

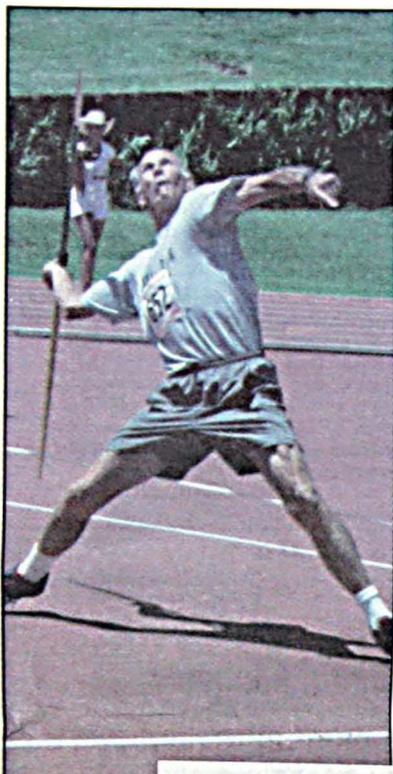
# NATIONAL MASTERS NEWS

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

325th Issue

September 2005

\$3.00



Phil Shipp set an N and won the shot p



second W40 (14.17); Denise Willard, first W40 atkus, second W45 (15.98); Linda Butler, W40; 40.



Brian McKinley, M50 winner of the short hur- dles (14.92) and the long hurdles (61.60).

## 802 Athletes Set 29 Records in Hawaii



Mike Eggle won the M40 800 (2:02.65) and 1500 (4:14.97).

By JERRY WOJCIK  
HONOLULU, Hi. – Athletes who showed up here for the USA National Masters Championships with leis around their necks had traded them for medals by the time they boarded their flights for home or to visit the other islands that make up the state of Hawaii.

The 802 athletes who entered were headed to the rainbow-colored track at Cooke Field on the University of Hawaii campus, just a few miles north of Waikiki, home of the most famous beach in the world.

Last year in Decatur, Ill., the Championships had 1107 entrants. This year's meet, the 38th annual, had to contend for entrants with the World Masters Games, Edmonton, Alberta, Canada, in late July, and the World Masters Athletics Championships, San Sebastian, Spain, in late August.

It also had to contend with Hawaii's high cost of airfare, accommodations, and living expenses, not to mention the heat and humidity in August.

The athletes, ranging in age from 30 to 95, broke or established nine world and 20 U.S. age-group records. Last year, 18 world and 23 national records were broken or established.

Trent Lane, at 95 the oldest entrant here, broke four throws records, all by substantial margins: shot put (6.14), discus (15.95), hammer (15.97), and javelin (17.58).

Two more world records were broken in the hammer, by Ed Burke, M65, 53.91, and Oneithea Lewis, W45, 52.89. She also broke the U.S. shot put record with a 13.55.

James Stookey, M75, ran a world record 53.15 in the 300H, well below the listed 56.95.

Johnnye Valien, W80, established a record in the pole vault (1.40), and added U.S. records in the high jump (5.12) and javelin (17.89).

A 4x800 relay team of Stephen Chantry, Russell Patton, James Robinson, and Bob Prather broke the M50-59 record with an 8:40.32.

National record breakers included Leland McPhie, M90, high jump (1.05) and shot put (7.01), and Carol Finsrud, W45, who upped her discus record from 50.62 to 50.85.

Afterwards, Finsrud, who saw her W45 shot put record fall to Lewis, said, "I was hoping to break the discus record, because it's been a couple of years since

Continued on page 3

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- Highlights of Nationals – p. 5
- World Masters Games – p. 17

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# NATIONAL MASTERS NEWS

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

I've broken one, and I'm going to break a record where I have so many athletes and officials.

Although not a performance record, Chris Yorges, 39, won the 10K on Saturday. Every age-group racewalk on the track won the 10K on which is a good year.

The relay team ever by a large number of onships.

Not everything is perfect. Naranja, 46, though the 10,000 on Saturday lap to go. He was a couple of seconds "No," then continuing to complete the last lap by EMS personnel hospital, where he was under observation.

Marty Krulec, 100 (11.44), had to

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2005

	M30
100	Snaer
200	Snaer
400	Pettes
800	Lanier, Kyle
1500	Lanier, Kyle
5000	Lanier, Karen
10,000	Lanier, Karen
SH	---
LH	---
SC	Hardy
HJ	---
PV	---
LJ	Robinson
TJ	---
SP	---
DT	---
HT	---
JT	---
PENT	---
5KRW	---
10KRW	---
4X100	Southwest
4X400	So Cal TC
4X800	Ad Hoc-A

W30

100	Aikels
200	Jacobs
400	Jacobs
800	Lucero
1500	Menge
5000	Menge
10,000	Menge
SH	---
LH	---
SC	Lycan
HJ	---
PV	---
LJ	---
TJ	---
SP	---
DT	---
HT	---
JT	---
PENT	Foster
5KRW	---
10KRW	---
4X100	Ad Hoc-A
4X400	Ad Hoc-A
4X800	Ad Hoc-A

Nationals - Hawaii

Continued from page 1

I've broken one, and it's always rewarding to break a record at the nationals, where I have so much support from the athletes and officials."

Although not official records, two performances are worthy of mention. Chris Yorges, 39, won his tenth straight title (10:34.30) in the 3000 steeplechase, a string not apt to be broken soon, if at all. Every age-group winner in the 5000 racewalk on the track on Friday also won the 10K on the road on Sunday, which is a good bet not to occur every year.

The relay team entries were the most ever by a large number for a championships.

Not everything was roses or hibiscus or plumeria for some athletes. Javier Naranjo, 46, thought he was finished in the 10,000 on Saturday but had another lap to go. He staggered around for a couple of seconds, shaking his head "No," then continued, collapsing after completing the last lap. He was attended by EMS personnel and taken to the hospital, where he remained for two days under observation, while he recovered.

Marty Krulee, M45 winner in the 100 (11.44), had to swerve out of lane

one in the 200 final to avoid an official standing too close to the track. He broke stride, and did not finish.

Michael Pannell, one of the favorites in the M50 100H, fell after the final hurdle in the finals and did not finish. Later, he confessed to not hydrating enough and being somewhat overweight.

In addition to the heat and humidity, the wind was a factor in some events.

Chuck Coats, M45 winner in the 5000 on Thursday, said, "You came around the back stretch, and the wind hit you for 25 laps. I was lucky. I ran at 7:30 a.m. before it got too hot."

What was a bane for some was a boon for others. Doug "Bubba" Sparks, an M50 pole vaulter from Texas, said, "This was the best situation for vaulting I've experienced since I started at age 12. You ran somewhat downhill from the crown of the football infield and then received the advantage of a wind at your back. If they hold this meet again, I can promise 100 pole vaulters will enter."

Discus throwers also felt that the wind added four-to-five feet to their throws.

For some reason, several prominent athletes who had been off the stage for years, turned up in Honolulu for their comebacks, all with success. Irene Obera, W70, broke the U.S. record in the 100 (15.57). Dick Richards, M70, won



SUZY HESS  
Melvin Larsen broke the M80 U.S. short hurdles record (16.22), USA National Masters Championships, Honolulu.



SUZY HESS  
Bruce McBarnette won the M45 high jump with a 1.96, USA National Masters Championships, Honolulu.

www.nationalmastersnews.com

2005 USA National Masters T&F Champions, Honolulu, Hi., August 4-7

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95
100	Snaer	Thomas	Thigpen	Krulee	Collins	Allie	Neidig	Smith	Richards	Stookey	Larsen	Means	Trahan	---
200	Snaer	Clark	Berry	Barnwell	Collins	Allie	Neidig	Lida	Williams	Cheek	Larsen	Means	Trahan	---
400	Pettes	Thomas	Berry	James	Collins	Allie	Neidig	Lida	Ware	Cheek	Englert	Tompkins	---	---
800	Lanier, Kyle	Nash	Egley	Paulk	Robinson	Blake	Tucker	Howard	Mathes, G	Selby	Englert	Tompkins	Levine	---
1500	Lanier, Kyle	Nash	Egley	Paulk	Robinson	Mathes, S	Boughter	Howard	Mathes, G	Fortune	Englert	Tompkins	Levine	---
5000	Lanier, Kareem	Goodall	Pope	Coats	Prather	MacDonald	Hamlyn	Weddle	Iffrig	Fortune	O'Neil	---	---	---
10,000	Lanier, Kareem	Bell	Pope	Young	Hornor	Taylor	Hamlyn	Weddle	Iffrig	---	---	---	---	---
SH	---	Drummond	McCloud	McMahon	McKinley	Craig	Johnston	Pawlik	Clark	Stookey	Larsen	---	---	---
LH	---	Grant	Monaghan	Brower	McKinley	Mount	Graff	Destefano	Clark	Stookey	---	---	---	---
SC	Hardy	Yorges	Bouthillier	Kollars	Robinson	Pate	Norris	Cordero	McClenathen	Selby	---	---	---	---
HJ	---	Chmielewski	Stockard	McBarnette	Zahn	Baskauskas	Goodreau	Pawlik	Langenfeld	Stookey	Wilson	---	McPhie	---
PV	---	Holton	Miller	Hintnaus	Mead	Altendorf	Baker	Cannon	Julian	Held	Grosh	---	---	---
LJ	Robinson	Benjamin	Tureaud	Long	Wilson	Crockett	Jones	Pawlik	Richards	Stookey	Wilson	Hackett	Trahan	---
TJ	---	Benjamin	Coushay	Battle	Richardson	Manor	Boosey	Tinelli	Spainhower	Stookey	Kennell	Hackett	Trahan	---
SP	---	Adelgren	Shannon	Carr	Shiaras	Shumaker	Economides	Vaughn	Shipp	Gaynor	Mulkern	Hackett	McPhie	Lane
DT	---	Bartelme	Shannon	Ciccone	Fruguglietti	Fahy	Economides	Cochran	Ward	Gaynor	Mulkern	Hackett	McPhie	Lane
HT	---	Curry	Shannon	Schrader	Meyer	Conboy	Mathews	Burke	Ward	Wojcik	Mulkern	Hackett	---	Lane
JT	---	Bartelme	Barba	Morris	Wasp	Menkin	Burns	Tinelli	Shipp	Allison	Mulkern	Hackett	McPhie	Lane
PENT	---	Ellison	Dibley	Russ	Duncanson	Watson, D	Baker	Pawlik	Shipp	Daprano	Carter	---	---	---
5KRW	---	---	Blanchard	Aunan	Thiedman	Wiggins	Sorrenti	Johnson	Acosta	Corona	---	---	---	---
10KRW	---	---	Blanchard	Aunan	Thiedman	Wiggins	Sorrenti	Johnson	Acosta	Corona	---	---	---	---
4X100	Southwest Sp	---	Ad Hoc-H	---	Ad Hoc-F	---	Ad Hoc-G	---	Ad Hoc-J	---	---	---	---	---
4X400	So Cal TC	---	Ad Hoc-A	---	Ad Hoc-B	---	Hawaii Masters	---	Ad Hoc-F	---	---	---	---	---
4X800	Ad Hoc-A	---	So Cal TC	---	Ad Hoc-C	---	Ad Hoc-D	---	---	---	---	---	---	---
	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	
100	Aikels	Lawrence	Jackson	Mendenhall	Hanscom	Matthews	O'Connor	Bergen	Obera	Peterson	Valien	---	---	---
200	Jacobs	Daley	Jackson	Mendenhall	Hanscom	Matthews	O'Connor	Bergen	Obera	Peterson	Valien	---	---	---
400	Jacobs	Daley	Black	Ney	Board	Stiles	Naftel	Daprano	Harada	Peterson	Davidson	---	---	---
800	Lucero	---	Jasper	Ney	Martin	Stiles	Makoske	Daprano	Bigelow	Schley	---	---	---	---
1500	Menge	---	Grene	Barraza-Lee	Smith-Hanna	Berman	Makoske	Daprano	Bigelow	Schley	Davidson	---	---	---
5000	Menge	---	Jeffers	Brown	Martin	Berman	Makoske	Daprano	Bigelow	Schley	Davidson	---	---	---
10,000	Menge	---	Young	Comiso-Fanelli	Martin	Nickel	---	---	---	---	---	---	---	---
SH	---	Lowe	Willard	Atwood	Thompson, I	McCormick	---	Jordan	Meiler	---	---	---	---	---
LH	---	---	Ware	Petkus	Thompson, I	---	---	Jordan	---	---	---	---	---	---
SC	Lycan	---	Steen	Dunn	Ward	Trotto	---	---	---	---	---	---	---	---
HJ	---	Bruff	Porter	Mendenhall	Anderson	Vandercruyssen	Douglass	Bergen	Donley	McDaniels	Valien	---	---	---
PV	---	---	Zakerski	---	Hanscom	Vandercruyssen	O'Connor	---	---	---	---	---	---	---
LJ	---	Boyd	Ware	Petkus	Cohn	Matthews	Jager	Jordan	Lary	McDaniels	Valien	---	---	---
TJ	---	Boyd	Ware	---	Cohn	Trotto	---	---	Lary	---	Valien	---	---	---
SP	---	Thompson, K	Zakerski	Lewis	Kirkpatrick	Tucker	Jager	Sherrard	Donley	McDaniels	Valien	---	---	Jarvis
DT	---	Jones	Zakerski	Finsrud	Kirkpatrick	Matthews	Cutler	Sherrard	Meiler	McDaniels	---	---	---	Jarvis
HT	---	Thompson, K	Zakerski	Lewis	O'Brien	Clark	Cutler	Roman	Lary	---	---	---	---	Jarvis
JT	---	McPherson	Ware	Finsrud	Fabian	Glass	Cutler	Berman	Donley	---	Valien	---	---	Jarvis
PENT	Foster	Look-Jaeger	Ware	Petkus	Thompson, I	Glass	---	Jordan	Meiler	---	---	---	---	---
5KRW	---	---	Murphey-Glenn	Sokol	Topham	Frable	Steigerwalt	Berman	Gordon	---	---	---	---	---
10KRW	---	---	Murphey-Glenn	Sokol	Topham	Frable	Steigerwalt	Berman	Gordon	---	---	---	---	---
4X100	Ad Hoc-A	---	Brooks Fleet Street	---	Ad Hoc-E	---	---	---	Ad Hoc-H	---	---	---	---	---
4X400	Ad Hoc-A	---	So Cal TC	---	Ad Hoc-D	---	---	---	Ad Hoc-F	---	---	---	---	---
4X800	Ad Hoc-A	---	So Cal T	---	Brooks Fleet Street	---	---	---	---	---	---	---	---	---

Continued on page 5





# Track & Field Report

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

## Aloha and Mahalo

The 2005 National Outdoor Masters Track & Field Championships are in the books. This meet was a unique experience for all who participated. Even though we only had 802 athletes at this meet, it seemed bigger, probably because of all the family and friends who were there as well.

Everyone seemed to have a good time, both on and off the track. As usual, the athletes continued to break records at a fast clip.

Congratulations to all our athletes and the wonderful, friendly hospitality of the local organizing committee.

Special thanks to Mark Zeug who worked long and hard to make this meet a reality.

The officials were, as usual, the unsung heroes of the meet. That sun was hot and the officials continued at their posts providing a professional athletic experience for everyone. Thank you!

Biggest thanks should go to Sandy Pashkin and her Games Committee

who also have been working for years, and night and day, Monday through Sunday during the meet to make everything work so well. Thanks again, Sandy!

Also on Wednesday before the meet, the Executive Committee worked from 9 to 5, in a conference room with no windows, on the second part of the USATF Masters Track & Field Strategic Plan. Even though he wasn't able to attend, Todd Taylor gave us the template to nearly complete the task.

All participants worked really hard on a plan that I believe everyone will appreciate. We will have the latest update in the next issue of National Masters News. □

## Nationals - Hawaii

Continued from page 3

the 100 and his specialty, the long jump.

Hurdlers Joe Johnston, M60, 100H, 16.68, and Mike DeStefano, M65, 300H, 49.37, went home as national champions. Debbie Stiles, W55, won the 400 and 800. Miriam Gordon, W80, was among the double winners in the racewalks. Dave Taylor, last seen in the Baton Rouge championships, won the 10,000.

More than one athlete improved on their performances in 2004 at Decatur, Ill. Mary Grene, after winning the W40 1500, said, "I knew that Karen Steen was the toughest competition in the 1500, so I scratched the 800. I waited until the last quarter to make a move, and when I couldn't hear her breathing, I knew that I was okay. I was second to her in the 1500 last year in Decatur, so I really wanted to win here."

Mike Egle, second in the M40 1500 last year, won both the 800 (2:02.65) and 1500 (4:14.97).

This was the first official outdoor team championships, with men's and women's scores combined, on an 8-6-4-3-2-1 scale. Brooks-Fleet Feet Racing was the winner with a 555 total. So Cal Track Club was second with 383; the relatively small Hawaii Masters TC was third (209); Potomac Valley TC, fourth (204); and Florida AC, fifth (105).

When athletes weren't at Cooke Field, they were visiting the USS Arizona National Monument at Pearl Harbor, climbing up Diamond Head, a short distance from the campus, people-watching at Waikiki, shopping at the immense Ala Moana Mall, bargaining at the flea market near the airport, or visiting the other islands.

Mark Zeug, meet organizer, responding to a question about bidding for the meet again, said that the entries were affected by the WMA Games in Edmonton, and he would have to look at perhaps doing things differently. He



Mary Grene, winner of the W40 1500 (4:45.80), USA National Masters Championships, Honolulu.

noted that the month of July for tourism to the area was the busiest ever and that August looked to be better.

At the meeting, Gordon Edwards, representing the 2006 Masters Championships, gave information on hotel rooms and dormitory accommodations and the venue in Charlotte, N.C.

Norm Green, Masters Hall of Fame administrator, explained the HOF process.

Media coverage was extensive, with results in the Honolulu Advertiser and sports page lead articles by reporter Stan Lee of the Honolulu Star-Bulletin. Television network affiliates were also on the track, interviewing athletes for later programming, as were local radio stations. Melvin Jackson, of USATF Communications, sent out daily press releases, with records, outstanding performances, and age-group champions.

Meet Director Zeug gave thanks to members of the Organizing Committee Carmyn James, Andy McInnis, Richard Sutton, Ron Pate, Francis Mukai, and

## Highlights of Nationals

W30: Rachel Menge, BFFR, won three golds in the distances. Priscilla Jacobs took the 200 and 400.

W35: Lisa Dailey zipped to firsts in the 100 and 200 (25.81). Sarah Boyd leaped to wins in the LJ (4.84) and TJ. Kelly Thompson scored victories in the SP and HT.

W40: Karen Steen, CNW, broke her AR in the 2000m SC with a 7:05.06. Caren Ware, SOCA, won the PENT on Thursday and followed up with firsts in the LH, LJ, TJ, and JT for five golds. Debbie Zakerski, BFFR, vaulted to a first and won three throws. Marjorie Milligan-Jackson swept the 100 (13.23) and 200 (27.60). WR-holder Pat Porter (1.76) finished with a 1.70 HJ.

W45: Oneitha Lewis hit a WR in the HT (52.89), and Carol Finsrud an AR in the DT (50.85). Martha Mendenhall scorched the 100 (14.10) and 200 (29.77), and won the HJ (1.50).

Continued on page 9



JERRY WOJCIK  
Marjorie Milligan-Jackson (#500), won the 100 (13.23) and 200 (27.60), USA National Masters Championships, Honolulu.

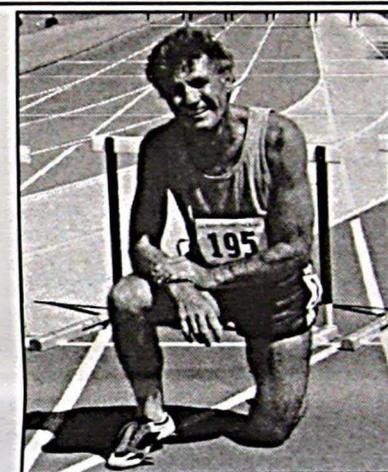
Zeug's wife, Helene, in helping to make the meet a success. He also wanted to recognize James Hart, who took charge of the awards, and Helen Chisum, registration chair, who stepped in when someone else had to take a different job.

As with all championships, the meet received mixed reviews. One runner from the East Coast, said that it was the worst organized championships he'd entered in 20 years.

Ron Pate, one of the meet's supporters, said that he had received over two dozen favorable comments, with some requesting that Hawaii bid again.

Commenting on the meet, Bill Carter, M80 pentathlon winner, said, "The officiating was as good as it always is, but the administration and organization was not as good as it has been in past meets."

The 39th National Masters Championships are scheduled for Aug. 3-6 in Charlotte, N.C. □



JERRY WOJCIK  
Michael DeStefano, gold medalist in the M65 long hurdles (49.37), USA National Masters Championships, Honolulu.

## Pending World and U.S. Records 38th USA National Masters Championships

### WORLD RECORDS

Event	Age	New Mark	Name	Old Mark	Held By
300mH	M75	53.15	James Stookey	56.95	Heinz Krenzer
4x800m	M50	8:40.32	USA	8:41.55	USA
PV	W80	1.40	Johnnye Valien	---	---
SP	M95	6.14	Trent Lane	5.11	Masami Okazaki
DT	M95	15.95	Trent Lane	13.56	Waldo McBurney
HT	M95	15.97	Trent Lane	11.40	Everett Hosack
HT	M65	53.91	Ed Burke	53.32	Karl Heinz-Wendell
HT	W45	52.89	Oneitha Lewis	50.75	Margrith Druss
JT	M95	17.58	Trent Lane	---	---

### U.S. RECORDS

Event	Age	New Mark	Name	Old Mark	Held By
100	M40	10.73	Aaron Thigpen	10.87	Eddie Hart
100	M90	20.56	Clarence Trahan	20.69	Buell Crane
100	W70	15.57	Irene Obera	15.72	Audrey Lary
800	W70	3:15.12	Vicki Bigelow	3:15.63	Suzi MacLeod
100mH	M65	16.19	Emil Pawlik	16.30	Jack Greenwood
80mH	M80	16.32	Mel Larsen	---	---
80mH	W70	17.67	Flo Meiler	20.08	Johnnye Valien
2K SC	W40	7:05.06	Karen Steen	7:11.97	K Steen
HJ	M90	1.05	Leland McPhie	1.04	Buell Crane
TJ	M90	6.10	Clarence Trahan	5.51	Buell Crane
TJ	W80	5.12	Johnnye Valien	4.60	Margaret Hinton
SP	M90	7.01	Leland McPhie	6.97	Buell Crane
SP	W45	13.55	Oneitha Lewis	13.05	Carol Finsrud
DT	W45	50.85	Carol Finsrud	50.62	C Finsrud
HT	W90	10.31	Betty Jarvis	8.70	Margaret Evans
JT	M70	42.53	Phil Shipp	42.17	Robert Young
JT	W55	28.08	La Tanya Glass	26.53	Sharon Raham
JT	W80	17.89	Johnnye Valien	13.54	Mary Bowermaster
Pent	M70	3854	Phil Shipp	3810	Boo Morcom
Pent	W35	3560	Clare Look-Jaeger	2565	Regina Richardson



## Third Wind

By MIKE TYMN

### More Quotes from the Past Quarter Century

Here are some more quotes from my interviews over the past 25 years. These are mostly from the late 1990s and to date, although there are also a few I missed from earlier years.

**What scum:** "There was a certain stigma connected with being a professional in those days. It just wasn't acceptable. There was an association of professionalism with boxing and horseracing. I guess it was the gambling connection that made it unacceptable." – **Aileen Riggins Soule**, 1920 Olympic gold medal winner, mentioning that professional athletes had to enter country clubs through the back door

**Poor guy:** "I think the old guy's wife is in a camper and went off and left him...He looks like a homeless type...What's he doing out there in this weather? The guy must be crazy...If I had a motor home, I'd give him a ride. He's an old guy, got gray hair." – **Paul Reese**, relating comments picked up by his wife, Elaine, on a CB radio from truckers observing him running on the highway in his quest to run across all 50 states

**Life's unfair:** "You're not going to be the same person at 70 as you were at 30, unequivocally, but 20 percent (loss) is not very much." – **Walter Bortz, M.D.**, on the effects of aging and benefits of exercise

**Try Starbucks for the rush:** "I don't think I'd get a rush out of running 18 minutes for 5K, at any age. I really respect older competitors like Shirley Matson and Joan Ottaway, who can do that, but that's not for me." – **Ruth Wysocki**, former Olympian

**Another customer for Starbucks:** "Up until the last couple of years, the physical aspect was keeping me fit enough to do the exercising and training needed for the events I wanted to do. Mentally, I'm not as motivated to do the hard training required to be as competitive as I'd like to be." – **Ruth Anderson**, at 75

**A lofty goal:** "I was a man in search of the perfect martini." – **Jim O'Neil**, on his goal before taking up running at age 42

**Same bar?** "I spent a lot of my free time in search of the perfect Manhattan. I found it a few times." – **Bill Fortune**

**Risky business:** "Olympic marathoners aren't running for exercise any more than NFL football players are knocking heads for their health. Sport involves taking chances, seeing how far we can push before we break, gambling that we can bend without snapping." – **Joe Henderson**

**Matter over mind?** "The biggest problem when you turn 40 is that you still have a mind that wants to run 120 miles a week and a body that can run about 90. You're still trying to operate at a 24-year-old intensity. Between 40 and 50, you learn how many miles your body can handle, and you learn to be satisfied with

that." – **Frank Shorter**, upon turning 50

**When life imitates art:** "Technically, he was a better runner than Pre, because Pre stuck his butt out a little. He told us he was a slowpoke, but he was sandbagging us as he left me standing the first time we put him on the track." – **Kenny Moore**, about actor Billy Crudup, who portrayed Steve Prefontaine in the movie *Without Limits*

**Call the shrink:** "Once I get to 50 miles (a week), my body starts talking to me. Beyond 50, I don't feel it is productive." – **Paul Heitzman**, on his training regimen at age 67

**Seeing spooks?** "I told Paul (Heitzman) there was some unknown guy on my shoulder, that I would be kicking with 200 to go, and that he could go whenever he wanted. He kicked immediately, and we took off, never to hear the likes of the other runner." – **Jim Sutton**

**Another case for the shrink:** "I listen to my body more than I used to. I now understand that if you miss a day once in a while it's probably better than running tired and in pain." – **Ed Cadman**

**No shrink needed here:** "Rennie is truly my soulmate and really understands my drive to reach my goals, even when she is adversely affected. Professionally, she's a psychiatric nurse, and as we all know, runners need all the help we can get." – **Jack Nelson**

**The toughest training:** "I spent the better part of those 20 years running after my four kids." – **Diane Palmason**, on her training regimen during her 20s and 30s

**A good way to go:** "I knew I was dying, but I wasn't afraid. The light was incredibly beautiful, and I felt wonderfully calm and secure with a benevolent presence beside me." – **Don Morse**, on having a near-death experience after passing out during a workout

**Exorcist needed:** "I think I still have a 2:55 marathon in me." – **Ed Whitlock**, in 2001, before running a 2:54:48 at age 73

**Yummie:** "I tore into it like a wild man. We ate everything, eyeballs included and it tasted like a hot fudge sundae with nuts on top. It was delicious." – **Lou Zamperini**, 1936 Olympian on catching a bird while on a life raft for 49 days during WWII

**Good therapy:** "The sweat from the running could be the tears I couldn't cry." – **Jane Robertz**, on how running helped her overcome frustrations.

**No rest for the weary:** "Flexibility seems to take a vacation, unless one addresses it on a regular basis." – **Payton Jordan**

**Double the fun?** "Genia and I had remained friends and she was very much in favor of my marrying Vela." – **Alex Imich**, at age 101, on why he took his ex-



Steeplechasers hit the water barrier, the coolest spot at Cooke Field, USA National Masters Championships, Honolulu.

wife along on his honeymoon with his new bride

**Call the cobbler:** "Look, Marie, he's got nails in his shoes." – **Jim Manno**, recalling two little old ladies observing him as he changed from warm-up shoes to spikes.

**Up the down staircase:** "The day I can't get my knees up and be running hell-bent-for-leather is the day I will know it's over." – **Bob Lida**

**What was, was:** "I'm 76 years old now. I walk a few miles a day and do a little jogging, but I'm not up to doing a marathon. I'm just a has-been." – **Bob McMillen**, 1500 silver medalist in the '52 Olympics

**Don't be a wimp, Marine!** "I started to pull off my warm-ups for the 1500 when two big burly guys came out and said I couldn't run because I had already qualified in the 5000." – **Wes Santee**, on

qualifying for the '52 Olympics

**Overcoming wimpishness:** "I think speed, equilibrium and good technique are more important to my success." – **John King**, on competing in the discus and shot at 152 pounds

**Masochist!** "I did things for sheer torture then, knowing that no one else was doing that much. If I didn't do 20 miles a day, I was one unhappy cat." – **Jerry Smartt**, on his training regimen during the late '50s

**A different approach:** "Now, to me, being alive is to stay connected to that spiritual intelligence, to live as if about to die, and have faith that the universe will take care of material needs." – **Roger Hart**, on his change in philosophy after having had a near-death experience in a fall on Mt. Everest

(Mike Tymn can be contacted at MET-GAT@aol.com)

## Emerson, Anderson-Abbs

### Top Masters at 50M Trail Championships

By SUSANNAH BECK

Prolific ultra racer William Emerson topped the masters field and placed second overall in the USATF 50 Mile Trail Championships held at the White River 50 Mile, Crystal Mountain, Wash., on July 30.

Emerson, 41, Portland, Ore., is the oldest man of the mountain, winning the race outright in 2001 (in 6:58:14), and finishing third, fourth, and sixth since then.

While this year's 7:28:13 was his

slowest time yet, it was good for second overall in a competitive race with slower than usual course conditions. Temperatures were in the 70s with 8700 feet of elevation gain.

Stanford physicist Dieter Walz, 70, Portola Valley, Calif., was the oldest competitor, showing great fitness with a 12:48:54.

Adventure racer Beverly Anderson-Abbs, 41, Red Bluff, CA, 8:14:02, was the top W40 for the second year in a row, and fourth woman overall.



The M50-59 relay team of (l to r) Stephen Chantry, Russell Patton, James Robinson, and Bob Prather, set a world record of 8:40.32 for the 4x800, USA National Masters Championships, Honolulu.

## Pop Win 8

By JERRY V...  
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and Robert H...  
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# Pope, Martin Win 8K in Hawaii

By JERRY WOJCIK

After winning on the track, Brian Pope and Kathy Martin took to the roads to win the USA National Masters 8K Championships in Honolulu on Aug. 7. Both had competed successfully at the USA National Masters Track & Field Championships held at the University of Hawaii's Cooke Track, Aug. 4-7, just a short distance north from where the 8K Championships were held at Kapiolani Park.

Pope, 42, Oxford, Miss., ran a 26:28 to win the M40 division by more than two minutes, with only Craig Young, 49, Honolulu, second master in 27:10, and Greg Cauller, 45, York, Pa., third (27:31), offering any challenge.

Martin, 53, Northport, N.Y., with a 31:41, was first woman by more than a half minute. Anne Hird, 46, Providence, R.I., was second in 32:27. Jeannie Young-Wokasch, 42, Honolulu, finished third (33:19).

Thom Weddle, Minneapolis, Minn., M65 winner (36:18) and experienced masters championships road and cross-country participant, commented on the race, "It was scheduled to start at 6 a.m., about ten minutes prior to sunrise. It was pitch-black when I arrived at the course. The individual passing-out age-group back numbers had a 'miner's light' on his head in order to read the competitors list.

"Shortly before the start, almost magically, it was daylight. Relative to the track events at Cooke Field, the temperature and humidity were semi-bearable.

The first mile was flat, then we arrived at Diamond Head Road, and started a mile-plus upward climb. After the turn around, it was a fast downhill. The last mile to the finish was flat; however, it seemed like it took a long time to cover that mile."

The remaining men's age-group winners were Gregg Homer, M50, Goleta, Calif., 28:59; Ron Pate, M55, Honolulu, 31:53; Richard Webb, M60, Wilmington, Del.; Norman Green, M70, Coatesville, Pa., Masters LDR Chairman, 38:27; George Ishiki, M75, Kaneohe, Hi., 57:12; and Robert Henninger, M80, Honolulu, 53:50.

Cathy Van Brocklin, Gaithersburg, Md., took the W55 race (40:05). Joy Schoenecker, Honolulu, was the W65 winner (47:50). Ellen Humphrey, Honolulu, won the W75 race (54:08).

Eight of the age-division winners were Hawaii residents.

Cash prizes were given three deep in every division: \$75 for first, \$50 for second, and \$25 for third. Kathy Martin received \$100 for the best age-graded performance of 90%. □



## 2005 USA MASTERS 5KM CROSS COUNTRY CHAMPIONSHIPS

Sunday, October 16, 2005

Saratoga Spa State Park, Saratoga Springs, New York

### Meet Schedule

10:00am... Cross Country Classic Open  
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 2005 USATF members 40 years or older on race day are eligible to compete. Proof of age may be required.

2005 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/](http://www.usatf.org/membership/) to register for or renew your membership.

### Individual Championship Awards

The top 3 athletes in each five-year age division, starting with 40-44, will receive regulation USATF medals. Only US citizens are allowed to win USATF medals and other Championship awards, including prize money.

### Individual Championship Prize Money

The top three Age Graded male and female finishers will receive prize money as follows:

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

### Team Competition

Team entries will be accepted from 2005 USATF registered club teams only. All team members must have a 2005 individual USATF membership & belong to the club for which they are competing. Team contact must submit a copy of your 2005 club certificate. Contact your club administrator for details.

All team entry forms must be received by Oct. 8th.

The following will constitute club teams:  
Men 40-49 & 50-59... 5 score, declare up to 8  
Men 60-69 & 70+... 3 score, declare up to 5  
All Women's Teams... 3 score, declare up to 5

### Team Awards

Regulation USATF medals will be awarded to the scoring members of the 1st, 2nd and 3rd place teams. Only US citizens are allowed to win USATF medals and championship awards and score for a club team.

### Team Prize Money will be distributed as follows:

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		

### Individual Entry Fees

(no day of race entries)  
Pre-Entry (mail & online) \$ 25.00  
Registrations must be received on or before October 10th.

### Last Chance Registration: \$ 40.00

10/15 Noon-6:00pm in the Executive Board Room of the Fairfield Inn & Suites.

### Team Entry Fees

There is no additional team entry fee. Team entries must be submitted by October 8th.

### Lodging

Fairfield Inn & Suites, Malta NY (866) 368-6900  
\$129/night - 2 double beds or 1 king bed  
\$149/night king suite - one king bed & one pull out double sofa bed

Must call prior to the 9/23 room release date

For additional hotels around Saratoga, visit The Saratoga Convention and Tourism Bureau website at [www.discoversaratoga.org](http://www.discoversaratoga.org) or call: (518) 584-1531

### Event Information

Phone: (518) 273-5552  
Fax: (518) 273-0647  
E-mail: [info@usatfdir.org](mailto:info@usatfdir.org)  
[www.usatfdir.org/USAMasters5k.htm](http://www.usatfdir.org/USAMasters5k.htm)

### Registration Form

You must be a current 2005 USATF member in order to compete in this event

Name: \_\_\_\_\_ Age on race day: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

2005 USATF #:  2005 USATF Membership Number is Required. Subject to verification.

Do you need transportation from the Albany International Airport to the host hotel? Please circle: YES NO

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: \_\_\_\_\_

2005 USATF Club # is Required

Team Members: 1. \_\_\_\_\_ 5. \_\_\_\_\_

Subject to verification. 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(\$15)\* S M L XL \$

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

Total Enclosed: \$

\*A long sleeve performance wicking material shirt is available to each registrant for an extra \$15 fee. Additional -shirts 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/USAMasters5k.htm](http://www.usatfdir.org/USAMasters5k.htm) or call us at (518) 273-5552.

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## PAGLIANO'S PODIATRIC POINTERS The Foot Beat

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

### Greek Study Looks at Benefits of Stretching

A Greek study looked at the role of stretching in hamstring injuries in 80 athletes (hopefully, those sprinters who missed their drug testing were not involved!). These athletes all had second degree hamstring strains, the kind that are not gross tears, but worse than a mild soreness.

The subjects were divided into two groups. Both were placed on stretching programs, one more vigorous than the other. Those with the vigorous approach healed faster than the other group.

The study's authors believe that stretching is of great importance in the rehabilitation program of those with hamstring strain.

Athletes were treated with ice, rest, and compression for 48 hours following injury. They were then placed on stretching programs following this protocol. The vigorous group had four stretching series a day, while the less vigorous group were limited to one

series a day.

If common sense dictates, stretching does seem to help in the rehabilitation of hamstring injuries. The key is to not over-stretch, and to only stretch until one feels tension or slight discomfort.

The type of stretching is a hamstring stretch while standing with the leg on a chair or table. One would then lean forward as far as possible without pain. The theory is that stretching causes viscoelastic changes and produces an analgesic effect that permits the increase in muscle length. □

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



JERRY WOJCIK  
Bob Prather won the M50 5000 (17:02.88), USA National Masters Championships, Honolulu.



SUZY HESS  
Kareem Lanier, M30 winner in the 5000 (16:33.38), USA National Masters Championships, Honolulu.

## Masters Scope

### Lactate, Muscle Fiber Types and New Possibilities

By AVITAL SCHURR

This is the last in a series of three columns about muscle lactate. In the previous two, I summarized the major developments of the past 30 years in our understanding of the working muscle, including the shattering of some of the myths and dogmas about lactate.

Here I expand on the changes that these developments will slowly usher in, changes that will better our understanding of the complex relationships between the different types of fibers that compose the skeletal muscle. I also elaborate on the meaning of these developments for athletes everywhere.

#### Skeletal Muscle and its Fibers

As has been described in the second column (August 2005), lactate is produced in both the anaerobic and the aerobic muscle and, more importantly, studies have shown that lactate is being consumed (oxidized) by muscles for the production of energy.

In general, there are two types of muscle fibers, type I and type II. The latter muscle fiber type is sub-classified into type IIA and IIX (previously called IIB). Type I fibers, also known as slow-twitch fibers, produce energy aerobically, i.e., they metabolize glucose (and lactate) with the help of oxygen. Type II fibers are known as fast-twitch fibers.

Type IIA fibers can produce energy aerobically just like type I by metabolizing glucose with the help of oxygen, while they can also produce a significant amount of energy from glucose anaerobically, i.e., without oxygen. Type IIX fibers produce energy from glucose mainly anaerobically.

Most skeletal muscles in the body contain all three types of fibers, differing

only in the proportion of the three fiber types they contain. Consequently, muscles containing a high proportion of type I fibers are expected to produce relatively small amounts of lactate, since they burn glucose completely to CO<sub>2</sub> and H<sub>2</sub>O, while muscles rich in type II fibers are capable of producing significantly larger amounts of lactate, particularly when they perform high intensity work.

The discovery that skeletal muscles consume lactate (especially those rich in type I fibers) lends itself to the possibility that these muscle fibers receive their supply of lactate from muscles rich in type II fibers, the type that produces large quantities of lactate. The transport of lactate from the producing fiber to the consuming one can take place directly between neighboring type I and type II fibers or via the blood supply, where lactate produced by type II fibers is secreted into the blood stream and then taken up by type I fibers.

For years it has been assumed that the only way muscles can rid themselves of lactate is by secreting it into the blood, which carries it to the liver, where it is converted to glucose. However, the discovery that muscle tissue consumes lactate must force us to reexamine not only the biochemistry of muscle energy metabolism, but also muscle physiology and medicine.

#### Lactate Threshold - To Be or Not to Be

For instance, if traditionally it was accepted that lactate is the cause of muscle fatigue and that the only way for the muscle to recover was to rest until all the lactate is washed out, it is clear now that lactate is not the cause of that fatigue and there is no reason to get rid of lactate,

since it will be consumed by the muscle aerobically.

Moreover, for many years, a measurement known as the lactate threshold (LT) has been used to determine performance abilities of athletes, especially in longer workouts.

The idea has been that workout intensity above the LT can be sustained for only a short period of time and that only the best of athletes can sustain long workouts at LT level, where the amount of lactate produced is more or less equal to the amount of lactate cleared. Also, athletes have been working on improving their LT through training sessions specifically designed to achieve such improvement.

The trainers who advocate LT improvement claim that the aim of such training sessions "is to saturate the muscles in lactic acid which will educate the body's buffering mechanism (alkaline) to deal with it more effectively" (<http://www.brianmac.demon.co.uk/lactic.htm>). In essence, we have been told that we are teaching our bodies to tolerate lactate.

Muscle soreness after an intense exercise has also been blamed on lactate. Are we really training our bodies toward higher tolerance for lactate? Can such training sessions improve our LT? Is LT a practical measurement, now that we know that lactate is not the culprit it was made out to be?

#### Train to Improve Oxygen Delivery

The concentration of lactate in the blood (the parameter measured for the determination of LT) is a function of muscle oxygen availability, the proportion of muscle fiber types in the muscles involved in the exercise and the intensity of the exercise.

Thus, in the high mountains, under hypoxic conditions, lactate concentration in the blood should rise faster and higher than at sea level for a given exercise.

A muscle rich in type I fiber should produce lower amounts of lactate than a

muscle rich in type IIX fibers under the same exercise intensity. A workout of great intensity should produce higher lactate blood level than a lower intensity workout. What do training sessions for LT improvement really do?

They improve oxygen supply to the muscles by a) enriching their blood capillary bed, b) building up muscle mass, and c) improving the ability of both type I and type IIA fibers to utilize lactate aerobically as a source of energy.

It has been said that Lance Armstrong's blood lactate concentration during high intensity workouts is significantly lower than most athletes, thus giving the impression that his LT is very high. However, evidently, Armstrong's muscles are rich in type I and type IIX fibers and thus highly efficient in consuming a large portion of the lactate produced by his muscles rich in type IIX fibers during the intense workout before it reaches the blood stream.

Other top cycling racers and marathon runners probably have a similar ability. Of course, all these athletes also have better than average lung capacity and thus higher VO<sub>2</sub> max (the maximum oxygen volume consumed during intense whole-body exercise at sea level) and their muscles are rich in blood capillaries that supply them with much more oxygen than muscles poor in blood capillaries.

The VO<sub>2</sub> max cannot be changed much with training sessions, but oxygen delivery can be improved through an increase in the number of blood capillaries that support the muscle.

Finally, I would like to highlight a recent scientific study, which has demonstrated that lactate, produced during exercise, is also consumed by the brain (Dalsgaard MK et al., *Journal of Physiology*, Vol. 554, pages 571-578, 2004), giving much credence to the old verse "a healthy mind in a healthy body." □

(Avital Schurr can be contacted at: [a0schu01@louisville.edu](mailto:a0schu01@louisville.edu))



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# Health & Fitness

By Phil Campbell  
M.S., M.S.A., FACHE

## Double Your Endurance...Double Your Fun

**D**ouble your endurance with three short workouts a week in only two weeks. Sounds like another gimmicky fitness commercial, I know. But it's true! In a landmark, major new study by one of the most respected research teams in the world, led by Dr. Martin Gibala, researchers show that recreationally active adults can actually double their endurance capacity in only two weeks with a workout almost identical to the Sprint 8 that's now available in Vision Fitness home cardio equipment ([www.visionfitness.com](http://www.visionfitness.com)) and described in *Ready Set Go Synergy Fitness*.

### Researchers Conclusions

In a program very similar to the Sprint 8, the research summary posted on the National Institutes of Health Website states:

"We conclude that short sprint interval training (approximately 15 minutes of intense exercise over 2 weeks) increased muscle oxidative potential and doubled endurance capacity during intense aerobic cycling in recreationally active individuals.

"(Six sessions of sprint interval training increases muscle oxidative potential and cycle endurance capacity in humans (2005, J Appl Physiol., 2005 Jun., Burgomaster KA, Hughes SC, Heigenhauser GJ, Bradwell SN, Gibala MJ)."

Comments about the research by Edward F. Coyle, Ph.D., were published in the Journal of Applied Physiology. Dr. Coyle is director of the Human Performance Laboratory at the University of Texas, Austin, and he has worked with Tour de France champion Lance Armstrong.

This is the first report that you can show large increases in muscle endurance within just two weeks. In today's society, people spend so much

time in front of the TV or video screen, that it is rare we exercise either intensely or for very long times.

Since some people are devoting so little time to exercise, this reminds us how effective or efficient even short amounts of exercise are if performed very intensely.

### The Take Home

If you read the first edition of *Ready, Set, GO! Synergy Fitness* in 2000, you discovered that exercise-induced growth hormone can do wonderful things for your body. Now there's conclusive research showing that the Sprint 8 can improve performance as well as fitness.

Get a copy of *Ready, Set, GO! Synergy Fitness*, take it home or give it to a friend who is into endurance training, and perhaps take home a new piece of award winning Vision Fitness cardio equipment with Sprint 8 and begin to improve fitness and endurance. In fact, double your endurance during the next two weeks! □

(Get an autographed copy of Phil Campbell's fitness book, *Ready, Set, GO! Synergy Fitness*, 2nd edition, 300 photo-illustrations, 368-pages, \$19.95. Call Toll Free: 866-565-3311.)

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## Highlights of Nationals

Continued from page 5

Joanne Petkus won the PENT on Thursday and the LJ and LH later.

**W50:** Rita Hanscom won the 100 (13.61) and 200 (28.24) over veterans Jackie Board and Irene Thompson. Board won the 400, and Thompson skimmed to both hurdle wins and won the PENT. Kathy Martin, NRC, surprised nobody in winning the 800 (2:31.91), 5000, and 10,000. Linda Cohn, SOCA, soared to LJ (4.23) and TJ golds. Yvonne Kirkpatrick was victorious in the SP (9.68) and DT.

**W55:** La Tanya Glass, SOCA, stuck an AR 28.08 in the JT. Brenda Matthews, SOCA, won the 100 (15.00), 200, and PENT. Debbie Stiles, SLTC, has two golds for the 400 and 800 to take back to the Show Me State.

**W60:** Nadine O'Connor, a candidate for female Athlete of the Meet, won the 100 (14.36), 200 (30.17), and PV (2.90). Ann Makoske showed prowess in the 800 (3:04.33) and 1500 (6:16.13). Georgia Cutler, OTCM, out-threw everybody else in the DT, HT (35.83), and JT.

**W65:** Kathy Bergen nailed down wins in the 100 (14.71), 200 (32.92), and HJ. Barbara Jordan, GMAA, scored 3344 in the PENT, and took the SH, LH (66.67), and LJ. Jeanne Daprano, ATC, sped to firsts in the 400, 800, and 1500. Sherrie Sherrard captured SP (9.29) and DT (19.89) titles.



**BUD HELD**  
Nadine O'Connor, W60, won the 100, 200 and pole vault, USA National Masters Championships, Honolulu.

Joan Berman, AATC, had the exotic triple of the meet with wins in both walks and the JT. Mary Roman, at the top of her age group at 64, won the HT (21.01).

**W70:** Irene Obera broke the AR in the 100 (15.57) and won the 200. Vicki Bigelow, SOCA, erased the 800

Continued on page 10

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## Masters Racewalking

By ELAINE WARD

### Mental Keys for Personal Bests

**V**iisha Sedlak was not only a gold medal-winning, international competitor, she was also a uniquely race-wise and motivating coach. Her following ideas make good reading for all racewalkers whether competing in local events or at national and international masters championships. The following are excerpts from an interview with her for *National Masters News* in 1990 — ew.

**Viisha Sedlak:** Before an athlete starts working with me, I make it very clear that I expect my athletes to be the best competitive walkers they can be. I expect them to be serious and to be active mentally and physically even if they are fatigued from a long day of work.

I have had enough experience myself to know that the need to measure up to a hard workout can shake out fatigue.

My walkers learn what any competitive athlete must learn — that fatigue or nervous stress doesn't have to get in the way of good physical and mental athletic performance.

#### A Joyful Experience

I am very careful to expose my athletes to the joy of racewalking and to the job of the physical and mental development that competition brings. What I want them to experience is the success of moving toward a personal goal which is meaningful to them, and to experience the benefits that the greater discipline of the athletic attitude can bring to them.

I want them to find that reaching goals and taking the steps toward greater personal development is actually a pleasurable process, not one of pain and negative self-discipline, but one of joy. I have seen many, very physically talented athletes who could not keep that joy.

The joy is snuffed out by an externalizing of priorities and rewards. I have been a victim of this myself. When you set a record or place well, it is easy to start thinking that winning is the important element and, frankly, I don't think so.

Thanks to racewalking, I have participated in meets where I have met international and national champions. The ones who retain a fundamental understanding of why they started the sport remain competitively strong.

#### Staying Upeat

They remember that racewalking is fun, that it feels good, that workouts can be a kick, that they can sleep better and eat more, and after a cold workout in the rain, a shower feels so good.

As long as they remember the fundamental pleasures, they stay on top in the world for years and years. The ones who forget these pleasures are the ones who either don't last or get injured a lot so that their training is always a physical as well as mental pain.

#### Don't Externalize

A variant on this is athletes who are hard on themselves because they are

externalizing. They aren't hard on themselves because they don't meet their own expectations. They are hard on themselves because they didn't satisfy what they think their peers or coach expect.

Do they have fun in the race? No, they don't. Why not? Because they are thinking about making a PR, instead of thinking about how fortunate they are to be able to walk, how fortunate they are to be healthy enough to compete, and how fortunate they are to be able to look back on a race where they didn't meet their time goal, and have the intelligence and experience to analyze why. Then when they do make a PR, it will be even better than the one they failed to make before.

#### Failure Leads to Success

If I may talk about myself, I believe it is because of my athletic failures that I have been as successful an athlete as I have been. When something went wrong in a race, or I didn't meet a time, it was by analysis that I changed my training program or changed a negative attitude.

When things are done right, the outcome is right. If the outcome isn't right, something wasn't done right. So you analyze.

That way, no race is a failure. And no time is a bad time. The vital part, the affirming part, is self-development.

\*\*\*\*\*

*Frank Alongi's innovative coaching career extends back into the 1970s. His immense contribution to the sport includes being an IAAF judge and the founder and director of the country's most prestigious international race in the 1980s and early 1990s. Frank is the present coach of champion racewalker Jack Bray and of Max Green who provided exciting competition for Bray when they were in their 60s. Frank discusses key elements to successful masters racewalking. —ew*

**Frank Alongi:** The most important principle for an older walker is not to try to do what younger athletes do. Masters walkers are usually stiffer; their pulse rates are not the same; they require longer supervision as it takes longer to get the technique into the body's movements.

#### The Virtue of Patience

Max Green's success comes from his patience. He tries and tries and tries. Even if he doesn't do the best job, he tries as he wants to accomplish something he hasn't done before. Most importantly, he racewalks because he wants to do it.

Even if his body does not respond,

### Highlights of Nationals

Continued from page 9

AR with a 3:15.12 and won the 1500. Flo Meiler lowered the 80H AR to 17.67, and won the PENT (top female score 3892) and DT. Audrey Lary, PVTC, was a three-time winner in the LJ, TJ, and HT, as was Christel Donley in the HJ, SP, and JT.

**W75:** Leonore McDaniels won the HJ (1.05), LJ (2.52), SP, and DT. Pat Peterson took the 100 (19.48), 200, and 400.

**W80+:** Johnnye Valien, W80, brought back eight gold medals to Los Angeles, including ones for establishing a PV WR of 1.40 and breaking ARs in the TJ (5.12) and JT (17.89). Betty Jarvis, W90, won all four throws, the HT with an AR 10.31.

**M30:** Demitrius Snaer, BFFR, caught 100 (10.98) and 200 (22.11) firsts. The Lanier twins, Kyle and Kareem, PCVR, dominated the longer events, with Kyle taking the 800 (2:03.44) and 1500 (4:14.47), and Kareem winning the 5000 (16:33.38) and 10,000 (34:02.21).

**M35:** Robert Thomas, IINV, clocked an 11.20 win in the 100 and the best time of the meet in the 400 (48.69). David Nash, FIBO, mastered the 800 (1:54.93) and 1500 (4:06.56). Don Drummond, SWS, made short work of the hurdles (14.34). Chris Yorges, FIBO, carved his 10th-straight win in the 3000SC. Wayne Bartelme, MTC, threw to wins in the DT (43.45) and JT (50.41).

**M40:** Aaron Thigpen sped to an AR 10.73 in the 100. Kettrell Berry, SWTC, hastened to firsts in the 200 (22.51) and 400. Mike Egle returned to Chicago with gold medals for the 800 (2:02.65) and 1500 (4:14.97). Brian Pope, SOCA, was machine-like in winning the 5000 (15:47.83) and 10,000 (32:50.00) in less than ideal conditions. Tim Shannon cleaned up in the SP (14.39), DT (45.98), and HT (45.78).

**M45:** Kevin Paulk, BAC, won the 800 and 1500 (4:12.07) in a duel with teammate Chuck Coats, who won the 5000 (16:11.57). Craig Young, at age 49, was second overall to Pope in the 10,000 (33:26.17). Bruce McBarnette thrilled the HJ fans with record attempts over 1.96. Tim Hintnaus, ex-Olympian, hit 4.40 in the PV. Dennis Morris got off a 50.59 JT.

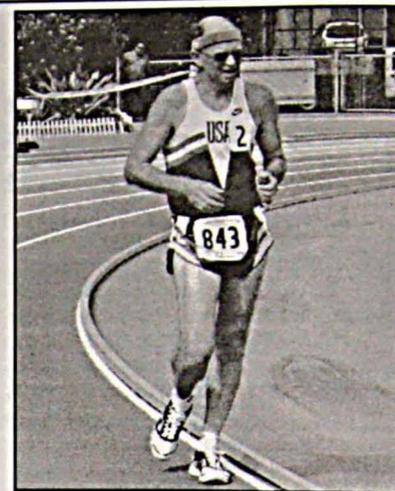
**M50:** Bill Collins, HE, didn't disappoint with wins in the 100 (11.50), 200, and 400 (53.96). James Robinson, GVH, triumphed in the 800 (2:06.12),

he puts all his heart in. Plus he is a winner. He is not an individual who gives up easily. He started racewalking after he was 50 and never quit. This is why he has made such good times and accomplished his goals.

#### Stretch

Besides patience, it is very important for masters to do limbering and stretching exercises. If they don't, they risk getting injured. Once an older person is injured, it takes a long time to heal and this can be discouraging to some.

At such times, it is easier to say, "I am too old and might as well quit,"



JERRY WOJCIK  
Michael Wiggins, first M55 (25:41.53), 5000 racewalk, USA National Masters Championships, Honolulu.

1500, and SC (10:55.80). Brian McKinley pulled a rare double, winning the 100H (14.92) and 400H (61.60). Ralph Fruguglietti, unleashed a 53.61 DT. Mike Wasp buzzed a 54.53 JT. Mike Shiaras notched a 15.58 SP.

**M55:** Charles Allie crackled to wins in the 100 (12.19), 200 (24.55), and 400. David Taylor registered a 39:56.26 win in the 10,000. Craig Shumaker, LST, turned in a 14.84 SP. Tom Fahey reeled off a 54.16 DT.

**M60:** Donald Neidig bolted to firsts in the 100 (12.48), 200, and 400 (58.47). Max Hamlyn, CGTC, toughed out the 5000 (19:51.89) and 10,000 (43:44.26). Paul Economides blasted to a 15.15 SP and 52.79 DT. George Mathews, standing in for missing Games Committee members, was able to hurl a 51.03 HT.

**M65:** Ed Burke, the first athlete age-40+ to make an Olympic t&f team, broke the WR in the HT with a 53.91. Emil Pawlik bolted to a U.S. record 16.19 in the 100H, and won the HJ, LJ, and PENT (top scorer at 4023). Thom Weddle, RNF, won the 5000 (21:06.18) and 10,000 (44:58.84). Gerald Vaughn won the SP (14.02) and Richard Cochran, the DT (50.29).

**M70:** Phil Shipp, after winning the PENT on Thursday, won the SP (13.96) from a tough field, and JT with an AR 42.53. George Mathes was first in the 800 and 1500 (5:47.77). Bill Iffrig, STC, negotiated the 5000 in 20:53.81 and the 10,000 in 44:13.21. AR record-holder Bob Ward, DMTC, won the HT (51.35).

**M75:** James Stookey, PVTC, ran a

Continued on page 11

than to say, "I can't heal any quicker and must be patient."

Some older people feel they don't have much time left and this makes them impatient.

Another must for the older walker is to train religiously. A younger person may be able to lay off training a few days and come back and have a good race. An older person cannot.

Masters who are seriously competitive need to train regularly to maintain conditioning. They must have a strong desire. □

(Elaine Ward can be contacted by e-mail at: [narwf@sbcglobal.net](mailto:narwf@sbcglobal.net))

By RON MAR...  
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## Profile

### Bob Littky - Beating the Odds

By RON MARINUCCI

In 1998, for his 63rd birthday, Bob Littky's grandchildren bought him a baby jogger so he could run with the youngest of them. Since he had been a serious runner for about ten years, that was nice, but not too surprising. But fourteen years before, had someone suggested that Littky would be running at all, even still be alive in 1998, it would have been met with disbelief at the least.

"The doctors said I was dead—twice," he recalled. The story of the former Farmington Hills, Mich., runner is right there on p. 156 of the book *Death Defiers* (by Selene Yeager and Kelly Garrett, Rodale Press). It is a medical miracle—along with guts and determination.

"I was 48," he later told me. "I was a smoker, three packs a day, and I was fat." He also admitted to being a Type-A businessman, running the family print shop. Not surprising in retrospect, he had a heart attack.

#### Recovery Formula

Recovery included working with CardiAthletes at the local Beaumont Hospital in Royal Oak, Mich. His rehabilitation involved "lots of walking, jogging, and running," a formula he still uses. "I lost 50 pounds and decided to do a marathon."

He trained in the summer and early fall of 1984, his target being the Detroit Free Press Marathon that October. Disaster then struck a second time.

He returned home from a training run with what he said was "a terrible headache." That "headache" turned out to be an aneurysm. "Two blood vessels had burst in my brain," he said.

Lapsing into a coma even before the paramedics arrived, he was rushed to the hospital. Once there, doctors didn't offer his wife, Loretta, much hope.

"The doctors cut into my brain," Littky related. He was about to be released when, still in the hospital, he had another stroke. This is when the doctors said, "not once, but twice" he visited the nether world.

Thirty days and two surgeries later, he had recovered enough to be sent home. "I couldn't walk, read, or write," he said about his return. "I had aphasia, an inability to use or comprehend words."

He admitted to me, "This conversation we're having, we couldn't have had it." Compounding matters for one who had planned to run a marathon, he had lost the use of his right leg and hand.

#### On the Mend

Yet, if nothing else, Bob Littky is a determined, strong-willed man. He began the steps toward recovery again. With rehabilitation came renewed motivation to run—a marathon! He believed "running saved my life before and I wanted to do it again." But, the going was slow, very slow.

"With the strokes and aphasia, for the longest time, I didn't even know what a watch was," he mused. For a while, guide runners helped him to run in a straight line because he kept drifting to his right.

"In races," he admitted with a shrug, "runners who didn't know would get nasty when I'd run into them. I didn't mean it, but..." He persevered, acknowledging "I was very lucky. I couldn't even use a car."

In stepped Loretta. To this day, one of the first things Littky will tell anyone is "My wife is terrific! She was never nasty. She's

great!" Loretta would drive him out to places where he could run, sit and wait for him to finish, and then drive him home.

#### The Marathon - Finally

Justice prevailed; hard work and determination paid off. He finished his Free Press Marathon, although three years later than he originally planned. "I finished in five hours and 30 minutes. Six of my doctors ran five or six miles with me."

Now, almost twenty years later, "My running is fine. I feel better than ever." That's saying something, considering that a few years ago doctors told Littky "inside you're more like 40 [years old]." And, he enthused, "I still do my racing."

Since that first Free Press, he has completed nineteen marathons and countless shorter races. At his "peak," it was not uncommon for him to run two or three races in a weekend. He has run the Boston Marathon twice.

"The first one was as an American Medical jogger. The second one I qualified for in 3:30," which remains his personal best. Just last October he finished the half-marathon event at the Free Press.

#### Oldest Runner

Today, he seems to get his biggest kick when "I'm the oldest runner out there," he chuckled. At the recent Fathers' Day Run in Plymouth, Mich., "I did the 10K. I was the oldest in the race."

Loretta and he recently packed up and moved from Farmington Hills to Madison, Wisc. There, on July 4th, "I did a 5K in the local park. I was the oldest guy in that race."

In his new surroundings, Littky is still running. "The streets in Madison have biking lanes. You can use them for running and walking. No one in cars is looking to kill you," he quipped.

He noted, like much of Oakland County, Mich., "there are lots of hills," but he still manages quite well.

"I'm out there about an hour—walk, jog, run—in the morning. Then I'll do another four miles in the afternoon." As in the past, he has also done cross-training in the form of weight training and spinning. That's a lot, even for those of us who haven't come back from the dead—twice!

But he and Loretta plan on spending time in Oakland County. One of their children still lives here and is expecting their fifth grandchild. He smiled and said, "You know how that is. I have to be there."

#### Motivating Others

In appreciation, over the years, Littky has done a lot of motivational work. He has worked with others' rehabilitation. "I still do a lot of motivation with stroke [victims]. They sit. They get fat. They hate everyone. They need some motivation."

"If you push your brain, things get better. It's very easy to quit. I won't live that way." He doesn't, and he works to make certain others don't either. Part of this has involved serving as an exercise leader for senior citizens.

It's hard to come away from a conversation with Bob Littky without feeling good, good about running and good about life. Through this ordeal (and that's not how he would describe it), he's been the first one to say, "I've been very lucky." And so have we. □

(Ron Marinucci can be reached by e-mail at ron\_marinucci@comcast.net).

## Highlights of Nationals

Continued from page 10

53.15 300H to break the WR, and won five other gold medals. Don Cheek, who has been a master since the discovery of fire, won the 200 and 400 (70.11). Arnie Gaynor took the SP (12.06) and DT (36.63).

**M180:** Mel Larsen, looking as crisp as a freshly picked ear of Iowa corn, established a U.S. record (16.22) for the 27" 80H, and won the 100 (15.00) in the field of six 80-year-olds, and the 200. Jim O'Neill, who has competed in all 38 masters championships, won the 5000. Roy Englert, PVTC, steamed to wins in the 400, 800, and 1500. Dick Mulkern, FAC, won all four throws, with a 29.86 DT and a 27.58 HT.

**M85+:** Trent Lane, M95, went home to Louisiana with four WRs in the throws. Clarence Trahan, M90, scored ARs in the 100 (20.56) and TJ (6.10). Leland McPhie, M90, added the HJ (1.05) and SP (7.01) to his skein of records. Hugh Hackett, M85, left Hawaii's shores with six gold medals in the throws and jumps. □



THOM WEDDLE  
Carolyn Smith-Hanna, W50 winner in the 1500 (5:17.35), USA National Masters Championships, Honolulu.

## Reflections on the National Championships

By PETER TAYLOR

Long before I packed my bags for Honolulu to announce for four days, I began thinking about the heat. I was badly burned by the sun at the meet in Randolph, N.J., in June, and on July 24 (Mid-Atlantics in Pennsylvania) I got toasted again, less severely. As the Honolulu meet got closer, I was also concerned about my ability to announce. Here is my story:

**July 10.** Talk to "The Penguin" at my fitness club: Tells me that the August sun is tougher in Honolulu than in Orlando. Oh, Penguin.

**July 16.** See that Mike Egle is an entrant, and his name doesn't even register. This is the same Mike Egle who won that masters invitational race (put on by Mark Cleary) in NYC several years ago, and his name bounces right off me at first. If I can't know the runners, I will have to sell the sizzle. Eventually, I will be all sizzle (but not right now).

**July 16.** From Kuakini Health System (kuakini.org): "If possible, avoid exposure to the sun between 10 a.m. and 4 p.m." But that's most of the meet!

**July 24.** Announce Mid-Atlantic meet. My voice lacks quality, and I wear it out as well. Spend most of time in shade and end up with burned face.

**July 26.** Get e-mail from New England competitor who had been to Hawaii before. The sun burned her sons at the beach even though they wore shirts. It went right through their clothing.

**August 2.** Fly to Honolulu from Baltimore-Washington International. After arriving, ride the free shuttle to hotel with three officials. I'm the last to get off, and the driver says, "I was told to collect from Taylor." What? The others paid nothing. Get that straightened out eventually.

**August 3.** Study the competitors a little bit and swim 30 lengths of pool

(in stages).

**August 4.** (opening day of meet). Have dream about announcing: I have no sheet for 200, don't know anyone in the race, call the race as a close finish even though it is a runaway, see clearly that #1 is winning and announce that he is #2. Wake up eventually and get out of bed about 4:04 a.m. Have breakfast at Denny's across the street (fruit cup, three scrambled eggs, toasted English muffin, and orange juice).

Will eat the same breakfast every day of meet (with at least three different prices). It has to last for a long time, as I will go without lunch (my choice) throughout the meet. Thank goodness, Sid Howard gives me an early ride to track.

Meet opens with 5000. Dissatisfied with the quality of my voice, I'm not very good. Send postcard to colleagues at office: announced in the 75th percentile. Overnight: If I can't announce any better than this, I should quit. Of course, I don't want to quit, but I'm very disappointed.

**August 5.** Announce very well—98th percentile. Am quick as a cat, picking up the leaders in the sprints almost immediately. I know everything and my voice has excellent tone. Yes! Tell Bill Collins how well I did: "I was hot." Tell Charles Allie and Stephanie Vega the same thing. They agree. I'm wearing special pants and a long-sleeved shirt for the sun, a hat, and have SPF 45 lotion for my skin. Weather not a big problem, as I announce from under a tent.

**August 6.** For some reason I can't announce well two days in a row. I even shout a few times. What's my problem? One, I distrust the sound system (the speakers), and two, I seem to have forgotten how to use my voice. In addition, I get sloppy with a couple of heats. Grade: 84. Go back to hotel, and lie on bed (on my back) with my

Continued on page 12



## On The Run

By HAL HIGDON

### 3x15: Andy Warhol Promised Everyone 15 Minutes of World Fame

Three Warholian moments: It happened to me. Andy Warhol, of course, was the artist who once opined: "In the future, everyone will be world-famous for 15 minutes." Warhol believed the Media could convert anyone to a paparazzi target, at least briefly. But some of us are blessed – or cursed – with more than the normal allotment of fame, as I learned last week.

I realized this after I received an email message from a college classmate, who claimed I was the answer in a New York Times crossword puzzle: "Wrote running book, nine letters." That clue came toward the end of the week, when Times puzzles get tougher, so she was relieved to fill in the boxes: H-A-L-H-I-G-D-O-N.

About the same time, I learned that John Roberts had been nominated as the next Supreme Court Justice. Within hours of the nomination, I received a call from a newspaper reporter asking if I knew Judge Roberts.

Well, not really, although he grew up only two blocks from our home in Long Beach, Indiana. His youngest sister Barbara was a close friend of our daughter Laura. Another sister, Peggy, once had been our babysitter.

Then in the same week, I heard from the producers of an Off Broadway play titled *Thrill Me!*, a musical based on the Leopold & Loeb case, if you can believe that. One of my books was titled *The Crime of the Century* about that same murder case from 1924. The producers wondered if I could come to New York and do a "Talkback" after one of the performances?

#### How to Handle Celebrity

Humbly, I agreed, but how does one handle the celebrity that comes with three Warholian moments? I wondered: Do I serve my three periods of world fame simultaneously or concurrently?

Do the 3 x 15 minutes count merely as one infamous 15-minute segment, or do I claim a total of 45 minutes of near immortality? Would Judge Roberts please offer an opinion? No, he probably doesn't want the Senate to know too much about his views.

Perhaps I shouldn't agonize too much, since when I checked with the New York Times crossword puzzle editor, he claimed that my name never had

been used in one of their crossword puzzles. Rather huffily, I might add.

My classmate later admitted that maybe it was a puzzle in the Rochester Democrat & Chronicle, lower on the feeding chain, but is anyone going to really check my resume after my 3 x 15 minutes pass? And how credible is the Times these days since one of its reporters just got sent to jail?

#### Valid Connection

The connection with John Roberts is real, since his sister Barbara did stop by my booth several years ago at the LaSalle Bank Chicago Marathon Expo to say hello and ask about our daughter. I'm not sure whether Barbara was running the marathon or supporting a friend, maybe even her more-famous-than-me brother. About Sister Peggy: did we file W2 forms in her name? Is there something about her babysitting past that Ted Kennedy might like to know?

The appearance in New York at *Thrill Me!* was fun, because unlike my usual appearances, I got to talk to a near capacity audience of non-runners about a subject sadly more popular than running: crime and violence.

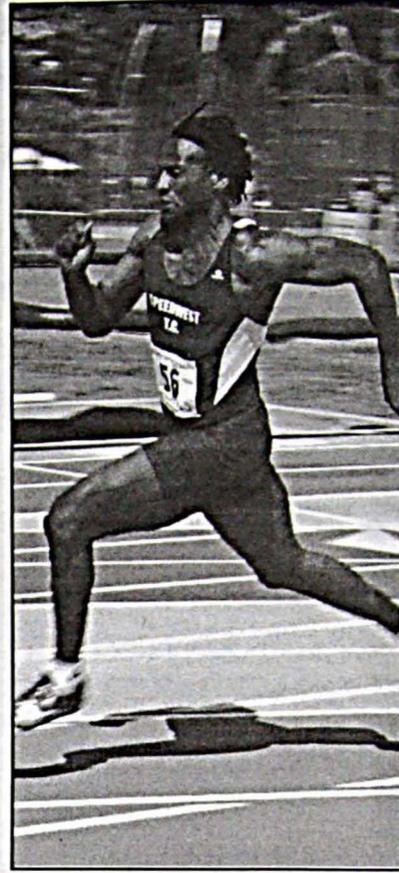
Nobody asked about their knee injuries, nobody asked how much Gatorade to drink per mile, and I learned after my Off Broadway stint that the show had been extended an extra two weeks.

Unfortunately, while *Thrill Me!* continues to play to the public and while John Roberts moves inexorably toward his confirmation, my three Warholian moments have passed. Will I ever be a nine-letter answer to a crossword puzzle again? □

(Hal Higdon, a Contributing Editor for *Runner's World*, serves as a consultant to his wife when she does crossword puzzles. His Web site, [halhigdon.com](http://halhigdon.com), features training programs for all distances.)



David Nash, winner of the M35 1500 (4:06.56), USA National Masters Championships, Honolulu.



Kettrell Berry, M40, winner of the 200 (22.51) and 400 (51.49), USA National Masters Championships, Honolulu.

## Reflections on Nationals

Continued from page 11

feet on floor, a very awkward position. Incredibly, I fall asleep. Maybe it's getting up at 4:04 each morning that has done me in.

August 7. Final day of meet, and I announce well again. I am sharp as a tack, my voice is good. Score of 95. Well, two good days out of four is not bad, albeit disappointing.

**Reflections:** Announcing well (at times) was thrilling. Made some new fans (including "emerging superstar" Nadine O'Connor) and confirmed some old ones.

My fear that I would get completely exhausted from weather conditions did not hold up. The key was "sun avoidance," not "sun protection," as I simply avoided being in the sun's direct rays.

As an announcer I must do three

things to announce for four full days in the outdoor championships: (1) keep from getting burned, (2) avoid exhaustion from overexposure to sun or heat, and (3) avoid wearing my voice out. The last depends on breathing properly and on opening my mouth more fully when speaking. I "quarter-drank" water the entire meet (take the water in, taste it, wash my mouth with it, then spit 3/4 of it out), which helped a great deal.

Jim Russ (pentathlete from North Carolina) gave me good compliment about my "rhythm." Others seemed to think I did a good job. Mary Grene (dynamic 1500 runner from Kansas) wondered how I knew so much. Overall, a fairly good performance, and now my thoughts turn to Boston and Charlotte. □



Runners of the first leg get into position for the 4x100m relay, USA National Masters Championships, Honolulu.

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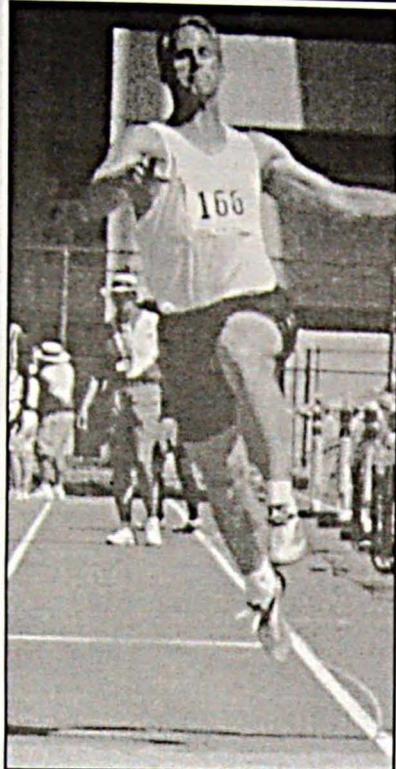
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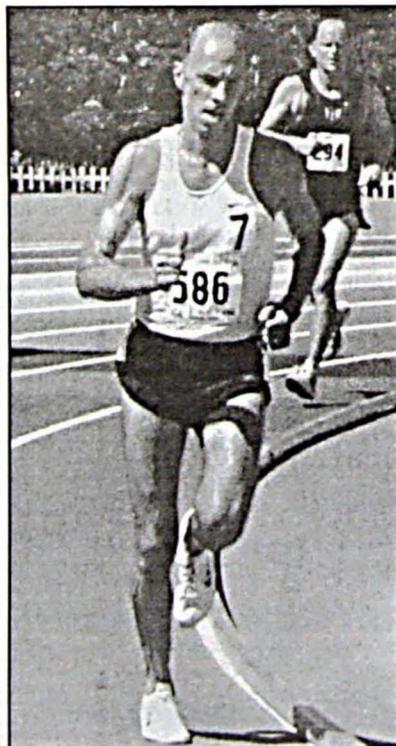


JERRY WOJCIK

Brian Coushay, second M40 in the long jump (6.07), USA National Masters Championships, Honolulu.

**FIVE YEARS AGO  
September 2000**

- Nationals Draw 1503 to Hayward Field, Eugene, Ore.
- Revived West Regionals Draw 350
- Andrew Masai (40, 44:56) and Marina Belyaeva (41, 53:47) First Masters in Utica Boilermaker 15K



JERRY WOJCIK

Ted Poulos, third M40 (36:36.52) in the 10,000, USA National Masters Championships, Honolulu.

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## The Weight Room

By JERRY WOJCIK

### The Highs and the Alohas in Honolulu

After learning that the combo discus and hammer ring had been poured just several days before we arrived on Aug. 1 in Honolulu, and that the javelin would be held at a nearby high school, I was somewhat apprehensive about how well the throws would come off in the Championships.

It all worked out. The shuttle to the javelin site was on time, the venue was good, and the officials were top notch. The hammer ring was thought to be slick by the older throwers (me included), but it didn't bother Ed Burke, Oneithe Lewis, Carol Finsrud, or Trent Lane.

Burke, at age 44 the first athlete age-40+ to make an Olympic track & field team, in the 1984 Los Angeles Games, and now an M65, broke the hammer world record (53.91). Oneithe Lewis increased the W45 hammer world record by over two meters with a 52.89, and Carol Finsrud upped her W45 national discus mark to 50.85.

Trent Lane broke two of his four M95 world records using that ring, in the discus (15.95) and hammer (15.97).

#### Impressive Performances

The most impressive athlete, I thought, was Phil Shipp, an M70 from Sedona, Ariz. When I first saw him, warming up for the shot put (4kg) on Thursday, the same day he won the pen-

tathlon (3854) by 900 points, I figured he was a steeplechaser who had wandered over by mistake. He doesn't look like your typical bulked-up thrower.

He won the shot with a 13.96/45-9 3/4 in a field of nine, including James Koch and Bob Ward, two formidable throwers.

On Friday, at Punahou High School, Shipp won the M70 javelin (500g) with a U.S. record 42.53/139-6. Compared to some of us who were in the group competing with him, he looks as if he knows how the event is supposed to be done.

So, here's a guy who wins the pentathlon, not an event usually won by national champion shot putters, wins the shot with a 2005 probable top-ranked mark, and breaks a national record in the javelin.

I hope Phil Byrne and his Masters Awards Sub-Committee are taking note of Shipp.

#### Campus Life

I was leery of staying in a dorm in Honolulu after Decatur last year. But, I

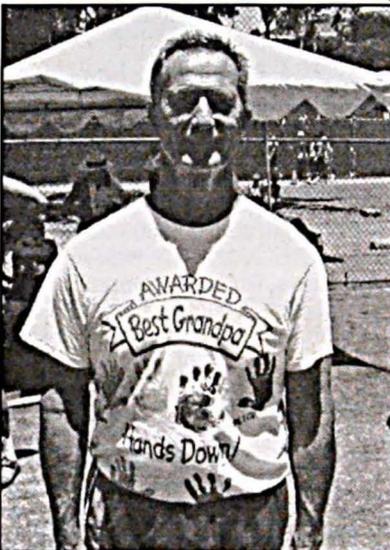
was seduced, in spite of no air conditioning, by the promised "trade winds" and the cost.

On the first night in the Aloha Mokihana dorm, I finally called campus security at 3:00 a.m. to quiet students who were yelling at the top of their voices, listening to loud discordant music, and trying out their skateboards (MBA students?).

To add to the mix, about every 20 minutes a moped with a bad muffler would roar by. Some nights a student would practice on his electronic guitar for hours.

Those of us exposed to the racket (those on the other side of the cylindrical structure heard nothing) couldn't understand why all was peaceful until about 9:00 when the partying began. I attributed it to their being parolees confined during the day or troll-like creatures who came out at night.

The next night I stopped the riot early with another call to security. During our seven-night stay, I called security four times but could have called them every



JERRY WOJCIK  
Ed Burke broke the M65 world hammer record with a 53.91, USA National Masters Championships, Honolulu.

night.

I'm sure that most of the U. of Hawaii students are thoughtful, but this was a strange bunch.

My hopes for that segment are that their federal and state grants dry up and the job market is flat for their majors when they graduate. Plus, it wouldn't bother me too much if the UH Warriors lost their season opening games to USC and Michigan State.

#### Unwelcome Guests

To add to our pleasure, we found cockroaches in the room. I actually caught one with a folded facial tissue. I knew that they were local roaches because a self-respecting stateside vermin wouldn't have been seen, much less caught.

Our bedding and towels were not changed for the entire stay. I was told that the water in the women's shower was several inches deep. I don't believe that the men's john was cleaned for the entire time we were there. At least, it didn't smell like it.

I lived under better conditions when I was stationed in Wonju and Yong Dong Po during the Korean War.

Never again. □



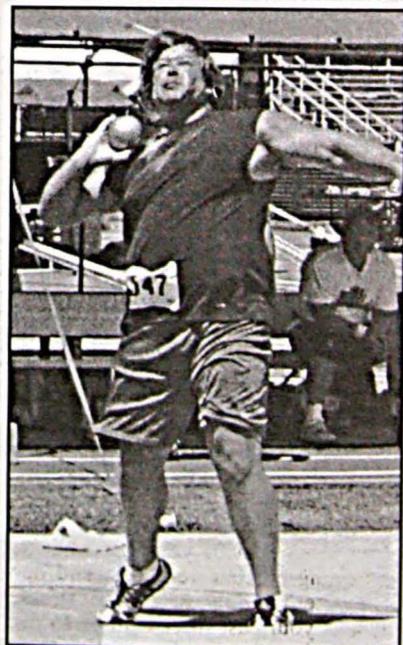
JERRY WOJCIK  
Trent Lane included the javelin (17.58) in his four M95 world records in the throws, USA National Masters Championships, Honolulu.

### TEN YEARS AGO September 1995

•5335 Athletes Take Part in 11th World Veterans Championships in Buffalo

•Competitors from 79 Nations Set 58 World Records

•Gateshead, England, Chosen to Host 13th Veterans Championships in 1999



JERRY WOJCIK  
Tim Shannon, M40 winner (14.39) in the shot put, USA National Masters Championships, Honolulu.



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# Speaker's Corner

By Earl Fee

## Achieving a Winning Attitude

**A**n optimistic, positive attitude is essential for a higher quality life and success in sports. On the other hand, a negative attitude creates stress, reduces the immune system and de-energizes. I will discuss how to achieve a winning attitude in sports, which has mainly to do with self-confidence and mental toughness.

### Reacting to Events Beyond Our Control

Realize we have a choice regarding our behavior and reaction.

- You put pressure on yourself: stress comes from within.
- Life is 25% of what confronts you and 75% how you react to it.
- Your reaction is often more important than the happening.
- Choose the positive-in-control-not-over-reacting attitude.
- Always look on the bright side. A negative experience often has positive consequences.

In many cases a negative experience can have some positive consequences. For example, an injury is an opportunity to develop more strength with weight training, and become stronger in cycling, rowing and swimming.

### Work on Developing Mental Toughness

Mental toughness development is an everyday, lifelong process, and can be practised during daily activities, workouts and races.

A mentally tough athlete is:

- Consistent
- Confident, positive, optimistic
- Persistent
- Able to deal well with distractions and pain
- Resilient to disappointments
- Possessor of the ideal state of mind

### Effective Techniques

The following are some effective techniques that have helped me and will work for you too:

• Practise mental techniques: relaxation, meditation, visualization and assertive statements. Practise these techniques daily.

• Relax the body to get rid of anger, fear, and negative emotions and return to a positive mental state.

• Exercise the mind every week. Mental toughness comes from exercising the mind with games like chess, bridge, memorizing poetry, learning a foreign language, etc.

• Physical toughness results in mental toughness. Consistent disciplined training results in mental toughness. Do the workout you hate to do. The coach may incorporate some stress, i.e., the athlete is given no advance knowledge of the hard workout, or the workout is made harder as the athlete tires.

• Experience frequent races over many years. Direct your thoughts to performing at your very best and de-emphasize winning to reduce stress. Think of your past successful performances and your strategy, rather than what you think your competitors can do. And go for your personal best.

• Control what you think, visualize

how you look. Control what you think by substituting positive thoughts for negative; e.g., concentrate on "I am ..." or "I can ..." statements. Develop the habit of thinking tough.

- Overcome day-to-day emotional challenges (social, family, and work).
- Avoid overreacting to, and overdramatization of, a situation. Practise self control in everyday situations, cool down before reacting – counting to ten is a good idea.
- Believe you can do more than you think you can. The mind is actually the weak link and can play tricks on you.
- Know the purpose of each workout. When you know the purpose and the ultimate rewards, the pain or discomfort becomes more tolerable and the workout more beneficial. (If necessary, ask the coach.)
- Think as if. To change an attitude, think as if you had the desired attitude already.
- Act as if. By acting calm, confident, energetic, and happy, you achieve these qualities. Practise looking and acting calm, etc., on the outside. Finally, think and act like the "ideal" athlete – the "warrior" athlete.

**Set Goals**  
Setting performance and outcome goals helps to produce a winning attitude. Short-term performance goals are more effective than long-term outcome goals, since they focus on daily, weekly, and monthly training targets.

With the accomplishment of each small goal, the athlete is encouraged and motivated, resulting in greater confidence and optimism.

**Have the Right Focus**  
Thoughts or focus = Feelings = Performance. Our focus on the happening affects our feelings (emotions) and hence our reaction. With a winning attitude, we have strength and controlled emotions in the face of things we cannot change.

**Walk Tall Like a Champion**  
I have found a poor attitude is normally associated with poor posture. But a person with a good attitude has good physical bearing and posture.

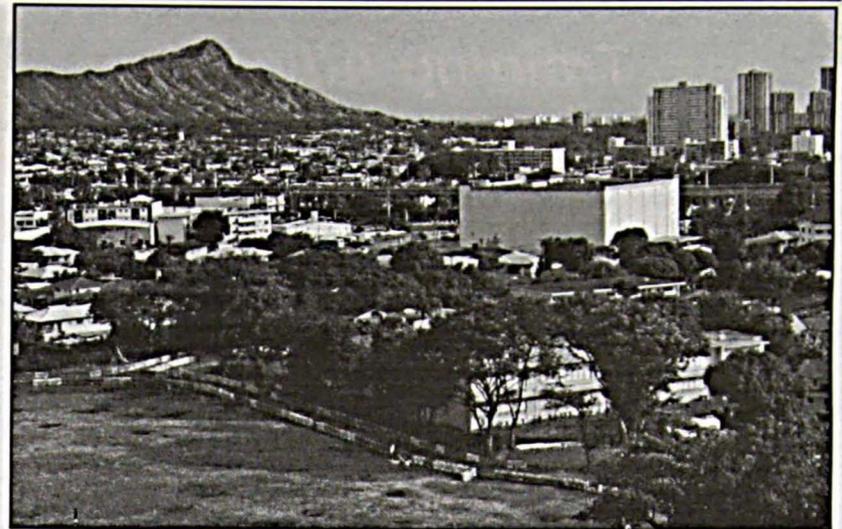
So it follows that to improve your attitude you simply have to walk tall like a champion, and immediately your self-confidence and inner control are improved.

Good posture produces positive feelings which lead to self-confidence, self-esteem and greater energy.

**Summary**  
Put it all together with: daily mental techniques, the right outlook and focus,

and goal-setting. Now walk tall like a champion, and go for your dream. □

(Further details may be found in Earl Fee's book *The Complete Guide to Running*, all in color, presently on sale at the introductory price of \$19.95. See the web site [www.feetnessforlife.com](http://www.feetnessforlife.com), ad on page 18, or NMN order form on page 13).



View of Diamond Head, downtown Waikiki, and the campus from the University of Hawaii dormitories, USA National Masters Championships, Honolulu.

SUZY HESS

## Happy Labor Day from the staff at NMN

and goal-setting. Now walk tall like a champion, and go for your dream. □

(Further details may be found in Earl Fee's book *The Complete Guide to Running*, all in color, presently on sale at the introductory price of \$19.95. See the web site [www.feetnessforlife.com](http://www.feetnessforlife.com), ad on page 18, or NMN order form on page 13).

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### TWENTY-FIVE YEARS AGO September 1980

- 13 World Records Fall in Pan-American Games in Los Angeles
- Bert Lancaster Sets M50 WRs in 100 (11.3) and 200 (23.6)
- Clive Davies Breaks M60 5000 WR with a 17:19

Wrong Focus	Right Focus
Losing a competition and feeling how painful to lose	How much you learn from the loss
Worried about the competition	Look on the competition as your friends to bring out your best
Self-talk is negative, resulting in negative emotions	Self talk is positive and constructive resulting in positive emotions
Thinking of what the your competitors might do	Thinking of your race plan, your good preparation and good past performances
Looking on a higher intensity workout as a threat	Looking on the workout as a challenge
Winning viewed as the only acceptable outcome	Seeing the competition as a learning experience
Seeing only the negative aspects of a situation	Looking for the positive side of the situation
Viewing the situation as difficult	Realizing how hard you worked to get here and your readiness
Adopting the killer instinct; seeing the competition as a savage battle	You are competing against yourself; go for a personal best, seeing the competition as an enjoyable challenge
Competing for fame, and reputation	Competing for the love of it
Putting too much stress on the outcome	Realizing the process, the training is more important
Focusing on a long term unrealistic goal	Focusing on short-term process goals
Looking on fatigue as something you hate	Looking on fatigue as discomfort, a necessary training partner, helping to condition your body
In a competition fretting about a past mistake or a momentary success of the opposition	Not dwelling on the past, but concentrating on your race plan and your technique
Losing focus when distracted	Concentrate on your refocused plan
Distracted externally	Counteracting the external distraction by focusing internally
Distracted internally	Counteracting the internal distraction by focusing externally

## Training Advice

By MIKE SPINO

### Expressive Voices from the Middle of the Pack

While looking for your name on a result sheet in the middle of the pack, do you sometimes think, "My experience is important to me, but who can I tell about it, and who cares anyway?" Well, I would like to make a six week pact with you, and work together to allow you to achieve a result and experience that will be satisfying to both of us.

#### Six Weeks to Glory!

Hey, you, in the middle of the pack, here are some hints to make your experience of running more than just a time on a result sheet, or an ordeal to overcome in the name of good health. The way to improvement in your times, and greater "personality" satisfaction begins with thorough planning.

Give yourself six weeks to incorporate the suggestions in this article into your racing and training and point for the third race during a sequence of six weeks to achieve your mark. I'll provide my mailing address and e-mail so you can send me a note on your achievement.

#### First Steps to Achievement

Time yourself for four laps around a regulation 400-meter track and enter yourself into one of the three following categories:

- Over 9 minutes
- Between 6:30 and 9 minutes
- Under 6:30 minutes

Then, cease running one tempo runs or an occasional unplanned interval session and follow the plan that will follow. The plan will include a breathing technique that will make your running and training more diverse and satisfying.

Find a quiet place in your home or work environment where you can relax for 5 minutes three times a week. I will show you how to do mental relaxation exercises and race rehearsal imagery. Please keep a diary (even one sentence) of your training and racing experiences.

Plan three races over the next few weeks: one at two weeks slightly over your target distance, one at five weeks slightly under the target distance, and the last at six weeks at your target distance of one mile (fun run), 5K or 10K.

#### Environments Needed

- A track with a grass field in the middle or alongside.
- A running loop from your house or nearby start location.
- A comfortable straight-backed chair

#### Workout Formulas

Do one of the following for six weeks according to the level you have accomplished from your assessment. The formulas are based on a time-tested combination of categories of training for the level of fitness you displayed.

Formula A: 1 day intervals/2 days continuous/1 day "speed play" or "fartlek."

Formula B: 2 days of intervals/2 days continuous/1 day "speed play" or "fartlek."

Formula C: 2 days of intervals/2

continuous/1 day fartlek.

Repeat the following for six weeks, racing at the end of week 2, 4 and 6. Follow each warm-up with a few limber stretches. Only jog 20 minutes before each race day:

#### Formula A:

Day 1: Jog for 5 minutes

Stretches

8 times 100 meters at half speed with breathing technique on a few

Day 2: Jog for 5 minutes

Stretches

2 times 600 at a pace that is approximately 3 seconds faster than when you passed 600 meters on the 1600 meter assessment. (For instance if you ran 8 minutes, it would be 3 minutes, and faster would be 2:57.)

Days 3 and 4: Run up to 30 minutes

Day 5: Jog and stride telephone poles or on a trail do 4-6 runs for 2 minutes each at about half speed with as much rest as you want to almost full recovery.

Rest two of the seven days whenever you feel like it or time doesn't allow for training.

#### Formula B:

Day 1: Jog for 5 minutes

Stretches

12 times 100 at half speed with breathing technique on a couple

Day 2: Jog for 5 minutes

Stretches

1 times 3 laps at speed 5 seconds faster than you would have passed during the mile assessment (for instance, if you ran 8 minutes for the mile, and passed the third lap in 6 minutes, aim for 5:55 on your 3 laps). Follow with 3 times 600 using the 3 second formula above.

Days 3 and 4: Run up to 40 minutes

Day 5: Jog and stride telephone poles or do a trail with four to six times/half at 2 minutes and half at 3:30 seconds

Rest two of the seven days whenever you feel like it or time doesn't allow for training.

#### Formula C:

Day 1: Jog for 5 minutes

Stretches

15 times 100 meters at half speed with breathing technique on a few

Day 2: Jog for 5 minutes

Stretches

1 time 4 laps, 20 seconds slower than assessment pace (6:00 minute timing would be 6:20)

4 times 600 at 3 seconds faster than assessment pace

Days 3 and 4: Up to 50-minute run

Day 5: Run telephone poles or trail/5 to 6 times/3 at 2 minutes and 2 at 4 minutes

Day 6: One hard run between 20 and



Kevin Paulk (r), first (4:12.07) and Chuck Coats, second (4:15.11), M45 1500, USA National Masters Championships, Honolulu.



Kyle Lanier (#397), M30 first (4:14.47), and Matt Bogdanowicz, M35 second (4:14.79) in the 1500, USA National Masters Championships, Honolulu.

Visit the  
National Masters News  
Web Site at:

[www.nationalmastersnews.com](http://www.nationalmastersnews.com)

30 minutes

Rest one day from training or racing.

#### Use This Breathing Technique

In the middle of an interval workout, to propel yourself forward, do this breathing technique (it is called tidal breathing).

**Practice it:** Stand still, empty all the breath from your lungs, then fill them completely by raising your shoulders on the inhale, hold it for a moment, then forcefully exhale.

**Use it:** While running an interval, half way to the finish, while running, exhale, then inhale completely by raising your shoulders, hold it for a brief moment, then forcefully exhale, propelling yourself forward towards the end of the interval.

**Think this way:** Three days a week find a quiet place and sit straight up in a chair. Close your eyes, or gaze out at an object. Breathe in with a comfortable breath (count that as one), on the exhale count as two. Do two breaths for a count of four. When you feel a level of comfort you can cease counting and just breathe easily, relaxing with each exhale. Wear a watch and at 5 minutes open your eyes. Keep a diary and write down your thoughts and impressions.

Think this way for the last days before the last race: Sit in your chair with closed or gazing eyes. Let the idea of the upcoming race come to mind and break it up in your mind into three parts - beginning, middle and end. In your mind's eye "see" yourself doing well in each phase of the race and finishing just as you would like with friends and loved ones cheering you on. □

(Send your results to: Mike Spino, 5056 Newpark Drive, Acworth, Ga. 30101; [mospino@bellsouth.net](mailto:mospino@bellsouth.net))

### FIFTEEN YEARS AGO September 1990

• Nationals Draw 1090 to Indianapolis

• Larry Almgren, 43, Runs 4:06.70 Mile in NYC

• Ralph Romain, 58, Clocks 52.52 in 400

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## World M

By AL SHEPHERD  
"Passion Qu...  
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Masters Games  
Canada, July 22

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## 21,285 Athletes Take Part in 6th World Masters Games in Edmonton, Canada

By AL SHEAHEN

"Passion Qualifies You," "Sport for Life," and "The Challenge Never Ends," were the mottoes of the World Masters Games in Edmonton, Alberta, Canada, July 22-31.

The sixth quadrennial event drew an astonishing 21,285 participants from 84 countries, each of whom plunked down an entry fee of US\$150 (CAN\$185) to compete in one (or more) of the 27 sports. Track and field was the largest sport, with 3050 competitors from 52 nations. Soccer (2591), ice hockey (1772), basketball (1433) and swimming (1411) were the next most popular events (see chart).

Competitors in this multi-sport event ranged in age from 24 to 96. Twenty-three percent of the athletes were from Edmonton; 24% from the rest of Alberta; 20% from the rest of Canada; and 33% were international, including 1974 from the USA, 1442 from Australia, and 408 from Russia; 58% were male; 42% were female.

An additional 2000 companions, coaches, and managers joined the Western Canada festivities, bringing total number of participants to well over 23,000.

The successful event was sponsored by the International Masters Games Association (IMGA), which staged the first WMG in Toronto in 1985 with 8305 participants. Next came Aarhus, Denmark in 1989 (5500), Brisbane, Australia in 1994 (24,500), Portland, OR in 1998 (11,000) and Melbourne, Australia in 2002 (25,000).

### Organization Excellent

Most of the 27 events seemed to go smoothly. It was a testament to the professional Edmonton organizers, who have done this sort of thing before - from the Commonwealth Games in 1978 to the World Track & Field Championships in 2001. But the numbers in those events paled in comparison to the magnitude of this 10-day extravaganza.

Except for a lack of parking at the University of Alberta, the track and field events went virtually flawlessly. Brian Keaveney, Canadian Masters T&F Coordinator, worked with the organizers for a year to make sure they got the technical details of the T&F competition right. They did.

Equally amazing as the number of participants was the number of volunteers. "We had 6000 applications," said Morley Scott, Media Coordinator of the Games. "As the Games approached, we had to turn people away."

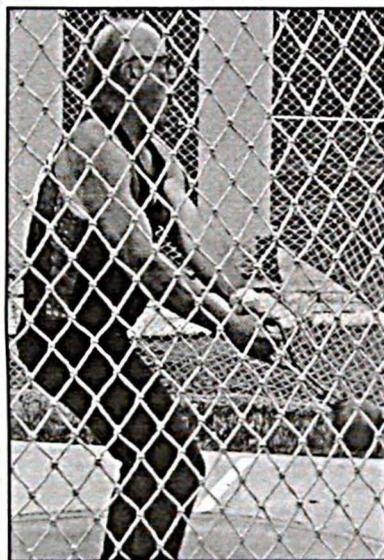
Volunteers and over 1000 officials were uniformly gracious, friendly, knowledgeable, and a credit to the city of Edmonton. And virtually none of them got paid.

### Participation is Key

The dominant mood of the Games was clearly participatory rather than competitive. Oh, there were hot spots of fierce competition, but mostly everyone seemed just happy to be healthy and participating. Times, marks, and scores were secondary.

Competitors included former world-class athletes like Olympic high-jumpers Debbie Brill, 52, and Robert Zmelik, 36; hockey Hall-of-Fame goaltending legend Grant Fuhr; Olympic swimmer Gary Hall, 52; and ex-NBA basketball stars Greg Kite, Fred Roberts, Mickey Johnson, and James Donaldson.

The Games also included Albertan John Berg, 70, in the 100m. Berg had never run a competitive race in his life. But he was as enthusiastic as anyone, saying hello to fellow competitors in the "call room" before his race. When a runner false-started in the previous race, Berg asked: "Why two gun shots?" Others gently explained the false start rules and the "on your mark, set, go" formalities to him. He was as welcome in the Games as any Olympian or world champion. He didn't qualify for the 100m finals, but, hopefully, he enjoyed his new experience.



George Mathews, WMA Games, Edmonton, Alberta, Canada.

Dan Bulkley, 88, Phoenix, Ore., was amazing. On Monday afternoon, he ran the 2000m steeplechase. The next morning, he won a singles match in badminton, then drove to the track in time to run the 300mH final. Then he took off to get ready for a badminton doubles match that afternoon.

A few age-group world records were set, but the announcers and the local newspapers didn't seem too interested. Jim Stookey's M75 WR of 54.98 in the 300-meter hurdles went unnoticed. No age-graded marks were compiled or reported.

"Let's not sugarcoat things, there was not a lot of world-class speed on display during the umpteen 100-meter sprint finals," wrote Jim MacKinnon in the Edmonton Journal. "Happily, there was a refreshing absence of the all-world attitude, trash talking, pouting, preening and testosterone run-amok that accompany the sprint events at, say, the Olympics. Instead, Foote Field was awash in inspiration and the kind of pure joy only intense sports competition can provide. Feel-good stories



Myrle Mensey, W55 shot put winner, WMA Games, Edmonton, Alberta, Canada.

kept charging over the finish line, one after another. It was beautiful."

### Media Coverage Abundant

Newspaper and television coverage was abundant. Both the Journal and the Edmonton Sun had a daily page-one story and photo. The two local TV stations had cameras and reporters at most venues. As usual, the media focused mainly on former Olympians and the age 80+ participants. But, Keaveney said, "Any publicity is good publicity." The oldest participants were swimmers Jaring Timmerman, 96, of Winnipeg, and Margo Bates, 95, of Australia.

### Debbie Brill

Debbie Brill, 52, is a giant in Canada. Despite withdrawing from her W50 high jump with a sore Achilles, she was mobbed by the local TV, radio, and newspaper outlets, who interviewed her and sister Connie, 51, for 30 minutes. She was the lead story on that night's TV broadcasts, and was the front-page story and photo in the next day's Journal.

"It's the first time Connie and I have competed together since high school," the friendly Brill said.

Connie cleared 1.40 meters (4-7). Debbie, who leaped 1.96 (6-5) in 1979 and holds the W50 WR of 1.60 (5-3), was set to enter the competition with the bar set at 1.45m (4-9), but her Achilles wouldn't cooperate.

"My style has changed but I still love high jumping," she said. "It makes me happy and gives me self-satisfaction." The mother of three manages a physician's office near Vancouver and, along with her husband, owns and manages a detox center.

### Opening Ceremonies

More than 35,000 athletes, visitors and spectators attended the elaborate opening ceremonies, featuring nationally-known performers, pyrotechnics, and aerial displays. It ended with an on-the-field dance party to live music.

A 20- to 40-page booklet was pre-

pared for each sport, giving the venue addresses, rules, procedures, medical info, etc. Each participant received a quality 19"ax15" backpack.

The Games' organizers produced a daily eight-page summary - in English and French - of the previous day's activities. A shuttle bus service funneled athletes from the venues to the downtown hotels. Free public transportation was available.

One of the best examples of the camaraderie of the Games came on the slow-pitch softball field. The Moscow Teapots were a team composed of Russian university professors of modest means who scraped together the funds to make the trip to Edmonton. When a Canadian player realized the team didn't have any cleats, he spent \$900 of his own

Continued on page 18

2005 World Masters Games Athletics		
Meet Entries		
Country	T&F	Total
Argentina	1	8
Armenia	2	6
Australia	103	329
Austria	3	9
Bahamas	1	5
Barbados	1	2
Belarus	1	2
Belgium	5	14
Bermuda	1	2
Brazil	21	73
Bulgaria	2	8
Canada	2238	4096
Chile	3	8
Czech Republic	31	103
Denmark	1	3
Estonia	6	13
France	2	4
Germany	26	83
Great Britain	19	56
Greece	1	5
Guam	1	2
Guatemala	1	2
Hungary	12	39
India	73	126
Indonesia	1	2
Israel	4	10
Italy	4	5
Jamaica	7	12
Japan	30	109
Latvia	9	18
Lithuania	5	7
Mexico	19	53
Mongolia	2	3
Nepal	1	1
New Zealand	37	107
Nigeria	11	13
Norway	2	7
Peru	1	3
Poland	7	14
Russia	39	128
Slovakia	4	12
Slovenia	6	19
South Africa	1	1
Spain	1	5
Sri Lanka	6	13
Sweden	5	9
Switzerland	3	5
The Netherlands	9	25
Trinidad & Tobago	1	2
Ukraine	12	31
United Arab Emirates	1	1
United States	267	728
<b>TOTAL</b>	<b>3050</b>	<b>6341</b>

## World Masters Games

Continued from page 17

money to buy a pair for each player.

### Medal Ceremonies

Medals still mattered. Overall, Games organizers distributed 15,481 medals over the 10-day event. The track and field medal ceremonies were professionally done. About 30 minutes after a final, the announcer directed the fans' attention to a spot near the



Rick Becker, here winning the M50 8K XC race (28:48), 2005 World Masters Games, also won the 5000 on the track (16:15).

finish line where three medals were awarded, Olympic style. Medal engraving was available.

The track and field announcing was inconsistent. Athletes were introduced. All races were called. Some broadcasters identified the country of each runner; others did not. World records were rarely mentioned.

One downside to the planning was the lack of a list of competitors' numbers in the program. Spectators were unable to identify who the athletes were.

### Sightseeing

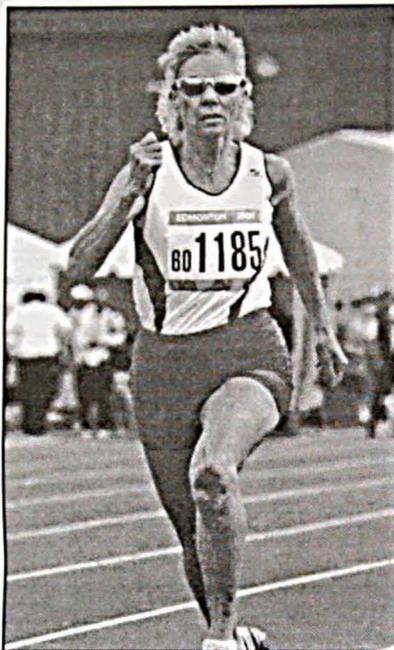
Edmonton is at 53.5 North latitude, about the same as Amsterdam, so it stayed light until 10:30 p.m. Social

events were plentiful. Covering 48 city blocks, the West Edmonton Mall is the largest shopping and entertainment complex in the world.

Following the meet, many athletes and their guests explored the stunning scenery of Jasper, Banff, and the Canadian Rockies.

### Weather

Some travelers flew in on a propeller-driven airplane from Seattle over the snow-covered Rockies. They came from a U.S. heatwave to find temperatures of 57F (high) and 43F (low) in Edmonton. Athletes huddled indoors as they waited for their events to be called, and lined up alongside officials and spectators for hot coffee. "I should have brought my gloves,"



Jeanne Daprano, W65, won the 800 and 1500, World Masters Games.

said one Californian. "It was 109 when I left Los Angeles and 45 when our plane landed last night."

But the weather warmed up to the 70s as the week went on. And the near-frost drove off all the mosquitoes. Conditions were generally good, except for daily late-afternoon thunder



Medalists in the M85 100m, 2005 World Masters Games (l to r): Champion Goldy, USA, second (18.48); Ralph Maxwell, USA, first (17.17); and Fred Thompson, USA, third (19.51).

showers, which softball teams just pitched through. Players and volunteers pitched in for six hours to remove 1.25" of water from softball fields after one torrential rainfall.

### Favorite Part of Games

A poll by the Journal asked "What was your favorite part of the World Masters Games?" "Competing" (26.8%) ranked first, closely followed by "The people I've met" (24.4%), "The city of Edmonton" (24.4%), "Spectating" (17.1%), and "Volunteering" (7.3%).

### Closing Ceremonies

Nearly 8000 people came out to the closing ceremonies on a sunny Sunday night after a week of intermittent rains. Flags were marched in to the field in alphabetical order. The Chinese Taipei Olympic flag flew for the first time, replacing the Taiwanese flag that was



Volunteers line up behind the starting line, waiting to whisk the athletes' baskets to the finish line, at the World Masters Games.

marched in during the opening ceremonies, prompting a protest from China.

Taiwanese soccer players boycotted the closing ceremonies to protest the ban on their controversial flag. China considers Taiwan a renegade province. Most nations severed relations with the democratic island off China's coast in the 1970s. China's Nationalists and Communists split amid civil war in 1949, when the Nationalists fled Taiwan.

### "Best Games Ever"

Kai Holm, president of the IMGA, called the event "the most perfect Games ever." He said Edmonton proved to be the perfect-sized city for the Games. After the 2002 WMG in Melbourne, officials said they'd felt the event got lost in the city of three million people.

### Should WMA Hold Championships with WMG?

Only two of the 27 sports – orienteering and weight lifting – used this

meet as their world championships.

Some are wondering if WMA should hold its world championships in conjunction with the WMG? It would seem logical, but maybe not. The mind-set of these Games would change. "We're a hybrid between participation and competition," said Tracy Bednard of the press office. "The emphasis is not on winning but on just being here and having a good time."

It's also about US\$25 million (CAN\$31 million). That's what the Games brought to Alberta in the form of money spent on hotels, restaurants, souvenirs, tours, etc., according to Economic Development Edmonton.

Indeed, the entry fees alone accounted for more than US\$3 million (21,285 x US\$150). The sanction fee paid by Edmonton to the IMGA was US\$1 million.

### Sydney in 2009

On June 13, 2004, Sydney was chosen by the 10-member IMGA Board of Governors to host the 2009 Games over bids submitted by Shiga, Japan, and Copenhagen, Denmark. The IMGA General Assembly is composed of representatives from each of 17 core sports. Each organizer is allowed to include 10 additional sports, depending on local interest. But, unlike WMA, no vote on anything is ever taken of the participants.

Bob Adby, director of the New South Wales Department of Tourism in Australia, expects 30,000 to come to Sydney (pop. 4.3 million) from Oct. 10-18, 2009. "These games fit into the concept of sports for all and provide a general social value and well being. And, of course, the tourism value is obvious." □

(For more information, go to [www.2009worldmasters.com](http://www.2009worldmasters.com) and [www.imga-masters.com](http://www.imga-masters.com).)

# Ma

## EAST

• Mary Harada, Liberty, ran the W70 US record for 14:41.60 in the USA Championships, Springfield, TN, July 23. The present record is held by Jaclyn Caselli in 1995. Harada, with fewer than 100 entrants, took advantage of the competition days of the summer.

• Susanne Myette, Westfield, ran the W65, ran a 24:18.



Brian Pope (#584), M40 won the National Masters Championships.

• Karen Friedman, W40+ runner to break the 39:28, Johnny Kelley 10/10 July 24. Liz Brodrich won the 67:59.

• Mbarak Hussein, Ramilia Burangulova, W40+ masters winners in the 10K, Cape Elizabeth, ME. Coyne, M50, zipped to win. Dottie Gray ran the W80+ race.

• Leading the male 10K, Stadium, Queens, NY, Run to Home Plate 5K, Wierslaw Perszke, 45, 18:50. Domage-group were Witold 21:47, and Ginette Bedard.

## SOUTHEAST

• Phil Roberts, M40, Rachel Monderer, W40, firsts in the Crazy 10K, TN, July 16. Bob Barbe, Etrieda Wyner, W60, ran winning times.

• John Anderson, overall first in 37:27 in the 10K, Beaufort, NC, Christian, W40, took 46:47.

## MIDWEST

• Jim Harrington, 40, ran 2:43:35, Grand Island, MI, July 30. Masters were Gary Whitmer, Joan Rundman, W40, Wayne Bush, Karen Manske, W45, winners, Bastille Day 14. Janet Omer, W60, division title.

# Masters Scene

## EAST

• **Mary Harada**, Liberty AC, obliterated the W70 US record for the 3000 with a 14:41.60 in the USATF-NE Masters Championships, Springfield College, July 23. The present record is 16:55.0 by **Jaclyn Caselli** in 1995. About 160 entrants, with fewer than a dozen no-shows, took advantage of one of the best competition days of the summer.

• **Susanne Myette**, W40, was top master (20:14), RRCA Distance Festival 5K, Dryden, NY, July 14. **Margaret Betz**, W65, ran a 24:18.

## SOUTHWEST

• **Mark Dolph**, M45, ran a 17:18, and **Pam Sneed**, W45, a 19:38, to garner masters honors, Mohawk 5000, Tulsa, July 23. **Andy Hogan**, M65, turned in a 22:05, and **Susie Williams**, W50, a 21:14.

## WEST

• **Ed Burke**, who, at age 44, became the first athlete age-40+ to make a US Olympic t&f team for the 1984 Games, showed that he still has it with M65 ARs in the hammer (50.49) and 20# weight



Brian Pope (#584), M40 winner (32:30.00), and Craig Young, M45 first (33:26.17) in the 10,000, USA National Masters Championships, Honolulu.

• **Karen Friedman**, W40, was the only age-40+ runner to break 40:00 with a 39:28, Johnny Kelley 10K, Hyannis, MA, July 24. **Liz Brodrich** won the W80 with a 67:59.

• **Mbarak Hussein**, M40, 29:39, and **Ramilia Burangulova**, W40, 34:39, were masters winners in the Beach to Beacon 10K, Cape Elizabeth, ME, Aug. 6. **Michael Coyne**, M50, zipped to a 35:53 division win. **Dottie Gray** ran an 86:03 in the W80+ race.

• Leading the masters into Shea Stadium, Queens, NYC, at the NY Mets Run to Home Plate 5K, July 30, were **Wierslaw Perszke**, 45, 16:11, and **Bea Huste**, 40, 18:50. Dominating the 70-74 age-group were **Witold Bialokur**, 70, 21:47, and **Genette Bedard**, 71, 24:21.

## SOUTHEAST

• **Phil Roberts**, M40, 28:41, and **Rachel Monderer**, W40, romped to masters firsts in the Crazy 8's 8K, Kingsport, TN, July 16. **Bob Barber**, M55, 31:41, and **Elfrieda Wyner**, W60, ran notable division winning times.

• **John Anderson**, 41, chalked up an overall first in 37:27 in the Historic Beaufort 10K, Beaufort, NC, July 16. **Tracy Christian**, W40, took the W40+ title in 46:47.

## MIDWEST

• **Jim Harrington**, 40, was first overall in 2:43:35, Grand Island Marathon, Grand Island, MI, July 30. Masters 10K winners were **Gary Whitmer**, M45, 37:37, and **Joan Rundman**, W40, 41:53.

• **Wayne Bush**, M40, 16:57, and **Karen Manske**, W45, 21:23, blew to masters wins, Bastille Day 5K, Chicago, July 14. **Janet Omer**, W60, breezed to a 25:02 division title.

(19.92) in the Pacific Association Championships, Los Gatos, July 16. Both present records (48.74 HT and 17.60 WT) belong to **Bob Ward**, set in 2003.

• **Nadine O'Connor**, 63, added 2 cm. to her W60 pole vault WR with a 3.12 (an A-G 116%) at a USATF-sanctioned all-comers meet at UC-San Diego, July 20.

• Five US records were broken in the West Regional Masters Championships, Carson, CA, July 23-24, two by W70 **Vicki Bigelow**, in the 800 (3:15.39) and 1500 (6:34.60). **Suzi MacLeod** holds the 800 record at 3:15.63 in 2004, and **Pat Dixon** has the 1500 record of 6:42.17 in 1989. **Phil Shipp**, M70, hurled the 500g javelin 43.41 (Robert Youngs, 42.17, 2004), and **La Tanya Glass**, W55, also using the 500g, stuck a 28.27 (Sharon Raham, 26.53, 2004) for new records. The 4x800 So Cal TC W40-49 squad of **Carrie Sherburne**, **Patricia Contreras**, **Mary Grene**, and **Lorraine Jasper** ran a 9:56.82, below the 10:13.61 by a Fleet Feet team in 2004.

• **George Cohen** lowered the M65 US record for the 800 by a whopping six seconds with a 2:15.42, Southern California Striders Meet of Champions, Long Beach, May 7. The present record is 2:21.14 by **Sid Howard**, set at the 2004 USA National Masters Championships, Decatur, IL.

• **Shirley Matson**, 64, set a single-age record of 43:09 (age-graded 91.3%) in the Alameda Run for Parks 10K, Alameda, CA, Aug. 7, better than her 43:14 set in April.

• **Vytautas Ezerskis**, M40, 2:42:56, and **Jane Bloom**, W40, 3:14:01, took masters titles in the San Francisco Marathon, July 31. **Katherine Beiers**, W70, finished in 4:52:00.

• **Nadine O'Connor**, 63, had a stellar day at the Chuck McMahon Memorial Meet, San Diego, CA, July 9, with performances in the 100, 14.14 (96.5% A-G); 200, 29.61 (94.4% A-G); and pole vault,



Exchanging the baton in one of the relays held on Sunday, Aug. 7, USA National Masters Championships, Honolulu.

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2.90 (102+% A-G). **Leland McPhie**, 91, set a new US record in the high jump with a 1.09 (97.3% A-G) to eclipse that by **Buell Crane**, 1.04, set in 1990.

## NORTHWEST

• **Stephen Robbins**, 62, and **Brian McKinley**, 52, had the top three performances in the NW Association Championships, Pullman, WA, July 23. Robbins scored an A-G 95% 25.61 in the 200 and a 93.2% 12.71 in the 100. McKinley hit 92.3% for his 14.97 in the 100H. Top two clubs were the Cornets TC Masters with 70, and Clark County TC Masters with 60.

• **Keefer Whan**, M40, 26:29, and **Suzanne Ray**, W40, 35:06, took masters firsts, Seafair Torchlight 8K, Seattle, July 30. **Bill Iffrig** won the M70 race in 35:14. **Wilma Pflger** took the W70 contest in 48:45.

• **Irina Bogacheva**, 44, was first female overall with a 2:42:36, Deseret News Marathon, Salt Lake City, July 25. **Bob Cobler**, M40, took the M40+ race in 2:52:24. In the 10K, **Larry Smithee**, M40, 32:03, and **Brenda Gray**, W40, 35:25, were prevailing masters. **Sandra Branney**, W50, ran a 37:44. **John Cahill** won the M80+ division in 55:10.

• **Odin Sanders**, M45, 1:13:07, and **Jane Higdon**, W45, 1:35:05, posted masters firsts, Coburg Half-Marathon, Coburg, OR, July 17. **John Keston** won the M70+ group in 1:52:29.

## CANADA

• **Earl Fee**, 76, Etobicoke Harriers, added another WR to his skein with a 53.73 to the 300H, CMAA Championships, York U., Toronto, July 9-10. **Dan Bulkley** (OR) has the record at 55.33 set in October 2004. **Karla Del Grande**, 52, another Etobicoke Harrier, was the sprint standout with 99+% performances in the 100 (12.98) and 200 (26.22), and a 98+% in the 400 (60.33). In the 5000, **Jerry Kooymans**, 50, Toronto Olympians, ran a 92% 15:47.10, and **Ed Whitlock**, 74, Milton RR, turned out a 96% 19:15.33, and in the 10,000 Whitlock finished in 39:42.04, worth 97%. **Jan Graczyk**, 52, was the throws king with 79% in the HT (55.60) and WT (17.72). Michigan's **Matti Kilpelainen**, at the top of his age group at 59, was also top jumper with an 88.9% 3.7 PV.

## INTERNATIONAL

• The old forms for TUE applications on

the WMA Web site - section Anti-doping/TUE forms - have been replaced by new forms designed especially for WMA. The new forms have the WMA logo and the address of the WMA Anti-Doping Officer, **Dr. Karri Wichmann**.

• On Aug. 3, the IAAF Congress in Helsinki approved the M35-39 age group for masters/veterans competition, which made that group official for the WMA World T&F Championships in San Sebastian, Spain.

## OBITUARIES

• **Richard J. Dedham, Jr.**, or "Dick", as we knew him, succumbed to apparent cardiac arrest early into the 5000 at the USATF-NJ Masters Championships, Shore Regional HS, West Long Branch, on July 10. He was 68. He served in the US Army for 22 years, much of that time as a sergeant first class with tours of duty in Vietnam and long stateside duty at Fort Sill, OK, before retiring in 1977. He started a new career in public service in New Jersey, at which time he resumed the track career that had started in his days as a state high school champion in Massachusetts. He joined several of the local track clubs and participated with great joy in their running, throwing and racewalking events, as well as on the Senior Games and masters circuits. He lived in Brick Township, NJ, where a memorial service was held on July 14. His son, Army Colonel Patrick C. Dedham, and his daughter, Kerry Ann Armstrong, and family gave him a tearful farewell. -*Elliott Denman*

## TWENTY YEARS AGO September 1985

• **George Cohen** Sets World M45 800 Mark of 1:57.73

• **Zimmerman**, Dalrymple Top Masters in Utica Boilermaker 15K

• **Villanueva**, Welch Win at Peachtree 10K

Visit the  
National Masters News  
Web Site at:  
[www.nationalmastersnews.com](http://www.nationalmastersnews.com)

# Schedule

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

## TRACK & FIELD

### NATIONAL

**September 10.** USA National Masters Weight & Superweight Championships, Seattle, WA. Hammer, Sept. 9, 5:30 pm. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net  
**March 24-26, 2006.** USA National Masters Indoor Championships, Reggie Lewis Center, Boston, MA. USATF-NE, 617-566-7600; office@usatfne.org; www.usatfne.org/masters  
**August 3-6, 2006.** 39th USA National Masters Championships, Charlotte, NC.

### EAST

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

**September 9-13.** Maine Senior Games, Portland. 207-396-6500.  
**September 10-12.** New Jersey Senior Olympics, Ft. Monmouth. 973-618-1111.

### SOUTHEAST

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

**September 26-October 2.** North Carolina Senior Games Finals, Raleigh. 919-851-5456; www.ncseniorgames.org  
**September 29-October 2.** Georgia Golden Olympics, Waner Robbins. 404-657-6644; georgiagoldenolympics.org

### MIDWEST

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

**September 5.** Cedarville Throwing Classic, Cedarville U., OH. O.M. All throws/WP. Mickey Bitsko, 937-429-5221; www.cedarville.edu  
**September 7-19.** Wisconsin Senior Olympics, Milwaukee. 414-224-6464; x118; www.agingresource.com  
**September 9-14.** Indiana Senior Games, Indianapolis. 800-253-2188; indianaseniorgames.org  
**September 14-18.** Kentucky Senior Games, Pikeville. 270-358-4321; ksgpikeville.com  
**September 15-19.** Illinois Senior Olympics, Springfield. 217-753-0701.  
**September 17.** OTHTC Norm Bower Memorial Weight Pentathlon, Kent St. U., Kent, OH. OTHTC, 6744 Connecticut Colony Circle, Mentor, OH 44060. Jeff Gerson, 440-473-0636.

### MID-AMERICA

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

**September 3-4.** 25th Rocky Mountain Masters Games, CSU-Ft. Collins, CO. Jim Weed, 2203 E. 149th Ave., Thornton, CO 80602; 303-451-8727; e-mail: rockytmastersgames@msn.com  
**September 8-11.** South Dakota Senior Games, Madison. 605-427-2218; geocities.com/sdseniorgames  
**September 17.** Halstead Masters & Open Meet, Halstead HS, KS. 3:00 pm. Bob Everoski, Halstead Parks & Rec. Commission, 316-835-3366; 835-2286.  
**September 22-25.** Kansas Senior Olympics, Topeka. 785-368-3798; topeka.org/parksrec

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**September 18-October 16.** Louisiana Senior Olympics, Baton Rouge. 225-925-17489; www.lsog.net  
**September 21-25.** Arkansas Senior Olympics, Hot Springs. 800-720-7276; srsports.org  
**September 21-29.** Oklahoma Senior Olympics, Tulsa. 918-596-7866; oksrgames.com  
**September 24-October 1.** Texas Senior Games, Austin. 214-670-6266; tsga.com

### WEST

Arizona, California, Hawaii, Nevada, New Mexico

**September 9-18.** Carson City Senior Games, Carson City, NV. 775-783-6455.  
**September 28-October 2.** 25th Silver Anniversary Nevada Senior Games, Las Vegas. 10K-28th; 5K-29th; WP-30th. No late registration after Sept. 27. Nevada Sr. Games, 3111 S. Valley View Blvd., B-201, Las Vegas, NV 89102; 702-242-1590; www.nevadaseniorolympics.com  
**October 16.** Self-Transcendence Masters Games, CSU-Long Beach. 40+. Bigalita Egger, 310-645-0271; fax: 645-8618.  
**October 22.** Arizona Senior Olympics, Phoenix. Paradise Valley CC. 602-534-3500; seniorgames.org  
**October 20-23.** Laughlin Senior Games, Laughlin, NV. Bill Kesgen, 702-298-3413.

### NORTHWEST

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

**September 15-18.** Idaho Senior Games, Boise. 208-322-7033, x267.  
**October 3-15.** Huntsman World Senior Games, St. George, Utah. M&W 50+. 800-562-1268; www.seniorgames.net  
**October 15-18.** Idaho Senior Games, Boise. Jennifer Thompson, 208-322-7033, x267.

### INTERNATIONAL

**September 25.** BMAF Weight Pentathlon Championships, Milton Keynes. www.bmaf.org.uk  
**November 25-27.** South Island Masters Championships, Invercargill, New Zealand. 03 21 58298; evan.macintosh@xtra.co.nz  
**December 2-4.** North Island Masters Championships, Wellington, New Zealand. 04 477 4914; kath.d@xtra.co.nz  
**January 14-21, 2006.** 13th Oceania Masters Championships, Christchurch, New Zealand. Canterbury Masters, PO Box 12256, Christchurch, New Zealand; www.omac2006.org.nz; e-mail: bkjago@paradise.net.nz  
**March 15-20, 2006.** 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006.com/eng

## LONG DISTANCE RUNNING

### NATIONAL

**September 25.** USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org  
**October 2.** USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org  
**October 16.** USA National Masters 5K XC

Championships, Saratoga Springs, NY. George Regan, george@usatfadir.org  
**November 19.** USA Fall Nationals XC Championships, Rochester, NY. Masters: M10K & W6K. Bill Quinlisk, 412 Humboldt St., Rochester, NY 14610-1113; 585-482-6371; www.gvh.net/feast-in-the-east

### EAST

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

**September 4.** NYRR Henry Isola XC Classic 4 Mile, Van Cortlandt Park, NYC. 212-860-4455; www.nyrr.com

**September 5.** New Haven 20K & 5K, New Haven, CT. 203-481-5933; newhavenroadrace.org

**September 11.** Stowe Marathon & Half-Marathon, Stowe, VT. www.stowemarathon.com

**September 11.** Erie Marathon & Half-Marathon, Erie, PA. www.eriemarathon.org

**September 17.** Great Cow Harbor 10K, Northport, NY. 631-754-4616; www.cowharborrace.com

**September 18.** Jefferson Hospital Philadelphia Half-Marathon, Philadelphia. 1-800-311-1255; www.runphilly.com

**September 18.** Komen Race for the Cure 5K, Boston, MA. 617-746-9292; www.komenboston.org

**September 18.** Portland Trails 10K, Portland, ME. 207-775-2411; www.trails.org

**September 18.** Dutchess County Marathon & Half-Marathon, Wappinger Falls, NY. 845-797-2205; www.hmrc.org

**September 24.** Continental Airlines Fifth Avenue Mile, Manhattan. 212-860-4455; www.nyrr.com

**September 24.** Fred Brown-Lake Winnepesaukee Relay, Weirs Beach, VT. 66 miles/5-8 per team. 603-889-1980; www.northmedfordclub.org

**September 25.** Richard S. Caliguiri Pittsburgh Marathon & 10K. 412-255-2493; www.RunGreatRace.com

**September 25.** Liberty Waterfront Half-Marathon, Jersey City, NJ. 201-377-6057; www.libertyhealth.org

**September 25.** Over The Hill TC 5K XC, Hunting Valley, OH. Trophies to top 3 in each age-group & to the top 2 teams. 440-473-0636; www.othtc.org

**October 1.** New Hampshire Marathon, 10K & 5K RW, Newfound Lake. 603-744-2150; www.nhmarathon.com

**October 2.** Maine Marathon, Half-Marathon & Relay, Portland. 207-741-2084; www.mainemarathon.com

**October 2.** Leaf Peepers Half-Marathon & 5K, Waterbury, VT. 802-223-2080; e-mail: teef30@aol.com

**October 2.** Army Ten-Miler, Washington, DC. armytenmiler.com

**October 2.** USATF-NE Championships/Ollie 5 Mile, Boston. 617-268-1619; www.ollieroadrace.org

**October 2.** NYRR Grete's Great Gallop Half-Marathon, NYC. 212-860-4455; www.nyrrc.org

**October 8.** Greater Hartford Marathon, Half-Marathon & 5K, Hartford, CT. www.hartfordmarathon.com

**October 9.** Steamtown Marathon, Scranton, PA. www.steamtownmarathon.com

**October 9.** BAA Half-Marathon, Boston. www.baa.org

**October 9.** Adirondack USATF Championships/Mohawk-Hudson River Marathon, Schenectady, NY. 518-435-4500; www.hmrc.com

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

**October 15.** Baltimore Marathon, Half-Marathon & 5K, Baltimore, MD. 800-487-0670; www.TheBaltimoreMarathon.com

**October 15.** Baltimore Marathon, Half-Marathon, 5K & Relay, Baltimore, MD. www.thebaltimoremarathon.com

**October 22-23.** Mystic Places Marathon, Relay & 10 Mile, East Lyme, CT. 203-481-5933; mysticplacesmarathon.com

**October 29.** Seaside 10 mile & 5K, Ocean City, MD. www.ocean.com  
**October 30.** Cape Cod Marathon, Falmouth, MA. 508-540-6959; www.capecodmarathon.com  
**November 6.** ING New York City Marathon.

## ON TAP FOR SEPTEMBER

### TRACK AND FIELD

This year's national masters championships end with the Weight & Superweight in Seattle, WA, on the 10th. Before that, on the 3rd-4th, the Rocky Mountain Masters Games hit Fort Collins, CO. The Norm Bower Memorial Weight Pentathlon is set for Kent St. U. in Ohio in the 17th. Senior Games/Olympics meets include the Arkansas Senior Olympics, Hot Springs, on the 21st-25th, and the Silver Anniversary Nevada Senior Games, Las Vegas, which open on the 28th.

### LONG DISTANCE RUNNING

The USA National Masters Championships/Heritage Oaks 10K returns to Paso Robles, CA, on the 25th. With summer heat almost gone, the LDR schedule blossoms, starting with the Rock 'N' Roll Half-Marathon, Virginia Beach, VA, on the 4th, and the New Haven, CT, 20K; Park Forest, IL, Scenic 10 Mile; and Pre's Trail Restoration 8K, Eugene, OR, on the 5th; the Erie, PA, Marathon; City of Lakes 25K, Minneapolis; and Oregon Grand Prix 8K in Eugene, on the 11th. The weekend of the 17th-18th offers the Great Cow Harbor 10K, Northport, NY; US Air Force Marathon in Ohio; Motor City Shakedown 8K, Detroit; and Prefontaine Memorial 10K, Coos Bay, OR, on Saturday, and the Philadelphia Half-Marathon; Naples, FL, on the Road 20K; and Maui Marathon, Kaanapali, HI, on Sunday. The NYRR Fifth Street Mile in Manhattan, the Hurricane Run 8K, Tulsa, OK; St. Luke's Women's Fitness 5K, Boise, ID; and NCRC Women's 5K, Cary, NC, are listed for the 24th. The Pittsburgh Marathon and Chicago Half-Marathon are set for the 25th.

### RACEWALKING

The National Open & Masters 40K Championships take place in Ocean Township, NJ, on the 11th. The Long Island 5K Championships will go off on the 18th in Long Beach, NY.

212-860-4455; www.nyrr.com

### SOUTHEAST

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

**September 2.** Peoples Bank Midnight Flight 5K & 10K, Anderson, SC. 10:00 pm. 864-716-6809; http://ymca.electric-city.net

**September 3-4.** Tour De Pain South, Coconut Creek, FL. 3rd-5K & mile; 4th-5K XC. 954-474-4074; www.cspr.com

**September 4.** Rock 'N' Roll Half-Marathon, Virginia Beach, VA. 858-450-6510; www.mrhalf.com

**September 10.** Hurricane 5K, Dauphin Island, AL. 251-473-7223; www.pcpacers.org

**September 17.** Lewis & Clark Half-Marathon, Pierre, SD. Kevin Honness, 605-843-2842.

**September 18.** Naples on the Road 20K, Naples, FL. 239-434-9786; www.gcrunner.org

**September 24.** NCR Women's 5K, Cary, NC. www.ncroadrunners.org

**October 20-22.** RRM Race Directors' Meeting, Ft. Lauderdale, FL. RRM, 110 East State St., Suite 15, Kennett Square, PA 19348. www.rrm.com

**October 22.** St. Jude 5K, Point Clear, AL. 251-473-7223; www.pcpacers.org

### MIDWEST

Illinois, Indiana, Kentucky, Wisconsin, West Virginia

**September 3.** Charleston 5K & 3-Person Relay, Charleston, WV. 304-745-5433; www.charleston5k.com

**September 4.** U.S. Half-Marathon, Denver, CO. www.rundenvr.com

**September 5.** Park Forest Park Forest, IL. www.scr.org

**September 17.** U.S. A. Wright-Patterson AF Base, Dayton, OH. 937-253-1823; afmarathon.wpafb.af.mil

**September 11.** Dann Championship, Mason, OH. www.pcm-usa.com

**September 17.** Motor City Shakedown, Detroit, MI. 313-965-1111; shakedown.com

**September 17.** Shoreline Decatur, IL. decaturrunning.com

**September 17.** Walker Northon, Walker, MN. 218-937-2188; northcountrymarathon.com

**September 18.** Northwest for the Cure 5K, Toledo, OH. www.nwhokomen.org

**September 24.** VASA Triathlon, City, MI. 231-947-6417; www.vasa.com

**September 25.** Communiphon Marathon & Half-Marathon, Dayton, OH. 937-253-1823; chicagohalfmarathon.com

**September 25.** WBTV Dauphin Island, AL. www.keysports.net

**October 1.** Akron Marathon, Akron, OH. 877-375-3753; akronmarathon.org

**October 9.** LaSalle Bank 10K, Chicago, IL. 312-904-9800; chicagomarathon.com

**October 23.** Detroit Free Press Marathon & Half-Marathon, Detroit, MI. www.pressmarathon.com

### MID-AMERICA

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

**September 10.** Dick Beard & 5K, Detroit Lakes, MN. jmhohr@lakesnet.net

**September 11.** City of Minneapolis, MN. 612-823-2554; www.cityofminneapolis.org

**September 17.** Turkey Day 5K, Des Moines, IA. 515-281-6105(d); www.turkeyday5k.com

**September 18.** Des Moines Marathon, Des Moines, IA. www.desmoinesmarathon.com

**September 24.** Jack 15 Run, SD. 605-688-5386; www.jack15.com

**October 15.** Edmund Fitzgibbon, MN. 952-546-7376; www.edmundfitz.com

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**September 4.** Tupelo Marathon, Tupelo, MS. www.tupelomarathon.com

**September 10.** The Tulsa Marathon, Tulsa, OK. www.tulsumarathon.com

**September 10.** Route 66 10K, Tulsa, OK. 918-732-2106; www.route6610k.com

**September 17.** Tulsa Run, Tulsa, OK. 918-744-5099; www.rftc.com

**September 24.** Hurricane 5K, Tulsa, OK. 918-492-3338; www.runtulsa.com

**October 8.** 36th Tulsa Marathon, Tulsa, OK. 918-669-6608; tulsazoo.com

**October 15.** 25th Woolly Aardvark, Tulsa, OK. 918-333-0900; www.woollyaardvark.com

**October 29.** Tulsa Run, Tulsa, OK. 918-333-0900; www.tulsumarathon.com

### WEST

Arizona, California, Hawaii, Nevada, New Mexico

**September 5.** Mt. Baldy, CA. 909-250-2100; www.mtbaldy.com

**September 5.** Inside Couples 10K Relay, Veneta, OR. 805-643-1104

**September 11.** Kenton, OH. 513-333-0900; www.kentonmarathon.com

**MIDWEST**

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

September 3. Charleston Distance Run 15K, 5K & 3-Person Relay, Charleston, WV. 304-345-5433; www.charlestondistancerun.com  
 September 4. U.S. Half-Marathon, Denver, CO. www.rundenver.com  
 September 5. Park Forest Scenic 10 Mile, Park Forest, IL. www.scenic10.com  
 September 17. U.S. Air Force Marathon, Wright-Patterson AF Base, OH. 800-467-1823; afmarathon.wpafb.af.mil  
 September 11. Dannon Midwest 10K Championship, Mason, OH. 866-454-6561; www.pem-usa.com  
 September 17. Motor City Shakedown 8K, Detroit, MI. 313-965-1110; www.motorcityshakedown.com  
 September 17. Shoreline Classic 5K 7 15K, Decatur, IL. decaturrunningclub.com  
 September 17. Walker North Country Marathon, Walker, MN. 218-547-4157; walker.northcountrymarathon.com  
 September 18. Northwest Ohio Komen Race for the Cure 5K, Toledo. 419-824-1789; www.nwohokomen.org  
 September 24. VASA Trail 25K, Traverse City, MI. 231-947-6417; www.tctrackclub.com  
 September 25. Community First Fox Cities Marathon & Half-Marathon, Appleton, WI. 920-882-5219; foxcitiesmarathon.org  
 September 25. Chicago Half-Marathon. 312-347-0233; chicagohalfmarathon.com  
 September 25. WBTV Dayton River Corridor Half-Marathon, Dayton, OH. 937-435-2633; www.keysports.net  
 October 1. Akron Marathon & Team Relays, Akron, OH. 877-375-2786; www.akronmarathon.org  
 October 9. LaSalle Bank Chicago Marathon. 312-904-9800; chicagomarathon.com  
 October 23. Detroit Free Press/Flagstar Bank Marathon & Half-Marathon. www.detroitfreepressmarathon.com

**MID-AMERICA**

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

September 10. Dick Beardsley Half-Marathon & 5K, Detroit Lakes, MN. 800-542-3992; jmohr@lakesnet.net  
 September 11. City of Lakes 25K, Minneapolis, MN. 612-823-2554; tcbarb@mn.r.com  
 September 17. Turkey Day 10K, Worthington, MN. 507-376-6105(d); www.turkeyday10k.com  
 September 18. Des Moines Marathon & Half-Marathon, Des Moines, IA. 515-288-2692; desmoinesmarathon.com  
 September 24. Jack 15 Road Race, Brookings, SD. 605-688-5386; www.gojacks.com  
 October 15. Edmund Fitz 100K, Finland to Duluth, MN. 952-546-7376; sniewinski@aol.com

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 4. Tupelo Marathon & 14.2 Mile, Tupelo, MS. www.TupeloRunningClub.Homestead.com  
 September 10. The Tulsa Mile. www.runtulsa.com  
 September 10. Route 66 CPA 5K, Tulsa, OK. 918-732-2106; www.active.com  
 September 17. Tulsa Race for the Cure 5K. 918-744-5099; www.rfctulsa.org  
 September 24. Hurricane Run 8K, Tulsa, OK. 918-492-3338; www.runtulsa.com  
 October 8. 36th Tulsa Zoo Run 10K & 5K. 918-669-6608; tulsazoo.org  
 October 15. 25th Woolaroc 8K, Bartlesville, OK. 918-333-0900; www.osagehills.org  
 October 29. Tulsa Run 28. www.tulsarun.com

**WEST**

Arizona, California, Hawaii, Nevada, New Mexico

September 5. Mt. Baldy Run-to-the-Top 8 Mile, Mt. Baldy, CA. 909-628-6877; www.run2top.com  
 September 5. Inside Tracks Sweetheart Couples 10K Relay, Ventura, CA. Gary Tuttle, 805-643-1104.  
 September 11. Kennedy Drive 8K, San

Francisco. 415-978-0837; www.dserunners.com  
 September 11. Four Seasons 4 Mile, Carlsbad, CA. www.kinanevents.com  
 September 18. Orange County Heart 5K, Irvine, CA. 949-856-3555; www.ochheartwalk.org  
 September 18. Maui Marathon & Half-Marathon, Kaanapali, HI. 808-871-6441, x2; www.mauimarathon.com  
 September 18. Jamba Juice 5K, San Francisco. 415-759-2690; rhodyco.com  
 September 24. Mount Diablo Fall Trail Runs, 8K, 25K, 50K, Clayton, CA. 925-947-3787; www.pacifictrailruns.com  
 September 25. Komen Orange County Race for the Cure 5, Newport Beach, CA. 760-434-7706; kinanevents.com  
 September 25. Komen Race for the Cure 5K, San Francisco. 415-978-0837; www.dserunners.org  
 September 25. Pardee OceanView 5K, San Diego, CA. www.eliteracing.com  
 October 16. Humboldt Redwoods Marathon, Half-Marathon & 5K, Arcata, CA. www.redwoodsmarathon.org

**NORTHWEST**

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

September 5. Pre's Trail Restoration 8K, Eugene, OR. Funds raised will go to restoring Pre's Trail; donations tax deductible. Bill McChesney, 541-344-8106; www.oregontrackclub.org  
 September 10. Atla Peruvian Lodge Downhill Dash 8K, Alta, UT. www.altaperuvian.com  
 September 11. Oregon Grand Prix Series - Oregon TC Masters Eugene Celebration 8K, Eugene, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org  
 September 17. Prefontaine Memorial Run, 800-824-8486; www.prefontaine.com  
 September 18. Maui Marathon & Half-Marathon, Kahului, HI. www.mauimarathon.com  
 September 24. St. Luke's Women's Fitness 5K, Boise, ID. 208-381-2221; www.celebrateall.org  
 October 9. Bend Marathon, Bend, OR. 866-702-1110; www.bend-marathon.com  
 October 9. Portland Marathon. 503-226-1111; www.portlandmarathon.org  
 October 16. Spokane Marathon, Relay, Half-Marathon, & 5 Mile, Spokane, WA. 509-624-4297; www.brcr.net  
 October 29. Oregon Grand Prix Series USATF/Willamette XC 8K, Salem, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org  
 November 12. Oregon Grand Prix Series - USATF Grand Prix Finale, Sandy, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org

**CANADA**

September 25. Scotiabank Toronto Waterfront Marathon. www.torontowaterfrontmarathon.com  
 October 16. Toronto Marathon, Half-Marathon, 5K, & Relay. www.TorontoMarathon.com  
 October 23. Niagara Fallsview Casino Resort International Marathon, Niagara Falls, Ont., CAN. 905-356-9460; www.niagarafallsmarathon.com

**INTERNATIONAL**

September 25. Berlin Marathon. 800-444-4097; www.marathonstours.com  
 October 9. BMAF Marathon Championships, Cardiff. www.bmaf.org.uk  
 October 22. BMAF Cross-Country Relay Championships, Newport. www.bmaf.org.uk  
 November 20. BMAF 10 Mile Championships, Bishops Stortford, Herts. www.bmaf.org.uk

**RACEWALKING**

September 11. USA National Open & Masters 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080; www.usatf.org  
 September 18. USATF Long Island 5K RW Championships, Long Beach, NY. Peter Lopes, 516-771-7761.  
 October 8. USA National Open & Masters 5K RW Championships, Kingsport, TN. Bobby Baker, 423-349-6406; www.usatf.org



JERRY WOJCIK

Lynne Anderson (#14), second W40, and Maria Glickman, fourth W40, in the 10,000, USA National Masters Championships, Honolulu.



SUZIE HESS

Tom Hintnaus, first in the M45 pole vault (4.40), USA National Masters Championships, Honolulu.

**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	13.00m	8.5m	10.5m	10
		33"	42'8 1/2"	27'10 1/2"	34'5"	
40-49	80m	.762m	12.00m	8.0m	12.00m	8
		30"	39'4"	26'3"	39'4"	
50-59	80m	.762m	12.00m	7.0m	19.00m	8
		30"	39'4"	22'11 1/2"	62'4"	
60+	80m	.686m	39'4"	22'11 1/2"	62'4"	8
		27"	45.00m	35.00m	40.00m	
30-39	400m	.762m	45.00m	35.00m	40.00m	10
		30"	147'7 1/2"	114'9 1/2"	131'2 1/2"	
40-49	300m	.762m	50.00m	35.00m	40.00m	7
		30"	164'0 1/2"	114'9 1/2"	131'2 1/2"	
50-59	300m	.686m	164'0 1/2"	114'9 1/2"	131'2 1/2"	7
		27"				

**MEN**

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

**IMPLEMENTS**

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
Women						USATF
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-79	3.00k	1.00k	3.00k	500 gms.	16#	25#
80+	3.00k	1.00k	3.00k	400 gms.	12#	20#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-9	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#	25#

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.

Table with columns for athlete name, age, time, and date. Includes entries for M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, M90+.

Table titled 'RECIPIENTS OF ALL-AMERICAN AWARDS' listing names, categories, and times. Includes George Sandas, Robert Norton, Ernest Takahashi, Ernst Wendland, M65-69, George Cairns, William Eisenhart, Stephen Forman, M70-74, Al Clowser, Bob Golly, and Dan Bigelow.

Table listing names, categories, and times. Includes Alan Polsner, Ray Propst, David Rider, W35-39, Rebecca Connolly, W45-49, Debra Lowell, W55-59, Jeanne Ratzloff, W65-69, and Linda Stringer.

Please send results to: natmanews@aol.com. more than 3 months old receive preference. C

USA National Mas

- List of names and numbers for various age groups: W30, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90.

U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN. Large table with columns for age groups (30-34 to 90+) and various events (55, 60, 100, 200, 400, 800, Mile, 3000, 5000, 10000, 55H, 60H, 110H, 100H, 80H, 400H, 300H, 3K-SC, 2K-SC, HJ, PV, LJ, TJ, Shot, Discus, Hammer, Javelin, 35#WL, Weight, Sup.WL, Pent, Decath, WL Pent).

U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN. Large table with columns for age groups (30-34 to 90+) and various events (55, 60, 100, 200, 400, 800, Mile, 3000, 5000, 10000, 100H, 80H, 400H, 300H, 2K-SC, HJ, PV, LJ, TJ, Shot, Javelin, Discus, Hammer, Weight, Sup.WL, WL Pent).

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27". 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27". 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27". 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg; 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k. 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g; 80+: 400g. 8) Weight: 30-49: 35#; 50-59: 25#; 60-69: 20#; 70-79: 16#; 80+: 12#. 9) Superweight: 30-69: 56#; 70-79: 35#; 80+: 25#. 10) Perv/Dec/WL Pen: 30-39 IAAF pts.; 40+ WMA factoring. 11) Metric heights and distances are the standard; feet and inches listed for convenience.

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40-59: 30"; 60+: 27". 3) Long hurdles: 30-59: 30"; 60+: 27". 4) Shot put: 30-49: 4k; 50+: 3k. 5) Javelin: 30-49: 600g; 50-59: 500g; 60+: 400g. 6) Hammer: 30-49: 4k; 50+: 3k. 7) Weight: 30-49: 20#; 50-59: 16#; 60+: 12#. 8) Superweight: 30-49: 35#; 50-59: 25#; 80+: 20#. 9) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS ALL-AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS WOMEN. Table with columns for age groups (W30 to W90) and various distances (1.5K Mile, 3K, 5K, 8K, 10K, 15K, 20K, 25K, 30K, 40K, 50K).

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH. Form with fields for NAME, AGE-GROUP, ADDRESS, SEX, CITY, STATE, ZIP, MEET, DATE OF MEET, MEET SITE, EVENT, MARK, HURDLE HEIGHT, WEIGHT OF IMPLEMENT. Includes checkboxes for 1 CERTIFICATE, 1 PATCH, 1 PATCH TAG. Includes instructions for application.

**TRACK & FIELD RESULTS**

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natmanews@aol.com. To keep information current, we generally do not publish results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

**NATIONAL**

**USA National Masters Track & Field Championships, Honolulu, HI; Aug. 4-7**

<b>100m</b>			
W30	1 Aikels, Carol	34 HE	12.24
	2 Jacobs, Prisila	30 UNA	12.54
W35	1 Lawrence, Donna	37 UNA	12.68
	2 *West, Nedenia	36 UNA	13.57
	3 Boyd, Sarah	35 UNA	13.93
	4 Lowe, Terri	35 BFFR	17.30
W40	1 Milligan Jackson, M	40 UNA	13.23
	2 Shook, Kathleen	44 UNA	13.91
	3 Nealy, Angela	44 SXL	14.51
	4 Willard, Denise	43 AHTC	14.91
	5 Zakerski, Debbie	43 BFFR	15.02
	6 Marks, Cynthia	40 BFFR	15.34
W45	1 Mendenhall, Marthe	46 UNA	14.10
	2 Ney, Mimi	46 UNA	14.73
	3 Clayton Loeb, Hilla	45 UNA	15.32
	4 Selby, Debbie	48 UNA	15.84
	5 Aguilera, Giovanna	48 MPRR	17.03
	6 Chan, Chris	47 BFFR	18.08
	7 Chin, Joni	45 UNA	18.14
W50	1 Hanscom, Rita	51 UNA	13.61
	2 Board, Jacqueline	52 AFTC	13.67
	3 Thompson, Irene	51 CNYI	14.42
	4 Cohn, Linda	52 SOCA	15.20
	5 Mitchell, Rebecca	51 OTCM	15.57
	6 Staszko, Robyn	54 UNA	16.13
	7 McCurdy, Lucy	54 MPRR	20.91
W55	1 Matthews, Brenda	56 SCS	15.00
	2 *von Maltzahn, Hill	56 TEND	15.02
	3 Vander Cruyssen, D	59 UNA	15.55
	4 *Trott, Rhona	56 CAN	15.71
	5 Tucker, Lorraine	58 UNA	16.46
	6 Trotto, Mary	58 BTC	18.60
W60	1 O'Connor, Nadine	63 UNA	14.36
	2 Jager, Kathy	62 UNA	15.09
	3 Nafteil, Lynn	60 UNA	16.17
	4 *Radcliff, Marg	63 CAN	16.53
	5 Cramer, Mariou	60 UNA	17.11
	6 Kaufman, Margaret	62 WTC	17.28
	7 Sampson, Joann	64 FAC	18.35
	8 Davis, Joan	64 HMTc	28.83
W65	1 Bergen, Kathy	65 UNA	14.71
	2 Jordan, Barbara	69 GMAA	16.48
	3 Tricard, Louise	68 UNA	18.22
	4 Roman, Mary	69 UNA	18.41
	5 Coffee-Carney, Mari	67 UNA	19.67
	6 Baumann, Janet	66 UNA	28.89
W70	1 Obera, Irene	71 WVTc	15.57
	2 Lary, Audrey	71 PVTC	17.36
	3 *Reed, Louise	70 CAN	17.93
	4 Meiler, Flo	71 UNA	18.95
	5 Chou, Fei-Mei	70 WVTc	19.20
	6 Leek, Edythe	74 BFFR	21.32
W75	1 Peterson, Patricia	79 UNA	19.48
	2 Onodera-Leonard, S	77 SOCA	21.62
W80	1 Valien, Johnnye	80 UNA	20.83
	2 McLeod-Smith, Flora	80 CAN	22.10
M30	1 Snaer, Demitrius	30 BFFR	10.98
	2 Culppepper, Jeff	32 HE	10.99
	3 Petties, Alf	30 SOCA	11.00
	4 Pittman, Lyndell	33 SYTC	11.56
	5 Robinson, Oscar	30 UNA	11.76
	6 *Bean, Tony	32 BER	12.06
	7 Jackson, Corwin	34 UNA	12.33
M35	1 Clark, Ron	35 UNA	10.70Q
	2 Jett, Rod	38 BFFR	11.08Q
	3 Lacey, Harold	36 SWS	11.21Q
	4 Drummond, Don	36 SWS	11.52Q
	5 Anderson, Art	39 UNA	11.48q
	6 Green, Chuck	38 HE	11.52q
	7 Thomas, Robert	38 IINV	11.58q
	8 Smith, James	39 AFTC	11.67q
	9 Burks, Anthony	37 ATC	11.87
	0 Thompson, Randy	36 TSDP	11.98
	1 *Tanaka, Akira	37 JPN	12.21
	2 Villegas, Gwynn	36 UNA	12.29
	3 Pollard, Tony	39 UNA	12.73
	4 Hartle, Dr. Michael	38 UNA	14.69
<b>Final</b>			
	1 Thomas, Robert	38 IINV	11.20
	2 Jett, Rod	38 BFFR	11.31
	3 Lacey, Harold	36 SWS	11.42
	4 Anderson, Art	39 UNA	11.56
	5 Green, Chuck	38 HE	11.74
	6 Smith, James	39 AFTC	12.02
M40	1 Thigpen, Aaron	40 UNA	10.80Q
	2 Fields, Don	40 UNA	11.23Q
	3 Berry, Kettrell	42 SWTC	11.23Q
	4 Marshall, William	41 SYTC	11.53Q
	5 Strong, Frank	43 UNA	11.38q
	6 Shute, Dr. Marcus	42 ATC	11.70q
	7 Jones, David	40 SWS	11.78q
	8 Merriweather, Eric	41 UNA	11.90q
	9 Sims, Alan	41 HE	12.26
	0 Blake, Aaron	44 FAJS	12.30
	1 Burke, Michael	42 DD	12.56
	2 Hatano, Alan	44 BFFR	12.94
<b>Final</b>			
	1 Thigpen, Aaron	40 UNA	10.73
	2 Berry, Kettrell	42 SWTC	11.04
	3 Fields, Don	40 UNA	11.26
	4 Strong, Frank	43 UNA	11.46
	5 Marshall, William	41 SYTC	11.57
	6 Shute, Dr. Marcus	42 ATC	11.95
	7 Merriweather, Eric	41 UNA	12.09
	8 Sims, Alan	41 HE	12.17
M45	1 Barnwell, Val	47 UNA	11.52Q
	2 Krulee, Marty	48 UNA	11.56Q
	3 Chinn, James	46 SWTC	11.70Q

	4 Melville, Bill	78 MWM	15.04
	5 Bambrook, Paul	76 UNA	15.80
	6 Brown, Pat	75 HMTc	17.10
	7 Scott, Wilford	78 UNA	20.02
M80	1 Larsen, Melvin	81 UNA	15.00
	2 Wilson, Charles	81 UNA	16.04
	3 Kennell, Tom	84 FAC	17.87
	4 Bower, Raymond	81 WPTC	18.48
	5 Power-Waters, Brian	82 UNA	23.45
	6 Davidson, Robert	82 UNA	28.83
M85	1 Means, John	85 OHTC	17.23
	2 Tompkins, Frederic	88 UNA	20.40
M90	1 Trahan, Clarence	90 UNA	20.56
<b>200m</b>			
W30	1 Jacobs, Prisila	30 UNA	27.51
	2 Lucero, Monique	33 BFFR	35.65
W35	1 Daley, Lisa	35 UNA	25.81
	2 Lawrence, Donna	37 UNA	26.08
	3 Smith, Angela	36 CNYI	26.54
	4 *West, Nedenia	36 UNA	29.44
	5 Byal, Amy	35 QTC	29.62
	6 Leslie, Paula	36 UNA	29.87
W40	1 Black, Jai	43 UNA	28.06Q
	2 Williams, Shemayne	42 UNA	28.46Q
	3 Shook, Kathleen	44 UNA	29.22Q
	4 Milligan Jackson, M	40 UNA	29.37Q
	5 Smith, Michaeli	42 SOCA	29.81q
	6 Butler, Linda	42 UNA	29.90q
	7 Kimber, Kim	42 BFFR	30.49q
	8 Zakerski, Debbie	43 BFFR	30.75q
	9 Nealy, Angela	44 SXL	31.31
<b>Final</b>			
	1 Milligan Jackson, M	40 UNA	27.60
	2 Williams, Shemayne	42 UNA	27.80
	3 Black, Jai	43 UNA	28.20
	4 Shook, Kathleen	44 UNA	28.39
	5 Kimber, Kim	42 BFFR	29.86
	6 Smith, Michaeli	42 SOCA	29.95
	7 Butler, Linda	42 UNA	30.49
	8 Zakerski, Debbie	43 BFFR	32.61
W45	1 Mendenhall, Marthe	46 UNA	29.77
	2 Ney, Mimi	46 UNA	30.39
	3 Brown, Theresa	45 BFFR	31.92
	4 St James, Valerie	48 BFFR	33.12
	5 Selby, Debbie	48 UNA	33.63
	6 Aguilera, Giovanna	48 MPRR	35.43
W50	1 Hanscom, Rita	51 UNA	28.24
	2 Board, Jacqueline	52 AFTC	28.37
	3 Thompson, Irene	51 CNYI	30.29
	4 Mitchell, Rebecca	51 OTCM	32.34
	5 Janneck, Denise	51 SOCA	32.37
	6 McCurdy, Lucy	54 MPRR	46.27
W55	1 *von Maltzahn, Hill	56 TEND	31.01
	2 Matthews, Brenda	56 SCS	32.66
	3 Vander Cruyssen, D	59 UNA	33.21
	4 Behrens, Martie	57 SOCA	35.53
	5 Trotto, Mary	58 BTC	38.49
W60	1 O'Connor, Nadine	63 UNA	30.17
	2 Jager, Kathy	62 UNA	32.20
	3 Nafteil, Lynn	60 UNA	33.27
	4 *Radcliff, Marg	63 CAN	34.85
	5 Kaufman, Margaret	62 WTC	36.92
	6 Bergen, Kathy	65 UNA	32.92
	7 Jordan, Barbara	69 GMAA	35.32
	8 Tricard, Louise	68 UNA	39.51
	9 Roman, Mary	69 UNA	41.92
	5 Coffee-Carney, Mari	67 UNA	42.51
	6 Daprano, Jeanne	68 ATC	1:06.60
W70	1 Obera, Irene	71 WVTc	34.32
	2 Lary, Audrey	71 PVTC	37.65
	3 *Reed, Louise	70 CAN	38.59
	4 Chou, Fei-Mei	70 WVTc	42.33
	5 Leek, Edythe	74 BFFR	48.86
W75	1 Peterson, Patricia	79 UNA	44.97
W80	1 Valien, Johnnye	80 UNA	47.37
	2 McLeod-Smith, Flora	80 CAN	52.10
	3 Davidson, Gerry	84 UNA	1:00.80
M30	1 Snaer, Demitrius	30 BFFR	22.11
	2 Culppepper, Jeff	32 HE	22.13
	3 Petties, Alf	30 SOCA	22.16
	4 Pittman, Lyndell	33 SYTC	23.32
	5 Nesifort, Lee	33 UNA	24.59
	6 Jackson, Corwin	34 UNA	24.85
M35	1 Clark, Ron	35 UNA	22.45Q
	2 Anderson, Art	39 UNA	23.70Q
	3 Maye, Sean	36 UNA	22.85Q
	4 Thomas, Robert	38 IINV	23.77Q
	5 Lacey, Harold	36 SWS	23.29q
	6 Gardner, Larry	36 UNA	23.39q
	7 Aurelien, Clinton	39 SYTC	24.31q
	8 Green, Chuck	38 HE	24.43q
	9 Burks, Anthony	37 ATC	24.72
	0 Villegas, Gwynn	36 UNA	26.01
<b>Final</b>			
	1 Clark, Ron	35 UNA	21.90
	2 Thomas, Robert	38 IINV	22.69
	3 Lacey, Harold	36 SWS	23.28
	4 Anderson, Art	39 UNA	23.58
	5 Gardner, Larry	36 UNA	23.93
	6 Green, Chuck	38 HE	24.07
	7 Aurelien, Clinton	39 SYTC	24.28
M40	1 Berry, Kettrell	42 SWTC	22.63Q
	2 Thigpen, Aaron	40 UNA	22.66Q
	3 Muhammad, Courtney	42 QTC	23.16Q
	4 Strong, Frank	43 UNA	23.98Q
	5 Marshall, William	41 SYTC	23.72q
	6 *Lindsay, Howard	41 SYTC	23.93q
	7 Moody, Corey	44 SACA	24.07q
	8 Shute, Dr. Marcus	42 ATC	24.47q
	9 Johnson, Spencer	42 UNA	24.83
	0 Blake, Aaron	44 FAJS	25.98
	1 Ota, Duke	42 HMTc	26.28
<b>Final</b>			
	1 Berry, Kettrell	42 SWTC	22.51
	2 Thigpen, Aaron	40 UNA	22.97
	3 Muhammad, Court.	42 QTC	23.57
	4 Marshall, William	41 SYTC	23.93
	5 *Lindsay, Howard	41 SYTC	24.06
	6 Shute, Dr. Marcus	42 ATC	24.22
	7 Strong, Frank	43 UNA	24.31
	8 Moody, Corey	44 SACA	25.07
M45	1 Chinn, James	46 SWTC	23.80Q

	2 James, Bennie	48 GVH	23.88Q
	3 Barnwell, Val	47 UNA	24.09Q
	4 Smith, J.	46 BFFR	24.24Q
	5 Dixon, Eric	45 SCS	24.30Q
	6 Disalvo, Tony	45 UNA	25.05Q
	7 Krulee, Marty	48 UNA	24.29q
	8 Pasos, Mark	45 WVJS	24.91q
	9 DiMassa, David	46 UNA	25.58
	0 Oyape, Phillip	45 HMTc	26.00
	1 Chin, Richard	46 HMTc	26.51
	2 Kennell, Patrick	45 UNA	26.52
	3 Copeland, Scott	46 BBS	26.62
	4 Carter, Calvin	48 BFFR	26.72
	5 Schwieterman, Joe	46 UNA	27.25
	6 Johnson, Rodney	46 SCS	27.50
	7 Finley, Lawrence	47 UNA	28.01
	8 Simmons, Michael	49 UNA	28.48
	9 White, Richard	45 UNA	42.54
<b>Final</b>			
	1 Barnwell, Val	47 UNA	24.11
	2 Smith, J.	46 BFFR	24.22
	3 Chinn, James	46 SWTC	24.34
	4 Dixon, Eric	45 SCS	24.55
	5 Pasos, Mark	45 WVJS	25.16
	6 Disalvo, Tony	45 UNA	25.28
	7 DiMassa, David	46 UNA	25.63
M50	1 Collins, Bill	54 HE	24.25Q
	2 Peyton, Oscar	52 UNA	24.61Q
	3 Bowen, Robert	53 UNA	24.68Q
	4 Duncanson, Rob	50 UNA	25.33Q
	5 Pizza, Greg	51 SWTC	25.62q
	6 Hayward, George	52 HE	25.63q
	7 Evans, Hubert	51 BFFR	25.65q
	8 Hastings, Mark	50 HE	25.73q
	9 Blair, Billy	51 HMTc	26.40
	0 Moody, Raymond	53 UNA	27.37
	1 Diaz, Edward	51 UNA	29.57
	2 Glickman, Jim	51 BFFR	31.62
	3 Chang, Williamson	54 HMTc	34.36
<b>Final</b>			

Table with 4 columns: Rank, Name, Age, Time. Includes entries for Smith, Michaeli; Shook, Kathleen; Nowakowski, Aman; Butler, Linda; Sherburne, Carrie; Woo, Mary; Zakerski, Debbie; Noonan, Kelly; Final; W45; W50; W55; W60; W65; W70; W75; W80; M30; M35; M40; M45; M50; Final.

Table with 4 columns: Rank, Name, Age, Time. Includes entries for Haywood, George; Gordon, Paul; Moody, Raymond; Duhe, Reginald; Hawkins, Walter; Allie, Charles; Blake, Carroll; Sims, Geoff; Yeck, Raymond; Waltermann, Stefan; Barnum, Larry; Neidig, Donald; Tucker, Rich; Ching, Sai; Fields, Melvin; Duffy, Dennis; Leslie, Will; Boughter, James; Pittman, Andy; Final; M55; M60; M65; M70; M75; M80; M85; 800m; W30; W40; W45; W50; W55; W60; W65; W70; W75; W80; M30; M35; M40; M45; M50; Final.

Table with 4 columns: Rank, Name, Age, Time. Includes entries for Moody, Raymond; Hawkins, Walter; Baker, Anthony; Final; Robinson, James; Prather, Bob; Chantry, Stephen; Patton, Russell; Scott, Basil; Shapiro, Gary; Garcia, Robert; Jones, Jim; Blake, Carroll; Mathes, Stan; Cash, Grady; Sims, Geoff; Hall, Gary; Payne, Tim; Tucker, Rich; Barnum, Larry; Galaziz, John; Duffy, Dennis; Talib, Sali; Boughter, James; Alarid, Daniel; Karbens, John(Jack); Howard, Sid; Stewart, Mack; McCormack, Dan; McMillen, William; Cook, Barry; Mathes, George; Johnson, Ronald; Berry, Edwin; Smith, Alan; Selby, Jim; Holmes, Bob; Englert, Roy; McManus, John; Tompkins, Frederic; Levine, Frank; 1500m; Menge, Rachel; Grene, Mary; Steen, Karen; Jasper, Lorraine; Sherburne, Carrie; Jeffers, Karen; Young, Jeannie; Glickman, Maria; Chaplin-Swann, Les; Hayden, Julie; Miyaoshi, Angie; Prather, Sherri; McCurdy, Lucy; Berman, Wah; Nickel, Yvonne; Stiles, Debbie; Trotto, Mary; Makoske, Rusty; Barnett, Rusty; Davis, Joan; Daprano, Jeanne; Baumann, Janet; Bigelow, Vicki; Harada, Mary; Chang, Mollie; Schley, Helen; Davidson, Gerry; Lanier, Kyle; Hardy, Bob; Garvin, Geoffrey; Nash, David; VanCleve, Robert; Hales, Greg; Hickey, Dr. Brian; Coleman, Brock; Egle, Mike; Bynoe, David; Watts, Jim; Londos, Dale; Kastor, Vaughan; Bouthillier, Norman; Leon, V. Ted; Miller, Nils; Paulk, Kevin; Carver, Mark; Lucas, David; Otte, Kevin; Bolte, Robert; Cleary, Mark; McFarlane, James; Picini, Joseph; Kadatsky, Sergei; Peterson, Thomas; White, Richard; Patton, Russell; Prather, Bob; Robinson, James; Chantry, Stephen; Scott, Basil; Shapiro, Gary; Garcia, Robert; Jones, Jim; Tjogas, Paul; Rowland, Stan; Green, Duane; Final; M55; M60; M65; M70; M75; M80; M85; 1000m; W30; W40; W45; W50; W55; W60; W65; W70; W75; W80; M30; M35; M40; M45; M50; Final.

Table with 4 columns: Rank, Name, Age, Time. Includes entries for Berry, Edwin; Fortune, William; Holmes, Bob; Englert, Roy; McManus, John; Levine, Frank; 5000m; Menge, Rachel; Lucero, Monique; Jeffers, Karen; Young, Jeannie; Andersson, Lynne; Mohr, Trudy; Glickman, Maria; Brady, Mary; Noonan, Kelly; Love, Desiree; Brown, Theresa; Barraza-Lee, Debbie; Comiso-Fanelli, Con; Dunn, Odette; Martin, Kathryn; Smith-Hanna, Caroly; Crisp, Victoria; Janneck, Denise; Miyashiro, Angie; Diver, Mary; Yeck, Kathleen; Webb, Cynthia; Berman, Wah; Spannaus, Barbara; Nickel, Yvonne; Barnett, Rusty; Marsolais, Mary; Baumann, Janet; Harada, Mary; Chang, Mollie; Lachman, Helen; Lanier, Kareem; Hardy, Bob; Goodall, Aaron; Bell, Drew; Yorges, Christopher; Pope, Brian; Egle, Mike; Bouthillier, Norman; Poulos, Ted; Cotti, Ted; Umphress, Val; Gonzalez, Sergio; Gregory, Peter; Coats, Chuck; Cauler, Gregory; Allen, Mac; Nelson, Brian; Decolibus, Angelo; Houar, Michael; Kollars, Steven; Peterson, Thomas; Prather, Bob; Horner, Gregg; Chantry, Stephen; Garcia, Robert; Lundblad, Mike; Hoffsmith, Joel; Sturgeon, Randall; Brand, Paul; Sasaki, Sterling; MacDonald, Duncan; Rodriguez, Alex; Prizer, Kent; Hall, Gary; Moeller, Richard; Hamlyn, Maxwell; Webb, Richard; Manago, Jon; Brenneck, Steven; Alarid, Daniel; Weddle, Thom; Mohica, Ken; Howard, Geoff; Cordero, Joe; Kenny, Bill; LeVasseur, Jerry; Willard, Denise; Ware, Caren; Zakerski, Debbie; Butler, Linda; Marks, Cynthia; Atwood, Darla; Petkus, Joanne; Thompson, Irene; Troitt, Rhona; McCormick, Carol; 80m Hurdles 27; Jordan, Barbara; Meiler, Flo; 80m Hurdles 30; Clark, William; Spainhower, Dou; Bonifield, Lowell; Shipp, Phil; Stookey, James; 80m Hurdles 27; Larsen, Melvin; 100m Hurdles 33; Lowe, Terri; 100m Hurdles 36; McKinley, Brian; Pannell, Michael; Zahn, Robert; Wilson, Thaddeu; Jaquet-Acea, R; Broun, James; Costello, Vincent; Burge, Conrad; Anglo, Sergio; Boehl, Douglas; Final; McKinley, Brian.

Table with 4 columns: Rank, Name, Age, Time. Includes entries for Abrams, Scott; Horner, Gregg; Qualls, Robert; Sturgeon, Randall; Manley, James; Taylor, David; Prizer, Kent; Webb, Richard; Hamlyn, Maxwell; Manago, Jon; Martin, Jeffrey; Weddle, Thom; Cordero, Joe; Brawner, Wally; Howard, Geoff; Kenny, Bill; LeVasseur, Jerry; Iffrig, Bill; Pratt, Donald; 5000m Walk; Murphey Glenn, K; Armstrong, Ginger; LeMond, Kimberly; Sokol, Leslie; Kawana, Linda; Topham, Debbie; Gelbard, Nancy; Frable, Kathleen; McGuire, Doris; Backlund, Darlene; Van Brocklin, Cath; Steigerwalt, Jolene; Berman, Joan; Gordon, Miriam; Blanchard, Michael; Peters, Colin; Aunan, Tommy; Thiedmann, Klaus; Klein, Arthur; Pruckner, Jaroslav; Kalb, David; Wiggins, Michael; Frable, Norman; McGuire, Richard; Novak, Robert; Sorrenti, Edoardo; Null, Gary; Weeks, Robert; Horton, Jim; Ray, Stuart; Johnson, Paul; Backlund, John; Acosta, Carl; Solis, George; Corona, Peter; 10,000m Walk; Murphey Glenn, K; Armstrong, Ginger; Sokol, Leslie; Topham, Debbie; Frable, Kathleen; McGuire, Doris; Backlund, Darlene; Steigerwalt, Jolene; Berman, Joan; Gordon, Miriam; Blanchard, Michael; Aunan, Tommy; Thiedmann, Klaus; Pruckner, Jaroslav; Klein, Arthur; Wiggins, Michael; Frable, Norman; McGuire, Richard; Novak, Robert; Glend, Ray; Sorrenti, Edoardo; Weeks, Robert; Horton, Jim; Ray, Stuart; Johnson, Paul; Backlund, John; Acosta, Carl; Solis, George; Corona, Peter; 80m Hurdles 30; Willard, Denise; Ware, Caren; Zakerski, Debbie; Butler, Linda; Marks, Cynthia; Atwood, Darla; Petkus, Joanne; Thompson, Irene; Troitt, Rhona; McCormick, Carol; 80m Hurdles 27; Jordan, Barbara; Meiler, Flo; 80m Hurdles 30; Clark, William; Spainhower, Dou; Bonifield, Lowell; Shipp, Phil; Stookey, James; 80m Hurdles 27; Larsen, Melvin; 100m Hurdles 33; Lowe, Terri; 100m Hurdles 36; McKinley, Brian; Pannell, Michael; Zahn, Robert; Wilson, Thaddeu; Jaquet-Acea, R; Broun, James; Costello, Vincent; Burge, Conrad; Anglo, Sergio; Boehl, Douglas; Final; McKinley, Brian.

M50	6 Abrams, Scott	49	UNA	43:20.13	2 Zahn, Robert	51	UNA	15.17	M45	1 Kollars, Steven	46	BFFR	11:38.41	W50	1 Anderson, Dinah	52	UNA	1:20m	
	1 Horner, Gregg	51	UNA	36:21.88	3 Broun, James	53	UNA	15.50		2 Gardner, Bradley	47	UNA	11:52.75	W55	1 Vander Cruyssen, Do	59	UNA	1:25m	
	2 Qualls, Robert	53	BFFR	40:24.37	4 "Burge, Conrad	54	AUS	18.05		3 Harding, David	45	UNA	11:53.37		2 "von Maltzahn, Hill	56	TEND	1:20m	
	3 Sturgeon, Randall	53	BFFR	41:48.80	5 Jacquet-Acea, Russe	52	UNA	16.54		4 Hour, Michael	49	BFFR	12:05.38		3 Glass, La Tanya	58	SOCA	1:15m	
	4 Manley, James	53	BFFR	49:56.22	6 Costello, Vincent	52	HMTC	16.67		1 Robinson, James	51	GVH	10:55.80		4 "McBlain, Liz	57	CAN	1:05m	
M55	1 Taylor, David	55	UNA	39:56.26	7 Wilson, Thaddeus	54	UNA	18.08	M50	2 Worthen, Kenneth	54	UNA	13:05.95	W60	1 Douglass, Linda	60	UNA	1:25m	
	2 Prizer, Kent	55	UNA	42:16.47	1 Craig, Jack	56	UNA	17.35		3 Camp, Gary	50	BFFR	13:15.14		2 "Radcliff, Marg	63	CAN	1:25m	
M60	1 "Webb, Richard	61	PCVR	42:40.10	2 Parker, Phil	57	ATC	25.90		4 Manley, James	53	BFFR	15:01.52	W65	1 Bergen, Kathy	65	UNA	1:30m	
	2 Hamlyn, Maxwell	64	CGTC	43:24.26	100m Hurdles 33"					5 White, Parker	53	BFFR	15:34.01	W70	1 Donley, Christel	70	UNA	1:15m	
	3 Manago, Jon	60	UNA	44:04.22	M60	1 Johnson, Joe	61	FAC	16.68	M55	1 Pate, Ronald	58	UNA	12:10.56		2 Meiler, Flo	71	UNA	1:05m
	4 Martin, Jeffrey	64	BRF	45:20.81	2 Milove, Michael	60	UNA	19.90		2 Taylor, David	55	UNA	12:13.42		3 Chou, Fei-Mei	70	WVTC	0:95m	
M65	1 Weddle, Thom	66	RNF	44:58.84	3 Ewing, Johnston	61	UNA	20.40		3 Weiner, Robert	58	PVTC	14:33.45	W75	1 McDaniels, Leonore	77	UNA	1:05m	
	2 Cordero, Joe	67	BTC	45:38.35	M65	1 Pawlik, Emil	66	UNA	16.19	4x100 Relay				W80	1 Valien, Johnnye	80	UNA	0:90m	
	3 Brawner, Wally	66	UNA	47:33.53	2 Kline, Barry	65	UNA	20.92		W30	1 ADH (Williams, Bruff, Aikels, Ve)		51.46	M35	1 Chmielewski, Thadde	38	UNA	1:80m	
	4 Howard, Geoff	67	HMTC	47:45.23	3 Mills, Bruce	66	MWM	21.49		2 ADH (Lucero, Menge, Kehoe, Fitzp)			1.01.49		2 Pollard, Tony	39	UNA	1:80m	
	5 "Kenny, Bill	69	NZL	50:09.41	110m Hurdles 39"					3 BFFR (Marks, Lowe, St James, Woo)		1.03.59		3 Wilcox, Rod	39	UNA	1:75m		
	6 LeVasseur, Jerry	67	MMM	53:20.81	M35	1 Drummond, Don	36	SWS	14.34		4 ADH (Leslie, Kawana, Chin, Prath)		1:10.57	M40	1 Stockard, Guy	40	UNA	1:85m	
M70	1 Ifrig, Bill	71	STC	44:13.21	2 Jett, Rod	38	BFFR	14.52		1 BFFR (Jeffers, Zakerski, Brown, K)		58.73		2 Forier, John	43	UNA	1:80m		
	2 Pratt, Donald	72	UNA	54:34.96	3 Smith, James	39	AFTC	15.85		2 ADH (Matthews, O'Connor, Jager, Stau)		55.91		2 Coushay, Brian	41	PMTC	1:80m		
5000m Walk					4 Watson, Johnny	38	SOCA	16.23		3 ADH (Leek, Rowland, Smith, Nicke)		1:06.19		4 Lewis, Ted	44	UNA	1:75m		
W40	1 Murphey Glenn, Kell	44	UNA	27:55.31	5 Wilcox, Rod	39	UNA	16.96	W40	1 BFFR (Jeffers, Zakerski, Brown, K)		58.73	M45	5 Harmon, Bradley	40	UNA	1:70m		
	2 Armstrong, Ginger	42	CTRW	31:50.18	6 Villegas, Gwynn	36	UNA	18.42		2 ADH (McCurdy, von Maltzahn, Stau)		1:06.19		1 McBarnette, Bruce	47	UNA	1:96m		
	3 LeMond, Kimberly	41	UNA	34:35.70	M40	1 McCloud, Dexter	44	ATC	15.26		3 ADH (Peterson, Valien, Chou, Obe)		1:15.81		2 McNamara, Daniel	47	UNA	1:80m	
W45	1 Sokol, Leslie	47	SCTC	28:57.12	2 Burke, Michael	42	DD	19.27		M30	1 SWS (Jones, Drummond, Grant, Lac)		43.64		3 Levine, Craig	48	UNA	1:75m	
	2 Kawana, Linda	47	MLTC	48:19.92	M45	1 McMahan, Timothy	46	SAC	16.63		2 SYTC (Marshall, Aurelien, Lindsay)		44.29		4 Brower, Jeff	46	UNA	1:70m	
W50	1 Topham, Debbie	52	PAC	28:03.13	2 Brower, Jeff	46	UNA	17.00		3 ADH (Green, Thomas, Sims, Culpep)		45.75	M50	1 Zahn, Robert	51	UNA	1:55m		
	2 Gelbard, Nancy	51	BFFR	49:31.12	3 Anton, Eugene	47	SOCA	17.46		4 BFFR (Snaer, Smith, Carter, Hatan)		48.14		2 Daily, Patrick	50	HMTC	1:50m		
W55	1 Frable, Kathleen	59	UNA	32:32.63	4 Schwieterman, Joe	46	UNA	18.31	W70	1 ADH (Peterson, Valien, Chou, Obe)		1:15.65		3 Washington, Hulan	53	BFFR	1:45m		
	2 McGuire, Doris	56	UNA	33:12.37	5 McDaniels, Robert	48	UNA	19.10		2 ADH (Hahn, Angulo, Spencer, Moun)		52.16		4 Costello, Vincent	52	HMTC	1:35m		
	3 Backlund, Darlene	59	RWNW	34:54.93	6 Davison, Jeff	47	SOCA	20.15		3 ADH (Green, Thomas, Sims, Culpep)		45.75		5 Stone, Kenneth	51	UNA	1:25m		
	4 Van Brocklin, Cathie	59	UNA	36:24.03	7 Stanley, Robert	45	UNA	23.12		4 BFFR (Snaer, Smith, Carter, Hatan)		48.14		6 Watson, Richard	52	UNA	1:20m		
W60	1 Steigerwalt, Jolene	61	UNA	31:57.95	300m Hurdles 30"					5 ADH (Disalvo, Krulce, DiMassa, T)		45.12	M55	1 Baskauskas, Edward	55	UNA	1:51m		
	2 Berman, Joan	68	AATC	37:52.87	W50	1 Thompson, Irene	51	CNYI	55.90		2 HMTC (Ota, Oyape, Chin, Lim)		50.05		2 Sobel, Richard	56	GBTC	1:51m	
W65	1 Gordon, Miriam	80	UNA	38:07.46	2 Bowman, Tina	52	BHTC	1:01.01		3 ADH (Monaghan, Dibley, Villegas, Stau)		55.91		3 Frable, Norman	59	UNA	1:50m		
W80	1 Blanchard, Michael	44	HART	26:41.33	W55	1 "Trott, Rhona	56	CAN	59.79		4 ADH (Hastings, Allie, Haywood, C)		46.40		4 Jacobson, Mark	56	UNA	1:45m	
M40	2 Peters, Colin	43	HMTC	28:29.13	M45	1 Jordan, Barbara	69	GMAA	1:06.67	M40	1 ADH (Disalvo, Krulce, DiMassa, T)		50.05		5 Wycson, Vance	57	BFFR	1:40m	
M45	1 Aunan, Tommy	46	UNA	26:51.46	300m Hurdles 30"					2 ADH (Peyton, Bowen, Pizza, Duhe)		46.93		1 Goodreau, James	60	UNA	1:55m		
M50	1 Thiedmann, Klaus	51	CWC	27:34.76	M60	1 Graff, Warren	60	MVS	48.76		3 ADH (Hahn, Angulo, Spencer, Moun)		52.16		2 Burns, John	64	UNA	1:45m	
	2 Klein, Arthur	52	SCTC	33:39.6h	2 Norris, Larry	60	OTCM	49.22		4 BFFR (Washington, Kalb, White, Ja)		52.28		3 Baker, Robert	60	UNA	1:45m		
	3 "Pruckner, Jaroslav	51	CZR	34:24.87	3 Ewing, Johnston	61	UNA	59.45		5 HMTC (Costello, Ng, Chang, Daily)		55.55		4 Johnston, Joe	61	FAC	1:40m		
	4 Kalb, David	51	BFFR	37:42.07	M65	1 DeStefano, Michael	66	UNA	49.37		2 ADH (Smith, Lida, Stewart, Denso)		52.38		5 Galazin, John	62	UNA	1:40m	
M55	1 Wiggins, Michael	56	UNA	25:41.53	2 Pawlik, Emil	66	UNA	51.23		3 ADH (Hastings, Allie, Haywood, C)		46.40		6 Armstrong, Larry	63	UNA	1:40m		
	2 Frable, Norman	59	UNA	27:14.85	3 Rowan, Terry	65	UNA	54.24		4 HMTC (Kuroda, Schaedel, Karbens, Hanna)		56.35		7 Schaedel, Ronald	60	HMTC	1:40m		
	3 McGuire, Richard	57	UNA	27:33.98	4 Mills, Bruce	66	MWM	1:00.57		1 ADH (Stookey, Hewitt, Williams, )		56.39		8 Kozusko, Ray	63	UNA	1:35m		
	4 Novak, Robert	56	PP	28:24.45	300m Hurdles 27"				2 ADH (Selby, Leis, Melville, Boni)		1:05.07		9 Ewing, Johnston	61	UNA	1:30m			
M60	1 Sorrenti, Edoardo	62	UNA	29:40.97	M70	1 Clark, William	71	UNA	54.54		4x400 Relay				0 Wright, Jerry	62	UNA	1:30m	
	2 Null, Gary	60	UNA	30:14.48	2 Bonifield, Lowell	72	UNA	55.39		W30	1 ADH (Zakerski, Lucero, Fitzpatri)		4:42.94	M65	1 Pawlik, Emil	66	UNA	1:50m	
	3 Weeks, Robert	64	UNA	30:23.72	3 Fitzhugh, Raymond	70	SCS	1:10.39		2 BFFR (Mohr, St James, Menge, Mark)		5:24.82		2 Paddie, James	68	UNA	1:45m		
	4 Horton, Jim	64	UNA	34:08.22	M75	1 Stookey, James	75	PVTC	53.15		3 ADH (Leslie, Chin, Kawana, Chapl)		5:31.08		3 Kline, Barry	65	UNA	1:45m	
M65	1 Johnson, Paul	67	FAC	28:36.68	400m Hurdles 30"					4 BFFR (Lowe, Smith, Dunn, Glickman)		6:09.67		4 Bergen, Bert	67	HMTF	1:40m		
	2 Backlund, John	65	RWNW	30:47.25	W40	1 Ware, Caren	43	SOCA	1:13.67		1 SOCA (Sherburne, Hayden, Smith, J)		4:26.55		5 Reiche, Ralph	67	UNA	1:35m	
M70	1 Acosta, Carl	71	WCLA	33:31.41	2 Zakerski, Debbie	43	BFFR	1:16.11		2 BFFR (Selby, Naftel, von Maltzahn)		5:00.61		6 Heils, Bruce	66	MWM	1:25m		
	2 Solis, George	73	ESWC	41:23.67	3 Butler, Linda	42	UNA	1:18.59		3 ADH (Hart, Comiso-Fanelli, Aguil)		5:07.29		7 Mead, John	67	UNA	1:20m		
M75	1 Corona, Peter	76	MRW	33:31.79	4 Marks, Cynthia	40	BFFR	1:25.05		4 ADH (Makoske, Trotto, Smith-Hanna)		5:20.15		8 Sparr, Phil	70	UNA	1:45m		
10,000m Walk					5 Render, Lisa Marie	40	UNA	1:29.98	W40	1 SOCA (Sherburne, Hayden, Smith, J)		4:26.55		2 Spainhower, Doug	70	UNA	1:40m		
W40	1 Murphey Glenn, Kell	44	UNA	57:32.00	400m Hurdles 30"					2 BFFR (Ward, Rowland, Barnett, Nic)		6:10.00		3 Shipp, Phil	70	UNA	1:40m		
	2 Armstrong, Ginger	42	CTRW	1:07:30.00	M45	1 Petkus, Joanne	46	UNA	1:31.95		3 ADH (Leek, Chang, Peterson, Hara)		8:00.98		4 Ware, James	70	UNA	1:30m	
W45	1 Sokol, Leslie	47	SCTC	1:04:08.00	400m Hurdles 36"					4 SOCA (Grene, Janneck, Barraza-Lee)		4:51.82		5 Sullivan, Jerry	70	UNA	1:25m		
W50	1 Topham, Debbie	52	PAC	59:22.00	M35	1 Grant, Chris	36	SWS	54.67		1 ADH (Selby, Naftel, von Maltzahn)		5:00.61		7 Husic, Robert	74	HMTC	1:20m	
W55	1 Frable, Kathleen	59	UNA	1:09:07.00	2 Drummond, Don	36	SWS	54.75		2 ADH (Hart, Comiso-Fanelli, Aguil)		5:07.29		8 Leis, Donald	73	UNA	1:10m		
	2 McGuire, Doris	56	UNA	1:09:26.00	3 Smith, James	39	AFTC	1:00.80		3 ADH (Hahn, Angulo, Jones, Moun)		4:17.67		1 Stookey, James	75	PVTC	1:29m		
	3 Backlund, Darlene	59	RWNW	1:12:44.00	4 Watson, Johnny	38	SOCA	1:04.33		4 HMTC (Oyape, Chin, Sakuma, Ota)		4:05.13		2 Bambrook, Paul	76	UNA	1:15m		
W60	1 Steigerwalt, Jolene	61	UNA	1:07:04.00	M40	1 Monaghan, Drew	40	UNA	1:04.57		1 ADH (Collins, Haywood, Glaspy, A)		3:46.36		3 Donley, Jerry	75	ABTC	1:15m	
W65	1 Berman, Joan	68	AATC	1:18:48.00	2 McCloud, Dexter	44	ATC	1:06.48		2 ADH (Hahn, Angulo, Jones, Moun)		4:17.67		4 Brown, Pat	75	HMTC	1:10m		
W80	1 Gordon, Miriam	80	UNA	1:18:20.00	3 Sakuma, Steve	42	HMTC	1:16.63		3 BFFR (Washington, Glickman, White)		4:20.38		1 Wilson, Charles	81	UNA	1:15m		
M40	1 Blanchard, Michael	44	HART	55:07.00	M45	1 Brower, Jeff	46	UNA	1:01.27		4 ADH (Gardner, Harding, Brower, D)		3:58.97		2 Kennell, Tom	84	FAC	0:90m	
M45	1 Aunan, Tommy	46	UNA	55:29.00	2 Gatling, Darnell	45	UNA	1:03.57		2 HMTC (Oyape, Chin, Sakuma, Ota)		4:05.13		1 McPhie, Leland	91	UNA	1:05m		
M50	1 Thiedmann, Klaus	51	CWC	57:20.00	3 McMahan, Timothy	46	SAC	1:04.75		1 ADH (Collins, Haywood, Glaspy, A)		3:46.36		Pole Vault					
	2 "Pruckner, Jaroslav																		

4	Willard, Denise	43	AHTC	4.08m	M75	1	Stokey, James	75	PVTC	8.90m	3	Welding, Ruth	49	MWM	35.40m	M40	1	Shannon, Tim	42	UNA	45.78m	2	Lowe, Terri		
5	Mohr, Trudy	41	BFFR	3.56m		2	Bambook, Paul	76	UNA	7.85m	4	Hallen, Susan	48	MWM	24.98m		2	Garvey, John	43	UNA	21.58m	W40	1	Ware, Caren	
6	Woo, Mary	43	BFFR	3.40m	M80	1	Kennell, Tom	84	FAC	6.97m	5	Check, Vicki	46	UNA	19.82m		3	Hammock, Gary	41	UNA	17.46m		2	Zakerski, Debbie	
7	Kimber, Kim	42	BFFR	2.64m	M85	1	Hackett, Hugh	85	UNA	4.49m	6	Mellenthin, Cheryl	49	UNA	18.02m	M45	1	Schrader, Larry	48	UNA	41.52m	W45	1	Petkus, Joanne	
W45	1	Petkus, Joanne	46	UNA	3.67m	M90	1	Trahan, Clarence	90	UNA	6.10m	W50	1	Kirkpatrick, Yvonne	50	UNA	26.27m	2	Roth, Eric	46	UNA	37.45m	W50	1	Thompson, Irene
	2	Chan, Chris	47	BFFR	3.16m		2	McPhie, Leland	91	UNA	4.92m	2	Dow, Lynn	54	UNA	22.63m	3	Goudge, Ted	48	UNA	26.83m	W55	1	Glass, La Tanya	
	3	Brown, Theresa	45	BFFR	3.10m						3	Cohn, Linda	52	SOCA	21.72m	M50	1	Meyer, Thomas	53	THOR	48.60m	2	Trotto, Mary		
	4	Dunn, Odette	45	BFFR	1.75m						W55	1	Matthews, Brenda	56	SCS	21.15m	2	Reichard, T. Carl	52	UNA	45.68m	W65	1	Jordan, Barbara	
W50	1	Cohn, Linda	52	SOCA	4.23m						2	Clark, Skipper	57	UNA	19.49m	3	O'Neill, James	50	UNA	37.07m	W70	1	Meiler, Flo		
	2	Kirkpatrick, Yvonne	50	UNA	3.16m						3	*Trott, Rhona	56	CAN	17.12m	4	White, Parker	53	BFFR	16.77m	M35	1	Ellison, Steven		
	3	Janneck, Denise	51	SOCA	2.62m						4	Trotto, Mary	58	BTC	15.55m	M55	1	Conboy, Roger	55	DMTC	42.81m	2	Wilcox, Rod		
	4	Rowland, Sherri	52	BFFR	2.58m						5	Neshihal-Cordero, S	56	BTC	15.00m	2	Hull, Clayton	55	UNA	40.84m	3	Byrne, James			
W55	1	*von Maltzahn, Hill	56	TEND	4.08m						6	Cutler, Georgia	62	OTCM	21.17m	3	Schuster, Neal	57	UNA	21.92m	M40	1	Dibley, David		
	2	Matthews, Brenda	56	SCS	3.91m						2	Katz, Roslyn	63	NYM	19.86m	M60	1	Mathews, George	62	IWT	51.03m	2	Costello, Vincent		
	3	Vander Cruyssen, Do	59	UNA	3.64m						3	Jager, Kathy	62	UNA	18.24m	2	Economides, Paul	60	UNA	47.24m	3	Conway, Rick			
	4	Trotto, Mary	58	BTC	3.34m						4	Huff, Karen	62	MWM	18.22m	3	Higgins, Lloyd	63	UNA	42.76m	4	Monaghan, Drew			
	5	*McBlain, Liz	57	CAN	2.95m						5	Davis, Joan	64	HMTC	11.73m	4	Chapman, Mark	62	UNA	31.36m	4	Jones, Gathern			
W60	1	McCormick, Carolyn	58	UNA	2.88m						6	Sherrard, Cherrie	66	UNA	19.89m	5	Karbens, John(Jack)	63	HMTC	26.99m	M45	1	Russ, Jim		
	2	Jager, Kathy	62	UNA	3.60m						7	Berman, Joan	68	AATC	18.27m	6	Burke, Edward	65	UNA	53.91m	2	Winkel, Stephen			
W65	1	Jordan, Barbara	69	GMAA	3.65m						8	Schultz, Tomasa	68	SOCA	16.29m	7	Hotchkiss, Richard	66	UNA	42.40m	3	Carver, Mark			
W70	1	Lary, Audrey	71	PVTC	3.64m						4	Parish, Almata	68	UNA	13.31m	8	Chase, Jeff	65	UNA	36.98m	4	Makozy, Frank			
	2	Meiler, Flo	71	UNA	3.31m						W70	1	Meiler, Flo	71	UNA	20.47m	4	Fasteen, Jerry	69	HMTC	25.51m	5	Kruszonia, Kevin		
	3	Chou, Fei-Mei	70	WVTC	2.31m						2	Lary, Audrey	71	PVTC	19.40m	5	Molyneux, Robert	67	HMTC	19.79m	6	Bozzini, Mark			
W75	1	McDaniels, Leonore	77	UNA	2.51m						3	Cirulnick, Anna	70	NYM	15.69m	M70	1	Ward, Bob	72	DMTC	51.35m	7	Hodson, Greg		
W80	1	Valien, Johnnye	80	UNA	2.69m						W75	1	McDaniels, Leonore	77	UNA	11.78m	2	Tomlinson, Doug	73	UNA	34.64m	M50	1	Duncanson, Rob	
M30	1	Robinson, Oscar	30	UNA	6.65m						W80	1	McLeod-Smith, Flora	80	CAN	11.91m	3	Husic, Robert	74	HMTC	30.75m	2	Costello, Vincent		
	2	Pettes, Alf	30	SOCA	6.27m						W90	1	Jarvis, Betty	90	UNA	9.39m	4	Walsh, Gene	71	SOCA	23.32m	3	Jacquet-Acea, R		
M35	1	Benjamin, Henderson	36	UNA	5.97m						M45	1	Ciccione, Tony	49	UNA	38.55m	M75	1	*Mullins, Tom	75	AUS	33.80m	4	White, Parker	
	2	Wilcox, Rod	39	UNA	5.70m						2	Goudge, Ted	48	UNA	36.42m	2	Wojcik, Gerald	75	OTCM	28.57m	5	Watson, Richard			
	3	Ellison, Steven	37	UNA	5.45m						3	Russ, Jim	48	UNA	36.05m	3	Allison, Tom	75	UNA	27.05m					
	4	Thompson, Randy	36	TSDP	4.99m						4	DeWeese, David	46	AFTC	35.36m	M80	1	Mulkern, Richard	80	FAC	27.58m				
	5	Pollard, Tony	39	UNA	4.89m						5	Schrader, Larry	48	UNA	30.04m	2	Power-Waters, Brian	82	UNA	17.28m					
M40	1	Tureaud, Joey	41	UNA	6.31m						6	Bozzini, Mark	46	NTC	26.79m	M85	1	Hackett, Hugh	85	UNA	19.41m				
	2	Coushay, Brian	41	PMTC	6.07m						7	Kollars, Steven	46	BFFR	19.65m	M95	1	Lane, Trent	95	UNA	15.97m				
	3	Sims, Alan	41	HE	5.95m						M35	1	Bartelme, C. Wayne	35	MTC	43.45m									
	4	Shute, Dr. Marcus	42	ATC	5.21m						2	Curry, Mike	39	UNA	33.94m										
M45	1	Long, William	46	UNA	5.80m						3	Bickel, David	39	UNA	33.72m										
	2	Battle, Marcus	46	PVTC	5.58m						4	Ellison, Steven	37	UNA	30.73m										
	3	Schwieterman, Joe	46	UNA	5.31m						5	Hartle, Dr. Michael	38	UNA	29.57m										
	4	Copeland, Scott	46	BBS	5.16m						6	Riggs, Geoffrey	35	UNA	27.44m										
	5	Davidson, Jeff	47	SOCA	4.74m						M40	1	Shannon, Tim	42	UNA	45.98m									
	6	McFarlane, James	49	UNA	4.72m						2	Lutz, Jeff	43	UNA	43.11m										
M50	1	Wilson, Thaddeus	54	UNA	5.35m						3	Edwards, Timothy	41	UNA	42.56m										
	2	Costello, Vincent	52	HMTC	5.18m						4	Garvey, John	43	UNA	38.99m										
	3	Daily, Patrick	50	HMTC	4.52m						5	Johnson, Derrick	40	UNA	35.68m										
	4	Sturgeon, Randell	53	BFFR	3.51m						6	Koolsbergen, Jonas	40	UNA	29.36m										
	5	Kalb, David	51	BFFR	3.12m						7	Hammock, Gary	41	UNA	23.92m										
M55	1	Crockett, Roger	57	PVTC	4.86m						M50	1	Fruguglietti, Ralph	50	UNA	53.61m									
	2	Manor, James	57	UNA	4.80m						2	Umshler, Dennis	53	UNA	44.28m										
	3	Jacobson, Vance	57	BFFR	4.63m						3	Henry, Frank	51	FSTC	42.45m										
	4	Nakasone, Alan	56	HMTC	4.10m						4	Ferraro, Ed	53	UNA	40.24m										
M60	1	Jones, Edward	60	UNA	4.93m						5	Schleppi, Joseph	51	UNA	38.49m										
	2	Kozusko, Ray	63	UNA	4.74m						6	Belli, Richard	52	BFFR	36.30m										
	3	Baker, Robert	60	UNA	4.72m						7	Reichard, T. Carl	52	UNA	34.73m										
	4	Johnston, Joe	61	FAC	4.62m						8	Watson, Richard	52	UNA	32.19m										
	5	Milove, Michael	60	UNA	4.43m						9	Kemp, Steve	52	UNA	28.85m										
	6	Chaney, Victor	64	UNA	4.22m						0	Poasa, Foloi	53	OTCM	26.33m										
	7	Peters, Dan	64	UNA	4.04m						M55	1	Fahey, Thomas	57	UNA	54.16m									
	8	Wright, Jerry	62	UNA	3.32m						2	Shumaker, S Craig	56	LST	43.14m										
	9	Cawley, James	62	UNA	2.90m						3	Conboy, Roger	55	DMTC	33.42m										
M65	1	Pawlik, Emil	66	UNA	4.84m						4	Hull, Clayton	55	UNA	32.53m										
	2	Tinelli, Frank	65	UNA	4.35m						5	Economides, Paul	60	UNA	52.79m										
	3	Bartholomew, Charle	65	UNA	4.27m						2	Higgins, Lloyd	63	UNA	49.64m										
	4	Dorrer, Dave	66	UNA	4.06m						3	Hardaway, Don	62	HMTC	42.30m										
M70	1	Richards, Dick	71	UNA	4.97m						4	Burns, John	64	UNA	37.88m										
	2	Spainhower, Doug	70	UNA	4.63m						5	Chapman, Mark	62	UNA	36.84m										

W40	2	Lowe, Terri	35	BFFR	809
	1	Ware, Caren	43	SOCA	2739
	2	Zakerski, Debbie	43	BFFR	2327
	3	Marks, Cynthia	40	BFFR	1322
W45	1	Petkus, Joanne	46	UNA	1980
W50	1	Thompson, Irene	51	CNYI	3330
W55	1	Glass, La Tanya	58	SOCA	1909
	2	Trotto, Mary	58	BTC	1491
W65	1	Jordan, Barbara	69	GMAA	3344
W70	1	Meiler, Flo	71	UNA	3892
M35	1	Ellison, Steven	37	UNA	2565
	2	Wilcox, Rod	39	UNA	2334
	3	Byrne, James	39	UNA	2045
M40	1	Dibley, David	40	UNA	2489
	2	Cawley, Rick	43	UNA	2463
	3	Monaghan, Drew	40	UNA	2357
	4	Gathern, James	41	UNA	2341
M45	1	Russ, Jim	48	UNA	3301
	2	Winkel, Stephen	47	UNA	3201
	3	Carver, Mark	45	NS	2964
	4	Kaazy, Frank	45	WPTC	2390
	5	Mruzona, Kevin	47	HMTC	2012
	6	Bozzini, Mark	46	NTC	1813
	7	Hodson, Greg	48	UNA	1527
M50	1	Duncanson, Rob	50	UNA	3767
	2	Costello, Vincent	52	HMTC	3248
	3	Jacquet-Acea, Russe	52	UNA	3027
	4	White, Parker	53	BFFR	2009
	5	Watson, Richard	52	UNA	999

M55	1	Watson, Douglas	55	UNA	3345
	2	Waltermann, Stefan	55	CTF	2656
	3	Jacobson, Vance	57	BFFR	2457
	4	Rice, Robert	59	UNA	1990
	5	Schuster, Neal	57	UNA	1968
M60	1	Baker, Robert	60	UNA	3566
	2	Francis, Glenn	63	UNA	2823
	3	Cawley, James	62	UNA	2618
	4	Karbens, John(Jack)	63	HMTC	2601
	5	Martinez, Milan	64	UNA	2491
	6	Taylor, Robert	64	HMTC	1706
M65	1	Pawlik, Emil	66	UNA	4023
M70	1	Shipp, Phil	70	UNA	3854
	2	Hewitt, Robert	72	PMTC	2933
	3	Duncan, James	73	UNA	2743
	4	Jankovich, William	71	UNA	2134
	5	Leis, Donald	73	UNA	1810
M75	1	Daprano, William	78	ATC	2273
M80	1	Carter, Bill	82	UNA	2108

8	Houston Elite	HE	80
9	So. Calif. Striders T.C.	SCS	71.5
10	Atlanta Track Club	ATC	62
11	Genesee Valley Harriers	GVH	56
12	Dallas Masters Track & Field	CDMTC	54
13	Bohemia Track Club	BTC	52
14	Portland Masters Track Club	PMTC	48
15	Southwest Sprinters Track Club	SWS	46
	Cry Impalas	CNYI	46
17	Fibo Track Club	FIBO	45
18	Green Mountain Athletic Associ	GMAA	44
19	Arizona Flames Track Club	AFTC	40
20	West Valley Track Club, Inc.	WVTC	39
21	Speedwest Track Club	SWTC	37
	NY Master Sports Club	NYM	37
	Beach Track Club	BHTC	37
24	Santa Cruz Track Club	SCTC	36
25	Pike Creek Valley Running Club	PCVR	34
26	Ann Arbor Track Club	AATC	30
	Bowman Athletic Club	BAC	30
28	Liberty Athletic Club	LAC	28
29	Shore Athletic Club of New Jer	SAC	26
30	Northport Running Club	NRC	24
	Central Park Track Club	CPTC	24
32	Whirlaway Racing Team	WRT	23
	Over The Hill TC	OHTC	23
34	Indiana Invaders	IINV	22
35	Arizona Heat Track Club	AHTC	20
	Carolina Godiva Track Club	CGTC	20

38	Racewalkers Northwest	RWNW	20
	St. Louis Track Club	SLTC	18
	Chicago Walkers Club	CWC	18
	Synergy Track Club	SYTC	18
41	Nashville Striders, Inc.	NS	17
42	Mau Throwers Club	MTC	16
	Walkers Club Of Los Angeles	WCLA	16
	High Altitude Racewalk Team (HART)	HART	16
	Snohomish Track Club	STC	16
	Run N Fun	RNF	16
	Memmack Valley Striders	MVS	16
	Marin Race Walkers	MRW	16
	Pegasus Athletic Club	PAC	16
50	Above The Bar Track Club, Inc.	ABTC	14
	Club Northwest	CNW	14
	Long & Strong Throws	LST	14
	Glenarden Track Club	GTC	14
54	Easy Striders Walking Club	ESWC	12
	Ferrari Striders Track Club of	FSTC	12
	Western Pennsylvania Track Clu	WPTC	12
	Ct. Racewalkers	CTRW	12
	Quantum TC	QTC	12
59	Bigfoot Track Club	BFTC	11
	Iron Wood Throwers	IWT	11
61	Philadelphia Athletic Charitie	PHAC	10
	Houston Harriers	HH	10

\*Non-citizen. Does not displace U.S. Athlete

**Combined Team Scores**

Place/Team	Club/Points
1 Brooks - Fleet Feet Racing	BFFR 555
2 So Cal Track Club	SOCA 383
3 Hawaii Masters Track Club	HMTC 209
4 Potomac Valley Track Club	PVTC 204
5 Florida Athletic Club	FAC 105
6 Oregon Track Club Masters	OTCM 95
7 Midwest Master	MWM 81

**EAST**

**Ultra Weight Pentathlon, Philadelphia Masters Meet, Gilbertsville, PA; June 5**

Age	Name	16#	25#	35#	56#	98#	200#	300#	Total
49	Wallace, Dan			11.05m	7.10m	2.51m	1.10m	.63m	
	POINTS			656	664	435	367	437	2559
50	Wetenhall, Jim		10.28m		10.89m	2.55m	2.40m	1.53m	
	POINTS		1098		1114	1068	964	1271	5515
58	Sager, Bob		12.49m		6.46m	2.67m	1.23m	.69m	
	POINTS		749		735	586	531	610	3206
58	Allen, Ray		14.20m		7.23m	3.80m	2.01m	1.18m	
	POINTS		864		838	888	948	1138	4676
73	Cartensen, Pay	14.32m		7.11m	4.12m	2.86m	1.37m		
	POINTS	917		741	679	994	946		4277
73	Feick, Ray	14.34m		7.72m	5.22m	2.48m	1.12m		
	POINTS	919		816	895	844	749		4223
<b>Female</b>									
51	Wetenhall, K.	10.80m	7.53m	5.68m	3.00m	2.07m			
	POINTS	850	862	770	618	906			4006

**Philadelphia Masters T&F Association Meet, Plymouth Whitemarsh HS Plymouth Meeting, PA June 21**

<b>100m</b>	
M35 Fred Barnett	11.0
Joe Williams	12.3
M45 Lovell Butler	11.7
Tim McMahon	12.9
M50 Gary Arend	13.4
M60 Fred Ederstein	14.0
Bob Fuhrman	14.1
W45 Bonnie Hauch	16.8
W60 Barb Leighton	17.0
<b>200m</b>	
M30 Vernon Waters	23.0
M35 Rafael Suarez	24.9
M45 Michael Patterson	26.6
M50 Russ Patton	27.7
John Silan	29.7
M60 Bob Fuhrman	29.9
W35 Manee Coleman	28.4
Aimee Louise	30.2
W60 Barb Leighton	37.7
<b>400m</b>	
M30 Vernon Waters	51.3
Neill Clark	58.6
M35 John Mehl	1:01.6
Bill Miller	1:09.4
M45 Ryan Gober	1:09.0
M50 Russ Patton	59.5
M60 Bob Fuhrman	1:11.3
W30 Sheena Franklin	1:20.1
W35 Manee Coleman	1:08.9
W60 Barb Leighton	1:26.6
<b>800m</b>	
M30 Michael Selmer	2:39.1
M35 Robert Downs	2:42.4
M40 Scott Landis	2:05.3
Tom Stroman	2:12.5
Gregory Green	2:19.9
M45 Chuck Shields	2:09.0
Pat Good	2:18.5
M50 Russ Patton	2:55.2
M60 Carl Landis	2:40.5
Art Brown	2:50.9
W30 L Sonnier	2:50.3
Sheena Franklin	3:36.4
W45 Joan Affleck	2:54.9
<b>1 Mile</b>	
M30 Mike Padilla	4:31.5
Neill Clark	4:44.2
Chris Carroll	5:15.5
M40 Kevin Forde	4:59.9
Brian Carr	5:03.1
Tim Scanlin	5:49.2
M45 Chuck Shields	4:46.1
Bob Reynolds	5:13.0
Ryan Gober	5:54.1
M50 Joel Hoffsmith	5:03.7
Terry Permar	5:04.7
Joe Kern	5:21.0
M60 Carl Landis	5:56.8

**Art Brown 6:05.1 W35 Jennifer Flint 5:23.9 M30 Mike Padilla 9:08.2**

Chris Carroll	10:20.5
M40 Kevin Forde	9:49.1
George Munro	10:28.2
M50 Joel Hoffsmith	10:16.4
Russ Patton	10:55.9
W30 Allyson Lehman	11:55.4
W45 Joan Affleck	11:57.5
<b>High Jump</b>	
M30 Cardwell Wooten	5-8
W30 Allison Lehrman	3-10
W35 Virginia Whitfield	4-2
<b>Pole Vault</b>	
M30 Chris Watson	13-10
M45 George Munro	9-6
M50 Mitch Farbstein	8-6
<b>Long Jump</b>	
M45 Lovell Butler	5.08
W30 Laquieshae Sonnier	3.53
W35 Virginia Whitfield	3.76
Jenay Lawrence	2.74
<b>Shot Put</b>	
M35 Rafael Suarez	11.11
M50 Mitch Farbstein	10.36
Nick Helfrick	8.81
W35 Virginia Whitfield	8.10
W40 Heather Scanlon	8.71
<b>Discus</b>	
M35 Rafael Suarez	35.43
M50 Mitch Farbstein	34.72
Nick Helfrick	31.80
W35 Virginia Whitfield	21.98
W40 Heather Scanlon	22.02
<b>Javelin</b>	
W40 Heather Scanlon	20.78

**Summer Series #1, Mitchell Park, Long Island, NY July 7**

<b>100m</b>	
M35 Mario Bowers	12.80
M40 Jim Reilly	11.20
M45 Charles de la Parra	12.40
M55 David Molloy	14.00
M60 Richard Rosen	14.60
W35 Claire Nicholas	15.40
<b>400m</b>	
M35 Robert Todd	57.00
M40 Marc Nesbitt	55.10
M45 Darnell Gatling	52.50
M50 Rick Lapp	58.70
M65 Abe Bernstein	1:09.90
<b>1500m</b>	
M45 Joseph Picini	4:57.20
<b>Pole Vault</b>	
M30 Rob Fragione	3.50
<b>Long Jump</b>	
M45 Ralph Kleppan	4.24
M55 Marshall Hubsher	3.90
<b>Shot Put</b>	
M40 Brian Little	8.03

**M45 Fred Sandas 10.02 M50 George Sandas 8.18 M55 Rick Hansen 9.25 M60 Marty Eisner 11.94 M70 Rick Hanson 8.79**

**Summer Series #2, Mitchell Park, Long Island, NY July 14**

<b>200m</b>	
M40 Charles Weekes	24.10
M45 Charles de la Parra	26.20
M55 Rick Lapp	25.90
M60 Richard Rosen	30.30
W40 Mary Coleman	38.10
<b>800m</b>	
M40 Marc Nesbitt	2:05.80
M45 Joseph Picini	2:17.50
M50 George Hayward	2:16.10
M65 Abe Bernstein	2:50.30
W50 Kathy Martin	2:31.40
<b>3000m</b>	
M35 Carlos Castro	9:20.40
<b>400m Hurdles</b>	
M45 Darnell Gatling	56.80
M55 Rick Lapp	1:04.50
<b>2000m Steeplechase</b>	
M45 Robert Windorf	8:29.30
<b>4x100m Relay</b>	
M40 2nd Wind	54.80
<b>High Jump</b>	
M45 Ralph Kleppan	1.37
<b>Triple Jump</b>	
M45 Ralph Kleppan	9.35
<b>Discus</b>	
M70 Rick Janson	29.37
<b>Javelin</b>	
M55 John Harbulak	35.49
<b>1500m Racewalk</b>	
M35 Michael Roth	8:05.90
M65 Jim McGrath	9:04.70

**USATF East Regional Masters Championships Denver, PA; July 17**

<b>100m</b>	
M30 Durrell Johnson	12.45
M40 Michael Burke	12.90
M45 Tony Fulton, Sr	11.62
Lovell Butler	11.87
Tony Disalvo	12.13
Paul Allen	12.72
M50 Edward Gonera	12.43
Terry McKechnie	12.68
John Brooks	13.04
Gary Arend	13.63
Steve McDermott	14.18
M60 Melvin Fields	13.14
M65 William Bittner	13.94
Larry Colbert	13.95
M70 William Clark	15.14

M75 Robert Bruce	17.13
W30 Jill Cypress-Turner	12.73
W50 Irene Thompson	14.37
W35 Sonya Pollard	13.94
M45 George Munro	32.83
<b>200m</b>	
M45 Tony Disalvo	25.08
Paul Allen	26.33
Michael Primea	27.29
M50 Edward Gonera	25.35
John Brooks	26.14
Terry McKechnie	26.67
Mark Lacy	32.05
M60 Melvin Fields	26.45
M65 Larry Colbert	28.83
Nate Byrd	29.47
M70 Robert Bruce	34.28
W30 Jill Cypress-Turner	26.64
W35 Sonya Pollard	29.08
<b>400m</b>	
M40 Aaron Walders	53.06
Jim O'Donnell	53.60
Ray Parker	54.14
M45 Michael Primea	59.96
M60 Melvin Fields	1:00.82
M65 Larry Colbert	1:06.33
<b>800m</b>	
M45 Steve Nearman	2:08.75
Chuck Shields	2:09.52
Joe Guty, Jr	2:25.64
M50 Steve Shanry	2:13.33
Joe Burno	2:15.55
Tony Plaster	2:17.51
M55 Wayne Jacobs	2:37.30
Joe Burleson	2:54.34
M60 Carl Landis	2:39.94
Jonathan Tetherly	2:44.46
<b>1500m</b>	
M35 Tim Wilcox	4:29.19
M45 Steve Nearman	4:16.65
Chuck Shields	4:18.64
David Hughes	5:33.44
M50 Steve Chanry	4:25.19
Russ Patton	4:40.40
M55 Wayne Jacobs	5:12.26
Joe Burleson	6:06.30
M60 Carl Landis	5:41.14
W30 Kareem Lanier	4:15.54
W45 Wendi Glassman	6:17.19
<b>Short Hurdles</b>	
M30 Durrell Johnson	20.41
M45 Timothy McMahon	16.49
Phil Bujalski	16.71
M55 Ivan Black	19.36
M65 Robert Paulson	19.87
M70 William Clark	14.20
W50 Irene Thompson	14.82
<b>Long Hurdles</b>	
M45 Phil Bujalski	1:01.82
Timothy McMahon	1:11.96
M55 Ivan Black	1:17.95
M65 Robert Paulson	53.80
M70 William Clark	56.04
<b>(1 hurdle too many)</b>	
<b>High Jump</b>	
M30 Durrell Johnson	1.43
M40 Jerry Espinosa	1.63
M45 David Hughes	1.46
M55 Ivan Black	1.40
Gerald Dunne	1.25
M65 Ronald Snow	1.29</

M60 Jonathan Tetherly	2:14.37
M65 Tony DaPonte	3:06.75
M80 Bill Tribou	3:55.73
W30 Barbara Foster	3:22.26
W65 Barbara Jordan	3:49.40
<b>100m</b>	
M35 Kent Lemme	4:47.43
M45 Steve Nearman	4:51.46
M50 Jeff Weatherhead	5:33.54
M55 Ron Johnson	5:44.17
Joseph Burleson	6:34.02
M75 Dennis Branham	6:59.42
M80 Bill Tribou	8:35.41
<b>3000m</b>	
M35 Kent Lemme	9:25.30
Mike LeMay	10:21.67
M40 Mike Early	10:14.19
M45 Norm Larson	10:01.99
Michael Buchina	14:18.84
M50 Richard Clark	10:45.96
Pascal Cheng	11:15.19
Paul Grogan	12:09.54
M75 Ed Doucette	15:25.42
M85 Dan Greer	24:26.23
W45 Karen Lein	14:09.68
W70 Mary Harada	14:41.60
<b>Short Hurdles</b>	
M45 Brady Mayer	21.34
M50 John Brubaker	23.99
M70 James Duncan	16.45
W40 Pamela Gunneson	14.45
W70 Flo Meiler	18.31
<b>Long Hurdles</b>	
M50 John Brubaker	1:48.55
M60 Steve Pouty	51.62
M65 Gustave Davis	1:22.27
<b>High Jump</b>	
M40 David Murphy	1.72
M45 Brady Mayer	1.52
M50 Roy Currie	1.57
John Brubaker	1.21
M55 Richard Sobol	1.47
M65 Jerry Sullivan	1.01
M70 John Polevy	1.27
Kenneth Perkins	1.16
M75 Frank Brako	1.16
W40 Pamela Gunneson	1.32
W65 Barbara Jordan	1.01
W70 Flo Meiler	1.01
<b>Pole Vault</b>	
M30 Rob Frangione	3.20
M40 Marc Fish	3.81
M45 Russ Versteeg	3.05
Kurt Fischer	2.90
Stan Washuk	2.44
M55 Peter Fichter	3.05
William DeHorn	2.90
M70 Deke Conklin	2.75
<b>Long Jump</b>	
M45 Rick Choppa	5.50
Brady Mayer	5.01
Michael Travers	4.98
M50 Rick Censullo	4.54
Stan Washuk	4.29
M55 John Oleski	4.82
M65 Joel Jacobson	2.28
M70 John Polevy	4.04
James Duncan	3.80
Kenneth Perkins	3.73
M75 Frank Brako	3.18
W35 Laura Barre	5.18
W65 Barbara Joarday	3.69
Flo Meiler	3.20
<b>Triple Jump</b>	
M40 Marc Fish	9.46
M45 Brady Mayer	10.27
M50 Jim Clark	10.90
Fred Clark	10.04
Stan Washuk	9.30
M55 John Oleski	9.13
M70 John Polevy	7.69
Donald Hudson	6.02
M75 Frank Brako	6.37
W35 Laura Barre	9.60
<b>Shot Put</b>	
M35 Robert Palazzo	9.68
M40 Al Russo	11.32
M45 Michael Rubin	11.07
Dave Farnsworth	10.40
M50 George Castelli	13.13
Carl Richard	11.02
M55 Geoffrey Brown	9.44
Kent Worden	9.40
Ned Rich	9.37
M60 Bill Hiney	12.87
Walter Roucken	11.12
Gary Crawford	10.85
M65 Robert Tosoni	10.16
George Cormey	10.06
Noel Certain	9.96
M70 A Xanthopoulos	12.09
William Barker	10.71
M75 William Clew	11.02
William Garrahan	9.94
Saul Reichbach	5.03
W30 Barbara Foster	12.56
W45 Oneitha Lewis	9.21
W50 Barbara McCuen	6.69
W60 Joyce Bahar	8.19
W65 Mary Roman	8.34
W70 Flo Meiler	6.93
Fran Moravcsik	6.83

Barbara Jordan	6.48
W70 Harriet Patch	5.75
W80 Doris Berlepsch	4.29
<b>Discus</b>	
M35 Robert Palazzo	30.56
M40 Al Russo	28.51
Jerry Espinosa	24.26
M45 Dave Farnsworth	35.73
Dan Wallace	34.83
Michael Rubin	30.66
M50 Ken Effler	34.31
George Castelli	33.39
Carl Reichard	32.25
M55 Geoffrey Brown	34.56
Kent Worden	30.65
William Dellorn	26.62
M60 Bill Hiney	51.52
Larry Pratt	51.09
Roger Busch	43.98
M65 George Cormey	25.41
Jerry Sullivan	20.99
M70 Nick Loras	37.49
A Xanthopoulos	33.17
William Barker	28.33
M75 William Garrahan	30.88
William Clew	27.43
W45 Oneitha Lewis	39.16
W50 Barbara McCuen	17.76
W60 Joyce Bahar	20.50
W65 Joan Youngs	18.92
Mary Roman	15.77
W70 Fran Moravcsik	17.37
Flo Meiler	17.07
Harriet Patch	11.30
W80 Doris Berlepsch	10.77
<b>Hammer</b>	
M35 Robert Palazzo	39.62
M45 Dan Wallace	36.04
Michael Rubin	21.37
M50 Carl Reichard	45.35
M55 Art Ellis	41.50
Pat Lynn	38.43
Ken Worden	31.48
M60 Vladimir Strelinski	35.26
Jim Chamberas	30.18
Cary Crawford	28.87
M65 Groege Cormey	25.90
M70 Donald Hudson	33.16
Nick Leras	32.28
William Barker	30.36
M75 William Garrahan	30.49
William Clew	26.61
M80 James Crawford	30.37
W30 Barbara Foster	29.74
W35 Cindy Lathan	29.39
W45 Oneitha Lewis	54.76
W50 Barbara McCune	22.76
W60 Joyce Bahar	19.00
W65 Mary Roman	22.74
<b>Javelin</b>	
M35 Robert Palazzo	30.30
M40 Jerry Espinosa	40.86
M45 Dave Farnsworth	43.92
M50 Ken Effler	46.34
Jim Queeney	37.59
Carl Reichard	32.50
Buzz Gagne	51.84
Will Russell	37.99
William DeHorn	32.15
M60 Jim Chamberas	31.79
M65 George Cormey	28.38
Robert Tosoni	28.35
Joel Jacobson	20.05
M70 Robert Youngs	40.59
James Duncan	37.03
A Xanthopoulos	33.98
M75 William Garrahan	29.92
Frank Brako	13.93
W45 Laura Charewicz	30.07
W50 Barbara McCune	16.54
W60 Joyce Bahar	17.70
W65 Joan Youngs	18.37
W70 Fran Moravcsik	14.02
Harriet Patch	10.66
W80 Doris Berlepsch	10.95
<b>5000m RW</b>	
M50 Joseph Steele	42:05.75
M65 Gustave Davis	36:11.72
Spencer Parrish	37:46.16
W40 Jean Tenan	31:20.78
G Armstrong	33:08.39
W55 Patricia Godfrey	34:10.74
W60 Dotty Fine	34:17.87

**SOUTHEAST**

**Throws Meet, Winston-Salem, NC; July 23**

<b>Hammer</b>	
Peter Farmer (53)	50.19m
John von Rohr (57)	41.12m
Mike Valle (64)	40.07m
Tim Twomey (70)	39.38m
Pay Carstensen (73)	37.42m
Bill Gramley (69)	32.63m
David Speaks (41)	23.14m
<b>Shot Put</b>	
Tom Steed (64)	14.29m
Gerald Vaughn (69)	14.12m
John von Rohr (57)	12.33m
Mike Valle (64)	11.64m

Bill Gramley (69)	10.49m
Pay Carstensen (74)	10.25m
Gordon Herbert (59)	9.44m
Terry Martin (58)	9.11m
Tony Speaks (41)	8.81m
Rebecca Vaughn (60)	6.51m
<b>Discus</b>	
Bill Gramley (69)	40.14m
Mike Valle (64)	37.01m
Tom Steed (64)	38.65m
Dave Speaks (41)	31.20m
Terry Martin (58)	30.94m
Gordon Herbert (59)	29.20m
Pay Carstensen (73)	25.23m
Tony Smith (32)	24.52m
<b>Weight</b>	
Peter Farmer (53)	17.42m
John von Rohr (57)	15.48m
Mike Valle (64)	15.33m
Tim Twomey (70)	14.85m
Pay Carstensen (73)	14.63m
Tom Steed (64)	13.88m
Bill Gramley (69)	13.34m
Dave Speaks (41)	9.61m
<b>Javelin</b>	
Dave Speaks (41)	40.63m
Mike Valle (64)	29.97m
Gordon Herbert (59)	29.96m
Pay Carstensen (73)	22.86m
<b>Superweight</b>	
Pay Carstensen (73)	8.71m
Tim Twomey (70)	8.22m

**MIDWEST**

**USATF Midwest Regional Masters Championships Grand Valley St. U., MI July 16**

<b>100m</b>	
M35 David Bowers	11.80
M40 Steve Gallero	13.63
M45 Steve Heiskell	12.27
Tom Bunner	12.62
Rodney Wilson	12.94
John Schneider	13.09
Robert Koehler	13.17
M50 Tom Smith	14.10
Bob Shaffer	16.97
M55 Rick Parker	13.05
M60 Tim Butts	13.55
M65 Harry Tolliver	13.58
Al Nmatheis	15.63
M70 Arden Seipke	15.95
M75 Howard Byers	15.90
Dean Shawn	15.92
Charles Sochor	18.09
M80 Jack Hipple	20.26
W35 Kelley Rich	15.29
W55 Rhona Trott	16.18
<b>200m (storm postponed)</b>	
<b>400m</b>	
M30 Brent Roland	55.50
M35 Robert Thomas	49.19
Don Jackson	55.38
Roger Malone	59.75
M45 M Woodbeck	1:07.04
M50 Charles Wasson	57.56
Walter Hawkins	1:01.07
M60 Frank Bonham	1:16.39
W50 Deborah Feltz	1:15.96
W55 Sharada Sarniak	1:30.08
W60 Ruth Thelen	1:21.61
<b>800m</b>	
M35 Don Jackson	2:23.0h
M45 Mark Furkis	2:25.1h
Vincent Walls	2:56.6h
Brian Gallagher	2:33.9h
M50 Wally Barnowski	2:17.9h
Walter Hawkins	2:41.4h
John Treleaven	2:51.3h
M65 Rod Smith	2:55.0h
<b>1500m</b>	
M35 Steven Cassar	4:17.48
David Buysse	4:18.23
William Walters	4:57.30
M45 M Woodbeck	4:40.48
Mark Furkis	4:41.89
Brian Gallagher	5:05.96
M50 Wally Barnowski	5:05.84
M60 John Shaw	6:41.64
<b>5000m</b>	
M40 Gary Brimmer	17:55.6
M45 Mark Furkis	18:31.5
M50 John Treleaven	20:30.2
Bob Shaffer	21:50.8
M55 Bruce Watson	19:29.5
M60 John Shaw	22:10.3
W60 Sharon Dolan	22:34.8
<b>Short Hurdles</b>	
M40 David Ashford	14.87
M45 Joe Schwellterman	17.27
M50 James Broun	15.35
Ralph Cilevitz	18.43
Dave Hall	18.61
M65 George LaBelle	19.80
Bruce Mills	21.95
M75 Charles Sochor	18.22
M80 Frederic Hirsimaki	18.53
W55 Rhona Trott	18.86
<b>Long Hurdles</b>	
M65 George LaBelle	58.76

Bruce Mills	1:03.82
M75 Charles Sochor	1:24.14
W55 Rhona Trott	59.38
<b>High Jump</b>	
M40 Guy Stockard	1.70
M50 Ralph Cilevitz	1.30
M65 George LaBell	1.20
M80 Frederic Hirsimaki	1.20
W35 Anitha Saravanan	1.45
W40 Lita Colpoys	1.45
W50 Rhona Trott	1.15
<b>Pole Vault</b>	
M45 Tom Bunner	3.60
M50 Ralph Cilevitz	2.33
M55 Matt Kilpelainen	3.16
M60 Howard Booth	2.70
M80 Frederic Hirsimaki	1.85
<b>Long Jump</b>	
M50 Ralph Cilevitz	4.56
M60 Howard Booth	4.23
M65 Al Matheis	3.67
George LaBell	3.66
M75 Charles Sochor	3.41
M80 Frederic Hirsimaki	3.30
Jack Hipple	1.80
W30 Yoko Okuyama	4.01
W35 Anitha Saravanan	4.25
W55 Sharada Sarniak	3.49
<b>Triple Jump</b>	
M65 George LaBell	7.14
W35 Anitha Saravanan	9.11
<b>Shot Put</b>	
M35 Toby Pallett	14.05
M40 Walter Shields	14.49
M45 Robert O'Higgins	12.82
Craig Rinker	12.40
Larry Munski	11.12
Don Bailey	10.96
Kurt Koehler	9.71
M50 Ron Summers	15.41
Jim Wetenhall	14.51
M55 Toby Bedford	11.90
M60 Mike Creager	13.18
Mikey Bitsko	12.48
M65 Stephen Cohen	11.22
Al Matheis	8.95
M75 Wes Goodwin	8.99
M80 Frederic Hirsimaki	8.12
Jacob Stein	5.30
W30 Tinette Chambers	9.43
Yoko Okuyama	6.95
W40 Rick Welding	9.59
Sue Hallen	7.92
Monica Thornton	7.24
<b>Discus (storm postponed)</b>	
<b>Hammer</b>	
M40 Greg Theologes	35.18
M45 Robert O'Higgins	46.95
Frank Broadus	39.70
Larry Munski	34.03
M50 Jim Wetenhall	51.75
Jim O'Neill	40.81
Ron Summers	38.65
Frank St. Martin	27.75
M60 Mikey Bitsko	48.53
M65 George LaBelle	20.40
M80 Jacob Stein	18.08
<b>Javelin</b>	
<b>(Earlier age-groups postponed)</b>	
M65 George LaBelle	31.07
M80 Jack Hipple	19.92
W30 Tinette Chambers	25.67
W45 Ruth Welding	23.08
Sue Hallen	19.41
Monica Thornton	13.79
W65 Joan Berman	14.80
<b>Weight Throw (storm postponed)</b>	
<b>Superweight (storm postponed)</b>	
<b>5000 RW</b>	
M55 Richard McGuire	26:35.5
W55 Doris McGuire	34:33.3

**MID-AMERICA**

**Mid-America Regional Senior Games, Sioux Falls, SD; June 18-19**

<b>100m</b>	
M50 Phillip Gorby	15.00
M60 Richard Burgard	14.57
M65 Chuck Von Eschen	18.72
M75 Donald Phillips	15.68
M80 Gerald Armitage	17.30
<b>200m</b>	
M50 Phillip Gorby	33.53
M60 Richard Burgard	30.43
M75 Donald Phillips	34.82
M80 Gerald Armitage	36.75
<b>400m</b>	
M60 Richard Burgard	1:18.66
M80 Gerald Armitage	1:29.85
<b>800m</b>	
M75 Donald Phillips	3:34.20
M80 Gerald Armitage	3:38.69
<b>High Jump</b>	
M50 Dan Mehlbrech	4'6"
M60 Richard Burgard	4'0"
M70 Eugene DeHoogh	3'10"
M75 Glen Nelson	3'4"

W65 Harriet Kaufman	3'2"
<b>Long Jump</b>	
M50 Dan Mehlbrech	13'7"
M60 Richard Burgard	11' "
M70 Eugene DeHoogh	8'7"
M75 Glen Nelson	7'6"
W65 Harriet Kaufman	8'2.5"
<b>Shot Put</b>	
M55 Jerome Even	31'6"
M60 Jack Strong	34'3"
M70 Lovell Wheeler	33'0"
M75 Glen Nelson	23'6"
M80 Ken Kessinger	27'8"
W65 Harriet Kaufman	19'9"
<b>Discus</b>	
M40 Todd Pharis	130'4"
M50 Dan Mehlbrech	112'2"
M55 Jerome Even	82'3"
M60 Jack Strong	98'11"
M70 Al Weisbecker	87'7"
M75 Glen Nelson	60'6"
M80 Ken Kessinger	79'11"
W65 Harriet Kaufman	45'3"
<b>Javelin</b>	
M50 Dan Mehlbrech	114'0"
M55 Jerome Even	70'7.5"
M60 Jack Strong	81'10"
M70 Lovell Wheeler	92'4"
M80 Ken Kessinger	76'6"
W65 Harriet Kaufman	42'6"

**SOUTHWEST**

**USATF Southwest Association Masters Championships Mesquite, TX; June 18**

<b>100m</b>	
M35 Reggie Pendland	11.40
Wade Menzies	12.17
Ward Menzies	12.67
M40 Trent Hagler	11.70
Randy Wight	13.21
M45 Paul Nelson	13.93
Michael Ancy	14.33
M50 Rick Riddle	12.67
John Dolan	13.34
Mike Shufelt	13.37
M60 Don Denson	13.28
M65 Wayne Bennett	13.

M75 Val Smith	9.34
W70 Phyllis Provost	6.34
3000m RW	
M55 Norman Frable	16:24.54
M70 P Donaldson	20:55.24
W55 Kathy Frable	19:36.12

**USATF Southwest Regional Masters Championships, Tulsa, OK; July 9**

100m	
M35 Harold Lacey	11.52
Wade Menzies	12.62
Ward Menzies	12.85
M40 Christian Boda	11.74
Andrew Seach	12.66
Chris Powell	13.24
M45 Ron Boleware	12.56
William Brown	12.57
Roger Davis	12.66
Bryan Shilcutt	12.90
Joseph Peebles	14.43
M50 Ernest Snodgrass	13.06
Larry Burney	13.36
Robert Hahn	13.84
Mike Watson	17.27
M55 Mike Steinmetz	13.23
M60 Ron Colliver	14.39
James Snook	15.06
M65 Bob Lida	13.13
Wayne Bennett	13.92
Don Isett	15.64
M85 Roderick Parker	16.82
W35 Elaine Boda	14.32
W45 Deborah McCarty	13.00
Julia Barber	16.02
W50 Paula Steinmetz	17.89
200m	
M35 Harold Lacey	23.04
Wade Menzies	25.23
Ward Menzies	25.86
M40 Trent Hagler	23.27
David Jones	23.60
Christian Boda	23.88
Andrew Seach	25.11
Sean Abannanto	25.88
M45 Lindy Raney	24.79
Jeff Lindsay	25.02
Roger Davis	25.46
William Brown	25.60
Ron Boleware	27.77
M50 Ernest Snodgrass	28.51
Mike Watson	35.90
M60 Ron Colliver	28.95
James Snook	30.77
M65 Bob Lida	26.61
Wayne Bennett	28.16
Don Isett	30.65
M95 Roderick Parker	35.38
W35 Elaine Boda	31.01
W45 Deborah McCarty	26.77
Julia Barber	33.08
400m	
M40 Andrew Seach	56.55
M45 Jeff Lindsay	55.31
Lindy Raney	56.05
Bryan Shilcutt	57.28
R. McDermott	1:02.40
M50 Rick Easley	58.30
E. Snodgrass	1:10.59
800m	
M30 Gary Hamer	2:01.80
Yancy Culp	2:05.22
M45 Jeff Lindsay	2:08.53
Brooks Wright	2:23.29
Randy McDermott	2:30.56
Marvin Gaines	2:38.88
M50 Ken Cassel	2:27.60
1500m	
M45 Marvin Gaines	5:10.29
W40 Terri Cassel	5:01.67
Short Hurdles	
M35 Don Drummond	14.49
M45 Ken Caviness	19.60
M50 Kelly Meares	18.24
Douglas Boehr	20.21
M70 Charlie Richard	15.42
Glen Stone	15.67
4x100m Relay	
M35 SW Sprinters TC-A	43.66
Texas TC-A	49.36
4x400m Relay	
M45 Team Oklahoma-A	3:52.55
High Jump	
M40 Steve Selvidge	4-11
M45 Randy McDermott	4-9
Ken Caviness	4-7
M50 Garry Pirch	5-5
Kelly Meares	4-11
M55 Michael Walker	4-5
M60 Ron Colliver	4-7
Henry Clapper	4-3
M65 Don Isett	4-5
Del Stringer	3-5
M70 Ross Vrooman	3-11
M75 Dick Donley	3-7
Val Smith	3-5
W65 Linda Stringer	3-6
Pole Vault	
M45 James Fountain	12-0
Ken Caviness	10-6

M50 Kelly Meares	11-0
Jim Dolezel	10-0
M60 Ron Colliver	10-0
M65 Don Isett	9-6
Pel Stringer	4-6
Long Jump	
M40 Steve Selvidge	17-2.25
Keith Yoakum	15-1
M45 Randy McDermott	18-3.25
Ken Caviness	15-5
Joseph Peebles	13-8.25
M50 Kelly Meares	14-1.25
Garry Pirch	14-0.25
M55 Jim Dolezel	16-0
M60 Ron Colliver	15-6.25
M65 Don Isett	12-8.25
Pel Stringer	6-2.25
M70 Charlie Richard	13-10.50
M75 Val Smith	5-11.25
Shot Put	
M30 Robert Duncan	6.26
M35 Joseph Coats	11.81
M40 Jose Torres	11.91
Walter Hamilton	11.87
Keith Yoakum	9.49
M45 Kenneth Jansson	14.61
Jon Clemons	12.17
Ken Ellis	11.31
Ken Caviness	9.10
M50 Kelly Meares	8.74
M60 Sheppard Miers	12.91
Julius Cassels	11.02
Henry Clapper	9.96
M65 Dick Pilgrim	12.71
Pel Stringer	7.81
M75 Floyd Jack	9.71
Val Smith	8.42
W45 Joann McBride	5.95
Discus	
M30 Robert Duncan	16.58
M35 Joseph Coats	31.69
M40 Walter Hamilton	35.67
Jose Torres	28.26
Keith Yoakum	27.17
M45 Kenneth Jansson	38.44
Ken Ellis	36.75
Ken Caviness	26.28
M50 Kelly Meares	32.18
M60 Sheppard Miers	44.19
Julius Cassels	30.51
Henry Clapper	26.54
M65 Dick Pilgrim	30.69
Pel Stringer	24.30
M70 Bob Santine	23.17
M75 Floyd Jack	31.78
W45 Joann McBride	17.76
Hammer	
M30 Robert Duncan	10.52
M35 Joseph Coats	23.15
M40 Walter Hamilton	39.77
M45 Kenneth Jansson	53.68
Ken Ellis	27.13
M60 Julius Cassels	26.53
M65 Pel Stringer	18.80
M75 Floyd Jack	25.18
Val Smith	22.56
W65 Linda Stringer	15.54
Javelin	
M30 Robert Duncan	15.74
M40 Walter Hamilton	33.21
Keith Yoakum	27.53
M45 Ken Ellis	45.11
Herman Syurrell	39.69
M60 Ron Colliver	37.02
Julius Cassels	25.80
M65 Pel Stringer	14.90
M70 Charlie Richard	33.68
Bob Santine	25.33
M75 Floyd Jack	21.21
W45 Joann McBride	11.83
Weight Throw	
M30 Robert Duncan	4.11
M40 Walter Hamilton	12.26
M45 Ken Ellis	10.55
M60 Julius Cassels	12.18
M65 Pel Stringer	7.00
1500m RW	
M45 Albert Leibold	7:41.37
M75 Dick Donley	11:52.43
M80 Richard Bledsoe	11:51.38
3000m RW	
M45 Albert Leibold	15:27.97
M75 Dick Donley	23:58.13
M80 Richard Bledsoe	23:57.00
Cat Spring Grunt VII Cat Spring, TX; July 9	
Shot Put	
W45 Carol Finsrud	11.74
Ruth Welding	9.97
Sue Hallen	8.42
Cheryl Mellenthin	6.32
M40 Dave Rothenbury	11.97
John Finsrud	9.98
M45 Bruce Navarre	12.76
Arny Ferrando	10.26
M50 Dan Roloff	13.04
Jeff Baty	12.97
John Stilbert	10.37
Michael Amarai	9.26
M55 Roger Conboy	12.67

Vince Breau	11.18
M60 Mark Chapman	12.79
Harold Landry	11.52
Tom Gage	10.09
M65 Harold Crater	9.15
Ward Landry	7.27
M70 Pay Carstensen	9.81
Jim Carney	9.54
M75 Jim Gerhardt	12.01
Jack Haller	8.46
Discus	
W45 Carol Finsrud	48.37
Ruth Welding	34.42
Sue Hallen	24.10
Cheryl Mellenthin	19.87
M40 Dave Rothenbury	41.41
John Finsrud	36.39
M45 Bruce Navarre	47.83
Arny Ferrando	30.66
M50 Jeff Baty	44.12
John Stilbert	38.96
Michael Amarai	34.63
Dan Roloff	34.31
M55 Vince Breau	36.14
Roger Conboy	34.25
M60 Mark Chapman	39.38
Harold Landry	32.22
Tom Gage	31.31
M65 Harold Crater	26.93
Ward Landry	21.49
M70 Jim Carney	29.06
Pay Carstensen	26.21
M75 Jim Gerhardt	37.65
Hammer	
W45 Carol Finsrud	42.03
Ruth Welding	32.49
Sue Hallen	28.02
Cheryl Mellenthin	20.87
M40 Dave Rothenbury	45.91
John Finsrud	19.41
M45 Bruce Navarre	41.53
Arny Ferrando	33.13
M50 Jeff Baty	40.43
Dan Roloff	32.13
John Stilbert	30.11
M55 Roger Conboy	40.82
Tim Edwards	39.17
Vince Breau	36.00
M60 Tom Gage	41.41
Mark Chapman	33.22
Harold Landry	26.88
M65 Harold Crater	21.75
Ward Landry	19.83
M70 Pay Carstensen	37.95
M75 Jim Gerhardt	23.34
Jack Haller	19.42
Javelin	
W45 Carol Finsrud	30.18
Ruth Welding	21.56
Sue Hallen	19.23
Cheryl Mellenthin	13.61
M40 Rick Meyer	43.13
Dave Rothenbury	34.62
John Finsrud	23.19
M45 Arny Ferrando	45.80
Bruce Navarre	33.03
M50 Jeff Baty	41.26
Dan Roloff	37.29
John Stilbert	26.32
M55 Roger Conboy	23.58
Vince Breau	43.63
Roger Conboy	41.62
M60 Mark Chapman	35.76
Tom Gage	32.43
Harold Landry	27.77
M65 Ward Landry	19.19
Harold Crater	18.22
M70 Pay Carstensen	21.10
M75 Jim Gerhardt	33.10
Jack Haller	19.02
Weight	
W45 Carol Finsrud	13.52
Rut Welding	11.42
Sue Hallen	8.66
Cheryl Mellenthin	7.34
M40 Dave Rothenbury	14.08
John Finsrud	7.99
M45 Bruce Navarre	13.34
Arny Ferrando	10.02
M50 Jeff Baty	15.99
John Stilbert	12.25
Dan Roloff	12.15
M55 Tim Edwards	16.53
Roger Conboy	14.14
Vince Breau	14.00
M60 Tom Gage	17.18
Mark Chapman	13.06
Harold Landry	10.10
M65 Harold Crater	7.59
Ward Landry	7.51
M70 Pay Carstensen	13.76
M75 Jim Gerhardt	12.41
Jack Haller	6.99
Superweight	
W45 Carol Finsrud	8.10
Ruth Welding	6.65
Sue Hallen	5.02
M40 Dave Rothenbury	9.79
John Finsrud	5.71
M45 Bruce Navarre	10.26
M50 Jeff Baty	8.15
Dan Roloff	6.52

M55 Tim Edwards	7.87
Roger Conboy	7.73
Vince Breau	5.53
M60 Tom Gage	8.44
Mark Chapman	5.03
M65 Ward Landry	4.77
M70 Pay Carstensen	8.45
M75 Jim Gerhardt	6.34
Jack Haller	4.05
56# Weight	
W45 Carol Finsrud	4.91
Sue Hallen	3.17
Ruth Welding	2.94
98# Weight	
W45 Carol Finsrud	2.82
Sue Hallen	2.01
Ruth Welding	1.81
M40 Dave Rothenbury	4.87
John Finsrud	2.96
M45 Bruce Navarre	4.40
M50 Jeff Baty	3.80
Dan Roloff	2.92
M55 Roger Conboy	4.06
Vince Breau	3.96
M60 Tom Gage	3.95
Mark Chapman	2.35
M65 Ward Landry	1.61
M70 Pay Carstensen	3.00
M75 Jim Gerhardt	2.17
Jack Haller	1.12
200# Weight	
W45 Carol Finsrud	1.50
Sue Hallen	0.90
Ruth Welding	0.85
M40 John Finsrud	1.48
M45 Bruce Navarre	2.33
M55 Roger Conboy	1.78
Vince Breau	1.68
Tim Edwards	1.60
M60 Tom Gage	2.05
Mark Chapman	1.01
M65 Ward Landry	0.34
M70 Pay Carstensen	1.56
M75 Jack Haller	0.28
300# Weight	
W45 Carol Finsrud	0.93
Ruth Welding	0.39
Sue Hallen	0.26
M40 John Finsrud	0.94
M45 Bruce Navarre	1.42
M55 Vince Breau	1.06
Tim Edwards	0.90
M60 Tom Gage	1.13
Mark Chapman	0.46
M70 Pay Carstensen	0.87
Weight Pentathlon	
*W45 Carol Finsrud	4943
Ruth Welding	3720
Sue Hallen	2875
Cheryl Mellenthin	2107
M40 Dave Rothenbury	3173
John Finsrud	1928
M45 Bruce Navarre	3501
Arny Ferrando	2812
M50 Jeff Baty	3685
Dan Roloff	3012
John Stilbert	2682
M55 Roger Conboy	3789
Vince Breau	3626
M60 Mark Chapman	3599
Tom Gage	3593
Harold Landry	2824
M65 Harold Crater	2383
Ward Landry	2049
M70 Pay Carstensen	3412
M75 Jim Gerhardt	4416
Jack Haller	2539
*opposite hand	
Texas Masters Championships, Coppell HS Arlington; July 23	
100m	
M30 Sean Williams	12.46
Kevin Jolly	12.83
M35 Reggie Pendland	11.13
John Simpson	11.53
Alfonso Watts	11.86
M40 Trent Hagler	11.41
Andrew Seach	12.45
Alan Sims	12.46
M45 William Brown	12.32
Lindy Haney	12.55
Rick Hall	12.82
M50 Mark Hastings	12.32
Ron Boleware	12.55
Alex Clark	12.62
M55 Mike Loyd	13.50
M60 Bonneloi	14.64
M65 Don Denson	13.21
Wayne Bennett	13.71
Don Isett	15.31
M75 Chester Studdard	17.68
M80 Bob Wingo	18.82
W30 Monica Yones	14.35
W40 Lisa Oliver	17.92
W50 Jacqueline Board	13.84
Brenda Cook	14.21
Dinah Anderson	16.68
W55 D Vander Cruyssen	15.46

W70 Phyllis Provost	23.30
200m	
M30 Sean Williams	25.70
M35 Alfonso Watts	24.86
M40 Trent Hagler	23.49
Andrew Seach	25.16
Sean Abbananto	26.13
M45 Jeff Lindsay	24.74
William Brown	25.51
Howard Knaub	27.48
M50 Ron Boleware	25.51
Mark Hastings	25.85
Will McHone	27.75
M55 Mike Loyd	28.45
M60 Bonneloi	30.50
Martinec Milan	32.94
M65 Don Denson	28.17
Wayne Bennett	28.73
Don Isett	30.53
M75 Chester Studdard	38.44
M80 Bob Wingo	40.41
W30 Monica Yones	30.41
W35 Donna Laurence	26.97
W45 Rose Seach	38.31
W50 Jacqueline Board	29.14
Brenda Cook	29.94
W55 D Vander Cruyssen	32.84
W70 Phyllis Provost	57.41
400m	
M30 Joey Vanlaningham	54.05
Kevin Jolly	1:07.20
M40 David Jones	52.05
Andrew Seach	55.92
Gary Eckert	58.59
M45 Jeff Lindsay	54.16
Scott Anderson	58.93
Bryan Shilcutt	59.53
M50 Rick Easley	57.42
Mark Hastings	58.28
M55 Mike Loyd	1:05.62
M65 Cleveland Payne	1:12.70
W50 Jacqueline Board	1:07.98
Laura Kearns	1:21.13
W70 Phyllis Provost	1:21.13
800m	
M45 Jeff Lindsay	2:05.07
Bill Payne	2:49.55
M50 Steve Gibson	3:39.46
M60 Martinec Milan	3:06.53
M65 Cleveland Payne	2:53.40
Ralf Wolf	3:14.02
W70 Phyllis Provost	4:34.92
1500m	
M45 Tom Sherwood	4:21.30
Blade Norman	5:13.72
M50 Anthony Colon	5:06.22
M60 Mike Broyles	7:24.45
M65 Ralph Wolf	6:43.55
W40 Terri Cassel	5:11.41
W45 Elizabeth Rudy	5:37.92
W70 Phyllis Provost	9:40.78
5000m	
M45 Mark Shelton	21:58.24
M65 Ralf Wolf	26:56.96
Short Hurdles	
M30 Thomas Peebles	18.72
M35 Don Drummond	14.45
M45 Jeff Brower	16.49
Paul Nelson	1

Val Smith	27.21
Jack Haller	20.14
M80 Earl Blassingame	18.11
W30 Monica Yones	16.23
W50 Dinah Anderson	20.37
W55 D Vander Cruysen	28.30
<b>Weight Throw</b>	
M40 Dave Rothenbury	13.44
Brian Suter	13.19
Walter Hamilton	12.44
M45 Richard Stewart	13.66
Army Ferrando	10.06
M50 Dan Roloff	10.76
M55 Roger Conboy	14.31
Randall Hollis	8.37
M60 Julius Cassels	12.80
Harold Landry	12.80
M65 Peter LaBarge	13.98
Joseph Landry	7.04
M70 Wendell Palmer	13.14
M75 Jim Gerhardt	11.78
Val Smith	8.62
Jack Heller	7.08
<b>Superweight</b>	
M40 Walter Hamilton	7.54
M50 Dan Roloff	5.56
M55 Roger Conboy	7.13
M60 Julius Cassels	5.10
M65 Joseph Landry	3.10
M70 Wendell Palmer	7.68
M75 Jim Gerhardt	6.18
Jack Haller	4.12
<b>3000m RW</b>	
M50 Dave Gwyn	17:09.55

**WEST**

**Chuck McMahon Memorial Masters/USATF San Diego Association Championships San Diego, CA; July 9**

<b>100m</b>	
M35 James Smith	11.91
Jim Mount	12.28
Tony Pollard	13.59
M40 Frank Strong	11.40
Jerome Cadoret	11.59
Marcus Sims	11.81
M45 Eugene Anton	12.35
Hillel Katzeff	12.38
Jeff Wiencke	14.18
M45 Jerry Moylan	15.47
M55 Stan Shitley	12.27
Patrick Lyons	13.20
Mike Green	13.74
M60 John Schneider	14.43
Ron Muranaka	14.88
Eric Jones	16.67
M65 Doug Smith	13.07
Karl Thorpe	14.33
M70 Ben Rivera	15.23
Richard Gardner	20.97
M75 Jim Selby	16.14
M80 Robert Davidson	28.96
W40 V Amarasekara	13.27
Denise Willard	14.88
W45 Debbie Selby	16.32
W50 Rita Hanscom	13.72
Jeanne Bowman	15.55
Christine Stone	20.60
W55 Jean Seager	18.14
W60 Nadine O'Connor	14.19
Marilyn Ongley	17.49
W75 Frances Styles	20.29
<b>200m</b>	
M35 James Smith	24.34
M40 Berry Kettrell	27.34
Frank Strong	23.76
M45 James Chinn	23.52
Pete Wilkinson	24.88
Hillel Katzeff	25.60
M50 Ken Stone	27.52
M55 Jerry Moylan	30.37
M60 Eric Jones	32.86
M65 Doug Smith	27.46
Karl Thorpe	30.80
M70 Ben Rivera	32.25
Richard Gardner	45.57
M75 Jim Selby	34.23
M80 Robert Davidson	1:11.84
W40 Caren Ware	30.13
W45 Debbie Selby	35.39
W50 Rita Hanscom	27.98
Denise Janneck	32.90
W60 Nadine O'Connor	29.61
Donna Benson	48.46
W65 Marilyn Ongley	38.77
W80 Gerry Davidson	57.98
<b>400m</b>	
M40 Kettrell Berry	50.34
David Masgay	1:13.01
Norman Suguitan	1:16.56
M45 James Chinn	52.44
M50 Horace Grant	54.01
Rob Duncanson	58.22
Robert Richardson	59.20
M60 Eric Jones	1:26.47
M70 Richard Gardner	1:40.05
Brian McCarthy	1:53.07
M75 Jim Selby	1:18.14
M80 John Cross	1:47.98

W40 Jai Black	1:01.92
W45 Debbie Selby	1:25.47
W50 Rita Hanscom	1:05.18
Jeanne Bowman	1:12.68
W60 Donna Benson	1:51.95
W65 Marilyn Ongley	1:31.25
W80 Gerry Davidson	2:04.09
<b>800m</b>	
M45 Steve Markland	2:15.46
Mark Cleary	2:17.39
Adam Weiner	2:18.11
Gary Shapiro	2:18.48
Bill Fitzpatrick	2:23.81
Horace Grant	2:31.81
M60 Ronald Salupo	2:24.43
Simeon Baldwin	2:35.32
Eric Jones	2:51.18
M65 Herman Esquibel	3:03.19
M70 Ed Karas	3:41.76
Richard Gardner	4:17.05
M75 Jim Selby	3:03.26
Bob Holmes	3:30.99
W45 D Barraza Lee	2:42.96
W50 Denise Janneck	2:43.84
Lynette Zeckua	3:13.72
<b>1500m</b>	
M30 Catfish Daniels	5:09.04
M35 Darren Cox	4:35.03
Aaron Goodall	4:35.89
Larry Gessler	4:53.91
M40 Norman Suguitan	6:17.44
M45 Adam Weiner	4:37.08
Mark Cleary	4:37.19
Steve Markland	4:40.32
M50 Rob Duncanson	4:42.18
M60 Ronald Salupo	4:59.84
Maurice Waters	5:29.77
Gary Kenyon	5:51.55
M65 Herman Esquibel	6:43.51
M70 Ed Karas	7:33.55
Brian McCarthy	8:19.16
M75 Jim Selby	7:00.40
M80 John Cross	8:08.32
W45 D Barraza-Lee	5:25.34
W50 Denise Janneck	5:35.07
Lynette Zeckua	6:23.65
W80 Jerry Davidson	9:17.43
<b>5000m</b>	
M30 Vince Augelli	16:40.0h
M35 Aaron Goodall	16:40.5h
Steven Lopez	17:18.1h
Gary Leivers	18:36.5h
M40 Robert O'Toole	18:11.2h
M45 Billy Whitford	22:01.2h
Steven Brenneck	20:37.4h
M65 Herman Esquibel	27:54.1h
M70 Brian McCarthy	21:29.7h
Ed Karas	29:23.3h
Richard Gardner	41:00.8h
M80 John Cross	31:48.5h
W30 Zorica Rahowic	19:11.7h
Theresa Lowry	19:18.0h
W50 Lynette Zeckua	21:09.1h
W60 Donna Benson	33:30.2h
<b>Short Hurdles</b>	
M35 James Smith	14.83
M40 Doug Harwood	16.61
M45 Eugene Anton	16.15
M50 Thad Wilson	15.92
M70 Don Ryan	15.34
<b>Long Hurdles</b>	
M35 James Smith	1:03.96
W40 Caren Ware	1:16.18
<b>High Jump</b>	
M35 Tony Pollard	1.82
M40 Ron Lee	1.82
M55 John Little	1.62
M65 Davie Perry	1.52
M90 Leland McPhie AR (Buell Crame/1.04/1990)	1.09
W35 Leslie Martin	1.36
W75 Frances Styles	0.94
<b>Pole Vault</b>	
M30 Creed Stary	4.60
M35 Peter Brooks	4.10
Wellington Pendell	4.10
Richard Fox	3.50
M40 Bernie Miller	3.95
M65 Dick Cunningham	2.75
M75 Bud Held	2.75
W60 Nadine O'Connor	2.90
<b>Long Jump</b>	
M50 Thad Wilson	5.13
Paul Baumhoefner	4.40
Jerry Moylan	3.80
M55 John Little	4.60
M60 Ron Muranaka	4.21
M65 Dick Cunningham	4.14
M70 Don Ryan	3.64
M80 Paul Evans	3.91
W40 V Amarasekara	4.92
Caren Ware	4.45
Denise Willard	3.98
W65 Marilyn Ongley	3.11
Ann Abreu	2.38
W75 Frances Styles	3.23
<b>Triple Jump</b>	
W75 Frances Styles	4.84
<b>Shot Put</b>	
M45 Robert Carr	13.56
M50 Jerry Moylan	8.18
M55 Bruce MacDonald	10.60

M60 Kenneth Baker	9.46
M65 Paul Lissy	11.64
Jerry Harwood	9.58
Alan Rosen	8.49
M90 Leland McPhie	6.53
W50 Christine Stone	6.19
W60 Ingrid Mancini	7.84
W65 Ann Abreu	6.82
<b>Discus</b>	
M40 Jeffrey Gonzales	34.02
Richard Comber	47.45
M50 Richard Comber	32.96
Rob Duncanson	31.41
Mike Tripping	34.84
M55 Louis Jordan	31.22
James McEvoy	47.47
M60 Lloyd Higgins	41.94
Michael Woodward	34.02
Ronald Damschen	35.83
M65 Alan Rosen	34.21
Jerry Harwood	19.00
M80 Paul Evans	12.62
Robert Davidson	17.01
M90 Leland McPhie	15.51
W65 Ann Abreu	15.51
<b>Hammer</b>	
M45 Carl Darby	31.08
M50 Richard Watson	36.12
M65 Charles Polizzi	35.72
<b>Javelin</b>	
M40 Jeffrey Gonzales	43.85
M45 John Hansen	50.25
Michael Arcieri	39.08
M50 Barry Warmerdam	43.57
Mike Tipping	43.18
David Lewis	39.27
M55 James McEvoy	40.20
M60 John Schneider	39.54
Kenneth Baker	29.67
M65 Jerry Harwood	22.38
W40 Caren Ware	21.61
<b>1500m RW</b>	
M45 John Murdzek	8:37.66
M50 David Ciccone	7:09.34
M55 Jack Cassidy	9:01.30
M65 Dale Sutton	9:18.81
M70 Lloyd McGuire	10:48.70
M75 Peter Corona	9:21.70
W50 Kath. Hampton	18:49.20
<b>5000m RW</b>	
M40 Norman Suguitan	45:53.6h
M45 John Murdzek	31:28.2h
M50 David Ciccone	25:01.0h
M55 Jack Cassidy	32:15.6h
M60 Bob Weks	29:25.0h
M65 Dale Sutton	32:37.0h
M70 Lloyd McGuire	37:22.0h
M75 Peter Corona	32:26.7h
W50 Susan Coltey	37:22.0h
Kath. Hampton	38:42.0h
<b>Team Thor USA Thunder Series, La Jolla, CA July 16</b>	
<b>Shot Put</b>	
Doug Tomlinson	72 10.98
Bob Humphries	69 10.74
Doug Dunagan	33 12.97
<b>Discus</b>	
D Tomlinson	72 35.94
B Humphries	69 43.13
Chuck Polizi	68 39.32
Thomas Fahey	57 52.77
Ralph Fruguglietti	50 58.86
Richard Comber	52 46.96
Jeff Gonzales	40 34.51
D Dunagan	33 33.05
<b>Hammer</b>	
Kio Song '79	30.16
D Tomlinson	72 33.63
C Polizi	68 37.20
B Humphries	69 36.26
Tom Meyer	53 48.93
D Dunagan	33 38.03
<b>Javelin</b>	
J Gonzales	40 45.18
<b>Weight Throw</b>	
D Tomlinson	72 12.33
C Polizi	68 13.22
T Meyer	53 18.03
D Dunagan	33 12.36
<b>Pole Vault</b>	
Nadine O'Connor	62 3.05
Bud Held	77 2.89
Creed Stary	31 4.57
<b>Pacific Association Championships Los Gatos, CA; July 16</b>	
<b>100m</b>	
W30 Dena Birads	12.61
W45 H ClaysonLoeb	15.54
W55 Avril Naylor	15.88
Lorraine Tucker	16.72
W60 Mariou Cramer	17.25
W70 Fei-Mei Chou	19.45
W75 Shirley Dietherich	22.33
M30 Demetrius Snaer	11.16
M35 Rod Jett	11.29
Matt Devine	11.45
Curtis Moore	11.67
M40 Aaron Thigpen	11.04
Tommy Baker	11.64

M45 Makini Enakaya	12.30
Marty Krulce	11.46
J Smith	11.87
Mark Pasos	12.11
M50 Ronald Bolling	13.15
Hulan Washington	13.28
Jack Cramer	13.31
M55 Ralph Peterson	12.35
Larry Lettieri	12.64
Raymond Yeck	12.94
M60 Bob Callori	15.73
M65 Gary Sims	13.58
M70 Ben Rivera	15.53
Milton Meux	18.69
Lee Conway	15.93
<b>200m</b>	
W30 Monique Lucero	34.18
W40 Kim Kimber	29.42
W45 Valerie St James	32.76
W55 Martie Behrens	35.56
W70 Fei-Mei Chou	42.47
M30 Matt Spiller	30.25
M35 Matt Devine	22.89
Juan Torres	24.90
Aaron Thigpen	22.34
Tommy Baker	23.81
Rand Crippen	26.38
M45 Marty Krulce	23.68
J Smith	23.89
Mark Pasos	24.75
M50 Hulan Washington	26.77
Paul Shires	27.11
Jerry Beatty	30.12
M55 Ralph Peterson	24.70
Raymond Yeck	26.44
Larry Lettieri	27.49
M60 Dennis Duffy	27.81
Frank Strouse	28.43
Bob Callori	31.77
M65 Gary Sims	27.89
Fred Baer	41.26
Ben Rivera	33.18
<b>400m</b>	
M30 Monique Lucero	74.63
W45 Lori Medlen	78.29
W55 Martie Behrens	83.29
W70 Fei-Mei Chou	1:47.56
M30 Robert Price	50.68
M40 Tim Dempsey	59.74
Rand Crippen	66.03
M45 J Smith	54.63
David Lucas	56.39
Mark Pasos	57.24
M50 James Robinson	54.80
Steve Kemp	59.19
Reggie Dune	62.89
M55 Bruce Wint	60.95
Danny Moon	64.67
M60 Larry Barnum	59.18
Dennis Duffy	62.53
Frank Strouse	63.84
M65 Gary Sims	64.17
Jeremy Lys	74.46
M70 Irvin Faria	90.20
<b>800m</b>	
W40 Kim Kimber	2:30.20
Karen Jeffers	2:34.39
Mary Woo	2:39.37
M35 Mike Gottardi	2:07.36
Greg Hales	2:09.51
M45 David Lucas	2:11.82
Steve Kollars	2:17.72
Mark Cleary	2:14.27
M50 Randy Sturgeon	2:23.73
Patrick White	2:41.41
M55 Bruce Wint	2:17.06
Danny Moon	2:27.64
M60 Larry Barnum	2:16.90
Fred Martin	2:26.97
Dennis Duffy	2:29.25
M65 Jeremy Lys	2:46.43
M70 Irvin Faria	3:06.50
<b>1500m</b>	
W30 Monique Lucero	6:04.34
W40 Karla Kehoe	5:13.68
Karen Jeffers	5:27.30
W65 Vicki Bigelow	6:27.78
M30 David Owens	6:00.81
Matt Spiller	6:53.89
M35 Matt Bogdanowicz	4:17.28
Greg Hales	4:42.49
M40 Jeff Hongo	4:24.46
Tim Keenan	4:30.43
John Lehman	4:30.61
M45 Robert Pickens	4:19.00
Thom Trimble	4:29.50
Jeff Kirk	4:31.39
M50 Arthur Beckert	4:46.21
Randy Sturgeon	5:02.34
Bill Brusher	5:07.25
M60 Fred Martin	5:01.04
Dan Alarid	5:47.93
Allan Chapman	6:14.49
M70 Irvin Faria	6:33.67
<b>5000m</b>	
M40 Alex Gonzales	17:16
Tim Keenan	17:40
M50 Tom Bernhard	18:12
Rober Qualis	19:18
<b>Short Hurdles</b>	
W40 Debbie Zakerski	16.49
Karen Jeffers	18.07
W55 Avril Naylor	16.87

M30 Robert Price	16.27
M35 Rod Jett	14.56
Brett Presley	19.27
M55 Roger Parnell	18.34
Ed Baskauskas	20.41
M65 Fred Baer	24.94
<b>Long Hurdles</b>	
W40 Debbie Zakerski	81.31
Mary Wool	94.26
M35 Laurent Birade	58.63
M50 Steve Kemp	65.19
Patrick White	86.06
M55 Will Wright	76.53
Bill Phillips	77.92
<b>High Jump</b>	
W40 Debbie Zakerski	4-2
M70 Fei-Mei Chou	2-10
M40 Rand Crippen	5-6
Stephen Berkeley	5-4
M50 Hulan Washington	4-4
M55 Ed Baskauskas	4-8
Gary Wuest	4-6
M75 Thomas Harney	3-6
<b>Pole Vault</b>	
M35 Dan Holton	14-4
M40 Paul Sinatra	15-7
M55 Steven Hardison	13-4
Gary Wuest	8-4
M60 Bruce Hotaling	10-10
Thomas Sharples	8-10
M75 Thomas Harney	6-6
<b>Long Jump</b>	
W40 Debbie Zakerski	4.17
Mary Woo	3.49
W70 Fei-Mei Chou	2.41
M30 Matt Spiller	3.81
M40 Makini Enakaya	5.41
Drew Monaghan	5.16
Rand Crippen	5.02
M45 Peter Chen	4.94
Mark Rozzini	4.23
Gred Hodson	3.87
M50 Paul Shires	4.90
M55 Roger Parnell	5.47
James Manos	4.58
Gary Wuest	3.91
M	

M40	Laurent Birars	54.12
	Tony Nogueiras	52.99
	Vaughn Kastor	55.86
M45	James Lofton	52.80
	J Smith	54.60
	David Lucas	57.05
	Rodney Johnson	
1:02.09		
M50	James Robinson	
	Francis Schiro	55.15
	Charles Williams	57.64
	Charlie Powell	58.17
	Paul Shires	1:03.99
M55	Ralph Petterson	56.76
	Graeme Shirley	1:05.70
M60	Larry Barnum	57.41
	Dennis Duffy	1:01.62
	Frank Strouse	1:03.82
	Simeon Baldwin	1:04.01
	Garry Cox	1:09.03
M70	Don Cheek	1:14.04
	Donald Leis	1:28.17
M75	Jim Selby	1:16.98
	Jai Black	1:02.80
W40	Lorraine Jaster	1:05.75
	A. Nowakowski	1:07.98
W45	Mimi Ney	1:07.61
	P Contreras	1:11.66
	Debbie Lee	1:13.23
	Debbie Selby	1:23.18
W50	Rita Hanscom	1:04.02
	Denise Janneck	1:13.42
W65	K Solwazi	1:14.35
W75	S Ono-Leonard	2:02.63
W80	Gerry Davidson	2:05.80
800m		
M35	John Oakes	2:04.36
	B Kim Coleman	2:28.22
M40	Brett Darrington	2:09.95
	Tim Hickcock	2:11.89
	Greg Hancock	2:15.27
M45	Mark Lewis	2:08.79
	David Lucas	2:09.37
	Matthew Neve	2:23.23
	Steven Prideaux	2:32.68
M50	Dave Clingan	2:05.99
	Basil Scott	2:14.67
	Mike Tipping	2:29.06
	Steve Lassegard	2:33.87
M55	Bruce Wint	2:23.25
	Larry Barnum	2:14.88
	Dennis Duffy	2:26.04
M60	Louis Simms	3:53.20
M75	Jim Selby	3:06.59
	Al Escabosa	3:31.99
W35	Chris Gentile	2:18.13
W40	Lisa Davis	2:20.07
	Lorraine Jasper	2:23.68
	A. Nowakowski	2:35.71
W45	K. Carstensen	2:38.58
	Debbie Lee	2:41.17
W50	Denise Janneck	2:41.75
W60	Eileen Cohen	3:27.30
W70	Vicki Bigelow	3:15.39
W80	Gerry Davidson	5:02.65
1500m		
M30	Matt Spiller	4:53.97
M35	John Oakes	4:22.15
	Aaron Goodall	4:26.49
M40	Brett Darrington	4:11.84
	Curtis Musser	4:31.50
M45	Mark Lewis	4:32.82
	Adam Weiner	4:34.91
	A Decollibus	4:39.79
	Eric Drummond	4:42.23
	Matthew Neve	4:50.86
M50	Dave Clingan	4:16.74
	Basil Scott	4:40.56
	Tim Stone	4:46.40
M55	Bruce Wint	5:12.21
	Keith Noren	5:22.94
	Searcy Barnett	6:06.04
M75	Jim Selby	7:01.48
W40	Lisa Davis	4:52.35
	Mary Grene	5:53.52
W45	K. Carstensen	5:20.47
W70	Vicki Bigelow	6:34.60
W80	Gerry Davidson	9:50.01
5000m		
M30	Jae Yung Hyung	15:44.73
M35	Aaron Goodall	16:52.66
M40	Pete Gregory	22:47.81
M45	A. Decollibus	17:10.53
	Matthew Neve	19:52.34
M50	Stuart Hancock	19:20.77
M55	Keigh Noren	19:42.77
M65	Marvin Rowley	19:07.97
M70	G McClenathen	32:15.90
	Louis Simms	23:20.73
W30	Soonduk Kang	15:44.67
	Jennifer Murphy	18:59.27
W45	K. Carstensen	19:12.84
10,000m		
M30	Jae Yung Hyung	30:27.38
M60	Robin Taliaferro	41:18.68
M65	Marvin Rowley	39:47.31
M75	G Linde	51:48.06
Short Hurdles		
M35	James Smith	15.79
	Johnny Watson	16.89
	Brett Presley	18.21
M40	Willie Gault	14.39
	Brian Conley	17.79

M45	Eugene Anton	15.65
	Jeffrey Davison	20.78
M50	Thad Wilson	16.84
	Andrew Hecker	17.14
M55	Cliff Koon	22.88
M60	James Hollister	15.35
M70	Phil Shipp	14.74
	Phillip Johnson	21.37
W35	Clare Look-Jaeger	15.90
W40	Stephanie Thomas	11.80
	V. Amarasekara	12.68
	Denise Willard	14.21
Long Hurdles		
M30	Robert Price	53.12
M35	Laurent Birars	58.09
	James Smith	1:01.01
	Johnny Watson	1:02.89
M45	Eugene Anton	1:06.13
	Jeffrey Davison	1:12.50
M50	Andrew Hecker	1:08.60
M60	James Hollister	49.67
M70	Ray Fitzhugh	1:10.90
2000m Steeplechase		
M70	G McClenathen	9:27.2h
M75	Jim Selby	11:41.5h
W35	L. D-Alessandro	8:32.4h
3000m Steeplechase		
M45	Chuck Perdue	12:43.4h
M50	Stuart Hancock	12:29.1h
M55	Search Barnett	13:43.7h
High Jump		
M40	Ron Lee	1.95
M45	Henry Watson	1.60
	Keith Nelson	1.75
M50	Steve Stafford	1.65
	Douglas Schuessler	1.60
	Richard Rivas	1.45
	Stuart Hancock	1.40
M55	Charlie Rader	1.60
	Ed Baskauskas	1.50
	Gary Wuest	1.35
M60	John Burns	1.45
M65	Dave Perry	1.50
	Bert Berger	1.40
M70	Phil Shipp	1.40
	Ray Fitzhugh	1.25
	Donald Leis	1.15
M80	Donald Roser	1.05
W35	Clare Look-Jaeger	1.65
	Leslie Martin	1.30
W55	A Steekelenburg	1.40
	Latanya Glass	1.20
W65	Kathy Bergen	1.30
Pole Vault		
M35	Pete Brooks	4.26
M40	Dolf Berle	3.81
	Ken Bayless	3.65
M50	Mead Murray	4.11
	Richard Rivas	3.20
	Stuart Hancock	3.04
M55	Steve Morris	3.35
	Gary Wuest	2.74
M60	Roger Werne	3.20
	Bruce Hotaling	3.05
	Mardon Connelly	2.75
	Art Ribbell	2.59
M70	Phil Shipp	2.44
	Ray Fitzhugh	2.14
W60	Nadine O'Connor	2.90
Long Jump		
M30	Matt Spiller	3.36
M35	Stuart Richmond	6.84
	Curtis Moore	6.20
	Anthony Pollard	4.70
M40	Lavell Davenport	5.66
M45	Jeffrey Davison	4.29
M50	John Kuechle	5.61
	Rob Duncanson	5.21
	Thad Wilson	5.05
	Paul Shires	4.91
	Rob Farber	4.82
M55	Carl Flowers	5.34
	Roger Trujillo	5.29
	John Tomaschkea	5.02
	Cliff Koon	4.22
M60	James Hollister	5.03
	Vic Chaney	4.28
	Ron Muranaka	4.12
M65	Otis Williams	3.75
M70	Dick Richards	5.01
	Phil Shipp	4.24
	Donald Leis	2.89
M80	Tom Patsalis	3.13
W35	Clare Look-Jaeger	5.10
W40	V. Amarasekara	5.23
	Denise Willard	4.27
W55	Brenda Matthews	3.59
	Lorraine Tucker	3.32
W65	Ann Abreu	2.25
Triple Jump		
M35	Stuart Richmond	14.30
	Curtis Moore	12.42
M40	Lavell Davenport	12.68
	Ron Lee	10.28
M50	Andrew Hecker	9.83
	Steve Stafford	9.76
	Paul Shires	8.97
M55	Roger Trujillo	10.51
Shot Put		
M30	Matt Foreman	11.35
M40	Steve Colvin	12.33
	Tim Edwards	11.58
	Ray Biggs	10.63

M45	Carl Darby	12.29
M50	Gary Schmidt	12.72
	Rick Thomas	8.44
M55	Mike Nash	13.92
	Angelo Rinaldi	11.90
	Gary Wuest	10.22
	Cameron Dennis	10.18
M60	Rich Noble	11.23
	Bob Callori	5.89
M65	Riley O'Neill	11.48
	Bob Humphreys	10.79
M70	Phil Shipp	13.53
	Henry Ross	11.83
	Ernie Smith	9.65
	Gene Walsh	8.93
	Hal Wallace	9.90
W45	C. Warmerdam	7.73
W50	Linda Cohn	9.46
	Christine Stone	5.72
W55	Brenda Matthews	8.73
	Lorraine Tucker	9.74
	Latanya Glass	8.98
W60	Kathy Noble	6.32
	Hattie Perry	6.25
W65	Cherrie Sherrard	9.43
	Tomasa Schultz	6.23
	Ann Abreu	6.10
Discus		
M30	Matt Foreman	32.49
	Matt Spiller	26.41
M35	David Bickel	34.00
	Brett Presley	25.83
M40	Tim Edwards	42.76
	Ray Biggs	37.26
M45	Ray Burton	47.29
	Carl Darby	41.47
	Charles Staley	36.26
M50	Gary Schmidt	38.59
	Robert Rice	34.64
	Rob Duncanson	32.92
	Mike Tipping	31.99
M55	Dennis Cameron	33.93
	Gary Wuest	30.42
M60	Lloyd Higgins	44.53
	John Burns	39.86
	Rich Noble	35.92
M65	Bob Humphreys	45.53
	Hal Smith	37.41
	Riley O'Neill	36.30
	Al Rosen	35.31
M75	Hal Wallace	31.66
	Franklin Held	31.30
M80	Donald Roser	21.08
	Robert Davidson	12.29
W50	Linda Cohn	23.80
W55	Brenda Matthews	20.60
W65	Cherrie Sherrard	20.39
	Ann Abreu	17.58
	Tomasa Schultz	16.52
W75	Shirley Dieterich	12.58
Hammer		
M35	David Bickel	40.20
M40	Ray Biggs	39.84
M45	Ray Burton	48.64
	Carl Darby	36.50
M50	Thomas Meyer	45.18
	Gary Schmidt	32.61
	Alfred Cain	24.29
M55	Dennis Cameron	39.35
	Lloyd Higgins	38.42
M65	Bob Humphreys	37.23
W65	Tomasa Schultz	15.58
Javelin		
M30	Matt Spiller	22.18
M35	Brett Presley	41.25
M40	David Hamel	50.19
M50	Barry Warmerdam	45.04
	Rob Duncanson	43.96
	Mike Tipping	43.01
	Gary Schmidt	36.43
M55	Ron Rook	39.57
	Bill Weinstock	38.92
	Dennis Cameron	35.19
	Gary Wuest	34.75
	John Burns	41.39
M60	Paul Buccola	27.29
M65	Hal Smith	30.68
	Bob Humphreys	28.13
M70	Phil Shipp	43.41
	Ray Fitzhugh	30.38
M75	Allan Trefry	32.39
	Hal Wallace	28.38
W50	Claudette Fabian	36.53
	Linda Cohn	36.46
	Tina Bowman	25.75
W55	Latanya Glass	28.27
	Lorraine Tucker	24.04
	A Steekelenburg	23.13
	Brenda Matthews	20.78
W65	Kathy Bergen	21.17
	Ann Abreu	20.21
	Tomasa Schultz	14.81
W75	Shirley Dieterich	10.24
1000m		
M45	Raymond Billig	9:53.99
M70	Leon Glazman	10:59.87
5000m RW		
M45	Chris Rael	25:06.12
	Pedro Santoni	25:56.34
	Raymond Billig	32:37.33
M50	Davic Ciccone	24:53.25
M55	Rick Campbell	29:43.73
	Jack Cassidy	31:37.45

M70	Leon Glazman	36:03.42
	Lloyd McGuire	39:07.93
W50	Susan Cottey	34:02.96
W55	Yoko Eickel	28:47.81
	D. Cunningham	29:53.94
	Carol Beretino	31:30.24
W70	Kaye Arroues	41:46.37
<b>NORTHWEST</b>		
<b>Inland NW Masters Classic, Pullman, WA July 23</b>		
100m		
M50	David Ortman	12.41
M60	Stephen Robbins	12.71
M65	John Knudsen	14.90
	David Summers	15.75
M70	Paul Flanagan	16.68
	M75 Bill Platts	15.10
W35	L Blume-Michels	14.68
W75	Melicent Whinston	22.90
200m		
M50	David Ortman	25.21
M60	Stephen Robbins	25.61
M65	John Knudsen	30.27
	David Summers	32.70
M70	Paul Flanagan	35.67
	M75 Bill Platts	31.80
W35	L Blume-Michels	31.19
400m		
M45	G H Quinn	61.57
M60	Rich Tucker	61.27
M70	Paul Flanagan	77.20
W35	L Blume-Michels	72.96
800m		
M45	Bob Prather	2:10.12
M65	Des O'Rourke	2:49.01
M70	Paul Flanagan	3:09.21
1500m		
M35	David Miskimens	4:55.03
M45	Bob Prather	4:19.03
M65	Des O'Rourke	5:59.91
M70	Paul Flanagan	6:31.16
3000m		
M45	Michael Carlson	9:28.20
	Bob Prather	13:04.49
M70	Paul Flanagan	12:23.39
W50	Sherril Prather	13:04.90
100mH		
M50	Brian McKinley	14.97
400mH		
M50	David Ortman	61.70
	Brian McKinley	62.15
3000m Steeplechase		
M35	David Miskimens	11:17.08
W35	L Blume-Michels	14:24.70
High Jump		
M40	Mike Toll	1.76
W35	Julie Toll	1.24
Pole Vault		
M65	John Steinman	2.59
M80	John Cleveland	1.98
Long Jump		
M40	Mike Toll	6.02
M45	G H Quinn	4.57
M75	Bill Platts	3.52
W30	Sheila Smith	5.47
W75	Melicent Whinston	2.20
Triple Jump		
M40	Mike Toll	12.32
W30	Sheila Smith	11.63
W35	Julie Toll	8.81
Shot Put		
M40	Karen Miller	10.43
W55	Sue Hinz	7.79
W75	Melicent Whinston	4.70
Discus		
M50	Mark Neal	33.98
M55	David Kolva	20.76
M65	Dick Dow	34.59
	John Steinman	31.81
W40	Karen Miller	34.31
W45	Lani Powell	31.01
W50	Lynn Dow	

National Masters News

INTERNATIONAL

World Masters Games, Edmonton, Alberta, Canada; July 22-31

100m W30 1 Sima-Ledding, Pat CAN 13.83 2 Yowney, Nancy CAN 14.27 3 Remenda, Charlene CAN 15.13 W35 1 Roland, Leslie CAN 13.55 2 Zuniga, Leila CAN 13.82 3 Pollard, Sonya AUS 13.98 W40 1 Lee Pong, Noella CAN 13.91 2 Miyahara, Naomi JPN 14.02 3 Simpson, Sandra CAN 14.25 W45 1 Burnett, Evelyn CAN 13.53 2 McDonald, Catherin AUS 13.89 3 Lord, Betsy CAN 14.22 W50 1 Verbeek, Sue CAN 14.73 2 Sloan, Jeanette CAN 15.04 3 Hawthorn, Doreen CAN 15.21 W55 1 McDonnell, Hazel AUS 15.21 2 Trott, Rhona CAN 15.31 3 Tamura Yida, Keiko BRA 15.35 W60 1 LaFayette-Boyd, Ca CAN 14.29 2 Jonkers, Riet NED 15.47 3 Hopchin, Mana CAN 16.07 W65 1 Crosthwaite, Gerda CAN 15.92 2 Trader, Joyce USA 16.33 3 Miyamae, Miyoko JPN 17.14 W70 1 Lary, Audrey USA 16.87 2 Yamamoto, Midori JPN 17.37 3 Larmour, Constance AUS 17.45 W75 1 McQuarrie, Betty CAN 20.91 2 Smith, Leona CAN 23.79 3 Erskine, Doreen CAN 25.51 W80 1 Hiihorst, Johanna CAN 20.16 2 McLeod-Smith, F. D CAN 21.81 3 Nishimura, Hatsuko BRA 22.45 W85 1 Kotelko, Olga CAN 22.62 M30 1 Farbin, Rob CAN 11.65 2 Wight, Trevor CAN 11.88 3 Harrower, Will CAN 12.00 M35 1 Thomas, Robert USA 11.17 2 Simon, Luiston CAN 11.53 3 Fostvelt, Shawn CAN 11.57 M40 1 Francois, Andre CAN 11.56 2 Starchuk, Darren CAN 11.91 3 Zaran, Jason CAN 12.00 M45 1 Brown, Dave CAN 12.09 2 Camano, Alvaro ARG 12.35 3 Allen, Paul USA 12.77 M50 1 Collins, Bill USA 11.61 2 Michelchen, Reinha GER 11.76 3 Boyd, Barry CAN 11.88 M55 1 Marshall, Gregory CAN 13.04 2 Zlobicko, Zbigny USA 13.05 3 Pereira, Luiz Fel BRA 13.38 M60 1 Crombie, Peter AUS 12.58 2 McIntyre, Neville AUS 12.72 3 Morioka, Harold CAN 13.09 M65 1 Sims, Gary USA 13.75 2 Green, Charlie CAN 14.00 3 Dunn, Dave CAN 14.07 M70 1 Leggett, James USA 14.60 2 Nett, Arnold CAN 15.14 3 Poonia, Kesar Sing CAN 15.28 M75 1 Reuter, Wolfgang GER 13.81 2 Meeuwissen, Adrian CAN 15.28 3 Robson, Leslie CAN 17.05 M80 1 Wright, Willred CAN 19.96 2 Coates, Max E. CAN 20.47 3 Bergland, Ralph N. CAN 20.79 M85 1 Maxwell, Ralph USA 17.17 2 Goldy, Champion USA 18.48 3 Tompkins, Frederic USA 19.51 M90 1 Lavender, Donald CAN 37.20 200m W30 1 Jackson, Jennifer CAN 27.87 2 Sima-Ledding, Pat CAN 28.17 3 Samoylenko, Tatian RUS, 31.37 W35 1 Heschuk, Sherry CAN, 28.19 2 Pollard, Sonya AUS, 28.21 3 Timmer, Corrine CAN, 29.95 W40 1 Lee Pong, Noella CAN 27.48 2 Meloche, Laurie CAN 28.03 3 Rankin, Megan CAN 28.19 W45 1 Burnett, Evelyn CAN 28.14 2 McDonald, Catherin AUS 28.16 3 Lord, Betsy CAN 29.45 W50 1 Sloan, Jeanette CAN 31.54 2 Nutting, Jan CAN 31.60 3 Hawthorn, Doreen CAN 31.65 W55 1 McDonnell, Hazel AUS 31.87 2 Tamura Yida, Keiko BRA 31.90 3 Hondromatidis, Chr AUS 33.95 W60 1 LaFayette-Boyd, Ca CAN 29.53 2 Hopchin, Maria CAN 33.40 3 Robinson, Mary USA 33.78 W65 1 Crosthwaite, Gerda CAN 33.50 2 Daprano, Jean USA 35.23 3 Williams, Julie NZL 35.98 W70 1 Lary, Audrey USA 36.10 2 Larmour, Constance AUS, 36.61 3 Reed, Louise CAN 37.59 W75 1 McQuarrie, Betty CAN 44.02 W80 1 McLeod-Smith, F. D CAN 49.55 M30 1 Farbin, Rob CAN 23.79 2 Wight, Trevor CAN 23.88 3 Harrower, Will CAN 24.12 M35 1 Kopecek, Karel CZE 24.07 2 Francois, Andre CAN 24.44 3 Starchuk, Darren CAN 24.46 M40 1 Francois, Andre CAN 23.14 2 Kopecek, Karel CZE 23.19 3 Starchuk, Darren CAN 24.40 M45 1 Brown, Dave CAN 24.36 2 Camano, Alvaro ARG 25.23 3 Allen, Paul USA 25.38 M50 1 Collins, Bill USA 23.49 2 Boyd, Barry CAN 24.66 3 Dickson, Thomas CAN 24.67 M55 1 Zlobicko, Zbigny USA 26.65 2 Sims, Geoff AUS 27.72 3 Lorenz, Lyle CAN 28.10	M60 1 Crombie, Peter AUS 24.83 2 McIntyre, Neville AUS 26.09 3 Morioka, Harold CAN 26.60 M65 1 Sims, Gary USA 27.45 2 Bueno, Zildo BRA 27.46 3 Dunn, Dave CAN 28.03 M70 1 Nett, Arnold CAN 31.88 2 Cote, Norman R. CAN 34.79 3 Rodrigues, Wilfred CAN 39.92 M75 1 Reuter, Wolfgang GER 28.62 2 Windred, Norman AUS 30.94 3 Meeuwissen, Adrian CAN 31.56 M80 1 Sargent, James CAN 36.75 2 Wright, Willred CAN 43.66 3 Coates, Max E. CAN 43.68 M85 1 Maxwell, Ralph USA 38.80 2 Tompkins, Frederic USA 42.23 3 Goldy, Champion USA 42.30 M90 1 Lavender, Donald CAN 1:21.97 400m W30 1 Rothwell, Alison AUS 1:01.44 2 Sima-Ledding, Pat CAN 1:06.31 3 Rogova, Natalia RUS 1:12.89 W35 1 Heschuk, Sherry CA 1:04.86 2 Pollard, Sonya AUS 1:07.62 3 Frost, Andrea CAN 1:08.14 W40 1 Meloche, Laurie CAN 1:02.30 2 Ridout, Gwen CAN 1:03.63 3 Felix, Darlene CAN 1:03.86 W45 1 McDonald, Catherin AUS, 1:10.70 2 Fullford, Pam CAN 1:12.49 3 Redenz, Ursula GER 1:14.91 W50 1 Ana, Jerman SLO 1:10.13 2 Sloan, Jeanette CAN 1:12.31 3 Nutting, Jan CAN 1:13.07 W55 1 Roberts, Catherine CAN 1:15.15 2 Hartzler, Mary USA 1:18.83 3 McDonnell, Hazel AUS 1:20.25 W60 1 Jonkers, Riet NED 1:11.75 2 Robinson, Mary USA 1:20.76 3 Radcliffe, Marg CAN 1:22.61 W65 1 Daprano, Jean USA 1:25.90 2 Williams, Julie NZL 1:31.21 W70 1 Larmour, Constance AUS 1:29.15 W75 1 Krause, Margaret AUS 2:34.83 M30 1 Sniher, Malcolm CAN 1:12.65 M35 1 Thomas, Robert USA 49.50 2 Ross, Robert CAN 54.47 3 McNamara, John USA 54.86 M40 1 O'Brien, Steven CAN 53.48 2 Van Nest, Matthew CAN 53.71 3 Kent, Scott CAN 53.96 M45 1 Brown, Dave CAN 56.41 2 Sharp, Richard AUS 56.99 3 Headley, John CAN 57.93 M50 1 Collins, Bill USA 54.63 2 Michelchen, Reinha GER 55.48 3 Herzog, Walter CAN 56.64 M55 1 Sims, Geoff AUS 58.83 2 James, Rob NZL 1:00.50 3 Marshall, Gregory CAN 1:00.91 M60 1 Crombie, Peter AUS 56.95 2 Morioka, Harold CAN 58.67 3 McIntyre, Neville AUS 59.33 M65 1 Dunn, Dave CAN 1:04.04 2 Sims, Gary USA 1:04.56 3 Friesen, Les CAN 1:05.04 M70 1 Giegerich, Joe CAN 1:20.47 2 Cole, Norman R. CAN 1:22.47 M75 1 Reuter, Wolfgang GER 1:06.75 2 Fiddick, Victoria SWE 1:11.95 3 Inoue, Takashi JPN 1:14.65 M80 1 Sargent, James CAN, 1:27.09 2 McMillan, Roger CAN 1:41.92 3 Coates, Max E. CAN 1:45.74 M85 1 Tompkins, Frederic USA 1:45.40 800m W30 1 Rothwell, Alison AUS 2:21.02 2 Staley, Angela CAN 3:26.29 W35 1 Martin, Devon Joan USA 2:34.92 2 Suffolk, Cristine AUS 2:50.25 3 Nielsen, Larisa CAN 3:08.90 W40 1 Everton, Nicola CAN 2:21.08 2 Patterson, Janice CAN 2:26.77 3 Dixon, Donna CAN 2:31.49 W45 1 Joyce, Regina USA 2:26.70 2 McDonald, Catherin AUS 2:45.13 3 Redenz, Ursula GER 3:00.86 W50 1 Nicoletti, Catheri USA 2:44.25 2 Richards, Mary USA 2:45.01 3 Ana, Jerman SLO 2:47.47 W55 1 Denehey, Jessica AUS 2:45.50 2 Roberts, Catherine CAN 3:03.97 3 Cunningham, Joyce CAN 4:23.86 W60 1 Jonkers, Riet NED, Rijen 2:56.16 2 Kolesnikova, Alla RUS 3:04.95 3 Rocnakova, Milosla CZE 3:21.45 W65 1 Daprano, Jean USA 3:23.61 2 Siegers, Ingeborg GER 4:15.55 3 Wight, Trevor CAN 3:30.25 W70 1 Visser, Helly CAN 4:07.08 2 Robben, Barbara USA 5:23.89 W80 1 Naumenko, Nina RUS 3:47.66 M35 1 Chomos, Neil CAN 2:00.36 2 Thomas, Robert USA 2:06.34 3 Zero, Nick CAN 2:06.52 M40 1 Corson, Robert CAN 2:04.43 2 Muldrew, Shawn CAN 2:04.61 3 Kent, Scott CAN 2:04.99 M45 1 Newhouse, Ian CAN 2:02.49 2 Smillie, Malcolm CAN 2:08.89 3 Kennedy, Doug CAN 2:10.83 M50 1 Pushilin, Nikolay RUS 2:09.39 2 Herzog, Walter CAN 2:09.40 3 Holmes, Bob CAN 2:13.87 M55 1 McGlynn, Mike USA 2:17.60 2 Sims, Geoff AUS 2:17.79 3 Carter, Michael CAN 2:23.76 M60 1 Kasparaitis, Vytaut LTU 2:27.37 2 van Tol, Arie NED 2:28.64	M65 3 Hollingshead, Bill CAN 2:29.00 1 Fedosov, Eduard RUS 2:46.22 2 Fischer, Bobby USA 2:48.93 3 Hirabayashi, Eiji JPN 2:49.55 M70 1 Davies, Roger CAN 2:39.38 2 Giegerich, Joe CAN 2:53.56 3 Klassen, Ed CAN 2:59.98 M75 1 Matsouka, Hiroshi JPN 3:01.83 2 Inoue, Takashi JPN 3:07.66 3 Matzner, Karel CZE 3:09.11 M80 1 Sargent, James CAN 3:35.43 M85 1 Tompkins, Frederic USA 4:48.96 1500m W35 1 Romans, Tracy CAN 5:06.90 2 Martin, Devon Joan USA 5:38.45 3 Suffolk, Cristine AUS 6:01.75 W40 1 Everton, Nicola CAN 4:58.49 2 Patterson, Janice CAN 5:00.22 3 Dixon, Donna CAN 5:13.43 W45 1 Joyce, Regina USA 4:55.66 2 Nyagolova, Yovka BUL 6:42.18 W50 1 Miller, Shauna CAN 5:43.88 2 Nicoletti, Catheri USA 5:44.76 3 Richards, Mary USA 5:46.85 W55 1 Groesz, Jeanette USA 5:48.75 2 Stromsmoe, Marcia CAN 6:07.75 3 Jancekova, Anezka CZE 6:10.30 W60 1 Kolesnikova, Alla RUS 6:25.35 2 Rocnakova, Milosla CZE 6:44.54 3 Forde, Bridget CAN, 7:07.36 W65 1 Daprano, Jean USA 6:42.69 2 Kavtatskina, Nadezd LAT 6:47.90 3 Siegers, Ingeborg GER 8:34.99 W70 1 Visser, Helly CAN 6:54.34 2 Borovkova, Maria RUS 7:35.10 3 Robben, Barbara USA 8:34.24 W75 1 Montgomery, Lenore CAN 7:10.41 2 Krause, Margaret AUS 10:47.47 W80 1 Naumenko, Nina RUS, 7:48.77 M30 1 Lamoureux, Johanne CAN 4:37.26 2 Dejongh, Simon CAN 4:37.38 3 Zapisocki, Cory CAN 4:45.60 M35 1 Chomos, Neil CAN 4:27.16 2 Zero, Nick CAN 4:34.75 3 Kelly, Mike CAN 4:38.79 M40 1 Nightingale, Larry CAN 4:22.71 2 Ferman, Leonard USA 4:22.78 3 Muldrew, Shawn CAN 4:26.25 M45 1 Smillie, Malcolm CAN 4:34.02 2 Bourgeois, Jacques CAN 4:34.66 3 Bustos, Beto CAN 4:35.04 M50 1 Pushilin, Nikolay RUS 4:33.18 2 Marjan, Krempl SLO 4:37.58 3 Secker, Michael D. CAN 4:39.94 M55 1 Tsukanov, Alexandre RUS 4:39.13 2 Solovyov, Victor UKR 4:39.94 3 Van Nolen, Omer BEL 4:48.16 M60 1 Miller, Jack CAN 5:02.62 2 van Tol, Arie NED 5:07.07 3 Shakirov, Makhmut RUS 5:07.56 M65 1 Libra, Jiri CZE 5:26.87 2 Gubenkova, Leonid RUS 5:28.50 3 Mensel, Gerhard GER 5:33.68 M70 1 Davies, Roger CAN, 5:31.30 2 Klassen, Ed CAN 5:51.90 3 Jones, Donald USA 6:20.17 M75 1 Matsouka, Hiroshi JPN 6:28.55 2 Meeuwissen, Adrian CAN 6:35.12 3 Matzner, Karel CZE 6:36.71 M80 1 Haley, Frank CAN 7:46.46 2 Churchward, Roger AUS 8:20.08 M85 1 Tompkins, Frederic USA 8:20.08 5000m W35 1 Romans, Tracy CAN 18:56.16 2 Fiddick, Victoria SWE 19:30.15 3 Suffolk, Cristine AUS 20:39.19 W40 1 Pieczulis, Krystyn POL 18:54.67 2 Yaworski, Sandra CAN 19:38.36 3 Gauthier, Nathalie CAN 21:58.43 W45 1 Joyce, Regina USA 18:34.07 2 Slavica, Poznic SLO 23:18.65 3 Magathan Haluschak CAN 24:22.92 W50 1 Goodwin, Christine AUS 21:23.32 2 Hendrickx, Vicky BEL 21:27.99 3 Sims, Kathy AUS 22:16.03 W55 1 Groesz, Jeanette USA 20:41.79 2 Skov, Bonnie CAN 23:22.16 3 Paull, Marcella USA 23:55.59 W60 1 Rocnakova, Milosla CZE 24:18.92 2 Kingsep, Patricia CAN 24:32.53 3 Kessner, Adelheid GER 26:41.71 W65 1 Kavtatskina, Nadezd LAT 24:42.44 2 Paul, Marilyn USA 26:23.75 W70 1 Borovkova, Maria RUS 28:14.81 2 Cole, Alice CAN 28:17.79 3 Robben, Barbara USA 30:04.80 W75 1 Montgomery, Lenore CAN 25:14.78 2 Moone, Doris CAN 29:59.67 W80 1 Naumenko, Nina RUS 29:21.17 2 Graham, Ethel CAN 37:55.35 3 Comer, Ben CAN 19:05.99 M30 2 Woodill, Craig CAN 21:46.98 M35 1 Colburn, Dennis CAN 16:40.77 2 Renman, Robert CAN, 17:09.78 3 Robertson, Stephen CAN 17:17.22 M40 1 Whan, Keeler USA 15:57.69 2 Johnson, Murray AUS 16:55.00 3 Guss, David CAN 17:03.05 M45 1 Bourgeois, Jacques CAN 17:05.05 2 Nelson, Brian USA 17:07.93 3 Bickley, Ed CAN 17:16.25 M50 1 Becker, Rick USA 16:15.49 2 Pushilin, Nikolay RUS 16:31.76 3 Matecha, Miroslav CZE 16:45.73 M55 1 Tsukanov, Alexandre RUS 17:29.06 2 Van Nolen, Omer BEL 17:31.10 3 McGlynn, Mike USA 18:37.88 M60 1 Miller, Jack CAN 18:29.20 2 Shakirov, Makhmut RUS 18:34.33 3 Krummert, Robert B USA 18:51.35 M65 1 Kioun, Valeriy RUS 18:59.61 2 Libra, Jiri CZE 19:06.98 3 Gubenkova, Leonid RUS 19:56.91 M70 1 Klassen, Ed CAN 20:27.98	M75 1 Tarrant, Maurice CAN 21:19.85 2 Burkov, Igor RUS 24:40.59 3 Fedyna, Victor Joh CAN 21:24.22 W35 1 Matsouka, Hiroshi JPN 23:30.34 2 Matzner, Karel CZE 24:37.31 3 Churchward, Roger AUS 30:44.80 M80 1 Churchward, Roger AUS 30:44.80 8K X-C W30 1 Henkel, Annette CAN 37:42.00 2 Mehling, Rachel CAN 38:54.00 3 Morin, Elyse CAN 41:07.00 W35 1 Suffolk, Cristine AUS 35:32.00 2 Braun, Monika CAN 36:08.00 3 Ryan, Kara CAN 37:02.00 W40 1 Burden, Nancy CAN 33:54.00 2 Sturgess, Teresa CAN 34:35.00 3 Bzdel, Colleen CAN 35:47.00 W45 1 Ariano, Jenny CAN 35:36.00 2 King, Robin AUS 36:43.00 3 Yackulic, Susan CAN 37:37.00 W50 1 Biggs, Barb CAN 36:51.00 2 Hendrickx, Vicky BEL 37:18.00 3 Goodwin, Christine AUS 37:48.00 W55 1 Semenova, Alfilya RUS 37:41.00 2 Stromsmoe, Marcia CAN 38:36.00 3 Murray, Laurie CAN 39:05.00 W60 1 Bastedo, Sandra CAN 37:52.00 2 Rocnakova, Milosla CZE 42:14.00 3 Forde, Bridget CAN 47:48.00 W65 1 Kavtatskina, Nadezd LAT 42:25.00 2 Paul, Marilyn USA 46:45.00 3 Fraser, Lynn NZL 57:48.00 70 1 Visser, Helly CAN 46:53.00 2 Borovkova, Maria RUS 54:16.00 3 Robben, Barbara USA 54:46.00 W75 1 Krause, Margaret AUS 1:06:54.00 W80 1 Naumenko, Nina RUS 1:04:56.00 2 Warman, Laure NZL 1:34:52.00 M30 1 Lavoie, Daniel CAN 35:39.00 2 Johnson, Darin CAN 36:15.00 3 Lukie, Craig CAN 36:32.00 M35 1 Colburn, Dennis CAN 28:20.00 2 DeForge, Darin CAN 28:46.00 3 Robertson, Stephen CAN 30:15.00 M40 1 Miroslav, Vindis SLO 28:32.00 2 Hardy, Robert CAN 29:08.00 3 Armstrong, James M CAN 29:36.00 M45 1 Johansen, Tom Roge NOR 29:20.00 2 Worth, Sterling CAN 29:40.00 3 Bickley, Ed CAN 30:16.00 M50 1 Becker, Rick USA 28:48.00 2 Marjan, Krempl SLO 28:55.00 3 Matecha, Miroslav CZE 29:05.00 M55 1 Tsukanov, Alexandre RUS 30:08.00 2 Van Nolen, Omer BEL 30:16.00 3 Solovyov, Victor UKR 31:15.00 M60 1 Shakirov, Makhmut RUS 33:30.00 2 Frantisek, Joch CZE 33:59.00 3 Tanaka, Takao JPN 35:09.00 M65 1 Kioun, Valeriy RUS 32:40.00 2 Libra, Jiri CZE 33:04.00 3 Mensel, Gerhard GER 34:43.00 M70 1 Burkov, Igor RUS 36:59.00 2 Davies, Roger CAN 37:51.00 3 Svenningsen, Roy CAN 47:13.00 M75 1 Tarrant, Maurice CAN 38:59.00 2 Matzner, Karel CZE 43:04.00 3 Favreau, Bernard CAN 50:32.00 10K Road Race W30 1 Henkel, Annette CAN 43:16.00 2 Wolski, Rose CAN 43:44.00 3 Petryshen, Barb CAN 44:48.00 W35 1 Jacobson, Sandy CAN 39:01.00 2 Braun, Monika CAN 42:38.00 3 Shaw, Diana CAN 42:41.00 W40 1 Pieczulis, Krystyn POL 40:24.00 2 Hopkins, Colleen CAN 41:19.00 3 Shulhan, Karen CAN 42:15.00 W45 1 Yackulic, Susan CAN 43:25.00 2 Ariano, Jenny CAN 43:31.00 3 King, Robin AUS 43:48.00 W50 1 Miller, Shauna CAN 42:31.00 2 Hendrickx, Vicky BEL 43:31.00 3 Biggs, Barb CAN 44:42.00 W55 1 Stromsmoe, Marcia CAN 44:57.00 2 Semenova, Alfilya RUS 45:49.00 3 Murray, Laurie CAN 45:58.00 W60 1 Bastedo, Sandra CAN 43:19.00 2 Kolesnikova, Alla RUS 49:46.00 3 Kingsep, Patricia CAN 49:53.00 W65 1 Paul, Marilyn USA 55:42.00 2 Cox, Maureen CAN 1:24:23.00 W70 1 Borovkova, Maria RUS 58:34.00 2 Robben, Barbara USA 1:02:16.00 W75 1 Montgomery, Lenore CAN 52:27.00 2 Krause, Margaret AUS 1:20:55.00 W80 1 Naumenko, Nina RUS 58:39.00 2 Graham, Ethel CAN 1:19:51.00 M30 1 Zapisocki, Cory CAN 37:53.00 2 Unger, Roger CAN 41:12.00 3 Panas, Marcel CAN 42:07.00 M35 1 Colburn, Dennis CAN 33:33.00 2 Villegas, Victor CAN 33:35.00 3 Mueller, Kurt CAN 34:47.00 M40 1 Miroslav, Vindis SLO 33:20.00 2 Johnson, Murray AUS 34:59.00 3 Armstrong, James M CAN 35:43.00 M45 1 Johansen, Tom Roge NOR 34:00.00 2 Bickley, Ed CAN 35:30.00 3 Shipka, Clark CAN 36:09.00 M50 1 Marjan, Krempl SLO 34:54.00 2 Matecha, Miroslav CZE 35:07.00 3 Prior, Neil CAN 36:30.00 M55 1 Tsukanov, Alexandre RUS 36:00.00 2 Van Nolen, Omer BEL 36:08.00 3 Clement-Smith, Ian AUS 39:34.00 M60 1 Shakirov, Makhmut RUS 39:24.00 2 Wills, Michael CAN 40:25.00 3 Frantisek, Joch CZE 40:39.00 M65 1 Kioun, Valeriy RUS 39:22.00 2 Libra, Jiri CZE 40:00.00 3 Gubenkova, Leonid RUS 41:20.00 M70 1 Klassen, Ed CAN 42:20.00 2 Burkov, Igor RUS 43:45.00 3 Hohmann, Leo GER 47:33.00 M75 1 Matsouka, Hiroshi JPN 49:52.00	M80 2 Oracheski, Stanley CAN 57:19.00 1 Churchward, Roger AUS 1:08:48.00 80m Hurdles W40 1 Linaker, Launa CAN 13.70 2 Miyahara, Naomi JPN 13.72 3 Lam, Jane CAN 27.63 W45 1 Kominami, Sachiko JPN 13.56 2 Freeman, B J CAN 14.66 3 Ciemi, Muriel CAN 14.93 W50 1 Caldova, Milada CZE 16.21 2 Smith, Julie AUS 16.33 3 Cochran, Nancy CAN 20.93 W55 1 Trott, Rhona CAN 16.38 2 McDonnell, Hazel AUS 17.16 W60 1 Jonkers, Riet NED 14.85 2 Nitzke, Arlete BRA 19.96 W65 1 Dykman, Rietje NED 14.57 W75 1 Gombardze, Kaleri RUS 21.11 M70 1 Popov, Vladimir RUS 14.59 2 Sluga, Marko SLO 16.18 3 Rodrigues, Wilfred CAN 19.60 M75 1 Stookey, James USA 13.62 2 Dobrinsch, Geza HUN 24.31 M85 1 Zenscb, Emmerich AUT 22.08 (1.5 adjusted hand time) 100m Hurdles W35 1 Krepkina, Valentyn UKR 17.90 2 Zuniga, Leila CAN 20.10 M50 1 Stacey, Price USA 15.05 2 Pannell, Michael USA 15.55 3 Burge, Conrad Mich AUS 16.00 M55 1 Parnell, Roger USA 16.33 2 Rib, Anatoly RUS 16.58 3 Cesar, Normando T. BRA 20.85 M60 1 Benjamini, Victor USA 16.81 2 Vyklyad, Frantisek CZE 18.81 3 Lemos, Antonio Lau BRA 18.86 M65 1 Armstrong, Mervyn CAN 19.48 2 Chambers, Don AUS 19.80 3 Yamaguchi, Iwao JPN 20.41 110m Hurdles M30 1 Schwanke, Peter CAN 16.65 2 Tischer, Dean CAN 17.65 M40 1 Bakx, Van NED 16.27 2 Dong, Walter CAN 16.59 3 Mosser, Scott USA 18.57 M45 1 Hayrapetyan, Serk ARM 16.03 2 Gavenciak, Igor SVK 16.42 3 Szucs, Andras HUN 17.14 300m Hurdles W50 1 Smith, Julie AUS 58.13 2 Ana, Jerman SLO 59.10 3 Cochran, Nancy CAN 1:16.61 W55 1 Trott, Rhona CAN 57.49 2 McDonnell, Hazel AUS 59.04 3 Roberts, Catherine CAN 1:06.45 W60 1 Jonkers, Riet NED 55.76 W65 1 Dykman, Rietje NED 55.69 M60 1 Benjamini, Victor USA 47.20 2 Badowski, Tony CAN 50.04 3 McCune, Derek CAN 50.28 M65 1 Armstrong, Mervyn CAN 52.91 2 Chambers, Don AUS 53.62 3 Yamaguchi, Iwao JPN 57.06 M70 1 Leggett, James USA 56.37 2 Johnson, Ronald NZL 1:01.02 3 Sheehan, Al USA 1:11.21 M75 1 Stookey, James USA 54.98 M85 1 Bulkiey, Daniel USA 1:33.76 400m Hurdles W30 1 Rothwell, Alison AUS 1:07.73 W40 1 Schlichter, Teresa CAN 1:08.32 W45 1 Kominami, Sachiko JPN 1:20.00 M40 2 Jolicoeur, Jovette CAN 1:21.73 3 Nyagolova, Yovka BUL 1:35.42 M40 1 Samson, Marc CAN 58.85 2 Dong, Walter CAN 1:01.66 3 Mosser, Scott USA 1:02.38 M45 1 Warden, Don CAN 1:08.32 M50 1 Pannell, Michael AUS 1:02.84 2 Easley, Rick USA 1:08.52 3 Berquist, Brian CAN 1:13.01 M55 1 Majauskas, Vytaut LTU 1:09.25 2 Brewer, Jess H. CAN 1:12.80 3 Cesar, Normando T. BRA 1:13.50 2000m Steeplechase W30 1 Rothwell, Alison AUS 7:46.01 W35 1 Ryan, Kara CAN 8:38.76 2 Pittwood, Diana NZL 10:51.90 W45 1 Slavica, Poznic SLO 8:51.68 2 Redenz, Ursula GER 9:03.77 3 Nyagolova, Yovka BUL 10:48.97 W50 1 Ana, Jerman SLO 9:48.70 W55 1 Warick, Judy CAN 9:16.74 2 Rocnakova, Anezka CZE 9:30.75 W60 1 Jancokova, Milosla CZE 10:04.82 2 Opplinger, Jayne NZL 17:25.90 W65 1 Fraser, Lynn NZL 13:38.91 M60 1 van Tol, Arie NED 8:09.20 2 Renwick, Doug CAN 8:13.12 3 Wyatt, Norris NZL 8:39.85 M65 1 Blakitny, Anatoly RUS 8:34.47 2 Oile, Ludovit CZE 9:06.31 3 Hana, Kvetoslav CZE 9:18.71 M70 1 Johnson, Ronald NZL 9:50.80 2 Reilly, George CAN 11:23.06 M75 1 Matzner, Karel CZE 10:04.72 M85 1 Bulzler, Daniel USA 15:05.25 3000m Steeplechase M30 1 Palavicini, Martin USA 11:09.58 2 Adams, John NZL 17:07.30 M35 1 Woodhouse, Mark CAN 12:21.83 2 Ozar, Steve CAN 13:42.08 M40 1 Fullarton, Jim CAN 10:52.99 2 Johnson, Murray AUS 11:16.73 3 Guss, David CAN 11:23.43 M45 1 Pechek, Vladimir CZE 11:02.34 2 Johansen, Tom Roge NOR 11:09.98 3 Cook, David USA 11:11.44 M50 1 Campbell, Dale USA 11:26.21 2 Russell, Cliff CAN 11:39.88 3 Williams, Frank J USA 13:25.76	September 2005 M55 1 Skotine, Leonid RU High Jump W30 1 Jackson, Jennifer C 2 Nakatake, Kimiko U 3 Loland, Darlene CA W35 1 Krepkina, Valentyn 2 Potvin, Annie CAN W40 1 Stepanova, Olga R 3 Preradovich, Sonja W45 1 Thom, Roslyn CAN 2 Gunasekera, Rosh W50 1 Brill, Connie CAN 2 Gipson, Eleanor US 3 Avizoniene, Genov W55 1 McBlain, Liz CAN 2 Otake, Cecilia JPN W60 1 Douglass, Linda US 2 Radcliffe, Marg CA 3 Nitzke, Arlete BRA W65 1 Dykman, Rietje NE 2 Anderson, Sandra C W70 1 Kovenskaya, Gail 2 H. Shimizu, Mitsu 2 Boivin, Gwendolyn W75 1 Gombardze, Kaleri 2 Minami, Chieko BR W80 1 McLeod-Smith, F. D M30 1 Chornohub, Roman 2 Le Blanc, Marc CAN M35 1 Mysikov, Oleg USA 2 Barr, James USA 3 Gould, Dwayne CAN M40 1 VanZandt, Thomas 2 Johnson, Wincheste 3 Blue, David CAN M45 1 Vozar, Edward USA 2 Dixon, Walter CAN 3 Houba, Peter USA M50 1 Tompkins, Clay AUS 2 Geis, Hildebrand GE 3 Farris, Dean CAN M55 1 Hawkins, John CAN 2 Jensen, Reinhard U 3 Peter, Heinz CAN M60 1 Rielly, Roger AUS 2 Franc Branko, Vivo 3 Vyklyad, Frantisek C M65 1 Kurunczi, Zoltan HU 2 Ukhov, Valeriy RUS 3 East, Les CAN M70 1 Taylor, Keith CAN 2 Leggett, James USA 3 Berardi, Jose-Mari A M75 1 Stookey, James USA 2 Dobrinsch, Geza HU 3 Reuter, Wolfgang G M85 1 Zenscb, Emmerich A 2 Maxwell, Ralph USA 3 Rytel, George USA Pole Vault W30 1 Desmarais, Terry C W45 1 Johnson, Liz USA W50 1 Watkins, Yasha AUS 2 Cochran, Nancy CA W55 1 Cattermoile, Lynde 2 McBlain, Liz CAN W60 1 Hoover, Virginia CA W65 1 Riegel, Jutta CAN 2 Anderson, Sandra C W70 1 Yamamoto, Midori W75 1 Holton, Dan USA M40 1 Johnson, Wincheste 2 Estrada, Mario MEX M45 1 Walley, Brian CAN 2 Bowman, Gordon C M50 1 Williams, Allan GBR 2 Banton, Steven USA M55 1 Hawkins, John CAN 2 Hamill, Warren CAN 3 Perkins, Bruce USA M60 1 Renwick, Doug CAN 2 Poulter, Jim AUS 3 Campbell, Robert C M65 1 Kurunczi, Zoltan HU 2 Steinman, John USA M70 1 Dumas, Gerard CAN 2 Johnson, Ronald NZL 3 Berardi, Jose-Mari A M75 1 Conner, John USA 2 Olsen, Edward CAN M80 1 Cleveland, John P. U M85 1 Zenscb, Emmerich A Long Jump W30 1 Rothwell, Alison AU 2 Desmarais, Terry C 3 Jackson, Jennifer C W35 1 Krepkina, Valentyn 2 Klaue, Heike GER 3 Dundas, Tammy CA W40 1 Miyahara, Naomi JP 2 Linaker, Launa CAN 3 Felix, Darlene CAN W45 1 Freeman, B J CAN 2 Thom, Roslyn CAN 3 Lauridsen, Susanne W50 1 Smith, Julie AUS 2 Caldova, Milada CZ 3 Sloan, Jeanette CA W55 1 Crothers, Carol US 2 McBlain, Liz CAN W60 1 LaFayette-Boyd, Ca 2 Minor, Susan USA 3 Burton, Lucille CAN W65 1 Trader, Joyce USA 2 Crosthwaite, Gerda 3 Anderson, Sandra C W
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M55 1 Skotline, Leonid RUS 12:35.12	M35 1 Tkachenko, Yevgen UKR 5.96m	2 Kefer, Grigoriy RUS 12.88m	2 Tosh, Margaret CAN 20.16m	3 Murfitt, Anne CAN 6.24m
High Jump	2 Wardecki, Krzyszto POL 5.68m	3 Mullarvey, Michael AUS 11.36m	3 Anderson, Sandra CAN 19.89m	1 Palmer, Denise AUS 12.92m
W30 1 Jackson, Jennifer CAN 1.60m	3 Maul, Wolfgang CAN 5.33m	M35 1 Meszaros, Robert HUN 14.15m	1 Hicks, Amy USA 22.93m	2 Rosales, Esther MEX 9.94m
2 Nakatake, Kimiko USA 1.55m	M40 1 Foster, Greg USA 6.65m	2 Kuemmerlin, John USA 14.07m	2 Turek, Mae CAN 19.37m	3 Melnikova, Svetlana RUS 9.87m
3 Loland, Darlene CAN 1.50m	2 Bakx, Wan NED 6.01m	3 Tessier, Yves CAN 14.00m	3 Acton, Myrtle CAN 17.64m	W55 1 Hartzler, Mary USA 11.62m
W35 1 Krepinka, Valentyn UKR 1.45m	3 Johnson, Wincheste CAN 5.85m	M40 1 Smith, Andrew CAN 11.79m	W75 1 Foerster, Ursula GER 16.71m	2 Taylor, Joyce USA 11.01m
W40 1 Potvin, Annie CAN 1.50m	1 Farkas, Balazs HUN 6.36m	2 Purcell, Sean USA 10.97m	2 Kawakami, Toshi BRA 12.01m	3 Mensey, Myrle USA 10.23m
2 Stepanova, Olga RUS 1.30m	2 Lasik, Jozef POL 6.06m	3 Lefevre, Robert CAN 10.97m	3 Taniguchi, Kazuko BRA 11.04m	W60 1 Swinton, Margery GBR 9.64m
3 Preradovich, Sonja CAN 1.30m	3 Gavenciak, Igor SVK 6.01m	M45 1 Jansson, Kenneth USA 13.22m	W80 1 Mcleod-Smith, F. D CAN 13.01m	W65 1 Searle, Helen AUS 14.99m
W45 1 Thom, Roslyn CAN 1.35m	2 Boyd, Barry CAN 6.10m	2 Yoisten, Danny CAN 12.06m	2 Nishimura, Hatsuko BRA 10.80m	2 Anderson, Sandra CAN 9.25m
2 Gunasekera, Roshan CAN 1.20m	3 Terrell, Bobby USA 5.15m	3 Funabiki, Norimasa JPN 11.82m	W85 1 Kolelko, Olga CAN 15.78m	W70 1 Lary, Audrey USA 10.89m
W50 1 Brill, Connie CAN 1.40m	M55 1 Parnell, Roger USA 5.69m	M50 1 Summers, Ronald USA 15.45m	M30 1 Mullarvey, Michael AUS 34.71m	2 Hicks, Amy USA 7.99m
2 Gipson, Eleanor USA 1.35m	2 Rib, Anatoly RUS 5.60m	2 Ross, Steven USA 14.36m	2 Wilson, Kier CAN 32.58m	3 Turek, Mae CAN 7.15m
3 Avizoniene, Genova LTU 1.30m	3 Svyatoslav, Saulya RUS 5.50m	3 Vegar, Stan USA 14.08m	3 Adams, John NZL 22.02m	W80 1 Mcleod-Smith, F. D CAN 6.05m
W55 1 McBlain, Liz CAN 1.10m	M60 1 Benjamin, Victor USA 5.45m	M55 1 Semberowski, Andrzej POL 13.25m	M35 1 Maplethorpe, Ian CAN 58.79m	M30 1 Mullarvey, Michael AUS 10.35m
2 Otaka, Cecilia JPN 1.05m	2 Shcherbina, Fedor RUS 5.05m	2 Carcioffo, Frances ITA 12.94m	2 Lowe, Mark CAN 46.94m	2 Adams, John NZL 8.03m
W60 1 Douglass, Linda USA 1.25m	3 Shcherbina, Fedor RUS 5.05m	3 Darioffo, Chris USA 11.81m	3 Meszaros, Robert HUN 38.17m	M35 1 Maplethorpe, Ian CAN 18.95m
2 Radcliffe, Marg CAN 1.25m	3 Eiter, Carl USA 4.87m	M60 1 Glowacki, Marek CAN 13.22m	M40 1 Tsvetkov, Alexey RUS 49.32m	2 Meszaros, Robert HUN 13.90m
3 Nitzke, Ariete BRA 1.05m	M65 1 Kurunczi, Zoltan HUN 4.40m	2 Flint, Larry USA 12.76m	2 Sterling, Mark BAH 41.76m	3 Kuemmerlin, John USA 12.15m
W65 1 Dykman, Rietje NED 1.25m	2 Lushchikov, Vladimir RUS 4.39m	2 Yamada, Hiroshi JPN 12.76m	3 Cheema, Rana Ranji CAN 37.96m	M40 1 Gecsek, Tibor HUN 19.32m
2 Anderson, Sandra CAN 1.15m	3 Yamaguchi, Iwao JPN 4.25m	M65 1 Heiler, Roland GER 13.52m	M45 1 Jansson, Kenneth USA 54.25m	2 Tsvetkov, Alexey RUS 14.23m
W70 1 Kovalenskaya, Gali RUS 1.05m	M70 1 Popov, Vladimir RUS 4.90m	2 Fukagawa, Hiroo JPN 12.87m	2 Yoisten, Danny CAN 32.28m	3 Sterling, Mark BAH 13.17m
2 H. Shimizu, Mitsu BRA 1.00m	2 Nett, Arnold CAN 3.53m	3 Koch, John Barrie USA 12.24m	3 Funabiki, Norimasa JPN 31.10m	M45 1 Jansson, Kenneth USA 17.44m
3 Boivin, Gwendolyn CAN 1.00m	M75 1 Reuter, Wolfgang GER 4.75m	M70 1 Koch, James USA 13.75m	M50 1 Voigt, Jan GER 46.56m	2 Navarre, Bruce USA 13.79m
W75 1 Gomerbadze, Kaleri RUS 1.05m	2 Stooker, James USA 4.31m	2 Speckens, Peter GER 13.56m	2 Smiechowski, Zenon CAN 36.21m	3 1892 Yoisten, Danny CAN 11.56m
2 Minami, Chieko BRA 0.85m	3 Meuwissen, Adrian CAN 4.07m	3 Tronstad, Kenneth USA 12.51m	3 Sacher, Martin CAN 31.37m	M50 1 Baty, Jeffrey USA 17.02m
W80 1 Mcleod-Smith, F. D CAN 0.80m	M80 1 McMillan, Roger CAN 2.43m	M75 1 Sillantaus, Rainer CAN 11.02m	M55 1 Kulczynski, Floria POL 56.72m	2 Voigt, Jan GER 16.84m
M30 1 Chornohub, Roman CAN 1.80m	M85 1 Zensch, Emmerich AUT 3.20m	2 Meuwissen, Adrian CAN 9.86m	2 Taylor, Todd USA 51.86m	3 Smiechowski, Zenon CAN 13.86m
2 Le Blanc, Marc CAN 1.60m	2 Maxwell, Ralph USA 3.16m	3 Mullins, Thomas AUS 9.31m	3 Edwards, Tim USA 40.76m	M55 1 Kulczynski, Floria POL 19.16m
M35 1 Mysikov, Oleg USA 1.85m	3 Rytffel, George USA 2.01m	M80 1 Ogura, Takashi JPN 8.11m	M60 1 Mathews, George USA 51.47m	2 Taylor, Todd USA 17.79m
2 Barr, James USA 1.80m	Triple Jump	2 Power-Waters, Brian USA 7.46m	2 Yamada, Hiroshi JPN 46.63m	3 Edwards, Tim USA 15.24m
3 Gould, Dwayne CAN 1.55m	W30 1 Petrech, Helena CAN 11.10m	M85 1 Goldy, Champion USA 6.55m	3 Glowacki, Marek CAN 39.58m	M40 1 Mathews, George USA 20.11m
M40 1 VanZandt, Thomas USA 1.93m	2 Rothwell, Alison AUS 10.26m	M90 1 Murray, Jim CAN 6.11m	M65 1 Burke, Ed USA 55.52m	2 Glowacki, Marek CAN 14.80m
2 Johnson, Wincheste CAN 1.75m	3 Nakatake, Kimiko USA 9.74m	2 West, Howard CAN 4.63m	2 Gentleman, William GBR 47.77m	3 Skuse, Roy NZL 11.55m
3 Blue, David CAN 1.65m	W35 1 Krepinka, Valentyn UKR 10.87m	M95 1 Lane, Trent USA 6.16m	3 Singh, Ajmer IND 46.85m	M65 1 Gentleman, William GBR 15.75m
M45 1 Vozar, Eduard USA 1.83m	2 Heschuk, Sherry CAN 8.76m	Discus	W70 1 Speckens, Peter GER 45.48m	2 Horak, Vladimir CZE 14.08m
2 Dixon, Walter CAN 1.75m	W40 1 Russell, Kelly CAN 8.07m	W30 1 Weber, Andrea CAN 37.33m	2 Staveley, Bob CAN 39.14m	3 Herron, Robin USA 12.66m
3 Houba, Peter USA 1.70m	2 Ogie, Claire GBR 7.45m	2 Carlos, Nicole CAN 32.02m	3 Grady, Udo CAN 35.09m	M70 1 Speckens, Peter GER 16.83m
M50 1 Tompkins, Clay AUS 1.70m	W45 1 Rajput, Saraswati IND 7.90m	3 Gregoire, Debbie CAN 26.98m	M75 1 Rittweger, Manfred GER 36.09m	2 Feick, Ray USA 13.78m
2 Geis, Hildebrand GER 1.45m	2 Gunasekera, Roshan CAN 7.54m	W35 1 Reed, Georgette CAN 46.54m	2 Mullins, Thomas AUS 35.89m	3 Ropelin, Arvo AUS 13.03m
3 Faris, Dean CAN 1.35m	3 Johnson, Liz USA 7.20m	1 Planner, Judy AUS 39.33m	3 Monds, Douglas CAN 34.35m	M75 1 Lewellen, Harvey USA 15.22m
M55 1 Hawkins, John CAN 1.70m	W50 1 Smith, Julie AUS 9.87m	2 Banack, Angie CAN 29.01m	M80 1 Ogura, Takashi JPN 20.20m	2 Rittweger, Manfred CAN 13.55m
2 Jensen, Reinhard USA 1.55m	2 Watkins, Yasha AUS 7.87m	W40 1 Yeomans, Zofia CAN 28.84m	M85 1 Rytffel, George USA 15.11m	3 Monds, Douglas CAN 12.48m
3 Peter, Heinz CAN 1.45m	3 Caldova, Milada CZE 7.85m	2 Clements, Denise CAN 24.12m	M90 1 Murray, Jim CAN 15.86m	1 Ogura, Takashi JPN 10.45m
M60 1 Rielly, Roger AUS 1.60m	W55 1 Warick, Judy CAN 7.33m	3 Leverenz, Marlene AUS 23.52m	M95 1 Lane, Trent USA 15.96m	2 Power-Waters, Brian USA 9.32m
2 Franc Branko, Vivo SLO 1.60m	2 McBlain, Liz CAN 6.50m	W45 1 Cameron, Claire GBR 37.84m	Weight Pentathlon	3 Stein, Jacob USA 8.84m
M65 1 Kurunczi, Zoltan HUN 1.35m	3 Brander, Lisa CAN 5.34m	2 Angelika, Holder GER 27.74m	W30 1 Jackson, Jennifer CAN 33.52m	M85 1 Rytffel, George USA 7.41m
2 Kurov, Valeriy RUS 1.30m	W60 1 LaFayette-Boyd, Ca CAN 8.95m	3 Virgin, Beverley AUS 26.77m	M35 1 Carlsson, Nicole CAN 30.54m	W35 1 Dundas, Tammy CAN 1710
M70 1 Taylor, Keith CAN 1.25m	2 Burton, Lucille CAN 7.25m	W50 1 Melnikova, Svetlana RUS 33.81m	2 Carlos, Nicole CAN 30.54m	2 Klaue, Heike GER 1634
2 Leggitt, James USA 1.20m	3 Minor, Susan USA 6.67m	M35 1 Iranyi, Margit HUN 32.97m	3 Gregoire, Debbie CAN 29.18m	W40 1 Clements, Denise CAN 2322
3 Berardi, Jose-Mari ARG 1.10m	W65 1 Dykman, Rietje NED 8.93m	3 Yesayan, Svetlana ARM 32.23m	W35 1 Planner, Judy AUS 32.28m	2 Lambrick, Fiona AUS 2233
M75 1 Stooker, James USA 1.25m	2 Anderson, Sandra CAN 6.76m	W55 1 Hartzler, Mary USA 29.90m	2 Klaue, Heike GER 25.24m	W45 1 Cameron, Claire GBR 3535
2 Dobriban, Geza HUN 1.25m	3 Carter, Mavis M NZL 6.31m	2 Magyar, Maria HUN 27.62m	3 Gross, Camille CAN 21.42m	2 Maeda, Kayako JPN 2758
3 Reuter, Wolfgang GER 1.25m	W70 1 Lary, Audrey USA 7.93m	3 Mensey, Myrle USA 25.11m	W40 1 Urra, Eugenia CHI 36.42m	3 Johnson, Liz USA 1879
M85 1 Zensch, Emmerich AUT 1.22m	2 Boivin, Gwendolyn CAN 6.99m	W60 1 Jakobson, Maija LAT 32.24m	2 Oostergard, Alison CAN 34.77m	W50 1 Palmer, Denise AUS 3621
2 Maxwell, Ralph USA 1.15m	3 Kuehne, Magdalena USA 5.99m	2 Nakano, Yoko CAN 27.36m	3 Potvin, Annie CAN 34.47m	2 Iranyi, Margit HUN 3264
3 Rytffel, George USA 0.85m	W75 1 Gomerbadze, Kaleri RUS 6.22m	3 Swinton, Margery GBR 20.48m	W45 1 Dejus, Sandra LAT 37.13m	3 Rosales, Esther MEX 2570
Pole Vault	M30 1 Le Blanc, Marc CAN 11.52m	W65 1 Searle, Helen AUS 28.36m	W50 1 Mackichan, Nancy CAN 31.92m	W55 1 Hartzler, Mary USA 4016
W30 1 Desmarais, Terry CAN 2.50m	2 Humeniuk, Lance CAN 11.48m	2 Turmubat, Tserendo MGL 24.40m	3 Maeda, Kayako JPN 24.48m	2 Magyar, Maria HUN 3601
W45 1 Johnson, Liz USA 1.90m	3 Sim, Stewart CAN 10.76m	3 Padia, Elsbeth USA 22.32m	W50 1 Watkins, Yasha AUS 30.63m	3 Mensey, Myrle USA 3453
W50 1 Watkins, Yasha AUS 1.40m	M35 1 Tkachenko, Yevgen UKR 15.18m	W70 1 Baumann, Ruth GER 21.22m	2 Smith, Julie AUS 25.01m	W60 1 Swinton, Margery GBR 3073
2 Cochrane, Nancy CAN 1.20m	2 Rowein, Scott CAN 10.10m	2 Kovalenskaya, Gali RUS 20.48m	3 Richter, Maria Apa BRA 23.95m	2 Hoover, Virginia CAN 2108
W55 1 Cattermole, Lyndse AUS 1.60m	3 John, Vern CAN 9.86m	W75 1 Foerster, Ursula GER 14.05m	W40 1 Urra, Eugenia CHI 36.42m	W55 1 Searle, Helen AUS 5290
2 McBlain, Liz CAN 1.40m	M40 1 Foster, Greg USA 14.20m	2 Smallwood, Maxine CAN 12.99m	2 Raham, Sharon USA 24.29m	2 Anderson, Sandra CAN 3222
W60 1 Hoover, Virginia CAN 1.30m	2 Gecsek, Tibor HUN 11.68m	3 Kawakami, Toshi BRA 12.70m	2 Bell, Teddie USA 22.72m	W70 1 Kovalenskaya, Galina RUS 3736
W65 1 Riegel, Jutta CAN 1.80m	3 Jennett, Terry CAN 10.89m	W80 1 Nishimura, Hatsuko BRA 9.20m	3 McBlain, Liz CAN 17.35m	2 Hicks, Amy USA 3272
2 Anderson, Sandra CAN 1.60m	M45 1 Farkas, Balazs HUN 13.87m	M30 1 Mullarvey, Michael AUS 29.53m	W60 1 Radcliffe, Marg CAN 29.02m	3 Turek, Mae CAN 3120
W70 1 Yamamoto, Midori JPN 1.80m	2 Gavenciak, Igor SVK 13.07m	2 Wilson, Kier CAN 28.65m	2 Mellmann, Gudrun GER 27.34m	W75 1 Foerster, Ursula GER 2903
M35 1 Holton, Dan USA 4.41m	3 Lasik, Jozef POL 12.85m	M35 1 Adams, John NZL 24.07m	3 Swinton, Margery GBR 19.87m	W80 1 Kolelko, Olga CAN 4866
M40 1 Johnson, Wincheste CAN 3.60m	2 Terrell, Bobby USA 12.03m	M60 1 Zmelik, Robert CZE 45.17m	W65 1 Tosh, Margaret CAN 26.21m	M35 1 Meszaros, Robert HUN 3090
2 Estrada, Mario MEX 3.10m	M55 1 Tiff, Milan USA 12.20m	3 Maplethorpe, Ian CAN 42.20m	W70 1 Kovalenskaya, Gali RUS 20.42m	2 Kuemmerlin, John USA 2696
M45 1 Walley, Brian CAN 3.10m	2 Kates, Dave CAN 9.94m	M40 1 Gagne, France CAN 43.07m	2 Hicks, Amy USA 18.16m	3 Barr, James USA 2554
2 Bowman, Gordon CAN 2.80m	3 Purkis, Jim CAN 9.85m	2 Cau, Marco Tullio ITA 40.56m	3 Ferguson, Lil CAN 18.02m	M40 1 Luckmann, Jan GER 3076
M50 1 Williams, Allan GBR 4.30m	M60 1 Shcherbina, Fedor RUS 10.65m	3 Quirk, Paul USA 40.19m	W75 1 Smallwood, Maxine CAN 12.52m	2 Tsvetkov, Alexey RUS 2855
2 Banton, Steven USA 2.90m	2 Rielly, Roger AUS 10.60m	M45 1 Navarre, Bruce USA 47.62m	2 Kawakami, Toshi BRA 9.17m	3 Sterling, Mark BAH 2051
M55 1 Hawkins, John CAN 3.40m	3 Boosey, Derek USA 10.59m	2 Yamasaki, Yuji JPN 44.22m	W80 1 Taniguchi, Kazuko BRA 8.03m	M45 1 Jansson, Kenneth USA 3743
2 Hamill, Warren CAN 3.40m	M65 1 Kurunczi, Zoltan HUN 9.40m	3 Jansson, Kenneth USA 38.12m	W50 1 Mcleod-Smith, F. D CAN 10.36m	2 Navarre, Bruce USA 3204
3 Perkins, Bruce USA 2.70m	W70 1 Popov, Vladimir RUS 9.25m	M50 1 Voigt, Jan GER 44.72m	M30 1 Mullarvey, Michael AUS 53.83m	M50 1 Baty, Jeffrey USA 3671
W60 1 Renwick, Doug CAN 2.60m	3 Shechter, Pinchas ISR 9.25m	2 Baty, Jeffrey USA 44.41m	2 Arsenault, David CAN 52.32m	2 Talpescu, Lembit EST 3532
2 Poulter, Jim AUS 2.30m	M70 1 Popov, Vladimir RUS 9.88m	M55 1 Fahey, Thomas USA 48.71m	3 Wilson, Kier CAN 42.00m	M55 1 Kulczynski, Florian POL 3312
M65 1 Kurunczi, Zoltan HUN 3.00m	2 Nett, Arnold CAN 8.24m	2 Semberowski, Andrzej POL 39.80m	M35 1 Kamas, Roman SVK 49.56m	2 Smiechowski, Zenon CAN 4213
2 Steinman, John USA 2.70m	M75 1 Poonia, Kesar Sing CAN 8.20m	3 Edwards, Tim USA 36.31m	2 Barr, James USA 45.69m	M35 1 Gotsch, Joerg DEN 3396
M70 1 Dumas, Gerard CAN 2.40m	M85 1 Stooker, James USA 9.00m	M60 1 Pratt, Larry USA 51.28m	3 Senior, Andrew CAN 39.13m	3 Sager, Bob USA 3141
2 Johnson, Ronald NZL 2.30m	2 Dobriban, Geza HUN 7.84m	M65 1 Glowacki, Marek CAN 42.67m	M40 1 Morgan, Kevin CAN 55.30m	W60 1 Yamada, Hiroshi JPN 3945
3 Berardi, Jose-Mari ARG 1.80m	M80 1 McMillan, Roger CAN 5.20m	3 Gray, Peter CAN 39.99m	2 Luckmann, Jan GER 49.61m	2 Glowacki, Marek CAN 3885
M75 1 Conner, John USA 1.80m	M85 1 Maxwell, Ralph USA 7.00m	M65 1 Heiler, Roland GER 51.61m	3 Kent, Scott CAN 47.41m	3 Ray, Peter CAN 3069
2 Olsen, Edward CAN 1.70m	2 Zensch, Emmerich AUT 6.99m	2 Horak, Vladimir CZE 42.45m	M45 1 Havras, Serhiy UKR 60.68m	M65 1 Horak, Vladimir CZE 4307
M80 1 Cleveland, John P. USA 2.20m	Shot Put	3 Gentleman, William GBR 36.27m	2 Morris, Dennis USA 54.85m	2 Gentleman, William GBR 4135
M85 1 Zensch, Emmerich AUT 1.40m	W30 1 Weber, Andrea CAN 10.34m	W70 1 Speckens, Peter GER 42.78m	3 Beamish, Lee CAN 48.87m	3 Fukagawa, Hiroo JPN 3845
Long Jump	2 Huppel-Parsons, Pa J CAN 9.42m	2 Rosen, Leonard L USA 36.19m	M50 1 Brown, Michael USA 65.87m	1 Speckens, Peter GER 4940
W30 1 Rothwell, Alison AUS 5.12m	3 Reid, Pam CAN 9.11m	3 Matsushima, Takumi BRA 36.18m	2 Finkbeiner, Michae CAN 51.12m	2 Feick, Ray USA 3425
2 Desmarais, Terry CAN 5.05m	W35 1 Reed, Georgette CAN 15.00m	W75 1 Lewellen, Harvey USA 36.04m	3 Gudzowsky, Terry CAN 48.27m	M75 1 Lewellen, Harvey USA 4114
3 Jackson, Jennifer CAN 5.04m	2 Banack, Angie CAN 10.72m	2 Aso, Katsuya JPN 30.64m	W80 1 Kovalenskaya, Gali RUS 20.42m	2 Hanus, Jaroslav GBR 3893
W35 1 Krepinka, Valentyn UKR 5.45m	3 Planner, Judy AUS 10.53m	3 Hanus, Jaroslav GBR 29.86m	M30 1 Mcleod-Smith, F. D CAN 10.36m	3 Aso, Katsuya JPN 3593
2 Klaue, Heike GER 4.40m	W40 1 Potvin, Annie CAN 10.43m	M80 1 Mulker, Richard USA 29.13m	M60 1 Kolar, Josef CZE 49.78m	M90 1 Murray, Jim CAN 3996
3 Dundas, Tammy CAN 3.66m	2 Clements, Denise CAN 9.34m	2 Power-Waters, Brian USA 22.13m	2 Appel, H. Douglas USA 46.80m	W55 1 Trott, Rhona CAN 2860
W40 1 Miyahara, Naomi JPN 4.90m	3 Stepanova, Olga RUS 8.71m	3 Ogura, Takashi JPN 21.12m	3 McFadyen, Bob CAN 36.73m	W60 1 Nitzke, Ariete BRA 1893
2 Linaker, Launa CAN 4.68m	W45 1 Cameron, Claire GBR 10.25m	M85 1 Goldy, Champion USA 17.73m	M65 1 Illuzzi, Frank USA 42.89m	W65 1 Dykman, Rietje NED 4610
3 Felix, Darlene CAN 4.35m	2 Angelika, Holder GER 9.43m	2 Rytffel, George USA 13.73m	M90 1 Murray, Jim CAN 14.58m	W75 1 Minami, Chieko BRA 2717
W45 1 Freeman, B J CAN 4.44m	3 Virgin, Beverley AUS 9.29m	M90 1 Murray, Jim CAN 16.44m	2 West, Howard CAN 11.61m	M30 1 Wight, Trevor CAN 2265
2 Thom, Roslyn CAN 4.39m	W50 1 Iranyi, Margit HUN 13.06m	M95 1 Lane, Trent USA 14.99m	M70 1 Koster, Stanley USA 40.89m	2 Wilson, Kier CAN 1864
3 Lauridsen, Susanne CAN 4.17m	2 Melnikova, Svetlana RUS 12.40m	Hammer	2 Matsushima, Takumi BRA 38.95m	3 Mullarvey, Michael AUS 1671
W50 1 Smith, Julie AUS 4.14m	3 Yesayan, Svetlana ARM 10.54m	W30 1 Gregoire, Debbie CAN 23.32m	3 Sluga, Marko SLO 36.51m	2 Barr, James USA 2817
2 Caldova, Milada CZE 3.97m	W55 1 Mensey, Myrle USA 10.65m	2 Huppel-Parsons, Pa CAN 19.19m	M75 1 Alaways, Del USA 34.99m	W35 1 Banack, Angie CAN 9.52m
3 Sloan, Jeanette CAN 3.92m	2 Hartzler, Mary USA 10.58m	W35 1 Reed, Georgette CAN 45.12m	2 Sillantaus, Rainer CAN 34.61m	2 Dundas, Tammy CAN 9.01m
W55 1 Crothers, Carol USA 3.25m	W60 1 Jakobson, Maija LAT 10.54m	W40 1 Clements, Denise CAN 29.24m	3 Aso, Katsuya JPN 25.86m	M40 1 Johnson, Wincheste CAN 2926
2 McBlain, Liz CAN 2.94m	M60 1 Nakano, Yoko CAN 7.96m	2 Lambrick, Fiona AUS 22.83m	M80 1 Ogura, Takashi JPN 19.79m	2 Mosser, Scott USA 2559
W60 1 LaFayette-Boyd, Ca CAN 4.21m	3 Swinton, Margery GBR 7.84m	W45 1 Cameron, Claire GBR 33.56m	2 Power-Waters, Brian USA 16.82m	3 Lefevre, Robert CAN 1851
2 Minor, Susan USA 3.38m	W65 1 Searle, Helen AUS 10.99m	2 Maeda, Kayako JPN 25.33m	M85 1 Goldy, Champion USA 17.18m	M45 1 Houba, Peter USA 2673
W65 1 Trader, Joyce USA 3.66m	2 Turmubat, Tserendo MGL 10.15m	3 Murfitt, Anne CAN 12.18m	M90 1 Murray, Jim CAN 14.58m	
2 Crosthwaite, Gerda CAN 3.57m	W70 1 Kovalenskaya, Gali RUS 8.57m	W50 1 Palmer, Denise AUS 37.80m	2 West, Howard CAN 11.61m	
3 Anderson, Sandra CAN 3.26m	2 Baumann,			

Table with columns for race number, name, and time. Races include M50, M55, M60, M65, M70, M75, M80, M85, W30, W35, W40, W45.

Table with columns for race number, name, and time. Races include W50, W55, W60, W65, W70, W75, W80, W85.

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Table with columns for race number, name, and time. Races include M65, M70, M75, M80, M85, W30, W35, W40, W45.

LONG DISTANCE RUNNING NATIONAL

Table for White River 50M Crystal Mountain, WA July 30. Includes Overall list with names and times.

Table for USATF National Masters 8K Championships Honolulu, HI; Aug. 7. Includes Overall list.

Table for RRCA Women's Distance Festival 5K, Dryden, NY July 14. Includes Overall list.

Table for NYRR Police-Fire 8K Central Park, NYC July 16. Includes Overall list.

Table for NYRR Dash and Splash 8K, Central Park, NYC July 16. Includes Overall list.

EAST Kids Day 5K, North Attleboro, MA; July 10

Table for Kids Day 5K, North Attleboro, MA; July 10. Includes Overall list.

Table for Bastille Day 4 Mile Washington, DC; July 14. Includes Overall list.

Table for RRCA Women's Distance Festival 5K, Dryden, NY July 14. Includes Overall list.

Table for NYRR Police-Fire 8K Central Park, NYC July 16. Includes Overall list.

Table for NYRR Dash and Splash 8K, Central Park, NYC July 16. Includes Overall list.

Table for NYRR Dash and Splash 8K, Central Park, NYC July 16. Includes Overall list.

Table for W40 Mary Callahan, W45 Inez McMahon, W50 Gloria Cohen, W55 Chuang Chang, W60 Ruth Liebowitz, W65 Edith Jones, W70 Ginette Bedard, W75 Joan Rowland.

Table for Stowe 8M Stowe, VT; July 17. Includes Overall list.

Table for M60 John Hackney, Arthur Roberts, George Cunha, Denny Leblanc, Charlie Farrington, M70+Jack Kick, Mike Borkiewicz, Gerald Barney, Paul McDermott, A Cymbalista, W40 Nina Caron, Mimi Fallon, S Piergentilli, Cathy Pearce, Pattie Dalenzo, W50 Sidney Letendre, Ron Brosius, Terri Martland, Sue Maslowski, N Changelian-Aitk, W60 Catherine Farrell, Trina Hosmer, Karen Monsen, Rosemary Rusin, Sally Howe, W70+ B Robinson.

Table for Belle Haven 8K Alexandria, VA; July 19. Includes Overall list.

Table for NYRR Nike Run Hit Wonder 8K, Central Park NYC; July 20. Includes Overall list.

Table for NYRR Nike Run Hit Wonder 8K, Central Park NYC; July 20. Includes Overall list.

NYRR Run for Central Park 4 Miles, Central Park, NYC; July 23

Table for NYRR Run for Central Park 4 Miles, Central Park, NYC; July 23. Includes Overall list.

"The Great Hyannis" Johnny Kelley 10K Hyannis, MA; July 24

Table for "The Great Hyannis" Johnny Kelley 10K Hyannis, MA; July 24. Includes Overall list.

Table for M60 John Hackney, Arthur Roberts, George Cunha, Denny Leblanc, Charlie Farrington, M70+Jack Kick, Mike Borkiewicz, Gerald Barney, Paul McDermott, A Cymbalista, W40 Nina Caron, Mimi Fallon, S Piergentilli, Cathy Pearce, Pattie Dalenzo, W50 Sidney Letendre, Ron Brosius, Terri Martland, Sue Maslowski, N Changelian-Aitk, W60 Catherine Farrell, Trina Hosmer, Karen Monsen, Rosemary Rusin, Sally Howe, W70+ B Robinson.

Table for M60 John Hackney, Arthur Roberts, George Cunha, Denny Leblanc, Charlie Farrington, M70+Jack Kick, Mike Borkiewicz, Gerald Barney, Paul McDermott, A Cymbalista, W40 Nina Caron, Mimi Fallon, S Piergentilli, Cathy Pearce, Pattie Dalenzo, W50 Sidney Letendre, Ron Brosius, Terri Martland, Sue Maslowski, N Changelian-Aitk, W60 Catherine Farrell, Trina Hosmer, Karen Monsen, Rosemary Rusin, Sally Howe, W70+ B Robinson.

Table for NYRR NY Mets Run to Home Plate 5K, Shea Stadium, Queens, NYC July 30. Includes Overall list.

Table for M65 Egidio Bernardo, M70 Witold Bialokur, M75 Edward Lasso, M80 Sab Koide, W40 Bea Huste, W45 J Chodnicki-Stemm, W50 Kathy Gribbon, W55 Mary Rosado, W60 M Greeley Walsh, W65 Sandra Krystal, W70 Ginette Bedard, W75 Joan Rowland, W80 Grace Salant.

Beach to Beacon 10K Cape Elizabeth, ME Aug. 6

Table for Beach to Beacon 10K Cape Elizabeth, ME Aug. 6. Includes Overall list.

Table for M45 MIKE O'BRIEN, PAUL HAMMOND, NORMAN LARSON, MICHAEL WEISSE, GREG DIAMOND, RUSSELL WOGAN, JOHN LEE, JOHN MOLLICA, MICHAEL COYNE, STEVE REED, BILL REILLY, JOHN WHITMAN, JOEL CROTEAU, GARY LARSON, BOB PAYNE, DICK NICKERSON, ART WARREN, WALTER MULARZ, LEON GORMAN, W HAMILTON, AL CHAMEIDES, RUSSELL MARTH, BILL TRIBOU, LEN LOCKE, C MENDELL, R BURANGULOVA, MIMI FALLON, TATIANA TITOVA, G UNDERKOFFLER, KELLY BROWN, C A-TRONCOSO, LEE DIPIETRO, MARY ANN PROTZ, NANCY STEWART, JULIE PETERSON, GLENN CLOSE, JEANNE WEBER, KITTY KELLEY, JAN HOLMQUIST, GRETCHEN READ, MGOERING, IMME DYSON, POLLY KENNISTON, P MATULAITIS, B ROBINSON, BEVERLY MCCOID, MARY PHILBROOK, R HEFFLEFINGER, PATRICIA CHICK, W80+DOTTIE GRAY, ANITA DALEY.

Smith-Barney Harrisburg Mile, Harrisburg, PA Aug. 7

Table for Smith-Barney Harrisburg Mile, Harrisburg, PA Aug. 7. Includes Overall list.

Table for M45 MIKE O'BRIEN, PAUL HAMMOND, NORMAN LARSON, MICHAEL WEISSE, GREG DIAMOND, RUSSELL WOGAN, JOHN LEE, JOHN MOLLICA, MICHAEL COYNE, STEVE REED, BILL REILLY, JOHN WHITMAN, JOEL CROTEAU, GARY LARSON, BOB PAYNE, DICK NICKERSON, ART WARREN, WALTER MULARZ, LEON GORMAN, W HAMILTON, AL CHAMEIDES, RUSSELL MARTH, BILL TRIBOU, LEN LOCKE, C MENDELL, R BURANGULOVA, MIMI FALLON, TATIANA TITOVA, G UNDERKOFFLER, KELLY BROWN, C A-TRONCOSO, LEE DIPIETRO, MARY ANN PROTZ, NANCY STEWART, JULIE PETERSON, GLENN CLOSE, JEANNE WEBER, KITTY KELLEY, JAN HOLMQUIST, GRETCHEN READ, MGOERING, IMME DYSON, POLLY KENNISTON, P MATULAITIS, B ROBINSON, BEVERLY MCCOID, MARY PHILBROOK, R HEFFLEFINGER, PATRICIA CHICK, W80+DOTTIE GRAY, ANITA DALEY.

Table for M45 MIKE O'BRIEN, PAUL HAMMOND, NORMAN LARSON, MICHAEL WEISSE, GREG DIAMOND, RUSSELL WOGAN, JOHN LEE, JOHN MOLLICA, MICHAEL COYNE, STEVE REED, BILL REILLY, JOHN WHITMAN, JOEL CROTEAU, GARY LARSON, BOB PAYNE, DICK NICKERSON, ART WARREN, WALTER MULARZ, LEON GORMAN, W HAMILTON, AL CHAMEIDES, RUSSELL MARTH, BILL TRIBOU, LEN LOCKE, C MENDELL, R BURANGULOVA, MIMI FALLON, TATIANA TITOVA, G UNDERKOFFLER, KELLY BROWN, C A-TRONCOSO, LEE DIPIETRO, MARY ANN PROTZ, NANCY STEWART, JULIE PETERSON, GLENN CLOSE, JEANNE WEBER, KITTY KELLEY, JAN HOLMQUIST, GRETCHEN READ, MGOERING, IMME DYSON, POLLY KENNISTON, P MATULAITIS, B ROBINSON, BEVERLY MCCOID, MARY PHILBROOK, R HEFFLEFINGER, PATRICIA CHICK, W80+DOTTIE GRAY, ANITA DALEY.

Table for M50 George Settle, Chuck Hall, Colonel Mustard, William Hoffman, Tom Snedden, Karen Cook, Tom Cook, Jim Collins, Gary Grub, John Oleary, Kelly Dwurak, Betsy Thompson, Karen Zepplin, Karan Horan, Sue Wright, Cindy Blood, Pam Roda-Kline, Jody Roberts, Vicki Ricker, Nancy Bixler, Kathy Brachbiel, Susan Thomas, Cheryl Wieder, Heide Moebius.

Heritage 5 Mile Fredericksburg, VA July 4

Table for Heritage 5 Mile Fredericksburg, VA July 4. Includes Overall list.

Historic Beaufort 10K Beaufort, NC; July 16

Table for Historic Beaufort 10K Beaufort, NC; July 16. Includes Overall list.

Crazy 8's 8K Run Kingsport, TN; July 16

Table for Crazy 8's 8K Run Kingsport, TN; July 16. Includes Overall list.

Table for M45 MIKE O'BRIEN, PAUL HAMMOND, NORMAN LARSON, MICHAEL WEISSE, GREG DIAMOND, RUSSELL WOGAN, JOHN LEE, JOHN MOLLICA, MICHAEL COYNE, STEVE REED, BILL REILLY, JOHN WHITMAN, JOEL CROTEAU, GARY LARSON, BOB PAYNE, DICK NICKERSON, ART WARREN, WALTER MULARZ, LEON GORMAN, W HAMILTON, AL CHAMEIDES, RUSSELL MARTH, BILL TRIBOU, LEN LOCKE, C MENDELL, R BURANGULOVA, MIMI FALLON, TATIANA TITOVA, G UNDERKOFFLER, KELLY BROWN, C A-TRONCOSO, LEE DIPIETRO, MARY ANN PROTZ, NANCY STEWART, JULIE PETERSON, GLENN CLOSE, JEANNE WEBER, KITTY KELLEY, JAN HOLMQUIST, GRETCHEN READ, MGOERING, IMME DYSON, POLLY KENNISTON, P MATULAITIS, B ROBINSON, BEVERLY MCCOID, MARY PHILBROOK, R HEFFLEFINGER, PATRICIA CHICK, W80+DOTTIE GRAY, ANITA DALEY.

Table for M45 MIKE O'BRIEN, PAUL HAMMOND, NORMAN LARSON, MICHAEL WEISSE, GREG DIAMOND, RUSSELL WOGAN, JOHN LEE, JOHN MOLLICA, MICHAEL COYNE, STEVE REED, BILL REILLY, JOHN WHITMAN, JOEL CROTEAU, GARY LARSON, BOB PAYNE, DICK NICKERSON, ART WARREN, WALTER MULARZ, LEON GORMAN, W HAMILTON, AL CHAMEIDES, RUSSELL MARTH, BILL TRIBOU, LEN LOCKE, C MENDELL, R BURANGULOVA, MIMI FALLON, TATIANA TITOVA, G UNDERKOFFLER, KELLY BROWN, C A-TRONCOSO, LEE DIPIETRO, MARY ANN PROTZ, NANCY STEWART, JULIE PETERSON, GLENN CLOSE, JEANNE WEBER, KITTY KELLEY, JAN HOLMQUIST, GRETCHEN READ, MGOERING, IMME DYSON, POLLY KENNISTON, P MATULAITIS, B ROBINSON, BEVERLY MCCOID, MARY PHILBROOK, R HEFFLEFINGER, PATRICIA CHICK, W80+DOTTIE GRAY, ANITA DALEY.

Table with columns for race number, name, and time. Races include M65, M70, W40, W45, W50, W55, W60, W70+.

MIDWEST

Niketown Bastille Day Chicago, IL; July

Table for Niketown Bastille Day Chicago, IL; July. Includes Overall list.

Capitol Mile/Wisconsin Road Mile Championships Madison; July

Table for Capitol Mile/Wisconsin Road Mile Championships Madison; July. Includes Overall list.

Grand Island Trail Marathon & 10K, Grand Island, MI; July 30

Table for Grand Island Trail Marathon & 10K, Grand Island, MI; July 30. Includes Overall list.

Table for M45 MIKE O'BRIEN, PAUL HAMMOND, NORMAN LARSON, MICHAEL WEISSE, GREG DIAMOND, RUSSELL WOGAN, JOHN LEE, JOHN MOLLICA, MICHAEL COYNE, STEVE REED, BILL REILLY, JOHN WHITMAN, JOEL CROTEAU, GARY LARSON, BOB PAYNE, DICK NICKERSON, ART WARREN, WALTER MULARZ, LEON GORMAN, W HAMILTON, AL CHAMEIDES, RUSSELL MARTH, BILL TRIBOU, LEN LOCKE, C MENDELL, R BURANGULOVA, MIMI FALLON, TATIANA TITOVA, G UNDERKOFFLER, KELLY BROWN, C A-TRONCOSO, LEE DIPIETRO, MARY ANN PROTZ, NANCY STEWART, JULIE PETERSON, GLENN CLOSE, JEANNE WEBER, KITTY KELLEY, JAN HOLMQUIST, GRETCHEN READ, MGOERING, IMME DYSON, POLLY KENNISTON, P MATULAITIS, B ROBINSON, BEVERLY MCCOID, MARY PHILBROOK, R HEFFLEFINGER, PATRICIA CHICK, W80+DOTTIE GRAY, ANITA DALEY.

Table for M45 MIKE O'BRIEN, PAUL HAMMOND, NORMAN LARSON, MICHAEL WEISSE, GREG DIAMOND, RUSSELL WOGAN, JOHN LEE, JOHN MOLLICA, MICHAEL COYNE, STEVE REED, BILL REILLY, JOHN WHITMAN, JOEL CROTEAU, GARY LARSON, BOB PAYNE, DICK NICKERSON, ART WARREN, WALTER MULARZ, LEON GORMAN, W HAMILTON, AL CHAMEIDES, RUSSELL MARTH, BILL TRIBOU, LEN LOCKE, C MENDELL, R BURANGULOVA, MIMI FALLON, TATIANA TITOVA, G UNDERKOFFLER, KELLY BROWN, C A-TRONCOSO, LEE DIPIETRO, MARY ANN PROTZ, NANCY STEWART, JULIE PETERSON, GLENN CLOSE, JEANNE WEBER, KITTY KELLEY, JAN HOLMQUIST, GRETCHEN READ, MGOERING, IMME DYSON, POLLY KENNISTON, P MATULAITIS, B ROBINSON, BEVERLY MCCOID, MARY PHILBROOK, R HEFFLEFINGER, PATRICIA CHICK, W80+DOTTIE GRAY, ANITA DALEY.

M65	DAVID PIKE	38:34
	Robert Berrick	43:57
	JOHN WALLACE	44:40
M70+	MICHAEL SPENCHEN	44:41
	NORM WYNER	52:15
	ALLEN KRESS	57:33
W40	RACHEL MONDERER	35:45
	BEVERLY LEAMON	36:58
	BRENDA HITCH	38:00
	KAREN BUCHANAN	40:41
W45	KAREN SEIFERTH	38:11
	KAREN BLIZARD	41:29
	LINDA MORGAN	43:20
W50	BETTY SCHOHL	37:46
	RHONDA WORTHAM	42:48
	JUDY DICKENSON	45:17
W55	DONNA AKERS	42:33
	JENNY BREEDEN	55:54
	ANNE MCKENNA	56:31
W60	ELFRIEDA WYNER	38:28
	HELEN WILMOTH	45:53
	JANICE HICKS	50:33
W70+	HARRIET LOCKE	48:57

M50	David Luckhardt	3:20:29
M55	Terry Hakkola	3:29:35
M60	Marvin Laffer	3:46:47
M70+	Eugene Bruckert	5:38:02
W40	Donna Gering	3:42:46
W45	Janice MacKay	3:50:00
W50	Janet Koistenen	5:20:36
<b>10K</b>		
<b>Overall</b>		
	Mike Holik	34:39
	Joan Rundman	41:53
M40	Paul Hartman	50:10
M45	Gary Whitmer	37:37
M50	Ronald Durham	41:51
M55	Mike Lindquist	53:26
M60	Dennis Wilbee	57:31
M65	Dick Jenkins	1:03:21
W40	Joan Rundman	41:53
W45	Janet Courtright	56:34
W50	Joanie Rogucki	53:27
W55	Joan Nashelsky	1:11:35
W60	Joyce Tucher	1:07:14

M70	Steve Blanchard	22:00
M75	Rich Thompson	32:38
	Tom O'Connell	35:33
W40	Donna Oxley	20:06
	Sheryl Weatherford	22:05
	Nicole Miranda	23:58
W45	Pam Sneed	19:38
	Adele Baker	22:16
	Cindy Wayman	24:20
W50	Susie Willard	21:14
	Marcella Morton	27:42
	Priscilla Tiger	28:59
W55	Grace McCoy	25:20
	Ricky Ryan	26:00
	Janet Vedros	27:05
W60	Judy Bomer	26:19
W70	Faith Walkwitz	29:56

	Greg Thompson	1:45:58
	Neal Forrester	1:51:56
M55	Joe Canale	1:31:35
	David Dunn	1:52:02
	Karl Wagenknecht	1:57:06
M60	John Stebbins	1:46:28
	David Wilkins	1:55:15
	Ray McCann	1:57:04
M65	Larry Williams	1:43:38
M70+	John Keston	1:52:29
	Art Dietz	2:03:06
	Carter Keane	2:38:04
W40	K White	1:35:07
	Donna Eads	1:45:03
	Teresa Tarbuck	1:46:49
W45	Jane Higdon	1:35:05
	Martha Rockey	1:51:52
	Deb Finch	1:53:54
W50	Marilyn Nippold	1:44:03
	Cheryl Nordhagen	2:05:44
	Patricia Wigney	2:14:01
W55	Kathy Sansone	1:49:39
	Rita Thompson	2:30:51
W60	Marlee Clark	1:52:33
	Suzanne Rodkey	2:21:38

	E. G. Ned Brown	44:23
M70	Bill Iffrig	35:14
	Melvin Preedy	41:28
	France Cokan	41:39
W40	Gaylene Donner	35:08
	J Van Allen	36:59
	Cresey Maher	37:32
W45	Kim Anderson	36:01
	Susan Chenglloo	37:16
	Reva Moeller	37:36

W50	Suzanne Ray	35:06
	Eddi Walker	38:36
	Barb Dewitt	43:47
W55	Signe Olausen	44:40
	Vivian Bowles	48:04
W60	Linda Benefiel	48:07
	Pearl Keller	49:51
	Sylvia Angel	50:57
	R Wollenweber	54:31
W70	Wilma Parker	48:45

**MIDWEST**

**Niketown Bastille Day 5K Chicago, IL; July 14**

(no open results available)

M40	WAYNE BUSH	16:57
	MIKE RUGGIO	17:09
	ISIDVO EUERAS	18:28
M45	BRIAN CONNELLY	17:26
	BILL COHN	18:47
	BRIAN SWENEY	19:01
M50	LAUREANO GALAN	19:07
	CARY ADAMS	19:15
	EDWARD KICHURA	20:00
M55	DAVID HOLMBERG	21:29
	DAVID CLEMENTS	22:06
	RANDY BALLA	22:17
M60	NORM EIKMAN	21:54
	RICHARD PLEET	22:47
	CLARENCE MELION	27:53
M65	PHILLIP TRAST	29:43
	DANIEL SUSMANO	31:14
	WILLIAM GONZALEZ	31:35
M70	CHAMP MERRICK	31:08
	AL SERED	40:08
	S ROTHSTEIN	48:07
M75+	MARK SCHMELTEER	35:03
	ROBERT TAYLOR	37:15
W40	BETH RUPPE	24:36
	CRICKET WEAVER	25:01
	LINDA RUECKERT	25:12
W45	KAREN MANSKE	21:23
	ADELA GAMBOA	22:34
	ANN FARLEE	22:55
W50	CAROLYN CRONIN	29:35
	KAREN GRAHAM	30:17
	MARY LANDI	31:34
W55	ELLEN JACQUES	25:45
	JACQUELYN GOLAB	28:24
	GINA KAESER	29:21
W60	JANET OMER	25:02
	STACIA TAYLOR	26:03
	HISAE BELLARD	29:52
W65	ANN ROONEY	53:46

**Capitol Mile/Wisconsin Road Mile Championships Madison; July 23**

<b>Overall</b>		
	Rider Claus 19	4:34.5
	Jolly Burke 17	5:11.2
M40	Steve Barczy	5:12.5
	Daniel Harris	5:22.8
	Michael Bunton	5:30.7
	Jeff Bakken	5:52.4
	Dithi Wolfe	6:09.0
	N Nugzkiewicz	6:26.3
	Rich Tomscak	6:40.2
	R Isola	6:47.7
M45	Ron Ofstun	5:01.1
	Bill Gilmore	5:04.4
	Mike Kohrs	5:11.2
	Jeff Groose	5:17.3
	Chris Reedy	6:10.2
	Don Smith	6:30.0
	Bruce Maybee	6:48.3
	K Fitzpatrick	6:56.1
	Dylan Abraham	9:35.8
M50	Jeff Pearman	5:56.2
	Greg Kesling	6:02.1
	Frank Brodkey	6:15.4
	Billy Maybee Jr.	6:21.3
	Rob Allen	6:28.7
	Michael Lutz	7:16.7
M55	Stan Mathes	5:22.8
	Marvin Ripp	6:27.9
	Gary Lowenthal	7:31.4
M60	Peter Senzig	7:42.8
	John Schultz	8:55.1
W40	Doreen Groshan	5:33.1
	H. Harrington	7:16.1
	Julie Isola	8:21.9
W45	Mary Hinkes	6:41.7

**Grand Island Trail Marathon & 10K, Grand Island, MI; July 30**

<b>Overall</b>		
	Jim Harrington M40	2:43:35
	Vicki Asmus W35	3:26:01
M40	Jim Harrington	2:43:35
M45	Kevin Rassier	3:15:14

**MID-AMERICA**

**Bix 7M Davenport, IA; July 30**

<b>Overall</b>		
	Gilbert Okari	32:24
	Nuta Olaru	36:53
M40+	Philip Kauder	38:41
	Dan Lawson	39:51
	Richard Fuller	39:59
M40	Jim McCoy	40:26
	Russell Boore	40:51
	Bill Field	41:13
	Larry Sullivan	42:01
	Les Youngren	42:04
	Matt Matheus	42:38
	Marty Geringich	42:44
	Steve Beck	42:57
M50	Frederic Whiteside	42:58
	Terry Stewart	43:31
	Peter Matthias	43:36
	Mark LeDue	44:10
	Bob Ensminger	44:11
	Ron Seats	44:44
	John Malson	44:49
	Doug Newton	45:06
M60	Ron Braut	46:16
	Frank Davis	46:57
	Jared Mondry	47:34
	Juan Collazok	49:25
	Frank Bay	50:25
	Charley Fowler	52:07
	Wayne Taber	52:26
M70+	Warren Bystedt	55:14
	Fran Riley	1:04:28
	Joe Mahaffey	1:04:56
W40+	Lyubov Kremleva	41:51
	Joan Samuelson	41:53
	Kelley Timmerman	44:10
W40	Doreen Groshan	49:15
	Maria Waterman	49:42
	Nancy Phelps	49:49
	Chris Eifert	49:51
	Christa Buenting	49:56
	Ann McConnell	50:02
	Judy Springer	50:11
W50	Andriette Wickstrom	50:33
	Rhonda Brandes	53:42
	Gwenell Hobson	53:57
	Sandee Millage	54:33
	Jan Daker	54:57
	Rita Schaeffer	55:15
	Pamela Heinz	55:56
W60	Sandy Rupnow	59:40
	Kay Ralston	1:04:08
	Judith Turner	1:04:09
	Lynda Merrill	1:04:21
	Connie Short	1:06:41
	Penny Danielson	1:08:27
	M Fahrenkrug	1:15:55
W70+	Lois Gilmore	66:01
	L Christensen	66:44

**SOUTHWEST**

**Mohawk 5000 Tulsa, OK; July 23**

<b>Overall</b>		
	Brett Turowski 19	15:38
	Lisa Butler 32	19:03
M40	Keith Horton	17:23
	Tom Lam	17:26
	Larry Wicks	18:45
M45	Mark Dolph	17:18
	Wes Robbins	18:57
	James Nells	19:15
M50	John Stukey	18:35
	Doug Vaughn	18:50
	Ben Thorman	18:53
M55	Ron King	20:35
	Mike Taylor	20:54
	Larry Biddle	21:34
M60	D McCorquodale	22:24
	Lewis Chandler	23:31
	David Gill	23:37
M65	Andy Hogan	22:05
	David Mitchell	25:39

**WEST**

**San Francisco Marathon San Francisco, CA July 31**

<b>Overall</b>		
	Tony Torres 35	2:31:57
	Sarah Hallas 25	2:56:55
M40	Vytautas Ezerskis	2:42:56
	Colin Solomon	2:47:32
	Dave Pratt	2:47:35
	Steve Krebs	2:50:04
	Matthew Mullen	2:52:41
M45	Don Henderson	2:47:37
	Ronald Davis	2:47:48
	David Tappe	2:52:50
	Carlos Farre	2:55:46
	Michael Becher	2:55:56
M50	Barry Wallman	3:07:04
	Steven Slawson	3:09:31
	Christopher Berka	3:10:01
	David Mackenzie	3:11:28
	Douglas Maclean	3:14:00
M55	Jim Mayo	3:22:03
	Ted Levine	3:25:42
	Pat O'Rourke	3:26:20
	John Frerichs	3:28:28
	Frank Hughes	3:28:33
M60	David Beverley	3:32:22
	Francesco Criniti	3:33:52
	Goetz Klopfer	3:33:58
	John Farah	3:43:08
	Robert Terry	3:44:56
M65	Juan Sobenes	3:56:15
	Ed Luce	4:02:29
	Bob Fredericks	4:07:06
	Sam Roake	4:08:31
	Peter Harvey	4:11:29
M70	David Morgan	4:15:52
	James Woolf	4:43:15
	Orin Scandrett	4:56:00
	Gurnam Brard	4:57:44
	Edgar Driver	5:01:45
W40	Doreen Bloom	3:14:01
	Kristin Babington	3:21:34
	D Kerber-Rehr	3:24:01
	Sharon Miller	3:24:42
	Anne Coyle	3:27:26
W45	Jean Watson	3:27:53
	C Haldenwang	3:29:11
	Becky Lowrance	3:30:13
	L Jacobson	3:30:20
	Jenny Wong	3:31:54
W50	Any Yanni	3:25:02
	Ana Mitchell	3:39:16
	Janet Green	3:45:19
	Barbara Bregman	3:46:25
	Elizabeth Weaver	3:50:38
W55	Susan Love	3:53:49
	Lynda Churchfield	4:00:40
	Marilyn Henriques	4:07:29
	Charlie Hunter	4:10:48
	Marian Lyons	4:13:11
W60	J Taksa-Webb	4:01:55
	Barbara Brady	4:07:01
	Vivian Reinikainen	4:12:54
	Cheri Brandt	4:44:53
	Hideko Okamoto	4:59:34
W65	Heather Yeowell	4:35:41
	Sally Shipman	6:06:00
	Virginia Farneman	6:22:57
	Jane Cutting	7:16:31
W70	Katherine Beiers	4:52:00
	Therese Fanelli	5:49:55
	Kathleen Callaway	5:57:21

**NORTHWEST**

**Coburg Half-Marathon Coburg, OR; July 17**

<b>Overall</b>		
	Dan Olmstead 33	1:09:09
	Jessica Carmona 26	1:24:10
M40	Joseph Dudman	1:15:05
	Alan Whalen	1:19:50
	Scott Frey	1:20:49
M45	Odus Sanders	1:13:07
	Tom Bascom	1:22:26
	Todd Bosworth	1:26:22
M50	Ed Wilson	1:25:33

**Deseret News Marathon & 10K, Salt Lake City, UT July 25**

<b>Overall</b>		
	Jonathan Ndambuki 30	2:22:30
	Irina Bogacheva 44	2:42:36
M35	David Bradley	3:14:25
M40	Bill Cobler	2:52:24
	Shaun Jacobsen	2:54:03
	Bill Cobler	2:52:24
M45	Pete Petersen	3:00:03
	Dan Kerns	3:07:21
	Kennard Black	3:19:11
M50	Bill Francis	3:14:34
	Stanton Call	3:33:31
	Kerry Steadman	3:37:14
M55	Andy Schnebly	3:24:51
	Mike Rosner	3:36:19
	Wayne E Johnson	3:51:02
M60	Gary Peirce	3:45:02
	Rex Carter	3:52:01
	Wally Burnham	3:57:54
M65	Darryl R Beardall	4:45:09
	Mel Pugliese	4:46:56
	Jim A Heinz	4:47:57
M70	Milton Taylor	5:00:27
	Thomas Gregory	5:11:28
	Charlie Gregory	5:21:30
W35	M Simonaitis	2:59:51
W40	Irina Bogacheva	2:42:36
	Kerilyn Hatch	3:15:01
	Lori Christiansen	3:40:15
W45	Joyce Huddleston	3:29:41
	Deborah Tarboton	

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- Jim Selby, World Champion

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- *Improve Range of Motion*
- *Reduce Stiffness*
- *Support Flexibility*

## Incredible Two Part System:

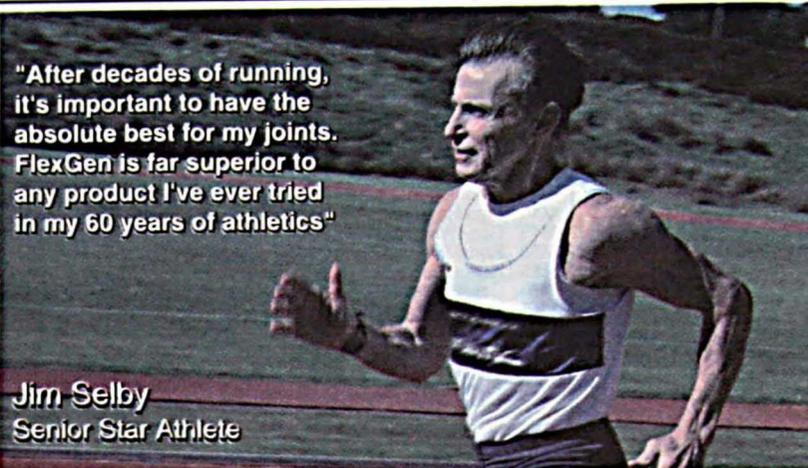
FlexGen™ softgels are made with a 100% safe and natural formula, rich in cetylated fatty acids, shown in clinical trials to support healthy joint motion. The powerful blend of fatty acid esters in **FlexGen™ allows for healthy, nourished joints without any harmful side effects.**

FlexGen™ pain relief cream is mild yet extremely effective at easing joint related pain and stiffness, as well as muscle aches. Different from most products on the market that simply mask the pain, FlexGen™ cream works below the surface of the skin. Its transdermal formula passes through deep layers of skin to work directly on the source of the pain.

In a double blind clinical trial conducted at the University of Connecticut, participants using the ingredients found in the FlexGen™ system showed significant and cumulative improvement throughout the study. The focus of the study was cetylated fatty acids and their effects on joint function and in particular those who suffered from knee osteoarthritis. Patients involved in the study showed improved flexibility and function just thirty minutes after the initial application of the ingredients found in FlexGen™.

**The results were so powerful, we are willing to make you a money back offer... if FlexGen™ doesn't work for you, we'll refund your money (less shipping).**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, prevent or cure any disease.



Jim Selby  
Senior Star Athlete

"After decades of running, it's important to have the absolute best for my joints. FlexGen is far superior to any product I've ever tried in my 60 years of athletics"

## Instant Pain Relief

"I decided I wanted to use something more natural, and what I decided on was FlexGen™ because I believed this would be the answer to my problems. I was thrilled with the results. FlexGen™ cream provides instant pain relief while the softgels support the flexibility in my joints. I don't know what I would do without FlexGen™."

- Derek Boosey

1968 Olympic Athlete for Great Britain, Triple Jump  
1998 World Masters Triple Jump Gold  
Medallist, (55-59 age category)

## Nothing Like It

"The only thing that's ever worked for me has been FlexGen™. I've never had anything else that's given me any sort of relief either short or long term, but the FlexGen™ has just been a blessing. It's the greatest thing I've ever tried."

- Ken Cole

1964 & 1968 Olympic Basketball Team

## I'm a Believer

"FlexGen™ worked better than anything the patients we tracked had tried before. Many of them were borderline surgery candidates, looking for something as a last resort. Nobody was more skeptical than I was. But when we saw the results: **the increase in range of motion and significant reduction in pain, certainly I'm a believer now.** I recently gave it to my mother, and she swears by it."

- Dr. Nicolas Ratamess  
Clinical Researcher



Call now for your  
**RISK-FREE** offer of  
**FlexGen™**

**1-800-390-3618**

[www.FlexGenOTC.com](http://www.FlexGenOTC.com)