

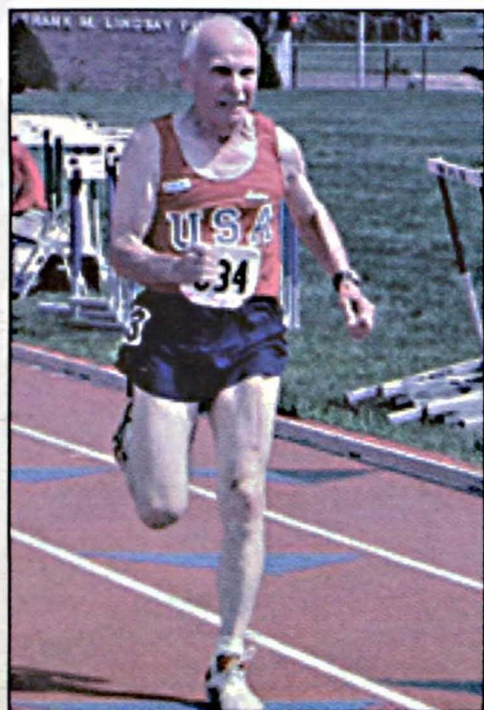
NATIONAL MASTERS NEWS

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

313th Issue

September 2004

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JERRY WOJCIK

Rod Parker broke two M85 world records and one U.S. record.



JERRY WOJCIK

The gold medal M70 4x100 Midwest Masters team (kneeling) of (l to r) Bill Jankovich, Paul Lehmkuhl, Harry Brown, and Pierre Dobrovoly, with the silver medal Ageless Wonders team of Bill Daprano, Rodney Brown, Bill Melville, and Mel Larsen.



JERRY WOJCIK

Kay Glynn, 51, won the pentathlon and was second in the pole vault.

37th Nationals Draw 1107 to Decatur, Ill.



JERRY WOJCIK

The children's favorite street entertainer in the downtown Decatur Celebration, held during the 37th National Masters T&F Championships.

Midwest Heat and Humidity Cool It

By JERRY WOJCIK

DECATUR, Ill. — Records, world-class performances and dazzling contests took a backseat to the big story at the 37th USATF National Masters Track and Field Championships here on Aug. 5-8 — the weather.

All of the pre-Championships hoopla about how the dreaded Midwest heat and humidity would mar the meet turned out to be just so much, well, hot air.

The 1107 entrants were treated to four days of temperatures in the 70s and low 80s, relatively low humidity, and blue skies. Lows in the 50s caused some athletes in the college residence halls to shop for inexpensive fleece blankets. Except for slight winds on Thursday and Friday, it was, by any standard, much less the Midwest in August, perfect.

Competition was held in five-year age groups, starting at 30 and going up to 90. The first three finalists received gold, silver and bronze medals, the next three, ribbons. Guest athletes, who did not displace U.S. citizens, received equal awards. Countries represented included Germany, Mexico, and Canada, which sent its usual large, capable contingent, led by Olga Kotelko, 85, who broke world records in the discus and javelin.

The meet was held at Millikin

University's Frank M. Lindsay Field. At the venue, if you stood at the right spot, you could watch races on the eight-lane track, and be yards away from the long jump, pole vault, shot put, and hammer sites. The discus and javelin were held across the street, some distance from the track.

Buoyed by the weather, athletes began setting records on Thursday in the pole vault and pentathlon, and ended with more in the relays on Sunday.

Eighteen world and 23 U.S. age-group records were broken, tied or established. In the 2003 Championships, Eugene, Ore., 1207 athletes set eight world and 30 national records.

If there were Athlete of the Meet Awards, they might go to two women from Vermont, Barbara Jordan, W65, and Flo Meiler, W70, and Rod Parker, M85, of Arkansas. Jordan won seven gold medals, with a world record in the 300H (63.21) and U.S. records in the 80H (16.83) and the pentathlon (3611). What makes her records even more outstanding is that the three she broke are hers.

Meiler won five events with world records in the 80H (17.57) and 300H (67.16) and established a U.S. pentathlon record.

Parker broke world records in the

Continued on page 3

INSIDE:

- Masters at Trials — page 6
- Highlights of Nationals — page 7
- International Scene — page 15

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CONTENTS
DEPARTMENTS

USATF Officers 2
 Letters to the Editor 4
 NMN Sustainers 4
 Track & Field Report 5
 Fifteen Years Ago 5
 Third Wind 6
 The Foot Beat 8
 Racewalking 10
 Ten Years Ago 10
 Master Scope 11
 On the Run 12
 Twenty-Five Years Ago 13
 The Weight Room 14
 Senior Games Spotlight 14
 International Scene 15
 Five Years Ago 15
 WMA Officers 15
 Report from Britain 16
 WMA/USATF Specs 16
 Masters Scene 17
 Schedule 18
 Twenty Years Ago 19
 All-American Athletes 20
 Results 21
 New Age-Group Athletes 35

FEATURES

National T&F Championships 1
 Pending Records 3
 Cat Spring Grunt 5
 Masters at Olympic Trials 6
 Highlights of Nationals 7
 National Champions 7
 White River 50M 9
 Texas Championships 10
 Northwest Regional Meet 11
 East Regional Meet 17
 West Regional Meet 17

ENTRY FORMS/RACE & PRODUCT INFO

NMN Subscription Form 4
 Track & Field News 5
 National 5K X-C 9
 National 8K X-C 11
 How To Be a Champion 12
 Publications Order Form 13
 Long & Strong Journal 14
 USATF Competition Rules 35
 Flexagen 36



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Nationals Draw 1107 to Decatur

Continued from page 1

200 (34.41) and 400 (84.18), and set a U.S. 100 record (16.22).

The younger and older divisions had their usual gaps in some events. The W55 and W60 divisions had no champions in more than a dozen events. Entrants in the 10,000 and racewalks were fewer than usual. The sprints had full houses, with the M75s in the 100 having to run rare semi-finals.

Not all competitors were veterans of previous national meets. First-timers included Doug Gabbert, M45, Palm Coast, Fla., pole vault silver medalist.

"This is my first major meet. I was pleased with not having to tell officials how to move the standards. They took care of everything, and my event ran on time."

Tom Linnell, M60, Fort Collins, Colo., who competed in the 800 and 1500 in his first national championships, said, "I was very impressed with the athletes' friendliness and professionalism of the officials. The banquet needed cheap beer and lots of time to talk to each other. That's what we want."

It was not the best of times for everyone. Former sprint national champion Cindy Steenbergen, 50, Fort Worth, Texas, a potential gold medalist, had to withdraw with an injury.

Another medal contender, Doug Smith, 65, Laguna Hills, Calif., became violently ill with food poisoning around 8 p.m. Thursday, after eating in a Decatur restaurant, was taken to a hospital, connected to two IVs, and told not to run by an MD.

Released at 5 a.m. Friday and subsisting on apple sauce, soda crackers and water, Smith qualified (13.09) for the 100 finals and took a third (13.12) on Saturday. Later on Saturday, he qualified (28.75) for the 200 finals scheduled for Sunday. On the advice of a doctor, who told him that his condition and electrolytes were so low that he could suffer heart damage, Smith reluctantly did not run, saying, "I did not come here to lose."

Some significant performances were nullified by disqualification. Francis Schiro led most of the way in the M50 400, was overtaken by Bill Collins, and gave up a medal for running out of his lane. In the M50-59 4x100 relay, Collins' winning Houston Elite team lost gold medals for an illegal baton handoff. Kathy Martin, W50, was denied the chance for a fourth title here, after disqualification for changing lanes too soon in the 800.

Local media coverage was extensive. The *Herald & Review* printed results three deep and daily articles. Monday's issue had an article on JoAnn Grissom, 66, an official and competitor; a short piece on announcer Peter Taylor; and a long article on what motivates masters runners.

ABC-affiliate WAND ran segments on its nightly news, with sportscaster

Brandon Blocker reporting on the meet.

"Local coverage was the best," said George Mathews, Masters T&F Chair.

Primary announcing for the four days was done by Taylor, who operated from the center of the track under a tent.

Off the track, athletes took in the downtown Decatur Celebration, a



JERRY WOJCIK

Brian Pope, M40 winner in the 5000 and 10,000, 37th National Masters T&F Championships.

street fair on Friday, Saturday and Sunday. "The biggest street festival I've seen," said Max Springer, 90, as he and his wife were leaving after taking in booth after booth of food, arts and crafts, public service, and clothing.

At the Athletes' Meeting on Friday afternoon, Don Luy, meet director, and Sandy Pashkin, Games Committee Chair, responded to questions concerning the meet's management. Norm Green, Masters Hall of Fame Coordinator, explained the election process for the 2004 nominees. Phil Byrne, Nominating Committee Chair, discussed the forthcoming election of masters officers at the annual meeting in Portland, Ore. Bob Weiner, Masters Media Subcommittee Chair, distributed a PR form to encourage athletes to contact their local media.

Mark Zeug, meet director of the 2005 Hawaii Championships, gave information on the status of the meet, scheduled for Aug. 4-7 at the U. of Hawaii, Honolulu. The Hawaii Web site is www.hawaiiichamps.org.

About 140 officials were on hand. So many, in fact, that in one instance in the women's shot put, the shot was passed back to the ring hand-to-hand bucket brigade style rather than carried by an official.

Carl Reichard, 51, Noank, Conn., an experienced championships athlete and hammer gold medalist here, summed up the general feeling for the meet, "Terrific. Competition was exciting, and events went off on time. Lots of officials. A well-organized



JERRY WOJCIK

Karen Steen set a W40 record of 7:11.97 in the 2000 steeplechase, 37th National Masters T&F Championships.

meet and favorable venue."

A good meet but not without issues. Lap counting was inaccurate, leaving some runners in the 5000 and racewalkers at a loss as to their progress.

The primary sponsors were First to the Finish, Pepsi, Millikin U., Decatur Area Convention and Visitors Bureau,

Lindsay Family, Decatur Park District, and Gill Athletics.

Finally, Jim O'Neil, 79, Rancho Mirage, Calif., took a silver medal in the 5000. He was competing in his 37th National Masters Outdoor Championships. □



JERRY WOJCIK

Conor O'Driscoll, 43, in the 5000, 37th National Masters T&F Championships.

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Pending World and U.S. Records 37th USATF National Masters Championships

WORLD RECORDS			U.S. RECORDS		
Event	Age	New Mark	Name	Old Mark	Held By
200	M85	34.41	Roderick Parker	35.82	Kizo Kimura
400	M85	84.18	Roderick Parker	87.11	Herbert Liedke
800	W70	3:05.51	Jean Horne	3:10.72	Nina Naumerko
800	M75	2:37.68	Earl Fee	2:40.0	Harold Chapson
SH	W70	17.57	Flo Meiler	17.72	Shirley Peterson
SH	M60	14.62	Courtland Gray	14.74	Charles Miller
SH	M80	14.38	Mel Larsen	16.05	Juji Tanaka
LH	W65	63.21	Barbara Jordan	65.26	Barbara Jordan
LH	W70	67.16	Flo Meiler	71.67	R Mjelde
4x800	W40	9:51.58	MMTL	9:55.83	NED
4x800	M50	8:41.55	SOCAL	8:45.88	USA
PV	M75	2.96	Bud Held	2.95	William Bell
PV	M80	2.60	William Bell	2.51	Carol Johnston
LJ	M80	4.19t	Mel Larsen	4.19	Mazumi Morita
TJ	W70	8.09	Audrey Lary	7.87	Shirley Peterson
DT	W85	14.25	Olga Kotelko	13.92	Ruth Frith
HT	M70	53.11	Bob Ward	51.69	Bob Ward
JT	W85	15.70	Olga Kotelko	13.74	Irja Samama
100	M85	16.22	Roderick Parker	16.72	William Weinacht
200	W70	33.90	Audrey Lary	34.03	Pat Peterson
800	W70	3:13.90	Suzi MacLeod	3:20.71	Sumi Leonard
800	M55	2:08.07	Nolan Shaheed	2:08.7	Vic Heckler
800	M65	2:21.14	Sid Howard	2:24.78	Mack Stewart
1500	M70	5:11.76	Charles Rose	5:14.97	James Lytjen
10,000	W50	37:12.23	Kathy Martin	37:28.67	Shirley Matson
SH	W65	16.83	Barbara Jordan	17.07	Barbara Jordan
SC	W40	7:11.97	Karen Steen	7:42.55	Dee Ann Dougherty
SC	W70	17:51.50	Gloria Bortell	---	---
SC	M75	10:09.79	Jim Selby	10:40.02	Avery Bryant
SC	M85	14:28.93	Daniel Bulkley	---	---
4x400	W40	4:35.60	Fleet Feet	4:36.9	FCRT
LJ	W70	3.84	Audrey Lary	3.48	Leonore McDaniels
JT	W55	26.53	Shirley Raham	23.38	Dorothy Vander Cruyssen
JT	W65	31.48	Becky Sisley	29.89	Erika Messner
JT	M50	64.86	Mike Brown	57.88	Richard Sander
JT	M55	54.39	Buzz Gagne	54.16	Gary Reddaway
JT	M70	42.17	Robert Youngs	40.54p	Larry Horine
PENT	W65	3611	Barbara Jordan	3556	Barbara Jordan
PENT	W70	3996	Flo Meiler	---	---
PENT	M85	2791	Daniel Bulkley	---	---
5000RW	M70	27:35.90	Jack Bray	27:51.03	Jack Bray



**WRITE
ON!**

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E-mail: natmanews@aol.com

SENIORS

I directed the USC Masters Meet in April. A former athlete of mine, Manny Gomez, head track coach at Lincoln H.S. in Los Angeles, agreed to provide 20 students to work the meet.

The Friday before the Sunday meet, the bus was bringing his team home from a dual meet. He reminded the kids about their commitment to work the masters meet involving seniors, and asked them to raise their hands to lock it in. He was surprised at the number of girls with their hands up.

He brought 25 kids, plus his A.D., assistant coach and brother, Roman Gomez, four-time 1600-3200m state champion while at Belmont H.S., to help.

In the middle of the meet, two girls came to Manny and accused him of misleading them. Confused, he asked, "How?" Their answer was, "You told us there would be seniors here - and there are only old men!"

*Robin Paulsen
By e-mail*

JAVELIN SPECS

Masters meet coordinators throughout the land might want to double check with their weights & measures officials regarding javelin specifications for future meets. Despite my 400g Aussie javelin passing muster at three meets during the past year (one only three weeks ago), it was disqualified at the Masters West Regionals, July 24, for having a wrong center of gravity.

Follow-up phone calls reveal that

current specs allow no more than 80 centimeters between the CG and tip; whereas, my tip extends between 80 and 82 centimeters, which were the specs several years ago.

In other words, formerly a minimum of 75 and maximum of 82 were within allowable specifications. Now, it's 75 and 80. Apparently, not all weights & measures officials are aware of this. Incidentally, SpringCo is aware.

*Ed Chynoweth
Sanger, California*

HAWAII 2005

I am planning to visit relatives in Hawaii in conjunction with the 2005 National Masters Championships.

I would like to see us go back to having only finals in the 800 and 1500, rather than running preliminary heats.

Here is my reasoning. While there is no finer place to spend time than a track, I have heard that there are other things to do and see in Hawaii. Since this is a once in a lifetime trip, I would like to see and do those things. However, with the current format, I would have to show up at the track on Thursday and Friday in the unlikely event there would be preliminary heats.

Placement in the fast or slow race could be based on submitted times from authenticated meets. I believe anyone competing for a place would have no problem providing times. Without the time, one could still compete in the slower heat.

Sustainers for September 2004

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

Special thanks this month go to:

Louise Adams
Roy Englert
Edward Fox
Thomas Hartshorne
Joseph Hemler
Walter Rilliet

Boulder, Colorado
Springfield, Virginia
Bayside, New York
Ithaca, New York
Ormond Beach, Florida
Aptos, California

If this is not deemed possible by the powers that be, I will not complain, as I am too grateful for the opportunity to do something I enjoy so much.

I write this as I prepare to leave for the Masters Championships in Decatur needing to arrive on Wednesday, although I will likely not have to run until Saturday.

*Stan Mathes
Fond du Lac, Wisconsin*

PSA SCREEN

I was inspired to e-mail NMN after reading an article by Payton Jordan.

I can honestly say that I am alive today because of hard sprint work outs. From 1991 to 1994, I experienced severe abdominal pain similar to a muscle pull after hard sprinting. I saw several doctors/specialists and was diagnosed with muscle strain and told to stop sprinting (no problems with distance work) to give the muscles time to heal. I would rest for several weeks, but the pain would return with the first hard workout.

I continued to attempt to get a correct diagnosis. I was given a complete blood analysis and finally, in 1994 with the use of Prostate Specific Antigen (PSA) I was diagnosed with advanced prostate cancer, which I likely contracted from exposure to Agent Orange during the Vietnam War.

After surgery, a medication mishap caused me to go into respiratory arrest. Five hours later I awoke from the worst nightmare imaginable. Five weeks later I was back on the track and have won several national titles since, the latest one in Baton Rouge.

Last year I ran a 55.4 before the Nationals, but chronic tendinitis caused me to miss the event.

I urge all masters to take advantage of the PSA screen.

*Matt Pruitt
By e-mail*

MEDIA HONOR ROLL

It is extremely helpful in spreading the word about the mission of masters track and field for athletes to contact their home media about their performances.

The Masters Media Committee urged athletes to do so at the 2004 Nationals in Decatur, providing model telephone call sheets, and we now

announce the first "Home Press Honor Roll" of athletes who contacted at least one of their local media from the meet:

Nolan Shaheed - WGCC Radio, Pasadena, CA

Lorraine Jasper - Philadelphia Inquirer

Sid Howard - Newark Star Ledger

Chris Gordon - Eugene Register-Guard

Ron Pate - Honolulu Advertiser

Linda Piff - Asbury Park Press

Bruce McBarnette - Washington Post and numerous Northern Virginia media

Gerald Vaughn, Geoff Emerson, Jim Russ, Liz Johnson - Charlotte Observer

Martha Mendenhall - Tacoma News Tribune

Robert Thomas - Indianapolis Star Tribune

Becky Sisley - Eugene Register-Guard

Karen Steen - Tacoma News Tribune and Olympia, WA, Olympian

John Hinton - Danville Bee

Gina Richardson - Raleigh News and Observer

Ann Carter - Aiken Standard

Carol Finsrud - Lockhart Register

Congratulations to these Masters Media Committee Honor Roll recipients for their successful outreach efforts. If anyone else developed home press from their efforts at nationals - and especially if you have clips you can e-mail us as models - please contact us at weinerpublic@comcast.net. We will be happy to announce additional "honor roll" members in the future.

After consulting with Masters Chair George Mathews, Games Committee Chair Sandy Pashkin, Athlete Representative Dave Clingan, Hawaii Meet Director Mark Zeug, and others, the Media Subcommittee announces that, because of the success of this pilot project in Decatur, a larger home press project will be utilized in upcoming national championship meets, perhaps with a "Home Press" tent next to the medal stands so that our interns or staff can immediately put awardees on the phones with home press.

*Bob Weiner, Chair
Liz Johnson, Member
Masters Media Subcommittee*

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CZZMN



Track & Field Report

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

Decatur Provides a Unique Experience

This year's USATF National Masters Track & Field Championships in Decatur, Ill., was truly a unique experience for a "coastal" person like me. Even though I lived in Mansfield, Ohio, for three years during the seventies, I forgot how beautiful the Midwest can be during the summer months. The weather couldn't have been better any place in the United States. The corn was taller than I am, and the people couldn't have been more amicable.

Decatur is "really" in the middle of the state and the nation. Besides flying directly into Decatur by prop plane, people drove in from Chicago, Indianapolis, Bloomington, Urbana, Springfield, Ill., and St. Louis, to name a few cities.

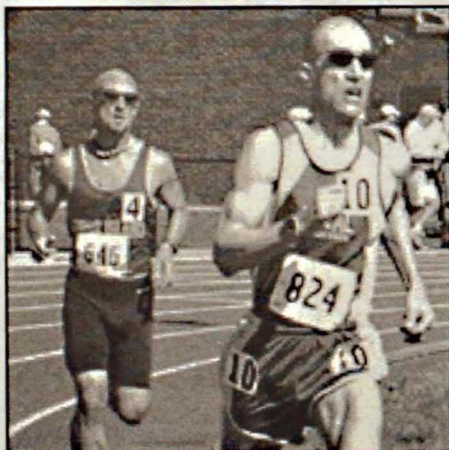
It was a pleasure getting to see this agricultural wonderland. I also had a pork tenderloin sandwich, my first in a long time.

Decatur was jumping during our weekend there. Their annual "Decatur Celebration" was in progress and a major tennis tournament was going on. Lots to do!

Friendly Atmosphere

The best part, though, was the friendly people. The LOC, lead by Don Luy, and everyone even remotely associated with the meet, had a "can do" attitude. When we asked for some changes, they were happy to accommodate. Thanks to everyone associated with this meet.

I hope Decatur will bid for the 2007 Championships that will be up for bid at our annual meeting in Portland, Ore., in December. It really makes sense to rotate this championship, Eastern U.S., Western U.S., and Midwest.



JERRY WOJCIK

David Olshan (r), M40, and Brian Hickey, M35, in the 5000, 37th National Masters T&F Championships.

We hadn't been to the Midwest since 1995 at East Lansing, Mich. That's too long. We saw many new faces at this championships. We always get a large number of members participating from that part of the country in which the meet is held. Let's keep the rotation idea alive.

I also want again to thank Sandy Pashkin and the Games Committee for doing a fantastic job in helping make

sure the meet was conducted in a safe manner and followed the rules that guarantee a level playing field for all.

Sticking to the Rules

We also reaffirmed the Games Committee's position as the final word in the conduct of our championship meets.

In this regard, we do have some concern of a future venue's seeming challenge to the Games Committee prerogative. Awards by the Masters Committee to championships bidders are based on the conduct and rules as we understand them at the time of award.

In the unlikely event the rules might change, I would maintain that they could only apply to Championships that haven't been awarded yet. If major changes in the rules do occur, I believe we should re-bid the Championships that would be affected by the rule changes. If we didn't, our membership would be getting a different meet than they voted for.

Trials

Eliminating trials, having qualifying standards, and timed finals, I think runs against everything our membership has told me they are against.

This would mean that many athletes of the local membership may not get a chance to participate. For example, a courageous fellow like Marshall Moore, 47, Exeter, N.H., might not be able to challenge the Parkinson's disease that he fought so valiantly in the Championships in Decatur. Time trials are sometimes necessary in preliminary rounds, but I believe it is unfair for an athlete not to be able to go head-to-head against his or her competition in the finals.

I am sure you will all re-affirm or disagree with this position. That's what makes this country and USATF so great. □

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

Pure Throwing and Grunting at Cat Spring

By TOM GAGE

CAT SPRING, Texas (July 10) – It is a festival for throwing. A die-hard, hardy group of throwing enthusiasts gather in the Texas hill country to find things they can pick up. Because if they can pick 'em up, they will inevitably endeavor to throw them.

The venue is unique, set in the low, rolling, oak speckled hills between San Antonio and Austin, just an hour or so west of Houston. Cat Spring is a small country community, the home of Mark Chapman and Cheryl Mellenthin. On their estate, affectionately named "Almosta Ranch," Mark and Cheryl have carved a small throwing area out of the pastureland.

Two javelin areas, one for shorter throws, is their back yard, where such activities are observed with indifference by Milton and Millie, the burros, and Shorty and Granny, two longhorn critters.

The ranch has a concrete throwing circle for shorter hammer, discus, shot, and weight efforts and a sturdy wood circle for longer hammer tosses. The latter is an innovation to allow hammer throws without jeopardy of hitting the power line crossing the pasture.

About 20 athletes from ages 35 to 78 gathered this year on July 10. A sunny but cool (by Texas standards!) day greeted throwers who threw the javelin, shot, discus, hammer, weight, superweight and ultraweights (98, 200 and 300#).

All throws without accompanying impressive grunts and yells were met with sharp criticism from a very vocal group of spectators.

The weather held through the day, and we all wound down to the sounds of a local country music duo, compliments of our hosts, as well as a burger and bratwurst fest enhanced by boudin and jambalaya provided by some of the Louisiana contingent, requiring generous quantities of barley pop to temper the heat. Many completed their exhausting endeavors with a dip in the pool.

While not a "sanctioned" event, many count the Cat Spring Grunt as a



TOM GAGE

Carol Finsrud, 47, grappling with an ultraweight, Cat Spring Grunt Throwers Meet, July 10.

special event on their calendars. Gone is much of the pomp and circumstance of the more formal events we attend throughout the year.

Not missing, however, is a great camaraderie and a total joy in the throwing of things. It is a considerable trip for many, but all are rewarded by a sense of isolation and tranquility. There are none of the distractions of our more traditional venues. We are in the country doing one of the things we really like to do...throw things ... and grunt! □

FIFTEEN YEARS AGO September 1989

- 4951 Athletes from 58 Nations Participate in 8th WAVA Championships in Eugene
- Turku, Finland, Chosen Over Mulhouse, France, to Host WAVA in 1991
- Nationals Draw 1450 to San Diego

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Third Wind

By MIKE TYMN

The Best 40+ Athlete Ever?

At its web site, *AARP Magazine* has been polling its readers as to the best 40+ athlete ever. Readers are given 20 choices and no write-in options. When I last checked, the voting was still open, but boxer George Foreman, with 23.5 percent of the vote, was edging out quarterback George Blanda, who had 22.7%.

Tennis player Martina Navratilova was third with 13.5%. Rounding out the top 10 were hockey player Gordie Howe (8.5%), pitcher Nolan Ryan (6.4%), golfer Jack Nicklaus (5.8%), hoopster Michael Jordan (5.2%), pitcher Satchel Paige (4.4%), Babe Didrikson Zaharias (2.5%), and wide receiver Jerry Rice (2.3%).

Not counting Zaharias, who qualified based on her golfing performances after age 40, there were just two track & field athletes among the 20 on the list – Patrick McDonald, who, at 42, won the 56-pound weight throw in the 1920 Olympics and is still the oldest track & field gold medal winner ever, and Matt McGrath, who was 45 when he won the silver medal in the hammer throw at the '24 Olympics. They were at the bottom of the list, McDonald, tied for 18th with just 0.2% of the vote and McGrath in 20th place with 0.1%.

Foreign Contenders

The selections were not limited to Americans as Italian Eugenio Monti, who won a gold medal in the bobsleigh at age 40, and Hungarian fencer Aladar Gerevich were among the 20 on the ballot.

The oldest person to be considered was Oscar Swahn, who won a gold medal in the 1912 Olympic marksmanship competition when he was 64 and then competed on the silver-medal winning team eight years later. Swahn is just ahead of McDonald in the voting.

Apparently, Phil Hawken, who wrote an accompanying article for the magazine on the subject, limited his selections to athletes who were still able to compete in the "open" category after reaching 40, thus ignoring age-class greats like Payton Jordan and Ed Whitlock. However, Hawken clearly was remiss in not considering the many standout distance runners who have successfully competed in open competition.

Where was Tatyana Pozdnyakova, the ageless Russian, who, at ages 48 and 49, topped all female athletes in the Los Angeles Marathon the past two years? How about Priscilla Welch, who won the New York City Marathon in 1987 at age 42 after finishing second in the London Marathon with a 2:26:51? Or her British countrywoman Joyce Smith, who, at age 44, won the 1982 London Marathon and a number of shorter races that same

year? Smith went on to finish, at age 46, 11th in the 1984 Olympic marathon.

Surely, the late Jack Foster should have been considered. At 40, he finished eighth in the 1972 Olympic marathon, then returned four years later to again represent New Zealand in the marathon. In between, he finished second in the 1974 Commonwealth Games marathon with a 2:11:18 and won the 1975 Honolulu Marathon in record time.

Foster's fellow New Zealander John Campbell was 41 when he finished fourth in the 1990 Boston Marathon with a 2:11:04, and he had many other impressive races in open competition.

What about Mamo Wolde of Ethiopia, who took the bronze medal in the 1972 Olympic marathon at age 40? Or Clarence DeMar, who captured the 1930 Boston Marathon at age 41.

And let's not forget Tebbs Lloyd Johnson, who took the bronze medal in the 50K walk in the '48 Olympics at age 48, or Jack Holden, who, at 43, won the 1950 European Marathon.

Biographical Snippets

Most of the top vote getters in the AARP poll had a number of achievements mentioned in the short biographies accompanying the poll, but the only thing mentioned about McDonald is that he won the gold in the shot put at the 1920 Games. Even that information is incorrect, as McDonald won the weight throw and placed fourth in the shot.

Hawken neglected to mention that McDonald continued to compete and win AAU titles in the hammer and weight throw until 1933, when he was 56.

Much more could have been said about McGrath. He also continued to compete, winning the national championship in the hammer at age 48.

Among throwers, Hawken overlooked John Flanagan, who won the hammer in the 1908 Games at age 40. At 41, he broke the world record in the hammer, and is still the oldest world record breaker.

In 1980, four-time Olympic champion Al Oerter was 43 when he heaved the discus 227 feet, 11 inches, better than any of his winning Olympic throws. Two years later, in an exhibition, he threw 240 feet, exceeding the world record. At age 47, he threw 206

feet, better than three of his gold medal throws.

Incomplete Survey

Clearly, Hawken did not do his homework. He left out athletes in many other sports as well. Missing from baseball are Warren Spahn, who had a 23-7 won-lost record at age 42 and continued to pitch until age 46; Carl Yastrzemski, who played well until his retirement at age 45; Sam Rice, who, at age 40, had 207 hits and .349 batting average for the 1930 Washington Senators.

Among football players, Jim Marshall, a defensive end for the Minnesota Vikings, deserved recognition. He retired at age 42 after playing in a record 282 consecutive games.

An argument can be made that Robert Parish, who played in the NBA until he was 43, should have been on the ballot ahead of Michael Jordan, who retired at 40.

Other boxers deserved recognition. Jack Johnson, who lost the heavyweight title to Jess Willard in 1915 when he was 37, continued to fight until he was 50. In 21 fights from ages 40 to 48, he was undefeated. Bob

Fitzsimmons lost the heavyweight title in 1899, at age 36, but won the light-heavyweight championship at 40 and held that title for two more years. He continued to fight until he was 51.

While Archie Moore was among the 20 listed, the information provided about him was scanty and may account for the reason he has only 0.6% of the votes. Although Moore's age was never quite clear, it appears that he was 48 when he still held the light-heavyweight championship and 49 when he took on Cassius Clay for the heavyweight title. In all, he fought 55 times after his 40th birthday, losing only four times.

Revised Ranking

As I see it, how long they continued to compete in open competition after age 40 is the most significant consideration. Here's how I would rank the top 10 all time: 1) Archie Moore; 2) Tatyana Pozdnyakova; 3) Gordie Howe; 4) George Foreman; 5) George Blanda; 6) Al Oerter; 7) Jack Foster; 8) Joyce Smith; 9) Patrick McDonald; 10) Nolan Ryan. □

(Mike Tymn can be contacted at METGAT@aol.com)



JERRY WOJIK

Sal Allah leads at the half in the Masters Invitational 800, USA Olympic Trials, Sacramento, Calif.



JERRY WOJIK

Tony Young and Rose Monday, winners of the Masters Invitational 800, USA Olympic Trials, Sacramento, Calif.

Vaill, 41, Wins 20K RW

USA Olympic Trials Include Masters Events

On Saturday afternoon, July 17, masters runners had the opportunity to participate in exhibition races in the USA Olympic Trials/National Championships, in Sacramento, Calif., July 9-18.

A little after 4 p.m., the field of 10 invited masters women lined up for the 800 in Sacramento State University's Hornet Stadium, where temperatures hovered in the 110-degree range. The stands, with temperatures in the mid-90s, were about half-filled, many spectators having left after the women's 200 semis and the women's 400 finals.

At the gun, Rose Monday, 44, the favorite with a seeded 2:14.99, took the lead and never lost it, to win in 2:16.42, holding off a fast-closing Mary Thane, 40, Mountain West TC, second (2:16.57). Catherine Stone-Borkowski, Central Park TC, finished third (2:19.79).

After the race, Monday said, "This was a great group of runners. When I came up to the starting line, they all looked so fit, my heart started to pound. Some of these women didn't start running until their 30s."

In the masters men's 800 race, which started about 15 minutes later, Sal Allah, 44, Sprint Force America, took the lead for most of the race with a 55-second first 400, but was caught by Tony Young, 42, Club Northwest, who held off a charging John Hinton, Fleet Feet Charlotte, to win, 1:54.39 to 1:54.71. Allah was able to hang on to third (1:55.73) in the field of eight.

Commenting on the event later, Young said, "Really neat to race in front of this audience. Maybe this will motivate people in their 30s who have some talent to come out. I came in as the favorite, but this is not my distance. I ran a 1:52 last year, but going from 41 to 42, I've lost some turnover."

Young, who came into the race as the favorite with a declared 1:52:59, is the M40 U.S. record holder in the mile and 3000.

Nolan Shaheed, 54, So Cal TC, ran a 2:02.40, an M55 U.S. record if he had run it on July 18, his 55th birthday.

The BENGAY Travel Grant



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

By JOHN W. PAGLIANO, D.P.M.

Morton's Neuroma

Morton's neuroma is a fairly common injury in athletes engaged in running and jumping sports and, further, is more common among masters than younger runners. In essence, it is an inflammation of the nerve sheath to one of the interdigital nerves of the foot. It usually occurs between the third and fourth digits, but can also occur in all of the interdigital spaces and even under the heel or inside of the ankle area.

Most describe neuroma pain as a sharp, shooting or burning pain between the toes or metatarsals. Some report numbness in the toes themselves.

As activity increases, so does the pain. It is usually relieved by removing the shoes and massaging the foot. I have seen marathoners remove their shoes during a race, and massage their feet to reduce the pain, then resume the race.

In general, the interdigital nerves run between the metatarsal bones of the foot and supply the adjacent side of the toes. The nerve passes between the metatarsal head area and underneath the transverse metatarsal ligament.

The pain is usually caused by too tight a shoe, a dropped metatarsal bone, loss of fat pad, or running on a hard surface with non-shock-absorbing shoes. Another cause may come from the over-pronated foot, which tends to shift weight to the forefoot area while running.

Initial treatment should be a review of the training shoe. Most often, the shoe is too narrow in the forefoot, which compresses the interdigital nerves and causes inflammation. Simply change to a proper fitting shoe.

If the pain persists, add a 1/4 or 1/8

inch metatarsal pad to the shoe. This will elevate the metatarsal head and "spread" the interdigital area, reducing pressure on the nerve.

After running, 8-10 minutes of ice is advised.

Several types of injectables may be considered. The oldest is a corticosteroid and local anesthetic which is injected around the nerve area.

This can reduce the nerve inflammation and provide relief. An alcohol sclerosing agent which is a local anesthetic, epinephrine and 4% alcohol solution can also provide relief.

One should also have a biomechanical evaluation to determine if there is some type of biomechanical deformity that might be causing excessive stress to the forefoot area. Foot orthoses can provide relief and allow the athlete to continue on with his or her training program.

Physical therapy modalities that may be recommended include ultrasound and electrical stimulation.

If all else fails, the neuroma may have to be excised out. This procedure can be performed under local anesthesia, and the athlete can be expected to return to running in 3-6 weeks. □

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

Masters at Olympic Trials

Continued from page 6

Program awarded the athletes \$500 each to help cover expenses in getting to Sacramento. The races were arranged through the USATF Masters Invitational Program under the direction of Mark Cleary.

While those masters were exhibiting, other 40-year-olds were playing for real. Hammer thrower Jud Logan, four-time Olympian, who turned 45 on July 19, was the 12th qualifier on July 10 with a 67.46. In the finals on July 12, he threw a 67.27 for 11th place. The M45 hammer world record is 64.70 by Dave McKenzie in 1995.

Roald Bradstock, 42, qualified 11th in the javelin on July 15 with a 70.27. In the July 17 finals, he finished 10th with a 69.02. Bradstock, former British Olympian and now a U.S. citizen, was the first man to break the 80-meter barrier with the new javelin with a world record 81.74.

Almost overlooked by masters seekers at the Trials was Teresa Vaill, 41, who won the 20K women's racewalk, held early in the morning of July 18, with a 1:35:57. Vaill, who had the "B" Olympic qualifying standard of 1:38:00, was the only one headed for the Olympics. Vaill was the oldest U.S. track & field woman to compete in the Olympics.

"It's been 20 years (in the sport), so it's about time," said Vaill, who led early on the 12-lap course that began and ended in Hornet Stadium and looped through the Sac State campus.

Vaill joined masters marathoner Colleen De Reuck, 40, who won the U.S. Women's Olympic Marathon Trials, as the only 40-and-over track athletes to compete in the 2004 Athens Olympic Games. □

-Information taken from the Sacramento Bee and USATF Olympic Team Trials Daily Updates

Highlights of Nationals

Continued from page 7

400 (49.21). Chris Yorges, OR, won the SC for the ninth year in a row, and lunged to the 800 win (2:03.32). Don Drummond, GA, took the SH (14.41). Marek Wensel, IA, won the Pent. (3228).

M40: This bunch could win college dual meets without age-grading. Guest athlete Allan Tissenbaum won the 100 (11.16) and 200 (22.48), but Kettrell Berry, CA, is the masters champion in both events. Sunder Nix, IN, blazed to a 50.09 400. John Hinton, NC, ran a sizzling 1:57.05 800 and won the 1500. Brian Pope, MS, took the 5000 (15:25.90) and 10,000 (32:23.92). David Ashford, IL, finished the SH in 13.90. Brian Coushay, OR, won the LJ (6.37) and TJ (12.57). Scott Hannay, NY, threw the spear 56.77. Alberto Medina, TX, strutted to both RW firsts.



JERRY WOJCIK
John Hinton, M40 winner of the 800 (1:57.05) and 1500.

M45: James Chinn, CA, won going away in the 100 (11.97), 200 (23.57) and 400 (51.73). Steve Gallegos, CO, strode to firsts in the 800 (2:00.52) and won the 1500 by 12 seconds. Eric Putnam, GA, is the 5000 (16:02.37) and 10,000 champion. Bruce McBarnette, DC, teased the WR with a 1.92. Warren Taylor, PA, hurled SP (14.88) and DT (45.26) wins. Ken Jansson, KS, was top man of the meet in the HT (52.26). Mark Green, NV, had the RWs under control, 5000 (48:27).

M50: World record holder Bill Collins, TX, was non-pareil in the 100, 200 and 400. Mike Brown, FL, flipped an AR JT (64.86). Jim Robinson, NY, let Dave Clingan, OR, do all of the work in the 800 (2:05.13) and 1500 (4:22.75) and overtook him in both races. Tim Walters, OH, hurdled to gold in the SH (14.92) and LH. Bill Murray, AL, overcame the field of 11 in the Pent. (3557).

M55: Nolan Shaheed, CA, won the 800 in an AR 2:08.07 and the 1500 and 5000. Buzz Gagne, NH, stretched the JT AR to 54.39. Charles Allie, PA, streaked to firsts in the 200 and 400 (54.53). Michael Wiggins, IA, doubled in the RWs, the 10,000 in 51:35. Roger Parnell, CA, showed a little ver-



JERRY WOJCIK
Sid Howard, after an M65 U.S. 800 record 2:21.14, 37th National Masters T&F Championships.

satility, winning the SH (15.60) and LJ. Tom Fahey, CA, hit a 48.55 DT. The Pent. saw a rare tie for first with 3193 points by both Darryl Decker, 57, NY, and Robert Baker, 59, LA. Baker was awarded first place for winning three of the five events.

M60: Courtland Gray, TX, lowered the SH WR to 14.62. Tom Gage, MT, won the HT (59.03) and SP. Larry Barnum, NV, left with two golds for the 400 and 800 (2:18.83). Don DeNoon, FL, won both RWs easily.

M65: Sid Howard, from the Big Apple, bit off an AR in the 800 (2:21.14). Bob Lida, KS, didn't waste time in the 100 (12.97), 200 and 400. Emil Pawlik, MS, continued his amassing of championships with firsts in the SH, LH, LJ, and Pent. (top meet score of 3714). Thom Weddle, MN, hastened to wins in the 5000 and 10,000 (41:51.81). Richard Cochran, MO, ruled the DT (52.76). Both RWs went to Paul Johnson, AK, the 5000 in 27:36.43.

M70: Bob Ward, TX, smacked a HT WR (53.11). Bob Youngs, CT, stabbed an AR JT (42.17). Jack Bray, CA, broke his own AR for the 5000 RW with a 27:35.90. Charles Rose, NC, won the 1500 with an AR 5:11.76 and the 800. Lloyd Williams, NY, reeled off three sprint wins. James Stookey, MD, left town with golds for the hurdles, HJ and TJ.

M75: Bud Held, CA, upped the PV WR to 2.96. Jim Selby, CA, reduced the SC AR to 10:09.79. Bill Melville, WI, ripped to wins in the 100 (14.74) and 200. Jim Gerhardt, TX, nailed down firsts in the SP and DT. Jack Starr, DE, shone in the RWs, the 5000 in 32:09.44. Earl Fee, 75, Canada, broke the 800 WR with a 2:37.68.

M80: Mel Larsen went back to Iowa with a pending WR in the SH (14.38) and tied the LJ WR of 4.19, plus winning the 100 and 200. William Bell, AR, improved the PV WR to 2.60. Glenn Bradd, IL, was impressive with firsts in the LH and SC. Bill Carter, OK, captured wins in the DT, SP and JT.

Continued on page 9

Highlights of Nationals

Continued from page 8

M85: Rod Parker, AR, in what some in attendance considered the best performances of the meet, set WRs in the 200 (34.41) and 400 (84.18), and an AR in the 100 (16.22). Dan Bulkley, OR, was no slouch either with ARs in the SC (14:28.93) and Pent. (2791).

M90: Leland McPhie, CA, won the gold medal contest in this group from Max Springer, TN, five to four, McPhie taking two jumps and three throws, Springer winning the 200, 800, 1500, and TJ. □



JERRY WOJCIK

Charles Roll, 58, silver medalist in the M55 shot put (14.33), 37th National Masters T&F Championships.

Emerson, Abbs Tops at White River 50M

By SUSANNAH BECK

At 6:30 in the morning on July 31, 125 runners drank the last of their coffee, herbal tea, or Red Bull, and toed the starting line of the USA 50 Mile Trail Championships at the White River Trail Run, Crystal Mountain, Wash., outside of Seattle.

After two monumental ascents and descents, some as long as nine miles and as high as 4000 feet each, William Emerson, 40, Portland, Ore., 7:22:08, and Bev Anderson-Abbs, 40, Red Bluff, Calif., 8:08:39, came out of the woods as the masters champions.

Emerson, a well-known figure in the ultra-scene, placed sixth overall, his lowest finish since he won the 2001 White River race (6:58:14). He was third in 2002, and fourth in 2003.

Anderson-Abbs, an adventure racer with Team Sunsweet Plum Adventure, was second woman overall, behind a course-record-setting performance by Nikki Kimball, 33, Livingston, Mont., 7:45:21.

Each collected \$700 for the masters title.

The White River 50M, which has hosted the 50 Mile Trail Championships since 2001, features spectacular scenery in Mt. Rainier Park and the Norse Wilderness, between which flows the White River.

The race, sponsored and organized by the Seattle Running Company running store, was first run in 1994. □



2004 USA MASTERS 5KM CROSS COUNTRY CHAMPIONSHIPS

Sunday, October 17, 2004

Saratoga Spa State Park, Saratoga Springs, New York

Meet Schedule

10:00am... USA Masters Cross Country Classic
11:00am... USA Masters Men 40-49
11:30am... USA Masters Men 50-59
12:00pm... USA Masters Women
12:45pm... USA Masters Men 60+

Eligibility

All 2004 USATF members 40 years and older on race day are eligible for competition. Proof of age may be required.

2004 USATF membership is required. If you are not currently a member of USATF and wish to compete in this event, please visit www.usatf.org/membership/ to register for or renew your membership.

Individual Awards

The top 3 athletes in each age division will receive regulation USATF medals. Championship patches will be awarded to the winners of each age division. **Only US citizens are allowed to win USATF medals and other Championship awards, including prize money.**

Individual Prize Money

The top three Individual Age Graded male and female finishers will receive prize money.

	1st	2nd	3rd
Men	\$125	\$75	\$50
Women	\$125	\$75	\$50

Team Entries

Team competition is for 2004 USATF registered clubs only. All team members must be 2004 USATF members belonging to the club for which they are competing. Team contact must submit a copy of 2004 valid club certificate. Team will not be scored without certificate. Contact your club for details.

All team entry forms must be received, and all team members must be individually registered, by October 9.

The following will constitute teams:

Men 40-49 & 50-59... 5 score, declare up to 8
Men 60-69 & 70+... 3 score, declare up to 8
All Women's Teams... 3 score, declare up to 8

Team Prize Money and Awards

Regulation USATF medals will be awarded to the scoring members of the 1st, 2nd and 3rd place teams, and championship patches will be awarded to the scoring members of the winning team in each team division. **Only US citizens are allowed to win USATF medals and championship awards and participate on a team.**

Men	1st	2nd	3rd	Women	1st	2nd	3rd
40-49	\$350	\$200	\$100	40-49	\$200	\$150	\$100
50-59	\$350	\$200	\$100	50-59	\$200	\$150	\$100
60-69	\$175	\$100		60-69	\$175		
70-79	\$175			70-79	\$175		

Entry Fees

(no day of race entries)

Pre-Entry: \$ 25.00

Online Registration: \$ 23.00

Mail in and Online registration must be received on or before October 9.

Last Chance Registration: 10/15 and 10/16 at The Albany Quality Inn: \$ 40.00

Lodging

The Albany Quality Inn: \$ 89.00/night (518) 438-8431

Must call prior to the 10/01 room release date

The Fairfield Inn Suites: \$ 139.00/night (518) 899-6900

First come first serve basis

For additional hotels around the Albany area, visit the Albany County Convention & Visitors Bureau website at www.albany.org or call: 800-258-3582

For additional hotels around Saratoga, visit The Saratoga Convention and Tourism Bureau website at www.discover-saratoga.org or call: (518) 584-1531

Event Information

Phone: (518) 273-5552

E-mail: info@usatfdir.org

Website: www.usatfdir.org

Fax: (518) 273-0647

Registration Form

You must be a current 2004 USATF member in order to compete in this event

Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____ Sex: _____

Phone: _____ Email: _____

2004 USATF #: Age on race day: _____ Date of Birth: _____

2004 USATF Membership Number is Required

Are you a member of a team: Yes No If yes see below

Team Contact: _____ Daytime Phone: _____

Team Name: _____ Representing what Club?: _____

Club Number: Association: _____

2004 USATF Club # is Required

Team Members: 1. _____ 5. _____

2. _____ 6. _____

3. _____ 7. _____

4. _____ 8. _____

PAYMENT OPTIONS:

Make checks payable to: USATF AA

Credit Card: We do not accept American Express

Card Number: _____

Expiration Date: _____

Name on Card: _____

Card Holder Signature: _____

AMOUNT ENCLOSED:

Entry Fee (non refundable)..... \$ 25

Registrant Race Shirt(\$11)*..... S _ M _ L _ XL \$ _

Additional Shirt(\$20)..... S _ M _ L _ XL \$ _

Total Enclosed: \$ _

*A mock turtleneck is available to each registrant for an extra \$11 fee. Limit one shirt per registrant at \$11. Additional mock turtlenecks and those sold to non-registrants are \$20 each. Only a small quantity of sizes small and extra large will be available.

In consideration of your accepting this entry, I hereby waive and release any and all rights and claims to damages I may have against Saratoga Spa State Park, USATF, USATF Adirondack Association, The Saratoga National Bank, City of Saratoga Springs, any officials or promoters of this race, all sponsors, volunteers, successors and assigns for any and all injuries suffered by me in said event. I attest that I am physically fit and have trained for the completion of this race.

Signature: _____ Date: _____

The Championships will be conducted in accordance with USATF Rules of Competition
For more information, please visit our website www.USATFdir.org or call us at (518) 273-5552



Masters Racewalking

By ELAINE WARD

Coach Jeff Savage – Racewalk Like A Champion (Part I)

As an injured runner in high school, Jeff Savage looked for an outlet for his competitive energies. The racewalking community welcomed him with open arms. After a successful competitive career in college, he joined "the real world" and focused on earning a living. However, racewalking remained a major part of his life, and he turned his computer wizardry to producing an instructional book/video combination called *Walk Like An Athlete* in 1996. His recent book and companion DVDs, *Race Walk Like A Champion*, bring instruction to a new height. – ew

EW: Why did you decide to do another book?

JS: While racewalking has not changed much since my first book and videos, the technology utilized to explain racewalking has changed dramatically. Eight years ago, black and white computer graphics were the most cost-effective way to show a lot of detail.

In today's world, with professional digital camera equipment and the ability to capture an incredible number of images per second, I was able to improve and expand on what I did before. The high resolution digital photographs have allowed me to show a great deal more in a more visually pleasing manner.

Resource for Competitors

Also, in my first book I tried to hit both the fitness and competitive markets. *Walk Like A Champion* is a true racewalking resource for competitors. The book and DVDs include the basic technique and training information found in my earlier works, but they have a lot of original material not found elsewhere.

EW: Your section on training and training schedules is reason enough to own the new book and DVDs. One of the most frequent questions the Foundation has been asked over the last 20 years is "How to train?" Now I have a perfect referral.

Training Schedules

JS: There are over 100 training schedules programmed into the DVD. If you have a goal of walking a 5K in 36 minutes, a complete training schedule is available. At the start of the DVD a menu comes up. You select Training Schedules and click the distance you want to go.

For example, the program will ask if you want to do a 5K between 21-25 minutes, 26-30 minutes on up. You just keep selecting until you get exactly what you want. Depending on the desired race distance, you get a day-by-day training program for five months up to eight months. You get everything you need to do: what pace to walk, how long, how intense, and how to recover.

EW: Don't overlook the color coded training programs in the book.

JS: The book offers a model train-

ing schedule for a walker who wants to walk a 50-minute 10K. It focuses on the different phases of training, the terminology of training, and why you are doing certain workouts versus other types. It provides you with my training methodology so that you can extrapolate your own personal plan from the model schedule. I figured it would take about 500 pages in a book to do the individualized schedules given on the video.

Coaching Masters

EW: You have been a very successful coach of masters. Is your coaching different for masters?

JS: I have always treated my masters athletes as if they were elite athletes. The reason Jack Starr (M75) continuously sets American records is that he trains like an elite athlete. For example, the marathon training schedule I put together for him was no different than I would do for someone younger, except he set his own goal.

He told me he wanted to walk a 5-hour marathon. I said, "Well I don't know if you can, but I will tell you what workouts you will have to do in order to do that kind of time." We set out his training schedule, and, at age 72, he did his first marathon in a time of 4:52:0.

EW: Wow! That's quite a testimony for the two of you!

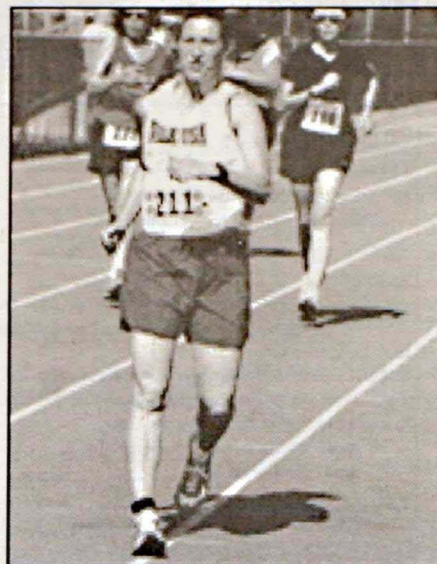
JS: Before masters undertake a training regimen, they must be sure they have mastered the basic racewalking technique. Focusing on racing before you achieve a solid technical foundation leads to shoddy, inefficient technique that keeps you from achieving your goals. It slows you down and, worse, it may get you disqualified from a race.

EW: Frequently, walkers who do not live near a racewalking coach try to learn from watching others. What are your thoughts on this?

Pitfalls of Mimicry

JS: There is a danger in mimicking the technique of others. Often I hear walkers say they tried one thing or another because they observed someone else doing it. Novice walkers cannot know whether a particular racewalker's technique is correct or simply a result of his or her particular body structure.

For example, Kevin Eastler, a 2004 Olympian, has completely legal technique and is capable of walking at incredible speeds, but he has a wicked bow in his leg that causes his foot to duck out as he carries his leg under and through. Because he is a champion, a new walker might be tempted to mimic his technique.



MIKE POLANSKY

Pat Motschwiller, 46, first W40+ racewalker (29:30), Vytra Women's 5K, Farmingdale, NY, July 10.

Customize Technique

Even if an elite racewalker's body is ideally proportioned and he seemingly walks with textbook technique, his technique might not work for you. Are your body proportions the same? Are you strong enough to move your muscle groups in the same manner? Are you correctly interpreting what you see?

EW: At the same time, many people are stuck with learning on their own.

JS: This is where it is important to follow the detailed instructions in a book or video. It is my hope that the coaching in my new book and DVDs



JERRY WOJCIK

Richard Zerbe (I), 65, and Jack Starr, 76, in the 5000 racewalk, 37th National Masters T&F Championships.

is so clear and easy to follow that there will be minimal trouble practicing it exactly as explained and demonstrated.

The key is not to worry about pace. A slow pace allows you to build solid skills. Like any complex skill, mastering the racewalking technique takes time and patience. A very coordinated, limber person may succeed in two months; a stiffer, less coordinated person may take a year or two. □

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Ward Ups Records in Texas Meet

By JERRY WOJCIK

Bob Ward, who celebrated his 71st birthday on July 4, set one U.S. and two M70 world records in the Texas Masters Championships, held in Arlington, July 24. To add more Texas chili pepper to his performances, Ward, of Dallas, broke two of his own records set last year when he was 70.

In the hammer (4kg), Ward, of Dallas, Texas, threw 53.12/174-3, almost five feet better than his world record 51.69 at the 2003 Masters Nationals in Eugene, Ore. He scored 5544 points in the weight pentathlon, eclipsing Ladislav Filip's M70 world record of 4666 in 1998.

Ward threw the 16# weight 20.69/67-10 3/4, increasing his U.S. record of 18.83 in the National Masters Weight & Superweight Championships in Seattle, Sept. 6, 2003, by over six feet.

On the track, Cindy Steenbergen, W50, posted the best women's times in the 100 (13.09) and 200 (27.24).

Jeff Culpepper won the M30 100 (10.99), 200 (23.04), and 400 (55.33).

Don Drummond, M35, covered the 110H in 14.24 and the 400H in 54.59.

Ken Ellis, M45, vaulted a meet's best 4.20. Monzell Baker, M45, was the farthest in the long jump at 6.12.

Long-time masters javelin thrower, Warren Wilke, M55, stabbed a 43.28. □

TEN YEARS AGO September 1994

•Nationals Draw 1418 to Eugene

•Martin Mondragon (40, 45:28) and Diane Legare (43, 55:58) Winners in Boilermaker 15K

•2nd WAVA Road Race Championships Held in Toronto

Master Scope

By MICHAEL ZEIDLER

First Nationals Strike a Positive Chord

The 2004 Masters Championships in Decatur, Ill., was my first experience with that event. Needless to say, it was very well done. I was impressed by the many things that had to be done to put the meet together. Allow me to make a few comments about the experience.

First, there was learning about the event. For me this meant clicking on the USATF link on Olympian Stacy Dragila's home page. A link on her site led me to the Masters Championship pages on the USATF site.

The USATF Masters Championships was in a similar format to the Badger State Summer Games, in which I have participated since 2000. Learning that the Championships were in Illinois during my summer break, I impulsively signed up for the 10,000.

Easy Registration Process

Signing up via the Internet was simple, although it meant joining USATF first, which was all done at 10 p.m. on the night the early registration was ending. Registration was very clean. It is a well thought out process.

All the rules and verification paperwork arrived on time. It was absolutely hassle-free, conveying a very positive message about the management set-up.

The Internet reference facts about Millikin and Decatur were also done very well. I was able to plan almost to the minute where I would be and what I would be doing.

Event Details

My itinerary was incredibly accurate due to the event information available to prospective participants. For this I would like to thank those people in the USATF, Millikin University, and the specific masters committees.

The drive through Central Illinois was a lesson in geography. I could see fields of corn and soybeans in every direction, and scarcely a hill in the distance. The dominance of the Cornbelt crossing those old glacial plains tells a big story about the importance of the agricultural sector to the nation's economy.

On arrival in Decatur, I was delighted to find pleasant, efficient and well informed people at packet and T-shirt pickup, and the declaration table. At the 10,000, there was a large group of volunteers busy keeping time, dispensing water, managing athletes, announcing events and names, collecting information about performances, and dealing with documentation.

There were also the guiding hands from Millikin University. This was clearly the red-carpet treatment. As a minor participant, I would like to thank all those wonderful people for making the championships a great event.

Encouraging Atmosphere

I cannot neglect mentioning the coaching and encouragement from

other athletes, coaches and officials. One athlete from previous championships suggested adding speed work. A competitor gave me insights into how the winners of my event train. Another suggested participating in other masters events. And others were willing to take pictures that could be shown back home.

It was thrilling to witness the record breaking performance by Kathy Martin, W55, in the 10,000. I had



JERRY WOJCIK
Michael Zeidler, fifth in the M60 10,000, 37th National Masters T&F Championships.

never witnessed the establishment of a record in a national event. I can still see that steady stride and determination.

Welcome Change

The event was fun and a terrific break from the intensity of writing lessons for my high school algebra and calculus students.

The weather was excellent in Decatur. As one traveling in from a distance, it was useful to have an advance forecast of the weather. Matching the event time with the projected temperature removed the uncertainty of how to deal with temperature extremes.

When I saw the projection of 60-degree weather for my race, I was ecstatic, since I have memories of visiting Central Illinois in 95-degree August weather. □



Pullman Holds Northwest Regionals

Sisley Sets Javelin Record

By JERRY WOJCIK

This year, the USATF Northwest Regional Masters Championships ventured off the Oregon-Washington I-5 corridor to Pullman, Wash., on July 17-18.

Becky Sisley, 65, Eugene, Ore., former Northwest Masters Regional Coordinator, was able to concentrate on competing rather than administrating to break the W65 U.S. record for the 400g javelin with a 29.96. The current record is 29.89 by Erica Messner in 2001.

Sisley owns the W50, W55 and W60 U.S. records for the 400g javelin. Now, the WMA newly adopted javelin for W50-59 is the 500g. Sisley's javelin mark was one of four Northwest Regional records that she set. The other three came in the 300H (68.73), pole vault (2.15), and high jump (1.14).

Altogether, 20 regional records were broken or established.

Another javelin thrower, Bill Platts, 76, Boise, Idaho, M75 U.S. record holder for the 500g implement (40.70) was also in the spotlight, albeit in another event. Platts recorded the best age-graded performance of the meet with a 91.4% 31.14 in the 200. He also won the 100 with an age-graded 89.5% 14.97.

Robert Hewitt, 71, Gresham, Ore., was the second-best performer in the meet, with an 89.8% 9.73 triple jump, one of three regional records he broke, the others in the 200 (30.17) and long jump (4.58).

Bob Lawson, 69, Ocean Shores, Wash., was a close fourth on the performance scale, with an 89.5% 11.21 shot put. Rich Tucker, 59, Spokane, Wash., won the M55 800 with an 89.0% 2:20.70. Willie Venable, 54, Kent, Wash., was in the 88% range with wins in the 100 (12.72) and 200 (26.18).

Tom Fahey, 56, Chico, Calif., topped the throwers with an 87.4% 48.86 in the discus.

In an unofficial club score count, the Portland Masters TC weighed in with a heavy 428 points over second-place Comets TC (114) and Seattle Masters AC and Oregon TC Masters, both third with 60 points.

Athletes were treated to a Saturday afternoon reception at the meet headquarters Hawthorne Inn. Among the 80 entrants were Eric and Susan Hill from New Smyrna Beach, Fla.

Jim Hinz served as meet director; Jeff Schaller was the meet organizer.

Event sponsors were Ken Vogel's Clothing, Dissmore's IGA, Neill's Flowers and Gifts, New Garden Restaurant, Grange Supply, Dairy Queen, Rico's Pub, Sam Dial's Jewelry, and Associated Insurance Agents. □



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On The Run

By HAL HIGDON

The Legacy of Jim Fixx

On the 20th anniversary of his death, how many still remember? Dead runner: Four letters. Twenty years after his death while running, is Jim Fixx any more than an answer in a crossword puzzle?

James F. Fixx authored *The Complete Book of Running*, at the time of its publication in 1977 the best-selling non-fiction hardcover book ever. The book's bright red cover featured Fixx's own running legs. *The Complete Book of Running*, still in print, eventually sold a million copies, both benefiting from and helping to launch the running boom.

Writing from personal experience, Fixx trumpeted the health benefits of running. After starting to jog at age 35, he quit smoking and shed 50 pounds. Yet at age 52, Fixx collapsed while running on a tree-shaded road in Vermont. He was found lying beside the road, dead of a heart attack. The date was July 20, 1984.

Two decades after an event that might have halted the running boom mid-stride, what remains of the legacy of Jim Fixx? Have today's runners even heard of him, and do they understand the reasons for his death?

Dangers of Running

This year, 75,000 runners applied to enter the New York City Marathon, which uses a lottery system to accept half that number. The LaSalle Bank Chicago Marathon limits its field to 40,000. In 1984, the year of Fixx's death, 170,000 runners finished American marathons. By 2003, the number had jumped to 400,000, according to figures from the USATF Road Running Information Center. Check the running paths in any major city, and you can see that Jim Fixx lives – at least in spirit.

Running can be dangerous, concedes Paul Thompson, M.D., a cardiologist from Hartford Hospital in Connecticut, who cites studies from Seattle and Rhode Island identifying the number of individuals who die annually from heart attacks while exercising as 1 out of 15,000. But the studies are old, preceding even Jim Fixx's death, and reflect very few incidents: 10 in Rhode Island, 9 in Seattle. A somewhat later study of runners in the Marine Corps and Twin Cities marathons between 1976 and 1994 suggests 1 death per 50,000 participants.

Dr. Thompson admits that runners are more at risk during the hour or so a day they train and particularly if they run marathons. But the remainder of the day, he says, they are much less at

risk than the general population and can actually extend and improve their lives and lifestyle.

In his classic study of Harvard alumni, Ralph S. Paffenbarger, Jr., M.D., found that we can live an extra two-plus years if we do even minimal exercise. Other researchers, including those connected with Kenneth H. Cooper, M.D., believe that we actually may be able to extend our lifespan six to nine years through exercise and attention to diet.

Living Longer

Jim Fixx may have done just that, given the fact that his father died of a heart attack at age 43, and he survived nine years longer to age 52. He might have lived longer had he listened to Dr. Cooper, who urged him to take a stress test during one visit to the Cooper Clinic in Dallas. Despite having cholesterol levels above 250, Fixx demurred for reasons we can only guess at.

In the several months before his death, Fixx ignored what hindsight reveals were the warning signs of advanced coronary artery disease. An autopsy revealed blockage in Fixx's three main arteries of 95 percent, 85 percent and 50 percent.

While running lost a great advocate, Jim Fixx's four children lost a friend with whom to share their achievements. His six grandchildren lost the ability to ever know him. His son John, who serves as headmaster of a school in Connecticut, reflects on how his father might have viewed the last two decades:

"My father would be thrilled to see what has happened with women's distance running, at older runners redefining what it means to age, and how Olympic athletes have stretched the limits of human endurance and achievement."

John Fixx said that on the anniversary of his father's death, he might take a long run around Tod's Point in Old Greenwich, a favorite course described by Jim Fixx in *The Complete Book of Running*. "And I'll think about him."

Maybe we all should. □

(Hal Higdon offers his training programs in an interactive format: daily e-mail messages sent to your computer telling you what and how to run. Visit: www.halhighdon.com.)



JOHN OLIVE

Top M60-69, Crime Prevention 5K, Mobile, Ala. (l to r): Ben Harris, 3rd M65 (27:50); Will Wright, 1st M65 (23:13); Bobby Scott, 1st M60 (23:12); and Don Withers, 2nd M65 (27:16).



THOM WEDDLE

Finalists in the M60 1500 about 25 meters from the finish (l to r): James Boughter, 1st (4:56.22); Rick Kleyman, 4th; John Brittain, 2nd (4:57.09); and Joe Carter, 5th (5:06.49), 37th National Masters T&F Championships.

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

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How to be a Champion from 9 to 90

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By Earl Fee

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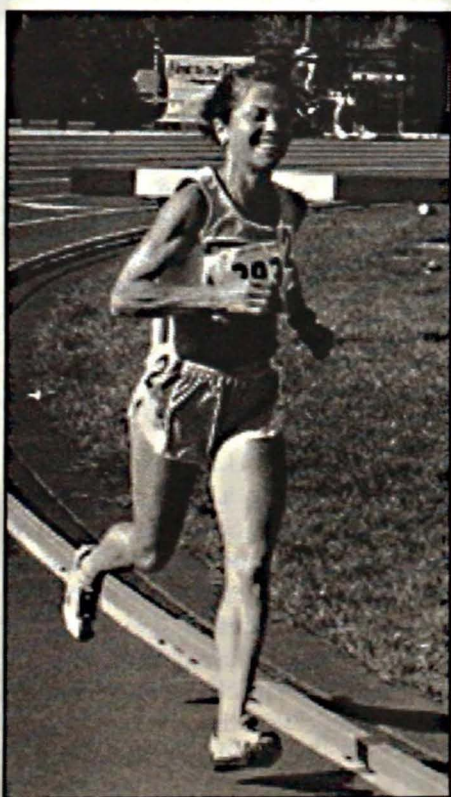


JERRY WOJCIK

Maure Weigel, M50, in the triple jump, 37th National Masters T&F Championships.

**TWENTY-FIVE YEARS
AGO
September 1979**

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



JERRY WOJCIK

Kathy Martin broke the W50 U.S. 10,000 record (37:12.23), 37th National Masers T&F Championships.

PUBLICATIONS ORDER FORM

Masters Age Records (2003 Edition)

Men's and women's world and U.S. single 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. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$6.00.

Quantity _____ Total (US\$) _____

Masters Track & Field Rankings Book (2002)

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

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Masters Track & Field Rankings (2003)

Men's and women's 2003 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.

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Masters Track & Field Indoor Rankings

Indoor rankings for 2004. 4 pages. \$2.00.

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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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Masters 5-Year Outdoor Age-Group Records

Men's and women's official 2003 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$4.00.

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Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of Oct. 31, 2003 (world) and Dec. 7, 2003 (USA), 4 pages. \$2.00.

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Competition Rules for Athletics (2004 Edition)

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

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USATF Directory (2003-2004)

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

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

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Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. \$24.95

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The Weight Room

By JERRY WOJCIK

You Learn Something New Every Day

In the way that records fall by the dozen in major championships, the chances are that you may be present when a record is broken at the Nationals. I was fortunate to be involved in two records at the Nationals in Decatur. Unfortunately, they weren't mine. On Friday in the M70 javelin, Bob Youngs, of Connecticut, broke the U.S. record on his first throw and then broke it again with a better mark in his fifth attempt.

After the first record mark, his javelin was taken to the weights and measures people for a re-check. It was not brought back in time for his second throw, so he had to use somebody else's. Any thrower knows how disconcerting this was for Youngs. After his fifth toss, however, the javelin was back in time for him to use for his sixth attempt.

Later I mentioned the incident to Dick Hotchkiss, Masters Weight Events guru and a member of the Games Committee here. He told me that the record-breaking athlete has the right to refuse to have the implement taken to w&m. But, he added that if the athlete so chooses, there's always the chance that the implement won't pass muster (it's already been okayed!) or could suffer damage,

negating record approval.

In the M70 hammer on Sunday, Bob Ward, of Texas, broke the hammer world record on his last throw, so the situation that happened to Youngs didn't arise.

The next time I see Ward, probably at the Weight & Superweight Championships in Seattle on Sept. 11, I'll ask him how he would have solved the "Case of the Missing Implement" if he had broken the record in an earlier attempt.

Dorm Delights

For the first time since the indoor championships in Columbia, Missouri, I decided to stay in the dorms. Big mistake for me, not necessarily anybody else. I didn't realize how much I missed the amenities that even the least expensive Hot Pillow Motel



JERRY WOJCIK

Bob Ward with his M70 world record hammer mark, 37th National Masters T&F Championships.

has to offer over Spartan college residence halls - my own TV, morning wake-up calls, private bathroom, adjustable temperature controls, etc. I almost bailed out, but economics (no refunds) prevailed.

Overall, a good championships. One athlete from Texas told me that the ruffled ribbons for 4th through 6th place look like ones his wife wins at flower shows, but I think they are classy.



JERRY WOJCIK

Bernice Holland, W75 shot put winner, 37th National Masters T&F Championships.

Publicity

Townsppeople I talked with were aware of us, despite our competing with a huge downtown block party and a major tennis tournament. Be that as it may, local newspaper coverage was topnotch.

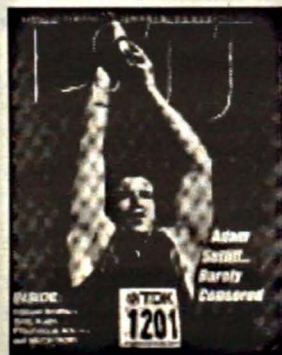
As I was leaving a restaurant in Decatur, two older locals who knew that I was in town for the meet, wished me a safe trip home and said "Come on back soon." I wouldn't mind returning - and staying in a hotel. □

(Jerry Wojcik can be reached by e-mail at jerrywoj@aol.com)

THROWERS

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The Long & Strong Throwers Journal (LSTJ) is a quarterly publication dedicated to the throwing events in track and field. It is the only throwing periodical of its kind in the world. LSTJ is about more than technique and training. Elite athletes and coaches give insight into their keys for success and the personalities behind their achievements. LSTJ's interviews with top name throwers such as Adam Nelson, Suzie Powell and Breau Greer and legends such as Al Oerter, Michael Carter and John Powell are just what you are looking for. Technique tips from knowledgeable athletes and coaches such as Jud Logan and Jay Silvester are invaluable. LSTJ provides throws coverage and photos from major competitions that you won't find anywhere else. Whether you are a coach, athlete or official, or a Scholastic, Open or Masters competitor, it is crucial that you never stop learning! Let Long & Strong help you reach your potential!



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JERRY WOJCIK

Finalists in the W40 400 (l to r): Lyn Barrett; Linda Butler; Kathy Shook, 2nd (61.31); Debbie Zakerski; Sarah Lawson, 3rd (63.86); Michaeli Smith; Lesia Batiste, 1st (60.01); and Mary Woo, 37th National Masters T&F Championships.

Senior Games Spotlight

In September, Senior Olympics/Games are in good supply from the East Coast to the West, with meets in New Jersey, Maryland, North Carolina, Georgia, Wisconsin, Indiana, Kentucky, Illinois, South Dakota, Kansas, Louisiana, Oklahoma, Arkansas, San Diego, and Nevada.

In addition to the Senior Olympics, June 3-18, 2005, Pittsburg, Pa., the NSGA has also scheduled the 2005 National Senior Games Championship Festival, Oct. 27-Nov. 13, Mobile, Ala.

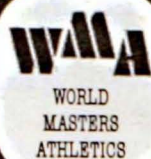
For those masters age-50-and-over who want to use ice for something else besides their injuries, the 2004 Senior Olympic Hockey Championships are scheduled for Oct. 1-4, Minneapolis, Minn.

Notable performances from Senior Olympics/Games in this issue's results:

• In the Montana Senior Olympics,

Bill Platts, M75 U.S. javelin record holder, zoomed to a meet's best 9.62 in the 60m; Frank Struna, M60, had a 15-5 long jump and 32-11 1/2 triple jump; and Gary Schneider, M60, threw a 162-6 discus.

• In the Massachusetts Senior Games, international champions Roger Pierce, M60, won the 100 (12.5) and 200 (25.2); Bob Lida, M65, took the 100 (13.0), 200 (28.7) and 400 (61.5); Mary Harada, W65, took the 1500 in 7:03; Len Rosen, M70, was tops in the shot (42-7 1/2); and Buzz Gagne, M55, hit 150-6 in the javelin. □



International Scene

By TORSTEN CARLIUS

World Championships Staged in Germany and New Zealand

With the first half of 2004 behind us, we've seen the completion of two World Championships – the Inaugural World Championships Indoors in Sindelfingen, GER, and the 7th World Championships Non-Stadia in Manukau/Auckland, NZL. While you most likely know the outcome of these two events, I would like to comment here on the Non-Stadia Championships.

WMA Non Stadia

In past years we have seen lower participation in the World Championships Non-Stadia, which is perhaps natural as runners have a choice of races every weekend. We know there are many popular races staged annually, while the WMA World Championships are organized every two years only and take place in different cities.

The attendance in Manukau/Auckland was poor with only 448 athletes of whom 196 came from the host country, New Zealand. Such championships are, of course, not real world championships, and we must draw the correct conclusions. Furthermore, in looking at the figures, it is not surprising that Vancouver, CAN, has withdrawn as organizer of the 2006 World Championships Non-Stadia.

Due to these circumstances, the Council will present a proposal to the General Assembly next year in San Sebastian that the World Championships Non-Stadia be removed, and that the events in these championships be split between our World Championships Stadia and Indoors, or that perhaps some events also be removed. Our Non-Stadia Committee is just now considering their proposal to the Council, which we have asked to receive by the end of September. I am sure that any comment upon how to split the events would be received very positively by the committee.

Regional Championships Stadia

Our Regional Championships are held in even-numbered years, and so far two championships have been staged, i.e., Europe in Århus/Randers, DEN, on July 22-August 1, and Africa in Yaoundé, CAM, on July 29-August 1, but with different results.

The European Championships were a great success with 3700 athletes representing 40 countries – the third biggest European Championships ever – while the Africa Championships were a great disappointment with just two countries and 132 athletes participating.

All former Africa Championships have been staged in southern Africa. With the championships for the first time being held north of the Equator, expectations were great, but the outcome was a great disappointment.

The WMA Council has tried to promote development in Africa. The Africa Masters Association and its

president, Hannes Booysen, as indefatigable promoter, looked at these championships with great hopes, only to see all their work and hopes unfulfilled.

It is sad, but Africa needs a new start. This most obviously must come from South Africa and surrounding countries, where our master athletics movement is active. It must also be added that the cost of travel in Africa is high, which has a prohibitive effect on attendance.

During the autumn, we will hold the remaining four regional championships, the first of which will be those of North and Central America & the Caribbean in Dorado, PUR. There is preliminary talk of low attendance which, perhaps, is not surprising since the world championships were staged there last year in Carolina. It is seldom popular to return to the same country the following year, but we hope to see 300-400 athletes in Dorado.

In October, Oceania will hold their championships in Rarotonga, COK; in November, South America will stage their championships in Montevideo, URU; and, finally, in December, Asia will organize theirs in Bangkok, THA.

Helsinki 2005

In 2005, the IAAF will organize its 10th World Championships in Helsinki, FIN. Our Finnish Veterans Athletics Association has been very quick to try to promote masters athletics by inviting masters athletes to the 1st Masters Athletics GP in Lahti on Aug. 10-12, and holding 11 finals in Helsinki Olympic Stadium on August 13. They have made an agreement with the IAAF LOC to have these finals directly after the start of the marathon on Saturday morning, providing a great opportunity for masters to compete.

The Finnish Association distributed a flyer at the European Championships in Århus/Randers, and all information can be found on the LOC Web site hyperlink <http://www.lahdenahkera.fi>, where the LOC has promised to provide the same information in English.

This cooperation between IAAF-WMA will be another breakthrough for us, which we hope to follow up with the 2nd Masters Athletics GP in Gothenburg, SWE, in 2006, when the European Athletic Association organizes their European Championships in that city.

Talks have begun to include some

masters events in Gothenburg under the same conditions as in Helsinki and, if successful, we hope to create a new tradition with masters events during IAAF and EAA Championships.

Bids for 2008-2009

In San Sebastian we will award our 2008 World Championships Indoors and our 2009 World Championships Stadia. The last day for bids is September 1 and by the time you read this article, we will probably have published the bidding cities on the WMA Web site.

So far, we have had contacts with two or three cities for each championships, but nothing can be taken for granted until we have received the formal bid. In any case, it will be exciting to see which cities want to welcome us in 2008 and in 2009.

World Masters Games 2009

As you probably already know, the 2009 World Masters Games have been awarded to Sydney, AUS. The IMGA Board of Governors met in Edmonton, CAN, in June, when they decided to award these Games to Sydney. There were three well qualified bidders (Copenhagen, DEN; Shiga Prefecture, JPN; and Sydney, AUS), with Sydney finally winning the award. The Games are scheduled to take place on October 10-18.

IAAF Gala in Monaco

Another proof of the development and recognition of masters athletics is that IAAF has decided to invite the best female and the best male masters athletes to their annual gala in Monaco, together with the best juniors and top athletes. □



Phil Rabinowitz (r), 100, after his world record-breaking race of 30.86 in the 100, with Leo Benning, Western Province Masters president, Green Point Stadium, Cape Town, South Africa, July 10.

FIVE YEARS AGO September 1999

- 5949 Athletes from 74 Nations Take Part in 13th WAVA World Championships in Gateshead, England
- 66 World Records and Reports of Sex Scandal Big News at Gateshead
- John Tuttle (40, 46:17) and Diane Legare (48, 55:48) Steam in Boilermaker 15K

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Report from Britain

By BRIDGET CUSHEN

Aarhus/Randers, Denmark, pop. 300,000, welcomed 3703 athletes from 40 countries to the 14th European Veterans Track & Field Championships, July 22-Aug. 1, the biggest international athletics meet ever staged in that country. During the 10 days of competition, 181 championships, 64 European, and 47 world records were broken. Germany had the largest entry with 938, Denmark 375, Great Britain 352, and Italy with 198 competitors.

Germany's Guido Muller, M65, won the 100 (12.69), 200 (WR 25.46), 400 (56.41), 100mH (WR 13.61), and 300mH (WR 43.89), not to mention his anchor stages in the relays. The host country's Gitta Karlshoj, W45, powered to victory in the 800 (2:17.40), 1500 (4:35.12), 5000, 10,000, and marathon.

The flying British doctor, Steven Peters, raced to five golds in the M50 sprints and relays. Italy's Enrico Saraceni, M40, raced to an amazing 400 win (47.82), and in the 200 he erased the 1992 world record of 21.86 set by Bill Collins, USA, with a scorching 21.59.

Tony Noel, Great Britain, won the M40 100 in 11.06. France's Bruno Dupuy, took the M45 title in 11.44, and Britain's Peters, took the M50 win in 11.54. World M75 champion Alan Meddings, in what he described as his swan song race, was beaten into second place by Spain's Xavier Awton Bofill in 14.23.

The ex-Swiss international athlete, Christine Muller, set a WR in the W45 80mH (11.51), also taking the heptathlon and pentathlon titles after a duel with Jenny Brown, Great Britain, and collecting a handful of medals in the sprints. D. Furmann, W50, and Ingrid Meier, W55, Germany, had decisive wins in the 100. With world silver medalist Averil McClelland out of the championships after pulling a hamstring in the 100m heats, Muller won the W45 200 (25.88). Viv Bonner, Great Britain, broke her own W55 200 WR with a 27.39 win.

Dave Taylor, Great Britain, who turned 40 in January and ran in the British Olympic 10,000 trials, took the 1500 and 5000. Denmark got its first gold from Flemming Bjerre, in the M35 10,000. The M40 title went to Jose Peanilla, Spain, 30:11:82, while Johann Hopfner, Germany, dominated the M45 race (31:21:85), and Portugal's diminutive Francisco Vicente, M70, started on his medal-winning spree. The W60 and W65 races were particularly fast with the world champion Maria Flores, Portugal, taking the W60 in 44:29:55 and Ina Heyn, Germany, capturing the W65 in 45:57:91.

The field events saw some brilliant performances across all age groups. The M40 shot put title was as close as you can get with E. Pyritz, Germany, reaching 16.72 for gold from the Russian, Fedyashcin with 16.71. M45 Jozsef Belak, Hungary, sent the javelin gliding to 64.60.

Wolfgang Ritte, M50, Germany,

cleared 4.71 for a pole vault WR record in June last year. Here after seeing off all his opponents, his 4.51 was a new championship record. Hans Lagerqvist, the Swedish ex-Olympian and many times WMA champion, added another EVAA title to his coffers, winning the M60 event with a vault of 3.55. Irie Hill won the W35, with a 3.90. The inseparable Irish twins, Dorothy and Sheila McLennan, took W65 gold and silver.

In the 20K racewalk, Norway's Erling Anderson, M40, won in 1:39:29 over Sweden's Ulf-Peter Sjolholm, M35, in 1:39:36. Britain's Len Creo, 82, clocked in at 2:28:49 to take the M80 race.

In the marathon, run over a deceptively difficult course, France's Jean Duparfait, M45, led the field home in 2:29:06. He was followed in by a delighted Sian Macina from tiny mountainous San Marino, the only representative from that country, winning the M40 in 2:32:04. Russia's V. Radaev took the M50 race in 2:39:55 and Peter Lessing, Germany, the M60, in 2:53:41. The first woman was Ida Surbek, 43, Slovenia in 2:47:16.

Back in the stadium, Annette Weiss, Germany, won the W35 2000 steeplechase in 6:54:95. Julie Leonard, Sweden, set a W45 WR with 7:16:90, and Anne Martin, Great Britain, set a W65 mark in 11:13:08.

At the General Assembly, chaired by Dieter Massin, the European Veterans AA was dissolved and a new constitution conforming to Swiss Law, voted in. It is EVAA policy to work closely and benefit from the European AA that has recently relocated to Lausanne, Switzerland. EVAA will now be able to use that address. The full results can be seen on Web site hyperlink <http://www.evacs2004.dk>.

□



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www.nationalmastersnews.com

This enables foreign athletes to subscribe without having to convert foreign currency to U.S. currency.



JERRY WOJCIK

Nathalie Bourreau, FRA, in the long jump, 15th WMA World Championships, Puerto Rico.

We Welcome Letters

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

WMA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

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

MEN

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

IMPLEMENTS

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

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

Masters Scene

EAST

• Running for the Whirlaway Running Club, **Lisa Senatore**, 41, 18:16, Lowell, MA, hotfooted it to the overall win at Berna's Great Legs 5K for Women, July 14, Lowell, MA. **Miae Jacobs**, 44, Atkinson, NH, gave it a strong effort with her second-placing 19:05.

• **Audrey Lary**, W70, rewrote the record books three times at the Mid-Atlantic Association Masters Championships at the Germantown Academy, Ft. Washington, PA, July 25. She set ARs in the 100 (15.94) and 200 (33.72) and a WR TJ (8.02).

• The fittest masters at the NYRR Health and Fitness Festival 4-Miler, Central Park, NYC, July 25, were **Alan Ruben**, 47, 21:45, and **Olena Plastinina**, 40. Ruben also won his division at the NYRR Bronx Half-Marathon, July 11, with a 1:16:22 (won by masters **Leonardo Moya**, 40, 1:14.98, and **Christina Bilsky**, 40, 1:30:48).

• **Jerry Macari**, 41, 28:00, barely nipped **Amador Ybanez**, 48, 28:06, to take the M40+ title at the NYRR Dash and Splash 5-Miler, Central Park, NYC July 17. **Kris-Anne Kane**, 40, 32:03 took W40+ honors.

• **Kathy Martin**, 52, Northport, NY, turned in a 12th-place 18:09 to win the Paula Wunderlich Memorial Award as the first finisher of the host Greater Long Island RC. **Marion Stanjones**, 65, Northport, NY, won the M65 race in 24:12. **Pat Motschwiller**, 46, Wantagh, NY, was first W40+ racewalker (29:30). Proceeds went to Big Brothers Big Sisters of Long Island.

• On a muggy, misty morning in Maine, Aug. 1, defending masters champion **Carmen Ayala-Troncoso**, 45, Austin, TX, felt awful the whole way and placed second to **Valentina Yegorova**, Russia, at the Beach to Beacon 10K, Cape Elizabeth, ME, 35:35 to 35:55. Troncoso plans to take a vacation in August and come back in search of more national cross-country victories in the fall. Local real-estate developer and regional masters hotshot **Michael Payson**, Falmouth, ME, 31:52, stayed ahead of cross-country ace **Bob Winn**, Ogunquit, ME, 32:28, for the M40+ crown.

MIDWEST

• **Debbie Kilpatrick**, 40, Strongsville, OH, 17:18, was the first masters woman at Wheeling, WV's Debbie Green Memorial Run 5K, Aug. 7. **Larry Taylor**, 43, Fayetteville, WV, topped the men's masters field, 16:13.

WEST

• Two masters relay bests were set in the Steve Lyons Mile Festival, College of Marin, CA, July 24. In the opening event, the M70-79 distance medley quartet of (in running order) **Roger Fong**, 1200, 4:41; **Sam Hirabayashi**, 400, 1:27; **Jack Bray**, 800, 2:58; and **Tom Guldman**, 1600, 6:16, combined for a 15:22.9 total, below the listed U.S. best of 16:08.9 by a USA squad in 1998 in New Jersey. Later in a 4x1600 for men and women 60+, an all-Marin County foursome of **Eve Pell** (7:02), **Edda Stickle** (7:23), **Heidi Meyer** (8:50), and **Shirley Matson** (6:17), finished in 29:32.7, establishing a W60-69 US best. Meyer, 67, who had come to volunteer while her husband, Horst, ran, was pressed into service and ran wearing tennis shoes and a collared knit shirt.

• **Peter Magill**, M40, in 15:15, and **Lisa Uhrig**, W40, 22:06, cruised to masters wins, Keep L.A. Running 5K, El Segundo, CA, July 11. Winners in the 55-59 divisions

were **Frank Shorter**, 22:10, and **Yoko Eichel**, 22:31. **Jose Ricardo**, M40, 36:36, and **Carolyn Scott**, W40, 42:57, won the 40+ races in the 10K.

• **Miler Myra Rhodes**, 71, Sacramento, CA, set a new USATF age-group record of 7:02.68 at the Fleet Feet Davis Mile, Davis, CA, July 11. Run around a two-lap course in downtown Davis, Rhodes shaved three seconds off the record, which she had set here in 2003 (7:05.62). Other standouts included W50 winner **Heidi Helvestine**, 51, Ross, CA, 5:35.81, and journalist **Eve Pell**, 67, 6:55.30.

NORTHWEST

• **Becky Sisley**, W65, set a WR in the pole vault at the State Games of Oregon, Mt. Hood Community College, Gresham, July 10-11. Her leap of 2.32 eclipsed **Leonore McDaniels'** AR of 2.10 in 1997 and just snuck by **Midori Yamamoto's** WR of 2.31 in 2002.

CANADA

• **Cyprian Enweani**, M40, with meet's best times in the 100 (11.21) and 200 (22.87), and **Noella Lee Pong**, W40, with the fastest 100 (12.75) were the sprint standouts, Canadian Masters Championships, Calgary, Alberta, July 17-18. **Earl Fee**, M75, ran a 2:40.12 800. **John Hawkins**, M55, registered a 1.75 HJ. **Georgette Reed**, W35, hit 14.25 in the SP and 48.75 in the HT. **Gerry Dragomir**, M50, was the first to finish in the 3000 RW (15:15.11). **Holly Gerke**, W35, paced the 5000 RW (25:12.77).

CORRECTIONS

• In the Cleveland Track Classic, July 3, results in the August issue, **Zbigy Zlobicki**, M50, (60m 7.50; 200 23.40) was incorrectly identified as Ziggy Zbolocki.

OBITUARY

• **Jim Ramsey**, one of Michigan's most beloved runners, died July 23 at age 96. He came into running late at age 68, after a mild heart attack and doctor's advice to starting walking. He went from walking at the Detroit Central HS track to jogging and running. His first marathon was the *Detroit Free Press* International, which he completed in 4:43:15 at age 73. He holds the record for being the oldest runner to complete the Free Press Marathon, finishing the 1998 race a few days after his 91st birthday. He competed in marathons in Boston, Columbus, Cleveland, and Pittsburgh, among others. A member of the Motor City Striders, he ran hundreds of races and set national age-group records for the marathon, 25K and 10K. He was honored as *Running Times* magazine's "Athlete of the Year." by USATF Michigan, and *Michigan Runner* magazine, and was featured on a special Oprah Winfrey recognition show. Running allowed him to serve several noteworthy causes. In 1983-1991, the Museum of Afro-American History in Detroit sponsored the Jim Ramsey Street Race as a fund raiser. His most memorable accomplishment was participating in a series of NAACP marches during the 1980s to protest South African apartheid, and encourage voter registration. At age 78, he was the oldest of 22 marchers selected by NAACP to march 3000 miles across the US.

— Doug Kurtis, *Detroit Free Press*

Three U.S. Records Broken in East Regionals

By JERRY WOJCIK

Three national age-group records fell in the USATF East Regional Masters Championships, at Springfield College, Mass., on July 24.

Flo Meiler lowered the W70 record for the 300mH (30") with a 68.35, well below the 76.50 by Leonore McDaniels in 1998. Meiler bettered the W70 record for the 80mH (30") with an 18.23, but a +3.4 wind negated the record.

Robert Youngs, who turned 70 last December, threw the 500g javelin 41.51/136-2. The present best mark for the "new" javelin is a pending 40.54.

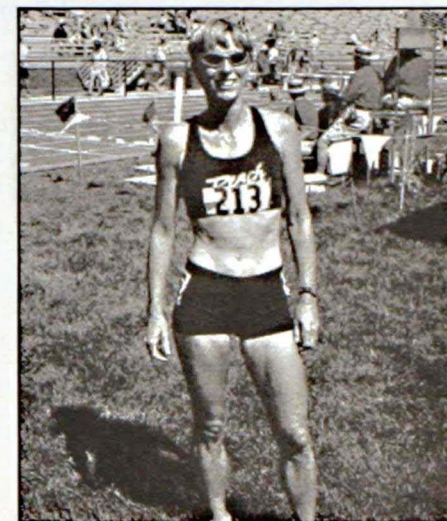
Long Island's veteran track and road runner Bill Benson, erased the M85 mile time of 10:22.0 by Bob Matteson in 2002 with a 9:56.93. Matteson was second to Benson here in 10:39.89.

In other events, Sarah Lawson, W40, won the 100 (13.60) and 200 (28.05). Mary Harada, W65, ran the 5000 in 25:27.49.

Joe Myers, M50, with a 14.19, and

Gerald Vaughn, M65, with a 14.12, were tops in the shot put. Larry Pratt beat a strong M60 discus field with a 50.20.

Bi-coastal Californian, Stew Thomson, M70, was the standout in the hammer (44.97); Amy Hicks, the best in the W70 javelin (20.55). □



JERRY WOJCIK

Tina Bowman, W50, javelin gold medalist, 37th National Masters T&F Championships.



MARILYN GAYNOR

Discus throwers in the West Regional Masters Championships (l to r): Jerry Fasteen, 68; Bob Humphreys, 68; Phil Shipp, 69; Fred Lochner, 74; Arnie Gaynor, 76; Al Roser, 80; Joe Marino, 65; and Hal Smith, 68.

Shaheed Sets Two Records in West Regionals

By JERRY WOJCIK

In a star-studded meet, filled with world and U.S. record holders and masters who have been around for decades, Nolan Shaheed was the standout in the USATF West Regional Masters Championships, held at the Home Depot/Olympic Training Facility, Carson, Calif., July 24-25.

Shaheed, who ran a 2:02.40 800 in the Masters Invitational at the Olympic Trials in Sacramento in July, just days before his 55th birthday, broke national records in the 800 (2:06.83) and 1500 (4:20.76). Both present M55 records are held by Vic Heckler, who ran a 2:08.7 in 1998, and 4:24.8 in 1997.

Two W40 jumpers also posted national record marks. Sue DiMarco vaulted 3.01, beyond Phil Raschker's 2.90 in 1991. Joy Upshaw-Margerum long jumped 5.56. Veronica Amarasekara holds the record at 5.44 in 2001, but has several better pending marks.

The meet brought out old rivals in some events. In the M60 400, Dennis Duffy won in 62.26 over Larry

Barnum (62.38) and George Cohen (64.25). In the M75 400, Rodney Brown prevailed with a 73.44 over Jim Selby (75.65) and Al Escobosa (78.79).

The 800 produced times of high rank. Paul Fragua won the M45 race with a 2:04.28 from David Lucas (2:04.75). Dave Clingan won the M50 race in 2:05.63.

David Olshan won the M40 5000 in a meet's best 15:36.95. Brian Pope, M40, ran the fastest 10,000 (35:18.39).

Willie Banks, M45 triple jump world record holder at 14.55, leaped 14.49.

Cherrie Sherrard missed tying the W65 U.S. shot put record by two centimeters with a 9.76. Olympic trialist in the hammer, Kevin McMahon, finished with a 73.13. John Hansen won the M45 javelin contest with a 53.92.

Olympic hopeful Rose Richmond's 22-2 1/2 long jump enabled her to make the U.S. team going to Athens.

Mark Cleary, Masters West Region Coordinator, was the meet director. □

Table listing race results for various categories including 50 CA, 51 MN, 50 TN, etc. Includes names like Hubert Evans, Greg Schwab, Calvin Saulsberry, and final results for Bill Collins, Oscar Peyton, etc.

Table listing race results for various categories including 43 IN, 41 MA, 43 UN, etc. Includes names like Kathleen Shook, Sarah Lawson, Lyn Barrett, and final results for James Chinn, Tyrone Williams, etc.

Table listing race results for various categories including 64 NY, 63 IN, 60 NV, etc. Includes names like Ted Greve, Arnold Graves, Larry Barnum, and final results for Steve Gallegos, Jeff Lindsay, etc.

Table listing race results for various categories including 54 IN, 51 NY, 50 NY, etc. Includes names like Doug Trueblood, Anthony Baker, Jim Robinson, and final results for John Hinton, Mike Egle, etc.

Table listing names, ages, and scores for various events including M80, M90, W40, M45, W50, M55, W60, M65, W70, M75, M80, W85, M90, W95, M100, W105, M110, W115, M120, W125, M130, W135, M140, W145, M150, W155, M160, W165, M170, W175, M180, W185, M190, W195, M200, W205, M210, W215, M220, W225, M230, W235, M240, W245, M250, W255, M260, W265, M270, W275, M280, W285, M290, W295, M300, W305, M310, W315, M320, W325, M330, W335, M340, W345, M350, W355, M360, W365, M370, W375, M380, W385, M390, W395, M400, W405, M410, W415, M420, W425, M430, W435, M440, W445, M450, W455, M460, W465, M470, W475, M480, W485, M490, W495, M500, W505, M510, W515, M520, W525, M530, W535, M540, W545, M550, W555, M560, W565, M570, W575, M580, W585, M590, W595, M600, W605, M610, W615, M620, W625, M630, W635, M640, W645, M650, W655, M660, W665, M670, W675, M680, W685, M690, W695, M700, W705, M710, W715, M720, W725, M730, W735, M740, W745, M750, W755, M760, W765, M770, W775, M780, W785, M790, W795, M800, W805, M810, W815, M820, W825, M830, W835, M840, W845, M850, W855, M860, W865, M870, W875, M880, W885, M890, W895, M900, W905, M910, W915, M920, W925, M930, W935, M940, W945, M950, W955, M960, W965, M970, W975, M980, W985, M990, W995, M1000, W1005.

Table of race results for various events including 5000m, 10000m, and 5000m Walk. Lists names, states, and times.

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Table titled 'Combined Team Scores' listing teams, their locations, and total points.

Table titled 'EAST' listing Philadelphia Masters T&F Assoc. Meet. Ft. Washington, PA, June 8 and Philadelphia Masters T&F Assoc. Meet. Ft. Washington, PA, June 15. Includes results for 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 5000m, 10000m, and Mile events.

Table titled 'Massachusetts Senior Games, Springfield, MA June 19-20' listing 100m, 500m, and 1000m results.

Table with columns for event name, age group, and time. Includes events like Pole Vault, Long Jump, Shot Put, Discus, and High Jump.

Table with columns for event name, age group, and time. Includes Hammer, M55, M60, M65, M70, M75, M80, W55, W60, W70, W75, W80.

Philadelphia Masters T&F Assoc. Meet, Ft. Washington, PA; June 22

Table with columns for event name, age group, and time. Includes 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, 200000m.

Philadelphia Masters T&F Assoc. Meet, Germantown Academy, PA; June 29

Table with columns for event name, age group, and time. Includes 110m Hurdles, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, 200000m.

Table with columns for event name, age group, and time. Includes 800m, M40, M45, M50, M60, W45, Mile, M30, M40, M45, W40, 3000m, M30, M35, M40, M45, M50, M55, W40, Long Jump, M40, Pole Vault, M45, High Jump, M35, M40, Shot Put, M35, M40, M50, M55, M60, Discus, M40, M45, M50, M60.

Philadelphia Masters T&F Assoc. Meet, Germantown Academy, PA; July 13

Table with columns for event name, age group, and time. Includes 100m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 200m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 400m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 800m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 1500m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 3000m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 5000m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 10000m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 20000m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 50000m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 100000m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 200000m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60.

Philadelphia Masters T&F Assoc. Meet, Germantown Academy, PA; July 13

Table with columns for event name, age group, and time. Includes 100m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 200m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 400m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 800m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 1500m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 3000m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 5000m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 10000m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 20000m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 50000m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 100000m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60, 200000m, M30, M35, M40, M45, M50, M55, M60, W30, W35, W40, W45, W50, W60.

Table with columns for event name, age group, and time. Includes Scott Landis, Bob Rinkis, Jim Farrell, Tim Gavin, Ryan Gober, Ryan Scanlin, Kerby Jones, Jim Boligitz, Chuck Shields, Bob Reynolds, Ben Crowle, Jon Cohen, Dennis Mellish, Tom Jennings, Bruce Gilbert, Cheryl King, Lana Kane, Kareem Lanier, Eric Galosi, Johnny Marino, Tom Yunker, Carl Grossman, Tom Jennings, Nick Damalas, Lovell Butler, Lee Barson, Jill Cypress, Peter Hirschmann, John Hurley, Tom Kildea, Tomlinson Rauscher, Carl Grossman, Cheryl Bellaire.

Colonie Mile, Colonie, NY July 13

Table with columns for event name, age group, and time. Includes Overall, Chuck Terry 22, Emily Bryans 36, M40 Constantine Niskayuna, M45 Derrick Staley, M50 Richard Clark, M55 Pat Glover, M65 Chris Rush, M70 Ray Bremm, M85 Bob Matteson, W40 Helen Shekerjian, W45 Nancy Taormina, W50 Donna Choiniere, W70 Anny Stockman.

USATF East Regional Masters Championships Springfield, MA; July 24

Table with columns for event name, age group, and time. Includes 100M, M30 DAVE EATON, M35 MICHAEL LUCAS, GABRIEL ALFONSO, M40 DAVE NEWMANN, PAUL MACLURE, M45 EVERAD SAMUELS, RICHARD HURLEY, SPENCER PARRISH, M70 DENNIS MELANSON, THOMAS TALBOTT, M75 ED COX, ROBERT BRUCE, M80 YM NACI, W30 BARBARA FOSTER, W35 PATRICIA WILKINSON, W40 SARAH LAWSON, W55 HILLEN STUBENDORFF, W65 BARBARA JORDAN, W70 ROSALIA GIOIA, W75 PATRICIA PETERSON, W80 ANNIE MCGOWAN, M30 BOB CHINCHILLO, M40 JIM WATTS, DAVE NEWMANN, M45 EVERAD SAMUELS, TONEY MULHOLLAN, ROB PORCARO, LOU RONSIVALLI, TUCKER TAFT, STAN WASHUK, M55 STEPHEN BATES, ROGER PIERCE, WARREN GRAFF, LARRY LIBOW, BILL DEHORN, BOB CHINCHILLO, DICK CAMP.

Table with columns for event name, age group, and time. Includes RICHARD HURLEY, SPENCER PARRISH, DENNIS MELANSON, THOMAS TALBOTT, ROBERT BRUCE, ED COX, TIM SUGRUE, YM NACI, BOB MATTESON, BARBARA FOSTER, LORI KESSEL, SARAH LAWSON, PATRICIA PETERSON, ADAM GARDNER, JOHN DAVIS, JIM WATTS, TERENCE HAYNES, JIM SCESENY, DAVE NEWMANN, PAUL MACLURE, BEN JAMES, JAMES MORTON, TONEY MULHOLLAN, LEONARD DONADIO, LEONARD DISCENZAI, ROGER PIERCE, WARREN GRAFF, W VON MALTZAHN, BOB CHINCHILLO, BLAINE LAWSON, TONY DAPONTE, SPENCER PARRISH, JOHN HURLEY, THOMAS TALBOTT, ARTHUR KEARNEY, HAROLD LARKIN, TIM SUGRUE, YM NACI, LORI KESSEL, STUBENDORFF, M MICHELSON, P PETERSON, BRIAN HICKEY, ANTON LAHNSTON, KEN BOTTING, STEVEN PENNEY, IAN SMITH, JOE O'CONNELL, LEONARD DISCENZAI, RICHARD CLARK, JAMES CORRIDAN, WAYNE DRYER, ANTHONY BAKER, RON JOHNSON, STEPHEN VIEGAS, J TETHERLY, JOSEPH BURLESON, FRANK VELLARDITO, JACK FINAN, HAROLD LARKIN, TIM SUGRUE, BOB MATTESON, JOHN WOODS, ELLEN SILVEIRA, BARBARA JORDAN, RON LOMBARDI, KEN BOTTING, STEVEN PENNEY, JERRY ESPINOSA, ALLAN MUIR, KEVIN MCCUSKER, RICHARD CLARK, JEFF WEATHERHEADS, PAUL GROGAN, RON JOHNSON, JOSEPH BURLESON, ARTHUR ROBERTS, SAM BAUMGARTEN, JERRY LEVASSEUR, TIM SUGRUE, WILLIAM BENSON, BOB MATTESON, JENNIFER HEGARTYS, KAREN LEIN, NORM LARSON, GLEN VINNING, W VON MALTZAHN, BILL BORLA, ARTHUR ROBERTS, JERRY LEVASSEUR, BILL BUTLER, BUD ARONSON, HEATHER CROSBY, ANNE HIRD, KAREN LEIN, MARY HARADA, DORIS ARONSON, BILL WRIGHT, BARBARA JORDAN, FLO WEILER, GEORGE LABELLE, TOM BUTTERFIELD, DARRYL BRAY, TIM MOHAWHON, BOB CHINCHILLO, GEORGE LABELLE.

TOM BUTTERFIELD	1:01.76
GUSTAVE DAVIS	1:17.77
W70 FLO MEILER	1:08.35
400M IH	
M40 JOHN LIGHT	1:11.80
DAVID GOLDBERG	1:20.63
M45 TIM MCAHON	1:03.11
M50 ANTHONY BAKER	1:17.80
W40 PAMELA GUNNESON	1:25.46
High Jump	
M30 PAUL DEBAKER	1.82
M40 DAVID MURPHY	1.67
JERRY ESPINOSA	1.62
M55 RICHARD SOBEL	1.52
BILL DEHORN	1.42
M65 GEORGE LABELLE	1.15
JOHN HURLEY	1.10
M70 ARTHUR KEARNEY	1.10
W30 KIMIKO NAKATAKE	1.55
W40 PAMELA GUNNESON	1.30
M55 HILLEN STUBENDORFF	1.20
M65 BARBARA JORDAN	1.05
W70 ROSALIA GIOIA	.85
Pole Vault	
M30 DARRYL BRAY	3.80
M40 MARC FISH	4.10
M45 BRIAN BATHERSON	3.20
RUSS VERSTEEG	3.10
JEFFREY BIRD	3.00
M50 BRADLEY HALL	3.20
STAN WASHUK	2.75
M55 BILL DEHORN	3.00
M65 NORM CYPBUS	2.26
M70 CHARLES STEVENSON	1.53
M55 HILLEN STUBENDORFF	2.43
W70 FLO MEILER	1.93
Long Jump	
M30 DAVE EATON	6.08
PAUL DEBAKER	5.68
M35 GABRIEL ALFONSO	5.55
M40 JERRY ESPINOSA	4.30
M45 RICK CHOPPA	5.47
PETER STICKEL	4.59
MICHAEL TRAVERS	4.40
M50 KEN EFFLER	4.76
JOHN OLESKI	4.69
RICK CENSULLO	4.66
STAN WASHUK	4.48
M55 JEWELL WILSON	4.30
M60 JOEL JACOBSON	2.39
M65 TOM BUTTERFIELD	3.84
GEORGE CORMEY	2.97
M70 JAMES DUNCAN	3.90
BILL WRIGHT	3.34
W30 KIMIKO NAKATAKE	4.75
M55 HILLEN STUBENDORFF	4.18
M60 MARTHA OPPENHEIMER	2.35
M65 BARBARA JORDAN	3.02
W70 ROSALIA GIOIA	2.22
W80 ANNIE MCGOWAN	2.20
Triple Jump	
M40 BRIAN CARROLL	9.13
M45 PETER STICKEL	9.77
M50 STAN WASHUK	9.38
JOHN OLESKI	9.28
M65 TOM BUTTERFIELD	8.09
GEORGE LABELLE	7.63
M70 THOMAS TALBOTT	5.78
W30 KIMIKO NAKATAKE	9.45
W70 ROSALIA GIOIA	4.87
Shot Put	
M40 SCOTT HANNAY	11.99
ALBERTO RUSSO	11.06
M45 DAN WALLACE	11.86
MICHAEL RUBIN	11.39
JOE MYERS	14.19
GEORGE CASTELLI	13.78
CARL REICHARD	11.68
M55 KEN ROSE	12.49
JOSEPH DESTEFANO	12.27
MARTY EISNER	11.50
DENNIS CHANDLER	10.52
WALTER ROUCKEN	9.90
ED ROOT	9.41
GEOFFREY BROWN	9.09
WORDEN G. KENT	8.69
M60 CHARLES THOMPSON	12.77
ROBERT HARVEY	12.30
JOHN SCHLOSSER	11.86
GARY CRAWFORD	11.02
JIM CHAMBERAS	10.46
THOMAS DEMMO	9.96
M65 GERALD VAUGHN	14.12
EDMUND JOYCE	10.07
ROBERT TOSONI	9.97
GEORGE CORMEY	9.94
GEORGE LABELLE	9.19
M70 LEONARD ROSEN	12.41
PAUL XANTHOPOULOS	12.03
JAMES DUNCAN	11.29
WILLIAM CLEW	10.83
WILLIAM GARRAHAN	10.20
W35 PATRICIA WILKINSON	9.55
W40 DEB ECKLUND	5.50
W50 BARBARA MCCUEN	6.66
W55 PATRICIA FOGG	7.47
W60 MARGERY SWINTON	8.42
JOYCE BAHR	8.10
ROSLYN KATZ	7.47
MARTHA OPPENHEIMER	6.08
M65 ANN MARIE FLYNN	7.46
ANNE CIRULNICK	6.85
BARBARA JORDAN	5.61
W70 FRANCESCA MORAVCSIK	6.85

MARCIA CROOKS	6.79
FLO MEILER	6.54
CURLIE FABER	6.41
HARRIET PATCH	6.39
AMY HICKS	6.38
ROSALIA GIOIA	6.35
W80 ANNIE MCGOWAN	4.57
Discus	
M35 ROBERT PALAZZO	30.65
M40 SCOTT HANNAY	37.19
ALBERTO RUSSO	33.41
M45 DAN WALLACE	36.41
DON BOGGIS	30.09
MICHAEL RUBIN	27.80
M50 MICHAEL FORTUNATA	38.97
ED FERRARO	38.18
KEN EFFLER	37.12
GEORGE CASTELLI	34.53
CARL REICHARD	34.16
JOE MYERS	33.82
MICHAEL SHERRILL	15.19
M55 JOSEPH DESTEFANO	36.74
MARTY EISNER	36.34
GEOFFREY BROWN	32.39
KEN ROSE	31.96
DENNIS CHANDLER	31.45
G. KENT WORDEN	28.71
WALTER ROUCKEN	26.78
BILL DEHORN	25.78
ED ROOT	23.55
M60 LARRY PRATT	50.20
CHARLES THOMPSON	47.85
DAVID MACMILLAN	45.23
JOHN SCHLOSSER	39.66
GARY CRAWFORD	38.28
ROBERT HARVEY	35.80
THOMAS DEMMO	34.39
JIM CHAMBERAS	30.29
NICK LERAS	31.66
JOSEPH VEILEUX	25.73
M70 STEWART THOMSON	42.55
PAUL XANTHOPOULOS	40.39
LEONARD ROSEN	36.50
WILLIAM GARRAHAN	35.63
JAMES DUNCAN	31.08
DONALD LEVESQUE	26.37
W35 PATRICIA WILKINSON	31.89
W40 DEB ECKLUND	19.09
W50 BARBARA MCCUEN	18.79
W55 PATRICIA FOGG	19.01
W60 MARGERY SWINTON	23.09
JOYCE BAHR	20.79
ROSLYN KATZ	19.87
MARTHA OPPENHEIMER	17.59
M65 ANN MARIE FLYNN	21.94
JOAN YOUNGS	19.65
ANNE CIRULNICK	16.47
BARBARA JORDAN	5.61
FLO MEILER	19.81
AMY HICKS	18.54
F MORAVCSIK	16.92
MARCIA CROOKS	16.33
CURLIE FABER	14.62
ROSALIA GIOIA	13.68
HARRIET PATCH	13.12
W80 ANNIE MCGOWAN	9.70
Hammer	
M35 ROBERT PALAZZO	40.05
M40 SCOTT HANNAY	34.53
M45 DAN WALLACE	37.04
MICHAEL RUBIN	22.29
CARL REICHARD	45.92
GEORGE SANDAS	44.31
PATRICK LYNN	35.55
MICHAEL SHERRILL	19.93
M55 ART ELLIS	37.10
G. KENT WORDEN	32.46
ED ROOT	25.69
GEOFFREY BROWN	20.78
M60 CHARLES THOMPSON	44.64
JIM CHAMBERAS	32.84
GARY CRAWFORD	32.46
JOHN SCHLOSSER	27.07
M65 NORM CYPBUS	37.53
NICK LERAS	28.08
EDMUND JOYCE	25.50
GEORGE CORMEY	22.44
M70 STEWART THOMSON	44.97
WILLIAM GARRAHAN	31.29
WILLIAM CLEW	26.57
CHARLES STEVENSON	25.97
DONALD LEVESQUE	24.95
W30 BARBARA FOSTER	32.57
W40 DEB ECKLUND	19.55
W50 BARBARA MCCUEN	22.40
W55 PATRICIA FOGG	19.56
W60 MARGERY SWINTON	31.11
ROSLYN KATZ	25.73
JOYCE BAHR	20.07
MARTHA OPPENHEIMER	16.77
M65 ANNE CIRULNICK	16.79
W70 CURLIE FABER	21.84
AMY HICKS	21.60
MARCIA CROOKS	15.42
W80 ANNIE MCGOWAN	11.18
Javelin	
M35 JOHN JARRELL	49.76
M40 SCOTT HANNAY	56.34
JERRY ESPINOSA	35.53
GLENN CIRIPOMPA	32.17
M45 ROY HADDEN	47.39
DON BOGGIS	38.94
M50 KEN EFFLER	44.71

JIM QUEENEY	40.22
JOE MYERS	39.95
LOU RONSVALLI	39.49
CARL REICHARD	30.86
M55 BUZZ GAGNE	51.56
DENNIS CHANDLER	42.77
BILL DEHORN	32.23
ED ROOT	30.41
G. KENT WORDEN	23.42
M60 JIM CHAMBERAS	31.98
THOMAS FITZGERALD	25.00
JOEL JACOBSON	20.71
M65 FRANK ILLUZZI	41.21
PATRICK CONLEY	32.54
GEORGE CORMEY	30.40
M70 ROBERT YOUNGS	41.51
JAMES DUNCAN	38.36
PAUL XANTHOPOULOS	34.68
WILLIAM GARRAHAN	33.21
ARTHUR KEARNEY	29.22
M75 SID KIWITT	28.96
W40 LAURA CHAREWICZ	30.40
DEB ECKLUND	15.29
W50 BARBARA MCCUEN	16.24
W55 PATRICIA FOGG	17.82
M60 MARGERY SWINTON	19.90
ROSLYN KATZ	18.10
JOYCE BAHR	17.70
MARTHA OPPENHEIMER	16.76
W65 JOAN YOUNGS	20.12
ANN MARIE FLYNN	19.73
ANNE CIRULNICK	11.20
W70 AMY HICKS	20.55
CURLIE FABER	16.02
MARCIA CROOKS	14.50
ROSALIA GIOIA	12.44
HARRIET PATCH	12.01
W80 ANNIE MCGOWAN	11.43

USATF Mid-Atlantic Masters Championships, Ft. Washington, PA; July 25

100m	
M30 Lyndell Pittman	11.73
Junior Hyman	11.98
M35 Aaron Walters	11.87
James Freeman	12.62
M40 Eugene Vickers	11.43
William Marshall	11.72
Darnell Gatling	12.09
M45 Tony Fulton	11.93
Gary Leigh	13.09
Wayne DeMore	14.10
M50 Oscar Peyton	11.98
Terry McKechnie	12.71
Jesse Norman	12.99
M55 Jim Lafferty	15.24
M60 James Kenney	13.94
Ray Rakowski	15.38
M65 William Bittner	14.89
Robert Pyatt	14.90
Walter Palmer	15.46
M80 Charles Wilson	16.77
M85 Champ Goldy	19.70
W30 Jill Cypress	13.26
W40 Renay Smith	15.37
W45 Cheryl Bellaire	16.16
W55 Barbara Leighton	18.34
W60 Patti Palmer	20.52
W70 Audrey Lary	AR 15.94 (Patricia Peterson/16.15/1998)
200m	
M35 Aaron Walters	24.27
James Freeman	26.21
M40 Eugene Vickers	23.09
Darnell Gatling	23.95
Tony di Salvo	24.93
M45 Tony Fulton	23.71
M50 Oscar Peyton	23.84
Jesse Norman	25.93
Terry McKechnie	27.30
M55 Richard Brown	30.51
Robert Schuler	31.62
Jim Lafferty	32.78
M65 Walter Palmer	31.04
M70 James Stookey	30.68
M85 Champ Goldy	44.58
W30 Jill Cypress	26.94
W45 Cheryl Bellaire	32.43
W60 Sue Levy	1:06.78
W70 Audrey Lary	AR 32.72 (Patricia Peterson/34.03/1998)
400m	
M30 Mike Jackson	53.18
M35 Aaron Walters	53.38
James Freeman	1:00.07
M40 Eugene Vickers	5.2.28
Howard Lindsay	53.04
Steve Nearman	54.83
M45 Ray Blackwell	53.87
Pat Good	1:03.75
M50 R G McDonald	1:03.63
M55 Richard Brown	1:06.91
Robert Schuler	1:11.41
M65 Walter Palmer	1:21.76
W30 Zenia Ayrton	59.20
W45 Joan Affleck	1:17.78
W55 Barbara Leighton	1:32.09
W60 Sue Levy	2:16.56
800m	
M30 Kyle Lanier	2:02.75
Kareem Lanier	2:04.08
M35 Windsor Jones	2:14.87

M40 Steve Nearman	2:04.89
Bob Rimkis	2:12.99
Deke Rush	2:33.45
M45 Chuck Shields	2:11.20
Russ Patton	2:12.29
Pat Good	2:22.07
M50 Joel Hoffsmith	2:20.95
Dennis Mellish	2:31.18
W40 Janet Lewis	2:38.66
W55 Barbara Leighton	3:31.71
W60 Patti Palmer	4:22.88
Sue Levy	4:54.33
W70 Mary Alice Stookey	4:44.89
Mile	
M40 Bob Rimkis	4:52.82
Thomas Stroman	5:09.57
Bill Shralow	5:19.63
M45 Chuck Shields	4:56.41
Ben Crowle	5:28.32
M50 Jon Cohen	5:23.06
Dennis Mellish	5:45.85
M55 Carl Grossman	6:33.02
W40 Lorraine Jasper	5:20.86
W55 Barbara Leighton	7:41.61
5000m	
M30 Terry Kelly	17:40.13
M40 Tom Jermyn	16:54.54
M45 Maurice Pointer	17:25.70
Keith Davies	17:36.24
Dave Currie	18:12.02
M50 Bob Stanfill	19:42.39
M55 Dick Green	18:53.61
M60 Brian Salzberg	21:30.06
Louis Coppens	21:35.04
W30 Jennifer Jacobsen	21:29.64
Short Hurdles	
M30 Mike Jackson	16.04
M45 Tim McMahon	17.83
M70 James Stookey	14.09
4x200m Relay	
M30 Synergy Track Club	1:34.71
M50 Aura	1:44.18
4x400m Relay	
M40 Pineland Striders	4:00.14
Philadelphia Masters	4:08.81
High Jump	
M35 Tom Bednar	5.4
M60 Barry Kline	4.8
James Kenney	4.4
M65 Burr Daly	3-10
Jack McDonald	3-10
Jay Goldenberg	3-4
M70 James Stookey	4-0
M80 Charles Wilson	3-10
Pole Vault	
M45 Pete Hischmann	11-6
Don Severn	9-6
M50 Jim O'Neill	11-0
Tom Kildeo	10-0
M55 Tom Rascher	11-0
Carl Grossman	6-0
W45 Cheryl Bellaire	7-0
Long Jump	
M40 Bob Murphy	5.01
Lovell Butler	4.09
M55 Larry Nolly	4.55
Frank Monroe	3.55
M65 Burr Daly	3.38
K M Thomas	3.29
Kevin Murphy	3.28
M70 James Stookey	4.12
M80 Charles Wilson	3.39
W60 Patti Palmer	2.28
W70 Audrey Lary	3.30
Triple Jump	
M65 K M Thomas	6.40
M70 James Stookey	9.04
W30 Jill Cypress	10.63
W70 Audrey Lary	WR 8.02 (Shirley Peterson/NZL/7.87/1999)
Shot Put	
M35 Phillip McDonald	10.31
M45 Warren Taylor	14.51
Jay McQueen	13.57
Sal Adamo	10.42
Nick Helfrich	9.91
Stew Beltz	9.66
M60 Joe Kalnao	10.07
John Bronstein	10.04
Jerry Sullivan	9.09
M65 Bill Kuegler	11.80
William Eisenhart	11.68
Jack McDonald	9.15
M70 Ray Feick	10.69
Harry Holm	10.32
Leonard Olson	10.26
M75 Bill Bergen	7.83
W60 Patti Palmer	5.30
Discus	
M35 Philip McDonald	21.16
M45 Warren Taylor	43.35
Jay McQueen	41.19
John Kalnao	34.47
Nick Helfrich	30.33
Kimberton Messner	28.89
Stew Beltz	27.70
M55 Terry Shuman	38.06
Frank Monroe	31.23
M60 John Bronstein	38.20
Ray Rakowski	37.76
John Lang	35.80
William Eisenhart	36.64
R van Putt	34.00
M65 John Sellers	32.29
Harry Holm	35.40

Leonard Olson	31.05
Ray Feick	27.46
M75 Bill Bergen	22.76
M85 Champ Goldy	18.00
W60 Patti Palmer	12.59
Javelin	
M50 Greg Geraci	50.00
Nick Helfrich	37.48
Sal Adamo	29.30
M55 Gerry Shatzer	34.50
Seyavash Karimian	32.30
Frak Monroe	24.44
M60 James Kenney	46.07
John Lang	40.51
Jerry Sullivan	26.90
M65 William Eisenhart	39.45
Jack McDonald	27.00
Bill Kuegler	25.28
M70 Ray Feick	29.82
Leonard Olson	24.26
John Reider	16.05
M85 Champ Goldy	15.83
W60 Patti Palmer (500g)	13.89
Weight Throw	
M45 Jay McQueen	10.95
M30 Nick Helfrich	12.03
M55 Terry Shuman	13.72
M60 John Bronstein	15.87
John Lang	11.54
M65 Bill Kuegler	13.90
John Sellers	12.4

Mile RW	
M45 Peter Blank	10:56.10
M55 John Gersh	10:26.50
W45 C Caravoulas	12:40.90
W50 D A van Dover	10:00.10
W55 Kathy Collins	11:01.80
3000m RW	
M55 John Gersh	20:02.50
W45 Barbara Levine	31:12.10
W50 D A van Dover	19:11.50
W55 Kathy Collins	20:59.90
W60 Barbara Charles	25:11.00

Richard Bergenback	18.76
W60 Alice Tym	17.06
Hammer	
M30 David Senay	46.64
M50 Steven Thomason	35.02
M55 Will Shipley	3.60
M65 James Turner	23.40
M75 Richard Bergenback	18.98
W60 Alice Tym	16.44

M75 Allen Ward	26-7
Discus	
M40 Anthony Boerio	70-8
M45 Craig Rinker	129-8
M50 Tim Walters	108-4
M55 William Butzin	103-9
M60 Terry Simons	143-11
M65 Everett Hardy	117-3
M70 Cyrus Deem	107-10

Chapman (-/-/2.69/-/-)	
Cahners (8.20/-/2.99/1.60/0.98)	
Jim Gerhardt (6.41/-/-/-/-)	
Adams (4.75/2.84/-/-/-)	

USATF Tennessee Masters Championships, Tennessee State U., Nashville; July 24

100m	
M35 John Carter	13.51
M40 Marcus Shute	11.98
James Mayfield	13.71
M45 Lawrence Finley	14.18
M50 Martin Spencer	12.77
M55 Andrew Gipson	13.04
Ronald Bruner	13.56
Wayne Garner	14.78
M60 Jack Dunn	14.59
Malachi McGruder	14.93
M70 Estes Redditt	15.40
W40 Beverly Conner	14.67
W50 Eleanor Gipson	16.14

Javelin	
M30 Travis Farren	40.34
M50 Bill Murray	38.26
Steven Thomason	33.90
M55 Terry Martin	33.10
Wayne Garner	31.36
Will Shipley	9.44
M60 Malachi McGruder	37.10
Jack Dunn	28.34
M65 James Turner	30.98
M75 William Daprano	23.96
Gordon Seifert	22.50
W30 Sharon Browning	30.86
W60 Alice Tym	18.90

Javelin	
M30 Lorenzo Marshall	128-8
M40 Anthony Boerio	61-4
M45 Kurt Koehler	105-1
M50 Tim Walters	125-6
M55 Robert Juett	82-3
M60 John Sloan	112-5
M65 Dave Servis	99-3
M70 Chuck Weidman	70-4
M75 Fred Hirsimaki	86-5
1500m RW	
M60 Bruce Cosmik	11:54.4
W35 Lori Huff	11:22.6
W50 Cindy Batie	13:25.2
W55 Gwen Thomas	9:50.4
W60 Barbara Hensley	10:31.4

Texas Masters Championships, Coppell H.S., Arlington, TX; July 24

100m	
W30 Comelia Greer	13.76
W35 Leah Reader	16.49
W45 Laura Kearns	16.19
W50 Cindy Steenbergen	13.09
Dinah Anderson	17.42
W55 D VanderCruyssen	15.42
W60 Shelly Whitlock	19.36
W70 Phyllis Provost	21.09
M30 Jeff Culppepper	10.99
Jay Ortiz	13.60
M35 Harold Lacey	11.10
Charles Green	11.86
Greer Felton	11.96
M40 Trent Hagler	11.66
Reggie Gatner	11.84
Andrew Search	12.18
M45 Monzell Baker	12.11
Vernon Pittman	12.24
William Brown	12.48
M50 Will McHone	12.60
Richard Riddle	12.81
Larry Donehower	12.87
M55 Edward Jones	12.88
Mike Steinmetz	12.92
Richard Winford	13.65
M60 Courtland Gray	12.45
Don Denson	13.12
Michael Vaught	14.68
M65 Wayne Bennett	13.61
M70 Joe Summerlin	14.41
David Cady	15.55
Bill Wareham	15.65
M75 Andy Anderson	16.03
Jack Gilbert	19.34
M80 Bob Wingo	18.90
Bob Jantz	21.77

M75 Wayne Hanson	3:10.56
1500m	
W45 Elizabeth Rudy	5:33.00
W50 Kathy Kellogg	6:01.00
W70 Phyllis Provost	9:14.00
M40 Kevin Pollari	4:48.00
M45 Mike Centorani	4:50.00
Dennis Wade	4:55.00
M65 Deon Tollstrup	7:41.00
M75 Wayne Hanson	6:16.00

M70 Bob Ward	13.42
Wendell Palmer	12.81
Rudy Almaguer	8.08
M75 Jim Gerhardt	11.61
Bob Richards	9.23
Val Smith	9.06
M80 Bob Jantz	7.33
W50 Dinah Anderson	8.21
W55 D VanderCruyssen	8.63
W60 Shelly Whitlock	7.08
W70 Phyllis Provost	5.65

MIDWEST

Dayton Masters T&F Classic Dayton, OH; July 17	
100m	
M40 Oliver Mason	11.4
M45 William Edwards	11.6
M50 Tom Smith	11.6
M55 Lloyd Hathcock	12.5
M60 Bob Shoemaker	13.7
M65 Paul Williams	14.2
M70 Burt Sidel	15.6
M75 Richard Soller	17.7
M80 Hugh Yeomans	1:04.5
W35 Kisha Carman	13.4
W40 Kathleen Shook	13.5
200m	
M30 Richard Jones	22.0
M35 Roger Maline	26.5
M40 Darryl Riser	26.6
M45 Ron Beasley	25.2
M50 Tom Smith	23.5
M55 Lloyd Hathcock	25.5
M60 Bob Shoemaker	29.6
M65 George LaBelle	32.6
M75 Richard Soller	38.1
W30 Milan Wilder	34.0
W35 Linda Carty	27.8
W40 Kathleen Shook	27.4
W80 Ernestine Yeomans	1:52.8

MID-AMERICA

Colorado Masters Throwers Meet #8, Ft. Collins; July 17	
HT/WT/SP/SW	
Joy Kaylor	W66
26.77/10.41/7.18/4.69	
Chad Lindsay	M32
-/13.40/16.44/8.48	
Bob Jones	M42
39.67/11.89/12.15/8.41	
Rande Treece	M43
50.24/14.55/-/9.22	
Tim Edwards	M56
39.83/15.73/-/7.81	
Jerry Bookin-Weiner	M58
39.00/12.73/-/5.84	
George Soule	M64
21.76/7.43/11.19/-	
Robin Herron	M67
33.77/12.53/9.62/4.34	
Frank Bowles	M83
20.08/8.81/8.33/-	

SOUTHWEST

Cat Spring Grunt Throwers Meet, Cat Spring, TX July 10	
Weight Pentathlon (HT/SP/DT/JT/WT)	
Carol Finsrud W47	5371
43.47/12.93/51.24/32.71/14.97	
Cheryl Mellenthin W48	2068
17.47/6.64/20.65/14.99/7.31	
Diana Gutierrez W52	-
-/9.91/28.83/-/-	
Dave Rothenbury 39	2875
40.43/11.84/43.03/34.36/13.22	
Amy Ferrando 47	2834
34.19/10.03/31.27/14.54/10.24	
Dan Roloff 51	2873
31.44/12.62/31.68/39.11/11.87	
Herb Stein 57	-
-/35.09/-/-	
Harry Windham 59	-
-/9.92/34.64/-/-	
Vince Breau 58	3513
34.62/11.57/37.48/41.10/14.08	
John Stilbert 51	-
-/9.69/36.47/-/-	
Tom Gage 61	5206
60.04/15.42/49.73/34.19/21.55	
Mark Chapman 61	3458
33.81/12.09/40.18/32.41/12.38	
Pat Arceneaux 61	2568
17.97/10.13/32.18/30.20/10.12	
Harold Landry 61	2918
26.61/11.80/29.97/30.50/11.19	
Bob Cahners 62	-
47.17/11.79/-/18.48	
Howard Zingg 65	3226
34.01/8.57/34.14/24.21/11.17	
Charlie Richard 69	2888
21.92/9.11/25.91/35.05/9.37	
Milton Brady 70	3184
28.74/9.49/27.09/22.15/13.66	
Jim Gerhardt 75	4412
23.80/11.73/39.42/34.19/11.40	
Fred Adams 78	1981
18.50/5.79/14.27/14.27/7.80	

Championships, Coppell H.S., Arlington, TX; July 24

5000m	
M40 Brad Kugler	18:29.20
M55 Donald Loewe	19:11.41
M60 Bill Wylie	23:16.70
Mike Broyles	25:46.70
80mH	
W40 Shana Judge	17.64
W55 D VanderCruyssen	17.67
M70 Lowell Bonifield	15.11
100mH	
M50 Robert Hahn	19.84
M60 Courtland Gray	17.34
Bill Hardin	17.97
Michael Burns	22.21
M65 John Head	14.84
110mH	
M30 Antoine Bryant	15.77
M35 Don Drummond	14.24
M45 Jeff Brower	16.21
300mH	
M60 Michael Burns	56.86
M65 John Head	58.80
400mH	
M35 Don Drummond	54.59
M45 Jeff Brower	1:02.10
Bryan Shilcutt	1:07.74
Bradley Gardner	1:12.11
M50 Rick Easley	1:10.04
M55 Lester Mount	1:13.75
4x100 Relay	
M40 TDR	43.76
High Jump	
W45 Debra Stuart	1.22
W50 Dinah Anderson	1.17
W55 Linda Douglass	1.22
D. VanderCruyssen	1.17
W60 Shelly Whitlock	0.97
W70 Phyllis Provost	0.92
M35 Matt Sunderman	1.88
M40 Chris Harvey	1.57
Rick Cawley	1.52
Rex White	1.37
M45 Jeff Brower	1.72
M55 Terrell Schaffer	1.52
Norman Frable	1.52
M60 Ron Collier	1.52
Jerry Wright	1.32
Mike Broyles	1.22
M65 John Head	1.22
Paul Beckman	1.22
George Jagerman	0.92
M75 Val Smith	1.07
M80 Bob Wingo	1.07

5000m

M40 Brad Kugler	18:29.20
M55 Donald Loewe	19:11.41
M60 Bill Wylie	23:16.70
Mike Broyles	25:46.70

Discus

W60 Shelly Whitlock	15.00
W70 Phyllis Provost	17.51
M35 Dave Rothenbury	44.49
M40 Brian Suter	32.07
M45 Richard Stewart	43.66
Ken Ellis	35.72
Army Ferrando	28.59
Jim Brookswest	37.80
Roger Conboy	35.83
Dan Roloff	35.51
M55 Terrell Schaffer	33.63
Robert Core	28.98
Hollis Randall	15.81
M60 Ron Collier	37.10
Julius Cassels	32.30
M65 Dean Hesse	36.15
Paul Beckman	35.71
M70 Bob Ward	43.63
Wendell Palmer	40.85
Rudy Almaguer	24.83
M75 Jim Gerhardt	34.89
Bob Richards	27.73
Val Smith	25.04
M80 Bob Jantz	18.43

400m	
M40 Kyle Rose	55.81
M50 Calvin Saulsberry	56.98
Naill Falls	57.45
M55 Ozzie Binino	62.35
Ronald Bruner	66.36
M60 James Huffman	68.01
800m	
M40 Kyle Rose	2:11.81
M55 Grady Cash	2:24.96
Will Shipley	4:47.54
M60 Joe Carter	2:30.33

200m	
M40 Kyle Rose	4:36.21
M55 Grady Cash	5:46.96
Will Shipley	10:11.58
M60 Joe Carter	5:09.07
W60 Margie Stoll	6:22.34
5000m	
M30 Brad Lance	17:41.36

200m	
M40 Kyle Rose	4:36.21
M55 Grady Cash	5:46.96
Will Shipley	10:11.58
M60 Joe Carter	5:09.07
W60 Margie Stoll	6:22.34

1500m	
M40 Kyle Rose	4:36.21
M55 Grady Cash	5:46.96
Will Shipley	10:11.58
M60 Joe Carter	5:09.07
W60 Margie Stoll	6:22.34

400m	
M30 Richard Jones	50.2
M35 Roger Maline	1:00.0
M40 Eric Parker	56.9
M45 Ron Beasley	55.4
M55 Allen Huff	1:01.9
M65 George LaBelle	1:24.5
W40 Kathleen Shook	1:01.8
W80 Ernestine Yeomans	3:59.7

Cat Spring Grunt Throwers Meet, Cat Spring, TX July 10	
Weight Pentathlon (HT/SP/DT/JT/WT)	
Carol Finsrud W47	5371
43.47/12.93/51.24/32.71/14.97	
Cheryl Mellenthin W48	2068
17.47/6.64/20.65/14.99/7.31	
Diana Gutierrez W52	-
-/9.91/28.83/-/-	
Dave Rothenbury 39	2875
40.43/11.84/43.03/34.36/13.22	
Amy Ferrando 47	2834
34.19/10.03/31.27/14.54/10.24	
Dan Roloff 51	2873
31.44/12.62/31.68/39.11/11.87	
Herb Stein 57	-
-/35.09/-/-	
Harry Windham 59	-
-/9.92/34.64/-/-	
Vince Breau 58	3513
34.62/11.57/37.48/41.10/14.08	
John Stilbert 51	-

M75	Jim Gerhardt	4315
	Bob Richards	4112
	Val Smith	3334

3000m Racewalk

M50	Roderick McElwain	16:22.60
M60	David Gordon	24:07.40
M75	Gene Eastman	19:31.60

**Lions Throwers Meet
Austin, TX; July 31**

Shot Put

W50	Gutierrez, Diana	32'7"
W45	Mellenthin, Cheryl	20'3.5"
M75	Gerhardt, Jim	39'1"
M70	Carney, James	32'7"

M65	Zingg, Howard	26'11.5"
M60	Chapman, Mark	39'4"
M50	Roloff, Dan	43'7"
	Conboy, Roger	42'2"
	Lantrip, Donald	39'4.5"

M45	Bolles, David	34'4"
	Ferrando, Amy	33'11"
M40	Nicholopoulos, James	35'3"
	Wiese, Cliff	30'6"

M35	Rothenbury, Dave	34'0"
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Discus

W50	Gutierrez, Diana	83'6"
W45	Mellenthin, Cheryl	61'5"
M75	Gerhardt, Jim	115'4"
M70	Carney, James	94'3"

M65	Zingg, Howard	99'8"
M60	Chapman, Mark	130'1"
M50	Stilbert, John	128'7"
	Roloff, Dan	125'2"
	Lantrip, Donald	120'7"
	Conboy, Roger	110'10"
M45	Stewart, Richard	141'4"
	Ferrando, Amy	103'6"
	Bolles, David	89'6"

M40	Finsrud, John	96'8"
	Nicholopoulos, James	96'6"
	Wiese, Cliff	70'11"
M35	Rothenbury, Dave	143'2"

Hammer

M75	Finsrud, Carol	142'8"
	Mellenthin, Cheryl	64'6"
M75	Gerhardt, Jim	71'0"
	Adams, Fred	61'8"

M65	Zingg, Howard	106'3"
M60	Chapman, Mark	108'8"
M50	Conboy, Roger	133'6"
	Roloff, Dan	98'5"
M45	Stewart, Richard	150'11"
	Bolles, David	108'9"
	Ferrando, Amy	98'4"
M35	Rothenbury, Dave	133'8"
M30	Harrison, Kevin	182'7"

Javelin

W45	Mellenthin, Cheryl	46'5.5"
M75	Gerhardt, Jim	99'2"
M65	Zingg, Howard	86'9"
M60	Chapman, Mark	112'4.5"

M50	Conboy, Roger	140'5"
	Roloff, Dan	125'6"
	Lantrip, Donald	71'5"
M45	Ferrando, Amy	140'7"
	Stewart, Richard	132'3"
	Bolles, David	127'7"
M40	Cawley, Rick	121'9"
M35	Rothenbury, Dave	115'2"

Weight Throw

W45	Finsrud, Carol	46'5.5"
	Mellenthin, Cheryl	24'0"
M75	Gerhardt, Jim	36'8.5"
M65	Zingg, Howard	35'8"
M60	Chapman, Mark	41'11"
M50	Conboy, Roger	47'2"
	Roloff, Dan	38'11.5"
M45	Stewart, Richard	50'4.5"
	Bolles, David	33'1.5"
	Ferrando, Amy	31'10"
M35	Rothenbury, Dave	42'10"

Superweight

W45	Finsrud, Carol	31'5"
	Mellenthin, Cheryl	14'5"
M75	Gerhardt, Jim	20'2"
	Adams, Fred	15'8"
M50	Conboy, Roger	24'3"
	Roloff, Dan	18'2"
M45	Bolles, David	23'9"
M35	Rothenbury, Dave	29'9.5"

WEST

**USATF West Regional
Masters Championships
Carson, CA; July 24**

100M	M30 JOHN GILMER	11.30
	HUGO ESTRADA	11.79
	JENSEN MONTERREY	11.89
M35	FELTON TURNAGE	11.47
	JAMES SMITH	11.83
	MILTON JOHNSON	12.12
M40	CHRIS FAULKNER	11.06
	COURTNEY MUHAMMAD	11.45
	ED O'NEAL	11.48
M45	RORY McDERMED	12.06
	CHUCK WILLIAMS	12.46
	ROB DUNCANSON	12.47
M50	GREG PIZZA	12.26
	STEVE KLOCH	12.58
	ERNIE STUCKI	12.86
M55	RAYMOND TECK	13.17
	BARRY GREEN	13.94
	LANCE PIERCE	14.35
M60	DOUG SMITH	12.78
	RICHIE FINDLAY	14.01
	RON MURANAKA	14.85
M65	ROGER TSUDA	14.20
	KARL THORPE	14.30
M70	SAM FLORY	15.00
	BEN RIVERA	15.66
	FRANK KISHI	16.31
M75	RODNEY BROWN	15.90
	AL ESCOBOSA	16.13
	JIM SELBY	16.37
M80	ROBERT DAVIDSON	30.22
	BERT MORROW	24.54
	W35 COLLEEN BARNEY	12.95
	W40 J UPESHAM-MARGERUM	12.95
	W45 DEBBIE SELBY	16.31
	CHRISTINE STONE	20.23
	W50 RITA HANSCOM	13.57
	JACQUELINE BOARD	13.95
	JEANNE BOWMAN	15.03
	W55 ALORRAINE TUCKER	16.55
	W60 NADINE O'CONNOR	14.42
	KATHY BERGEN	14.47
	KATHY JAGER	14.52
	W65 PATRICIA WILLIS	23.54
	W70 MAGDALENA KUEHNE	19.04
	ELLEN BRANNIGAN	20.32
	W75 SHIRLEY DIETDERICH	22.36
200M	M30 JOHN GILMER	24.14
	HUGO ESTRADA	24.31
M35	ROBERT THOMAS	22.46
	FELTON TURNAGE	23.65
	JAMES SMITH	24.50
M40	ED O'NEAL	23.01
	TOMMY BAKER	23.34
	GORDON HINDS	23.41
M45	JAMES CHINN	23.82
	DRAY HARGROVE	23.90
	GREGORY TURNER	24.77
M50	HUBERT EVANS	24.98
	GREG PIZZA	25.70
	STEVE KLOCH	26.30
M55	HERM CASTILLE	25.99
	RAYMOND TECK	27.50
M60	DOUG SMITH	26.83
	DENNIS DUFFY	27.91
	PAUL GILBERT	32.07
M65	ROGER TSUDA	30.04
	KARL THORPE	30.54
M70	DON CHEEK	30.31
	SAM FLORY	32.52
	FRANK KISHI	35.65
M75	RODNEY BROWN	32.67
	JIM SELBY	34.18
M90	BERT MORROW	1:03.17
	W35 COLLEEN BARNEY	26.48
	W40 MARIE KAY	27.36
	JOY SARGIS	28.03
	W45 DEBBIE SELBY	34.95
	W50 RITA HANSCOM	28.25
	JACQUELINE BOARD	28.73
	JEANNE BOWMAN	31.13
	W55 MARTIE BEHRENS	34.53
	W60 NADINE O'CONNOR	29.93
	KATHY JAGER	31.13
	W65 PATRICIA WILLIS	1:01.59
400M	M30 FARHAD ZARIF	57.96
	ROBERT THOMAS	48.89
	LAURENT BIRADE	54.10
	TIM HICKOK	58.18
M40	CORNELL STEPHENSON	50.58
	DARRYL SMITH	56.90
M45	DAVID LUCAS	54.14
	DRAY HARGROVE	54.54
	DAVID DIMASSA	56.03
M50	HORACE GRANT	55.83
	HUBERT EVANS	57.76
	WALDEN CURRY	58.79
M55	HERM CASTILLE	58.30
	SEARCY BARNETT	1:02.36
M60	DENNIS DUFFY	1:02.26
	LARRY BARNUM	1:02.38
	GEORGE COHEN	1:04.25
M75	RODNEY BROWN	1:13.44
	JIM SELBY	1:15.65
	AL ESCOBOSA	1:18.79
M40	MICHAEL SMITH	1:05.96
M45	PAT CONTRERAS	1:10.41

	DEBBIE LEE	1:14.03
	DEBBIE SELBY	1:19.20
W50	JACQUELINE BOARD	1:05.17
	DENISE JANNECK	1:11.34
	JEANNE BOWMAN	1:14.79
W55	MARTIE BEHRENS	1:19.38
W60	KEMISOLE SOLWAZI	1:19.22
W65	PATRICIA WILLIS	2:30.48
W80	GERRY DAVIDSON	2:15.46
800M	M35 PETER HEGBELBACH	2:00.73
	MATT BOGDANOWICZ	2:02.94
	BAOKIM COLEMAN	2:30.66
M40	EDUARDO MUNDO	2:06.85
	KENN NILES	2:08.78
	DARRYL SMITH	2:14.72
M45	PAUL FRAGUA	2:04.28
	DAVID LUCAS	2:04.75
	TERRY HOWELL	2:07.51
M50	DAVE CLINGAN	2:05.63
	DAVID SALAZAR	2:10.45
	MIKE TIPPING	2:17.64
M55	NOLAN SHAEED	2:06.83
	SEARCY BARNETT	2:21.00
	BRUCE WINT	2:24.53
M60	GEORGE COHEN	2:27.58
	DENNIS DUFFY	2:36.57
	LEONARD DAVIES	2:36.71
M65	CHARLES KIRKBY	2:41.86
	JEREMY LYS	2:46.96
M70	RAY ARCHIBALD	4:31.08
M75	JIM SELBY	2:55.35
W30	ELLISON CLAY	2:36.95
W40	SUE DIMARCO	2:29.35
	MICHAEL SMITH	2:38.28
M45	DIANA HALL	2:30.32
	DEBBIE LEE	2:40.80
	CARLA HOPPIE	2:46.25
M50	DENISE JANNECK	2:40.67
	TRACEY COX	3:16.97
W65	PATRICIA WILLIS	5:33.18
1500M	M35 PETER HEGBELBACH	4:10.61
	TIM HICKOK	4:51.32
M40	DAVID OLSHAN	4:14.35
	BRETT DARRIN	4:22.31
	KENN NILES	4:24.36
M45	DAVID LUCAS	4:28.04
	PAUL FRAGUA	4:36.22
	A DECOLLIBUS	4:37.84
M50	DAVID SALAZAR	4:27.72
	DON IRVINE	4:43.70
	BOB MORRIS	4:51.24
M55	NOLAN SHAEED	4:20.76
	SEARCY BARNETT	5:01.81
	ROB RUSSELL	5:23.90
M60	ROBIN TALIAFERO	5:03.24
	LEONARD DAVIES	5:13.62
M65	CHARLES KIRKBY	5:26.27
	JEREMY LYS	5:27.98
M70	RAY ARCHIBALD	8:59.97
M75	JIM SELBY	6:09.83
W40	KEENA CARSTENSON	5:11.82
M45	DIANA HALL	5:11.97
	P CONTRERAS	5:24.69
	DEBBIE LEE	5:27.58
M50	DENISE JANNECK	5:36.54
	TRACEY COX	6:43.25
	YOKO EICHEL	6:13.83
W80	GERRY DAVIDSON	10:02.86
5000M	M30 MATT CAPELUTO	15:57.24
	J FITEGHERALD	16:45.10
	JACK BUTLER	17:48.76
M40	DAVID OLSHAN	15:36.95
M45	MATTHEW NEVE	17:12.55
	DEAN BAILEY	18:36.79
	CHUCK PERDUE	19:40.45
M50	GREG WILSON	17:28.16
	M55 RON PATE	18:40.74
	CHUCK FOOTE	18:56.74
M60	ROBIN TALIAFERO	19:25.02
M70	RAY ARCHIBALD	33:32.85
W35	IMELDA GONZALES	19:26.82
W60	KEI ZEHR	24:28.02
10000M	M35 ANGHEL BOGDAN	36:12.58
	M40 BRIAN POPE	35:18.39
	M45 DEAN BAILEY	40:18.55
	M60 JIM LYONS	48:23.00
800MH	M70 DAVE DOUGLASS	16.94
W40	J UPESHAM-MARGERUM	12.21
	MARIE KAY	12.75
W50	TINA BOWMAN	15.11
100MH	M50 TIM WALTERS	15.57
	ROSS JONES	18.21
M55	FRED JOHNSON	18.46
M65	PHIL SHIPP	20.32
110MH	M35 JAMES SMITH	16.29
	ROBERT HECKER	18.68
M40	HENRY ANDRADE	14.70
M45	EUGENE ANTON	16.84
	JEFF DAVISON	20.39
300MH	M70 DAVE DOUGLASS	1:09.85
W50	TINA BOWMAN	55.73
400MH	M35 LAURENT BIRADE	57.92
	JAMES SMITH	58.82
M40	HENRY ANDRADE	59.03
M45	EUGENE ANTON	1:08.57
	ANDREW HECKER	1:10.84
M50	BILL PHILLIPS	1:17.18

W40	CAREN WARE	1:16.65
2000SC	M70 G McCLENATHEN	10:33.44
M75	JIM SELBY	10:14.50
W40	CAREN WARE	9:14.61
3000SC	M35 BAOKIM COLEMAN	16:52.79
M40	DAVID JACKSON	13:03.26
M50	PAULBAUMHOEFNER	12:54.43
M55	RON PATE	12:42.30
HIGH JUMP	M40 TOM VANZANDT	1.92
	RON LEE	1.87
	DAVID SWANSON	1.82
M45	KEITH NELSON	1.72
	HENRY WATSON	1.62
M50	RICHARD WATSON	1.47
M55	CHARLIE RADER	1.72
	GREG WUEST	1.37
	JOHN PERKINS	1.37
M60	JOHN BURNS	1.47
M65	DAVE PERRY	1.52
	PHIL SHIPP	1.42
	BERT BERGEN	1.37
M70	DAVE DOUGLASS	1.22
M80	DONALD ROSE	1.12
W40	SUE DIMARCO	1.63
W45	CARLA HOPPIE	1.22

Table with 2 columns: Athlete Name and Time. Includes events like 1500m, 5000m, High Jump, Pole Vault, Long Jump, Shot Put, Discus, Javelin, and 100m.

Portland Masters Classic Gresham, OR; June 19-20 (Weight Throw Correction)

Table with 2 columns: Athlete Name and Time. Includes events like 100m, 200m, and Shot Put.

State Games of Oregon Mt. Hood CC, Gresham July 10-11

Table with 2 columns: Athlete Name and Time. Includes events like 100m, 200m, and Shot Put.

Table with 2 columns: Athlete Name and Time. Includes events like 1500m, 5000m, High Jump, Pole Vault, Long Hurdles, 2000m Steeplechase, 3000m Steeplechase, and 5000m RW.

USATF Northwest Regional Masters Outdoor T&F Championships, Pullman, WA; July 17-18

Table with 2 columns: Athlete Name and Time. Includes events like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, and 20000m.

Table with 2 columns: Athlete Name and Time. Includes events like 1500m, 5000m, High Jump, Pole Vault, Long Jump, Shot Put, Discus, Javelin, and 100m.

Seattle Masters Classic West Seattle Stadium, WA July 23-24

Table with 2 columns: Athlete Name and Time. Includes events like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, and 20000m.

Table with 2 columns: Athlete Name and Time. Includes events like 1500m, 5000m, High Jump, Pole Vault, Long Jump, Shot Put, Discus, Javelin, and 100m.

Seattle Masters Classic West Seattle Stadium, WA July 23-24

Table with 2 columns: Athlete Name and Time. Includes events like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, and 20000m.

Table with 2 columns: Athlete Name and Time. Includes events like 1500m, 5000m, High Jump, Pole Vault, Long Jump, Shot Put, Discus, Javelin, and 100m.

Seattle Masters Classic West Seattle Stadium, WA July 23-24

Table with 2 columns: Athlete Name and Time. Includes events like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, and 20000m.

Table with 2 columns: Athlete Name and Time. Includes events like 1500m, 5000m, High Jump, Pole Vault, Long Jump, Shot Put, Discus, Javelin, and 100m.

Seattle Masters Classic West Seattle Stadium, WA July 23-24

Table with 2 columns: Athlete Name and Time. Includes events like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, and 20000m.

Hurdles 400M	
M35 Paul Skipper	1:02.58
Gwynn Villegas	1:02.68
4X100 Relay	
M35 SF Frontrunners	47.30
M30 DC Frontrunners	56.60
4X400 Relay	
M30 NY Frontrunners	4:10.58
Vancouver Frontrunners	4:23.06
M70 Portland Masters	5:17.08
High Jump	
M35 David Dibley	1.35m
M40 John Forier	1.90m
Allen Eggman	1.60m
M45 Louis Baucom	1.50m
Bob Blackburn	1.50m
M55 Vance Jacobson	1.45m
M60 Jack Kondrasuk	1.20m
M65 Brad Wilson	1.10m
M70 Jack Fisher	1.20m
Pole Vault	
W45 Pam Trautman	2.35m
M45 Louis Baucom	4.05m
M50 Russell Jacquet	3.45m
Long Jump	
M30 Michael Arden	6.23m
Do Nguyen	5.29m
M35 Curtis Moore	6.23m
Drew Monaghan	5.29m
M40 John Forier	5.60m
Allen Eggman	5.12m
M45 John Dillenger	3.21m
M50 Steeve Worley	5.12m
Kameron Mitchel	4.26m
M60 Victor Chaney	4.06m
Jack Kondrasuk	3.35m
M65 Norman MacLeod	4.32m
Joseph Ellis	3.13m
M70 Robert Hewitt	4.34m
Jack Fisher	3.61m
Triple Jump	
M35 Curtis Moore	12.62m
M50 Kameron Mitchel	8.78m
M60 Victor Chaney	9.33m
Jack Kondrasuk	7.15m
M65 Norman MacLeod	9.32m
Joseph Ellis	5.83m
Shot Put	
M30 Bryan Payne	12.57m
Lars Rains	8.39m
Michael Arden	7.51m
W35 Laurie Jinkins	9.78m
M35 David Dibley	9.04m
W40 Karen Miller	9.90m
M40 Tim Shannon	13.41m
Allen Eggman	9.35m
W45 Monica Kendall	12.21m
Carla Surina	9.38m
M45 Ray Burton	11.87m
Bob Blackburn	8.87m
M50 Murray Hall	10.86m
Rick Thoman	9.00m
M55 Douglas Korhel	12.01m
Howie Kellogg	9.83m
W60 Georgia Cutler	7.99m
M60 Cornelius McCormick	10.37m
Jack Kondrasuk	8.93m
Bob Callori	6.67m
M65 James Koch	13.10m
Neil Saling	11.22m
Brad Wilson	8.41m
M70 Tom Allison	10.80m
M80 Bob Craig	7.58m
M90 Leon Joslin	5.64m
Discus	
M30 Brian Payne	38.56m
Lars Rains	22.15m
M35 David Dibley	29.65m
W35 Laurie Jinkins	28.91m
W40 Karen Miller	35.14m
M40 Tim Shannon	39.40m
Allen Eggman	29.70m
M45 Ray Burton	42.91m
W45 Carla J Edman-Surina	26.76m
M50 Murray Hall	42.40m
Russell Jacquet	31.54m
M55 Douglas Kortler	33.55m
Howie Kellogg	28.00m
M60 Cornelius McCormick	38.87m
Fred Clark	38.44m
Jack Kondrasuk	30.95m
W60 Georgia Cutler	21.31m
Patty LaBarge	15.00m
M65 Conrad Sundholm	42.45m
Neil Saling	40.76m
Pete LaBarge	38.38m
M70 Tom Allison	29.48m
M80 Bob Craig	18.19m

M90 Leon Joslin	18.22m
Hammer	
M30 Lars Rains	32.16
M35 David Dibley	28.82
W35 Laurie Jinkins	32.48
M40 Tim Shannon	42.42
M45 Ray Burton	41.43
W50 Sharon Sellereite	29.41
M55 Todd Taylor	53.40
Howie Kellogg	29.39
W60 Georgia Cutler	32.14
Patty LaBarge	16.22
W65 Pete LaBarge	30.51
M70 Tom Allison	28.99
M80 Bob Craig	17.91
Javelin	
M30 Ryan Weidman	63.52m
W35 Laurie Jinkins	22.86m
M35 David Dibley	39.33m
Lars Rains	22.60m
W40 Melissa Moore	26.50m
M40 Dan Scott	44.20m
Tim Shannon	30.08m
W45 Monica Kendall	37.76m
Allison McCormick	26.48m
Carla J Edman-Surina	17.70m
M50 Paul McPherson	52.00m
W55 Teddie Bell	20.62m
M55 Howie Kellogg	31.38m
W60 Georgia Cutler	20.36m
Lars Rains	14.64m
M65 Pete LaBarge	39.89m
Turk Markishtum	35.07m
Brad Wilson	28.60m
M70 Tom Allison	31.80m
Jim Schlewitz	18.89m
M80 Bob Craig	14.60m
Weight	
M30 Bryan Payne	9.97
Lars Rains	8.88
W35 Laurie Jinkins	10.67
M40 Tim Shannon	13.70
W45 Carla J Edman-Surina	7.03
M45 Ray Burton	14.28
W50 Joyce Taylor	10.81
M55 Todd Taylor	16.79
W60 Georgia Cutler	11.52
M65 Pete LaBarge	14.02
M70 Tom Allison	11.74
Superweight	
M30 Lars Payne	5.44
Bryan Payne	5.42
W35 Laurie Jinkins	6.93
M40 Tim Shannon	7.43
M45 Ray Burton	8.50
W50 Joyce Taylor	7.43
M55 Todd Taylor	8.84
Howie Kellogg	4.51
M70 Tom Allison	6.13
5000M RW	
W40 Cathy Henley	29:29.41
Ann Tuberg	30:45.48
W45 Joslyn Slaughter	31:57.52
Susan Hasselgrave	38:24.86
M45 Doug Emmimi	29:55.65
Bart Kale	30:56.11
M50 Richard Newman	DQ
W55 Coco Beuchet	33:07.62
M55 Bob Novak	27:41.63
Stan Chraminski	27:41.67
M60 George Opsahl	29:03.78
W65 Beverly LaVeck	32:23.44
M65 Dean Ingraham	42:46.65
M70 Ron MacPike	33:54.35
CANADA	
33rd Ontario Masters Outdoor T&F Championships, York U, Toronto, Canada; June 19-20	
100m	
M30 Desmond Allen	11.17
M35 Paul Robinson	12.03
M40 Michael Lee Foon	11.59
M45 Glenn Chipkar	12.41
M50 Kerry Smith	11.71
M55 Richard Lech	12.84
M60 Tony Powell	12.91
M65 Paul Williams	14.82
M70 George Horton	14.31
W35 Agnes Kuczalska	13.44
W40 Lyn Barrett	14.24
W45 Roshani Gunasekera	15.36
W50 Karla Grande	13.18
W65 Essie Kea	17.04
200m	
M30 Mike Weniger	23.34
M35 Matthew Van Nest	24.98
M40 Michael Lee Foon	23.47

M45 John Varone	25.56
M50 Kerry Smith	23.90
M55 Richard Lech	27.11
M60 Tony Powell	25.94
M65 Charles Agnoo	31.07
M70 George Horton	29.72
W35 Agnes Kuczalska	28.16
W40 Lyn Barrett	29.68
W50 Karla Grande	26.95
W65 Essie Kea	35.00
400m	
M30 Neal Palomino	55.74
M35 Matthew Van Nest	53.30
M40 Steve Williamson	56.58
M45 Glenn Chipkar	56.08
M50 Ralph Cilevitz	68.95
M60 Bruce Mitchell	71.39
M65 Bill McIlwaine	70.18
W40 Lyn Barrett	68.03
W45 Katherine Willis	77.19
W50 Karla Del Grande	60.56
W70 Jean Home	1:23.07
800m	
M30 Patrick Menzies	2:07.61
M35 Nick Grosdanis	2:18.75
M40 Bill Cunliffe	2:09.43
M45 Doug Kennedy	2:11.01
M50 Tim Payne	2:30.79
M55 John Pickard	2:28.24
M60 Ted Mitchell	2:56.32
M65 Jim Irons	2:36.48
M70 Dave Wilson	3:28.66
W45 Karen Kennedy	2:38.95
W70 Jean Home	3:11.43
1500m	
M35 Nick Grosdanis	4:45.84
M40 Pio Ferrone	5:10.96
M45 Doug Kennedy	4:38.94
M50 Bill Shaw	4:42.01
M55 Gary Cassel	5:14.31
M60 Chrs Mackie	5:21.25
W40 Cecilia O'Neill	4:55.39
W45 Rita Quibell	5:13.49
W70 Jean Home	6:40.31
5000m	
M40 Paul Osland	16:34.48
M45 Raymond Pacque	17:36.01
M50 Bill Shaw	17:41.88
M55 Gary Cassel	19:38.52
M60 Chrs Mackie	19:57.23
M70 Ed Whitlock	18:49.94
W40 Cecilia O'Neill	17:59.01
W45 Dawn Hamel	21:10.92
10,000m	
M35 Chris Nolan	46:15.53
M45 Fred Dykman	41:23.69
M55 John Pickard	39:23.94
M60 Robert Moore	40:23.70
M70 Ed Whitlock	40:13.46
W45 Chris Marino	46:15.53
80mH	
M70 Kesar Singh Poonia	18.41
100mH	
M50 Ralph Cilevitz	18.26
M60 Alan Slater	19.88
M65 Bob Land	24.67
110mH	
M40 Michael Heron	17.11
M45 Glenn Chipkar	16.72
300mH	
M70 Kesar Singh Poonia	1:26.86
400mH	
M40 Barton Frauentfeld	64.24
M45 Glenn Chipkar	61.10
2000m Steeplechase	
M60 Vern Christensen	8:24.40
W45 Nanci Sweazey	9:00.85
3000m Steeplechase	
M50 Doug Smith	13:41.11
4x100 Relay	
M30 Atkinson, Proudfoot, Baptiste, Robinson	47.90
M40 Heron, Williamson, Cilevitz, Chipkar	50.48
M50 Horton, Sharma, Poonia, Ciaravella	59.43
4x200 Relay	
M30 Foon, Chipkar, Robinson, Balogun	1:38.44
M50 Horton, Sharma, Poonia, Ciaravella	2:07.70
High Jump	
M40 Alan Gallant	1.68
M45 Bev Lepard	1.65
M50 Ralph Cilevitz	1.38
M55 Bill DeHorn	1.48
M65 Bob Land	1.31
M70 Kesar Singh Poonia	1.13
W45 Roshani Gunasekera	1.28
W80 Helgi Pedel	1.04
Pole Vault	
M30 James Sniatenchuk	4.10
M45 Mark Schaber	3.75
M55 Matti Kilpainen	3.65
M65 Bob Land	2.30
Long Jump	
M40 Rashid Balogun	5.91
M45 Ron Williams	4.81
M50 Ralph Cilevitz	4.67

M55 Jean-Pierre Mayer	5.58
M60 Alan Slater	4.85
M65 Harvey Boles	2.81
M70 Kesar Singh Poonia	3.68
W45 Maria Mallia	4.32
Triple Jump	
M35 Phil Russo	8.01
M40 Dennis McWhinney	12.47
M45 Nabil Nahr	9.60
M50 Ralph Cilevitz	9.14
M55 Jean-Pierre Mayer	10.24
M60 Alan Slater	9.80
M65 Harvey Boles	5.72
M70 Kesar Singh Poonia	7.18
W45 Roshani Gunasekera	8.36
Shot Put	
M45 Nabil Nahr	9.44
M50 Rudy Boghina	11.06
M55 Jean-Pierre Mayer	12.49
M65 Sukhdev Singh Dhalwal	9.81
W50 Patty Franke-Wagar	6.82
W75 Velta Tomsons	6.59
Discus	
M40 John Olivierre	23.38
M45 Joe Harding	32.34
M50 Rudy Boghina	36.42
M55 Jean-Pierre Mayer	41.06
M65 Russell Van Put	35.69
M70 Henryk Kupczyk	26.92
M75 Evalds Viskars	29.47
W35 Diana Shahrari	34.32
W50 Patty Franke-Wagar	17.56
W75 Velta Tomsons	15.01
Hammer	
M40 Dave Watkins	34.33
M50 Rudy Boghina	34.82
M65 Emil Muller	35.85
M75 Gordon Cote	19.20
W50 Parry Franke-Wagar	21.51
Javelin	
M40 Marty Withers	49.10
M50 Michael Finkbeiner	51.28
M60 Gary Stenlund	53.64
M65 Fred Pamerter	37.92
M70 Eric Malmstrom	30.17
W35 Ina Legzdins	20.71
Weight Throw	
M40 Dave Watkins	11.61
M50 Rudy Boghina	12.16
M65 Emil Muller	14.60
W50 Patty Franke-Wagar	5.86
5000m Racewalk	
M45 Guy Paquin	26:18.34
M65 Manfred Koch	33:54.31
M70 Stuart Summerhayes	31:29.31
W40 Kitty Cashman	28:03.55
W45 Nanci Sweazey	26:16.14
W50 Lily Whalen	30:01.96
W60 Ann Rosenitsch	32:46.22
Canadian Masters Championships, Calgary, Alberta; July 17-18	
100m	
M30 Will Harrower	11.57
Adam Gardner	11.77
M35 Luiston Simon	11.38
Shawn Fastvelt	11.61
Darren Starchuk	12.11
M40 Cyprian Unweani	11.21
Chris Townsend	11.56
Bob Cheng	12.46
M45 Brian Murray	11.97
Glenn Chipkar	12.21
Lloyd Ferguson	12.23
M50 Tom Dickson	11.62
Gary Miller	12.36
Mike Little	12.87
M55 Gregory Marshall	12.95
Lyle Lorenz	13.25
Jim Sullivan	14.13
M60 Tony Badowski	13.41
Dwight Swane	13.99
Derek McCune	14.00
M65 James Paddie	12.92
Douglas Fraser	13.72
Dave Dunn	13.88
M70 Arnold Nett	14.11
Norm Lesage	14.56
Kesar Singh Poonia	15.10
M75 Leslie Robson	16.21
Danny Daniels	17.17
David Grove	20.47
M80 Claude Bell	21.87
W30 Pat Sima-Ledding	13.93
Ana Luisa Castro	16.30
W35 Maxine Wilkes	13.91
Sheryl Schoenthaler	14.44
Angela Coy	14.90
W40 Noella Lee Pong	12.75
Patti Rogers	13.20
Megan Delmonico	13.40
W45 Evelyn Burnett	13.92
Roslyn Thom	14.30
Selina Coward	14.45
W50 Karla del Grande	13.10
Mette Fossberg	15.27
Rhona Nutting	15.67
W55 Rhonda Trott	15.29
W60 C Lafayette-Boyd	14.31

Mary Robinson	15.53
Marg Radcliffe	15.61
W65 Gerda Crosthwaite	15.91
M McCarron-Egner	15.95
M Coffee-Carney	18.12
W70 Gwen Boivin	18.71
W75 Betty McQuarrie	20.45
Doreen McLeod-Smith	20.57
W80 Olga Kotelko	21.83
Annie Fleming	23.81
200m	
M30 Will Harrower	23.63
Adam Gardner	24.07
M35 Luiston Simon	23.78
John Biglow	25.45
Garnett Gerke	26.75
M40 Cyprian Unweani	22.87
Chris Townsend	23.57
Bob Cheng	26.02
M45 Brian Murray	24.50
Glenn Chipkar	24.91
Lloyd Ferguson	24.97
M50 Tom Dixon	24.43
Gary Miller	25.23
Mike Little	26.15
M55 Gregory Marshall	27.49
Sewa Birring	28.60
Millard Evans	28.63
M60 Tony Badowski	28.35
M60 Derek McCune	29.56
M Septien Rocha	30.40
M65 Douglas Fraser	28.27
Dave Dunn	28.81
Merv Armstrong	29.53
M70 Norm Lesage	31.10
Kesar Singh Poonia	33.40
M75 Leslie Robson	34.53
M80 Claude Bell	49.50
W30 Pat Sima-Ledding	29.47
W35 Rose Warnock	29.50
Angela Coy	32.36
Tammy Dundas	33.29
W40 Patti Rogers	27.60
Megan Delmonico	28.09
Laune Meloche	28.25
W45 Evelyn Burnett	29.63
Selina Coward	30.46
Anne Skinner	30.57
W50 Karla del Grande	26.85
Jan Nutting	33.85
W60 C Lafayette-Boyd	30.14
Mary Robinson	32.34
Marg Radcliffe	33.84
W65 M McCarron-Egner	34.23
Gerda Crosthwaite	34.94
M Coffee-Carney	40.81
W70 Gwen Boivin	42.11
W75 Betty McQuarrie	44.46
Doreen McLeod-Smith	45.94
W80 Olga Kotelko	52.07
400m	
M30 Adam Gardner	56.17
Rex Selby	1:01.92
M40 Chris Townsend	53.12
Winchester Johnson	54.67
Jimson Lee	55.63
M45 Glenn Chipkar	55.14
Paul Reimer	55.82
Rob Duncanson	57.30
M50 Douglas Mameron	1:02.40
Edward Crowe	1:10.02
M55 Fred Judson	1:01.82
Millard Evans	1:02.13
Michael Carter	1:02.66
M60 Tony Badowski	1:02.39
Barry Adams	1:04.18

Main table of National Masters News results, organized by event (High Jump, Pole Vault, Long Jump, Hammer, etc.) and athlete name with their respective scores.

INTERNATIONAL WMA Europe EVAA Championships, Aarhus-Randers, Germany July 22-Aug. 1. 100m results table listing athletes from various countries and their times.

Continuation of international results, including 200m, 400m, and 800m events.

Continuation of international results, including 1000m, 1500m, and 2000m events.

Continuation of international results, including 3000m, 4000m, and 5000m events.

Continuation of international results, including 6000m, 8000m, and 10000m events.

Table of athletic results for W45 GER, W50 GER, W55 GER, W60 GER, W65 GER, W70 GER, 4x400 Relay, M35 GER, M40 FRA, M45 GBR/Northern Ireland, M50 GBR/Northern Ireland, M55 GER, M60 GER, M65 GER, M70 GER, M75 GER, M80 GER, W35 GER, W40 GER, W45 GER, W50 GER, W55 GER, W60 GER, W65 GER, W70 GER, W75 GER.

Table of athletic results for W55 GER, High Jump, Pole Vault, Long Jump, M35 GER, M40 GER, M45 GER, M50 GER, M55 GER, M60 GER, M65 GER, M70 GER, M75 GER, M80 GER, W35 GER, W40 GER, W45 GER, W50 GER, W55 GER, W60 GER, W65 GER, W70 GER, W75 GER, W80 GER.

Table of athletic results for W40 Kallmeier-Schröder, W41 GER, W45 Undheim, W47 NOR, W50 Dech, W50 GER, W55 Meier, W57 GER, W60 Graff, W62 BEL, W65 Schmalbruch, W67 GER, W70 Larsson, W72 SWE, W75 Lorenz, W79 GER, W81 GER, Triple Jump, M35 GER, M40 GBR, M45 GER, M51 RUS, M55 UKR, M60 SU, M68 GER, M72 RUS, M78 FIN, M81 FIN, M85 FIN, W38 UKR, W42 POL, W45 ESP, W51 HOL, W56 GER, W62 BEL, W72 SWE, W75 FIN, W80 FIN, Shot Put, M39 SLO, M40 GER, M44 LAT, M50 GRE, M56 GBR, M61 HUN, M66 GER, M70 NOR, M75 GER, M80 FIN, M85 NOR, M90 NOR, W39 GER, W43 GER, W48 HOL, W53 RUS, W56 SUI, W64 RUS, W67 GER, W72 GER, W75 BEL, W81 EST, Discus, M39 DEN, M43 POL, M47 LAT, M50 CZE, M54 RUS, M59 FIN, M60 NOR, M66 GER, M74 GER, M79 GER, M85 NOR, M90 NOR, W39 GER, W43 GER, W48 HOL, W53 RUS, W56 SUI, W64 RUS, W67 GER, W72 GER, W75 BEL, W81 EST.

Table of athletic results for M75 Kivi, Tauno, M76 FIN, M80 Joupila, Kuro, M83 FIN, M85 Svennevik, Erling, M85 NOR, M90 Brandvold, Torgeir, M90 NOR, W35 Freebairn, Susan, M36 GBR, W40 Kivistö, Jaana, W40 FIN, W45 Ebbekink, Hannu, W45 HOL, W50 Jensen, Anne Kirstine, W50 DEN, W55 Van Anholt, Annie, W57 HOL, W60 Illgen, Karin, W63 GER, W65 Rühlow, Anne Chatrie, W67 GER, W70 Schaefer, Jutta, W72 GER, W75 Uckel, Ruth, W75 GER, W80 Kutti, Nora, W81 EST, Hammer, M37 GER, M40 GBR, M45 AUT, M50 GRE, M56 NOR, M62 DEN, M65 SWE, M73 UKR, M76 GER, M80 FIN, M85 NOR, M89 NOR, W39 FRA, W41 SUI, W45 SUI, W50 Bellanger, Annie, W56 DEN, W60 Erikson, Helvi, W62 EST, W67 GER, W72 GER, W75 Schirmer, Justine, W80 FIN, W85 Schepe, Elisabeth, W87 GER, Javelin, M38 DEN, M42 FIN, M45 HUN, M50 LTU, M59 FIN, M60 CZE, M65 POL, M71 FIN, M75 FIN, M80 FIN, M85 FIN, M90 NOR, W35 GER, W40 DEN, W46 LAT, W50 GER, W56 CZE, W60 GER, W65 KANGASMÄKI, Kerttu, W67 FIN, W75 BEL, W81 EST, Weight Throw, M37 GER, M40 GBR.

Table of athletic results for M45 Hoff, Karl-Jørgen, M45 NOR, M50 Maganas, Vasilios, M50 GRE, M55 Busterud, Arild, M56 NOR, M60 Fisker Rasmussen, Flemm, M62 DEN, M66 Bruckhaus, Gerhard, M66 GER, M70 Rzehak, Richard, M74 GER, M75 Saarinen, Leo, M75 FIN, M80 Erikson, Erik, M80 FIN, M85 Svennevik, Erling, M85 NOR, M90 Brandvold, Torgeir, M90 NOR, W35 Chirol, Claudine, W39 FRA, W40 Hodel, Cornelia, W41 SUI, W45 Duss, Margrith, W45 SUI, W50 Sørensen, Lone, W52 DEN, W55 Faldager, Inge, W56 DEN, W60 Erikson, Helvi, W64 EST, W65 Schmidt, Brigitte, W65 GER, W70 Schaefer, Jutta, W72 GER, W75 Neubert, Marianne, W75 GER, 5000m Racewalk, M39 SWE, M43 FRA, M48 UKR, M50 UKR, M55 Kehrer, Hans, M56 GER, M60 Degener, Karl, M61 GER, M65 Sinagulov, Minivali, M65 RUS, M70 Weidner, Gerhard, M71 GER, M75 Dubjak, Vratislav, M77 CZE, M80 Creo, Len, M81 GER, M85 Gaujers, Arvids, M85 LAT, M89 NOR, M93 NOR, W38 GER, W40 Luniewska, Janina, W44 POL, W45 Sangvik, Signun, W47 NOR, W50 Alice Fernandes, Maria, W52 POR, W55 Loyer, Suzanne, W57 FRA, W60 Maeder, Heidi, W60 SUI, W65 Sommer, Josette, W68 FRA, W70 Horwill, Pamela, W70 GBR, W75 Pagu, Elena, W77 ROM, W80 Engberg, Aina, W81 SWE, 10K Racewalk, W38 GER, W44 POL, W49 ITA, W52 POR, W55 Alice Fernandes, Maria, W55 GER, W60 Maeder, Heidi, W60 SUI, W65 Sommer, Josette, W68 FRA, W70 Horwill, Pamela, W70 GBR, W75 Lapina, Nellija, W77 LAT, W80 Engberg, Aina, W81 SWE, 20K Racewalk, M39 SWE, M43 NOR, M45 ITO, M45 SLO, M50 Ruzzer, Fabio, M51 SLO, M55 Kehrer, Hans, M56 GER, M60 Degener, Karl, M61 GER, M65 Sinagulov, Minivali, M65 RUS, M70 Weidner, Gerhard, M71 GER, M75 Dubjak, Vratislav, M77 CZE, M80 Creo, Len, M81 GBR.

LONG DISTANCE RESULTS

Table of long distance results under 'EAST' category. Includes 'Vytra Women's 5K Farmingdale, NY; July 10' and 'NYRR Bronx Half-Marathon Bronx, NYC; July 11'.

Table of long distance results for 'Berna's Great Legs 5K Lowell, MA; July 14' and 'NYRR Dash and Splash 5-Miler, Central Park, NYC July 17'.

Table of long distance results for 'Subaru Buffalo 4-Mile Chase, Buffalo, NY; July 17'.

Table of long distance results for 'Alan Blakey' and 'Carl E. Pegels'.

Table of long distance results for 'Nike Run Hit Wonder 10K Central Park, NYC; July 22' and 'NYRR Central Park's Health & Fitness Run/Walk 4-Miler Central Park, NYC; July 24'.

Table listing race results for Northwest, including categories M35, M40, M45, M50, M55, M60, M65, M70, M75, M70+ with names and times.

San Francisco Chronicle Marathon, San Francisco, CA; Aug. 1

Table listing marathon results with categories M35, M40, M45, M50, M55, M60, M65, M70+, M75, M70+ and names with times.

NORTHWEST

Nike 10K, Beaverton, OR July 17

Table listing Nike 10K results with categories Overall, M35, M40, M45, M50, M55, M60, M65, M70, M75, M70+ and names with times.

Seafair Torchlight Run 8K Seattle, WA; July 31

Table listing Seafair Torchlight Run 8K results with categories Overall, M35, M40, M45, M50, M55, M60, M65, M70+, M75, M70+ and names with times.

Table listing race results for Northwest, including categories W35, W40, W45, W50, W55, W60, W70+ with names and times.

USATF Natl. Championship White River 50M Trail Run Crystal Mtn., WA; July 31

Table listing USATF Natl. Championship White River 50M Trail Run results with categories Overall, M35, M40, M45, M50, M55, M60, M65, M70+, M75, M70+ and names with times.

RACEWALKING

USATF National Masters 15K RW Championships Lincoln, RI; June 13

Table listing USATF National Masters 15K RW Championships results with categories Overall, M40, M45, M50, M55, M60, M65, M70, W40, W55 and names with times.

USATF Wisconsin T&F 5000m RW Championships Milwaukee; June 20

Table listing USATF Wisconsin T&F 5000m RW Championships results with categories Men, Women and names with times.

Wisconsin Badger State Games 3000m RW Madison; June 27

Table listing Wisconsin Badger State Games 3000m RW results with names and times.

USATF East Regional /MAC 5K Racewalk Championships, Central Park, NYC; July 11

Table listing USATF East Regional /MAC 5K Racewalk Championships results with categories Overall, M40, M45 and names with times.

Table listing race results for Northwest, including categories M50, M60, M65, M70 with names and times.

Table listing race results for Northwest, including categories M75, W40, W45, W50, W55, W60, W70 with names and times.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - SEPTEMBER 2004

Large table listing athletes who enter a new division this month, including columns for Athlete Name (Residence), Birth Date, Age Group, and Age.

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Clinical Researcher

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