

**Event 509 M70 100 Meter Dash**

**Preliminaries**

1	Harry Brown	M73	MIDW	14.06
2	Joe Summerlin	M71	DM	14.27
3	Samuel Flory	M71	SCS	14.46
4	Verne Schewe	M70	MIDW	15.48
5	Benson Ford	M72	NCST	14.69
6	John Poppell	M72	WVTC	14.94
7	Jack Coy	M72	PMTC	15.49
8	Al Sheahan	M71	SCS	16.39
---	Bob Keegan	M71	UNA	DNF

**Event 509 M70 100 Meter Dash**

**Finals**

1	Harry Brown	M73	MIDW	13.87
2	Joe Summerlin	M71	DM	14.18
3	Benson Ford	M72	NCST	14.31
4	Samuel Flory	M71	SCS	14.50
5	John Poppell	M72	WVTC	14.56
6	Verne Schewe	M70	MIDW	15.28
7	Jack Coy	M72	PMTC	15.32

**Event 510 M75 100 Meter Dash**

1	Bill Melville	M76	MIDW	14.20
2	Melvin Larsen	M79	UNA	14.80
3	Dick Cottingham	M75	PMTC	15.58
4	William Daprano	M76	ATC	15.84
5	Vernon Regier	M76	WVTC	15.94
6	Wilford Scott	M76	UNA	16.01
7	Barney Phillips	M75	UNA	16.53

**Event 511 M80 100 Meter Dash**

1	Jim Manno	M82	UNA	15.94
2	Bill Carter	M80	UNA	16.18
3	Ralph Maxwell	M83	UNA	17.54
4	Robert Horsley	M81	UNA	22.94

**Event 1 W30 100 Meter Dash**

Name	Age	Team	
1 Anita Howard	W34	UNA	12.29
2 Jen Davidson	W30	UNA	12.76
3 Leslie Paula	W34	UNA	13.17
4 Kelli Wensel	W32	FIBO	13.47
5 Jackelyn Kirstein	W32	UNA	15.51

**Event 2 W35 100 Meter Dash**

1	Venus Jewett	W39	SPLI	12.82
2	Colleen Barney	W36	UNA	13.06
3	Regina Richardson	W38	UNA	13.24
4	*Agnieszka Kuczalska	W35	UNA	13.29
5	*Olivia Stewart	W38	UNA	14.03
6	Lauriea Blume	W36	INLA	14.30
7	Lori Hodgert	W35	UNA	15.51

**Event 3 W40 100 Meter Dash**

1	Joy Upshaw-Margera	W42	GBAC	12.74
2	Veronica Amarasekara	W42	UNA	13.01
3	Joy Sargis	W42	UNA	13.30
4	*Patti Rogers	W43	UNA	13.33
5	Sarah Lawson	W40	GBTC	13.39
6	Kathleen Shook	W42	UNA	13.84
7	Robin Galloway	W42	UNA	14.63
8	Susan Stephenson	W43	UNA	15.59

**Event 4 W45 100 Meter Dash**

**Preliminaries**

1	Cindy Steenbergen	W49	UNA	12.87
2	Loretta Woodward	W49	ATC	14.32
3	Donna Schultz	W45	WILS	14.38
4	Rita Hanscom	W49	UNA	14.51
5	Michele Freeman	W49	UNA	14.56
6	Teresa Drotar	W48	UNA	15.49
7	Debbie Selby	W46	UNA	16.32
8	Leah Rewolinski	W49	MIDW	17.15
9	Christine Stone	W48	SCS	20.18

**Event 4 W45 100 Meter Dash**

**Finals**

1	Cindy Steenbergen	W49	UNA	12.92
2	Loretta Woodward	W49	ATC	14.03
3	Rita Hanscom	W49	UNA	14.33
4	Donna Schultz	W45	WILS	14.34
5	Michele Freeman	W49	UNA	14.58
6	Teresa Drotar	W48	UNA	15.63
7	Debbie Selby	W46	UNA	16.19
8	Leah Rewolinski	W49	MIDW	17.01

**Event 5 W50 100 Meter Dash**

1	*Karia Del Grande	W50	UNA	13.15
2	Jacqueline Board	W50	FEEL	13.23
3	*Rhona Trott	W54	UNA	14.84
4	Judy Lim-Sharp	W52	UNA	15.86



Continued from previous page

4	*Paul N Reimer	M48	UNA	2:06.49
5	Dave Clingan	M49	UNA	2:06.50
6	*John Morton	M45	UNA	2:08.38
7	James Robinson	M49	GVH	2:09.05
8	Russ Patton	M48	UNA	2:09.60

**Event 565 M50 800 Meter Run**

**Preliminaries**

1	Gordon Valiant	M50	BOW	2:15.70
2	David Salazar	M52	SCTC	2:16.45
3	Jim Hiebert	M52	OTCM	2:16.77
4	Turran Harper	M52	UNA	2:16.97
5	Gary Shapiro	M52	UNA	2:17.86
6	Shawn Regan	M53	UNA	2:17.98
7	Jim Fallen	M52	UNA	2:18.69
8	Michael Allison	M51	SNO	2:21.41
9	Paul Tjogas	M50	UNA	2:24.74
10	Robert Brustad	M50	UNA	2:26.09
11	Peter Hogan	M52	CHEC	2:27.91
12	Craig Mahl	M52	UNA	2:28.74
13	*Stefan Waltermann	M53	CGTC	2:29.07
14	Tm Zbikowski	M51	PS	2:33.76

**Event 565 M50 800 Meter Run**

**Finals**

1	David Salazar	M52	SCTC	2:10.00
2	Gordon Valiant	M50	BOW	2:10.52
3	Shawn Regan	M53	UNA	2:14.23
4	Turran Harper	M52	UNA	2:15.00
5	Gary Shapiro	M52	UNA	2:15.91
6	Jim Hiebert	M52	OTCM	2:17.92
7	Jim Fallen	M52	UNA	2:18.41
8	Michael Allison	M51	SNO	2:20.06

**Event 566 M55 800 Meter Run**

**Preliminaries**

1	Larry Barnum	M59	SCTC	2:18.77
2	Dale Gaide	M59	NOVA	2:20.47
3	Ronald Salupo	M59	UNA	2:20.85
4	Marc Wiitala	M55	PMTC	2:25.23
5	Gordon Reiter	M57	UNA	2:23.26
6	Gary Hall	M56	UNA	2:23.84
7	Donald Loewe	M55	UNA	2:26.05
8	Searcy Barnett	M56	WVTC	2:28.08
9	Wayne Douglas	M55	EHTC	2:28.29
10	*Matthew Duncan	M56	UNA	2:28.85
11	Ronald T. Pate	M56	HAW	2:30.77
12	Joseph Burleson	M56	HART	2:51.35
---	*John K. Powell	M59	UNA	DNF

**Event 566 M55 800 Meter Run**

**Finals**

1	Larry Barnum	M59	SCTC	2:12.60
2	Dale Gaide	M59	NOVA	2:15.15
3	Gordon Reiter	M57	UNA	2:16.96
4	Ronald Salupo	M59	UNA	2:17.10
5	Marc Wiitala	M55	PMTC	2:18.00
6	Gary Hall	M56	UNA	2:20.31
7	Donald Loewe	M55	UNA	2:25.77

**Event 567 M60 800 Meter Run**

1	Sidney Howard	M64	CPTC	2:21.94
2	Dan McCormack	M64	OTCM	2:22.81
3	William McMillen	M63	UNA	2:24.84
4	Harvey Kleyman	M63	UNA	2:25.50
5	Maurice McDonald	M62	UNA	2:27.14
6	Joe Waters	M63	OTCM	2:38.05
7	John Shenk	M60	UNA	2:40.82

**Event 568 M65 800 Meter Run**

1	Mack Stewart	M65	HOUH	2:24.32
2	*Stephen Odwin	M66	UNA	2:32.11
3	Christopher Rush	M67	TEND	2:35.19
4	*Robert Cozens	M67	UNA	2:38.56
5	*Jeremy Lys	M65	UNA	2:40.34
6	Pete Richardson	M68	UNA	2:44.26
7	Larry Wright	M67	UNA	3:02.68

**Event 569 M70 800 Meter Run**

1	*Earl Fee	M74	UNA	2:25.77
2	Charles Rose	M70	UNA	2:26.14
3	James Sutton	M72	UNA	2:40.50
4	*Joe Giegerich	M71	UNA	2:41.62
5	Alan Smith	M72	FAC	3:34.30

**Event 570 M75 800 Meter Run**

1	Jim Selby	M75	SCS	2:44.27
2	Rodney Brown	M76	UNA	2:58.59
3	Alfonso Escobosa	M75	SCS	3:11.27
4	Harold Larkin	M75	TEND	3:28.16
5	Harold Willis	M75	SCS	3:53.76

**Event 571 M80 800 Meter Run**

1	Archie Messenger	M80	NYMC	3:14.88
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**Event 571 M85 800 Meter Run**

1	*Les Leyland	M86	UNA	4:07.53
2	Max Springer	M89	UNA	4:37.66
3	Dudly Healey	M89	UNA	6:25.39

**Event 61 W30 800 Meter Run**

1	Sarah Leonard	W33	CNW	2:16.43
2	Kelly Tysseling	W33	CNW	2:21.55

**Event 61 W35 800 Meter Run**

1	Megan Finaly	W37	UNA	2:16.38
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**Event 63 W40 800 Meter Run**

1	Mary Thane	W40	MTNW	2:18.26
2	Terr Cassel	W41	TULS	2:24.56
3	Lorraine Jasper	W41	UNA	2:24.67
4	Jennifer Teppo	W44	UNA	2:29.71
5	Karen Jeffers	W40	FFS	2:30.11
6	Kim KimberWachter	W40	FFS	2:30.78
7	Donna Moore	W44	UNA	2:31.12
8	Denise Foote	W44	NIKE	2:32.41
9	Mimi Ney	W44	UNA	2:34.19
10	Mary Woo	W41	FFS	2:39.79
11	*Louise Soucy-Fraser	W41	UNA	2:41.41
12	Theresa Brown	W43	FFS	2:42.00
13	Elaine Rancatore	W44	UNA	2:44.73
14	*Katherine Willis	W44	UNA	2:46.96
15	Debbie Jones	W44	TO	2:47.34
16	Kim Kutcher	W41	UNA	3:10.46

**Event 64 W45 800 Meter Run**

1	Dianna Hall	W45	SBA	2:30.24
2	*Karen Kennedy	W45	UNA	2:31.89
3	Marcella Teran	W48	SDTC	2:32.53
4	Lauri Stock	W46	UNA	2:35.58
5	Janet Martin	W48	UNA	2:37.04
6	Debbie Barraza Lee	W46	SCTC	2:37.60
7	Carla Hoppie	W46	DINE	2:41.77
8	Shelley Walsh	W49	UNA	2:44.72
9	Jo-Anne Miller	W45	UNA	2:49.87
10	Sue Grigsby	W46	UNA	2:51.17
11	Tracey Cox	W49	EHTC	3:05.49
---	Peggy Neal	W47	ERC	DNF

**Event 65 W50 800 Meter Run**

1	Carolyn Smith-Hanna	W52	GVH	2:30.41
2	Mary Hartzler	W54	UNA	3:04.40

**Event 66 W55 800 Meter Run**

1	Sharon Gerl	W55	ERC	2:42.65
2	Candy Puterbaugh	W56	PMTC	2:43.06
3	Margaret Noren	W57	UNA	3:29.85
---	Zel Brook	W56	UNA	DQ

**Event 68 W65 800 Meter Run**

1	*Diane Palmason	W65	RU	2:41.81
2	Jeanne Daprano	W66	ATC	2:57.90
3	Suzi MacLeod	W69	OTCM	3:14.33

**Event 69 W70 800 Meter Run**

1	Joyce Bahler	W73	UNA	4:22.61
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**Event 69 W75 800 Meter Run**

1	Sumi Onodera-Leonar	W75	SCTC	4:00.11
2	Helen Schley	W75	PVTC	4:24.28

**1500 METERS**

**Event 581 M30 1500 Meter Run**

1	Chad Newton	M33	UNA	4:08.86
2	Kyle Lanier	M30	UNA	4:18.36
3	John F. King	M34	UNA	4:21.96
4	John Osmanski	M30	UNA	4:23.09
5	Curt Arthur	M34	PILG	4:25.40
6	Nathaniel McVey-Fin	M34	UNA	4:26.05

**(Event 581 M30 1500 Meter Run)**

7	Bob Hardy	M32	UNA	4:32.80
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**Event 582 M35 1500 Meter Run**

1	David Nash	M35	FIBO	4:02.42
2	John Roberts	M36	UNA	4:09.68
3	Dale Londos	M39	TEUG	4:10.17
4	David Matherne	M38	ATC	4:11.77
5	Rob Vancleve	M36	FIBO	4:13.46
6	Chris Yorges	M37	SCTC	4:21.50
7	Greg Hales	M37	SCC	4:23.20
8	Joe Dudman	M39	UNA	4:25.58
9	John Geiger	M39	UNA	4:27.45
10	James Wachter	M39	FFS	4:44.48
11	Michael Gray	M38	QST	4:47.37
12	Raven Bailey	M38	UNA	5:22.40
---	Bradley Cordts	M39	UNA	DNF

**Event 583 M40 1500 Meter Run**

**Preliminaries**

1	Tony Young	M41	CNW	4:13.99
2	Daniel Gonzalez	M41	UNA	4:17.02
3	Peter Magill	M42	UNA	4:17.16
4	Brett Darrington	M42	FUT	4:20.66
5	Ian Brown	M40	CNW	4:17.59
6	Jeff Mann	M40	UNA	4:22.13
7	Kevin Paulk	M43	BOW	4:18.83
8	Steve Cooper	M42	STL	4:24.16
9	Mark Cleary	M44	SCTC	4:24.69
10	Ted Poulos	M41	PVTC	4:24.74
11	Charlie Case	M41	BOW	4:28.57
12	David Lucas	M44	SCTC	4:31.66
13	*Bill Corcoran	M41	UNA	4:32.67
14	Peter Nash	M43	SCC	4:36.29
15	Tim Heidbreder	M43	UNA	4:39.28
16	Rob Stark	M44	FFS	4:40.93
17	Thomas Buffolano	M42	MILL	4:42.01
18	Steve Grube	M41	UNA	4:52.17
19	Ed Ellison	M42	AE	4:56.80
---	Patrick Eastman	M42	LFE	DNF

**Event 583 M40 1500 Meter Run**

**Finals**

1	Tony Young	M41	CNW	3:54.32
2	Peter Magill	M42	UNA	4:01.49
3	Kevin Paulk	M43	BOW	4:09.85
4	Daniel Gonzalez	M41	UNA	4:10.19
5	Ian Brown	M40	CNW	4:16.28
6	Brett Darrington	M42	FUT	4:17.11
7	Jeff Mann	M40	UNA	4:17.32
8	Charlie Case	M41	BOW	4:19.92
9	Mark Cleary	M44	SCTC	4:25.66
10	Ted Poulos	M41	PVTC	4:51.15

**Event 584 M45 1500 Meter Run**

**Preliminaries**

1	Tony Rodiez	M47	UNA	4:25.07
2	Mac Allen	M46	UNA	4:27.20
3	Steven Hulst	M47	GRRC	4:26.39
4	Dave Clingan	M49	UNA	4:27.73
5	Paul Fragua	M46	SCTC	4:26.80
6	Charlie Sturman	M46	OTCM	4:27.76
7	Donald Didonato	M45	RE	4:26.96
8	*John Morton	M45	UNA	4:28.37
9	Dave Albo	M47	RIC	4:29.05
10	Rick Peterson	M45	UNA	4:31.77
11	Mark Rybinski	M48	SYRC	4:33.62
12	Matthew Neve	M46	FUT	4:36.91
13	Bryan Burdo	M46	CNW	4:43.14
14	Russ Patton	M48	UNA	4:44.40
15	Rob Duncanson	M48	UNA	4:44.90
16	Scott Abrams	M47	OTCM	4:50.09
17	Scott Kessler	M49	PMTC	4:50.59
18	Jay Kimiecik	M45	UNA	4:52.66
19	Amy Stonkus	M48	CNW	4:54.21
20	Don Smith	M46	UNA	5:42.96

**Event 584 M45 1500 Meter Run**

**Finals**

1	Tony Rodiez	M47	UNA	4:18.85
2	Paul Fragua	M46	SCTC	4:20.91

3	Donald Didonato	M45	RE	4:22.65
4	Dave Albo	M47	RIC	4:24.78
5	Dave Clingan	M49	UNA	4:24.98
6	Steven Hulst	M47	GRRC	4:27.54
7	Mac Allen	M46	UNA	4:27.66
8	Charlie Sturman	M46	OTCM	4:30.37
9	Rick Peterson	M45	UNA	4:30.85
10	*John Morton	M45	UNA	4:34.74
11	Matthew Neve	M46	FUT	4:49.83

**Event 585 M50 1500 Meter Run**

1	Edmund Spinney	M50	OTCM	4:34.60
2	David Salazar	M52	SCTC	4:34.75
3	Jim Bordonio	M50	WVJC	4:35.80
4	Keith Schramm	M53	UNA	4:36.63
5	Michael Allison	M51	SNO	4:37.77
6	Roger Price	M54	UNA	4:39.38
7	Craig Mead	M50	FUT	4:49.60
8	Robert Brustad	M50	UNA	4:53.67
9	Shawn Regan	M53	UNA	4:56.76
10	Paul Tjogas	M50	UNA	5:01.66
11	Peter Hogan	M52	CHEC	5:05.6

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5 Craig McMicken	M77	OTCM	29:12.72
<b>Event 609 M80 5000 Meter Run</b>			
1 John McManus	M80	UNA	27:19.69
<b>Event 609 M85 5000 Meter Run</b>			
1 *Les Leyland	M86	UNA	32:05.25
2 Dudley Healey	M89	UNA	46:03.15
<b>Event 101 W30 5000 Meter Run</b>			
1 Heather McLaughlin	W31	INLA	18:23.72
2 Kami Alessandro	W31	UNA	19:43.23
<b>Event 101 W35 5000 Meter Run</b>			
1 Beth Ellickson	W36	QST	18:17.09
2 Sheri Wright	W39	RUNN	18:42.78
3 Katherine Nichols	W37	UNA	19:21.29
4 Susan Stine Melgares	W36	FHH	21:37.77
<b>Event 101 W40 5000 Meter Run</b>			
1 Jennifer Teppo	W44	UNA	17:57.82
2 Meghan Arbogast	W42	TO	18:00.33
<b>(Event 101 W40 5000 Meter Run)</b>			
3 Kelly Krull	W43	UNA	18:33.20
4 Susan Gallagher	W41	UNA	19:10.48
5 *Marlene Corcoran	W40	UNA	19:32.19
6 Melissa Nelson	W40	UNA	19:37.68
7 Vickie Ford	W42	EHTC	21:23.25
--- Julie Dove	W44	MWLR	DNF
<b>Event 105 W45 5000 Meter Run</b>			
1 Sharon Downing	W47	OTCM	17:56.80
2 Marcella Teran	W48	SDTC	18:55.25
3 Debbie Barraza Lee	W46	SCTC	20:28.49
4 Char Davidson	W49	UNA	21:14.73
5 Amy Haberman	W48	UNA	21:30.43
6 Mary Diver	W49	CPTC	21:51.58
7 Tracey Cox	W49	EHTC	24:19.26
<b>Event 105 W50 5000 Meter Run</b>			
1 Angie Miyashiro	W50	HAW	19:50.90
2 Jeanette Groesz	W53	UNA	20:26.02
3 Sharlet Gilbert	W52	UNA	21:07.62
4 Rosa Rogers	W50	FAC	21:28.40
5 *Karen Bowler	W53	UNA	22:03.29
<b>Event 107 W55 5000 Meter Run</b>			
1 Joni Shirley	W56	UNA	21:03.44
2 Barbara Spannaus	W55	UNA	23:20.26
3 Lenore Webber	W56	UNA	24:33.40
4 Mary Orr	W58	QST	24:52.81
--- Zel Brook	W56	UNA	DQ
<b>Event 107 W60 5000 Meter Run</b>			
1 Shirley Matson	W62	UNA	20:04.65
2 Josie Chalmers	W60	QST	24:31.73
3 Rusty Barnett	W61	WVTC	25:08.36
<b>Event 107 W65 5000 Meter Run</b>			
1 Mary Harada	W68	LAC	24:34.27
2 Jane Dods	W67	OTCM	27:09.13
3 Joyce Hodges-Hite	W66	ATC	28:36.08
<b>Event 107 W70 5000 Meter Run</b>			
1 June Machala	W72	BRR	24:28.69
2 Susan Means	W70	PMTC	30:30.06
<b>8000 METERS</b>			
<b>Event 921 M35 8000 Meter Run</b>			
1 Drew Bell	M37	BIRM	31:15.00
<b>Event 921 M40 8000 Meter Run</b>			
1 Ted Poulos	M41	PVTC	29:27.00
2 David Harding	M43	OTCM	29:36.00
3 Thomas Buffolano	M42	MILL	29:49.30
4 *Bill Corcoran	M41	UNA	X31:07.00
5 *Doug Kennedy	M44	UNA	X31:50.00
<b>Event 921 M45 8000 Meter Run</b>			
1 Robert Peattie	M47	UNA	29:37.00
2 Joe Mallon	M47	UNA	40:49.00
<b>Event 921 M50 8000 Meter Run</b>			
1 Rick Russell	M50	OTCM	31:39.00
2 *Tim Bowler	M54	UNA	X39:40.00
3 Bill Roe	M52	CNW	42:51.00
<b>Event 921 M55 8000 Meter Run</b>			
1 Ronald T. Pate	M56	HAW	32:30.00
2 Ron Barker	M56	UNA	34:17.00
3 Les Castle	M57	OTCM	34:33.00
4 Mac Larson	M55	UNA	34:54.00
<b>Event 921 M60 8000 Meter Run</b>			
1 Dan Aland	M60	UNA	34:33.00
2 *Vern Christensen	M62	UNA	X35:33.00
3 Bob Steffen	M62	QST	41:17.00
<b>Event 921 M65 8000 Meter Run</b>			
1 *Stephen Odwin	M66	UNA	X33:45.00
2 Geoffrey Howard	M65	UNA	36:25.00
3 Jim Hite	M69	ATC	43:08.00
<b>Event 421 W35 8000 Meter Run</b>			
1 Lauriea Blume	W36	INLA	40:02.00
<b>Event 421 W40 8000 Meter Run</b>			
1 *Marlene Corcoran	W40	UNA	X32:50.00
2 Caren Ware	W41	UNA	36:28.00
3 LeaAnn Hildebrandt	W44	UNA	42:40.00
<b>Event 421 W45 8000 Meter Run</b>			
1 Janet Martin	W48	UNA	34:06.00
2 Connie Rowden	W45	UNA	34:24.00
<b>Event 421 W50 8000 Meter Run</b>			
1 *Karen Bowler	W53	UNA	X36:07.00
2 Susan Block	W52	HAW	48:12.00
<b>Event 421 W55 8000 Meter Run</b>			
1 Mary Orr	W58	QST	42:23.00
2 Zel Brook	W56	UNA	11:13:36.0
<b>Event 421 W60 8000 Meter Run</b>			
1 Josie Chalmers	W60	QST	42:22.00
<b>Event 421 W65 8000 Meter Run</b>			
1 Jane Dods	W67	OTCM	47:35.00
<b>10,000 METERS</b>			
<b>Event 621 M30 10000 Meter Run</b>			
1 Chad Newton	M33	UNA	31:58.34
2 Kareem Lanier	M30	NBNJ	32:50.37
3 Kevin Sheehy	M34	UNA	33:29.08
<b>Event 621 M35 10000 Meter Run</b>			
1 Joe Dudman	M39	UNA	33:43.20

2 John Geiger	M39	UNA	34:18.89
3 Steven King	M39	UNA	34:30.60
4 Bradley Cordts	M39	UNA	34:49.87
5 *Aldo Virano	M35	UNA	34:59.68
6 Drew Bell	M37	BIRM	36:09.16
7 David Daer	M37	QST	39:33.12
<b>Event 621 M40 10000 Meter Run</b>			
1 Brian Pope	M40	SCTC	31:47.24
2 Alan Newton	M40	SNAK	31:56.67
3 Craig Christians	M42	NEB	33:26.49
4 James Kurtzman	M41	SCTC	33:31.52
5 Ted Poulos	M41	PVTC	34:15.52
6 Timo Mostert	M40	UNA	34:52.77
7 Christopher Clark	M43	OTCM	34:56.41
8 Bill Valenzano	M43	UNA	35:07.97
9 Mark Weneker	M44	UNA	35:27.03
10 Andy Shotts	M40	UNA	35:41.25
11 Tim Swietlik	M44	UNA	36:54.33
12 *J. Oliver Gallego	M41	EHTC	36:56.13
13 Miguel Dias	M40	UNA	38:24.33
14 Peter Gregory	M41	EDGE	40:24.21
--- Randy Ward	M41	UNA	DNF
--- David Harding	M43	OTCM	DNF
<b>Event 625 M45 10000 Meter Run</b>			
1 Thomas Cushman	M49	UNA	34:40.58
2 Steve Greenspan	M45	ARIZ	35:42.31
3 John Matthews	M46	CMS	36:10.94
4 Elliott Drumright	M46	UNA	38:11.34
5 Dean Bailey	M46	UNA	38:49.19
6 Matthew Neve	M46	FUT	39:53.94
7 Don Smith	M46	UNA	46:23.24
<b>Event 625 M50 10000 Meter Run</b>			
1 Wayne Chick	M50	UNA	36:37.00
2 Tom Bernhard	M52	UNA	37:11.47
3 Craig Mead	M50	FUT	39:53.35
4 Mike De Witt	M52	PARK	40:52.46
5 *Tim Bowler	M54	UNA	49:35.58
<b>Event 625 M55 10000 Meter Run</b>			
1 Scott Taylor	M58	MUL	37:13.72
2 Michael Dove	M56	MWLR	37:28.24
3 Ed Cadman	M58	HAW	39:06.86
4 James Crawford	M56	UNA	40:38.97
5 Tim Wehrkamp	M56	UNA	41:39.60
<b>Event 627 M60 10000 Meter Run</b>			
1 Don Coffman	M60	VAC	37:38.74
2 Thom Weddle	M64	RNF	39:41.42
3 Lornel Anderson	M63	UNA	54:57.91
<b>Event 627 M65 10000 Meter Run</b>			
1 Bill Iffrig	M69	UNA	41:37.52
2 Jim Davis	M67	OTCM	42:06.64
3 Geoffrey Howard	M65	UNA	44:18.17
4 Larry Wright	M67	UNA	45:35.42
5 Jerry Levasseur	M65	UNA	46:42.50
6 Ronald Jarvinen	M66	UNA	52:21.33
<b>Event 627 M70 10000 Meter Run</b>			
1 Paul Heitzman	M72	UNA	45:26.19
2 Patrick Devine	M74	UNA	53:55.24
<b>Event 627 M75 10000 Meter Run</b>			
1 Bob Koch	M76	UNA	53:54.12
2 Jim O'Neil	M78	UNA	1:06:32.52
<b>Event 121 W30 10000 Meter Run</b>			
1 Shannon Overbay	W33	UNA	45:30.86
<b>Event 121 W35 10000 Meter Run</b>			
1 Beth Ellickson	W36	QST	39:07.54
2 Katherine Nichols	W37	UNA	40:32.39
3 Lauriea Blume	W36	INLA	50:08.57
<b>Event 121 W40 10000 Meter Run</b>			
1 Angela Minnefield	W40	UNA	44:43.88
2 Julie Dove	W44	MWLR	45:33.76
<b>Event 121 W45 10000 Meter Run</b>			
1 Char Davidson	W49	UNA	57:17.58
<b>Event 121 W50 10000 Meter Run</b>			
1 Angie Miyashiro	W50	HAW	40:29.19
2 Edie Stevenson	W54	UNA	41:42.77
3 *Karen Bowler	W53	UNA	46:46.60
<b>Event 121 W55 10000 Meter Run</b>			
1 Barbara Spannaus	W55	UNA	50:33.64
--- Zel Brook	W56	UNA	DQ
<b>Event 121 W60 10000 Meter Run</b>			
1 Marie Louise Michels	W61	BTC	41:43.64
2 Rusty Barnett	W61	WVTC	52:40.95
<b>Event 121 W65 10000 Meter Run</b>			
1 Joyce Hodges-Hite	W66	ATC	57:15.44
<b>Event 121 W70 10000 Meter Run</b>			
1 June Machala	W72	BRR	50:24.97
<b>HURDLES</b>			
<b>Event 642 M30 110 Meter Hurdles</b>			
1 Don Drummond	M34	ATC	14.24
<b>Event 642 M35 110 Meter Hurdles</b>			
1 Richard Holmes	M36	UNA	14.63
2 James Smith	M37	FEEL	15.97
3 Reggie Snowden	M38	SAN	16.47
4 Timothy O'Neal	M36	UNA	16.65
5 Rod Wilcox	M37	UNA	16.82
6 Andrew Janssen	M35	UNA	17.52
7 David Ashe	M36	UNA	21.11
<b>Event 643 M40 110 Meter Hurdles</b>			
<b>Preliminaries</b>			
1 David Ashford	M40	UNA	14.04
2 *Karl Smith	M43	UNA	14.23
3 Willie Gault	M42	UNA	14.95
4 Brian Conley	M43	UNA	16.02
5 Ed Moore	M40	UNA	16.27
6 Kerry Sloan	M40	ARST	16.47
7 Joe Schwieterman	M44	MIDW	16.67
8 Jeff Brower	M44	WTC	17.29
9 Roger Drummond	M41	UNA	18.62
10 Christian Hendricks	M40	UNA	18.89
11 Charles Patton	M40	UNA	18.91
<b>Event 643 M40 110 Meter Hurdles</b>			
<b>Finals</b>			
1 David Ashford	M40	UNA	13.82
2 *Karl Smith	M43	UNA	14.08
3 Willie Gault	M42	UNA	14.78

4 Brian Conley	M43	UNA	15.63
5 Ed Moore	M40	UNA	15.93
6 Kerry Sloan	M40	ARST	16.19
7 Joe Schwieterman	M44	MIDW	16.21
8 Jeff Brower	M44	WTC	17.55
<b>Event 644 M45 110 Meter Hurdles</b>			
1 Leece X	M46	PM	16.21
2 Robert Zahn	M49	MIDW	16.81
3 Steve Cummings	M47	UNA	18.83
4 Don Helton	M49	HUTC	25.38
<b>Event 645 M50 100 Meter Hurdles</b>			
<b>Preliminaries</b>			
1 Jack Craig	M54	SXP	15.12
2 Russell Jacquetacea	M50	UNA	15.38
3 Brian McKinley	M50	UNA	14.86
4 Steve Kemp	M50	UNA	15.45
5 Thad Wilson	M52	UNA	14.89
6 Roger Pannell	M54	UNA	15.15
7 Sergio Angulo	M51	UNA	15.83
8 Robert Hahn	M51	UNA	16.68
--- Clyde Harris	M54	UNA	DNF
<b>Event 645 M50 100 Meter Hurdles</b>			
<b>Finals</b>			
1 Brian McKinley	M50	UNA	14.69
2 Steve Kemp	M50	UNA	14.74
3 Russell Jacquetacea	M50	UNA	14.86
4 Jack Craig	M54	SXP	15.30
5 Roger Pannell	M54	UNA	15.50
6 Thad Wilson	M52	UNA	15.59
7 Sergio Angulo	M51	UNA	15.78
--- Robert Hahn	M51	UNA	DNF
<b>Event 646 M55 100 Meter Hurdles</b>			
1 Fred Johnston	M57	WVTC	15.95
2 Robert Baker	M58	UNA	16.89
3 Ozzie Binion	M55	ATC	16.90
--- Courtland Gray	M59	UNA	DNF
<b>Event 647 M60 100 Meter Hurdles</b>			
1 Walt Butler	M62	UNA	16.22
2 Bruce Mills	M64	MIDW	19.61
3 Lionel Low	M63	HAW	20.70
4 Phineas Anderson	M61	UNA	25.32
<b>Event 648 M65 100 Meter Hurdles</b>			
1 Robert Paulen	M66	GLEN	19.52
2 Phillip Shipp	M68	UNA	19.78
3 John Head	M65	UNA	20.79
4 Bill Jankovich	M69	UNA	20.94
<b>Event 649 M70 80 Meter Hurdles</b>			
1 James Stookey	M73	UNA	13.66
2 *Earl Fee	M74	UNA	15.53
3 Al Sheahan	M71	SCS	16.99
<b>Event 650 M75 80 Meter Hurdles</b>			
1 Melvin Larsen	M79	UNA	19.13
<b>Event 661 M30 400 Meter Hurdles</b>			
1 Don Drummond	M34	ATC	54.29
2 Brad Dittmar	M33	FIBO	55.21
<b>Event 661 M35 400 Meter Hurdles</b>			
1 James Smith	M37	FEEL	1:00.04
2 Chris Yorges	M37	SCTC	1:02.34
<b>Event 663 M40 400 Meter Hurdles</b>			
1 David Ashford	M40	UNA	56.59
2 Kerry Sloan	M40	ARST	1:00.38
3 Ed Moore	M40	UNA	1:01.45
4 Jeff Brower	M44	WTC	1:01.71
5 Roger Drummond	M41	UNA	1:06.09
<b>Event 664 M45 400 Meter Hurdles</b>			
1 Michael Pannell	M49	TMTC	1:01.45
2 Joseph Varrone	M46	MDM	1:02.45
3 Kerry Cameron	M45	UNA	1:02.71
4 Steve Cummings	M47	UNA	1:04.57
5 David Cook	M46	SCTC	1:11.60
6 Bryan Shilcutt	M45	DM	1:11.73
7 *John Morton	M45	UNA	1:11.73
<b>Event 665 M50 400 Meter Hurdles</b>			
1 Steve Kemp	M50	UNA	1:02.04
2 Brian McKinley	M50	UNA	1:02.23
3 William Cheadle	M50	VAC	1:03.87
4 Sergio Angulo	M51	UNA	1:05.89
5 Richard Hallett	M50	UNA	1:17.07
<b>Event 666 M55 400 Meter Hurdles</b>			
1 Courtland Gray	M59	UNA	1:06.49
2 Ozzie Binion	M55	ATC	1:07.72
3 Tim McMullen	M56	UNA	1:21.54
<b>Event 667 M60 300 Meter Hurdles</b>			
1 Terry Rowan	M63	UNA	50.54
2 Bruce Mills	M64	MIDW	55.57
3 Lew Thorne	M64	OTCM	56.82
4 Bill Wells	M63	UNA	1:00.25
5 Jack Karbens	M61	HAW	1:05.71
6 Lornel Anderson	M63	UNA	1:20.72
<b>Event 668 M65 300 Meter Hurdles</b>			
1 Ronald Kirkpatrick	M65	TNT	49.78
2 Robert Paulen	M66	GLEN	53.16
3 John Head	M65	UNA	55.01
4 Charles Benjamin	M67	UNA	55.49
5 Bill Jankovich	M69	UNA	57.72
<b>Event 669 M70 300 Meter Hurdles</b>			
1 *Earl Fee	M74	UNA	51.23
2 James Stookey	M73	UNA	



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8	Valeriy Snezhko	M49	UNA	1.56m
9	Rick Vincent	M47	UNA	1.56m
10	Bob Kittell	M45	UNA	1.56m
11	Joe Hadley	M45	UNA	1.56m
12	Kenneth Stone	M49	UNA	1.41m
<b>Event 745 M50 High Jump</b>				
1	Richard Teller	M51	UNA	1.84m
2	Walden Curry	M50	UNA	1.79m
3	Milan Jamrich	M53	UNA	1.74m
4	Mark L. Wysong	M54	UNA	1.49m
4	Richard Watson	M50	YVF	1.49m
6	Anthony Hanson	M54	UNA	1.44m
7	Sig Jensen	M54	MUL	1.44m
<b>Event 746 M55 High Jump</b>				
1	James Sauters	M55	ATC	1.75m
2	Charlie Rader	M55	HMTTC	1.70m
3	Joe Johnston	M59	FAC	1.55m
4	Frank Lulich	M57	OTCM	1.50m
5	Robert Baker	M58	UNA	1.50m
6	Richard Beswick	M55	OTCM	1.45m
7	John Casey	M56	UNA	1.45m
8	Norman Frable	M57	UNA	1.40m
<b>Event 746 M60 High Jump</b>				
1	John Burns	M62	NCST	1.50m
2	Jay Edwards	M60	UNA	1.45m
3	Mark Chapman	M60	UNA	1.40m
4	Bruce Mills	M64	MIDW	1.30m
5	Don McCrea	M62	UNA	1.15m
6	Lornel Anderson	M63	UNA	1.10m
---	Larry Armstrong	M61	UNA	NH
<b>Event 748 M65 High Jump</b>				
1	Tom Langenfeld	M68	UNA	1.45m
2	Doug Spainhower	M68	UNA	1.40m
3	Ralph Reiche	M65	UNA	1.40m
3	Phillip Shipp	M68	UNA	1.40m
5	Bert Bergen	M65	HIGH	1.40m
6	John Head	M65	UNA	1.30m
7	Roger Brown	M65	UNA	1.20m
<b>Event 749 M70 High Jump</b>				
1	James Stookey	M73	UNA	1.28m
2	Robert Kittell	M71	UNA	1.18m
<b>Event 749 M75 High Jump</b>				
1	Gordon Seifert	M75	UNA	1.28m
2	Joe King	M77	GLIR	1.23m
3	Barney Phillips	M75	UNA	1.08m
<b>Event 749 M80 High Jump</b>				
1	Ralph Maxwell	M83	UNA	1.13m
2	Gilbert Young	M81	PMTTC	1.13m
<b>Event 241 W30 High Jump</b>				
1	Leslie Martin	W34	HIGH	1.45m
<b>Event 241 W35 High Jump</b>				
1	Del Schneider	W39	UNA	1.30m
<b>Event 241 W40 High Jump</b>				
1	Patricia Porter	W40	UNA	1.75m
2	Martha Mendenhall	W44	UNA	1.55m
3	Kelly Holding	W42	UNA	1.45m
4	Caryl Senn	W41	BTC	1.45m
5	Stacey Schieffelin	W41	UNA	1.10m
<b>Event 241 W45 High Jump</b>				
1	Liz Johnson	W47	CARO	1.10m
<b>Event 241 W50 High Jump</b>				
1	*Anna Wlodarczyk	W52	UNA	X1.40m
2	Eleanor Gipson	W51	UNA	1.30m
<b>Event 247 W55 High Jump</b>				
1	*Annelies Steklenbur	W55	UNA	X1.40m
2	Phil Raschker	W56	UNA	1.40m
3	Linda Douglass	W58	DM	1.20m
3	Dorothy Vander Cruys	W57	UNA	1.20m
5	Caroline Cooney	W57	PMTTC	1.15m
6	*Liz McBlain	W55	UNA	X1.10m
<b>Event 247 W60 High Jump</b>				
1	Kathy Bergen	W63	HIGH	1.30m
2	*Marg Radcliffe	W61	UNA	X1.15m
3	Cathy Primmer	W60	UNA	1.10m
4	Kathy Jager	W60	UNA	1.05m
<b>Event 247 W65 High Jump</b>				
1	Christel Donley	W68	UNA	1.15m
<b>Event 247 W75 High Jump</b>				
1	Lenore McDaniels	W75	UNA	1.13m
<b>POLE VAULT</b>				
<b>Event 761 M30 Pole Vault</b>				
1	Allen Heinly	M30	UNA	4.35m
2	Calvin Nash	M34	INLA	3.30m
<b>Event 761 M35 Pole Vault</b>				
1	Rod Wilcox	M37	UNA	3.30m
---	Mark Vanderville	M35	UNA	NH
<b>Event 761 M40 Pole Vault</b>				
1	Paul Sinatra	M41	UNA	4.65m
2	Daniel Umenhofer	M43	UNA	4.20m
3	Doug Porter	M42	UNA	4.20m
4	Kenneth Bayless	M41	UNA	4.05m
5	Michael Jaqua	M40	WILS	3.90m
6	*Mark Schaber	M44	UNA	X3.75m
7	Robert McCormick	M42	CNW	3.30m
8	Michael Garzillo	M42	UNA	3.30m
<b>Event 763 M45 Pole Vault</b>				
1	Gary Hunter	M47	UNA	4.57m
2	Murray Mead	M49	NLS	4.05m
2	Bob Crites	M49	LSPV	4.05m
4	Daniel West	M48	OTCM	3.90m
4	Louis Baucom	M46	WILS	3.90m
6	Al Stanley	M45	UNA	3.75m
7	Joe Hadley	M45	UNA	3.60m
8	Rod Jacobson	M46	UNA	3.45m
9	Jeffrey Watry	M48	MIDW	3.30m
9	Bob Kittell	M45	UNA	3.30m
---	Thomas Rosenthal	M45	CNW	NH
---	Tad Scales	M47	UNA	NH
<b>Event 765 M50 Pole Vault</b>				
1	Steve Patterson	M52	UNA	3.90m
2	Johnnie Dye	M54	UNA	3.60m
3	Michael Ramoska	M50	SCTC	3.45m
3	Reg Hulbert	M53	SPOK	3.45m

5	Russell Jacquetacea	M50	UNA	3.30m
6	Steve Banton	M50	UNA	3.00m
7	Joseph Reed	M50	UNA	2.85m
8	Kameron Mitchell	M53	UNA	2.85m
<b>Event 766 M55 Pole Vault</b>				
1	Matti Kiltelainen	M57	UNA	3.85m
2	Jospef Pfister	M55	UNA	3.55m
3	Bruce Hotaling	M59	UNA	3.40m
3	John Altendorf	M57	UNA	3.40m
5	Roger Werne	M59	PRVC	3.40m
6	Dick Clintworth	M56	UNA	3.25m
7	Bruce Peerkins	M57	UNA	3.25m
8	Stephen Korhel III	M57	UNA	3.10m
9	Mick James	M56	SKY	2.95m
10	Chuck Hammonds	M56	OTCM	2.95m
11	Robert Baker	M58	UNA	2.95m
12	Richard Ying	M56	UNA	2.95m
---	Joe Johnston	M59	FAC	NH
<b>Event 767 M60 Pole Vault</b>				
1	Larry Holmes	M61	PMTTC	3.35m
2	Mardon Connelly	M61	UNA	3.05m
3	Steven Warr	M62	UNA	2.90m
4	Dick Cunningham	M63	UNA	2.75m
5	Don McCrea	M62	UNA	2.45m
6	Gary Isham	M63	NEW	2.45m
<b>Event 767 M65 Pole Vault</b>				
1	Terry Cannon	M65	UNA	3.45m
2	Jim Matejka	M66	OTCM	2.90m
3	John Steinman	M67	UNA	2.75m
4	Donald Gray	M68	UNA	2.60m
5	Allen Morris	M69	UNA	2.45m
6	Mohler Simpson	M65	UNA	2.30m
---	Bill Jankovich	M69	UNA	NH
<b>Event 769 M70 Pole Vault</b>				
1	Jerry Donley	M73	UNA	2.90m
3	Harvey Wellen	M74	OTCM	2.40m
---	Bob Holmes	M74	UNA	NH
<b>Event 769 M75 Pole Vault</b>				
1	Gordon Seifert	M75	UNA	2.70m
2	John P. Cleveland	M78	SDI	2.40m
2	Franklin Held	M75	UNA	2.60m
3	*Alfred Woods	M75	UNA	X2.00m
<b>Event 261 W45 Pole Vault</b>				
1	Donna Schultz	W45	WILS	2.90m
2	Jennifer Stary	W45	UNA	2.70m
3	Rita Hanscom	W49	UNA	2.50m
4	Pamela Trautman	W45	WILS	2.40m
5	Debra Stuart	W47	DM	1.90m
6	Liz Johnson	W47	CARO	1.90m
<b>Event 261 W55 Pole Vault</b>				
1	Phil Raschker	W56	UNA	2.40m
<b>Event 261 W60 Pole Vault</b>				
1	Nadine O'Connor	W61	UNA	2.85m
2	Kathy Jager	W60	UNA	2.30m
<b>Event 261 W75 Pole Vault</b>				
1	Lenore McDaniels	W75	UNA	1.90m
2	Johnnye Valien	W78	SCTC	1.50m
<b>LONG JUMP</b>				
<b>Event 701 M30 Long Jump</b>				
1	Kyle Hopkins	M33	UNA	6.47m
2	Corwin Jackson	M32	UNA	6.14m
3	Randy Thompson	M34	UNA	5.35m
<b>Event 701 M35 Long Jump</b>				
1	*Siegfried Casar	M38	UNA	X6.14m
2	Mike Toll	M39	UNA	6.12m
3	Reggie Snowden	M38	SAN	5.97m
4	Todd Anderson	M36	UNA	5.92m
5	Brian Coughay	M39	PMTTC	5.22m
6	John McKenzie	M38	UNA	5.06m
<b>Event 703 M40 Long Jump</b>				
1	Ed Moore	M40	UNA	6.13m
2	Lavell Davenport	M41	UNA	5.91m
3	John Forier	M41	UNA	5.84m
4	Dereck Delion	M43	UNA	5.44m
5	Christian Hendricks	M40	UNA	5.20m
6	Vince Martin	M44	UNA	5.13m
7	Marcus Battle	M44	MDM	5.09m
8	Marcus Shute	M40	ATC	4.65m
<b>Event 704 M45 Long Jump</b>				
1	Bryan Johnson	M45	UNA	6.33m
2	David Quick	M47	SCTC	6.04m
3	Kerry Baubie	M46	UNA	5.96m
4	Tani Wu	M46	UNA	5.67m
5	Michael Janusey	M45	UNA	5.47m
6	Francis Mukai	M46	HAW	5.30m
7	John Wells Jr	M49	UNA	5.06m
8	Peter Chen	M45	UNA	5.02m
9	Frank Sharpe	M48	UNA	5.00m
---	Don Helton	M49	HUTC	FOUL
<b>Event 705 M50 Long Jump</b>				
1	Roger Parnell	M54	UNA	5.61m
2	Michael Aikin	M50	UNA	4.57m
3	Kerry Baubie	M46	UNA	5.96m
4	Tani Wu	M46	UNA	5.67m
5	Michael Janusey	M45	UNA	5.47m
6	Francis Mukai	M46	HAW	5.30m
7	John Wells Jr	M49	UNA	5.06m
8	Peter Chen	M45	UNA	5.02m
9	Frank Sharpe	M48	UNA	5.00m
---	Don Helton	M49	HUTC	FOUL
<b>Event 706 M55 Long Jump</b>				
1	*Richard Lech	M55	UNA	X5.25m
2	Roger Crockett	M55	PVTC	5.03m
3	James Manor	M55	UNA	4.84m
4	Robert Baker	M58	UNA	4.64m
5	Dick Clintworth	M56	UNA	4.50m
6	Warren Gillette	M57	UNA	4.42m
7	Grant Lamothe	M59	UNA	3.79m
<b>Event 707 M60 Long Jump</b>				
1	Frank Struna	M62	UNA	4.75m
2	Don Denson	M63	UNA	4.62m
3	Michael Myles	M63	PMTTC	4.45m
4	Marion Harrison Jr.	M64	ATC	4.43m
5	Ken Medley	M62	UNA	4.37m
6	Lionel Low	M63	HAW	4.12m
7	Jack Karbens	M61	HAW	3.60m
<b>Event 707 M65 Long Jump</b>				
1	Doug Spainhower	M68	UNA	4.58m
2	George Cairns	M66	DTC	4.32m
3	Phillip Shipp	M68	UNA	4.26m
4	Robert Paulen	M66	GLEN	4.20m
5	John Head	M65	UNA	4.11m
<b>Event 709 M70 Long Jump</b>				
1	James Stookey	M73	UNA	4.41m

2	Jerry Donley	M73	UNA	3.78m
3	Wendell Palmer	M70	DM	2.94m
<b>Event 709 M75 Long Jump</b>				
1	Bill Platts	M75	UNA	4.05m
2	William Daprano	M76	ATC	3.44m
3	Barney Phillips	M75	UNA	2.63m
<b>Event 709 M80 Long Jump</b>				
1	Bill Carter	M80	UNA	3.25m
2	Ralph Maxwell	M83	UNA	2.18m
<b>Event 709 M85 Long Jump</b>				
1	Max Springer	M89	UNA	2.22m
---	Robert Boucke	M89	UNA	FOUL
<b>Event 201 W30 Long Jump</b>				
1	Leslie Paula	W34	UNA	4.99m
<b>Event 201 W35 Long Jump</b>				
1	Regina Richardson	W38	UNA	5.43m
2	*Olivia Stewart	W38	UNA	X4.51m
3	Del Schneider	W39	UNA	4.28m
<b>Event 201 W40 Long Jump</b>				
1	Veronica Amarasekara	W42	UNA	5.68m
2	Joy Upshaw-Margera	W42	GBAC	5.43m
3	Caren Ware	W41	UNA	4.25m
4	Susan Stephenson	W43	UNA	3.97m
5	Monica Thornton	W43	UNA	2.45m
<b>Event 201 W45 Long Jump</b>				
1	Donna Schultz	W45	WILS	3.77m
2	Carla Hoppie	W46	DINE	3.75m
3	Debra Stuart	W47	DM	3.58m
<b>Event 205 W50 Long Jump</b>				
1	*Anna Wlodarczyk	W52	UNA	X5.15m
<b>Event 205 W55 Long Jump</b>				
1	Phil Raschker	W56	UNA	4.16m
2	Dorothy Vander Cruys	W57	UNA	3.57m
3	Caroline Cooney	W57	PMTTC	3.35m
4	*Liz McBlain	W55	UNA	X2.90m
<b>Event 207 W60 Long Jump</b>				
1	Kathy Jager	W60	UNA	3.86m
<b>Event 207 W65 Long Jump</b>				
1	Barbara Jordan	W67	UNA	3.61m
2	Audrey Lary	W69	PVTC	3.49m
3	Jane Dods	W67	OTCM	2.97m
4	Tomasza Schultz	W66	UNA	1.99m
<b>Event 207 W75 Long Jump</b>				
1	Lenore McDaniels	W75	UNA	3.14m
2	Johnnye Valien	W78	SCTC	2.64m
3	Mellicent Whinston	W75	PMTTC	2.12m
<b>TRIPLE JUMP</b>				
<b>Event 721 M30 Triple Jump</b>				
1	Robert Brown	M34	UNA	10.38m
<b>Event 721 M35 Triple Jump</b>				
1	Brian Coughay	M39	PMTTC	12.81m
2	Mike Toll	M39	UNA	12.54m
3	Reggie Snowden	M38	SAN	11.81m
<b>Event 721 M40 Triple Jump</b>				
1	Lavell Davenport	M41	UNA	13.61m
2	Kerry Sloan	M40	ARST	11.91m
3	Vince Martin	M44	UNA	11.59m
4	Dereck Delion	M43	UNA	11.29m
5	Marcus Battle	M44	MDM	11.21m
<b>Event 724 M45 Triple Jump</b>				
1	Willie Banks	M47	UNA	14.18m
2	David Quick	M47	SCTC	13.44m
3	Mike Lariza	M47	PMTTC	13.25m
4	Bryan Johnson	M45	UNA	13.15m
5	Francis Mukai	M46	HAW	10.38m
6	Don Helton	M49	HUTC	9.10m
<b>Event 725 M50 Triple Jump</b>				
1	Larry Rodenbeck	M54	UNA	11.93m
2	Robert Richardson	M50	UNA	11.64m
3	Kameron Mitchell	M53	UNA	9.6

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6 Mary Munnell	W63	UNA	4.94m
<b>Event 307 W65 Shot Put</b>			
1 Joann Grissom	W65	UNA	9.78m
2 Christel Donley	W68	UNA	7.86m
3 Anna Cirulnick	W68	NYMC	6.91m
4 Francesca Moravcsik	W69	UNA	6.22m
<b>Event 309 W70 Shot Put</b>			
1 Marilyn Gray	W70	UNA	4.62m
<b>Event 309 W75 Shot Put</b>			
1 Johnnie Valien	W78	SCTC	6.36m
2 Patricia Osmon	W76	OTCM	5.26m
3 Melicent Whinston	W75	PMTCT	5.05m
4 Dorothy Wilson	W78	UNA	4.87m
<b>Event 309 W80 Shot Put</b>			
1 *Olga Kotelko	W84	UNA	X5.65m
2 Melanie Reske	W82	OTCM	5.08m
<b>Event 309 W85 Shot Put</b>			
1 Betty Jarvis	W88	UNA	4.29m
2 Katharine Gradick	W85	FAC	4.19m

**JAVELIN**

<b>Event 843 M30 Javelin Throw</b>			
1 Ryan Weidman	M31	BIGF	65.10m
<b>Event 843 M35 Javelin Throw</b>			
1 Daniel Scott	M39	UNA	43.56m
2 Mike Curry	M36	NEVA	36.18m
3 Angelo Rosselli	M38	UNA	28.15m
<b>Event 843 M40 Javelin Throw</b>			
1 Jason Bender	M42	UNA	59.29m
2 Ron McConnell	M41	UNA	56.85m
3 Steve Barba	M41	UNA	50.86m
4 Roy Hadden	M44	UNA	50.74m
5 Michael Kesterson	M42	UNA	49.88m
6 Ron Stilwell	M40	UNA	44.46m
7 Paul Whitaker	M43	BAUR	38.34m
<b>Event 844 M45 Javelin Throw</b>			
1 Michael Janusey	M45	UNA	52.40m
2 John Hansen	M45	UNA	51.32m
3 Dennis Morris	M46	UNA	50.98m
4 Brian Valley	M48	UNA	48.07m
5 Don Helton	M49	HUTC	29.76m
<b>Event 845 M50 Javelin Throw</b>			
1 Joseph Greenberg	M53	UNA	60.21m
2 Bob Powers	M54	UNA	53.98m
3 Paul McPherson	M51	UNA	52.23m
4 Michael Wasp	M51	UNA	52.13m
5 Richard Watson	M50	YVF	47.94m
6 Ray Milojevich	M53	UNA	41.48m
7 Steve Banton	M50	UNA	39.70m
8 Gary Schmidt	M50	UNA	38.41m
9 Dennis Cameron	M54	NEVA	31.18m
<b>Event 846 M55 Javelin Throw</b>			
1 Drew Stevick	M55	BARR	47.49m
2 Robert Rice	M57	UNA	45.45m
3 Dick Warwick	M57	UNA	41.60m
4 Bruce Jones	M56	UNA	31.49m
<b>Event 847 M60 Javelin Throw</b>			
1 Doug Appel	M61	UNA	47.35m
2 Gary Reddaway	M62	UNA	47.06m
3 John Burns	M62	NCST	44.69m
4 Tom Harasti	M62	FAC	39.11m
5 Mark Chapman	M60	UNA	32.70m
6 Jack Karbens	M61	HAW	30.92m
7 Don McCrea	M62	UNA	30.73m
<b>Event 847 M65 Javelin Throw</b>			
1 Wayne A Morris	M66	UNA	40.59m
2 Gerald Fasteen	M67	HAW	36.15m
3 Malcolm Russell	M67	UNA	35.51m
4 Ken Ohm	M66	UNA	34.72m
5 Phillip Shipp	M68	UNA	33.91m
<b>Event 849 M70 Javelin Throw</b>			
1 Larry Horine	M72	UNA	38.19m
2 Robert Ward	M70	UNA	37.34m
3 Ed Martin	M70	UNA	36.58m
4 James Duncan	M71	UNA	35.67m
5 C Gary Loosli Md	M70	UNA	35.46m
6 Murdo Campbell	M70	UNA	35.35m
7 Ray Feick	M71	LST	31.57m
8 Tom Allison	M73	UNA	30.97m
9 Jerry Wojcik	M73	OTCM	25.52m
10 Wayne Sabin	M70	UNA	23.20m
--- Bob Stewart	M70	UNA	FOUL
<b>Event 850 M75 Javelin Throw</b>			
1 Bill Platts	M75	UNA	40.70m
2 Hal Wallace	M75	UNA	31.68m
3 Phillip Brusca	M76	MIDW	30.48m
4 Sid Kiwitt	M75	UNA	29.81m
5 William Daprano	M76	ATC	29.33m
6 Cal Hersey	M76	UNA	28.19m
7 Gordon Seifert	M75	UNA	25.96m
8 Charles Bispala	M75	UNA	23.97m
9 Jacob Stein	M79	UNA	12.32m
<b>Event 851 M80 Javelin Throw</b>			
1 Charles Pistorino	M80	PVTC	27.86m
2 Bill Carter	M80	UNA	25.61m
<b>Event 851 M85 Javelin Throw</b>			
1 David Schlothauer	M85	UNA	10.82m
2 Robert Boucke	M89	UNA	8.52m
<b>Event 343 W30 Javelin Throw</b>			
1 Jacqueline Nasca	W30	NVTC	23.10m
<b>Event 343 W40 Javelin Throw</b>			
1 Caryl Senn	W41	BTC	34.27m
2 Laura Charewicz	W43	UNA	30.91m
3 Deborah Ecklund	W43	UNA	16.68m
4 Monica Thornton	W43	UNA	14.24m
<b>Event 344 W45 Javelin Throw</b>			
1 Monica Kendall	W47	UNA	37.79m
2 Jennifer Stary	W45	UNA	34.66m
3 Carol Finsrud	W46	UNA	32.63m
4 Allison McCormick	W45	UNA	27.53m
5 Ruth Welding	W47	MIDW	26.86m
6 Sue Hallen	W46	MIDW	21.85m
7 Liz Johnson	W47	CARO	18.04m
8 Debra Stuart	W47	DM	14.41m

<b>Event 345 W50 Javelin Throw</b>			
1 Tina Bowman	W50	BEAC	31.89m
2 Jeanne Cameron	W50	NEVA	13.14m
<b>Event 345 W55 Javelin Throw</b>			
1 Dorothy Vander Cruys	W57	UNA	23.39m
2 *Annelies Stekelenbur	W55	UNA	X23.27m
3 Linda Douglass	W58	DM	15.70m
<b>Event 347 W60 Javelin Throw</b>			
1 Becky Sisley	W64	OTCM	28.20m
2 *Marg Radcliffe	W61	UNA	X27.64m
3 Kathy Bergen	W63	HIGH	24.20m
4 Carol Young	W63	ATC	22.93m
5 Georgia Cutler	W60	OTCM	22.91m
6 *Margery Swinton	W60	UNA	X21.19m
7 Rose Schlewitz	W61	PMTCT	17.96m
8 Roslyn Katz	W61	NYMC	17.27m
<b>Event 349 W65 Javelin Throw</b>			
1 Christel Donley	W68	UNA	24.17m
2 Joan Berman	W66	AATC	15.94m
3 Tomasa Schultz	W66	UNA	15.25m
4 Anna Cirulnick	W68	NYMC	12.84m
<b>Event 349 W75 Javelin Throw</b>			
1 Johnnie Valien	W78	SCTC	15.42m
2 Patricia Osmon	W76	OTCM	11.96m
<b>Event 349 W80 Javelin Throw</b>			
1 *Olga Kotelko	W84	UNA	X15.90m
2 Melanie Reske	W82	OTCM	9.56m
<b>Event 349 W85 Javelin Throw</b>			
1 Katharine Gradick	W85	FAC	11.12m
2 Betty Jarvis	W88	UNA	8.25m

**DISCUS**

<b>Event 821 M30 Discus Throw</b>			
1 Chad Lindsay	M31	UNA	41.30m
2 Marek Wensel	M34	FIBO	31.40m
3 Matthew Spiller	M32	UNA	29.37m
<b>Event 821 M35 Discus Throw</b>			
1 Todd Davis	M38	UNA	49.51m
2 Timothy Edwards	M39	UNA	46.94m
3 Ray Biggs	M39	UNA	37.10m
4 Matt Cavender	M35	UNA	35.78m
5 Mike Curry	M36	NEVA	34.65m
6 Angelo Rosselli	M38	UNA	26.00m
<b>Event 823 M40 Discus Throw</b>			
1 Hank Krachir	M43	UNA	46.14m
2 Nathan Emery	M41	UNA	41.20m
3 Ron Stilwell	M40	UNA	40.97m
4 Matthew Gauthier	M42	UNA	40.42m
5 John Garvey	M41	OLYM	38.61m
6 Walter Shields	M41	MIDW	36.62m
7 Ray Roff	M43	UNA	29.07m
8 William Tyson	M42	UNA	29.01m
9 Nick Agoris	M41	UNA	28.94m
<b>Event 823 M45 Discus Throw</b>			
1 Jim Wetenhall	M48	LST	41.98m
2 Geoff Emerson	M47	CHAR	32.73m
3 Larry Schrader	M46	UNA	30.32m
4 Jim O'Neill	M48	UNA	27.25m
<b>Event 825 M50 Discus Throw</b>			
1 Valentino Martinez	M54	UNA	48.16m
2 Tim Muller	M53	UNA	48.11m
3 Dennis Umshler	M51	UNA	46.00m
4 Craig Shumaker	M54	LST	43.86m
5 Steve Banton	M50	UNA	41.72m
6 Mark Neal	M50	UNA	39.94m
7 Gary Schmidt	M50	UNA	38.51m
8 Richard Watson	M50	YVF	36.33m
9 James Brogan	M52	UNA	30.39m
10 Davie Alporque	M52	UNA	22.82m
<b>Event 826 M55 Discus Throw</b>			
1 Thomas A. Fahey	M55	UNA	49.71m
2 George Konen	M56	NEVA	43.34m
3 Jerry Bookin-Weiner	M57	COM	39.37m
4 Bruce Jones	M56	UNA	35.39m
5 Gerald Bowersox	M55	UNA	34.44m
6 Cornelius McCormick	M59	UNA	30.54m
7 Richard Beswick	M55	OTCM	27.74m
<b>Event 827 M60 Discus Throw</b>			
1 Larry Pratt	M62	UNA	54.51m
2 Lloyd Higgins	M61	UNA	53.78m
3 Thomas Gage	M60	UNA	49.70m
4 Glen Johnson	M64	UNA	49.10m
5 Gary Schneider	M60	UNA	47.78m
6 David MacMillan	M63	UNA	44.22m
7 Joseph Myers	M63	OTCM	41.39m
8 Jack Kuhns	M64	UNA	39.88m
9 John Burns	M62	NCST	38.46m
10 Mark Chapman	M60	UNA	38.10m
11 Dick Dow	M64	UNA	36.54m
12 John W. King	M64	UNA	34.79m
13 Jack Miller	M60	UNA	34.28m
14 Jack Karbens	M61	HAW	33.70m
--- Noel Certain	M64	UNA	FOUL
<b>Event 828 M65 Discus Throw</b>			
1 Richard Cochran	M65	UNA	53.00m
2 Bob Humphreys	M67	UNA	46.11m
3 Phillip Shipp	M68	UNA	41.44m
4 Neil Saling	M67	PMTCT	39.07m
5 Leonard Rosen	M69	UNA	38.14m
6 Frank Carl	M65	UNA	37.60m
7 Gerald Fasteen	M67	HAW	36.20m
8 Robin Herron	M66	UNA	35.59m
<b>Event 829 M70 Discus Throw</b>			
1 Wendell Palmer	M70	DM	40.98m
2 Harvey Lewellen	M74	OTCM	39.44m
3 Robert Ward	M70	UNA	39.39m
4 Edward Van Pelt	M70	UNA	38.04m
5 Larry Horine	M72	UNA	36.65m
6 Clifford Dale	M71	NEBR	34.65m
7 Doug Tomlinson	M71	SCS	32.83m
8 C Gary Loosli Md	M70	UNA	32.79m
9 Tom Allison	M73	UNA	31.44m
10 Ray Feick	M71	LST	30.38m
11 Wayne Sabin	M70	UNA	27.57m
12 Jack Munnell	M73	UNA	21.98m
<b>Event 830 M75 Discus Throw</b>			
1 Hal Wallace	M75	UNA	36.21m

2 Phillip Brusca	M76	MIDW	31.09m
3 Ed Hooker	M77	UNA	30.22m
4 Cal Hersey	M76	UNA	29.71m
5 Gordon Seifert	M75	UNA	29.11m
6 Michael Orlich	M77	UNA	27.28m
7 Jacob Stein	M79	UNA	24.07m
8 Charles Bispala	M75	UNA	22.72m
<b>Event 831 M80 Discus Throw</b>			
1 Bill Carter	M80	UNA	29.04m
2 Charles Pistorino	M80	PVTC	25.49m
3 William R. Nettles	M80	UNA	23.58m
4 Robert Horsley	M81	UNA	20.12m
<b>Event 831 M85 Discus Throw</b>			
1 David Schlothauer	M85	UNA	22.97m
2 Robert Boucke	M89	UNA	10.82m
<b>Event 321 W30 Discus Throw</b>			
1 Jacqueline Nasca	W30	NVTC	39.53m
2 Frances Jones	W34	UNA	30.60m
<b>Event 321 W35 Discus Throw</b>			
1 Brenda Westbrook	W38	UNA	44.76m
2 Laurie Jenkins	W38	UNA	29.43m
3 Jill Emery	W37	UNA	17.97m
<b>Event 321 W40 Discus Throw</b>			
1 Deborah Ecklund	W43	UNA	19.32m
<b>Event 321 W45 Discus Throw</b>			
1 Carol Finsrud	W46	UNA	48.74m
2 Ruth Welding	W47	MIDW	35.61m
3 *Yvonne Kirkpatrick	W48	UNA	X26.79m
4 Sue Hallen	W46	MIDW	23.92m
5 Liz Johnson	W47	CARO	22.82m
6 Cheryl Mellenthin	W47	UNA	18.56m
<b>Event 325 W50 Discus Throw</b>			
1 Mary Hartzler	W54	UNA	32.21m
2 Joan Stratton	W51	MJO	29.97m
3 Lynn Dow	W52	UNA	16.23m
<b>Event 325 W55 Discus Throw</b>			
1 Lorraine Tucker	W56	UNA	23.41m
2 *Annelies Stekelenbur	W55	UNA	X19.03m
<b>Event 325 W60 Discus Throw</b>			
1 *Margery Swinton	W60	UNA	X23.16m
2 Kathy Jager	W60	UNA	22.02m
3 Carol Young	W63	ATC	21.65m
4 Cherrie Sherrard	W64	UNA	21.07m
5 Georgia Cutler	W60	OTCM	20.86m
6 Roslyn Katz	W61	NYMC	20.61m
7 Kathy Bergen	W63	HIGH	19.23m
8 Mary Munnell	W63	UNA	13.15m
<b>Event 328 W65 Discus Throw</b>			
1 Tomasa Schultz	W66	UNA	19.09m
2 Joan Berman	W66	AATC	18.14m
3 Christel Donley	W68	UNA	17.38m
4 Anna Cirulnick	W68	NYMC	16.43m
5 Francesca Moravcsik	W69	UNA	15.30m
<b>Event 328 W70 Discus Throw</b>			
1 Marilyn Gray	W70	UNA	

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**5000 METER RACEWALK**

<b>Event 781 M40 5000 Meter Race Walk</b>			
1	Joseph Nieroski	M41	ESWC 24:48.56
2	Tommy Aunan	M44	UNA 26:44.61
3	Michael Blanchard	M42	HART 26:45.21
4	Stewart Canning	M44	MAR 30:51.31
5	*Tony Bell	M40	UNA 33:16.92
<b>Event 781 M45 5000 Meter Race Walk</b>			
1	Pedro Santoni	M46	UNA 25:50.64
2	Joseph Berendt	M48	UNA 27:13.82
3	Mario Lopez	M45	UNA 27:26.46
4	Douglas Vermeer	M49	RWNW 29:54.26
5	Barton Kale	M47	PACE 30:36.46
<b>Event 786 M50 5000 Meter Race Walk</b>			
1	Michael Wiggins	M54	UNA 25:07.15
2	Bill Reed	M50	UNA 25:58.34
3	Pat Detloff	M51	RWNW 26:06.54
4	Bob Novak	M54	PACE 26:57.96
---	Gary Firestone	M51	RWNW DQ
<b>Event 786 M55 5000 Meter Race Walk</b>			
1	Richard McGuire	M55	UNA 26:03.64
2	Max Walker	M56	IRC 26:21.20
3	Norman Frable	M57	UNA 26:30.43
4	Stan Chraminski	M55	UNA 26:48.68
5	Richard Campbell	M57	ESWC 29:23.56
6	Peter Armstrong	M58	UNA 29:29.07
7	Garland Murphy	M56	GGRW 34:17.25
<b>Event 788 M60 5000 Meter Race Walk</b>			
1	George Opsahl	M61	RWNW 28:31.17
2	John Backlund	M63	RWNW 29:27.82
3	*Alan Ede	M63	UNA 31:01.31
4	Wil Williams	M62	SCW 32:02.02
5	Richard Zerbe	M64	UNA 32:37.31
6	Stu Kinney	M63	UNA 32:47.97
---	Edgar Kousky	M62	OTCM DQ
<b>Event 788 M65 5000 Meter Race Walk</b>			
1	Paul R. Johnson	M65	UNA 27:04.53
2	L. Calvin Brown	M66	UNA 30:27.98
3	Ed Lane	M67	MAR 32:39.10
4	Arvid Rolle	M69	ESWC 33:11.96
5	Carl Acosta	M69	WCLA 33:17.03
6	Spencer Parrish	M66	CTRW 35:11.70
<b>Event 788 M70 5000 Meter Race Walk</b>			
1	Jack Bray	M70	MAR 27:51.03
2	Ron MacPike	M70	RWNW 32:51.98
3	Dick Vaughn	M72	RWNW 33:55.36
4	Lloyd McGuire	M71	SDTC 35:12.00
5	Jack Munnell	M73	UNA 36:27.94
<b>Event 788 M75 5000 Meter Race Walk</b>			
1	Jack Starr	M75	PHA 30:57.45
2	William Moremen	M75	SCW 33:11.06
3	Masashi Noritake	M79	UNA 36:40.13
<b>Event 788 M80 5000 Meter Race Walk</b>			
1	John Levinsohn	M82	MAR 41:36.79
2	Troy Grove	M84	UNA 1:00:35.10
<b>Event 281 W35 5000 Meter Race Walk</b>			
1	Lorraine Berger	W38	UNA 37:56.64
<b>Event 281 W40 5000 Meter Race Walk</b>			
1	Kelly Murphy-Glenn	W42	RWNW 26:55.54
2	Teresa Aragon	W42	UNA 27:07.85
3	Margaret Govea	W41	ESWC 27:20.99
4	Nicolle Goldman	W44	SRW 28:59.38
5	Ginger Armstrong	W40	CTRW 31:59.05
<b>Event 281 W45 5000 Meter Race Walk</b>			
1	Mary Anne Torrellas	W45	CTRW 25:52.68
2	Lynette Heinlein	W46	UNA 30:30.21
3	Pavvna Nieroski	W45	ESWC 34:35.00
<b>Event 281 W50 5000 Meter Race Walk</b>			
1	Mary Snyder	W52	RWNW 27:21.64
2	Debbie Topham	W50	PEG 27:22.93
3	Marianne Martino	W53	UNA 28:00.21
4	Carol Wilkinson	W53	UNA 32:11.75
5	Judy Witt	W54	PVTC 32:13.66
6	Doris McGuire	W54	UNA 32:58.45
7	*Dianne Ruzgaitis	W51	UNA 36:20.68
8	Sandy Backer	W53	MAR 36:47.52
---	Gayle Johnson	W54	UNA DQ
<b>Event 285 W55 5000 Meter Race Walk</b>			
1	Donna Cunningham	W56	SCW 28:54.70
2	Kathleen Frable	W58	UNA 31:10.11
3	Mary Baglin	W56	PRC 31:29.33
4	Jolene Steigerwalt	W59	SCW 31:44.60
5	Trish Caldwell	W57	SRW 31:50.92
6	Coco Beuchet	W55	MAR 32:05.23
7	Pat Walker	W56	IRC 37:17.31
8	Carolyn Nash	W56	GGRW 40:23.39
---	Darlene Backlund	W57	RWNW DQ
<b>Event 285 W60 5000 Meter Race Walk</b>			
1	*Joan Christensen	W63	UNA 31:37.37
2	*Doris Cassels	W64	UNA 32:30.95
3	Karen Murphy	W62	RWNW 32:34.91
4	Marjorie Garner	W62	MPWW 32:53.63
5	Donna Lafayette	W60	RWNW 33:10.68
6	Rebecca Gilman	W62	CW 33:15.81
7	Nancy Brinkley	W63	IER 34:00.32
<b>Event 287 W65 5000 Meter Race Walk</b>			
1	Bev Laveck	W67	PACE 30:48.00
2	Joanne Elliott	W67	FAC 33:13.32
3	Joan Berman	W66	AATC 34:52.55
4	Shirley-Capps	W67	SCW 35:15.73
5	Linda Burnett	W66	MAR 35:24.15
6	Sara Lee Warberg	W69	RWNW 37:46.21
<b>Event 287 W70 5000 Meter Race Walk</b>			
1	Shirley Dockstader	W70	MAR 32:40.97
2	Grace Moremen	W72	SCW 40:07.28
3	Rita Hildreth	W71	SSS 40:14.25
<b>Event 287 W75 5000 Meter Race Walk</b>			
1	Miriam Gordon	W78	FAC 37:54.20
<b>Event 287 W80 5000 Meter Race Walk</b>			
1	Jane Dana	W82	UNA 39:00.25
<b>Event 287 W85 5000 Meter Race Walk</b>			
1	Fan Benno-Caris	W85	DM 45:39.63

**10,000 METER RACEWALK**

<b>Event 936 M40 10000 Meter Race Walk</b>			
1	Joseph Nieroski	M41	ESWC 50:13.00
2	Will Preischel	M42	PARK 53:08.00
3	Tommy Aunan	M44	UNA 54:59.00
4	Colin Peters	M41	HAW 57:34.00
5	*Tony Bell	M40	UNA X1:09:15.0
6	Stewart Canning	M44	MAR 1:12:08.00
<b>Event 936 M45 10000 Meter Race Walk</b>			
1	Pedro Santoni	M46	UNA 54:58.00
2	Joseph Berendt	M48	UNA 55:59.00
3	Mario Lopez	M45	UNA 58:08.00
<b>Event 936 M50 10000 Meter Race Walk</b>			
1	Michael Wiggins	M54	UNA 50:01.00
2	Pat Detloff	M51	RWNW 53:40.00
3	Bill Reed	M50	UNA 54:21.00
4	Mike De Witt	M52	PARK 55:46.00
5	Bob Novak	M54	PACE 56:28.00
6	Roderick MacElwain	M52	UNA 59:11.00
7	Gary Firestone	M51	RWNW 1:08:26.00
<b>Event 936 M55 10000 Meter Race Walk</b>			
1	Max Walker	M56	IRC 53:48.00
2	Richard McGuire	M55	UNA 54:24.00
3	Norman Frable	M57	UNA 54:33.00
4	Stan Chraminski	M55	UNA 55:48.00
5	Bill Harriman	M56	NEW 59:27.00
6	Richard Campbell	M57	ESWC 1:00:34.00
7	Peter Armstrong	M58	UNA 1:01:58.00
8	George Mercure	M55	UNA 1:05:28.00
9	Garland Murphy	M56	GGRW 1:10:33.00
<b>Event 936 M60 10000 Meter Race Walk</b>			
1	George Opsahl	M61	RWNW 59:11.00
2	John Backlund	M63	RWNW 1:01:31.00
3	*Alan Ede	M63	UNA X1:05:04.0
4	Wil Williams	M62	SCW 1:07:39.00
5	Stu Kinney	M63	UNA 1:08:52.00
---	Edgar Kousky	M62	OTCM DQ
<b>Event 936 M65 10000 Meter Race Walk</b>			
1	Paul R. Johnson	M65	UNA 56:30.00
2	L. Calvin Brown	M66	UNA 1:02:49.00
3	Arvid Rolle	M69	ESWC 1:07:56.00
4	Ed Lane	M67	MAR 1:08:39.00
5	Carl Acosta	M69	WCLA 1:09:18.00
<b>Event 936 M70 10000 Meter Race Walk</b>			
1	Jack Bray	M70	MAR 58:56.00
2	Ron MacPike	M70	RWNW 1:08:14.00
3	Tom Cunningham	M70	UNA 1:09:38.00
4	Dick Vaughn	M72	RWNW 1:10:05.00
---	Jack Munnell	M73	UNA DQ
---	Lloyd McGuire	M71	SDTC DQ
<b>Event 936 M75 10000 Meter Race Walk</b>			
1	Jack Starr	M75	PHA 1:05:10.00
2	William Moremen	M75	SCW 1:09:28.00
3	Masashi Noritake	M79	UNA 1:15:40.00
<b>Event 936 M80 10000 Meter Race Walk</b>			
1	John Levinsohn	M82	MAR 1:27:11.00
---	Troy Grove	M84	UNA DQ
<b>Event 436 W35 10000 Meter Race Walk</b>			
1	Penny Vale	W37	RWNW 1:07:08.00
2	Helen Storrs	W37	UNA 1:17:26.00
<b>Event 436 W40 10000 Meter Race Walk</b>			
1	Kelly Murphy-Glenn	W42	RWNW 56:12.00
2	Margaret Govea	W41	ESWC 57:06.00
3	Teresa Aragon	W42	UNA 59:40.00
4	Nicolle Goldman	W44	SRW 59:51.00
5	Carmen Jackinsky	W40	RWNW 1:00:08.00
6	Kim Miller	W44	MTFE 1:02:01.00
7	Ginger Armstrong	W40	CTRW 1:06:02.00
<b>Event 436 W45 10000 Meter Race Walk</b>			
1	Lynette Heinlein	W46	UNA 1:02:07.00
2	Pavvna Nieroski	W45	ESWC 1:13:56.00
<b>Event 436 W50 10000 Meter Race Walk</b>			
1	Mary Snyder	W52	RWNW 57:21.00
2	Debbie Topham	W50	PEG 58:03.00
3	Marianne Martino	W53	UNA 58:10.00
4	Gayle Johnson	W54	UNA 58:46.00
5	Ann Gerhardt	W51	BUFF 1:00:10.00
6	Carol Wilkinson	W53	UNA 1:06:35.00
6	*Helen Hoover	W52	UNA X1:06:35.0
8	Doris McGuire	W54	UNA 1:08:01.00
9	Sandy Backer	W53	MAR 1:17:20.00
<b>Event 436 W55 10000 Meter Race Walk</b>			
1	Donna Cunningham	W56	SCW 59:19.00
2	Kathleen Frable	W58	UNA 1:04:23.00
3	Coco Beuchet	W55	MAR 1:05:27.00
4	Jolene Steigerwalt	W59	SCW 1:05:44.00
5	Trish Caldwell	W57	SRW 1:06:34.00
6	Carol Bertino	W56	ESWC 1:07:44.00
7	Darlene Backlund	W57	RWNW 1:10:36.00
8	Pat Walker	W56	IRC 1:16:27.00
<b>Event 436 W60 10000 Meter Race Walk</b>			
1	Hansi Rigney	W61	MPWW 1:05:24.00
2	*Joan Christensen	W63	UNA X1:05:41.0
3	*Doris Cassels	W64	UNA X1:07:49.0
4	Karen Murphy	W62	RWNW 1:07:53.00
5	Joanne Harriman	W60	NEW 1:07:56.00
6	Donna Lafayette	W60	RWNW 1:08:04.00
7	Rebecca Gilman	W62	CW 1:08:42.00
8	Marjorie Garner	W62	MPWW 1:09:22.00
9	Nancy Brinkley	W63	IER 1:17:18.00
<b>Event 436 W65 10000 Meter Race Walk</b>			
1	Joanne Elliott	W67	FAC 1:07:55.00
2	Joan Berman	W66	AATC 1:12:12.00
3	Linda Burnett	W66	MAR 1:13:36.00
4	Shirley Capps	W67	SCW 1:14:58.00
5	Sara Lee Warberg	W69	RWNW 1:17:41.00
<b>Event 436 W70 10000 Meter Race Walk</b>			
1	Shirley Dockstader	W70	MAR 1:07:38.00
<b>Event 436 W75 10000 Meter Race Walk</b>			
1	Miriam Gordon	W78	FAC 1:18:36.00
<b>Event 436 W80 10000 Meter Race Walk</b>			
1	Jane Dana	W82	UNA 1:18:36.00
<b>Event 436 W85 10000 Meter Race Walk</b>			
1	Fan Benno-Caris	W85	DM 1:33:41.00

**4X100 METER RELAY**

<b>Event 941 M30-39 4x100 Meter Relay</b>			
1	WR1	X43.92	
	Durrell Turnage 37	James Smith 37	
	Corwin Jackson 32	*Rawle Crichtlow 40	
2	ATC	45.28	
	Harold Pierce 43	Marcus Shute 40	
	Marion McCoy 53	Don Drummond 34	
<b>Event 941 M40-49 4x100 Meter Relay</b>			
1	WRB	43.73	
	James Chinn 44	Kettrell Berry 40	
	Kenneth Hopkins 40	Frank Strong 41	
2	JBTC	X48.52	
	Mark Pasos 43	Kenneth Stone 49	
	Tommy Baker 41	Eric Dixon 43	
3	SWA	50.28	
	Jeff Brower 44	Robert Hahn 51	
	Sergio Angulo 51	Lamar Galloway 49	
<b>Event 941 M50-59 4x100 Meter Relay</b>			
1	GSC	53.30	
	Ozzie Harrison 55	Pete Floyd 63	
	Marion Binion Jr. 64	Owen Rogers 57	
---	PNW	DNF	
	Charles Brocato 59	Mark Lesiniak 53	
	Jack Craig 54	George Lyden 58	
<b>Event 941 M60-69 4x100 Meter Relay</b>			
1	GW	49.16	
	Kenneth Dennis 66	Doug Smith 64	
	Gary Sims 66	Paul Edens 62	
2	SWC	53.57	
	Wayne Bennett 66	*Robert Cozens 67	
	Mack Stewart 65	Don Denson 63	
<b>Event 941 M70-79 4x100 Meter Relay</b>			
1	WC	X59.45	
	William Daprano 76	Melvin Larsen 79	
	Bill Melville 76	Rodney Brown 76	
2	SCS	1:03.60	
	Barney Phillips 75	Louis Beadle 75	
	Jim Selby 75	Samuel Flory 71	
<b>Event 441 W30-39 4x100 Meter Relay</b>			
1			

Continued from previous page

<b>High Jump</b>	
M50 David Friedman	4' 3"
M60 Jerry Sullivan	3' 3"
M65 K.M. Thomas	3' 3"
<b>Pole Vault</b>	
M45 Tom Kildea	8'
<b>Long Jump</b>	
M40 Bill Thalman	13' 7"
M50 David Friedman	13' 2"
M65 K.M. Thomas	10' 4.5"
<b>Triple Jump</b>	
M50 David Friedman	24' 2.25"
<b>Shot Put</b>	
M45 Kim Messner	8.43
M50 Mike Kalnas	10.17
Dan Folk	8.19
Ron Salvio	7.38
David Friedman	5.88
M55 Rich Dunphy	9.45
Carl Levine	8.43
M60 Joe Kalnas	10.42
John Bronstein	10.40
Jerry Sullivan	8.94
M70 Ray Feick	11.0
Pete Barker	9.97
Martin Kintish	9.22
W45 Marlene Thalman	6.35
<b>Discus</b>	
M35 Herb Rodriguez	151' 7"
M45 John Kalnas	115' 6.5"
Kim Messner	81' 2.75"
M50 Dan Folk	98' 4"
Ron Salvio	89' 0"
M55 Terry Shuman	115' 2.5"
Frank Monroe	90' 11.5"
Carl Levine	76' 3.5"
M60 John Bronstein	133' 3"
Jerry Sullivan	87' 2"
M65 Russell Van Put	107' 4"
M70 Martin Kintish	115' 4"
Ray Feick	109' 3"
Pete Barker	97' 6.5"
Giorgio Chiavelli	94' 2"
W45 Marlene Thalman	67' 8"
<b>Javelin</b>	
M50 Jim Albright	110' 0"
Ron Salvio	80' 8"
M55 Carl Levine	75' 1"
M60 Jerry Sullivan	87' 1"
M70 Roy Feick	97' 2"
W45 Marlene Thalman	51' 5.5"
<b>Weight Throw</b>	
M50 Ron Salvio	31' 4"
Don Folk	31' 0"
M55 Terry Shuman	35' 7"
Carl Levine	24' 10"
M60 John Bronstein	32' 3"
M70 Ray Feick	49' 10"
Martin Kintish	41' "
Pete Barker	37' 9"
<b>Mile Racewalk</b>	
W70 Diane Stone	12:32.59
<b>Connecticut Senior Games</b>	
Trinity College, Hartford; June 22	
<b>100m</b>	
M50 Stephen Bates	12.91
M55 Ernest Petkovich	16.84
M60 John Courtmache	16.09
M70 Thomas Russo	19.77
M75 Raoul Rodrigues	17.14
M80 Malcolm Goering	20.36
W60 Mair Adlin	16.26
W65 Zofia Turosz	20.83
W70 Joan Wegle	25.91
W75 Anne McGown	22.82
<b>200m</b>	
M50 Stephen Bates	26.22
M55 Jerry Augustine	34.23
M60 John Courtmache	32.73
M80 Malcolm Goering	51.93
W60 Mair Adlin	34.52
W65 Zofia Turosz	42.93
W75 Anne McGown	52.81
<b>400m</b>	
M50 Richard McGrath	1:07.12
M55 Bruce Lyman	59.25
M60 John Courtmache	1:12.33
M70 Walt Gale	1:22.16
M75 Philip O'Connell	1:22.27
W60 Mair Adlin	1:26.52
W65 Zofia Turosz	1:36.97
<b>800m</b>	
M50 Richard McGrath	2:33.27
M55 Jerry Augustine	3:00.19
M60 John Courtmache	2:56.89
M65 Chris Noble	2:57.91
M70 Walt Gale	3:20.32
M80 Bill Tribou	4:00.76
W60 Marjorie Sasiela	5:12.52
W65 Zofia Turosz	3:33.28

<b>1500m</b>	
M50 Richard McGrath	6:08.95
M55 Julian Nichols	5:25.89
M60 John Courtmache	5:23.15
M65 Chris Noble	6:07.57
M70 Walt Gale	6:48.21
M80 Bill Tribou	7:49.37
W60 Marjorie Sasiela	10:09.54
W65 Zofia Turosz	7:02.39
W85 Mary Haines	16:49.96
<b>Shot Put</b>	
M50 Frank Sestokas	9.78
M55 Ken Rose	12.21
M60 Stephen Lawrence	11.50
M65 Joe Carozzi	10.67
M70 A Xanthopoulos	12.50
M75 Samuel Messiter	8.96
W55 Nancy Hammond	5.73
W60 Maria Pasho	6.86
W70 Harriett Patch	4.84
W75 Joan Gilyean	4.56
W80 Jeanne Berlepsch	4.63
<b>Javelin</b>	
M50 Frank Sestokas	29.73
M55 Will Russell	32.39
M65 Patrick Conley	30.91
M70 A Xanthopoulos	29.77
M75 Samuel Messiter	25.35
M85 Lawrence Dyer	6.05
W55 Nancy Hammond	12.07
W60 Maria Pasho	18.39
W65 Joan Youngs	18.40
W70 Rosalia Gioia	12.59
W75 Anne McGown	10.86
W80 Jeanne Berlepsch	12.32
<b>1500m RW</b>	
M60 Gerald Patrick	8:39.61
M75 Ben Zizzo	11:16.45
M80 Malcolm Goering	11:32.59
W85 Mary Haines	19:06.49
<b>Long Island Summer Series #3</b>	
Center Morich HS; July 17	
<b>100m</b>	
M35 Dan Smith	14.4
M40 Jim Reilly	11.3
Dan Woss	12.3
Steve DelFosse	14.3
M45 Charles DeLa Parra	12.5
Ezra Johnson	13.0
Michael Nieminski	13.4
M55 David Molloy	13.9
Ken Kienzie	14.4
M60 Richard Rosen	14.2
<b>400m</b>	
W35 Beth Zebuth	63.5
W40 Caryl Senn	67.2
M35 Marc Nesbitt	53.4
John Stallworth	66.9
M50 Rick Lapp	56.3
<b>1500m</b>	
M45 John DelMaestro	4:38.20
Thomas Horan	5:00.50
--- Pachine	5:09.90
<b>Pole Vault</b>	
M45 Jim Henderson	11-0
M55 Gerard Dunne	9-0
<b>Long Jump</b>	
M65 Ed Kent	13-0.75
<b>Shot Put</b>	
W40 Caryl Senn	9.11
W55 Joy Remppe	6.38
M40 Mike Clancy	10.65
M50 Karl Johnson	14.22
Tom Aberham	8.70
M55 Tom Remppe	8.83
<b>3000m Racewalk</b>	
M40 Paul D'Elisa	19:29.60
M65 Jim McGrath	17:25.00
<b>Long and Strong Throwers</b>	
Classic	
Lancaster, PA; July 19	
<b>Hammer</b>	
M35 Troy Herr	53.89
Phillip McDonald	24.59
M40 Mike Bersch	45.79
M45 Carl Shields	46.60
Nick Helfrick	23.99
M50 Dan Folk	26.49
M55 John Von Rohr	42.68
Terry Shuman	38.60
M60 John Bronstein	32.89
Jack Kuhns	32.68
<b>Weight Throw</b>	
M35 Troy Herr	16.64
M45 Nick Helfrick	9.45
M50 Dan Folk	9.00
M55 John Von Rohr	15.82
Terry Shuman	12.71
Glenn Weaver	11.86
M60 Jack Kuhns	13.08
John Bronstein	12.92
Carl Levine	8.68
M65 Bill Kugler	11.69
M70 Pay Cartensen	15.86
Ray Feick	15.31
M75 Art Harris	8.18
M80 Paul Eberhardinger	6.93
W55 Margery Seinton	8.72
W65 Anna Cirulnick	7.20
<b>Superweight</b>	
M35 Troy Herr	10.39
M45 Nick Helfrick	4.75
M60 Jack Kuhns	5.42

Carl Levine	25.16
M65 Bill Kugler	14.03
M70 Pay Cartensen	40.58
Rey Feick	37.66
M75 Art Harris	14.61
M80 Paul Eberhardinger	13.99
W55 Margaret Swinton	30.69
W65 Anna Cirulnick	20.54
W70 Curlie Faber	20.92
<b>Discus</b>	
M35 Brian Libent	41.56
Phillip McDonald	26.42
M40 Warren Taylor	45.68
M45 Herman Pinque	41.39
George Castelli	28.47
Nick Helfrick	27.47
M50 Jack Selcher	39.56
Dan Folk	28.99
M55 Terry Shuman	41.82
Glenn Weaver	38.13
Joseph De Stefano	37.02
M60 John Bronstein	39.53
Jim Kenny	36.19
Jack Kuhns	34.66
M65 Russell Van Put	35.56
Bill Kugler	35.04
M70 Ray Feick	33.63
Pay Cartensen	28.24
M75 Art Harris	15.54
M80 Paul Eberhardinger	11.96
W55 Margery Seinton	22.58
W60 Roslyn Katz	19.65
W65 Anna Cirulnick	15.54
W70 Curlie Faber	15.71
<b>Shot Put</b>	
M35 Brian Libent	13.29
Phillip McDonald	11.35
M45 George Castelli	12.18
Nick Helfrick	9.44
Kimberton Messner	8.67
M55 Joseph De Stefano	13.08
John Von Rohr	12.96
Rich Dunphy	10.02
M60 Jim Kenny	11.48
John Bronstein	11.07
Jack Kuhns	11.03
M65 Bill Kugler	13.13
M70 Ray Feick	11.09
Pay Cartensen	10.58
M75 Art Harris	5.24
M80 Paul Eberhardinger	4.62
W55 Margery Swinton	8.33
W60 Roslyn Katz	7.31
W65 Anna Cirulnick	6.91
W70 Curlie Faber	6.82
<b>Javelin</b>	
M30 Chad Rupert	46.68
M40 Scott Kraft	52.48
M45 Nick Helfrick	35.59
M55 Glenn Weaver	39.57
Seyavash Karimian	33.23
M60 Jim Kenny	47.20
Jack Kuhns	30.84
Carl Levine	20.30
M65 Bill Kugler	33.79
M70 Ray Feick	31.75
Pay Cartensen	26.73
M75 Art Harris	12.52
M80 Paul Eberhardinger	10.12
W55 Margery Swinton	19.68
W60 Roslyn Katz	17.89
W65 Anna Cirulnick	10.92
W70 Curlie Faber	15.76

John Bronstein	3.75
Carl Levine	2.99
M65 Bill Kugler	4.00
M70 Ray Feick	9.19
Pay Cartensen	8.39
M75 Art Harris	4.36
M80 Paul Eberhardinger	3.34
<b>Long Island Summer Series #4</b>	
Center Morich HS; July 24	
<b>200m</b>	
M35 Dan Weiss	24.8
Robert Todd	25.9
M40 Gari Powder	26.1
M45 Charles De La Parra	25.9
M55 Rick Hansen	29.9
M60 Richard Rosen	29.7
M70 Art Kearney	38.2
<b>800m</b>	
M35 Marc Nesbitt	2:05.60
M50 Paul Mascali	2:13.20
<b>3000m</b>	
W30 Bea Patterson	12:51.90
W50 Kathy Martin	10:29.90
M50 Dennis O'Brien	10:10.80
<b>400mH</b>	
M50 Rick Lapp	62.1
<b>High Jump</b>	
M70 Art Kearney	3-8
<b>Triple Jump</b>	
W40 Patricia Taylor	8.66
M40 Rick Acker	11.13
<b>Discus</b>	
W30 Luanne Sauer	26.81
W55 Joy Remppe	15.23
M40 Mike Clancy	27.36
M55 Tom Remppe	24.13
M70 Rich Webber	23.30
M75 Robert Webber	20.03
<b>Javelin</b>	
M55 Rick Hansen	26.86
M70 Art Kearney	28.14
Rich Webber	26.26
M75 Robert Webber	16.48
<b>USATF East Regional Masters Championships</b>	
Springfield, MA; July 26	
<b>100m</b>	
M30 Dave Eaton	11.74
Mark Coley	12.39
M35 Barney Borromeo	11.25
M40 Alex Rivera	12.12
David Neumann	12.19
James Helms	12.76
M45 John Bartlett	14.34
M50 Lee Hess	12.66
Lou Ronsivalli	12.85
Peter Thompson	13.15
M55 Roger Pierce	12.69
Gary Snyder	14.48
Kenneth Morse	15.47
M60 Ted Greve	14.90
M65 Dick Camp	13.85
Spencer Parrish	15.00
M70 Dennis Melanson	13.86
Ed Cox	14.83
Ross Mitchell	15.47
W30 Karlyn Crotty	14.77
W40 Paula Fortuna	14.52
Jayne Tallarico	15.73
W50 Margaret Curtis	14.15
Hillen Stubendorff	15.08
W65 Barbara Jordan	16.27
Flo Meiler	18.67
Dolores Hufnagel	22.49
W75 Ann McGowan	22.17
<b>200m</b>	
M40 David Neumann	24.70
Alex Rivera	25.17
Michael De Luz	27.60
M45 Bob Gill	27.21
M50 Lou Ronsivalli	26.83
Tom Cunningham	27.54
Tucker Taft	28.06
M55 Roger Pierce	25.63
Carroll Blake	26.27
Warren Graff	27.04
M60 Ted Greve	30.74
Robert Chinchillo	34.31
M65 Dick Camp	28.79
Spencer Parrish	34.96
M70 Dannis Melanson	30.04
Ed Cox	31.97
Alan Raynor	33.46
W40 Paula Fortuna	30.77
Jayne Tallarico	32.17
W45 Gail Johns-Rees	31.21
W50 Margaret Curtis	29.74
W65 Barbara Jordan	35.53
<b>400m</b>	
M30 Robert Crotty	55.27

M40 Jim Watts	53.91
David Neumann	54.55
Michael Needham	58.49
M45 Ben James	54.28
Bob Gill	59.70
M50 Carroll Blake	57.88
Tom Cunningham	1:00.57
M55 Roger Pierce	57.36
Alan Taylor	59.74
John Jackson	1:08.26
M60 Robert Chinchillo	1:12.58
M65 Tony Da Ponte	1:15.89
Spencer Parrish	1:16.64
M70 Thomas Talbott	1:25.51
Jim Manno	1:27.21
Earl Sweeney	1:31.39
W40 Jayne Tallarico	1:10.37
W45 Gail Johns-Rees	1:11.68
W50 Margaret Curtis	1:05.50
Hillen Stubendorff	1:09.55
W55 Zoemer Petra	1:22.91
W60 Judy Scott	1:45.39
<b>800m</b>	
M30 Bob Bates	2:14.46
M35 John Affleck	2:12.88
M40 Kevin Heffernan	2:07.19
Jerry Espinosa	2:14.40
Mark Thema	2:18.09
M45 Jeffrey Sider	2:25.21
Barry Blake	2:30.87
Joe Hazacha	2:31.48
M50 James Comidan	2:28.80
M55 Ron Johnson	2:26.49
M65 Christopher Rush	2:37.93
Kieran O'Reilly	2:49.55
Tony Da Ponte	3:10.31
W35 Ellen Silveira	2:34.86
W65 Mara Harada	3:33.33
<b>Mile</b>	
M40 Rich Marion	4:35.96
M45 Jon Waldron	

Continued from previous page

Judy Scott	18.08
Martha Oppenheimer	17.43
W65 Flo Meiler	20.79
Joan Youngs	18.58
Anne Cirulnick	16.64
W70 Dolores Faber	15.03
Harriet Patch	12.13
W75 Alverta Perkins	12.93
Hammer	
M35 Robert Palazzo	40.06
John Haviland	36.85
Mark Stephenson	34.62
M40 Brian Doherty	38.46
M45 Bob Cedrone	42.08
Dan Wallace	35.58
M50 Carl Reichard	46.96
M55 Robert Mead	47.53
Kent Worden	31.85
John Jackson	20.38
M60 Carl Wallin	44.93
Buster Byrnes	33.63
M65 Norm Cyprus	37.62
James Helms	33.63
George Cormey	22.40
M70 Donald Hudson	33.26
William Garrahan	31.66
James Crawford	31.42
W40 Oneitha Lewis	56.39
Maria Garcia	50.90
Denise Houseman	37.46
W60 Margery Swinton	29.33
Martha Oppenheimer	15.78
W65 Anne Cirulnick	18.83
W70 Dolores Faber	19.39
W75 Ann McGowan	11.03
Javelin	
M30 Rich De Stefano	67.50
M35 Daniel Alonzo	63.08
M40 Roy Hadden	47.49
Tim Michitson	41.94
M45 Joe Hazacha	33.78
M50 Greg Geraci	54.73
Jim Queeney	37.66
Carl Reichard	36.47
M55 Buzz Gagne	50.56
William Hayes	28.09
Kent Worden	20.81
M60 Carl Wallin	37.90
Jerry Sullivan	26.10
M65 Robert Youngs	41.49
Frank Illuzzi	39.05
Patrick Conley	32.83
M70 James Duncan	38.06
A Xanthopoulos	35.77
William Garrahan	31.25
W40 Laura Charewicz	30.56
Denise Houseman	17.51
W60 Margery Swinton	20.08
Roslyn Katz	16.55
Martha Oppenheimer	14.61
W65 Joan Youngs	19.69
Ann Cirulnick	11.06
W70 Dolores Faber	15.64
Harriet Patch	10.36
W75 Ann McGowan	12.12
5000m RW	
M30 Patrick Collier	25:34.62
M50 Brian Savilonis	28:46.39
M55 Bill Harriman	30:22.20
Charles Mansbach	32:28.99
M65 Spencer Parish	36:59.85
M70 Bob Beaudet	34:58.65
Bill McCann	35:18.76
Louis Free	35:37.27
W35 Holly Wenninger	31:18.75
W55 Patricia Godfrey	35:07.16
Dorothy Fine	37:41.09
W60 Joanne Hariman	33:18.63

**SOUTHEAST**

Carolina Masters Throws  
Championships  
Rocky Mount; July 12

HT/SP/DT/JT/WT  
Neil DeRycke 31  
38 24/12 58/40 20/-/12 75  
George Williamson 45  
30 56/9 50/30 43/-/-  
John von Rohr 55  
42 81/12 75/38 21/-/16 06  
Gordon Herbert 56  
-/9 80/30 84/29 29/12 56  
Mike Valle 62  
42 40/12 89/45 00/29 09/16 52

David Wheeler 62	32 46/9 06/32 92/-/12 03
Weight Pentathlon	
Mike Valle 62	4030
David Wheeler 62	2865
Tennessee Association	
USATF Masters	
Championships	
Vanderbilt U., Nashville; July 12	
W40 100m	
1 Beverly Conner	43 14.46 78.1%
2 Jemanne Smith	43 21.44 52.7%
W55 100m	
1 Carol Stricklin	59 17.50 75.8%
M30 100m	
1 Dele Ekadi	30 11.34 86.3%
2 Marcus Sant	31 11.48 85.2%
3 William Ashley	34 11.58 84.5%
4 John Carter	34 13.50 72.5%
M35 100m	
1 Eric Merrweather	39 X12 2780 6%
M45 100m	
1 Jeff McCullough	46 13.94 76.1%
2 A. J. Mason	48 X12.43 85.4%
M50 100m	
1 Wade Carter	51 12.82 85.6%
2 Phil Campbell	50 12.91 85.0%
3 David Hamilton	54 13.48 81.4%
M55 100m	
1 Terry Kopansky	56 15.19 74.6%
2 Owen Rogers, Jr.	56 X13 09 86.6%
3 Ozzie Binion	55 X13 85 81.8%
M60 100m	
1 Golden Bertram	61 X13 90 84.1%
M65 100m	
1 Pat Meagher	68 14.96 80.6%
M70 100m	
1 Fred Lovelace	73 17.35 71.5%
W40 200m	
1 Beverly Conner	43 30.18 74.9%
M30 200m	
1 Dele Ekadi	30 23.30 82.9%
2 Marcus Sant	31 23.39 82.6%
3 William Ashley	34 23.73 81.4%
M35 200m	
1 Eric Merrweather	39 25.77 77.7%
M40 200m	
1 Harold Pierce	42 22.73 91.6%
M45 200m	
1 Aaron Byas	48 25.52 84.7%
2 A. J. Mason	48 25.86 83.6%
3 Steve Winkel	45 26.44 81.7%
4 Jeff McCullough	46 28.99 74.5%
M50 200m	
1 Phil Campbell	50 27.60 81.2%
2 Wade Carter	51 27.87 80.4%
3 David Hamilton	54 28.07 79.8%
4 Jim Woosley	54 30.76 72.8%
5 Will Shipley	54 67.57 33.1%
M55 200m	
1 Terry Kopansky	56 32.33 71.7%
2 Owen Rogers, Jr.	56 X26 73 86.8%
3 Ozzie Binion	55 X27 91 83.1%
M60 200m	
1 Golden Bertram	61 29.31 81.8%
M65 200m	
1 Pat Meagher	68 31.02 79.9%
2 Clifford Pauling	68 33.90 73.1%
3 Dick Anderson	65 XFS
M70 200m	
1 Fred Lovelace	73 37.12 69.5%
M30 400m	
1 William Ashley	34 53.52 80.6%
M35 400m	
1 Bill McSpadden	37 54.73 81.3%
M40 400m	
1 Harold Pierce	42 X56 12 82.2%
2 Lawrence Finley	44 X58 00 79.6%
M45 400m	
1 Natl Falls	49 56.23 85.1%
2 Steve Winkel	45 56.62 84.5%
3 Aaron Byas	48 X57 31 83.5%
M50 400m	
1 Will Shipley	54 2 07 21 38 9%
M60 400m	
1 Golden Bertram	61 X64 82 81 5%
M65 400m	
1 Pat Meagher	68 70 28 77 6%
2 Clifford Pauling	68 X75 76 72 0%
M70 400m	
1 Fred Lovelace	73 1 23 62 70 5%
M35 800m	
1 Daniel Bond	38 X2 46 82 62 7%
M40 800m	
1 Mark Carver	42 X2 07 03 85 2%
2 Kyle Rose	42 X2 06 80 85 4%
M45 800m	
1 James Stewart	47 2 41 36 69 6%
2 Mark Francis	45 X2 20 41 80 0%
M50 800m	
1 Will Shipley	54 4 40 20 41 6%
M55 800m	
1 Grady Cash	55 2 31 33 80 3%
M60 800m	
1 James Huffman	60 X2 50 96 74 4%
M65 800m	
1 Clifford Pauling	68 X3 05 31 72 1%
M70 800m	
1 Ross Dunton	70 3 17 26 71 7%
2 Fred Lovelace	73 3 40 14 64 2%
M35 1500m	
1 Drew Bell	37 X4 42 57 73 8%
M40 1500m	
1 Kyle Rose	42 4 36 97 79 2%
2 Michael Hill	42 4 53 57 74 7%
M45 1500m	
1 Mark Francis	45 4 56 40 77 6%
M50 1500m	
1 Will Shipley	54 10 05 31 39 8%
M70 1500m	
1 Charles Rose	70 5 16 60 89 9%
2 Fred Lovelace	73 8 42 98 54 4%
W50 3000m	
1 Vicki Crisp	51 10 55 87 87 4%
M30 3000m	
1 Dave Milner	32 9 09 55 81 7%
M35 3000m	
1 Drew Bell	37 X10 37 37 71 0%
2 Daniel Bond	38 X11 52 92 63 5%
M40 3000m	
1 Kyle Rose	42 X10 11 85 76 6%
2 Noel Coplen	40 X11 26 60 68 3%
M45 3000m	
1 Ken Harrison	47 10 50 13 74 8%
M50 3000m	
1 Will Shipley	54 24 20 56 34 6%
M65 3000m	
1 Ted Wilson	66 12 55 69 74 6%
M50 3000m Walk	
1 Will Shipley	54 23 18 15 51 9%
M70 3000m Walk	
1 Fred Lovelace	73 17 53 99 81 7%
M30 100m Hurdles	
1 Jim Woosley	54 X19 65 67 4%

M55 100m Hurdles	
1 Ozzie Binion	55 X16 93 83 9%
M30 110m Hurdles	
1 Don Drummond	34 X14 40 88 3%
M29&U 400m Hurdles	
1 Ashton Blake	18 71 88 65 0%
M30 400m Hurdles	
1 Marcus Sant	31 53 67 87 1%
M40 400m Hurdles	
1 Dexter McCloud	42 53 76 94 3%
M55 400m Hurdles	
1 Ozzie Binion	55 X68 65 85 0%
W50 HJ	
1 Eleanor Gibson	51 1 32m 78 5%
W55 HJ	
1 Carol Stricklin	59 1 12m 71 3%
M35 HJ	
1 Paul Broekhulzew	37 X1 86m 80 1%
M45 HJ	
2 James Stewart	47 1 37m 64 9%
1 Bill Murray	49 X1 58m 74 8%
M50 HJ	
1 Mike Walker	53 1 48m 74 0%
2 Will Shipley	54 0 91m 45 5%
M55 HJ	
1 Robert Juett	55 X1 43m 75 6%
M65 HJ	
1 Lou Vodopya	66 1 27m 75 6%
M70 HJ	
1 Fred Lovelace	73 1 02m 64 9%
2 Gordon Seifert	74 X0 32m 20 3%
M75 HJ	
1 Buck Bradberry	76 X1 17m 80 1%
M35 PV	
1 Richard Jones	39 X3 36m 56 8%
M45 PV	
2 Jack Butler	45 3 05m 58 5%
1 Bill Murray	49 X3 69m 70 8%
M70 PV	
1 Gordon Seifert	74 2 59m 75 0%
W55 LJ	
1 Carol Stricklin	59 3 33m 59 7%
M30 LJ	
1 Roland McGhee	31 7 65m 85 4%
M45 LJ	
2 Randy Elam	46 3 77m 49 6%
1 Bill Murray	49 X5 41m 71 2%
M50 LJ	
1 Will Shipley	54 1 72m 24 1%
M70 LJ	
1 Fred Lovelace	73 2 92m 55 2%
M75 LJ	
1 Buck Bradberry	76 3 69m 76 4%
M30 TJ	
1 Andrew Owusu	31 16 14th 89 8%
M50 TJ	
1 Will Shipley	54 0 77m 5 3%
M55 TJ	
1 Robert Juett	55 X7 81m 58 2%
M75 TJ	
1 Buck Bradberry	76 X7 33m 72 9%
W55 SP	
1 Carol Stricklin	59 7 62m 50 0%
W60 SP	
1 Alice Tym	60 6 63m 48 1%
M30 SP	
1 Dave Senay	33 13 10m 56 6%
M40 SP	
1 Robert Carr	44 13 70m 60 8%
M45 SP	
2 Jed Jackson	49 10 63m 51 1%
4 Beasey Hendrix	47 6 05m 29 1%
3 Frank Bruadus	47 X9 32m 44 8%
1 Bill Murray	49 X10 94m 52 6%
M50 SP	
1 Will Shipley	54 6 09m 30 2%
M60 SP	
1 Swayne McCauley	61 10 56m 58 0%
2 James Turner	64 X9 60m 52 7%
M65 SP	
1 Lou Vodopya	66 9 75m 62 0%
2 James Rigby	66 8 51m 54 1%
M70 SP	
2 Charles Green	70 10 87m 61 2%
3 Fred Lovelace	73 7 41m 41 7%
1 Larry Honne	72 X12 58m 70 8%
W55 DT	
1 Carol Stricklin	59 17 92m 33 4%
W60 DT	
1 Alice Tym	60 18 30m 37 9%
M30 DT	
1 Dave Senay	33 35 33m 47 6%
M45 DT	
2 Frank Bruadus	47 X26 99m 38 2%
1 Bill Murray	49 X30 20m 42 8%
M50 DT	
1 Phil Campbell	50 36 05m 48 6%
2 David Hamilton	54 20 61m 27 8%
3 Will Shipley	54 14 84m 20 0%
M60 DT	
2 Swayne McCauley	61 42 12m 63 8%
3 James Turner	64 X29 78m 45 1%
1 Larry Pratt	62 X53 10m 80 5%
M65 DT	
1 Lou Vodopya	66 33 15m 56 0%
2 James Rigby	66 25 21m 42 5%
M70 DT	
2 Charles Green	70 30 83m 58 7%
3 Fred Lovelace	73 22 72m 43 3%
1 Larry Honne	72 X34 32m 65 4%
W60 HT	
1 Alice Tym	60 19 92m 39 9%
M30 HT	
1 Dave Senay	33 46 65m 53 7%
M45 HT	
2 Beasey Hendrix	47 8 38m 11 4%
1 Frank Bruadus	47 X39 35m 53 7%
M50 HT	
1 Will Shipley	54 9 22m 12 3%
M75 HT	
1 Rich Bergenback	76 22 79m 49 2%
W50 JT	
1 Eleanor Gibson	51 21 91m 40 9%
W55 JT	
1 Carol Stricklin	59 21 06m 44 5%
W60 JT	
1 Alice Tym	60 18 43m 44 0%
M40 JT	
1 Mike Kesterson	42 X52 65m 60 3%
M45 JT	
1 Beasey Hendrix	47 19 40m 24 2%
M50 JT	
1 Phil Campbell	50 42 60m 55 3%
2 Wade Carter	51 24 52m 31 8%
3 David Hamilton	54 22 34m 29 0%
4 Will Shipley	54 8 76m 11 3%
M55 JT	
1 Jack Castrer	55 32 27m 46 0%
2 Robert Juett	55 X26 60m 37 9%
M60 JT	
1 James Turner	64 X32 78m 49 2%
M65 JT	
1 James Rigby	66 21 65m 36 2%
M70 JT	
2 Charles Green	70 29 89m 53 0%
3 Gordon Seifert	74 28 67m 50 8%
1 Larry Honne	72 X37 41m 66 3%

Potomac Valley TC Meet	
McLean, VA; July 12	
100m	
M30 Andrew Higgins	11.18
M35 Byron Henry	12.81
M45 Bruce Metge	13.20
M55 D J Bertagnoli	15.11
W80 Carla Convery	25.48
200m	
M35 Tommy Lovelace	25.43
M40 Damell Smith	24.73
M50 Larry Hart	32.69
W80 Carla Convery	1:09.10
400m	
M35 Tommy Lovelace	58.55
M40 Damell Smith	54.81
M50 Larry Hart	1:13.36
800m	
M35 Gregory Pennell	2:23.60
M40 Brett Pelham	2:16.60
M50 Larry Hart	2:51.60
W35 Nicole Nolan	3:08.00
Mile	
M30 Kareem Lanier	4:39
M35 Malcolm Lester	4:59
M45 Curtis Davis	5:09
M50 Dan Eddy	5:21
M75 Bill Osburn	9:34
3000m	
M30 McVey-Finney	9:42
M35 Malcolm Lester	9:56
M40 Ted Poulos	9:44
M45 John Winkert	16:28
M50 Jay J Wind	10:44
M60 Bernard Dentz	15:04
Long Jump	
M30 Leslie Young	19-5.50
M35 Byron Henry	5.39
M50 Keith Mathis	15-0.50
W80 Carla Convery	1.57
Shot Put	
M60 Jack Kuhns	36-9.25
M80 Charles Pistorino	36-9
W80 Carla Convery	13-2.25
Discus	
M55 Russ White	90-9
M60 Jack Kuhns	111-8
M80 Charles Pistorino	114-11
W80 Carla Convery	28
Javelin	
M30 Kevin Kanyan	195-11
M55 Russ White	160-10
M60 Jack Kuhns	99-6
W80 Carla Convery	36-11
Mile RW	
M45 John Winkert	11:01
M55 John Gersh	9:49
3000m RW	
M45 Peter Blank	21:32
M55 John Gersh	19:30
W60 Lois Dicker	18:49

Jacksonville TC Summer	
Classic	
Jacksonville, FL; July 19	
50m	
M45 Rodney Hall	6.9
M50 Cleve Smith	6.5
W45 Jocelyn Lowther	7.5
100m	
M35 Alonzo Hunter	12.1
M50 Cleve Smith	11.6
M55 Gary McClendon	13.6
W30 Anita Howard	12.0
W45 Jocelyn Lowther	13.7
200m	
M30 Jeff Mack	22.3
M75 HT	22.8
M35 Orlando Matthews	22.8
M40 Flavell Blyden	26.2
M55 Gary McClendon	28.0
M60 Roland Eggersted	1:0

Continued from previous page

M70 Ray Morkve	34-7.25
M75 Ken Kessinger	28-8
W60 Harriet Kaufman	17-10
<b>Discus</b>	
M50 Geary Neilan	63-11
M65 Lovell Wheeler	79-2
M70 Ray Morkve	98-6
M75 John Van Liere	92-3
M80 Danny Olson	40-9
W60 Harriet Kaufman	41-3
<b>Javelin</b>	
M50 David Ortman	113-5
M60 Marvin Beckler	60-7
M65 Lovell Wheeler	91-4
M70 Ray Morkve	90-10
M75 Ken Kessinger	78-9
M80 Charles Obye	77-4
W60 Harriet Kaufman	36-1
W75 Lydia Beckler	26-2

**Colorado Masters Throwers Meet**  
Ft. Collins; July 26

<b>HT/SP/DT/JT/MT</b>	
Milton Girouard	M41
36 45/14 49/42 69/41 47/12 19	
Bob Jones	M41
34 92/11 98/39 95/26 84/---	
Mark Daniels	M48
21 32/7 98/20 40/22 52/6 76	
Bob Sager	M55
40 88/12 29/35 89/29 02/14 82	
Jerry Bookin-Weiner	M57
37 69/---/36 92/---/---	
Ian Percy	M58
44 32/12 32/43 08/41 57/15 30	
George Soule	M63
---/11 72/36 74/---/---	
Robin Herron	M66
36 50/10 68/32 62/24 64/13 48	
Bob Bakken	M69
---/7 14/---/---/---	
Richard Larkin	M69
---/7 65/26 37/18 59/---	
Frank Bowles	M82
19 16/8 44/23 89/25 56/6 72	
(six throws/not a WP)	

**SOUTHWEST**

**Texas Masters Championships**

Coppell HS, Dallas; July 26

<b>100m</b>	
M30 Jerry Culppepper	10.73
Tim Cypert	13.02
M35 Vernon Brown	11.52
Chuck Green	12.05
Steve Silvey	12.58
M40 Donald Hardy	11.70
Lindy Raney	11.97
Vance Austin	12.47
M45 Ray Pennie	11.93
Ronald Boleware	12.30
Bryan Shilcutt	12.70
M50 Will McHone*	12.38
Mike Trexler	12.41
David Cotner	12.44
M55 Courtland Gray	12.50
Bill Lewis*	12.70
Wayne Turner	12.83
M60 Don Denson*	12.83
M65 Wayne Bennett*	13.23
Tony Deatherage*	14.26
Herb Heronime	17.37
M70 Joe Summerlin*	14.31
David Cady*	14.88
Bill Wareham*	15.48
M80 Bob Wingo*	19.15
W30 Sharon Lawson	13.45
Jeanene Cotton*	14.48
W40 Deanna McFarling	15.11
W45 Cindy Steenbergen*	13.12
W50 Marcie Woodrow*	17.86
W60 Shelly Whitlock*	19.59

<b>200m</b>	
M30 Jeffrey Culppepper	22.11
Tim Cypert	27.42
M35 Kirt Beeby	22.85
Vernon Brown	23.49
Chuck Green	24.82
M40 Donald Hardy	24.33
Randy Wight	26.37
Vance Austin*	26.57
M45 Ray Pennie	24.40
Guy McGraw	25.41
Bryan Shilcutt*	25.87
M50 David Cotner	25.25
Will McHone*	25.28
Horace Grant	25.51
M55 Bill Lewis*	25.69
Courtland Gray	26.02
Wayne Turner	26.49
M60 Don Denson*	26.67
Ron Colliver	28.92
M65 Wayne Bennett*	27.27
Tony Deatherage*	29.62
Herb Heronime	37.83
M70 Joe Summerlin*	30.58
David Cady*	32.52
Joe Vaughn*	33.72
M75 Wayne Hanson*	34.55
M80 Bob Wingo*	40.86
W30 Jeanene Cotton*	30.43
W35 Dionne Bruff	26.63
Billy Beatty	29.53
W45 Cindy Steenbergen*	27.06
Laura Keams*	33.44
W50 Marcie Woodrow*	38.41
<b>400m</b>	
M30 Richard Harrington	58.44
M35 Steve Silvey	59.34
Chuck Green	1:00.90
M40 Jeff Lindsay	53.74
Donald Hardy	56.78
Lindy Raney	56.91
M45 Ray Pennie	54.51
Bradley Gaardner	1:00.38
M50 Horace Grant	57.20
M55 Mike Loyd*	1:06.14
M60 Julius Cassels	1:15.87
M70 Bill Wareham*	1:22.25
<75 Wayne Hanson*	1:19.61
W35 Dionne Bruff	1:01.31
Billy Beatty	1:11.05
W45 Cindy Steenbergen*	1:07.31
Debra Stuart*	1:12.65
W50 Marcie Woodrow*	1:34.81
<b>800m</b>	
M40 Jeff Lindsay	2:05.09
Chris Hughes	2:19.44
M45 Dennis Wade	2:23.14
M50 Ben Korman*	3:14.32
M60 John Hesley	2:43.63
M65 Cleveland Payne	2:57.01
James Bowen	3:34.51
M70 Dewey Fambry	3:26.24
M75 Wayne Hanson*	3:06.35
W40 Aja James	2:59.34
W65 Phyllis Provost*	4:26.26
<b>1500m</b>	
M40 Travis Russell	4:25.32
Kurt Siklar	4:25.95
M45 Dennis Wade	4:46.47
M50 Anthony Colon	5:15.16
M70 Dewey Fambry	6:47.82
M75 Wayne Hanson*	6:32.08
W40 Aja James	5:50.47
<b>5000m</b>	
M45 Dennis Wade	24:32.95
M60 Mike Broyles*	27:54.54
W45 Dianna Hager	24:32.72
<b>Short Hurdles</b>	
M50 Robert Hahn	16.61
M55 Courtland Gray	15.38
M60 Ron Colliver	18.75
<b>Long Hurdles</b>	
M60 Ron Colliver	52.29
<b>High Jump</b>	
M30 Matt Sunderman	1.82
Tim Cypert	1.62
M40 Greg Wright	1.73
M50 Terrell Schaffer	1.52
Michael Walker	1.32
M55 Norman Frable	1.47
M60 Ron Colliver	1.47
Ray Kozusko*	1.37
Mike Broyles*	1.13

M70 Richard Hein*	1.08
Val Smith*	1.02
M80 Bob Wingo*	1.02
Doc Bennett*	.96
W50 Marcie Woodrow*	3-2
W60 Shelly Whitlock*	3-3
W65 Phyllis Provost*	3-3
<b>Pole Vault</b>	
M30 Tim McMichael	14-0
Timothy Dooley	11-0
M40 Richard Barrett	13-6
Tom Garzillo*	11-0
M45 Ken Ellis	14-0
Coy Akens	13-0
James Fountain	11-6
M50 John Worcaston	12-0
M60 Ron Colliver	10-0
Steven Warr	10-0
Jim Tinelli	9-6
W45 Debra Stuart*	5-6
W60 Shelly Whitlock*	5-0
<b>Long Jump</b>	
M35 John Simpson	6.13
Alan Sims	5.78
Lee Beatty	5.64
M45 Monzell Baker	6.15
Jerry Moore	5.94
Ray Kirchmeyer	3.65
M50 Jim Dolezel	4.67
M55 Tom Swan*	3.85
M60 Ray Kozusko*	4.79
Ron Colliver	4.31
Jerry Wright*	3.91
M70 Richard Hein*	3.56
Bill Wareham*	3.35
M80 Bill Carter*	3.06
W45 Debra Stuart*	3.35
W65 Phyllis Provost*	2.18
<b>Triple Jump</b>	
M40 Donald Hardy	12.25
Tom Garzillo*	7.30
M45 Monzell Baker	12.72
Ray Kirchmeyer	6.51
M50 Jim Dolezel	9.57
M55 Tom Swan*	7.51
M60 Ray Kozusko*	9.77
M80 Doc Bennett*	5.77
<b>Shot Put</b>	
M35 Brian suter	13.65
Dave Rothenbury	11.39
Peder Mockler	10.80
M40 Walter Hamilton	12.33
M45 Richard Stewart	12.38
Ken Ellis	11.32
M50 Dan Roloff	13.42
Roger Conboy*	12.49
M60 Sheppard Miers	12.98
John Coniff*	12.40
Julius Cassels	11.30
M65 John Cantrell*	12.20
Dean Hesse	11.84
M70 Bob Ward*	13.20
Richard Hein*	11.50
Wendell Palmer*	11.01
M75 Bob Richards	9.03
M80 Bill Carter*	9.26
W45 Cindy Steenbergen*	8.86
Debra Stuart*	7.56
W50 Marcie Woodrow*	7.13
W60 Shelly Whitlock*	7.00
Sylvia Brooks-Smith*	5.20
W65 Phyllis Provost*	6.00
<b>Discus</b>	
M40 Walter Hamilton	38.45
M45 Richard Stewart	45.12
Ken Ellis	33.88
Amy Ferrando*	28.25
M50 Roger Conboy*	36.47
John Stibert	33.74
Terrell Schaffer	33.10
M60 John Conniff*	43.25
Sheppard Miers	43.10
Harold Crater*	33.90
M65 Dean Hesse	36.31
John Cantrell*	30.51
M70 Bob Ward*	42.52
Wendell Palmer*	40.01
Val Smith*	26.72
M75 Bob Richards	24.67
M80 Bill Carter*	28.57
W45 Cindy Steenbergen*	19.59
W50 Marcie Woodrow*	12.63
W60 Shelly Whitlock*	13.86

Sylvia Brooks-Smith*	12.88
W65 Phyllis Provost*	15.79
<b>Hammer</b>	
M35 Dave Rothenbury	42.38
M40 Walter Hamilton	38.24
M45 Richard Stewart	44.47
Amy Ferrando*	27.27
Ken Ellis	23.49
M50 Roger Conboy	41.83
Dan Roloff	34.49
M60 John Conniff*	30.34
Harold Crater*	25.82
Julius Cassels	24.35
M65 John Cantrell*	25.05
M70 Bob Ward*	AR 50.55
(Ladislav Filip/46.18/1998)	
Wendell Palmer*	36.38
Rudy Almaguer*	18.83
M75 Bob Richards	28.24
M80 Doc Bennett*	13.36
<b>Javelin</b>	
M35 Dave Rothenbury	38.04
Peder Mockler	33.94
M40 Lowell Jones*	45.88
Walter Hamilton	36.93
M45 Amy Ferrando*	44.28
Richard Stewart	43.49
<b>Weight Throw</b>	
M35 Dave Rothenbury	12.99
Peder Mockler	9.98
M40 Walter Hamilton	10.68
M45 Richard Stewart	15.51
Amy Ferrando*	8.85
Ken Ellis	7.65
M50 Roger Conboy*	13.47
Dan Roloff	11.28
M60 John Conniff*	12.60
Julius Cassels	11.47
Harold Crater	9.98
M65 John Cantrell*	10.46
M70 Bob Ward*	18.49
Wendell Palmer*	15.11
Val Smith*	10.35
M75 Bob Richards	11.52
M80 Doc Bennett*	8.35
<b>Weight Pentathlon</b>	
M35 Dave Rothenbury	2954
M40 Walter Hamilton	2879
M45 Richard Stewart	3870
Amy Ferrando*	2593
Ken Ellis	2532
M50 Roger Conboy*	3544
Dan Roloff	2968
M60 John Conniff*	3759
Harold Crater*	3075
M65 John Cantrell*	3489
M70 Bob Ward*	5294
Wendell Palmer*	3673
Val Smith*	3023
M75 Bob Richards	3694
M80 Doc Bennett*	2558
<b>3000m RW</b>	
M50 Dave Gwyn	19:00.89
M55 Norman Frable	16:42.11
Larry Wood	25:04.72
M65 Presley Donaldson*	20:15.73
M85 Gene Eastman	24:10.01
W50 Angela McCall*	17:30.92
W55 Kathy Frable	19:14.05
W65 Doris Flynn	22:25.74
*Dallas Masters T&F Club	

**WEST**

**USATF West Regional Masters T&F Championships**  
San Diego, CA; July 26-27

M30 Mahasse Comileus	10.83
John Marugg	11.51
Ken O'Connor	12.52
M35 Felton Tumage	11.24
Richard Holmes	11.85
James Smith	11.90
M40 Frank Strong	11.46
Kenneth Hopkins	11.67
Eric Dixon	11.68
M45 Reginald Stover	12.57
Ross Erick	12.91
Ken Stone	13.90
M50 Charlie Powell	12.56
Steve Kloch	12.69
Glenn Johnson	12.70
M55 Raymond Yeck	13.04
Lance Pierce	14.26

Barry Green	14.67
M60 Doug Smith	13.21
M65 Roger Tsuda	14.06
M75 Jim Selby	16.51
Paul Evans	16.99
M85 Clarence Trahan	20.05
W30 Teniko White	12.27
W35 Venus Jewett	12.93
Colleen Barney	13.09
Del Schneider	15.07
W40 V Amaraskekara	13.00
Mary Miller	14.70
W45 Rita Hanscom	14.69
Michele Freeman	15.05
Debbie Selby	16.51
W50 Jeanne Bowman	15.58
Lynette Zeckua	17.92
W60 Kathy Bergen	14.48
Nadine O'Connor	14.73
W70 Magdalena Kuehne	18.58

**200m**

M35 Felton Tumage	23.18
James Smith	24.03
M40 Kettrell Berry	22.41
Kenneth Hopkins	23.18
James Chinn	23.79
M45 Vincent Calloway	24.22
Reginald Stover	25.96
Ross Erick	26.90
M50 Robert Richardson	25.25
Charlie Powell	25.41
Steve Kloch	25.66
M55 Raymond Yeck	26.81
Dan Girling	31.44
M60 Doug Smith	26.73
Garry Cox	28.54
M65 Roger Tsuda	28.77
M75 Jim Selby	34.82
M85 Clarence Trahan	43.92
W30 Teniko White	25.37
W35 Colleen Barney	26.75
Venus Jewett	27.49
W40 Beverly Jephcott	27.64
Elaine Iba	30.49
W45 Michele Freeman	31.60
Debbie Selby	35.03

**400m**

M40 Cornell Stephenson	50.33
Kettrell Berry	52.58
Kenneth Hopkins	53.08
M45 Vincent Calloway	55.52
Jeff Buhmiller	1:04.26
M50 Herman Castille	58.26
Kevin Christensen	1:00.61
John Tomaschke	1:01.15
M55 Larry Barnum	57.90
Lee Fitzgerald	1:01.46
M60 Garry Cox	1:05.79
George Cohen	1:07.67
M70 Ray Archibald	1:36.93
M75 Jim Selby	1:18.13
W30 Michelle Ishio	1:01.89
W40 Beverly Jephcott	1:01.69
W45 Debbie Selby	1:21.00
W50 Jeanne Bowman	1:18.77
Lynette Zeckua	1:28.36
W80 Gerry Davidson	2:13.11

**800m**

M35 Jim Mount	2:07.68
Michael Gray	2:13.64
Frank Williamson	2:55.29
M40 McDuffrie Allen	2:02.24
Darryl Smith	2:08.81
Mark Cleary	2:10.56
M45 Paul Fragua	2:04.57
Jim Hershberger	2:19.23
Greg Godfrey	2:26.33
M50 Gary Shapiro	2:18.50
Dan Gaul	2:28.20
M55 Ronald Salupo	2:21.12
Wayne Douglas	2:28.78
Wayne Pfeiffer	2:33.96
M60 George Cohen	2:33.40
M65 Richard Gardner	3:47.62
M70 Ray Archibald	3:43.77
M75 Jim Selby	3:02.95
W45 Dianna Hall	2:33.46
D Barraza-Lee	2:39.98
Tracey Cox	3:07.62
W80 Gerry Davidson	4:51.39

**1500m**

M35 Michael Gray	4:42.23
David Daer	5:06.06

M40 Tony Reyes	4:18.31
Mark Cleary	4:37.44
Bill McDonald	5:26.21
M45 Paul Fragua	4:26.77
Matthew Neve	4:44.39
M50 Greg Wilson	4:40.72
Gary Shapiro	4:46.11
M55 Ronald Salupo	4:56.43
Wayne Pfeiffer	5:27.20
M60 Charles Burton	5:34.31
Malcolm McGawn	5:46.86
M65 G McClenathan	6:07.65
M70 Bob Holmes	7:12.28
Ray Archibald	7:13.15
M75 Jim Selby	6:02.11
W30 Michelle Ishio	5:04.39
W45 Dianna Hall	5:13.22
D	

Continued from previous page

Dick Cunningham	2.90
Larry Jones	2.90
M65 Hal Smith	2.28
M70 Bob Holmes	1.98
W45 Rita Hanscom	2.43
W60 Nadine O'Connor	2.80
<b>Long Jump</b>	
M40 Dereck DeLeon	5.43
Bill McDonald	5.41
Chris Harvey	4.90
M50 Daniel Orozco	5.15
Kevin Christensen	4.66
M55 Carl Flowers	5.20
Warren Gillespie	5.16
M60 Dave Doerrer	4.46
Larry Jones	4.24
Dick Cunningham	3.96
M65 Roger Tsuda	4.49
M75 Barney Phillips	2.76
M85 Ckarebce Trahan	2.59
W35 Tiffany Wilson	4.28
Del Schneider	4.11
W40 Veronica Amarasekara	5.30
W70 Magdalena Kuehne	2.99
<b>Triple Jump</b>	
M40 Darryl Smith	11.51
Bill McDonald	10.34
Chris Harvey	9.14
M55 Warren Gillespie	10.06
M80 Charles Mercurio	5.19
M85 Clarence Trahan	5.37
W40 Elaine Iba	9.01
<b>Shot Put</b>	
M35 Angelo Roselli	9.63
M40 Ron Stilwell	13.46
Michael McCandless	10.26
Michael Arcieri	9.79
M45 Brad Slinkard	14.46
Paul Ludden	12.83
M50 Tim Muller	13.16
Angelo Rinaldi	12.43
Richard Watson	11.09
M55 Gary Wuest	10.91
Bruce MacDonald	10.71
M70 Doug Tomlinson	11.55
M75 Barney Phillips	7.40
M85 Leland McPhie	6.20
W45 Karen Vaughn	9.13
Christine Stone	4.69
W55 Annelies Steekelenburg	7.70
W70 Magdalena Kuehne	6.48
<b>Discus</b>	
M35 Timothy Edwards	47.29
Jeffrey Gonzales	35.58
Angelo Roselli	27.46
M40 Ron Stilwell	44.73
Al Chapell	31.51
Michael McCandless	28.91
M50 Tim Muller	46.86
Richard Watson	37.94
Joseph Apple	30.43
M55 Gary Wuest	29.84
M60 Lloyd Higgins	54.90
Dave Doerrer	30.37
M70 Doug Tomlinson	35.77
M85 Leland McPhie	18.48
W40 Julie Harvey	16.36
W55 Annelies Steekelenburg	22.12
W60 Kathy Bergen	20.12
<b>Hammer</b>	
M35 Angelo Roselli	24.88
M40 Jeff Crothers	35.83
M50 Thomas Meyer	48.98
Bobbie Pryor	42.48
Clayton Hull	41.16
M55 George Matthews	49.05
M60 Lloyd Higgins	49.04
Bob Cahners	46.98
M65 Bob Humphrey	42.22
Frank Carl	36.01
M70 Doug Tomlinson	32.72
<b>Javelin</b>	
M35 Jeffrey Gonzales	44.78
Angelo Roselli	30.96
M40 Ron Stilwell	45.15
Michael Arcieri	38.64
M45 John Hansen	51.07
M50 Richard Watson	45.77
Mike Tipping	40.23
Kevin Christensen	39.45
M55 Gary Wuest	29.51
M65 Hal Smith	32.92

M70 Edward Martin	35.67
Doug Tomlinson	29.36
M85 Leland McPhie	15.42
W45 Karen Vaughn	24.93
W55 A Steekelenburg	22.13
W60 Kathy Bergen	25.03
W70 Magdalena Kuehne	15.37
<b>Weight Throw</b>	
M35 Angelo Roselli (35#)	8.09
M40 Jeff Crothers	11.85
M50 Glayton Hull (25#)	15.86
Bobbie Pryor	13.44
Richard Watson	13.18
M55 George Matthews(25)	17.57
M60 Bob Cahners (20#)	19.33
Lloyd Higgins	19.25
M65 Bob Humphreys (20#)	15.25
Frank Carl	13.62
Hal Smith	12.99
M70 Doug Tomlinson(16#)	14.78
<b>Superweight</b>	
M35 Angelo Roselli (56#)	4.82
M40 Jeff Crothers	7.88
Ron Stilwell	7.39
Richard Watson	6.80
M50 Richard Watson	6.75
Clayton Hull	6.75
M55 George Matthews	8.34
M60 Bob Cahners	8.02
M70 Doug Tomlinson (35#)	7.59
<b>5000m RW</b>	
M45 Mario Lopez	8:18.13
M60 Bob Weeks	9:07.02
M65 Gary Steck	9:10.48
Arvid Rolle	10:26.49
M70 Lloyd McGuire	10:28.67
Cliff Elkins	10:43.00
M75 M M Noritake	11:25.31
W70 Claire Elkins	13:13.23
<b>5000m RW</b>	
M35 Frank Williamson	35:20.46
M45 Pedro Santoni	26:00.66
Mario Lopez	28:34.71
Michael Kroll	30:32.9h
M60 Bob Nymn	32:36.67
Jonathan Bloomberg	37:07.90
M65 Gary Steck	30:09.35
Arvid Rolle	32:55.25
M70 Cliff Elkins	34:52.77
Lloyd McGuire	35:05.89
M75 M N Noritake	37:08.04

<b>Pan Pacific Masters Games</b>		
Sacramento, CA; Aug. 1-3		
<b>100m</b>		
M30 Quinton Crosby	12.69	
M35 Kevin Coffee	11.60	
Robert Thomas	11.64	
Alan Williams	12.14	
Chris Rodgers	13.92	
M40 Alan Tucker	12.00	
J Smith	12.20	
M45 Maurice Taylor	14.57	
M50 Donn Imrie	12.43	
Charlie Powell	12.59	
Hugh Van Ness	13.12	
M50 John Du Cray	2:28.60	
Stefan Waltermann	2:30.46	
M55 Charles Brocato	12.91	
Vance Jacobsen	13.11	
Raymond Yeck	13.13	
David Naylor	13.39	
Robert McConnell	13.47	
M60 Bob Callori	15.57	
Fred Dillemoth	18.39	
M65 Harold Tolson	12.90	
Edwin Berry	18.18	
M80 Don Saunders	17.62	
K K Slaughter	21.68	
M85 Donald Pellman	18.78	
W40 J Upshaw-Margerum	13.14	
Mary Miller	14.71	
W50 Sharlet Gilbert	16.37	
W55 Avril Naylor	15.32	
Liz McBlain	19.89	
W75 Patricia Peterson	19.06	
Doreen McLeod-Smith	21.57	
W80 Olga Kotelko	22.75	
<b>200m</b>		
M35 Robert Thomas	22.66	
Quinton Crosby	25.04	
M40 Peter Grimes	23.47	
J Smith	24.48	
Christian Hendricks	26.13	
M45 Hubert Evans	25.11	
John Morton	26.66	

Maurice Taylor	30.01
M50 Charlie Powell	25.59
Robert Richardson	25.99
Kevin Christensen	26.48
Vanik Chamasyan	28.01
John Du Cray	29.78
M55 Charles Brocato	26.10
Raymond Yeck	26.81
Vance Jacobsen	27.02
David Naylor	27.21
Nano Soto	33.03
M60 Dennis Duffy	28.96
M65 Harold Tolson	26.64
Spencer Parrish	31.56
Edwin Berry	34.58
M70 Donald Leis	37.51
M85 Donald Pellman	40.50
W40 J Upshaw-Margerum	26.50
W45 Valerie St James	31.55
W50 Sharlet Gilbert	31.90
W55 Avril Naylor	33.18
W75 Patricia Peterson	40.64
Doreen McLeod-Smith	48.29
W80 Olga Kotelko	50.74
<b>400m</b>	
M30 Quinton Crosby	56.24
M35 Robert Thomas	49.00
Laurent Birade	55.38
Alan Williams	1:00.47
Chris Rodgers	1:16.87
M40 J Smith	53.68
Bart Godell	54.48
George Patterson	56.57
M45 Brent Cottong	56.13
John Morton	57.39
Brian Farrell	58.20
M50 Kevin Christensen	59.77
Parker White	1:02.19
John Du Cray	1:04.19
Stefan Waltermann	1:05.37
M55 Gordon Reiter	1:01.05
Steve Haun	1:09.94
Rick Yount	1:14.17
Nano Soto	1:17.75
M60 Dennis Duffy	1:03.26
Julius Cassels	1:15.16
John Weidinger	1:21.43
M65 Spencer Parrish	1:16.15
Edwin Berry	1:17.41
M70 Donald Leis	1:31.07
W40 Mary Woo	1:10.07
W50 Sharlet Gilbert	1:13.58
W65 Barbara Robben	1:51.95
W75 Patricia Peterson	1:44.23
<b>800m</b>	
M30 Patrick Robinson	1:51.49
M35 Robert Thomas	2:02.53
Michael Gottardi	2:10.51
M40 Leonard Sperandeo	2:03.77
Bob Stark	2:20.17
M45 David Bradley	2:02.35
John Morton	2:07.88
Brian Farrell	2:22.10
Hugh Van Ness	2:22.82
M50 John Du Cray	2:28.60
Stefan Waltermann	2:30.46
M55 Gordon Reiter	2:21.61
Matthew Duncan	2:27.97
Rick Yount	2:55.94
Nano Soto	3:04.25
M60 John Weidinger	3:04.92
M65 Jeremy Lys	2:40.79
Fred Black	2:53.35
Spencer Parrish	3:09.01
Edwin Berry	3:09.81
M70 Donald Leis	3:41.08
W40 Mary Woo	2:42.98
W55 Yoko Eichel	3:01.56
<b>1500m</b>	
M35 Michael Gottardi	4:25.59
James Wachter	4:46.74
M40 Leonard Sperandeo	4:15.99
Bob Stark	4:46.39
M45 Lou Nishimura	4:37.55
John Morton	4:39.19
M50 David Howse	5:00.57
Stefan Waltermann	5:28.70
M55 Matthew Duncan	5:06.08
Steve Haun	5:39.43
Henry Weiland	5:53.63
Nano Soto	6:31.15
M60 John Weidinger	6:20.92
M65 Jeremy Lys	5:38.59
Fred Black	5:55.67

Edwin Berry	6:52.52
W35 Lori Wray	5:41.66
W40 Karen Jeffers	5:06.90
K Kimber-Wachter	5:18.98
Theresa Brown	5:26.96
W50 Sharlet Gilbert	5:38.19
W55 Yoko Eichel	6:22.01
W65 Barbara Robben	8:08.33
<b>5000m</b>	
M50 David Howse	18:57.53
M60 Frank Condon	22:02.62
John Weidinger	23:09.60
M65 Edwin Berry	25:35.28
W40 Desiree Love	22:33.70
W55 Yoko Eichel	29:17.07
Trish Caldwell	32:19.63
W65 Barbara Robben	29:34.68
<b>Short Hurdles</b>	
M35 Richard Holmes	15.07
Drew Monaghan	16.77
Timothy O'Neal	16.96
Christian Hendricks	19.59
M40 Peter Grimes	15.06
Bryon Duhon	15.79
Gerasim Hayrapet	16.60
Christian Hendricks	19.59
M45 Robert Zahn	17.28
Don Helton	21.00
Jeffery Davison	21.49
Maurice Taylor	21.62
M50 Roger Parnell	15.96
Robert Hahn	16.27
Frederick Johnston	16.62
Edward Baskauskas	19.54
M55 Frederick Johnston	16.62
M60 Phineas Anderson	19.80
Fred Dillemoth	23.88
W40 J Upshaw-Margerum	12.41
W45 Liz Johnson	17.33
W50 Nancy Cochrane	16.53
W55 Phil Raschker	14.07
Avril Naylor	16.61
<b>Long Hurdles</b>	
M35 Laurent Birade	59.79
M40 Peter Grimes	55.77
Christian Hendricks	1:07.24
M50 Robert Quist	1:09.96
M60 John Weidinger	1:14.04
W45 Liz Johnson	1:37.29
W50 Nancy Cochrane	1:04.37
W55 Phil Raschker	53.69
<b>2000m Steeplechase</b>	
M50 Bill Phillips	9:19.9h
M60 John Weidinger	9:53.3h
W40 Jeanette Powless	8:28.0h
Desiree Love	9:55.5h
W45 Linda Zarzana	9:30.4h
W50 Sharlet Gilbert	9:34.8h
<b>High Jump</b>	
M35 Lee Ronald	1.91
Timothy O'Neal	1.76
M40 Todd Risby	1.76
Gerasim Hayrapet	1.66
M45 Fritz Moga	1.71
Valery Snezhko	1.66
Robert Zahn	1.60
Don Helton	1.46
Gary Herlinger	1.46
M50 Edward Baskauskas	1.46
M60 John Burns	1.51
Phineas Anderson	1.36
M65 John Steinman	1.22
Jack Parker	1.22
M70 Donald Leis	1.07
M85 Donald Pellman	1.17
W30 Kimiko Nakatake	1.55
W40 Joy Upshaw-Margerum	1.40
Mary Miller	1.35
W45 Liz Johnson	1.15
W55 Liz McBlain	1.10
W65 Christel Donley	1.10
W75 Leonore McDaniels	1.15
<b>Pole Vault</b>	
M35 Mario Estrada	2.90
M40 Kenneth Bayloss	4.00
Wade Nichols	3.70
Tom Clabough	3.40
M45 Wilson Soo Hoo	3.55
M50 Steve Patterson	3.55
M55 Gary Wuest	2.75
Dennis Stempel	2.60
M60 Fred Dillemoth	1.85
M65 John Steinman	2.60
M70 Jerry Donley	2.90

M85 Donald Pellman	1.85
W45 Liz Johnson	2.00
W55 Phil Raschker	2.60
W75 Leonore McDaniels	1.80
<b>Long Jump</b>	
M40 Christian Hendricks	5.48
M45 Don Helton	4.49
M50 Roger Parnell	5.63
Dennis Cameron	3.87
M55 Vance Jacobsen	4.54
M60 Fred Dillemoth	4.00
M70 Jerry Donley	3.81
Donald Leis	3.12
M80 Don Saunders	3.12
M85 Donald Pellman	2.88
W45 Liz Johnson	3.03
W50 Nancy Cochrane	3.52
W55 Avril Naylor	3.73
Liz McBlain	3.01
W75 Leonore McDaniels	3.19
<b>Triple Jump</b>	
M35 Drew Monaghan	11.66
M40 Gerasim Hayrapet	12.50
M45 Don Helton	9.38
M50 Robert Richardson	10.51
M60 Phineas Anderson	8.58
M70 Donald Leis	5.81
M85 Donald Pellman	6.38
W45 Liz Johnson	7.06
W55 Liz McBlain	6.39
W75 Leonore McDaniels	6.20
<b>Shot Put</b>	
M35 Angelo Roselli	10.39
M40 George Patterson	11.00
John Garvey	10.78
Allen Eggman	10.12
M60 Bill Starkey	10.73
Bob Callori	6.90
M65 Gerald Fasteen	10.70
Dennis Rietz	9.23
Jack Parker	8.77
Adrian Witham	6.06
Billy Parker	6.04
M70 Donald Leis	7.38
M85 Donald Pellman	9.50
William Murray	6.14
W30 Jackie Nasca	11.38
W45 Liz Johnson	7.22
W50 Joan Stratton	11.03
W55 Liz McBlain	9.63
Avril Naylor	7.61
W65 Christel Donley	7.73
W75 Doreen McLeod	5.01
W80 Olga Kotelko	5.95
<b>Discus</b>	
M30 Chad Lindsay	42.82
M35 Paul Quirke	41.78
Mike Curry	33.03
Angelo Roselli	27.14
M40 John Garvey	37.66
George Patterson	34.90
Paul Murray	30.89
M50 Gary Schmidt	36.18
Dennis Cameron	29.62
M55 Thomas Fahey	48.04
George Konen	41.23
Bob Sager	34.82
Gary Wuest	28.10
M60 John Burns	39.54
Bill Starkey	37.67
Julius Cassels	32.66
Fred Dillemoth	31.44
John Drake	29.69
M65 Gerald Fasteen	37.82
Dennis Rietz	27.59
Adrian Witham	17.82
M70 Ray Feick	34.37
Robert Jordan	31.27
Doug Tomlinson	30.75
M85 Donald Pellman	25.88
William Murray	17.86
W30 Jackie Nasca	38.41
Cindy Moriarity	21.63
W45 Liz Johnson	19.92
W50 Joan Stratton	28.69
Cathy Baar	14.20
W55 Lorraine Tucker	25.54
Liz McBlaine	19.57
W65 Christel Donley	15.90
W75 Doreen McLeod-Smith	13.08
W80 Olga Kotelko	14.75
<b>Hammer</b>	
M35 Matt Cavender	49.55

Mike Curry	44.30
Andy Lorenz	38.23
Angelo Roselli	26.40
M40 Paul Murray	38.26
M45 Michael Venning	47.10
M55 Bob Sager	40.00
George Konen	37.51
M60 George Mathews	50.98
Bob Cahners	47.45
Julius Cassels	25.58
M65 Gerald Fasteen	27.40
Dennis Rietz	23.26

Continued from previous page

M45 Mike Andrews	54.35
M50 Jamie Vazquez	1:21.21
M55 Marc Witala	1:02.07
M60 David Bohimann	1:16.33
M65 Paul Stephan	1:14.69
M70 Don Kane	1:11.28
W40 Kathe Beardsley	1:08.77
W45 Linda O'Hara	1:16.47
W55 Candy Puterbaugh	1:12.64
<b>800m</b>	
M30 Cory Erickson	2:28.06
M35 Shaun Davis	2:23.06
M40 Kevin Paulk	2:03.02
M45 Mike Andrews	2:09.70
M55 Marc Witala	2:22.33
W35 Sherri Sims Harper	2:38.81
W55 Candy Puterbaugh	2:53.03
W65 Suzi Mac Leod	3:14.22
<b>1500m</b>	
M40 Kevin Paulk	4:16.76
M45 Kevin Cowley	5:05.34
M50 Tim Goodman	5:01.78
M55 Scott Taylor	4:50.90
M60 Robert Ryan	7:00.33
W50 Jeanette Groesz	5:33.17
W65 Suzi Mac Leod	6:45.64
<b>3000m</b>	
M30 Raille Wilson	11:28.55
M35 Joe Dudman	9:28.34
M40 Timothy Swietlik	10:19.79
M45 Alan Knoop	9:42.15
M50 Tim Goodman	10:56.88
M55 William Donnelly	11:32.81
M60 Robert Ryan	15:25.11
M75 John Keston	13:12.57
M75 Don Anhorn	22:23.71
<b>5000m</b>	
M30 Dean Branderhorst	16:23.96
M35 Joe Dudman	15:58.41
M40 Todd Howlan	20:19.82
M55 Scott Taylor	18:19.24
M60 Robert Ryan	24:09.84
M65 Jim Davis	20:46.51
M75 John Keston	20:28.41
<b>Short Hurdles</b>	
M35 Andrew Janssen	16.66
M40 Charles Patton	18.25
M55 Stephen Peirce	21.71
W60 Becky Sisley	NTA
<b>Long Hurdles</b>	
M35 Andrew Janssen	1:06.56
M40 Rick Sherman	1:10.10
M45 Karry Cameron	1:03.93
M55 Stephen Peirce	58.61
M70 John Nelson	1:13.76
W55 Jean Moule	1:25.54
W50 Becky Sisley	1:10.02
<b>2000m Steeplechase</b>	
M60 Robert Ryan	10:59.58
W60 Laura Stepan	13:55.81
<b>3000m Steeplechase</b>	
M35 Ken Martinez	12:01.01
M40 Christopher Grenzer	10:02.19
M50 Jim Satterfield	13:15.71
M55 Stephen Peirce	15:24.78
<b>High Jump</b>	
M30 Jason Campbell	5-10
M40 Beaver Stradley	5-0
M45 Lynn Springer	4-6
M50 Sig Jensen	5-0
M55 John McDougal	5-0
M60 Jay Edwards	4-8
M65 John Steinman	4-0
M70 Ray Propst	4-0
M80 Gilbert Young	3-10
W55 Caroline Cooney	3-7
W60 Becky Sisley	3-9
<b>Pole Vault</b>	
M45 Louis Baucom	13-6
M50 Kameron Mitchell	9-6
M55 Josef Pfister	11-0
M60 Larry Holmes	11-0
M65 John Steinman	9-0
M75 John Cleveland	7-6
W30 Paula Leslie	16-3
<b>Long Jump</b>	
M30 Jason Campbell	18-6
M35 Brian Coushay	20-9.50
M40 Todd Lewis	18
M45 Tani Wu	18-6
M55 Steve Wennerlind	14-4
M60 Michael Myles	14-8
M65 Norman Mac Leod	14-11

M70 Bob Hewitt	15-1.50
M75 Dennis Sullivan	11-9
W55 Caroline Cooney	11-8.50
W60 Becky Sisley	11-5
W75 Melicent Whinston	7-6
<b>Triple Jump</b>	
M30 Brian Corshay	41-7
M35 Mike Toll	41-11
M40 Todd Lewis	31-9
M45 Mike Lariza	43
M50 Kameron Mitchell	31-9
M55 Stephen Peirce	23-8
M60 Victor Chaney	30-8
M65 Norman Mac Leod	30-11
M70 Bob Hewitt	31-1
M75 Dennis Sullivan	25-1
W35 Julie Toll	28-7
W60 Becky Sisley	23-5
<b>Shot Put</b>	
M30 Jason Palmer	30-3.50
M35 Rick Hebb	33-2
M40 Charles Loosli	30-11
M45 Terry Luchs	32-9
M55 Chuck Chapin	48-8.50
M60 Scott Landis	37-7
M65 Bob Lawson	37-8
M70 Tom Allison	36-11.50
M75 Cal Hersey	29-7
M80 Donald Jacobs	16-2.50
W45 Monica Kendall	37-8
W50 Kathleen Gold	14-3.50
W65 Marilyn Gray	14-11
W75 Patricia Osmon	17-5
<b>Discus</b>	
M30 Jef Wood	141-8
M35 Rick Hebb	107-6
M40 Bill Tyson	97-10
M50 Scott McMullen	81-11
M55 Chuck Chapin	134-4
M60 Joseph Myers	140-5
M65 Neil Saling	143-1
M70 Tom Allison	108-4
M75 Dennis Sullivan	90-11
W45 Barbara Friesen	72-3
W55 Jean Moule	58-11
W70 Marilyn Gray	39-6
W75 Patricia Osmon	39
<b>Hammer</b>	
M30 Scott Boothby	212
M40 Ray Roff	63-8
M55 Todd Taylor	167-5
M65 Bob Lawson	91
M70 Tom Allison	102-10
W50 Joyce Taylor	121-3
W75 Patricia Osmon	57-2
<b>Javelin</b>	
M30 Jason Palmer	85-10
M35 Dan Scott	146-8
M40 Gordon Smith	133-7
M45 Brian Valley	156-6
M50 Scott McMullen	136-7
M55 Robert Rice	135-1
M60 Gary Reddaway	161-3
M65 Bob Lawson	118-2
M70 Gary Loosli	122-3
M75 Cal Hersey	81-2
M80 Joseph Mallon	54-8
W45 Barbara Friesen	114-3
W50 Kathleen Gould	25-1
W60 Becky Sisley	82-8
W75 Patricia Osmon	38-11
<b>Weight Throw</b>	
M40 Charles Loosli	24-1
M55 Todd Taylor	56-6
M65 Bob Lawson	41-7
M70 Tom Allison	41-4
W50 Joyce Taylor	38-6.50
W75 Patricia Osmon	22-2.50
<b>3000m RW</b>	
M50 Pat Detloff	15:11.91
M60 George Opsahl	16:42.73
M70 Ron Mac Pike	19:18.65
M80 Joseph Mallon	28:08.78
W40 Kim Miller	17:55.02
W50 Cyndy Goodman	23:22.17
W60 Donna Lafayette	21:03.14
<b>5000m RW</b>	
M50 Pat Detloff	25:35.23
M55 George Mercure	32:40.91
M60 George Opsahl	28:30.82
M70 Ron Mac Pike	32:41.03
W40 Carmen Jackinsky	29:16.27
W50 Donna Lafayette	34:28.02

<b>Inland NW Masters Classic</b>	
Pullman, WA; July 19	
<b>100m</b>	
M65 Larry Wright	18.14
M75 William Platts	14.61
M85 Jule Crabtree	25.94
W35 Lauriea Blume	14.51
W55 Margaret Noren	19.12
W60 Laura Stepan	20.65
W75 Melicent Whinston	23.85
<b>200m</b>	
M65 Larry Wright	39.04
M75 William Platts	31.09
M85 Jule Crabtree	1:20.31
W35 Lauriea Blume	30.12
<b>400m</b>	
M55 Mark Witala	1:03.58
M65 Paul Stepan	1:34.58
M85 Jule Crabtree	2:31.37
W35 Kelly Hewett	1:01.51
W55 Jan Wiebold	NTA
W65 Nancy Savage	1:54.4h
<b>800m</b>	
M40 Rick Lundgren	2:25.24
M55 Mark Witala	2:24.81
M60 Des O'Rourke	2:24.96
M65 Larry Wright	3:04.11
M85 Jule Crabtree	6:30.0h
W35 Kelly Hewett	2:27.6h
<b>1500m</b>	
M35 Jon Hally	5:19.9h
M40 Kevin Thatcher	4:57.2h
M45 Douglas	4:31.8h
M55 Mark Witala	5:01.4h
M60 Des O'Rourke	5:36.0h
M65 Larry Wright	6:10.0h
W35 Kelly Hewett	5:43.51
W65 Nancy Savage	8:36.15
<b>2000m Steeplechase</b>	
W30 Shannon Overbay	8:47.78
W35 Lauriea Blume	10:17.4h
<b>High Jump</b>	
M55 Bill Dow	1.10
W45 Gretchen Hoy	1.07
<b>Long Jump</b>	
M40 Vince Martin	5.19
M60 Frank Struna	4.73
M75 William Platts	3.68
W30 Sheila Smith	5.35
W75 Melicent Whinston	2.37
<b>Triple Jump</b>	
M40 Vince Martin	11.44
M60 Frank Struna	10.55
W30 Sheila Smith	11.42
<b>Shot Put</b>	
M40 Tim Shannon	13.48
M45 Chuck Dunning	10.47
M50 Mark Neal	12.08
M55 Bill Dow	9.06
M60 Pete La Barge	10.49
W40 Karen Miller	10.17
W55 Sue Hinz	5.25
W75 Melicent Whinston	11-5
<b>Discus</b>	
M40 Tim Shannon	40.19
M45 Chuck Dunning	33.61
M50 Mark Neal	35.78
M55 David Kolva	20.67
M60 Pete La Barge	39.32
W40 Karen Miller	35.60
W45 Gretchen Hoy	19.31
W50 Lynn Dow	16.12
W60 Patty La Barge	16.49
<b>Hammer</b>	
M40 Tim Shannon	42.00
M50 Davie Alporque	20.43
M55 David Kolva	23.23
M60 Pete La Barge	37.65
W50 Sharon Sellereite	31.71
W55 Sue Hinz	30.19
W60 Patty La Barge	14.39
<b>Javelin</b>	
M35 Dan Scott	48.61
M50 Davie Alporque	24.78
M60 Pete La Barge	43.90
M75 William Platts	37.39
W60 Patty La Barge	13.40
<b>5K RW</b>	
W55 Jan Wiebold	42:03.0h
<b>5K Run</b>	
M35 Chad Hewett	27:02.0h
M40 Kevin Thatcher	19:04.0h
M45 Douglas	17:36.9h
M55 Ron Crawford	21:24.1h

W60 Susan Gillespie	30:32.8h
<b>10K Run</b>	
M65 Larry Wright	46:32.5h
W35 Lauriea Blume	52:12.8h
<b>Big Sky State Games</b>	
Billings, MT; July 19-20	
<b>60m</b>	
M40 Eric Johnson	8.04
M45 Steve Gardiner	8.65
M45 Mark Kessler	8.63
M50 Dennis Irion	8.49
M55 Grover Peterson	8.45
M60 Russ Miller	9.49
M65 John Christian	9.65
M80 Hap Gilliland	13.98
W40 Catalina Carlon	9.46
W45 Ginger Lord	10.98
W50 Joan Smith	11.89
<b>100m</b>	
M30 Kam Wrigg	12.63
M35 Dale Jones	13.28
M40 Mike Swicker	13.34
M45 Terry Kessler	14.22
M50 Dennis Irion	13.20
M55 Grover Peterson	13.66
M60 Russ Miller	14.50
M65 Arvid Wedul	17.41
M75 Charles Jannings	17.35
M80 George Ryffel	21.27
W30 Tamara Wacker	16.94
W40 Catalina Carlon	15.39
W45 Lama Mitzkus	14.53
<b>200m</b>	
M30 Jay Steiner	30.70
M35 Dale Jones	26.73
M40 Sterling Ballach	28.74
M45 Mark Kennedy	29.68
M50 Dennis Irion	29.25
M55 Grover Peterson	30.11
M60 Russ Miller	32.06
M65 Bill Barry	35.24
M80 Hap Gilliland	52.91
W30 Tamara Wacker	35.59
W40 Jan Grotz	33.36
W45 Anita Rawlinson	45.01
<b>400m</b>	
M35 Dales Jones	58.77
M40 Blair Hopkins	1:01.39
M45 Randy Morgan	1:07.63
M50 Dennis Irion	59.25
M55 Mark Majerus	1:00.50
M65 Bill Barry	1:19.18
W45 Lama Mitzkus	1:06.76
W50 Exel Wedul	1:37.19
<b>800m</b>	
M30 Jay Steiner	2:47.98
M35 Jason Wolfe	2:26.77
M40 Blair Hopkins	2:20.42
M45 Ray Matteson	2:10.87
M50 Monty Cranston	2:44.8h
M55 Mark Majerus	2:28.0h
M65 Bill Barry	3:33.0h
W50 Exel Wedul	3:42.16
<b>1500m</b>	
M40 Sterling Ballach	5:19.6h
M45 Ray Matteson	4:39.2h
M50 Steve Harper	6:18.05
M55 Harvey Brown	5:57.4h
M65 Richard Moore	7:49.9h
M80 Hap Gilliland	10:03.1h
<b>Long Hurdles</b>	
M35 Dale Jones	58.77
M40 Blair Hopkins	1:01.39
<b>5000m</b>	
M35 Steven Kobrine	18:35
M45 Mike O'Malley	19:44
M50 Vince Long	23:15
<b>10,000m</b>	
M35 Steven Kobrine	39:28
M45 Dennis Murnion	41:50
M50 Scott Johnson	47:54
<b>4x400m Relay</b>	
M50 Harper/Omen/Cranston/Snodgrass	5:51.68
<b>High Jump</b>	
M30 Kam Wrigg	5-8
M40 Eric Johnson	4-8
M45 Jim Johnson	5-6
M50 Darrel Holmes	5-8
W60 William Kraske	3-10
M65 Jim Jenkins	3-6
M75 Charles Jannings	3-10
M80 George Ryffel	3-2
W40 Lynne Erickson	4-4

<b>Pole Vault</b>	
M30 Steve McMorris	12-6
M45 Ted Polette	10-0
<b>Long Jump</b>	
M30 Kam Wrigg	20-4.75
M35 Don Clayton	16-4.50
M40 Donnie Peretti	14-10
M45 Wayne Not Afraid	11-9.25
M50 Terry Schaplow	10-3
M55 Grover Peterson	12-3.75
M60 William Kraske	9-10.75
M65 Roger Britton	8-3
M80 George Ryffel	3-2
W30 Tamara Wacker	8-7.75
W40 Catalina Carlon	10-5.50
<b>Triple Jump</b>	
W30 Tamara Wacker	25-1
W40 Lynne Erickson	26-5.50
<b>Shot Put</b>	
M35 Rich McFate	41-1.25
M40 Rich Lewis	33-9.50
M45 Kurt Rabenold	32-1
M50 Terry Kerr	34-7.50
M55 Bob Sager	41-1
M60 Eugene Fisher	34-10.75
M65 Jeffrie Iams	29-2.25
M70 Bill Pim	27-3.25
M75 Charles Jannings	22-11.75
M80 George Ryffel	22-7.25
W40 Lisa Reimer	31-11.50
<b>Discus</b>	
M30 Mike Poole	127-3
M35 Jim Gabriel	117-7
M40 Russell Fagg	101-6
M45 Kurt Rabenold	100-6
M50 James Brogan	103-10
M55 Bruce Jones	120-10
M60 Gary Schneider	157-10
M65 Art Reno	82-4
M80 George Ryffel	59-5
<b>Hammer</b>	
M35 Trent Gardner	97-5
M55 Bob Sager	135-10
M80 George Ryffel	62-7
W30 Kim Riggs	97-7
W40 Lisa Reimer	105-4
W45 Ginger Lord	59-1
<b>Javelin</b>	
M30 Mike Abbey	180-4
Mike Poole	180-4
M35 Trent Gardner	138-7
M40 Russell Fagg	120-7
M45 Clay Vincent	137-4
M50 Darrel Holmes	131-4
M55 David Kaneski	107-6
M60 Russ Miller	143-7
M65 Jeffrie Iams	71-7
<b>Pentathlon</b>	
M40 Russell Fagg	1649
M70 Russell Fagg	538
M75 Charles Jannings	472
W45 Kim Pierson	735
W50 Joan Smith	313
<b>5000m RW</b>	
M45 Steve Gardiner	29.42
M50 Steve Harper	28.09
M55 Clay Robinson	39.44
M65 Walt Egged	33.37
M80 Hap Gilliland	43.22
W45 Kay Erickson	40:36

Aaron Allen	24.83
Rod Wilcox	26.24
M45 Edward Diaz	29.55
M50 Jack Craig	26.59
M55 Charles Brocato	26.19
Will Leslie	27.93
Clyde Hundley	28.47
M60 Bob Callori	32.65
Roger Dean	33.63
Douglas Kirkpatrick	34.60
M70 Jack Coy	33.23
M75 Len Tritsch	37.91
W35 Laura Blume	29.5h
W65 Diane Palmason	31.40
<b>400m</b>	
M35 Curtis Moore	52.08
M45 Edward Diaz	1:07.28
M50 Michael Easterly	1:02.65
Dean Koga	1:08.06
M55 Will Leslie	1:10.43
Neal Stoddard	1:24.03
W35 Laura Blume	1:07.63
W40 Laurie Meloche	1:01.62
Edelza Knights	1:09.58
<b>800m</b>	
M30 Stephen Stuchling	2:13.11
Keith Thomas	2:16.34
Britt Sheely	2:41.22
M40 Jim Bogus	2:27.44
M45 Mark Sheehf	2:16.52
David Flowers	2:18.18
Amy Stonkus	2:26.62
M50 Michael Allison	2:21.27
Dean Koga	2:29.93
M55 Marc Witala	2:21.70
Fred Clark	2:28



Continued from previous page

Vince Martin	5.17
M45 John Wells	4.85
N50 Russell Jacquet	5.15
Rich Hallett	4.82
M55 Vance Jacobson	4.32
M60 Victor Chaney	4.24
M65 Norm MacLeod	4.45
W60 Becky Sisley	3.48
<b>Triple Jump</b>	
M30 David Yu	11.21
M35 Mike Toll	12.19
G Mancinelli	10.20
M40 Greg Font	11.89
Vince Martin	11.62
M50 Rich Hallett	5.45
M60 Victor Chaney	9.42
M65 Norm MacLeod	9.47
W35 Julie Toll	8.68
<b>Shot Put</b>	
M35 Curtis Moore	10.96
Paul Cook	10.48
M40 Gary Lutes	9.37
Ray Roff	8.68
M45 Mike Weslin	11.16
John Wells	10.30
M60 Tom Gage	15.48
Mike Hanby	10.88
Pete La Barge	10.54
M65 James Koch	12.42
M70 Ahmet Ardaman	7.14
M75 Carl Fennema	8.24
Bob Craig	7.08
M80 Robert Horsley	7.12
M90 Leon Joslin	5.58
W30 Laurie Jinkins	9.63
W40 Carla Surina	9.80
Karen Miller	9.52
W60 Georgia Cutler	7.67
<b>Discus</b>	
M35 Paul Cook	36.03
Rod Wilcox	33.41
Todd Anderson	24.66
M40 Gary Lutes	31.66
Ray Roff	26.55
M45 Mike Weslin	33.19
M50 Russell Jacquet	31.85
M60 Tom Gage	49.79
R Hotchkiss	41.70
Pete La Barge	37.46
M70 Ahmet Ardaman	27.65
M75 Bob Craig	18.89
M80 Robert Horsley	16.77
M90 Leon Joslin	16.95
W35 Laurie Jinkins	27.43
W40 Karen Miller	34.25
Carla Surina	28.59
Edelza Knights	18.45
W60 Georgia Cutler	21.45
Patty La Barge	15.26
<b>Hammer</b>	
M55 Todd Taylor	52.36
M60 Tom Gage	AR 60.00
(Stewart Thompson/53.32/1997)	
R Hotchkiss	43.14
John White	42.77
M70 Jim Hitchman	36.46
Ahmet Ardaman	24.35
M75 Ken Weinbel	33.58
M80 Robert Horsley	23.10
M90 Leon Joslin	14.30
W35 Laurie Jinkins	32.82
W40 Carla Surina	28.87
W50 Joyce Taylor	38.77
Sharon Sellereite	31.45
W60 Georgia Cutler	34.81
Patty La Barge	15.38
<b>Javelin</b>	
M35 Dan Scott	46.99
Todd Anderson	37.68
G Mancinelli	27.07
M40 Doug Porter	49.81
Gary Lutes	39.27
M50 Russell Jacquet	31.95
M60 Doug Appel	46.47
Pete La Barge	39.20
M70 Ahmet Ardaman	20.14
M75 Larry Johnson	15.34
M80 Robert Horsley	14.70
W35 Laurie Jinkins	20.34
M35 Sylvester Wilen	54.70
Chris Sarsony	56.78
M40 Paul Brown	52.63

Jim Eckenrode	54.16
M45 Lagrant Anthony	53.19
M55 Ozzie Binion	1:01.62
M65 Larry Golan	56.01
Harry Katzan	1:31.43
Cliff Pauling	2:11.40
M70 Casey Jones	1:14.72
<b>800m</b>	
M30 Bob Hardy, Jr	2:19.16
M40 Glen Sigman	2:06.50
Mark Carver	2:07.99
Peter Heidbreder	2:25.46
M45 Eddie Louis Stone	2:07.18
Miles Vaughn	2:07.67
M50 DeWayne Schmidt	2:19.35
M60 Maurice McDonald	2:27.74
M65 Harry Katzan	3:34.99
<b>1500m</b>	
M30 Bob Hardy, Jr	4:41.23
M35 John Roberts	4:17.72
Drew Bell	5:00.86
M40 Mark Carver	4:12.49
Peter Heidbreder	4:28.97
Anthony Boerio	5:51.90
M50 DeWayne Schmidt	5:05.28
M60 Dean Godwin	5:41.26
M65 Harry Katzan	7:16.97
W40 Kellie Eyre	5:07.26
W65 Joyce Hite	7:29.40
<b>5000m</b>	
M35 Drew Bell	18:59.43
M40 John Kissane	17:54.01
M60 Dean Godwin	23:01.21
W65 Joyce Hite	27:53.65
<b>Short Hurdles</b>	
M30 Don Drummond	14.30
M55 Robert Norton	20.93
M75 William Meanix, Jr	21.48
W50 Linda Lowery	15.94
W60 Ann Carter	18.77
<b>High Jump</b>	
M35 Joshua Willis	1.93
M40 Marcus Shute	1.57
M45 Mark Williamson	1.83
Glenn Reid	1.37
Peter Julius	1.32
M50 Bob Rockwell	1.52
M55 Henry Jordan	1.58
Terry Martin	1.27
Robert Norton	1.32
M65 Sammy White	1.47
Bob Southerian	1.22
Amadee Gervais	1.17
M75 Gordon Seifert	1.32
Buck Bradberry	1.12
<b>Pole Vault</b>	
M35 Rob Lawson	3.20
M45 Tim Rhyne	3.05
Peter Julius	2.44
M50 Lyndell Farmer	3.81
Bob Green	3.05
M55 Henry Jordan	3.50
M65 Jack Gilmore	1.83
M75 Gordon Seifert	2.59
<b>Long Jump</b>	
M30 Robert Davis, Jr	6.65
Todd Hill	5.57
M35 Joshua Willis	6.92
Bob Lawson	5.37
M40 Marcus Shute	5.34
James Singleton	5.32
Mike Kayes	5.25
M50 Cleveland Smith	6.11
Bob Rockwell	4.90
M55 Terry Martin	4.33
Robert Norton	4.28
M60 Marion Harrison, Jr	4.15
M65 Jerry Barton	4.40
M75 Buck Bradberry	3.38
William Meanix, Jr	2.76
<b>Triple Jump</b>	
M30 Robert Davis, Jr	12.00
Todd Hill	10.98
M40 James Singleton	11.83
M50 Bob Rockwell	10.84
M75 Buck Bradberry	7.14
William Meanix, Jr	6.39
<b>Shot Put</b>	
M30 Robert Tulloch	11.92
M40 Nathan Emery	12.38
Matthew Gubenski	10.83
M50 Ted Barila	12.78
Micheal Wasp	12.23
Bob Green	12.12

M55 Gordon Herbert	10.10
M60 Mike Valle	11.88
Randolph Austin	9.15
M65 Gerald Vaughn	13.79
William Burch	9.42
M70 Pay Carstensen	10.02
Jack Munnell	8.32
Graeme Dalzell	7.28
W60 Carol Young	7.74
Alice Tym	6.31
Mary Munnell	4.87
W75 Eliza Dalzell	5.61
<b>Discus</b>	
M30 Robert Tulloch	34.08
M40 Nathan Emery	40.54
Matthew Gubenski	36.44
M45 Geoff Emerson	28.81
M50 Ted Barila	33.20
William Dimitrouleas	30.98
M55 Gordon Herbert	26.16
M60 Mike Valle	43.00
Randolph Austin	33.04
James Turner	27.76
M65 Fred Weber	34.62
Sammy White	32.86
Jack Gilmore	25.91
M70 Jack Munnell	21.69
M75 Buck Bradberry	27.36

William Meanix, Jr	17.57
M80 Graeme Dalzell	19.70
W35 Jill Emery	16.54
W60 Carol Young	23.05
Alice Tym	19.01
Mary Munnell	14.96
W75 Eliza Dalzell	14.60
<b>Javelin</b>	
M35 Rob Lawson	45.18
M40 James singleton	34.28
Anthony Boerio	24.10
M50 Bob Kouvolp	52.94
Micheal Wasp	52.43
M55 Gordon Herbert	31.20
M60 James Turner	32.25
M65 William Burch	28.98
Jack Gilmore	21.66
<b>5000m RW</b>	
M60 Heinrich Looser	31:50.00
Larry Seymour	32:08.37
M70 Robert Fine	33:24.91
Tom Buis	36:17.88
W40 Katherine Fincher	34:27.37
Joan Venslavsky	36:36.18
W55 Ingrid Birkeland	34:22.61
Rosemary Wilson	35:06.71
W60 Anne Nixon	36:10.18
W70 Millie Pihoda	39:98.49

<b>NYRR Continental Airlines Summer Swing 5-Mile Central Park, NYC; July 12</b>	
<b>Overall</b>	
John Honerkamp 27	25:45
Julie Stamps 24	29:53
M40 Steve Trembley	27:18
M45 Amador Ybanez	27:48
M50 Bob Holliday	29:46
M55 Julio Aguirre	30:56
M60 Thomas Maile	33:24
M65 Alfred Finger	34:30
M70 Eric Seiff	38:25
M75 John McManus	47:32
M80 Mel Freidel	1:09:18
M85 Wilfredo Rios	1:10:30
W40 Catherine Stone	30:47
W45 L Branche	33:48
W50 Deborah Hamm	37:31
W55 Chuang Chang	39:44
W60 Ruth Fairbrother	43:51
W65 Naomi Vogel	47:21
W70 Bertha McGruder	59:29
W75 Joan Rowland	1:01:24
<b>Utica Boilermaker 15K Utica, NY; July 13</b>	
<b>Overall</b>	
John Korir 28	43:23
Susan Chepkemi 28	48:55
M40 ANDREW MASAI	45:53
JACKSON KIPNG'OK	46:26
JAMES VANDERMOLEN	52:25
DAVID B. AGOSTA	53:52
LARRY H. VAN DYKE	54:23
MARTY L. DIBATTISTA	55:11
PAUL T. KEMPKE	55:17
M45 ANDREW KUZNETSOV	49:09
SCOTT MASON	54:01
MARK J. RYBINSKI	55:14
GENE R. STEACY	55:41
CHARLIE ANDREWS	51:52
M50 GARY ROMESSER	51:57
TOM S. SMITH	52:01
SCOTT GRAHAM	56:30
DENNIS P. FILLMORE	57:30
LARRY E. REYES	57:51
RANDY D. STROBLE	58:08
M55 BILL RODGERS	56:54
JAMES R. MATTINGLY	57:33
BONG JOON YOON	59:13
M60 DOUG GOODHUE	59:12
RALPH ZIMMERMANN	1:02:36
NELSON K. WADDELL	1:07:13
ROBINSON ORTIZ	1:07:48
M65 A. CERMINARO	1:02:42
ROBERT D. GLAZIER	1:04:10
FAY BRADLEY	1:04:48
MEL WILLIAMS	1:05:23
M70 ED WHITLOCK	58:55
RICH HAUSE	1:12:53
EDWARD DOUCETTE	1:18:16
DAVID W. MORGAN	1:18:48
M75 FRED W. BLAKESLEE	1:32:26
WILLIAM COOLEY	1:36:35
SANDY BUEME	1:49:01
M80 HENRY SYPNIEWSKI	1:30:24
CHARLES SCHMIDT	2:51:41
W40 ELENA PARAMONOVA	55:52
STEPHANIE E. AGOSTA	1:00:24
LINDA WEIBEL-KIMMEY	1:01:23
KAREN VANDERWOOD	1:02:01
KELLY DWORAK	1:02:49
MARY HUGHES	1:02:53
NANCY R. POTTER	1:03:31
S. SIVERS-CORRIGAN	1:03:58
W45 CAROLYN SILVEY	1:00:55
PATTI J. DEPAULIS	1:02:33
M. HARTMANN	1:04:35
HELEN T. LAVOIE	1:05:19
W50 DIANE LEGARE	58:05
PAULA HICKMAN	1:03:24
MARTHA DEGRAZIA	1:07:23
BETH A. HOWLETT	1:08:13
JUDY TASTOR	1:09:05
DERRYL BURMESTER	1:09:11
W55 JOANNE CUNNINGHAM	1:13:47
MARY D. WENCK	1:13:51
GAIL M. VERNOLD	1:14:28
W60 DORIS HERITAGE	1:14:06
ELLEN S. NITZ	1:18:18
VALERIE KILPATRICK	1:17:41
JAYNE L. ZINKE	1:23:47
CINDY F. ZYSK	1:31:08
W65 MARGRET BETZ	1:13:39
HELEN E. BOTTI	1:22:44
ANN M. VELLA	1:27:40
GINNY S. BURTH	1:31:55
W70 HELEN J. BUEME	1:47:43
MAUREEN D. DOOLEY	1:47:48
SHIRLEY E. SIMMERS	2:17:10
<b>Teterboro Airport 5K Teterboro, NJ; July 19</b>	
<b>Overall</b>	
Stephen Ondiekei 28	15:22
Kate Fonshell 33	17:35
M40 Drew Davis	16:12
Ken Rolek	16:31
Ed Kun	16:41

M45 Randall White	17:30
Jerry O'connor	17:59
Blas Mederos	18:10
M50 Roger Price	17:37
Bruce Langenkamp	19:16
Christophe Lehman	19:24
M55 Hugh Sweeny	18:56
Douglas Brown	19:19
Mike Glasso	19:45
M60 Lawrence Diggs	21:17
Stephen Chopek	21:54
George McIntyre	22:04
M65 John F. Leonard	21:45
Fred Loozen	22:28
Dick Hill	23:28
M70 George Studzinski	22:34
Joe Labruno	26:21
Walter Desind	30:20
M75 Lester Ridings	26:42
Bill O'brien	41:24
Anthony Frisco	41:25
W40 Mad. Noe-schlentz	17:43
Joy Jaworowski	19:05
Beth Moras	20:26
W45 Lorraine McPhillips	21:18
Marcia Chnstansen	22:29
Susan Graff	22:31
W50 Jane Parks	20:37
Gail Kislevitz	22:10
Vera Stek	23:57
W55 Christine Ange	25:12
Antje Hennings	26:14
Patti Schmid	30:23
W60 Ellen Nitz	23:31
Patricia O'hanlon	26:02
Ann Gillespie	27:00
W68 Helene Bedrock	23:35
Beverly Eggert	29:53
W70 Toshiko Delia	27:28
Melva Murray	38:30
W75 Muriel Merl	28:54

<b>NYRR Central Park's 150th Birthday Run/Walk 4-Mile Central Park, NYC; July 19</b>	
<b>Overall</b>	
Dan Kleiman 27	20:28
Fiona Bayly 36	24:24
M40 Joseph McVeigh	20:58
M45 Alan Ruben	21:20
M50 Jack McShane	22:59
M55 Michael Hudick	24:48
M60 Edward Fedosov	27:07
M65 Michael Goldman	28:37
M70 Eric Seiff	29:50
M75 Sab Koide	37:18
M80 Allen Flagg	1:00:36
M85 Wilfredo Rios	55:32
M40 Corinna Cortes	24:48
W45 L Branche	26:27
W50 Deborah Hamm	29:29
W55 Susan Siderman	30:28
W60 Carol Johnson	32:27
W65 Evelyn Davis	33:08
W70 Ilona Gardosh	50:27
W75 Joan Rowland	47:31

<b>Bill Luti 5 Miler Concord, NH; July 19</b>	
<b>Overall</b>	
Paul Mwangi 36	23:52
Susannah Beck 35	27:22
M40 Mike Casner	26:54
M45 John Tuttle	27:19
M50 R Stockdale	30:01
M55 Ken Houle	29:51
M60 D Macgregor	32:57
M65 Bill Spencer	34:38
M70 Jack Kick	35:27
M75 Ken Folsom	43:37
W40 Pat Bourgault	33:24
W45 L Wegener	35:06
W50 D Levesque	37:32
W55 Toni Halla	37:17
W60 Kathy Engle	45:13
W65 B Robinson	42:20

<b>Long Island Women's 5K Farmingdale, NY; July 19</b>	
<b>Overall</b>	
Luminita Talpos 30	15:45
W40 Mary Beth Evans	18:34
Maggie Deschamps	20:48
Nancy Katz Johnson	21:12
W45 Susa Skidmore	19:10
Lori Harfenes Melnik	20:22
Margarita Marascia	20:56
W50 Kathy Martin	18:03
Cathy oehrlein	21:46
Melissa Kennedy	22:06
W55 Betty Horstmann	22:28
Hilory Boucher	23:30
Mary Anne Goldman	23:57

**LONG DISTANCE RESULTS**

**NATIONAL**

<b>USATF 50M Trail Championships White River 50M Crystal Mountain, WA; Aug. 2</b>	
<b>Overall</b>	
Uli Steidl 30	CR 6:37.02
Nikki Kimball 32	CR 7:46.33
M40 Carl Anderson	7:01.39
Dennis Poolheco	7:39.32
David Terry	8:00.27
Kendall Kreft	8:53.24
Craig Ralstin	8:53.24
Ted Russo	9:01.41
Tony Covarrubias	9:21.45
Michael Carlson	9:22.40
M45 Eric Bindner	8:01.36
Eric Clifton	8:05.13
Kevin Carroll	8:39.10
Mike Miller	8:42.56
Rob Lang	8:56.40
Andy Jones-Cox	9:16.20
Nate Anderson	9:34.36
Enzo Federico	10:19.41
M50 Pekka Termonen	7:45.35
David Horton	9:52.22
Ray Scannell	10:

Continued from previous page

W60 Marie-L. Michelsohn	20:18
Sarah Pettinato	25:51
W65 Kate Schreck	28:56
Alexandra Finger	31:03
W70+Ruth Maller	74:34
Dolly Finkelstein	73:34
(5)Althea Wetherbee	84:54

**Stowe 8 Miler/USATF NE Championships**  
Stowe, VT; July 20

<b>Overall</b>	
Dan Dombroski	22:40:39
Heather Gardiner	25:46:19
M40 Dan Verrington	41:52
Michael Payson	42:24
M45 Scott Brown	43:46
M50 Phil Riley	47:40
Stephen Burton	47:56
M55 Larry Olsen	46:24
Bill Dixon	48:01
M60 Doug McGregor	53:22
Nat Goodhue	55:21
M65 James Daley	54:07
M70 Sig Baltuch	78:24
Don LaCharite	85:02
W40 Nina Caron	48:27
Mia Jacobs	51:39
W45 Susan Hackney	52:10
Sidney Letendre	54:17
W50 Sue Maslowski	57:18
Moiria Durin	58:17
W55 Patty Foltz	58:45
Mary Ryzcek	62:21
W60 Karen Monsen	71:33
Rosemary Ruslin	71:47
W65 Betty LaCharite	84:27

**Yankee Homecoming 10M**  
Newburyport, MA; July 29

<b>Overall</b>	
Araya Haregot	22:49:15
Theresa Du Toit	30:56:11
M40 ROBERT DABRIO	55:53
CHRIS SPINNEY	56:01
PAUL HAMMOND	56:08
TIM BURKE	1:00:55
CHRIS KELLY	1:00:59
M45 IAN MCCALLISTER	59:21
MARK BARRETT	1:03:41
D DONOGHUE	1:00:31
M50 STEPHEN BURTON	1:01:00
ROGER NASATKA	1:02:31
JIM MORISSEAU	1:04:19
M55 LARRY OLSEN	58:31
BRIAN BYRNE	1:03:44
BRIAN GREENE	1:06:25
M60 PETER ORNI	1:11:51
PHIL PIERCE	1:12:56
AL PETERSON	1:13:12
M65 WALLY KURZ	1:14:24
ART FRENCH	1:16:29
GEORGE BISSON	1:18:45
M70 JOHN W. PARKER	1:29:24
M75 JULIAN SIEGEL	1:39:09
M80 C. MENDELL	1:52:48
W40 MARIA-LUISA SERVIN	58:07
KATE PADDON	1:01:06
MAUREEN BURNS	1:04:36
NANCY CORSARO	1:05:05
LISA SOLOMON	1:05:18
W45 M-E BORGE	1:10:28
SIN KOUNLASA	1:16:13
EILEEN ALLEN	1:18:09
W50 DIANE LEGARE	1:03:18
PAULA HOLM	1:14:53
KAREN DURANTE	1:16:09
W50 JANET PARKINSON	1:18:36
JUDI LEMAIRE	1:22:24
PAT KIESSELBACH	1:24:11
W55 MARY RYZCEK	1:16:56
MARY MINAMI	1:33:37
BARBARA ZACK	1:37:25
W60 WENDY BURBANK	1:26:38
JOANNE RATCLIFFE	1:40:06
MOLLY JOHNSON	1:47:50

**NYRR Manhattan Half-Marathon**  
Central Park, NYC; Aug. 3

<b>Overall</b>	
Retta Feyissa 27	1:11:36
Heather May 33	1:25:24
M40 Bernard Simonet	1:18:44
M45 Amador Ybanez	1:19:41
M50 Roy Fraser	1:24:14
W55 Julio Aguirre	1:27:39
M60 Samuel Skinner	1:27:36
M65 William Gutman	1:55:50
M70 Kenneth Jones	1:59:53
M75 Sab Koide	2:19:38
M80 Dave Pearson	2:32:26
W40 J Chodnicki-Stemm	1:28:37
W45 Carol Farrell	1:31:01
W50 Teiko Schultz	1:41:36
W55 Rita La Bar	1:52:50
W60 Ruth Fairbrother	2:03:02
W65 Evelyn Davis	2:19:43
W70 Bertha McGruder	3:08:35
W75 Joan Rowland	2:52:44

**SOUTHEAST**

**Crazy Bs 8K**  
Kingsport, TN; July 19

<b>Overall</b>	
Linus Mayo	22:10
Silvia Skvortsova	26:03
M40 SANDERS GORDON	25:31
JOHN TUTTLE	25:55
LARRY TAYLOR	27:37
PHIL ROBERTS	28:05
SCOTT BOLTWOOD	31:03
BILL GIBSON	31:33
M45 GREG JOHNSON	27:07
MIKE WAGNER	27:42
DAN RICHARDSON	30:28
JEFF ARMSTRONG	31:32
MARK SKELTON	32:21
FREEMAN COX	33:22
M50 BILL DICKERSON	32:25
GEORGE BROWN	32:42
DAVID SWEET	33:39
M55 DALE CARTER	32:29
LYNWOOD WAGNER	33:14
TOM MURRAY	35:27
M60 JIM STROWD	34:21
CHARLES GRAY	36:16
EUGENE CATER	37:31
M65 DT JETER	38:18
TOM PARKER	38:31
DARRELL JENNEWINE	41:44
M70 ALLEN KRESS	50:19
RALPH HARKLEROAD	60:25
W40 C AYALA-TRONCOSO	27:57
CARLA DOLDER	31:01
SUSI SMITH	33:46
KATHY FELIU	34:44
MARTHA JOSLIN	35:15
AMY TOURVILLE	39:08
W45 CAROL BYRD	41:51
DEBRA BLANKENSHIP	44:58
JENNY ROGERS	45:29
W50 RHONDA WORTHAM	40:10
GLENDIA CHAPMAN	40:28
DONNA AKERS	40:46
W55 SUSANNE SEILEIR	46:34
DIANE SCARBROUGH	51:49
SUE HOPKINS	52:16
W60 HELEN WILMOTH	46:04
JANICE HICKS	46:37
M L PENCARINHA	64:15
W70 HARRIET LOCKE	48:39

**Women's Distance Festival 5K**  
Road Race  
Huntsville, AL; July 19

<b>Overall</b>	
James Terwilliger	24:16:00
Brooke McDaniel	21:18:28
<b>W40-44</b>	
Gail Whelan	22:05
Jennie Rountree	22:37
Vickie Kurtz	24:39
Debbie Page	24:54
Cheryl Hall	25:25
Melissa Feehan	26:35
<b>W45-49</b>	
Ovella Jessee	23:25
Debbie Ormond	24:50
Janet Duncan	26:23
Dauna Coulter	27:29
Debbi Higginbotham	29:23
<b>W50-54</b>	
Ginny Hazeltine	28:02
Alicia Fahey	29:17
Ellen Seikel	49:44
<b>W55-59</b>	
Ibby Tanner	27:31
Charlotte Hopson	30:47
Olga Steiner	39:32
<b>W60-64</b>	
<b>NO FINISHERS</b>	
<b>W65-69</b>	
Barbara Meyer	29:41
Jane Sanders	45:14
<b>W70-99</b>	
Betty Dooley	39:50
<b>M40-44</b>	
Marty Clarke	17:07
Duane Ricketts	18:00
James Burnum	18:44
Lamont Brown	18:53
Syd Keel	19:29
<b>M45-49</b>	
William Alvarez	18:20
Carlos Kingston	20:18
Tab Barnett	21:23
Tony Rogers	21:41
Gary Bentley	22:03
Barry Crumrine	24:19
<b>M50-54</b>	
Dean Bentley	19:19
Joe Wallace	21:20
Craig Kelly	22:08
Dennis Yarges	24:16
Barry Methvin	24:30
John Christy	24:40

<b>M55-59</b>	
Thomas Ibarra	23:45
Steve Calvert	25:17
Steve Coulter	26:29
Bill Redmond	27:56
Gary Deere	29:22
Wilburn Douglass	30:18
<b>M60-64</b>	
Ellis Whitt	22:33
Ray Fanning	23:51
Roger Chassay	26:47
<b>M65-69</b>	
Tim Hopper	23:59
Billy Sexton	25:55
<b>M70-99</b>	
Malcolm Gillis,70	23:41
Bill Chubb,72	25:41
Lyman Jackson,71	27:06
Loyd Doering,75	32:18
Mike Dooley,75	40:21

**MIDWEST**

**Lifeway Bastille Day 5K Run**  
Chicago, IL; July 19

<b>Overall</b>	
CHRIS WEHRMAN	26:15:08
TRICIA MARKS	34:18:39
M40 DAVID MILLER	16:40
MIKE RUGGIO	17:08
PETER LEWIS	17:26
M45 DEREK POWELL	19:04
LAUREANO GALAU	19:31
MARTIN SLARK	19:53
M50 RANDY BALLA	21:47
RICK DIAMON	21:51
JAMES PREIS	22:10
M55 KEN JAQMIN	18:56
PAUL OPPENHEIM	21:54
PAUL BROUILLETTE	23:59
M60 RICHARD PLEET	21:46
JACK TARRANT	25:16
M HUTMACHER	28:48
M65 ROBERT HILL	25:29
GEORGE VIVIAN	28:22
ARTHUR HART	29:03
M70 JAMES NOLAND	26:26
W40 MARY KAY KILEY	25:27
K NANGES-HICKS	25:29
LORI MILLER	27:14
W45 SUSAN BERMAN	21:13
C IWASHASHI	21:42
GINA TRIMARCO	25:55
W50 CINDY MACEY	28:31
ALICE SMEED	29:20
LINDA KLUTE	29:26
W55 CONNIE NELSON	25:33
EILEEN KAPLAN	27:35
SANDY RUMBLER	28:05
W60 KAY WISSMANN	33:04
LORI WRIGHT	36:59
HELEN WARD	39:29

**Greater Clarksburg 10K**  
Clarksburg, WV; July 26

<b>Overall</b>	
David Korir	28:40
Rahab Ndungu	32:58
M40 Eddy Hellebuyck	31:21
Andrey Kuznetsov	32:09
Larry Taylor	34:30
Mark Tensing	34:54
Murshid Latif	36:13
M45 David Kline	35:08
Glenn Baldwin	35:18
Ed Frohnafel	35:58
M50 Jeff Hlinka	38:36
James Sturgeon	40:10
Greg Edgell	41:00
M55 Fred Waybright	39:33
Jim Banks	41:26
Bill Davis	42:51
M60 Walter Seamon	42:17
Jim Bailey	43:46
Will Shaw	49:12
M65 Fay Bradley	43:38
Chas. Williamson	55:14
Ernest Doll	56:31
M70+Matt Norris	50:18
Robert Fretwell	59:01
Maurice Miller	59:19
W40 Barbara Kulemeier	41:10
Susan Verona	46:51
Becky Cosner	47:59
Tonya McDowell	48:32
W45 Sharon Marks	42:30
Leslie Thomas	46:30
Jeff Miller	46:33
Betsy Kuhl	50:10
W50 Terri Mahr	40:20
Diana Morris	52:41
Vivian Brown	59:14
Nancy Danisek	59:26
W55 Mary Mlinarcik	49:49
Pati Habenicht	52:03
Jeanne Sikorski	56:59
W60 Marti Stephan	54:03
Faye Chambers	64:47
W65 Marilyn Olsen	1:01:47

Marty Owings	1:18:22
W70+Phyl Charnes	1:32:52

**MID-AMERICA**

<b>Hitterfest 10K</b> Hitterdal, MN; June 28	
<b>Overall</b>	
Joel Rovang	38:34:32
Carrie Mueller	19:40:59
M40 Steve Burt	36:45
Rick Crume	43:57
M45 Warren Honkola	47:29
Dennis Ouderkirk	48:48
M50 Mark Pavicic	41:09
Jeff McCracken	56:55
M65 Ray Garrity	53:06
W40 Joy Green	54:59
W50 Therese Vogel	45:11
W60 Georgine Cook	49:37
W65 Dreena Duham	59:55

**Lyons River Run 5K**  
Boulder, CO; June 29

<b>Overall</b>	
Ryan Deak	17:15:32
Uta Pippig	37:17:24
M40 Peter Fleming	15:40
Lance Denning	16:11
Kirk Udovich	17:42
M50 Dave Dooley	18:11
Dieter Hogen	20:08
Ernie Petrocine	20:37
M60 Jose Cardenas	20:22
Larry Avery	23:28
Dennis Brooks	24:19
M70 Don Hayes	27:17
Richard Ehret	29:40
Ken Wright	34:52
W40 Delcia Litt	21:19
Jennifer Sullivan	21:38
Susan Schulte	22:09
W50 Cathy Nicoletti	22:08
Sue Butcher	24:17
Rima Lurie	25:06
W60 Pat Peterson	26:45
Becky Williamson	40:18
Betty Lou Manship	42:46
W70 Matilee Christman	53:24
W80 Eunice Shephard	80:41:09
W85 Sheillah Bowles	87:1:03:34

**MSUM 10K**  
Moorhead, MN; July 4

<b>Overall</b>	
Joel Rovang	38:34:24
Aaron Clark	26:41:20
M40 Doug Kreps	37:41
John Peterson	38:45
Thomas Buckhoff	39:21
M45 Jim Staley	44:52
Warren Honkola	46:11
M50 Mark Pavicic	41:17
Tim Martin	42:06
M55 Jerry Rogers	59:56
M60 Joe Connors	59:23
M65 Bill Buckhoff	57:22
W40 Nancy Thompson	48:29
W45 Sonia Jacobson	48:16
W50 Therese Vogel	45:14

**Midnight Madness 10K**  
Ames, IA; July 12

<b>Overall</b>	
Aaron Carrizales	25:30:40
Michelle Ihmels	30:35:29
M40 Mike Carney	34:09
Kirt Goetzke	34:53
Jeff Wubbena	36:25
M45 Keith Fevold	35:07
David Nauman	35:34
Jos Haynes	36:20
M50 Curt Hoegh	35:46
James LaPlant	39:14
Richard Martin	44:36
M55 John Brown	42:54
Davis Schulte	43:40
Philip Hodges	47:21
M60 David Block	48:52
Jim Matthews	49:38
Jim Lindley	52:36
M65 Rick Trochman	45:57
Donald Caslavka	58:40
M70 Tom Novak	50:48
David Waggoner	59:11
M75 Bob Bartling	76:69:12
W40 Vicki Nelson	41:48
Kathie Madron	44:23
Mary Clark	48:41
W45 Sheila Maddock	45:20
Andnette Wickstrom	45:40
Beth Henriksen	46:03
W50 Nancy Hoegh	42:29
Patricia Schulte	58:33
Diane Drake	61:00
W55 Gloria Jansen	45:22
Sandy Rupnow	52:37
Cheryl Robinette	85:46

**Bill Wenmark's ALARC**  
Legends Invitational 10K/5K  
Deephaven, MN; July 12

<b>10K</b>	
<b>Overall</b>	
Craig Christians	42:34:30
Sabina Mehta	25:48:35
M40 Craig Christians	34:30
Paul Barnard	42:31
Randy Pool	46:09
M45 Tom Silverberg	40:46
Patrick Bussen	42:25
Pete Peter	44:08
M50 Brian Davis	45:11
Chuck Sohaskey	46:06
Jeff Shields	48:19
M55 Dennis A Babcock	50:10
Dave Sturgeon	50:21
Larry Rolf	51:25
M60 Lewis Damer	47:37
John Quam	48:51
Carl Wegner	49:30
M65 Cyril Leigh	39:17
Pat Brown	51:42
Jerry Brandenie	56:16
M70 Dennis Van Sloun	48:51
M75 Harold Hubbard	50:38
M75 Burt Carlson	58:55
W40 M Weimerskirch	52:41
Patricia Wright	53:03
Ann Houser	54:13
W45 Suzanne Q Carson	52:48
Karen Wiersum	53:59
Donna Rath	54:28
W50 Debbie Roth	53:39
Joy Panacopoulos	54:28
Jere Thompson	1:01:22
W70 Kathryn Benhardus	51:58
W70 Barbara Burhans	1:00:11
<b>5K</b>	
<b>Overall</b>	
Ron Byland	45:18:04
Katie Thompson	17:22:29
M40 Patrick Eastman	18:33

Continued from previous page

Nicki Bigelow 67 6:55.20  
W70+Myra Rhodes 70 7:05.62

**San Francisco Chronicle Marathon**

San Francisco, CA; July 27

Overall  
Patrick Kamau 29 2:35:06  
Lucy Carr 35 3:01:56  
M40 Vitas Ezerskis 2:35:53  
Thomas Iseler 3:00:14  
Max Ramsey 3:02:10  
Tony Phillippi 3:06:00  
David Piazza 3:07:01  
M45 Michael German 2:59:21  
Takashi Yagisawa 3:03:58  
Robert Koyak 3:04:37  
Steven Dunn 3:04:54  
Mark Plucinski 3:17:52  
M50 Craig Wheaton 3:03:12  
William Jurena 3:03:18  
Ted Levine 3:12:59  
Joe Storelli 3:17:51  
Sargon Nona 3:20:33  
M55 Chuck Macdonald 3:04:25  
Suresh Iyengar 3:23:26  
Dana Henderson 3:32:55  
Daniel Harvey 3:33:20  
Jeffrey Thornton 3:36:50  
M60 Richard Teitz 3:32:30  
Viliam Novak 3:37:36  
Larry Jamison 3:50:07  
Elwood Hopkins 3:55:39  
Dietrich Mesel 3:58:14  
M65 Bill Dodson 3:38:12  
James Cochran 3:57:10  
Juan R Sobenes 3:57:50  
Philo Short 4:09:29  
James Michie 4:15:00  
M70+John Milne 4:30:54  
Hernan Azocar 4:40:25  
Buzz Sawyer 5:10:00  
Daniel Cowan 5:18:06  
Chuck Blair 5:29:43  
W40 Alicia Britt 3:15:51  
Karen Plucinski 3:23:30  
Patricia Cahill 3:28:18  
Nuvit Foster 3:33:10  
Judy Shanley 3:35:58  
W45 Siew Chuah 3:43:21

M Harrington 3:56:39  
Donna Troyna 3:57:45  
Dawn Vonderheide 4:00:07  
Lucille Wing 4:02:07  
W50 M A Lambrechts 3:39:33  
Judith Hurley 3:56:09  
Mika Van Spanje 3:57:01  
Carmela Hoffman 3:58:55  
Judy Case 4:11:51  
W55 Soon-Jung Chung 3:52:39  
Marian Lyons 4:02:44  
Barbara Brady 4:05:07  
Suzanne Sobenes 4:12:27  
Denise Mountain 4:47:38  
W60 Heather Yeowell 4:27:44  
Ann Grove 4:29:28  
Suzanne Rodkey 5:04:39  
Kimiko Klein 5:26:35  
Nancy Cole 5:34:56  
W65 Sally Shipman 5:45:12  
Frances Rice 6:31:48  
W70+Ann Chadwick 5:51:52  
Kathleen Callaway 5:59:50  
Beth Petersen 6:26:31  
Mary Ehrlich 7:01:55

**NORTHWEST**

Butte to Butte 10K  
Eugene, OR; July 4

Overall  
Paul Kezes 24 30:39  
Heather Hanscom 25 35:23  
M40 John Helmick 36:01  
Andy Shotts 36:07  
Randy Hilliard 38:11  
M45 S Buttinghausen 35:26  
Robert Peattie 37:01  
Steve DiNatale 37:33  
M50 Rick Russell 40:56  
John Olsen 41:53  
Ron Wilson 42:19  
M55 Ron Ackerman 41:58  
Terry Habecker 43:07  
Gary Craven 43:17  
M60 Mike Manley 42:45  
Richard Fulwiler 46:15  
Dennis Staples 47:08  
M65 Ken Ogden 51:52  
Bill Robbins 53:34  
M70+Allan Gemmell 70 58:37  
Marlin Franssen 70 62:28  
W40 Julie Kolpin 43:08  
Kristine Henderson 47:15  
W45 Sharon Downing 37:32

Donna Hinshaw 43:43  
Kit Sundling 44:56  
W50 Marilyn Nippold 47:20  
Fran Hutchins 51:16  
W55 Jean White 49:29  
Barbara Hazen 54:09  
W60 Nini Monroe 57:42  
Prudence Hulett 63:07  
W65 Jane Dods 61:11  
Joyce Foster 66:38

Torchlight Run at Seafair 8K  
Seattle, WA; July 26

Overall  
Paul Kezes 24 24:01  
Lyuda Vasileye 33 27:26  
M40 Paul Abdalla 27:09  
Kurt Schaefer 28:03  
Rick Mohler 28:27  
M45 Rick Becker 29:10  
Curt Gordon 29:28  
Eric Barnes 31:13  
M50 Michael Allison 29:14  
Greg Adams 31:15  
James Olson 32:54  
M55 Frazer Mann 34:20  
Michael Shouse 34:59  
Steve Moe 36:55  
M60 Ian Gilchrist 37:09  
Bob Brown 37:56  
Ned Brown 40:10  
M65 Ronald Brinton 34:03  
David Harrison 42:56  
Roger Belanich 45:03  
M70+Mel Preedy 37:12  
Jim Davison 56:35  
W40 Sherrie Keim 31:20  
Gaylene Donner 35:17  
Jill Fresonke 35:47  
W45 Barb Blumenthal 35:27  
Eddi Walker 40:05  
Popsy Wright 40:45  
W50 Diane Kukull 42:00  
Kathleen Ellingson 42:01  
Christine Gleason 43:54  
W55 Judy Fisher 40:30  
Barbara Johnston 42:19  
Vicci Kennedy 44:36  
W60R Wollenweber 52:10  
Dolores Hanson 57:02  
W65 Madelyn Rawlinson 48:01

Scandia 10K  
Junction City, OR; Aug. 9

Overall  
Jed Chappell 22 30:08  
Liz Wilson 35 35:45  
M40 Odis Sanders 32:50  
Dennis Schwahn 36:17  
Alan Whalen 36:59  
M45 Steve DiNatale 36:35  
Reed Lacy 37:12  
Todd Bosworth 37:44  
Gene Solomon 38:23  
Doug Dow 40:11  
Tom Jefferson 42:06  
M55 Michael Caley 42:35  
George Smith 44:19  
Doug Mitchell 46:13  
M60 Larry Dunlap 45:07  
Jack Anderson 46:23  
Fred Merten 48:00  
M65 Don Klinghammer 51:39  
Paul Slovic 54:07  
M70+Marlin Franssen 70 60:49  
Joe Brown 74 61:36  
W40 Carmen Ayala Tronco 38:20  
Tammy Hines 45:45  
Ginger Thramer 46:07  
W45 Regina Joyce 37:07

Jeanne Landrum 44:24  
C Hayward Mayhew 47:49  
W50 Esther Locke 49:53  
Fran Hutchins 51:02  
W55 Jean White 46:41  
Judy Benson 52:06  
W60 Carol Carnley 56:21  
Lynn Gay Bowers 71:55

**CANADA**

Calgary Herald Stampede  
Marathon

Calgary, Alberta, CAN; July 6

Overall  
Dennis Colburn 2:35:56  
Syl Corbett 3:05:50  
W40 Suchetna Channan 3:16:55  
W45 Marilyn VanBreugel 3:29:51  
W50 Judy Morrison 3:36:11  
W55 Patti Wilson 3:22:22  
W60 Patricia Kingsep 3:51:37  
M40 Lonnie Matsuno 2:42:01  
M45 Ed Bickley 2:56:55  
M50 Bert Moniot 2:50:07  
M55 Robert Gemmel 3:23:29  
M60 Lou Pais 3:23:47  
M65 Dan Shuff 4:01:54  
M70+Doug Arcus 3:22:27

**RACEWALKING**

USATF National Masters 15K  
RW Championships  
Evansville, IN; June 1

M40 Gary Morgan 1:13:25  
Douglas Johnson 1:21:36  
Ed Fitch 1:21:50  
M45 Rod Craig 1:16:15  
Vincent Peters 1:20:49  
Craig Woodall 1:38:15  
M50 Bill Reed 1:23:59  
M55 Leon Jasionowski 1:19:02  
Max Walker 1:20:03  
Richard McGuire 1:22:19  
M60 Don De Noon AR 1:19:44  
(Max Green/1:21:16/1995)  
Bernie Finch 1:50:17  
M65 Paul Johnson 1:26:47  
Cedric Hustace 1:46:55  
W45 Boan Byrne 1:42:33  
W50 Tish Roberts 1:40:39  
Cathy Mayfield 1:43:22

**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, SEPT. 2003**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
DARNELLA JAMES (CHARLOTTE, NC)	9-4-63	40-44
BARBARA CRESS (MATHEWS, NC)	9-12-63	40-44
CATHERINE DEMONTIGNY (FRA)	9-19-63	40-44
KIM JEFFERSON (LAS VEGAS, NV)	9-22-63	40-44
MARYLIN BRANDT (NORWICH, NY)	9-16-58	45-49
CRAIG FRAM (PLAISTON, NH)	9-21-58	45-49
JAN SHAW (AUS)	9-9-53	50-54
JACQUELINE APAVOU (FRA)	9-18-53	50-54
JURIANA LANE (RSA)	9-19-53	50-54
JACQUELINE WALPOLE (GBR)	9-22-53	50-54
CLAY STENBERG (REDMOND, WA)	9-28-53	50-54
SIGRID WULSCH (GER)	9-30-53	50-54
BEVERLY MARGARET CHURCH (NZL)	9-2-54	55-59
RHONA TROTT (CAN)	9-7-48	55-59
BETHE MCBRIDE (HAVERHILL, US)	9-14-48	55-59
MERIKO SEKI (JPN)	9-20-48	55-59
BETTY CONOVER (WESTFIELD, NJ)	9-25-48	55-59
VALODIMIR CHERNYATEVIC (UKR)	9-26-48	55-59
ROBERT GREEN (SENECA, SC)	9-26-48	55-59
RICHARD D RICHARDSON (LAMOYNE, PA)	9-28-48	55-59
SANDORNE PALLAY (HUN)	9-28-48	55-59
KAREN MACHARG (TALLAHASSEE, FL)	9-28-48	55-59
CHARLES POLHAMUS (FITZGERALD, GA)	9-1-43	60-64
GEORGE SMITH (CAN)	9-3-43	60-64
SHIRLEY ORR (AUS)	9-4-43	60-64
LAVANIA PETRIE (AUS)	9-13-43	60-64
PETRA PIETERSEN (RSA)	9-14-43	60-64
HELMUT REBHOLZ (GER)	9-15-43	60-64
JOSEPHINE KIMBER (GBR)	9-19-43	60-64
PETE HACKENSCHMIDT (SWE)	9-30-43	60-64
DIXIE GRIFFIN (OR)	9-2-38	65-69
WERNER SCHALLAU (GER)	9-8-38	65-69
JOE BURGASSER (PALOS VERDES, CA)	9-13-38	65-69
MIKE WITKIN (US)	9-14-38	65-69
R. BAXTER (RALEIGH, NC)	9-15-38	65-69
ALAN BEARDALL (LAKE OSWEGO, OR)	9-20-38	65-69
ELDON BURKINSHAW (MA)	9-20-38	65-69
LEONARD BEACHLEY (AUS)	9-24-38	65-69
NORMAN GOLUSKIN (NY)	9-25-38	65-69
RON HILL (GBR)	9-25-38	65-69
HELGI KIVI (EST)	9-3-33	70-74
OMAR FIERRO (MEX)	9-4-33	70-74
BARBARA ROBINSON (US)	9-10-33	70-74
EVA POTSCH (AUT)	9-12-33	70-74
PHIL PRESBER (BELVEDERE, CA)	9-18-33	70-74
BILL JANKOVICH (RACINE, WI)	9-19-33	70-74
ALFONS IDA (GER)	9-20-33	70-74
DARLEEN ANDERSON (SPRINGFIELD, MO)	9-21-33	70-74
NOEMI GASTALDI (ITA)	9-22-33	70-74
VANDOLPH PARISH (MENLO PARK, CA)	9-23-33	70-74
ELIZABETH DWENGER (GER)	9-25-33	70-74
CLAIR INGRAHAM (BOISE, ID)	9-27-33	70-74
DON BRODIE (AUS)	9-4-28	75-79
DAVID STEVENSON (PALO ALTO, CA)	9-6-28	75-79
MARTINO CUDER (ITA)	9-8-28	75-79
TOM CUMMING (NZL)	9-11-28	75-79
WOLFGANG SALBERG (GER)	9-13-28	75-79
CLEM FIELDS (GUY)	9-21-28	75-79
ED CHYNOWETH (INDIANOLA, CA)	9-1-23	80-84
GORDON MCKEOWN (AUS)	9-1-23	80-84
HERBERT WORTMANN (GER)	9-1-23	80-84
ANDREW CRICHTON (MAMARONECK, NY)	9-2-23	80-84
JOE IDRIS JONES (NZL)	9-2-23	80-84
ROBERT PETERS (CHAPEL HILL, NC)	9-3-23	80-84
HARRIETT BOYD (LAKE MARY, FL)	9-5-23	80-84
ARNOLD SHAFMASTER (US)	9-6-23	80-84
TOIVO VIKMAN (FIN)	9-10-23	80-84
TOM LACEY (FINDLAY)	9-15-23	80-84
KURT HERRMAN (GER)	9-17-23	80-84
RUTH CHRISTIAN (CORONA, CA)	9-24-23	80-84
DON HULL (PORT ORANGE, FL)	9-1-18	85-89
CHARLES BEAUDRY (EDINBURG, TX)	9-4-18	85-89
BILL BURKE (SAN GABRIEL, CA)	9-23-18	85-89
ERLING SVENNEVIK (NOR)	9-28-18	85-89
RAY EDWARDS (US)	9-1-13	90-94
VINCENT GODFREY (LA MESA, CA)	9-2-13	90-94
JOHN WALL (BALTIMORE, MD)	9-6-13	90-94
PHIL HENN (BLANCHARD, FL)	9-21-13	90-94
GEORGE BRACELAND (DREXEL HILL, PA)	9-22-13	90-94
LAURENCE HARVEY (POTTSTOWN, PA)	9-22-13	90-94

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