

# NATIONAL MASTERS NEWS

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

337th Issue

September 2006

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**JERRY WOJCIK**  
Dennis McNeil, winner of the M35 100, USA Masters Championships.



**SUZY HESS**  
Finalists in the W45 200 (l to r): Theresa Kollars; Leslie Chaplin-Swann, third; Paula Fortuna; Kathleen Shook, first; Laurie Meloche, second; Mimi Ney; Stephanie Collins; and Susan Dent, USA Masters Championships.



**KEN STONE**  
Nadine O'Connor, 64, winner of the W60 100, 200, short hurdles, and pole vault, USA Masters Championships.

## Weather Upsets Nationals; New Schedule Saves Meet

### 1367 Masters Athletes Set 40 Records in Charlotte

By **JERRY WOJCIK**  
CHARLOTTE, NC – After 39 years, the masters outdoor track and field championships finally made national news. Not for the records being set, or the quality of the competition, but because of record temperatures.

Newspapers across the nation from the *Charlotte Observer* to the *Eugene Register-Guard* published an Associated Press picture of a woman wiping her face “to stay cool at a Charlotte, N.C., masters track meet” with their articles on the heatwave that swept through the East, Southeast and Midwest. Not a competitor, she was watching her husband compete.

A little after noon on Thursday, Aug. 3, the first day of competition of the four-day 39th USA Masters Championships at the UNC-Charlotte’s Irwin Belk Track Complex, discus and javelin throwers were ordered to cease competition by campus police and EMR personnel.

Three people had already been taken to the hospital, several were asked to discontinue competition, and over 40 had been treated on-site for heat-induced illness. When local

health officials became aware of the number of people affected, they decided to stop the meet under a heat emergency.

Temperatures in the high 90s were given in the next-day articles on the heat, but no mention was made of the humidity, which those in attendance said they felt was just as high.

After consulting with health officials, meet management and the Masters Games Committee, USATF Masters Chairman George Mathews called a halt to the meet at 1 p.m. A new schedule was developed for competition to resume at 7 p.m., the same schedule to follow on Friday if a heat advisory was in effect, with a morning session ending at 1 p.m. and an evening session starting at 7 p.m. On Thursday night, some officials didn’t leave the track until well after midnight.

Athletes had mixed feelings. Lorraine Jasper, W40, waiting for the decision on Thursday before 1 p.m., said, “I could have run on the track, but I feel for the officials.”

“We understand,” Steve Nearman,

Continued on page 7

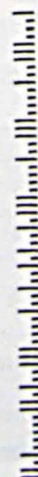


**JERRY WOJCIK**  
James Cawley, 63, in the pentathlon long jump, USA Masters Championships.

### INSIDE:

- National Champions – p.8
- European Meet – p. 15
- Results of Nationals – pp. 21-27

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# NATIONAL MASTERS NEWS

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After many years of the National Masters News, I am ready to retire and continue providing invaluable information to faithful masters runners who wish to hand the reins to the next generation whose interests in the publication match mine.

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- Suzy Hess  
Angela Egremont



Rita Hanscom, 52, winner of the decathlon at the USA Masters Championships, Shoreline.

## Women Decathlete:

Sullivan Sullivan  
M80 Decathlon

One world record two established in the Decathlon/Heptathlon held at Woolsey Stadium School, Shoreline, WA. Dennis Sullivan, increased the M80 world by Fred Hirsimaki in of 7357.

Rita Hanscom, 52, and Nadine O'Connor, Calif., competed in decathlon. Hanscom O'Connor totalled 81 W60 U.S. long jump 3 1/4 in the process.

Warren Hamill, 60, er in the men's decathlon getting big points (3) jump (1.57/5-01 3/4) prevailed in a field of 7305. Mark Murdock the M45 division won best time of 4:57.86

Christel Donley, scorer (5596) of the with 1054 points c jump (1.11/3-07 3/4)

### NATIONAL MASTERS NEWS SEEKS BUYER

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— *Suzy Hess, Jerry Wojcik, Angela Egremont, and Al Sheahen*



**SUZY HESS**  
Rita Hanscom, 52, winner of the W50 women's decathlon, USA Masters Decathlon/Heptathlon Championships, Shoreline, Wash., July 15-16.

### Women Decathletes Set WRs

#### Sullivan Breaks M80 Decathlon WR

One world record was broken and two established in the USA Masters Decathlon/Heptathlon Championships held at Woolsey Stadium at King's High School, Shoreline, Wash., July 15-16.

Dennis Sullivan, 80, Bend, Ore., increased the M80 world record of 6802 by Fred Hirsimaki in 2005 with a total of 7357.

Rita Hanscom, 52, San Diego, Calif., and Nadine O'Connor, 64, Del Mar, Calif., competed in the women's decathlon. Hanscom scored 7213, and O'Connor totalled 8149, and included a W60 U.S. long jump record of 4.35/14-3 1/4 in the process.

Warren Hamill, 60, was the top scorer in the men's decathlon with 7577, getting big points (944) in the high jump (1.57/5-01 3/4). Bill Murray, 52, prevailed in a field of seven M50s, with 7305. Mark Murdock, 46, winner of the M45 division with 5718, had the best time of 4:57.86 in the 1500.

Christel Donley, 71, was the high scorer (5596) of the three heptathletes, with 1054 points coming in the high jump (1.11/3-07 3/4). □



## 2006 USA MASTERS 5KM CROSS COUNTRY CHAMPIONSHIPS

Sunday, October 15, 2006  
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 2006 USATF members 40 years or older on race day are eligible to compete. Proof of age may be required.

2006 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 2006 USATF registered club teams only. All team members must have a 2006 individual USATF membership & belong to the club for which they are competing.

Team contact must submit a copy of your 2006 club certificate. Contact your club administrator for details.

All team entry forms must be received by Oct. 7th.

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	\$400	\$250	\$150	40-49	\$240	\$150	\$90
50-59	\$400	\$250	\$150	50-59	\$240	\$150	\$90
60-69	\$240	\$150		60-69	\$240		
70-79	\$240			70-79	\$240		

#### Individual Entry Fees

(no day of race entries)

Pre-Entry (mail & online) \$ 25.00

Registrations must be received on or before October 9th.

Last Chance Registration: \$ 40.00

10/14 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 7th.

#### Lodging

Fairfield Inn & Suites, Malta NY (866) 368-6900

\$129/night - 2 double beds

\$149/night king suite - one king bed & one pull out double sofa bed

Must call prior to the 9/15 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@usatfadir.org](mailto:info@usatfadir.org)

[www.usatf.org/events/2006/](http://www.usatf.org/events/2006/)

[USAMasters5kmXCChampionships/](http://USAMasters5kmXCChampionships/)

### Registration Form

You must be a current 2006 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: \_\_\_\_\_

2006 USATF #:  2006 USATF Membership Number is Required. Subject to verification.

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: \_\_\_\_\_

2006 USATF Club # is Required

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

Subject to verification. 2. \_\_\_\_\_ 6. \_\_\_\_\_

3. \_\_\_\_\_ 7. \_\_\_\_\_

4. \_\_\_\_\_ 8. \_\_\_\_\_

#### PAYMENT OPTIONS:

Make checks payable to: USATF Adirondack

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.usatf.org/events/2006/USAMasters5kmXCChampionships/](http://www.usatf.org/events/2006/USAMasters5kmXCChampionships/) or call us at (518) 273-5552.

## WRITE ON!

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### NATIONALS

The decision to change the format of certain field events at the USA Masters Championships (throws and horizontal jumps) was incredibly stupid and inconsiderate to the athletes, totally ruining the "championship flavor" of the events. The decision to do so completely ignored the very spirit and intent of the championships.

Since I was not present at the meeting where the decision was made to change the format to four attempts, without finals, in the Saturday events, and nothing was published that explained why it happened, I must believe the officials at my discus event, who told me the decision was made: 1) because the weather delay forced the jumpers' schedule to be compressed, 2) the officials were getting tired because of the heat and humidity, and 3) they wanted to be finished so everyone could attend the BBQ.

To that I can only say weather delays to events happen, and the officials who chose Charlotte as a venue should have been more diligent in establishing a schedule that allowed for some weather delay to be built in.

The entire evening on Saturday was available, but not used. Why? The weather delay doesn't create an "extenuating circumstance" that allowed a rule change that then resulted in ruining the championships for those competitors on Saturday.

Who are the national championships for, the officials or the athletes? Thursday, Friday, and Sunday's competitors in the throws were all allowed the three preliminary throws and three final throws. How could those in charge possibly ignore those competing on Saturday and single them out with

such a poor decision, contrary to the USATF rules that clearly state the national championships will have three preliminary and three final attempts in the throws?

The discus competition for the M50 group (as well as the other throws competitors on Saturday) was relegated to a "Senior Olympics" format of four attempts and no finals. In fact, the winner of one flight of throwers wasn't able to actually "compete" against the two throwers who beat him, because they were in the other flight.

If I had known the format of the event was to be that of the Senior Olympics, I would not have invested nearly \$3000 to travel over 2000 miles to compete. The best part of the USATF competition, especially at the National Championships, is the re-structuring of the competitors into the reverse order for the finals — just like having several prelim and semi heats in running events.

Since I was prevented from having the six throws I was entitled to, I believe I should be entitled to one-third of my entry fee refunded.

I didn't see any running events forced to skip their semis or finals. Why weren't the sprints on Saturday competed with just the prelim heats and then the best time gets the gold medal?

Another very disturbing event took place during the M55 discus. The 200 was being held with the start adjacent to the discus cage. Just as I was to enter the cage for my second attempt, I was asked to step back from the cage and let the 200 heat start. This inconsiderate move was very disruptive to my concentration just prior to the throw.

Not only am I now limited to four attempts, but now these attempts are dis-

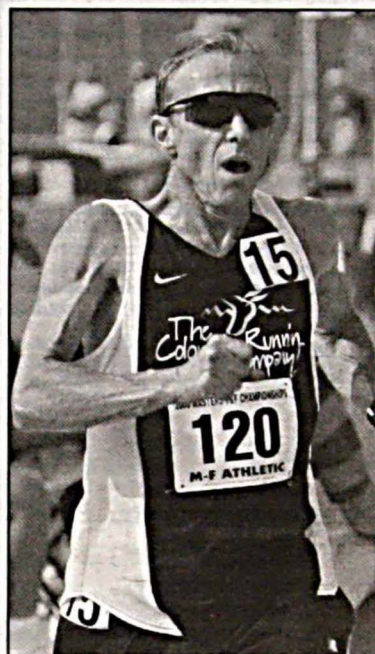
## Sustainers for September 2006

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

Special thanks this month go to:

Ray Bower  
Richard Donley  
Jim Gerhardt  
Jim Manno  
William Moremen  
James O'Neil  
Stanley Porterfield  
Ward Wright

Pittsburgh, Pennsylvania  
Tulsa, Oklahoma  
Houston, Texas  
Oradell, New Jersey  
Claremont, California  
Rancho Mirage, California  
Los Angeles, California  
Redondo Beach, California



JERRY WOJCIK  
James Boughter, 62, second M60 (18:57.33) in the 5000, USA Masters Championships.

rupted because the throwers have to wait for the sprinters. Why wasn't it the other way around? I truly believe I was denied a chance to win a national championship, because of the actions that disrupted the event. I was improving each attempt and might have exceeded the longest throw recorded had I had two more attempts.

Tim Muller  
by e-mail

The close-to-record heat, along with oppressively high humidity, caused major repercussions at the USA Masters T&F Championships in Charlotte in August. Middle- and long-distance athletes suffered in terms of performance and comfort, and had numerous heat-related injuries that overwhelmed the medical tent.

More seriously, many elderly officials, some in their 80s, and not nearly as healthy and fit as the athletes, were dropping like flies while they were being overcome by heat.

Unlike the athletes, the officials did not have the luxury of going inside, or at least the shade, returning to the hotel and/or swimming pool, or withdrawing from an event. They were outside in the hot sun in the heat and humidity for hours on end. Presumably, many in this

group have known or unknown cardiac disease that limits their reserve to tolerate the additional stress to the heart that such conditions produce. I heard some officials required CPR.

The Arizona Association does not conduct meets after late June, and for good reason. Early season meets are day meets, usually starting at 8 a.m., when it can be quite cool, and finishing by early afternoon. Later season meets in April, May and June are evening meets, when it is warm and balmy, but quite tolerable once the sun gets low or sets, or biphasic with a morning session that ends at around noon, an afternoon siesta while the heat and sun beat down, and then an evening session that resumes at 6 p.m.

Arizona simply does not have meets during July and August, where the low temperature can often be 95, along with the increased humidity of the summer "monsoon" season. There is no time of the day or night conducive to having a track meet.

There are many lessons to be learned here that can be applied to planning championship meets in hot weather sites, in particular in the Southeast where the humidity frequently approaches the temperature, not to mention the likelihood of frequent summer thunder showers.

If meets are awarded to such sites, they should have a biphasic schedule with an afternoon siesta, and should be held in either June or September. The USA Masters Championships in Baton Rouge in 2001 was very hot and humid, but was helped by having some events in the evening under lights.

The worst such meet in my memory was at the Disney Sportscomplex in Orlando in 1999. Events were held in the middle of the afternoon, in addition to the morning; there was little or no shade or tents, awning or buildings near the track; and cold water was not plentifully available near the event venues.

Charlotte did, fortunately, have plentiful water and shade areas. Changing to a biphasic schedule on Thursday and Friday, which were by far the worst weather days, helped immeasurably.

Richard B. Watson  
Yuma, Arizona

Writing as a throws competitor, the 2006 USA Masters T&F Championships Meet in Charlotte was an atrocity. The one positive aspect was the wonderful throws and weights and measures

Continued on page 6

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### Relentless Efforts

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## Track & Field Report

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

### Officials and Games Committee Save Charlotte – What Really Happened

We have all had a little time to reflect on what happened at our National Championships in Charlotte in August. There were many forces working against us during this meet. The biggest one, of course, was Mother Nature. She can be very difficult to deal with when it comes to running a complicated meet like our National Championships.

The saving heroes of this Championships were the officials and your Games Committee, comprised of the following: meet leader, Games Committee Vice Chair Carroll De Weese, Rex Harvey, Becky Sisley and Dick Hotchkiss. Sandy Pashkin, our ex-Games Committee Chair, also served as consultant to the Games Committee. I represented the Masters Committee.

We had the best group of officials ever assembled for any of our masters meets and maybe any USATF meet, period. They were led by Coordinator of Officials Tony Wayne and his outstanding groups of referees.

#### Relentless Efforts

No group has ever put out as much for a meet as these two groups did. I could go on and on to describe the countless hours and decisions in which these people were involved. I will describe some of the significant actions and decisions that I believe saved the meet.

It began on Wednesday, the day before the start of the meet. The Games Committee met for many hours refining the schedule. This isn't unusual after we get the final entries, but it is time-consuming.

We presented the revised schedule to the meet organizers and asked that it be reprinted. They said they couldn't afford this expense, so we went out and bought paper and started the reprint ourselves.

#### Heat Advisory

On Thursday around noon the meet was stopped by the campus police and the Charlotte Fire Department. Besides the heat advisory that we didn't know about, the paramedic and trainer on site were overwhelmed with over 40 people who needed care. We subsequently were advised that the meet organizer was told in advance that one paramedic was not enough to cover a meet of this size.

I negotiated with the police and fire chief to stop the meet until 7 p.m., and to suspend the meet from 1 p.m. until 7 p.m. if a heat advisory should be called on Friday. The heat advisory was called, and we had to adjust to this six-hour delay on Friday.

The police and fire department stipulated that we must provide more ice, water and electrolytes for our participants and that we must have a medic ambulance on site for the remainder of the meet. The meet organizer reluctantly agreed to provide more water, ice and some electrolytes for the officials, but not electrolytes for the athletes.

The Games Committee went out and purchased 800 bottles of Gatorade for the athletes.



Carroll DeWeese  
SUZY HESS



Rex Harvey  
SUZY HESS

#### Medical Aid

I advised the meet organizer that he had to contract the medic ambulance for the rest of the meet. He said he didn't have the money for that. I told him that he had to for the safety of the participants. By 4 p.m. that afternoon, when he hadn't made contact with the medic unit, I contracted with them for the rest of the meet. Happily, this \$100/hr. service was provided to us at no charge.

#### Revised Schedule

The Games Committee had to work non-stop to revise the schedule for Thursday evening, and the officials had to come back and work until after midnight to finish Thursday's schedule. Then the Games Committee had to rework and print up a new schedule for Friday.

We started Friday and the revised schedule was working well until a lightning storm arrived around 8:30 p.m., and we had to stop the meet and evacuate the stadium to the parking garage. After 30 minutes, we realized the storm wasn't moving and were forced to call the meet for the evening. The Games Committee worked through the night revising the schedule again to make up what was lost on Friday night and get Saturday completed by 7 p.m.

The athletes who missed events

Continued on page 8

### INAUGURAL

## Port City Masters Track and Field Meet Weight Pentathlon & Jumpers Pentathlon

USATF Masters and Open Track & Field Meet  
Saturday, October 14, 2006

University of South Alabama, Mobile, Alabama  
Masters Competition in Five-Year Increments and Open Division

### Meet Information

**Entry fees:** Registered by Oct 1st, 2006. First three events \$20, \$5 for additional events. Pentathlon \$25.

**Late registration:** First event \$30, \$5 for additional events.

USATF cards are required and will be available on-site.

ENTRIES CLOSE AT 8:30 a.m. on October 14, 2006.

All events run as finals (timed sections if necessary).

Age groups and sexes may be combined. Sanctioned by USATF.

Medals to top three in each age division.

Track schedule (rolling start times approximate) events WILL NOT be delayed to adhere to this schedule.

#### Track Event Schedule

8:30 a.m. 5000m RW  
9:30 a.m. 100/110m HH  
10:00 a.m. 800m  
10:30 a.m. 200m  
11:00 a.m. 1500m  
11:30 a.m. 100  
12:00 a.m. 400m  
12:30 a.m. 5000m  
1:15 a.m. 4x100 relay  
1:30 a.m. 4x400 relay

#### Field Event Schedule

9:00 a.m. Hammer  
10:00 a.m. Discus  
10:30 a.m. Long Jump  
11:00 a.m. Shot Put  
11:30 a.m. High Jump (Men & Women)  
12:00 p.m. Javelin  
12:30 p.m. Triple Jump  
1:00 p.m. Weight  
1:30 p.m. Pole Vault (Men & Women)

#### Circle Events Entered

Discus • Shot Put • Javelin • Hammer • Long Jump  
Triple Jump • High Jump • 100/110HH • Pole Vault • 5000m RW  
100m • 200m • 400m • 800m • 1500m • 5000m  
4x100 Relay • 4x400 Relay • Weight Pentathlon • Jumpers Pentathlon

Number of Events Entered \_\_\_\_\_

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ USATF# \_\_\_\_\_

Email \_\_\_\_\_

I the undersigned, hereby agree to release and discharge the Port City Masters Track Meet, the USATF Alabama Association, the University of South Alabama and anyone connected with the meet, from liability resulting from any accident and/or injury that I may sustain while competing or participating in said Track and Field Meet. I certify that I believe that I am conditioned and physically able to compete in this meet.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail entry and check payable to Lyndell Farmer c/o Port City Masters Track Meet, 2205 Creek Ridge Ct., Mobile, Alabama 36609.  
lfarmer@documenttechnology.com or Bill Murray: wkmrealest@aol.com



## Third Wind

By MIKE TYMN

### Mike Egle Looks Forward to Graduation

At 44, Mike Egle finds himself caught between the young and the restless and the old and the senseless in indoor track meets – lagging behind the lead pack of young 40-year-olds and ahead of the chase pack. “I’m in sort of a no-man’s land,” he says. “I’m a kicker, but it’s getting more and more difficult to take advantage of my kick when I can’t keep up with the leaders.”

And so, Egle (pronounced Eagle) is anxiously looking forward to graduating to the 45-49 division this December. “There are some records there, especially the 1500 and 3000, that I have a chance at,” he continues.

Soon after joining the masters ranks on December 27, 2001, Egle, a resident of Glenview, IL, recorded a 4:15.61 indoor mile and 8:33.08 for 3000 meters, the latter less than a second short of the American indoor record. During the past year, he has run a 4:27.9 mile and 8:50.9 for 3000.

At the outdoor nationals in Hawaii last year, he won the 800 (2:02.65) and the 1500 (4:14.97), while taking second in the 5000. He also toured last year’s Chicago Marathon in 2:37:32.

Egle has recent road times of 25:05 for 8K and 55:46 for 10 miles. “Anything more than a mile I’ve got to work like an animal,” says Egle, who carries 148 pounds on a 5-9 frame.

#### Short-term Goal

“It’s so monotonous doing the slow-paced training. I really prefer indoor track to outdoor track and the roads, but I do have a short-range goal of bettering 2:37 in the marathon at Chicago this year.”

A 4:17 miler and all-state cross-country runner in high school, Egle went on to Illinois State University, where he did a 4:07.77 indoor mile before giving up the sport after his sophomore year.

#### Back in the Running

“My college coach didn’t offer me a scholarship,” he recalls, and so I decided to quit the sport and get a part-time job. After college, I noticed my friends training and competing in various road races, so, in 1988, I thought I’d join them in the fun. I enjoyed it so much that I continued to race twice a month after that.”

At 29, he ran a 14:45 5K and 30:59 10K, and also ran a 4:02 road mile at the 1993 Rockford Mile, but it wasn’t until he approached his 40th birthday that he got charged up again.

“Most top masters milers are good until they are about 42, then things get tough,” Egle continues. “I figured I’d be done by 42, but I’m still enjoying myself and think I can keep going. Yeah, my race times have dropped off, but I’m pretty sure I can get back down below 4:25 and 8:45. My training times are still about the same, so I figure my racing times shouldn’t be that much different.”

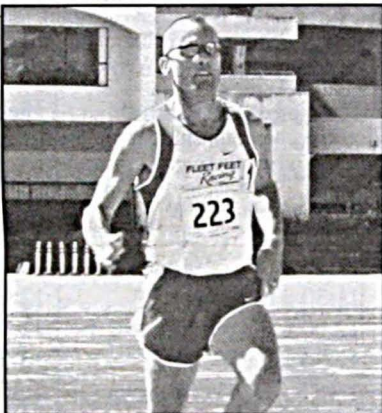
#### Training Smarter

Egle adds that his training regimen is much the same today as it was 20 years ago. “The difference is that I’m smarter when it comes to rest and recovery and things like running on

trails and grass. I think you have to do that to avoid injury as you get older.”

A typical week of training for Egle involves 60-70 miles, including a long run of 12-14 miles at around 6:30 to 6:45 pace and a couple of interval days. His favorite interval workout calls for seven 400-meter repeats at intended race pace with a minute rest between each. “I’ll sometimes do 12, but with a two-minute rest,” he adds.

As a coach, Egle guides and trains with both high school and college runners. “The other coaches are often shocked when they see me keeping up with the young guys and find out how old I am,” he says, laughing.



Mike Egle

SUZY HESS

Egle reiterates that he doesn’t think aging is affecting him as much as his 4:27 mile best the past year suggests.

“It was more a matter of not having enough opportunities,” he muses. “I’ll be very disappointed if I can’t get down below 4:20 next year. For now, though, I am just concentrating on the Chicago Marathon. I’m in a summer training mode. After Chicago, I’ll shift gears.”

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

### TWENTY-FIVE YEARS AGO September 1981

- Vicki Bigelow, W45, 18:14.0, and Jaclyn Caselli, W60, 23:19.2, Establish 5000m WRS in Western Regionals
- Herb Lorenz, 42, Breaks U.S. Masters 10K Record With a Sizzling 30:41.5
- Ray Hatton, 49, Sets 3000m AR in Mt. Hood All-Comers Meet
- 14th Nationals Draw 500 to Los Gatos, CA



Campus police informing a massage therapist that the USA Masters Championships on Thursday, Aug. 3, is being stopped, UNC-Charlotte.

### Write On

Continued from page 4

officials.

The hammer cage was far from the track and uphill to boot. Transportation was not provided (as in previous meets), nor was there a place nearby to park. Tuesday, before the meet began, I tried to arrange transportation for a 91-year-old hammer thrower. The meet director told me “she’s an athlete, she should be able to walk there.” I persisted, and he did provide the transportation.

Tents, and in some cases, seats were not provided for the athletes at the throwing areas. The officials allowed us to use theirs. The declaration sheets were not available on Wednesday until after 3 pm, hours late.

After completion of our events, it took two hours to receive awards. Results should have been posted sooner. The 30 minutes allowed for protests was not the problem.

On Saturday and Sunday the throwers were cut to four throws, instead of six (three trials and three finals). Some groups did get six on Sunday. The 1500 was not shortened to 1000 meters to save time. I don’t think throwers will be getting a third of their money back for each of their shortened events.

Even under normal weather conditions for this area of the U.S., a morning and evening schedule should have been considered.

We rely on the site selection and games committees to help provide for a quality meet. This was far from that.

Note to future hosts: 1) if you are providing a T-shirt, the cost of which is included in the entry fee, it should reflect the fact that it is a track and field meet, 2) if you want to move the meet along, reduce all of the events equally (three-person relay, 70-meter run, etc.). As ridiculous as it sounds, it’s the same as reducing the number of attempts in the field events.

I am so looking forward to Maine in 2007.

Roz Katz  
New York, New York

Having participated in a number of national events over the years, from Eugene and Spokane to Orono, Maine, I have had many wonderful experiences. One goes to these national events for various reasons. My own

personal ones are: 1) to compete against many of the best, 2) to reacquaint myself with old friends, and 3) to give the best account of myself that my conditioning will allow under controlled conditions handled by competent officials.

In the 5000m race at Charlotte, I finished fourth behind three of the finest in that age-group, Joe Burgasser, Bill Borla and Max Hamlyn. Although Max and I were considerably behind Joe and Bill, we had a great competition. Max bested me in the final thirty meters, finishing in 20:46.

By my standards the race was a success. My time was 20:54. Max had pushed me to my goal of breaking 21:00 minutes, a highly sought-after goal of many younger runners, not to mention those of us 65 and older. It was great competition with a satisfying ending.

But wait! Upon checking the results, I found I had been listed at 21:22!

After filling out a sheet at the Clerk of the Course table and being told that it would be reviewed, I was sure it would be rectified. Upon checking back, I was told the race stood as “official.” Period.

The fact that Max Hamlyn verified I was right in back of him, and my wife and other friends in the stands were watching the same clock as I, meant nothing, not against the officials at the finish line who could not own up to an honest mistake.

The Charlotte track and field people erred in that race.

Charles Keating  
by e-mail

Enormous credit and thanks to both the organizers and officials at the National Masters Championships in Charlotte. With dangerously hot conditions, the police shut down the meet from 1 p.m. to 7 p.m. Thursday and Friday with an immediate response by organizers to institute a split schedule with an evening session.

Then a lightning storm Friday evening (when the newly constituted evening session had barely begun) forced the organizers to cancel the evening session after waiting quite some time for the storm to abate. Surely, they worked late into the night to design a meshed schedule of half of Friday’s events and all of Saturday’s.

They produced a schedule that was doable for the athletes provided that the officials ran a tight ship, which they did in spades. The organizers also sent

Continued on page 13

## National Cha

Continued from page 1

M45, agreed.

The new schedule until Friday evening w storm and lightning hi and events were stop safety reasons.

The most controver sion of the schedule c reduction of attempts i jumps and throws on S a short time on Sund four, with no finals, r prescribed three prelim final attempts.

#### Records Broken

Despite the extre severe changes to the shortcomings by mee (no meet-provided i some of the throws, fo athletes performed wel cumstances.

Five world and 26 records, as well as a records, were set by the women entrants, who from 30 to 95. Ni records were also set. Hawaii, 802 competit or established 29 age-g

World records went M55, in a 200 prelim Smith, M45, 110H MacDonald, W65, po and Trent Lane, M95 and hammer (20.15) 100, 200 and 400 for secutive year, adding 80 masters national tit

Times in the distar significantly lower th by athletes for seeding only records in races o here were set by G who, in addition to es U.S. records in the 200 broke national record and 5000.

Bob Matteson 1 national records for t and 400 (1:39.39). M W50, set U.S. records (14.41) and javelin (40

Running in temper ducive to records, Kar with an 8:31.15, and M60, with a 7:37.20, b the 2000SC.

Athletes who re-w records were Aaron 100; Arnie Gaynor, 1 and Betty Jarvis, W90

#### Multiple Winners Graded Marks

Phil Raschker, at age-group at 59, wa champion, losing on citizen Hillen von M the pole vault. Lela compiled six gold Pawlik, 2005 Masters Year, won five M65 e the elongated p Thursday. James Sto both hurdles, the jumps, and the high Krug, W75, took the l and three throws.

On the age-grade

## National Championships

Continued from page 1

M45, agreed.

The new schedule worked well until Friday evening when a thunderstorm and lightning hit at about 8:30, and events were stopped again for safety reasons.

The most controversial repercussion of the schedule change was the reduction of attempts in the horizontal jumps and throws on Saturday and for a short time on Sunday morning to four, with no finals, rather than the prescribed three preliminary and three final attempts.

### Records Broken

Despite the extreme weather, severe changes to the schedule, and shortcomings by meet management (no meet-provided implements in some of the throws, for example), the athletes performed well under the circumstances.

Five world and 26 U.S. age-group records, as well as a host of meet records, were set by the 1367 men and women entrants, who ranged in age from 30 to 95. Nine club relay records were also set. Last year in Hawaii, 802 competitors broke, tied or established 29 age-group records.

World records went to Bill Collins, M55, in a 200 prelim (23.36); Karl Smith, M45, 110H (14.41); Joy MacDonald, W65, pole vault (2.40); and Trent Lane, M95, shot put (6.61) and hammer (20.15). Collins won the 100, 200 and 400 for the fourth consecutive year, adding to his more than 80 masters national titles.

Times in the distance races were significantly lower than those given by athletes for seeding purposes. The only records in races over 800-meters here were set by Gerry Davidson, who, in addition to establishing W85 U.S. records in the 200, 400 and 800, broke national records in the 1500 and 5000.

Bob Matteson lowered M90 national records for the 200 (41.95) and 400 (1:39.39). Monica Kendall, W50, set U.S. records in the shot put (14.41) and javelin (40.42).

Running in temperatures not conducive to records, Karen Kunz, W50, with an 8:31.15, and Robert Barber, M60, with a 7:37.20, broke records in the 2000SC.

Athletes who re-wrote their own records were Aaron Thigpen, M40, 100; Arnie Gaynor, M75, shot put; and Betty Jarvis, W90, hammer.

### Multiple Winners and Age-Graded Marks

Phil Raschker, at the top of her age-group at 59, was a seven-time champion, losing only to non-U.S. citizen Hillen von Maltzahn, 57, in the pole vault. Leland McPhie, 92, compiled six gold medals. Emil Pawlik, 2005 Masters Athlete-of-the-Year, won five M65 events, including the elongated pentathlon on Thursday. James Stookey, M75, won both hurdles, the two horizontal jumps, and the high jump. Gloria Krug, W75, took the horizontal jumps and three throws.

On the age-graded scale, Nadine

O'Connor, 64, who won the 100 (14.04/age-graded 100%), 200 (29.53/99.6%), short hurdles (AR14.38/97.0%), and pole vault (3.00/112.3%), was named USATF Athlete-of-the-Week for her performances.

Trent Lane's M95 world record in the shot (6.61) is an age-graded 112.9%; his world-record hammer (20.15) is 129.4%; and his javelin (18.12) is 118.2%.

Collins ran a wind-aided 11.26 in the 100 final, age-graded at 100.7%, the best of the men in the three sprints. Canadians ruled in the 800, with Jean Horne, 73, hitting 99.3% for a 3:13.05, and Earl Fee, 77, at 97.7% with a 2:38.28.

Top runners in the long distances were Kathy Martin, 54, among the women, with a 92.9% 18:57 in the 5000, and Joe Burgasser, 67, in the 5000, with an 86.2% 19:23.05. Burgasser and Bill Borla, 66, ran in two of the best races of the meet, Burgasser winning the 5000 over Borla (19:33.66/84.6%), but Borla winning the 10,000 (40:44.44/84.8%) from Burgasser (40:46.48/85.5%).

Kevin Paulk, 46, winner of the M45 800 and 1500 in Hawaii last year, ran in two of the most exciting races of the meet. On Saturday, he was a close second to Saladin Allah, 46, 2:00.13 to 2:00.23, both at an age-graded 93.4%. On Sunday, he was second again to Conor O'Driscoll, 45, in the 1500, 4:15.50 to 4:16.29. Paulk retained his 1500 title because O'Driscoll is an Irish citizen.

O'Connor was the best female hurdler, Stookey, the best male, with a 99.4% 14.06 in the short hurdles. Oneithea Lewis, 46, topped all women hammer throwers with a 96.5% 47.38.

### Pentathletes, Racewalkers and Clubs

When the meet was called to a halt on Thursday, many of the 54 pentathletes had done only one or two of the five events and had to wait until the evening to continue. Any high score worthy of record consideration was negated by the six-hour "break." Top men scorers were Pawlik, M65, with 3762, and Robert Baker, M60, 3433. Irene Thompson, W50, had the best women's score of 3272, with Liz Palmer, W45, second, 2998.

Of the 18 age-groups contested in the 5000 and 10K racewalks, 15 were won by the same walkers. Although both races started at about 7 a.m., temperatures were in the high 70s and low 80s. Ian Whatley, 47, was the first to finish in the 5000 (25:24.13). Jack Bray, 73, had the best age-graded mark with an 86.8% 29:58.15.

Debbie Topham, 53, and Lynn Tracy, 54, staged the closest finish in the 5000 and produced the fastest times among the women, Topham winning the W50 race in 30:06.00, and Tracy second in 30:08.05. Miriam Gordon, 81, was the best age-graded performer with an 86.8% 39:19.91.

The 10K consisted of five 2000m laps on the campus street next to the stadium. Bray, again, was the men's best performer, with an 83.1% 1:04:22.

Gordon and Shirley Dockstader, 73, tied for the women's best performance honors of 87.8%, Gordon at 1:23:39, and Dockstader at 1:11:25.

Led by its women athletes, Brooks Fleet Feet Racing, with a combined score of 637 (women, 490; men, 147) successfully defended its team title won at the 2005 Championships in Hawaii, where it scored 555.

The Florida AC was second here with 393 (W-120; M-273). So Cal Track Club-Fleet Feet took third with 332 (W-137; M-195). The meet host Carolinas T&F Club finished a close fourth (327). Scoring clubs numbered 136.

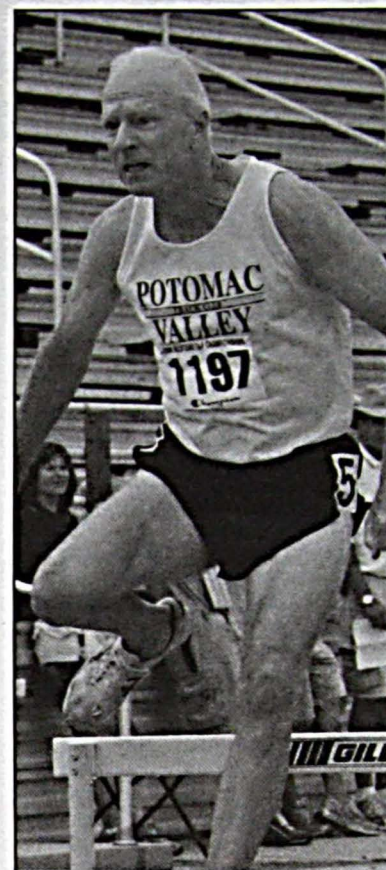
Seventy-nine teams competed in Sunday's 4x100, 4x400 and 4x800 relays. Last year in Hawaii, 61 relay teams were entered.

### Wide Media Coverage

Even without the "hot weather" stories, the meet had the widest coverage ever for an outdoor championships.

"In unprecedented media action for masters, five TV stations reported live from the track for several hours on the first day of the meet with multiple segments with athletes and organizers. Four TV stations covered the second day, and TV continued on the fourth day," said Bob Weiner, Masters Media Committee Chair.

"Approximately 50 TV stories ran on the championships throughout the four days of the meet - the most coverage in masters history - and



JERRY WOJCIK  
James Stookey, 76, included a 99.4% age-graded 14.06 win in the short hurdles in his five gold medals, USA Masters Championships.

Continued on page 10



## 26th Nevada Senior Games Las Vegas, Nevada

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## Health & Fitness

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

### E-Lifts for Triceps – High-intensity Training That Gets Results ... Fast!

**T**riceps are extremely durable muscles and they are loaded with fast-twitch muscle fiber. If you're only using the traditional lifting tempo (up-on-two, down-on-four), you may be missing the training intensity necessary for obtaining superior results with your triceps.

Explosive lifting is popular with strength and conditioning coaches throughout the world, because athletes need to train more than one part of a muscle. Athletes need to train all three parts of a muscle – slow, fast, and super-fast twitch fiber, and the brain and nervous system that make muscle move.

Frequently, people think of triceps as a group of three muscles. And this is correct, there are three muscles that form the triceps, but there are also three different fiber types that move at the three different rates of speed.

#### Muscle Fiber Recruitment

This process is referred to as muscle fiber recruitment. The nervous system is the lieutenant in charge of communication and follows the orders from the commanding general (your brain), which always sends the slow-twitch fiber first to accomplish the task.

Researchers show that muscle fiber is recruited like this every time you voluntarily move your muscles – the slow fiber always goes first. When you perform a long, slow cardio, for example, or perform traditional slow-lifting exercises, or run cross-country, the slow muscle fiber gets a great workout. But the fast fiber may not be getting the same workout.

When the movement is fast, the brain and the nervous system sense that the body needs to recruit the fast fiber (that moves five times faster than the slow) to assist the slow fiber. And when the movement is so explosive and fast that it needs all three types of muscle fiber, the nervous system engages the super-fast fiber (that moves 10 times faster than the slow) to jump in and accomplish the task.

Considering the fact that the fast and super-fast muscle fiber make up around 50% of your muscle, it's easy to conclude that if you only work the slow fiber and don't train the fast, the fast fiber will grow smaller and weaker (atrophy).

#### Landmark Study

A new landmark study shows that not only young athletes get superior results from explosive lifting, but adults of all ages get better results with E-Lifts than other methods of strength training.

"Therefore, using heavy loads during explosive resistance training may be the most effective strategy to achieve simultaneous improvements in muscle strength, power, and endurance in older adults (Optimal load for increasing muscle power during explosive resistance training in older adults, J Gerontol A Biol Sci Med Sci. 2005 May;60(5):638-47, De Vos, NJ ).

#### Press Down E-Lifts

You can use E-Lifts on your triceps in many different ways. My personal favorite is Press Downs with a rope. While this exercise can be performed with a bar, the rope is preferred over the bar, because it creates slightly better focus on the triceps, and it takes stress off the wrists and elbows.

There are two parts to E-Lifts for Press Downs. During the first set (three sets total), perform 10 reps by vigorously pressing the rope handle downward with an outward flare at the end of the repetition as shown below.

Keeping your back straight, bending your knees and slightly leaning forward makes it easier to isolate the triceps, and this position removes stress from the lower back.

Don't use lighter weight than nor-



Starting position

Rope flare-out

mal just because the reps will be explosive. Once your triceps are exhausted and the flare-out becomes too difficult to continue (this should be around 10 reps), begin the second phase without stopping.

Briefly, drop the weight by 10 pounds, and now it's time to pump-out reps to finish the set. Bring your hands together and begin pumping reps straight down keeping the hands side-by-side as shown.

Shoot for 10 more pump-out reps and be prepared for exhaustion to come sooner than anticipated. Fast fiber isn't made to go for a long time, and if your triceps fail quickly, that's a good sign that you're accomplishing the goal of working the fast fiber. The finishing pump-out for the last 10 reps should have your triceps "burning."

Keep in mind that you're only doing three sets, so make every rep count and push the triceps to failure. Rest 1.5 to 2



SUZY HESS

Antwon Dussett, 30, won the M30 200 and 400, USA Masters Championships.



JERRY WOJCIK

Jaymee Marty, 39, W35 national champion in the 1500, 5000 and javelin, USA Masters Championships.

minutes between sets, and be prepared to drop the weight by 10 pounds on the last set.

Note in the photo that the cable doesn't travel straight down; it angles slightly away from the weight stack and toward you. This lessens intensity on the lower back and abs and allows the focus to be only on the triceps.

Personally, I find that it takes at least 20 reps to exhaust this naturally strong and tough group of muscles. Triceps are loaded with fast-twitch fiber and it takes a demanding program like E-Lifts to get superior results.

I'm frequently asked, "How many times will I need to do E-Lift press downs before I know that I'll get results?" My answer is "once." Give E-Lift press downs a test drive and aim for superior results by working the fast-fiber in your triceps.

Have a great day! ☐

(Get an autographed copy of Phil Campbell's NEW Edition, 4th Printing of *Ready, Set, GO! Synergy Fitness, 2nd Ed.*, the comprehensive fitness training guide, 300 photo illustrations, 384 pages, \$19.95. For ordering information call toll free: 866-565-3311. For more info visit his website: [www.readyssetgofitness.com](http://www.readyssetgofitness.com))

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- Karel Jircik (40, 47:29) and Tatyana Pozdnyakova (40, 52:03) First Masters in Boilermaker 15K
- Central Park TC Wins Overall Team Title in East Regionals in NYC



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## Masters Racewalking

By LENNY PARRACINO  
with ELAINE WARD

### Are You a Robot?

Lenny Parracino is a nationally recognized movement and soft tissue therapist. He is the founder of Kinetic Conditioning which is an eclectic form of individualized conditioning. He and his team have been featured throughout the world including appearances at the Cooper Institute in Texas. If you are looking for a new approach to improving your performance or ridding yourself of nagging or acute injuries, he can be reached at [lenny@kineticconditioning.net](mailto:lenny@kineticconditioning.net) - ew.

Are you a robot? No? But are you sure? How about the popular stretching and strengthening exercises that have been around for decades? I mean the ones that appear in book after book and are marketed to men and women of all ages, body types and physical health.

Usually, they pay little to no attention to the differences among individuals. And to make matters more risky, they are usually based on cadaver anatomy, not on the integrated anatomy of living, functioning human beings.

Most of us do stretching and strengthening exercises to improve our fitness for our chosen sport. The closer we heed our body's assets and vulnerabilities, the closer we come to achieving our purpose. And the reverse is

true. The less the exercises conform to our individuality, the less good they do.

For example, let's say someone suggests that you go to a gym and do bench presses to strengthen your upper body. You find it more comfortable to do half presses. You are then told by some gym jock, "You are supposed to touch the bar to your chest." You reply, "Well, that doesn't feel right." Your perceptions are correct.

#### Designed as a Sport

The bench press was designed as a sport, not as an exercise for everybody. The hands are anchored to a bar with arms at full length. As you go down, you have to bring the bar to your chest. The problem is that if you have a shallow rib cage and long arms, you are going to have an unfavorable force



SUZY HESS

Racewalkers after the 10K on Sunday, Aug. 6 (l to r): Jerard Hargis, 77, third M75; Bernie Finch, 66, fourth M65; and Jack Starr, 78, M75 winner, USA Masters Championships.

angle at the glenohumeral joint.

This unfavorable force angle places abnormal stress on the joint, particularly when continued repetitively. It is not a matter of *if* you will get injured, it is a matter of *when*. Consequently, the best bench presses in the world have very thick rib cages and short arms.

The point I am making here holds true for all stretching and strengthening exercises. There are no cookie cutter formulas for everyone.

#### Individual Program

I am a representative of my anatomy and my orthopedic history. You are a representative of your anatomy and your orthopedic history of stresses, strains and injuries. Consequently, some stretching and strengthening exercises are appropriate and some are inappropriate for you.

Now consider what happens when you combine inappropriate stretching and strengthening with the repetitive movements of racewalking. What if you walk the same path, the same way, with the same shoes, day in and day out?

Are you clueless about the possible outcome? Maybe consciously, but not subconsciously. Your body knows and it starts sending negative little messages. It can't stand doing the same movements over and over again, and eventually breaks down.

Many injuries are invited by athletes who equate variety with doing different distances at different speeds. Variety also consists of providing your musculoskeletal system with a series of diverse movements.

#### Realistic Approach

To function optimally, you need a spectrum of sport-related drills, stretches and strengtheners that nurture your fitness and athletic goals. Such a spectrum combines the realities of your body with the requirements of racewalking.

Always remember that you are unique. Mass exercise prescriptions are for robots, not for individual athletes seeking optimal performance. □

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

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

## National Championships

Continued from page 7

MSNBC ran stories." (To see the coverage, go to <http://www.weinerpublic.com/20060803.doc>.)

The *Charlotte Observer* interviewed Phil Raschker, Kathy Martin, Trent Lane, Sam Hall, Gerald Vaughn, Margaret Hagerty, Sid Howard, and Frank Levine, among others, and listed the winners, with their home towns, in the sports section.

USATF Media issued extensive nightly reports with results and details of the events on the track.

Announcing duties were handled by Peter Taylor, track events, and Andrew Boyajian, field events.

The meet was directed by Dr. Gordon Edwards, and hosted by the Carolina Masters T&F Club. Champion Athleticwear was the premier sponsor and awarded sports bags to the best age-graded performance in each event in 10-year divisions.

At the Masters T&F Executive

Committee meeting on Friday afternoon, a U.S. bid offered by Bob Fine for the 2008 NCCWMA Championships was deferred until the 2006 USATF Annual Meeting.

Masters T&F Chair, George Mathews said that the Sacramento Sports Authority showed an interest in bidding for the 2011 WMA World Championships. He also announced that he would resign from his position at the close of the Annual Meeting in December.

Most athletes agreed that, under the circumstances, the meet came off pretty well. Not having rented cars, some were put off by the long walks from the dorms to the dining hall, the long wait for campus shuttles, and distant location of the college from downtown Charlotte.

After two days, sprinter Don Cheek and thrower Len Olson took the shuttle back to the airport to rent cars for transportation.

The 40th USA Masters Championships will be held in Orono, Me., on Aug. 2-5, 2007. □

## Pending World and U.S. Records 39th USA National Masters Championships Charlotte, N.C. – August 3-6

### WORLD RECORDS

Event	Age	New Mark	Name	Old Mark	Held By
200	M55	23.36	Bill Collins	23.37	Ron Taylor
110H	M45	14.41	Karl Smith	14.70	K. Smith
PV	W65	2.40	Joy MacDonald	2.32	Becky Sisley Midori Yamamoto
SP(3k)	M95	6.61	Trent Lane	6.10	T. Lane
HT(3k)	M95	20.15	Trent Lane	15.97	T. Lane

### U.S. RECORDS

Event	Age	New Mark	Name	Old Mark	Held By
100	M40	10.73	Aaron Thigpen	10.80	A. Thigpen
200	W85	63.09	Gerry Davidson	---	---
200	M90	41.95	Bob Matteson	42.78	Anthony Castro
400	W85	2:14.85	Gerry Davidson	---	---
400	M90	99.39	Bob Matteson	1:42.85	James Hammond
1500	W85	10:55.01	Gerry Davidson	10:50.24	Mary Haines
5000	W85	49:08.73	Gerry Davidson	55:24.60	Mary Haines
800	W85	5:43.32	Gerry Davidson	---	---
80H	W70	17.80(27*)	Barbara Jordan	---	---
80H	W60	14.38(27*)	Nadine O'Connor	---	---
400H	W45	69.38	Kathleen Shook	71.20	Pamela Calvert
2000SC	W50	8:31.15	Karen Kunz	8:54.19	Sharlet Gilbert
2000SC	M60	7:37.20	Robert Barber	7:44.23	Steve Proudly
PV	W40	2.95	Karen Rieger	2.91	Pam Swan
PV	M50	4.60	Gary Hunter	4.57	Jerry Cash
TJ	W40	11.36	Regina Richardson	11.35	Phil Raschker
SP	W50	14.41	Monica Kendall	12.99	Joanne Grissom
SP	M75	13.01	Arnie Gaynor	12.70	A. Gaynor
SP(3k)	M80	10.06	Richard Mulkern	---	---
SP(3k)	M85	7.53	John Anoka	---	---
SP(3k)	M90	7.34	Leland McPhie	---	---
HT	W90	10.82	Betty Jarvis	10.31	B. Jarvis
HT(3k)	M80	33.92	Richard Mulkern	---	---
JT	W35	12.58	Jaymee Marty	---	---
JT	W50	40.42	Monica Kendall	37.95	Linda Cohn
JT	W65	54.24	Gary Stenlund	43.06	Robert Youngs
4x100	W40-49	54.51*	Brooks Fleet Feet	---	---
4x100	W50-59	66.76*	Atlanta TC	---	---
4x100	M50-59	46.99*	Houston Elite	---	---
4x100	M70-79	88.50*	Florida AC	---	---
4x400	W40-49	4:19.03*	Athena Track	4:35.60	FleetFeetSac
4x400	M35	3:24.09*	SW Sprinters	---	---
4x400	M70-79	7:04.13*	Florida AC	---	---
4x800	W50-59	10:27.04*	Ad Hoc	11:33.1	Syracuse Ch
4x800	M35	8:22.95*	FIBO	---	---

\*indicates a club record

## Tweaking

This proposal is a petition, and the appropriate weight that: a 50-year-old implements heavier than throw a 1.5kg discus - wrong with this logic.

The discus relies strength and more on the shot. To equate the and explosiveness of a with a high school kid

Shot putters and hammer are penalized until they even then must throw than a high schooler.

At the same time, throwers get an "easier weight" bigger discus is less of the body and performance heavier shot or hammer.

#### Junior Weight Change

A few years ago, subsequently, USATF weights of the "Junior" implements for national competition.

Junior men throw hammer and a 1.75kg weights were adjusted records.

I believe that this prompt USATF master similar change.

#### Simple Solution

The simple solution should "go down" in the same way that they. Our current set-up "down" in implement make sense.

The following "n courage more consiste

4kg belongs with 1.5kg belongs with 1.6kg belongs with 1

This proposal could be accomplished by enact changes:

- 1) Adding a new "weight" for implement weights for 50-59 from 1.5kg to 1.75kg
- 2) Easing the shot weights for 50-59 from 1.5kg to 1.75kg
- 3) Stiffening the discus weights for 60-69 from 1kg to 1.5kg

This system would premise that a 50-year-old strong, as fast, or as school athlete; 50-59 have the opportunity to implement slightly high-schoolers current to just a lighter discus

#### Get Rid of Little I

This plan would c 60-69 discus. This is able in the name of s cy for our sport. M throwers whom I know the discs," due to th size and the lighter wardness.

# Speaker's Corner

By Norman P. Deep, Jr.

## Tweaking the Throws for Consistency

This proposal is asking for the inclusion of the 1.75k discus in masters competition, and the creation of M40-49 as an age group with lighter, more age-appropriate weights. The current specifications for implement weights dictate that: a 50-year-old man must throw a 6kg (13.2 pound) shot and hammer – implements heavier than for a high school kid – but, this same 50-year-old gets to throw a 1.5kg discus – a discus lighter than for a high school kid. Something is wrong with this logic.

The discus relies less on raw strength and more on technique than the shot. To equate the levels of speed and explosiveness of a 50-year-old man with a high school kid is unrealistic.

Shot putters and hammer throwers are penalized until they are age 50, and even then must throw a heavier ball than a high schooler.

At the same time, the discus throwers get an "easier weight" at age 50. A bigger discus is less of an inhibitor on the body and performances than is a heavier shot or hammer.

### Junior Weight Changes

A few years ago, the IAAF (and, subsequently, USATF) changed the weights of the "Junior" (under age 20) implements for national and international competition.

Junior men throw a 6kg shot and hammer and a 1.75kg discus. These weights were adjusted, and so were the records.

I believe that this change should prompt USATF masters also to make a similar change.

### Simple Solution

The simple solution is that throwers should "go down" in implement weight the same way that they now "come up." Our current set-up for "going back down" in implement weight does not make sense.

The following "rules" would encourage more consistency:

- 4kg belongs with 1.0kg
- 5kg belongs with 1.5kg
- 6kg belongs with 1.75kg

This proposal could easily be accomplished by enacting three simple changes:

- 1) Adding a new "level" of distinction for implement weights (40-49).
- 2) Easing the shot and hammer weights for 50-59 from 6kg to 5kg.
- 3) Stiffening the discus weight for 60-69 from 1kg to 1.5kg.

This system would agree with the premise that a 50-year-old man is not as strong, as fast, or as agile as a high school athlete; 50-59-year-olds would have the opportunity to throw all three implements slightly lighter than the high-schoolers currently do, as opposed to just a lighter discus as they now do.

### Get Rid of Little Discs

This plan would call for a heavier 60-69 discus. This is more than acceptable in the name of sensible consistency for our sport. Many older discus throwers whom I know despise the "little discs," due to their own physical size and the lighter implement's awkwardness.

If the WMA balks at this idea, we could simply adopt this plan for U.S. club and national events. Obviously, those who have the desire to qualify for international competitions could simply throw the WMA required weight at any qualifying meet by their own choice.

Changes in weight specifications have been made in the past. One was just recently adopted for M80+. If we want more older athletes in the sport, then we need to remember that today's 40-year-old is tomorrow's 80-year-old.

Many throwers (myself soon to be included) "get out" of the game from 40-49, because, no matter how in shape you are, the weights are just too heavy for personal performance satisfaction.

These same throwers "count the days" until their 50th birthdays, however, when it's again worthwhile to get back into the fray (if they return at all).

If masters track and field is truly about participation, then shouldn't something be done to keep the 40-49s around? There are some rare exceptional older athletes who can "keep up" (like Glenn Thompson), but they are the exception and not the rule.

If you care about keeping quality throwers in our sport, please look at the logic of these changes and consider the sense that it makes.

### Chart A: The way it is now...

	Shot/Hammer	Discus
Jr.H.S.	4kg	1.0kg
H.S.(int'l.)	5kg	1.5kg
H.S.(U.S.)	12 lbs.	1.6kg
Juniors	6kg	<b>"1.75kg"</b>
Open	6 lbs.	2.0kg
Masters (30-49)	16 lbs.	2.0kg
Masters (50-59)	6kg	1.5kg
Masters (60-69)	5kg	1.0kg
Masters (70-79)	4kg	1.0kg
Masters (80+)	3kg	1.0kg

### Chart B: New formula for "going down" in weight (consistent with how you "come up," changes in bold type):

	Shot/Hammer	Discus
Jr.H.S.	4kg	1.0 kg
H.S.(int'l.)	5kg	1.5 kg
H.S.(U.S.)	12 lbs.	1.6 kg
Juniors	6kg	1.75kg
Open	16 lbs.	2.0 kg
Masters (30-39)	16 lbs.	2.0 kg
<b>Masters (40-49)</b>	<b>6kg</b>	<b>1.75 kg</b>
	(not 16 lb.)	(not 2 kg)
Masters (50-59)	5kg	1.5 kg
	(not 6kg)	
Masters (60-69)	5kg	<b>1.5 kg</b>
		(not 1kg)
Masters (70-79)	4kg	1.0 kg
Masters (80+)	3kg	<b>0.75 kg</b>
		(not 1kg)



Some of the throwers in the 2006 Texas Cat Spring Grunt Meet, which drew athletes from Montana, Illinois, Florida and Colorado.

## First Bend Meet Called a Success

The inaugural Bend Open/Masters Meet was deemed a success by the 100 athletes who competed at Oregon's Bend High School on Aug. 12.

"A great venue, good weather and lots of volunteers," said Frank Lulich, M60 sprinter and high jumper from Eugene, Ore.

The meet, directed by Rose Schlewitz, USATF Oregon Masters Chair, and hosted by the Central Oregon RC, drew support from the USATF Northwest Region Masters and the Oregon TC Masters, as well as financial sponsorship for individual events from local businesses and individual track enthusiasts.

In the sprints, Maria Cloward, W40, won the 100, 200 and 400. Wayne Gripp, M60, posted the best performances of the meet in the 100 (13.46), 200 (27.18) and 400 (61.44).

Jeanette Groesz, W55, and Jim Davis, M70, who competed in the USA Masters Championships a week earlier, were double winners in the mile and 5000. Michael Jaqua, M40, topped all high jumpers with a 1.63. Dan Umenhofer, M45, was the highest in the pole vault at 4.11.

### Chart C: New formula for women (changes in bold type):

	Shot/Hammer	Discus
H.S.(U.S.)	4kg	1.0 kg
Juniors	4kg	1.0 kg
Open	4kg	1.0 kg
Masters (30-39)	4kg	1.0 kg
Masters (40-49)	4kg	1.0 kg
Masters (50-59)	3kg	<b>0.75kg</b>
Masters (60-69)	3kg	<b>0.75kg</b>
Masters (70-79)	3kg	<b>0.75kg</b>
Masters (80+)	3kg	0.75kg

As far as changes for women throwers go, let's stop penalizing the women by making them go "cradle to grave" with a 1.0kg discus. A 3kg HT/SP should correspond with 0.75 discus. W50-79 should have a discus that corresponds to their SP/HT weights.

These weights are readily available

Harlen North, M35, had a rare double in the shot put (12.76) and javelin (54.22). Becky Sisley, W65, who aided in developing the event as a member of the Meet Committee, won the javelin with a 27.24.

Suzi MacLeod, W70, also a member of the Meet Committee and better known as a runner, had the fastest time in the 5000 fitness walk (38:17.0). □

### FIFTEEN YEARS AGO September 1991

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

and have already been changed for use at the W80+ levels.

If, after reading this, you have an opinion either for or against, please contact the following people:

Jerry Wojcik (The Weight Room): natmanews@aol.com

Ken Stone (www.masterstrack.com): trackceo@aol.com

Carol Finsrud (women's throws enthusiast): cfinsrud.throw@mail.utexas.edu

Dick Hotchkiss (USATF masters throws representative): ashglaze42@hotmail.com □

(An M35 – soon to be M40 – thrower, Norman P. Deep, Jr., is Head Track Coach at Clinton H.S., and Throws Coach at Hamilton College. He can be reached at 315-557-2207 or ndeep@ccs.edu)



## On The Run

By HAL HIGDON

### Master Mind: Answering a Reporter's Questions

Peter Gambaccini called recently. Peter had an assignment to write an article for *Runner's World* connected to its 40th anniversary, interviewing various contributors to get their ideas about what has happened to our sport since the magazine's founding four decades ago. I had been identified as the magazine's expert on Masters Running, having written a book with that title. Peter had a number of questions to ask, so I agreed to answer them. Here are some of the areas we discussed and a summary of my responses.

#### Declining Performances

As they age, runners seem to lose speed. Is this decline inevitable?

In many respects, it is. As we age, our performances do decline at a fairly predictable rate, according to studies by exercise scientists. That's the bad news; the good news is that the inevitable decline can be postponed if we train intelligently.

When I wrote the book *Fitness After Forty* in 1976, I included statistics showing that sprinters peaked in their early 20s, middle distance runners in their late 20s, and distance runners in their early 30s. But that was during the era of amateur running, when runners were not paid for their victories in major track meets and world championships.

With more incentive to keep running, sprinters such as Carl Lewis and Michael Johnson have continued running at or near their top well into their 30s, suggesting that the decline was as much for sociological reasons as for physiological reasons.

Jamaican sprinter Merlene Ottey was still competitive at the world level into her early 40s and some of the Russian marathoners are still running fast times into their 40s. Yes, our speed-based performances do decline, but not as rapidly as we thought several decades ago when I wrote that book.

#### Maintaining the Workload

Maintaining speed and endurance is related to the ability to continue to train at high levels. How long can aging athletes maintain high workloads, specifically high-mileage weeks?

Longer than we once thought. Again, this relates to motivation, at least among elite athletes, and to a certain extent among the lumpenproletariat too. Here's where we have to consider the mind as well as the body.

The aging athlete has to be very highly motivated to maintain his or her training at the highest levels. Sometimes money is the motivating factor; or it might be a desire for improving performances, setting age records, continuing to set Personal Records.

As I neared 50, I decided to crank up my training to win a gold medal at the World Masters Championships in the marathon. What motivated me was the fact that I turned 50 four months after the meet, thus I would be at a disadvantage competing against athletes in the M45 division who might have been much younger.

I cranked my training up to 100 miles a week and won the race. But

after doing so, I took two months off from running and never was able to push my workload back up to that level again.

It was as much because I did not want to (i.e., motivation) as because I could not do so. Different masters runners motivate themselves to different levels of effort as they continue to age.

#### Recovery

Not all runners can continue running twice-a-day workouts, 100 miles a week, indefinitely. As runners age, do they need more recovery between workouts?

We do, and that is one of the secrets to being a successful masters runner. Ed Whitlock, the Canadian runner, who has continued to run sub-3:00 marathons into his 70s, reportedly trains only three days a week.

New Zealander Derek Turnbull, who dominated every age-group race he entered into his 60s, claimed to run only on weekends. But I visited Derek once on his sheep ranch and the amount of labor he did shoving sheep around during the week was amazing!

Some runners seem to age more gracefully than others, and it may not have anything to do with their so-called ability or their level of training. I'm not sure we know all the answers about which training methods work best for masters runners, and there may be no single answer.

Peter and I discussed several other issues related to masters running, but these are three of the most important questions and my responses. He claimed to have only 200 words for each contributor/expert, that being the nature of magazine journalism in this era of continually shrinking sound-bites. It will be interesting to see how much of what I told Peter Gambaccini makes it into print. □

(Hal Higdon, Author of *Masters Running, answers runners' training questions on his InterActive Forums. Visit [www.halhigdon.com](http://www.halhigdon.com).)*

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SUZY HESS  
Marie-Louise Michelsohn, W60 winner of the 400, 800 and 1500, USA Masters Championships.



SUZY HESS  
Joyce Hodges-Hite, W65 winner of the 10,000, USA Masters Championships.

### Semick First Master in 50 Mile Trail Race

Kami Semick, 40, was not only the first masters woman but also the first master in the USATF National Championships/White River 50 Mile Trail Run on July 29 in Crystal Mountain, Wash., in the shadow of Mt. Rainier.

Semick, of Bend, Ore., was eighth of the 124 finishers in 7:46:56. She was the W35 winner here last year in 7:56:02. Meghan Arbogast, 45, Corvallis, Ore., was the second W40+ this year, 30th-overall in 8:41:53.

Mark Tarr, 44, Col Falls, Mont., was first M40+, with a 10th-place 7:57:51. Todd Nott, 42, Plattsmouth, Nebr., was 13th in 8:03:16.

Chuck Dooley, 50, Bellingham, Wash., won the M50 race in 9:11:31. He was second M45 last year (9:24:50).

Charles Crompton, 58, Everson, Wash., took the M55 race (9:33:56) but as a non-member of USATF he is not the age-division champion. That honor

goes to Roy Pirrung, 58, Sheboygan, Wis., second in 9:35:35, eight seconds better than his M55 winning time in 2005.

The race course had an 8700 ft. gain and loss, and featured rolling terrain, ridge tops, Northwest forest, and several demanding climbs and challenging descents.

Temperatures were in the 50s and high 60s. Just 11 of the 135 starters did not finish. □

### OLYMPIC TRIALS TICKET PACKAGES NOW AVAILABLE

Track and field fans can now log on to Eugene08.com to purchase eight-day all-session ticket packages for the U.S. Olympic Track & Field Trials to be held in Eugene at the University of Oregon's legendary Hayward Field June 27-July 6, 2008.

Ticket packages in all price categories will be available to the general public, ranging from \$245 to \$425 per ticket package. Customers may have the opportunity to buy additional ticket packages after Dec. 1, 2006.

Any available individual, one-session tickets will go on sale in 2008.

More information about ticket packages can be found at Eugene08.com, then click "Tickets." □

### TWENTY YEARS AGO September 1986

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



Robert Cozens, 70, winner of the USA Masters Championships.

### Write On

Continued from page 6

revised schedules Thursday afternoon morning at 7 a.m. The mous difference to could remain in the cool until warm-up time.

Kudos and thanks and officials. You may have been a disaster event. We'll all remember over the weather.

Marie-L

I have several lost from the Nationals in pairs of glasses, one spikes), some new medals other items, a watch earrings, and an MP3 cemed about the glassive to replace, and tdis.

If athletes accurately items, using my e-mail willing to pack and should also identify subject line of the e-mail what they are contact

nmmitche

### SEATTLE

I have competed in Masters Decathlon/Hionships. No disrespect three, but the Seattle were the most enjoyable

Daunte Gouge, if the facilities were greater was perfect. The joy to all the little extra for the athletes' effort did not go un greatly appreciated b



**JERRY WOJCIK**  
Robert Cozens, 70, winner of the 200 and 400, USA Masters Championships.

### Write On

Continued from page 6

revised schedules to the hotels Thursday afternoon and Saturday morning at 7 a.m. This made an enormous difference to the athletes who could remain in the cool of their hotels until warm-up time.

Kudos and thanks to the organizers and officials. You made what could have been a disaster into a wonderful event. We'll all remember triumphing over the weather.

*Marie-Louise Michelsohn*  
by e-mail

I have several lost and found items from the Nationals in Charlotte: three pairs of glasses, one track shoe (with spikes), some new merchandise, assorted other items, a watch, two different earrings, and an MP3 player. I am concerned about the glasses, very expensive to replace, and the new merchandise.

If athletes accurately identify these items, using my e-mail address, I am willing to pack and ship. Athletes should also identify the items in the subject line of the e-mail, so that I know what they are contacting me about.

*Marilyn Mitchell*  
mmitchell46@hotmail.com

### SEATTLE MEET

I have competed in the last four USA Masters Decathlon/Heptathlon Championships. No disrespect to the previous three, but the Seattle Championships were the most enjoyable.

Daunte Gouge, the meet staff, and the facilities were great, and the weather was perfect. The personnel attended to all the little extra details to provide for the athletes' comfort. The extra effort did not go unnoticed and was greatly appreciated by all the attendees.

Continued on page 17

## PUBLICATIONS ORDER FORM

	Quantity	Total (US\$)
<b>Masters Single-Age Records Book (2005 Edition)</b> Men's and women's world and U.S. single-age bests for all track & field and racewalking events, age 35 and up, as of May 31, 2005. 56 pages. Lists name, age, state and date of record. Includes record application forms. \$10.00.	_____	\$ _____
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<b>Masters Track &amp; Field Indoor Rankings (2006)</b> Indoor rankings for 2006. 4 pages. \$2.00.	_____	\$ _____
<b>Masters Age-Graded Tables (1994 edition)</b> Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	_____	\$ _____
<b>Masters 5-Year Outdoor Age-Group Records</b> Men's and women's official 2005 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Sandy Pashkin. \$4.00.	_____	\$ _____
<b>Masters 5-Year Indoor Age-Group Records</b> Same as above, except indoor records (M40+, W35+) as of Dec. 31, 2005 (world) and Dec. 4, 2005 (USA), 4 pages. \$2.00.	_____	\$ _____
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<b>The Complete Guide to Running: How to be A Champion from 9 to 90.</b> By Earl W. Fee, who holds 40 world records in masters events from 300H to mile. Much improved revision of the highly popular 2001 first edition. 22 color-coded chapters, including "Building a Base and Hill Training," "Training for 5K, 10K, and Marathon," "Injury Prevention and Causes." Applicable from sprinters to marathoners. 440 pages. US \$19.95/CAN \$29.95.	_____	\$ _____
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## The Weight Room

By JERRY WOJCIK

### Reflections on 10 Years as a Masters Thrower

By JERRY BOOKIN-WEINER  
M60 Thrower and Guest Columnist

Ten years ago, when I hit the big (at that time) Five-O, I decided to act on a long-held impulse to start throwing again. It had been 17 years since I last had thrown, and there had been six idle years prior to that one burst of enthusiasm. Ten years later I regret those 23 years, but have learned a lot that might be of use to any newbies to masters throwing, no matter what their age. I confess that I'm also motivated to write this by what I regard as a string of postings in July on the Internet about the throwing weights for masters, many of them written by 30- and 40-somethings and non-throwers.

I'll start with what I regard as the most important lessons I've learned, some of them the hard way.

#### You Aren't 21 Any More

Listen to your body. Little hurts can easily become big problems if you try to train through them. People who don't listen to their bodies have very short careers as masters throwers (or jumpers or runners, I suspect, as well). Pain indicates injury, and you need to find out what it is and do something about it, or it likely will get worse.

You don't heal as quickly as when you were younger. Pesky little injuries (like a sprained index finger from "rolling" the shot off on a throw) that might have lasted a day or two in your 20s can bother you for weeks, months or even years as a masters athlete.

Don't expect to throw far if you don't train consistently. This, of course, is true for all ages.

#### You Aren't 30 Any More

Ponce de Leon never found the Fountain of Youth because it doesn't exist. Beginning at 50, you aren't as strong as you once were, and the decline is a steady one from that point on. It's a well-documented scientific fact.

As a result, you have to work hard at lifting and strength conditioning just to slow the inevitable. But lift smart, otherwise you can injure yourself. Sometimes more reps with a lower weight are more beneficial than trying to match your youthful personal best bench press or snatch or squat.

If you have to choose between lifting and throwing, choose throwing (credit to Lance Deal for this one). As masters athletes, the time we can give to training is often limited. Throwing is more about technique than it is about strength anyhow, so throwing is a better use of scarce time than lifting. Besides, it's a lot more fun!

Find a good coach or throwing partners who know what they are talking about and are up on the latest in technique and training methods; it's amazing how much more is known now about throwing than was known just 20 years ago.

Find a clinic or a throws camp near you. At my first clinic in 1996 my early 1970s vintage throwing shoes were older than most of the other participants. Most camps are masters friendly, and you get very good coaching at them.

#### You Aren't 35 Any More

Don't expect to stay healthy if you

don't train smart. Everyone is different and ages differently. If you find your body needs a day of rest after each training session, rest for a day between training sessions; if it needs two, rest for two; if it doesn't need any, train every day.

Throw smart and use the right equipment. A 70m-rated javelin is not right for a 40m thrower - in fact, it won't go as far for you as a 40m-rated javelin. A 90% rim weight, \$250 discus won't go as far for a 35m thrower as a much cheaper 70% rim weight discus.

High school and college kids fall into the same trap (as any good coach or official can tell you from observation) as many masters throwers do. Don't waste your money - you'll throw farther with the right (usually cheaper) equipment.

#### Life Gets in the Way

When I was in college, grad school, and even the Peace Corps, my life revolved around school (or in the Peace Corps my work) and throwing - okay, I was weird and didn't have a woman in my life back then.

Now there's work, which involves a lot of travel in my case, wife and family (including aging parents), taking care of a house (not as much as the aforementioned wife would like), involvement in community organizations, and, oh yes, throwing. Much as I try to make it a priority, there are times when it just isn't at the top on a given day, or week, or even month when the work gets intense.

Don't complain about how meets are run or that there aren't enough meets unless you are willing to be part of the solution. Get involved with organizing meets; become a certified official (it's not that hard); help meet organizers set up sectors and put away equipment. If the local or state senior games in your area is poorly run (and far too many of them are), get involved with the organizing committee, become an event coordinator, make a positive contribution and the situation will improve.

#### You Aren't 40 Any More

If you have the inclination, the time and the money, go to international masters competitions - even the NCCWMA meets that can be very poorly run at times. Some of my best (and funniest) memories are from the 2002 NCCWMA meet in Mexico, one of the worst run meets I've ever experienced.

However, just like at local and national meets, I met a great group of

people, learned about them and their countries, and made friends from around the world.

I got to know some Australian throwers at my first world championships in 1999, and renewed the acquaintance with them at the 2002 World Masters Games. Now that I'm traveling two or three times a year to Australia on business, I try to schedule those trips so I can join them for a meet whenever I go. Once I even got to see that their national assembly is just as frustrating as our national conventions!

Don't expect glory from masters throwing. If you do, you'll be disappointed. No one other than your fellow competitors, other masters athletes, and maybe your family and friends really cares. Your local weekly newspaper might give you some coverage, but not many of your neighbors will notice. If you are in it for the glory, you are in it for the wrong reasons.

Yes, masters throwing is about the competition; don't let anyone tell you otherwise, but it's about much more than that. It is fundamentally about your own fitness and camaraderie and fellowship with other throwers.

I frequently room at national and international meets with competitors in my age group. We delight in sticking it to each other in the circle. But we also give each other pointers (even during competition with each other). We share each other's joys and crises in both throwing and life. We are good friends, even though we come from very different backgrounds and walks of life and most likely never would have met if it weren't for masters throwing.

I've moved twice in the 10 years since I started throwing again, and the people I miss most from both places I left (Massachusetts and Colorado) are my fellow throwers.

#### Some of You Aren't 50, or 60, or 70, or Maybe Even 80 Any More

And that brings me to the question of masters implements. It is an incontrovertible fact that as we age we lose strength. If that were the only prob-



Trent Lane, 96, broke M95 world records in shot put and hammer, USA Masters Championships.

lem, then sticking with the international weights might make sense - after all, jumpers don't jump as far, runners don't run as fast, why should throwers



Arnie Gaynor, 78, winner of the M75 shot put, discus and hammer, USA Masters Championships.

expect to throw as far?

But the aging process isn't just about losing strength and stamina. Beginning somewhere in the 40s or 50s (in rare cases not until the 60s) our connective tissues (ligaments and tendons) begin to lose their elasticity. As a result wrists, elbows, shoulders, and knees become more susceptible to injuries when throwing (with runners, I'm told by former college teammates, it's mainly the knees).

There isn't a lot that can be done to protect the knees and hips from the ravages of aging (other than various medical treatments and dietary supplements). However, for throwers and hurdlers there is something that can be done to keep our sport accessible to more masters athletes as we age - lowering the size of weights thrown and lowering the hurdles and reducing the spacing between the hurdles.

Having accepted the idea that lowering throwing weights and altering hurdle heights and spacing is the right thing to do, we then face the question of what the appropriate weights, heights and spacings are for various ages. Since everyone ages at different rates, there is no one correct answer for everyone. I wasn't involved when the current system was devised, but I suspect it had some basis in the youth and junior weights in use in most of the world at the time.

The fact is that the 12-pound shot and hammer and 1.616 kg discus used by boys in U.S. high schools have not been in use in the rest of the world for decades, just like the imperial measuring system we so stubbornly refuse to replace with the universally accepted metric system. As a result, comparisons to those weights are pointless.

A few years back, the junior discus at the international level was changed from 1.5 kg to 1.75 kg. Is that graduation worth examining now for masters? Probably.

But such changes need very careful consideration. In my view, the changes to javelin weights made at the WAVA Assembly in 1999 were not well considered.

## Fifteen End

By BRIDGET CULLEN  
Entries in the World Masters Championships, July 2006, were short of the 4000+ entries the IAAF Committee had anticipated. No doubt, to the fact that three world champions in Europe within a five-mile race choose to compete rather than regional.

A total of 3086 athletes, down from 3703 two years ago, came to the third largest city, with over 700,000 German spectators, the largest team of 900+, Britain (333) and the USA (200).

Registration, transportation, and facilities were all handled by the Organizing Committee of the City Council and some sponsorship from the stadium facilities. The stadium facilities were updated, as promised, and the national bid four years withdrawal of the local port.

#### The Heat Begins

A heatwave was expected in Europe. On the first day, the temperature reached over 100F. The 10,000 decathlon were held outdoors.

The two seeded runners in the M50 and M55 groups were affected by the extreme weather. At 1 p.m. on the university campus, there were many non-finishers, as some runners were unable to cope with the heat. The competition was held in the main arena, as neither of the stadium stands.

On Day 2, there was a heatwave, Poland's were continued for nine days. The effects on the decathlon prospect of getting around the world have been enormous, as neither of the stadium stands.

#### Plentiful Volunteers

Any shortcomings were compensated for by the thousands of young billers. Team managers' suggestions were acted on, and the championships were considered as one of the best to have been to.

It was a pleasure to see so many international athletes at the Old Town Square, and a beer cost more than the competition and visitor passes for the very efficient network.

#### Outstanding Performances

Despite the conditions, some outstanding performances were seen. In the world, 25 European athletes set records. In the shot put, 75, GBR, had a 15.00m throw through the 10.00m. Since turning 75 last fall, the British road bests for the M40 1500m were retained.

The M40 1500m was won in Denmark two years ago. In the M40 1500m, seven men tackled the

## Fifteenth European Championships Endure Record Heat in Poland

By BRIDGET CUSHEN

Entries in the XV European Championships, July 19-30, fell well short of the 4000+ the Organizing Committee had anticipated, due, no doubt, to the fact that two WMA indoor and three world championships take place in Europe within a five-year span and athletes choose to compete at the world level rather than regional.

A total of 3086 athletes from 37 countries, down from 3703 and 40 in Denmark two years ago, came to Poznan, Poland's third largest city, with a population of over 700,000. Germany had by far the largest team of 900+, followed by Great Britain (333) and the host nation.

Registration, transport and catering facilities were all in order as the Organizing Committee had the backing of the City Council and had also obtained some sponsorship from the local media.

The stadium facilities had not been updated, as promised in Poznan's presentational bid four years ago, following the withdrawal of the local university's support.

### The Heat Begins

A heatwave was about to engulf Europe. On the first day of the meet the temperature reached over 40°C – well over 100F. The 10,000, heptathlon and decathlon were held on Day 1.

The two seeded races in each of the M50 and M55 groups bore the brunt of the extreme weather conditions, starting at 1 p.m. on the university track. There were many non-finishers or even non-starters, as some runners could not cope with the heat. The combined eventers sizzled in the main arena in the blazing sun as neither of the stadiums had covered stands.

On Day 2, there was no let-up as the heatwave, Poland's worst in 227 years, continued for nine days. The psychological effects on the decathletes, with the prospect of getting around the 1500, must have been enormous. The results reflect the extreme conditions.

### Plentiful Volunteers

Any shortcomings were more than compensated for by the friendly, obliging hoards of young bilingual volunteers. Team managers' suggestions and recommendations were acted on immediately, and the championships will be remembered as one of the friendliest that we have been to.

It was a pleasure to eat out. There were lots of international restaurants in the Old Town Square, and a three-course meal and a beer cost less than \$16. All competitors and visitors were issued free passes for the very efficient tram and bus network.

### Outstanding Performances

Despite the conditions, there were some outstanding performances. Fifteen world, 25 European and 39 championship records were broken. Derek Howarth, 75, GBR, had a clean sweep from 1500 through the 10,000 on the first day. Since turning 75 last fall, he has broken all the British road bests from five miles up.

The M40 1500 and 10,000 attracted Europe's best with Dave Taylor, GBR, retaining the M40 1500 and 5000 titles, won in Denmark two years ago. Twenty-seven men tackled the M40 10,000 at 4

p.m. on Day 1 in one of the most competitive races of the meet.

### Sparse Female Entries

Entries in some of the women's 10,000m age-groups were disturbingly low, four in the W35 category and only one in the W45, despite the popularity of road running. This was reflected in other disciplines, particularly in the older age groups. Only one W85 entered the championships.

The 100 through the 800 races were brilliant, fiercely competitive, and run in ideal conditions on a fast track with numerous national records and personal bests recorded.

The winner of the M45 100, Patrick Logan, GBR, clocked his second fastest dash ever. Anthony Noel, GBR, M40, clashed again with the outstanding Enrico Saraceni, ITA. Noel got the 100 (10.93), but Saraceni retained his 200 and 400 titles.

Guido Muller, GER, who set three awesome world records in the M65 200, 100H and the 300H in this event two years ago, was rather subdued, after suffering a slight groin injury when he got his hurdles pacing wrong. Stephen Peters, GBR, retained his 100, 200 and 400 individual titles as well as two gold medals in the M50 relays.

### Challenging Conditions

The throwing events were relegated to a small field adjacent to the main track. All throwing circles were in poor condition. Spectators crouched in the shade of some trees from the blazing sun.

Although the environment was not conducive to bringing out the best in the competitors, the overall standard of throwing in Europe remains higher than the rest of the world. The M40 javelin, held in the main stadium, was won with a 65.36 by Pavol Florek, SLO.

World records fell in the M90 when Klaus Langer, GER, sent the spear out to 23.71, erasing Trent Lane's 2005 mark of 20.80. New world marks were set in the W65 by Evaun Williams, GBR, with a 38.07; the W70, Birute Kalediene, LIT, 30.54, and the W75, Rachel Hanssens, BEL, 23.84.

The heptathlon, decathlon, pentathlon, weight throw, and weight pentathlon were all well supported.

### Heat Affects Walkers

The 10K/20K road walks were held on Day 8 over a coned-off 2000m strip of a busy road parallel with Malta Lake. The women, starting at 8 a.m., had some shade, but by the time the second race for M35-M50 got away at 11 a.m., it was absolutely sweltering. The finishing times were slowed by as much as two minutes.

### Welcome Rain

Competitors woke up to a rainy morning on the penultimate day, a relief as the temperature dropped to a bearable 27°C/78F. On Sunday morning a cool wind blew round the international Water Centre on the North side of the city, venue for the marathon. With a 7 a.m. start, the very large field took it steady over the flat course.

Two 40-year-olds, Georg Ruess, AUT, and Rolf Schwabe, GER, battled it out from the start with Ruess drawing away over the last 800 to win in 2:32.43. Vladimir Radaev, RUS, was fourth over-



JERRY WOJCIK  
Conor O'Driscoll, 45, of Ireland, wins the M45 1500 from Kevin Paulk, 46, 4:15.50 to 4:16.29, in the USA Masters Championships, but Paulk retains his title won in 2005, as O'Driscoll is a non-U.S. citizen.

all and first M55 in 2:41:42, a remarkable performance in the circumstances.

Julia Gadea, ESP, W50, dominated the women's race from the start, finishing 69th overall in 3:15:41.

### Anti-Doping Congress

EVAA held an Anti-Doping Congress during the first week of the Championships to inform athletes on doping procedures and to raise awareness. Attendance consisted primarily of team managers and delegates. A handful of athletes turned up.

Held in a solarium-like conference room with no air-conditioning, the two-hour meeting was a test of endurance. The

speech on Facts and Myths by Professor Jerzy Smorawinski, Director of Sports Medicine Department at the local University School of Physical Education, was the highlight.

### General Assembly

At the General Assembly, the Technical Manager, Winston Thomas, and the EVAA Secretary Marina Hoerneke-Gil, stepped down to much appreciative applause.

An EVAA proposal to change the word "Veterans" to "Masters" did not reach the necessary two-thirds majority. It still remains the European Veterans Athletic Association. □



## TRAIN YOUR BRAIN!



The *Long & Strong Throwers Journal (LSTJ)* is a quarterly publication dedicated to the throwing events. It is the only throwing periodical of its kind in the world. *LSTJ* is about more than technique and training. Elite athletes and coaches give insight into their keys for success. *LSTJ* provides throws coverage and photos from major competitions that you won't find anywhere else. *LSTJ* touches on the issues that affect the throws community. *LSTJ*s interviews with top throwers such as Adam Nelson, John Godina, Erin Gilreath, Aretha Hill and Breaux Greer are just what you are looking for! **Let *LSTJ* help you reach your potential!**

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## Profile

By RON MARINUCCI

### "Flagman" Has More than the Finish in Mind

In his hometown of Flushing, Michigan, and throughout the state, he is known as the "Flagman." His real name is Mike Bowen, and he earned his nickname because he runs everywhere with a black flag that reads "POW/MIA."

Like most runners, the 57-year-old has goals. But his "life-long mission is running one mile for every American who died or is listed as a prisoner-of-war or missing-in-action in Vietnam."

The history books tell us 58,226 Americans were killed or missing as a result of the war in Vietnam. And that's the number of names on the Wall at the Vietnam Memorial in Washington, D.C. Bowen said, "I'm at just over 48,000 miles. I still have a couple of years of everyday running to do."

Bowen himself is a veteran, having served in the U.S. Army in the late 1960s and early 1970s. He was stationed in Germany but had buddies who served and died during that same era in Vietnam.

#### Life-Changing Decision

After discharge, he admitted he "put on weight, [being] hooked on nicotine and junk food." In 1984, he made a life-changing decision.

"I started jogging," he said, adding with a laugh, "It wasn't a pretty picture." Eventually, he "made it through the pain and got addicted to running."

Running friends at work talked him into training for the world-class Crim 10 Miler in nearby Flint. He finished his first Crim in 1985 and hasn't missed one since.

"I'm slow, but I can run long distances," Bowen said. But "slow" isn't exactly true. Yes, he's run 37 marathons, several ultras ("for mental reasons"), and countless races of shorter distances. In December 2001, he ran 52 miles in ten hours to raise money for Toys for Tots. But his 1992 Boston Marathon PR of 2:50:58 is hardly "slow."

That year, 1992, brought another life-changing experience.

Recuperating from an injury, Bowen rode his Harley Davidson to Washington, D.C., as part of "The Rolling Thunder Ride for Freedom." The annual Memorial Day Weekend caravan attracts thousands of bikers to the capital, where they remember and demonstrate for POWs and MIAs.

#### Emotional Moment

Seeing names of high school buddies was emotional for Bowen. Moved, he wondered what he could do to honor them and their families. "They must not be forgotten," he has often insisted. He wanted to do something "to prevent such horrible loss from happening again."

There remain 1912 Americans listed as "missing in action" in Vietnam. "Each has family and friends who wonder what happened to them."

It was then he decided to dedicate every mile he ran to a name on the Wall at the Vietnam Memorial.

To further his mission, he also began to run with the flag so familiar to Michigan runners.

Bowen actually has a pair of flags. He trains - "40, 45, 50 miles a week, four or five days" - with the bigger one, attached to a five-pound pole. His smaller race flag and lighter pole "feel like a toothpick compared to that."

After running for more than a dozen years so burdened, "it just seems natural," he chuckles, "except when the wind blows. Then it's a pain in the #&\*@!" Rain also makes his load "feel like 50 pounds."

He's carried the flag in races all across the U.S.: Los Angeles, Cincinnati, Pike's Peak, Columbus... Wherever he's gone, he is thanked by "people who served or lost loved ones in the conflict," he quietly noted.

The Marine Corps Marathon, a few weeks after September 11, "was very emotional," he recalled. "The Marines at the finish line lifted me in the air and said they hoped the next generation remembers them as I did my generation of war heroes."

#### Moving Wall

Last summer, the Vietnam Memorial "Moving Wall" came to Michigan. "I had the honor of being a part of the opening ceremony at the Moving Wall when it was in Caro. I ran from Reese to Caro, about 18 miles, as an 'in memory' for the 18 locals from that area who died in Vietnam."

He was also selected to carry the 2002 Olympic Torch on a portion of its journey through Indiana. But he wasn't permitted to carry the flag with the torch due to safety concerns.

The General Motors tool-and-die maker never forgets to credit his wife, Patty, for her part in fulfilling his mission. "She's my life blood and best friend, supporting me and traveling to races all over the U.S.," he said with appreciation.

#### Rewarding Experience

Why does he do this? After all, 58,226 miles is a lot. And running with the flag makes it even more of a burden. Bowen explained, "The rewards are to have just one person tell me, 'Thanks for remembering.' It happens almost every time I run."

"After one of my 37 marathons, a young man thanked me for running with the flag. He said, 'Dad was a Vietnam vet.' I asked him how his dad was doing and he said, 'Just fine now.'"

"Then he went on to tell me that his dad was an alcoholic/drug addict most of his life since the war and had recently ended his life with a shotgun. Now he was done suffering from his mental wounds."

Bowen said in a low voice, "I don't do this for myself. I do it for the families who wonder where their loved ones are." □

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



RON MARINUCCI  
Mike Bowen living up to his nickname of "Flagman" (see Profile).



DOUGLAS SMITH  
Ed Whitlock broke four M75 world records in late July.

### Whitlock Breaks Four Records in One Week

Ed Whitlock, M75, of Canada, known more for his prowess in the marathon, broke M75 world records in the 10,000 with a 39:25.16 on Friday night and the 5000 with a 19:07.02 on Sunday morning in the Canadian Masters Championships, Dieppe, New Brunswick, July 21-23.

Steve Charlton, GBR, held the 10,000 record at 41:47.31 in 2002. James Todd,

GBR, had the 5000 record at 20:00.13 in 1997. The next Tuesday, Whitlock ran a 3000 in 11:10.43 at the York Mini-Meet to break the record of 12:00.94 by Yoshimitsu Miyauchi, JPN, in 2000.

On July 28, in a meet in Windsor, Ontario, Whitlock ran a 5:41.80, lowering the world record of 5:57.2 by Scott Carter, USA, in 1992. □

### The Weight Room

Continued from page 14

If the purpose of gradually lowering the throwing weights is, as I suspect, in its origin the result of a decision to make masters throwing accessible to the maximum number of potential competitors while minimizing the risk of injury to connective tissues, changes should respond to studies showing that the current weights are causing such injuries in an inordinate number of cases (remember, we all age differently), and that a change would ameliorate that situation and make the sport more accessible.

If the proposal is to increase the throwing weights for an age group, studies should be presented to show that injuries are currently very rare and that increasing the throwing weight would not significantly increase such injuries.

I do not believe that any such evidence was presented in 1999 for the javelin and, empirically, most throwers will tell you that the results of those changes were only a bonanza for sports equipment companies and frustration for most javelin throwers (especially javelin specialists).

If one accepts the proposition that a major goal of the masters movement is to increase rather than limit participation, then it is hard to argue with the principle of gradually lowering the throwing weights, lowering the hurdles and reducing the hurdle spacing.

If a few 40-something throwers don't want to throw lighter weights as



SUZU HESS  
Glenn Thompson, M40 winner of the shot and discus, USA Masters Championships.

they get older, that is their prerogative. No one is forcing them to do so.

For those who want to continue to throw the international weights, no matter what their age, there are lots of all-comers and open meets they can enter and do just that. But let's not even think about forcing the rest of us to do it. Let's build our sport, not limit it to the few. □

M

NATI

At the 28th US presented by Sport in Indianapolis, the Regency will serve hotels. Registration information can be found at [usatf.org/events/2006](http://usatf.org/events/2006). Online registration, a preferred method. Training packet should be ordered. 317-713-4685.

EA

First masters Plaisow, NH, in 43. Piergentilli, Wilmington, their Whirlaway Race 40-49 team wins, SNE Championships, Top age-graded Holmquist, 62, Bu 83.5%; Laurence O'Neil, 48:12, 83.1%; and O'Neil.

Paul Xanthopoulos (4528) in the Chelmsford, MA, July scored 4021, using the 3k SP and HT. His 3 with the HT was worth 1000.

John Del Mastro, 18:07, and Carmen Neck, NY, 20:28, beaters for first places. Bethpage, NY, July 3 included Michael De N.Y., 18:51; Larry E. River, NY, 20:50; and 76, Bay Shore, NY, 3.

Bob Matteson, turned 90 on June 25. WR with an 11:54.0. Colonie, NY, July 11 has the present record 1986. Jim Maney, was first and top-a 4:54.4/4:23. Anne Park, NY, was first W. Glover, 59, Clifton P. the top A-G men with 40:34 to ace her division.

Lillian Kroner, home in first place of division at the NYRR Central Park, NYC. 3. ters champion was A 27:16. Ginette Be 40:34 to ace her division.

Drew Davis, 44 16:11, and Terry O. N.J., 19:00, recorded a Park 5K, Asbury Park seconds back was Reading, PA. Mike M. N.J., 17:09; Harold M. N.J., 17:41; and Anna 23:55, were among the

Despite back an ing him to complete Carl Wallin set an age SP with an 11:10/3 meet, Hanover, NH.

SOUTH

Todd Hamby, 4 28:35, and Jani Columbia, SC, 32:08 ters wins, Crazy 8s 8 15. Bob Barber, 60 and Donna Akers, 42:25, took age-group. Gerald Vaughn, M70 WR of 15:27/50-15.96/52-4 1/2, Caro Meet, Winston-Salem Henley, 63, hit 49.1



# Masters Scene

## NATIONAL

• At the 28th USATF Annual Meeting, presented by Sport Court, Nov. 29-Dec. 3, in Indianapolis, the Westin and Hyatt Regency will serve as co-headquarters hotels. Registration and hotel reservation information can be found online at [www.usatf.org/events/2006/AnnualMeeting](http://www.usatf.org/events/2006/AnnualMeeting). Online registration, available Sept. 1, is the preferred method. Those needing a registration packet should call **Sherry Quack**, 317-713-4685.

## EAST

• First masters **Craig Fram**, 47, Plaistow, NH, in 43:50, and **Simonetta Piergentilli**, Wilmington, MA, in 51:13, led their Whirlaway Racing Team club to the 40-49 team wins, Stowe 8 Miler/USATF-NE Championships, Stowe, VT, July 16. Top age-graded overall were **Jan Holmquist**, 62, Burlington, MA, 59:03, 83.5%; **Laurence Olsen**, 59, Milford, MA, 48:12, 83.1%; and **Fram**, 82.6%.

• **Paul Xanthopoulos**, 75, was top scorer (4528) in the Chelmsford WP, Chelmsford, MA, July 16. **Bob Chase**, 85, scored 4021, using the recently-approved 3k SP and HT. His 32.20 (a possible AR) with the HT was worth a whopping 1146.

• **John Del Maestro**, Woodbury, NY, 18:07, and **Carmen Anderson**, 41, Great Neck, NY, 20:28, beat out the other masters for first places, Heart & Sole 5K, Old Bethpage, NY, July 16. Division winners included **Michael DeMicco**, 57, Babylon, NY, 18:51; **Larry Eastman**, 60, Wading River, NY, 20:50; and **Josephine Curtin**, 76, Bay Shore, NY, 39:09.

• **Bob Matteson**, Bennington, VT, who turned 90 on June 25, broke the M90 mile WR with an 11:54.0 in the Colonie Mile, Colonie, NY, July 11. **Herb Kirk**, USA, has the present record at 13:43.6, set in 1986. **Jim Maney**, 48, Slingerlands, NY, was first and top-age-graded M40+ in 4:54.4/4:23. **Anne Benson**, 41, Clifton Park, NY, was first W40+, 5:31/4:41. **Pat Glover**, 59, Clifton Park, NY, was among the top A-G men with a 5:30/4:29.

• **Lilian Kroner**, 40, 30:55, dashed home in first place overall in the women's division at the NYRR Dash and Splash 8K, Central Park, NYC, July 15. Men's masters champion was **Alfonso Polania**, 43, 27:16. **Ginette Bedard**, 70 sped to a 40:34 to ace her division.

• **Drew Davis**, 44, E. Stroudsburg, PA, 16:11, and **Terry Orr**, 41, Ocean Grove, NJ, 19:00, recorded masters firsts, Asbury Park 5K, Asbury Park, NJ, Aug. 12. Two seconds back was **Larry Levy**, 41, Reading, PA. **Mike Mooney**, 50, Jackson, NJ, 17:09; **Harold Nolan**, 59, Havesink, NJ, 17:41; and **Anna Thornhill**, 66, NYC, 23:55, were among the division winners.

• Despite back and knee injuries, causing him to completely change his style, **Carl Wallin** set an age-64 WR for the 16# SP with an 11.10/36-5 1/2 in a weight meet, Hanover, NH, July 29.

## SOUTHEAST

• **Todd Hamby**, 41, Rutherfordton, NC, 28:35, and **Janice Addison**, 46, Columbia, SC, 32:08, scampered to masters wins, Crazy 8s 8K, Kingsport, TN, July 15. **Bob Barber**, 60, Loudon, TN, 32:13, and **Donna Akers**, 57, Narrows, VA, 42:25, took age-group firsts.

• **Gerald Vaughn**, 70, increased his M70 WR of 15.27/50-1 1/4 in the SP with a 15.96/52-4 1/2, Carolina Masters Throws Meet, Winston-Salem, NC, July 15. **Tom Henley**, 63, hit 49.17/161-3 with the DT;

**Tom Steed**, 65, finished at 16.51/54-2 with the 20# WT; and **Tim Twomey**, 71, threw the 35# SW 9.39/30-9 3/4.

## MIDWEST

• **John Piggott**, 41, Williamsburg, VA, 35:14, and **Tere Stouffer**, 40, Knoxville, TN, with a nearby 35:53, were first 40+, Clarksburg, VA, 10K, June 17. Top Grandmasters were **Tom Stevens**, 50, Middletown, MD, second M40+ with a 35:34, and **Terry Mahr**, 57, England, in 43:07.

• **Mike Scannell**, 44, Grand Blanc, MI, stormed to the overall win in 16:12, Bastille Day 5K, Fenton, MI, July 15. **Marsha Ellicholtz**, 46, Spring Hill, MI, won the W40+ race (21:39). **Mark Cryderman**, 59, Howell, MI, won the M55 division in 21:37. In the 15K, **Dave Wolbert**, 47, Flint, MI, 57:49, and **Kathy Snyder**, 42, Flushing, MI, 1:06:04, won the masters skirmish. **David Pichey**, 60, Flint, MI, was first M60+ (1:11:19).

• **Danny Fink**, 42, Morgantown, WV, in 17:07, and **Becky Droginske**, 47, Wheeling, WV, in 21:12, were first masters in the Debbie Green Memorial 5K/RRCA National Championships, in Wheeling, Aug. 5. First 50+ were **Terry McCluskey**, 58, Vienna, OH, 17:57, and **Susan Mortakis**, 52, of Wheeling, 23:01. **Jack Cagot**, 73, East Springfield, OH, won the M70 title by one second from **Gordon Downie**, 72, of Wheeling, with a 25:50.

## MID-AMERICA

• **Todd Davis**, M40, was top man in the DT with a 165-1, Blair TC Meet, Blair, NE, July 30. **Linda Rowe**, W50, hurled a 94-11 DT and an 87-10 JT.

## SOUTHWEST

• Over 30 throwers competed in the Cat Spring Grunt VIII Meet, Cat Spring, TX, and donated \$1335 to PUPS (Prevent Unwanted Pets), the local spay and neuter assistance program. "Throwers from across the U.S. had a great time and ended up dancing in the rain for the 300# weight throw," offered Meet Director **Cheryl Mellenthin**.

## WEST

• **Jean Herbert**, 49, was first W40+ and second with a 19:46, Women's Distance Festival 5K, Albuquerque, July 9. **Cece Niemczyk**, 55, was second W40+ (22:54). **Dorothy Crossland**, 65, finished first W60+ (32:52).

• **Melody Anne Schultz**, 64, Ross, CA, won the 96th annual Dipsea 7.1 Mile Handicap Race from Mill Valley to Stinson Beach, Marin County, CA, June 11. With a 22-minute head start, she ran a clock time 47:03. **Roy Rivers**, 49, Mill Valley, CA, with a five-minute head start, finished second in 48:31. Rivers came back on June 24 to take the Double Dipsea, Stinson Beach-Mill Valley-Stinson Beach, with a 1:38:12/actual 1:47:12. **Judith Rabinowitz**, 48, Larkspur, CA, 10th in the Dipsea with a 12-minute head start 50:17, was second in the Double, with 1:39:28/2:06:28. Schultz faded to sixth, with 1:47:19/2:28:19. The Dipsea drew 1352 finishers, the Double had 343.

• **Lisbet Sunshine**, 42, San Francisco, CA, streaked to a masters win with an 18:05, Susan B. Anthony 5K, Sacramento, Aug. 12. **Sarah Freitas**, 48, Nevada City, NV, was second W40+ (18:43). **Karen Kunz**, 51, Folsom, CA, who broke the AR for the 2000m SC at the USA Masters

Championships a week before in Charlotte, NC, with an 8:31:15, was first W50+ (20:09).

• Thirty meet records and two US records were set at the USATF West Regional Masters Championships, CSU-Long Beach, CA; July 22-23. Topping the heap was W60 **Nadine O'Connor's** WR in the PV. Her 3.12 just eclipsed the 3.10 she set in 2005.

## INTERNATIONAL

• **Colin Brand**, M70, of the B&B Club, was top scorer in the BMAF WP Championships, Milton Keynes, UK, June 18, with 4206, a 39.32 DT supplying best points (986). **Bill Gentleman**, M65, Edinburgh, Scotland, hit 48.11 in the HT for 1116, highest score of the day in an individual event. **Jennifer Ibbitson**, W45, Spendborough, was top woman with 3650, with big points in the HT, 35.86 (1030). **Janet Smith**, W40, WSEH, second-highest scorer (3538), garnered the most points with a 43.78 HT (1087) and 13.48 WT (1045).

• **David Taylor**, M40, Blackheath & Bromley Harriers, was first (14:38) in the BMAF 5K Championships, Horwich, June 18. **Martin Rees**, M50, took eighth (15:37). **Fiona Matheson**, W45, Falkirk Victoria Harriers, won the women's race by one second from **Amanda Oddie**, W35, Ilkley Harriers, with a 17:46. **Janette Stevenson**, W55, Falkirk VH, was seventh (18:45).

• Masters runners **Simon Gutierrez**, 40, Alamosa, CO, and **Lisa Goldsmith**, 41, Nederland, CO, are members of the Teva US Mountain Running Team competing in the 22nd World Mountain Running Trophy, Bursak, Turkey, Sept. 10. This year's races are uphill events (as opposed to odd-numbered years when the events are held on up/down courses), with the men (six per team, top four scoring) running 12K, and the women (four per team, top three scoring) running 8.5K.

• **Merlene Ottey**, 46, sped to a W45 11.43 WR in a meet in Maribor, Slovenia, July 19, qualifying her for the European Athletics Championships in August. Ottey holds the W35 (10.74) and W40 (11.09) WRs.

## OBITUARIES

• **George Frenn**, 1972 Olympic hammer thrower and former world record holder, died on June 26 in Sacramento, Calif. He was born in San Francisco, CA, on Dec. 26, 1941. The US champion in the hammer throw in 1970 and 1971, Frenn was a six-time USA indoor weight throw champion, who appeared on the cover of *Sports Illustrated* in the July 6, 1970, issue. A former world record holder in the 35# and 56# weight throws and known as a fiery competitor, Frenn was ranked as the nation's #1 hammer thrower by *Track & Field News* in 1969, 1970 and 1971. He competed in several national masters championships, and holds the masters-best mark for the 56# superweight at 46-11/14.30, set June 26, 1982, when he was 40. He recently retired after 32 years teaching science at several California high schools.

– *USATF News & Notes*  
• **Daniel P. Farrell**, St. Cloud, FL, a thrower who competed for about 15 years on the state and national levels, died on July 16. He was born in Utica, NY, on Jan. 1, 1930. He attended Syracuse U. on a football scholarship and graduated with an M.A. in education. During the Korean War, he enlisted in the USAF and served as a tail gunner for B29s. He played the piano professionally and for fun as a favorite on the Adirondack circuit, and had appeared on TV and a number of USO shows. He settled in Central Florida in 1976. He spent 33 years in education as a teacher, coach and principal, overseas and in New York and Florida. □



JERRY WOJCIK  
Karen Kunz, 51, broke the W50 U.S. record for the 2000m steeplechase with an 8:31.15, USA Masters Championships.

## Write On!

Continued from page 13

The officials were knowledgeable, extremely helpful and a few even had a sense of humor. As next year's host for this meet in Hoover, Alabama, June 10-11, I now know how I want our meet to be run. Great job, Seattle.

*Bill Murray  
Masters Chair, USATF  
Alabama Association*

## ON THE RUN

In his column, (July NMN), about running backward, Hal Higdon claims we have a new fad. Maybe so.

I run backwards sometimes for the very reasons cited: "running backward can help you bring stronger, more balanced leg muscles..." It also feels good after a workout.

Spell it backwards – "Gninnur" – if you want.

Once, on a beach, a ballet dancer said he could outrun me by doing sideways leaps. Nonsense, thought I. It was a challenge I could not let pass.

Soon I was sprinting casually over the hard sand while he, with mighty sideways leaps, flew huge distances next to me.

I was astonished, and increased speed for he was ahead. The race was inconclusive; some 50 meters were covered. I had never seen such mighty leaps.

Since then, I have tried this sideways leaping and the distances are impressive indeed. Tell me, how would you spell "running" sideways?

*Risto Marttinen  
Mechanicsville, Virginia*

## HALL OF FAME

I no longer want to be a member of the USATF Masters T&F Hall of Fame. The reason for this request is that the records committees have seen fit to remove and disregard my four javelin world records, thus making my induc-

Continued on page 19

# 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 NMN 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 9.** USA National Masters Weight & Superweight Championships, Seattle, WA. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net  
**November 29-December 3.** 28th USATF Annual Meeting, Indianapolis, IN. Hyatt Regency. www.usatf.org/events/2006/annualmeetings  
**March 23-25, 2007.** USA Masters Indoor Championships, Boston, MA. office@usatfne.org  
**June 22-July 8, 2007.** Humana National Senior Games-Senior Olympics, Louisville, KY. M&W50+. Athletes must qualify at an NSGA State Games in 2006. www.nsga.com  
**August 2-5, 2007.** USA National Masters Outdoor T&F Championships, U. of Maine, Orono, ME 04469. Rolland Ranson, 207-581-1077.

### EAST

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

**September 2-3.** Potomac Valley TC Games, Langley HS, McLean, VA. 703-481-3530; www.pvtc.org

**September 9.** Maine Senior Games, Portland. Anita, 207-396-6500; Jerry, 729-6180.

**September 11-27.** Maryland Senior Olympics, Baltimore. 410-704-4456; pages.towson.edu/phadams

**September 17.** Delaware Fall Throwers' Classic, Newark, DE. 302-831-8846.

**October 1 & 15.** Potomac Valley TC Throwers Meet & Racewalk, Langley HS, McLean, VA. 703-481-3530; www.pvtc.org

### SOUTHEAST

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

**September 9.** Carolina Masters Throws Meet, Winston-Salem, NC. Hanes Park. 10:00 am. Bill Gramley, 336-945-9055.

**September 25-October 1.** North Carolina Senior Games, Raleigh. 919-851-5456; www.ncseniorgames.org

**September 27-30.** Georgia Golden Olympics, Warner Robbins. 404-657-6644; www.georgiagoldenolympics.org

**October 14.** Inaugural Port City Masters T&F Meet, Weight Pentathlon & Jumpers Pentathlon, U of S. Alabama, Mobile, Ala. Bill Murray, wkmrealest@aol.com; or lfanner@documenttechnology.com

**December 2-10.** Florida Senior Games State Championships, Cape Coral. 850-488-8347; www.flasports.com/page\_seniorgames.shtml

### MIDWEST

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

**September 5-17.** Wisconsin Senior Olympics, Greater Milwaukee. 262-821-4444; www.wisconsinolympics.com

**September 13-17, 21-24.** Illinois Senior Olympics, Springfield. 217-753-0701.

**September 16.** Norm Bower Memorial Weight Pentathlon, Kent, OH. Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. 440-954-8122.

**September 23.** Kentucky Senior Olympics, Lexington. 859-288-2928; www.kentuckyseniorgames.com

**November 10-12.** National Throws Coaches Association Annual Conference & Clinic, Dublin, OH. www.nationalthrowscoachesassociation.com; 888-527-6772.

### MID-AMERICA

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

**September 2-3.** USATF Mid-America Regional Masters Championships/Rocky Mountain Games, CSU, Ft. Collins, CO. Jim Weed, 2203 E. 149th Ave., Thoonon, CO 80602. 303-451-8727; Christel Donley, 719-635-1264; e-mail: rockytmtnmastersgames@msn.com

**September 7-10.** South Dakota Senior Games, Madison. 605-427-2218; southdakotaseniorgames.org

**September 24.** Kansas Senior Olympics, Topeka. 785-368-3798; bsewell@topeka.org

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**September 16-17.** Texas Senior Games, McNeil HS, Austin. 512-345-6400; www.tsga.org

**September 18-27.** Oklahoma Senior Games, Tulsa. 918-596-7866; www.cityoftulsa.org

**September 27-October 8.** Arkansas Senior Olympics, Hot Springs, AR. 800-720-7276; arsolym@hotsprings.net; www.SrSports.org

### WEST

Arizona, California, Hawaii, Nevada, New Mexico

**September 3 & 17.** HMTCC Meets, Kaiser HS, Honolulu. 808-735-6366; www.hmtcgo.com

**September 8-24.** San Diego Senior Olympics, CA. Brad Pagano, 619-226-1324; www.sdseniorgames.org

**September 22-24.** Far North Cal Senior Games, Redding, CA. Sue Lehto, 530-243-6958; srmcf@awwwsome.com

**September 29-October 1.** Nevada Senior Games, Las Vegas. 702-242-1590; www.nevaseniorolympics.com

**September 29-October 6.** Inland Empire Senior Olympics, San Bernardino, CA. Linda Wilson Carter, 909-384-5430; LWilson-Carter@sbcity.org

**October 1, 8, 22, 29.** HMTCC Meets, Kaiser HS, Honolulu. 808-735-6366; www.hmtcgo.com

**October 7.** Club West Masters Meet, UC-Santa Barbara. Beverley Lewis, 805-969-5852; fax: 969-6613; Gordon McClenathen, 805-964-3005.

**October 8-15.** Napa Senior Games, CA. Ginny Mosher, 707-255-1800; Gmosher@cityofnapa.org

**October 14.** Visalia Classic, Mt. Whitney HS, Visalia, CA. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277; 559-732-8030.

**October 22.** Self-Transcendence Masters Meet, CSU-Long Beach. 310-645-0271; fax: 645-8618.

**November 1-18.** Southland Senior Olympics, Anaheim, CA. Jan Branich, 714-765-4511.

**November 4-5.** Hawaii Senior Olympics, Honolulu. 808-732-8805; e-mail: zeug@hawaii.rr.com

### NORTHWEST

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

**September 9.** Ultra Weight Classic, W. Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave., SW Seattle, WA 98116. 206-938-3895; ktweinbel@msn.com

**October 9-21.** Huntsman World Senior Games, St. George, UT. T&F, RW, Road Races, Triathlon. Age 50+. Huntsman WSG, 1070 W. 1600 South, Ste. 103A, St. George, UT 84770. 435-674-0550; 800-562-1268; www.seniorgames.net

### INTERNATIONAL

**September 3.** BMAF Pentathlon Championships, Monkton Stadium, South Tyneside. www.bmaf.org/uk

**November 3-11.** South America Region Championships, Rio de Janeiro, Brazil. locho\_arroyo@hotmail.com; www.asudaverio-2006.com.br

**September 4-15, 2007.** (Opening ceremonies on the 3rd.) 17th WMA World Championships, Riccione, Italy. www.riccione.wma2007.org

**March 12-17, 2008.** 3rd WMA World Indoor Championships, Clermont-Ferrand, France.

**July-August, 2009.** 18th WMA World Championships, Lahti, Finland.

## LONG DISTANCE RUNNING

### NATIONAL

**September 24.** USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org

**October 1.** USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org

**October 15.** USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usafadior.org

**October 15.** USA National Championships/DuPont Forest Trail Marathon, Asheville, NC. gregw@mchsi.com; www.ymcahendersoncounty.org

**November 29-December 3.** 28th USATF Annual Meeting, Indianapolis, IN. Hyatt Regency. www.usatf.org/events/2006/annualmeetings

**December 9.** USA National Masters Club XC Championships, Golden Gate Park, San Francisco. M-10K/W-6K. Bill Quinlisk, billq@frontiernet.net; www.usatf.org

### EAST

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

**September 1.** Maine Running Hall of Fame 5K Portland. 207-741-2084; www.MaineTrackClub.com

**September 2.** Saturday in the Park Women's 5K, Long Branch, NJ. 732-542-6090; www.saturdayinthepark5k.org

**September 2.** Ocean to Sound Relay, Wantagh, Long Island. www.long-island.usatf.org

**September 3.** NYRR Henry Isola XC Classic 4 Mile, Van Cortlandt Park, NYC. 212-860-4455; www.nyrr.org

**September 3.** NYRR Fred Lebow XC 5K Van Cortlandt Park, NYC. 212-860-4455; www.nyrr.org

**September 4.** New Haven 20K/USATF Championships, New Haven, CT. 203-481-5933; newhavenroadrace.org

**September 9.** Ollie Road Race 5 Mile/USATF -NE Championships, Boston, MA. www.ollieroadrace.org

**September 9.** Lehigh Valley 15K, Bethlehem, PA. 610-428-1621; www.lvrrunning.com

**September 10.** Erie Marathon, Erie, PA. 814-898-4472; www.eriemarathon.org

**September 10.** Main Street Mile, Falmouth, MA. www.falmouthtrackclub.org; 508-274-1817.

**September 16.** Great Cow Harbor 10K/RRCA Championships, Northport, NY. www.cowharborrace.com

**September 17.** Philadelphia Half-Marathon. 800-311-1255; www.runphilly.com

**September 17.** CVS/Pharmacy Downtown Providence 5K, RI. www.cvsdowntown5k.com

**September 17.** PVI Runfest 5K, Fairfax, VA. 703-352-0925; www.pvirunfest.com

**September 17.** Bruegger's Bagel 5K/USATF Adirondack Women's Championships, Albany, NY. 438-6651, x123; PaulS@saajcc.org

**September 24.** City of Pittsburgh Great Race 10K & 5K, Pa. 412-255-2493; www.RunGreatRace.com

**September 24.** USATF-NJ 8K XC Championships, Titusville. 973-334-8900; www.usatfnj.org

**September 30.** New Hampshire Marathon & 10K, Bristol. 603-744-2150; www.nhmarathon.com

**September 30.** Continental Airlines Fifth Avenue Mile, Manhattan, NYC. 212-860-4455; www.nyrr.org

**October 1.** Leaf Peepers Half-Marathon & 5K, Waterbury, VT. 802-223-2080; e-mail: dm mellerson@yahoo.com

## ON TAP FOR SEPTEMBER

### TRACK AND FIELD

West Seattle Stadium again hosts the USA Masters Weight & Superweight Championships, on the 9th. The USATF Mid-America Regional Championships, Ft. Collins, CO, on the 2nd-3rd, are open to everybody. The Norm Bower Memorial WP on the 16th, Kent, OH, will also welcome throwers of all levels and ages. Among the many Senior Olympics/Games are the Arkansas Senior Olympics, Hot Springs, which open on the 27th, and the Nevada Senior Olympics, starting on the 29th.

### LONG DISTANCE RUNNING

The USA Masters Championships/Heritage Oaks 10K, Paso Robles, CA, goes off on the 24th. The three-day Labor Day weekend includes the Ocean to Sound Relay, Wantagh, L.I., and Charleston, WV, Distance 15 Mile on the 2nd; Rock 'N' Roll Marathon, Virginia Beach, VA, on the 3rd; and New Haven, CT, 20K, US 10K Classic, Atlanta, GA, and Park Forest, IL, Scenic 10 Mile, on the 4th. The 9th lists the Lehigh Valley 15K, Bethlehem, PA; the 10th shows Erie Marathon, PA; and the 11th offers the City of Lakes 25K, Minneapolis. The Great Cow Harbor 10K, Northport, NY, is set for the 16th, and the Angeles Crest 100 Mile, Wrightwood, CA, and Banana Chase 5K & 10K, San Francisco, are scheduled for the 17th. Pittsburgh's Great Race 10K & 5K, and the Naples on the Run 20K, FL, are available on the 24th. Masters will join the ranks for the Continental Airlines Fifth Avenue Mile on the 30th. The WMA/WRMA Mountain Running Championships will be held at Saillon, Switzerland, on the 23rd-24th.

### RACEWALKING

The USA National 40K RW Championships will do its thing on the 10th in Ocean Township, NJ.

**October 1.** Maine Marathon & Half-Marathon, Portland. 207-749-9160; www.maine-marathon.com

**October 1.** Apple Harvest Ramble 10 Miler/USATF-NE Championships, Harvard, MA. www.fruitlands.org

**October 8.** Steamtown Marathon, Scranton, PA. www.steamtownmarathon.com

**October 8.** BAA Half-Marathon, Boston, MA. www.baa.org

**October 8.** Mohawk Hudson River Marathon/USATF Adirondack Championships, Albany, NY. 518-427-9374; www.hmrc.com

**October 8.** Liberty Waterfront Half-Marathon/USATF-NJ Championships, Jersey City. 201-377-6057; www.LibertyHealth.org

**October 8.** Army Ten-Miler, Washington, DC. 202-685-3361; www.armytenmiler.com

**October 9.** Tufts Health Plan 10K for Women, Boston, MA. 888-767-RACE; www.tuftshealthplan.com/tufts10k

### SOUTHEAST

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

**September 1.** Peoples Bank Midnight Flight 5K & 10K, Anderson, SC. 10:00 pm. www.midnightflight.net

**September 3.** Rock 'N' Roll Half-Marathon, Virginia Beach, Va. 800-311-1255; www.mr-half.com

**September 4.** U.S. 10K Classic, Atlanta, GA.

770-432-0100; www.usatf.org  
**September 9.** Hurricane  
 AL. 251-7223; www.usatf.org  
**September 24.** Naples, FL. 239-43-comcast.net

**September 30.** Rye, Clearwater, FL. www.usatf.org

**October 7.** Jacksonville, FL. 904-731-1900; www.usatf.org

**October 14.** Harvest, AL. 251-473-7223; www.usatf.org

**November 12.** Outer Banks, NC. 252-722-7223; www.usatf.org

**November 23.** Atlanta, GA. 404-231-9064; www.usatf.org

### MID

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

**September 2.** Charles, Mile & 5K, Charleston, WV. www.charlesdistancetf.com

**September 2.** Celebrate, Westlake, OH. 440-3-lake.com

**September 2.** Milford, Milford, MI. 248-6-30k.com

**September 4.** Park Forest, Park Forest, IL. 7-ic10.com

**September 13.** Run Pinkney, MI. toledoroa.com

**September 16.** US Wright-Patterson AF B Rachel, castle@wpafb.af.mil

**September 24.** Fox 6, ton, WI. 877-230-7223

**September 24.** Over the Valley, OH. Jeff Gerlyndhurst, OH 44124.

**September 30.** Akron, 877-375-2786; www.akronmarathon.com

**October 1.** Chicago Half Marathon, Chicago, IL. 0233; chicagohalfmarathon.com

### MID-AM

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

**September 4.** Heart of Columbia, MO. 573-44-4444

**September 11.** Chicago, Minneapolis. www.runlakes.html

**September 16.** Walker, Walker, MN. 218-5-5-northcountrymarathon.com

**September 16.** Turkey, MN. 507-376-6105; www.usatf.org

### SOUTH

Arkansas, Louisiana, Mississippi, Tennessee, Virginia

**September 9.** Route 66, 744-0339; www.route66marathon.com

**September 16.** Kome, Tulsa, OK. 918-744-5-5-5

**September 23.** Hurricane, www.hurricanerun.com

**October 7.** Zoo Run, 3147; tulsarunningclub.com

### WI

Arizona, California, New Mexico

**September 3.** Pier 1, Santa Barbara. 805-5-barbara.com

**September 11.** Buffalo, Agoura Hills, CA. www.usatf.org

**September 15-17.** Disney Weekend, Anaheim, www.disneylandhalfmarathon.com

**September 17.** Wrightwood, CA. e-n-boeing.com

**September 17.** Banan, Francisco. 415-7-chase.com

**September 30.** Serrano, CA. www.trailrace.com

**October 8.** Rock 'N' CA. 800-311-1255; www.usatf.org

**October 15.** Humboldt, Half-Marathon & 5K, woods-marathon.org

770-432-0100; www.us10K.org  
**September 9.** Hurricane 5K, Dauphin Island, AL. 251-7223; www.pcpacers.org  
**September 24.** Naples on the Run 20K, Naples, FL. 239-434-9786; george21050@comcast.net  
**September 30.** Ryka Iron Girl 10K & 5K, Clearwater, FL. www.IronGirl.com  
**October 7.** Jacksonville Half-Marathon & 5K, 904-731-1900; www.1stplacesports.com  
**October 14.** Harvest Festival 8K, Saraland, AL. 251-473-7223; www.pcpacers.org  
**November 12.** Outer Banks Marathon/USATF-NC Championships, NC. www.obxmarathon.org  
**November 23.** Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlantatrackclub.org

**MIDWEST**

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

**September 2.** Charleston Distance Run 15 Mile & 5K, Charleston, WV. 304-345-5433; www.charlesdistancerun.com  
**September 2.** Celebrate Westlake 5 Mile Run, Westlake, OH. 440-331-3544; celebratwestlake.com  
**September 2.** Milford Labor Day 30 & 10K, Milford, MI. 248-685-7580; www.laborday30k.com  
**September 4.** Park Forest Scenic 10 Mile & 5K, Park Forest, IL. 708-748-2005; www.scenic10.com  
**September 13.** Run Through Hell 10 Mile, Pinkney, MI. toledoroadrunners.org  
**September 16.** US Air Force Marathon, Wright-Patterson AF Base, OH. 937-522-3520; Rachel.castle@wpafb.af.mil  
**September 24.** Fox Cities Marathon, Appleton, WI. 877-230-7223; foxcitiesmarathon.com  
**September 24.** Over the Hill TC XC, Hunting Valley, OH. Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124. 440-473-0636.  
**September 30.** Akron marathon & relay, OH. 877-375-2786; www.akronmarathon.org  
**October 1.** Chicago Half-Marathon. 312-347-0233; chicagohalfmarathon.com

**MID-AMERICA**

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

**September 4.** Heart of America Marathon, Columbia, MO. 573-445-2684; ctc.coin.org/hoa  
**September 11.** City of Lakes 25K, Minneapolis. www.raceberryjam.com/cityoflakes.html  
**September 16.** Walker North Country Races, Walker, MN. 218-547-1157; www.walker.northcountrymarathon.com  
**September 16.** Turkey Day 10K, Worthington, MN. 507-376-6105; www.turkeyday10K.com

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**September 9.** Route 66 CPA 5K, Tulsa. 918-744-0339; www.route66cpa5k.com  
**September 16.** Komen Race for the Cure 5K, Tulsa, OK. 918-744-5099; www.rctulsa.org  
**September 23.** Hurricane Run 8K, Tulsa, OK. www.hurricanerun.com  
**October 7.** Zoo Run, Tulsa, OK. 918-625-3147; tulsarunningclub.com

**WEST**

Arizona, California, Hawaii, Nevada, New Mexico

**September 3.** Pier to Peak Half-Marathon, Santa Barbara. 805-564-8879; www.runsanta-barbara.com  
**September 11.** Buffalo Stampede 10 Mile, Agoura Hills, CA. www.buffalochips.net  
**September 15-17.** Disneyland Half-Marathon Weekend, Anaheim, CA. 407-896-1160; www.disneylandhalfmarathon.com  
**September 17.** Angeles Crest 100 Mile, Wrightwood, CA. e-mail: kenneth.a.hamada@boeing.com  
**September 17.** Banana Chase 5K & 10K, San Francisco. 415-759-2690; www.banana-chase.com  
**September 30.** Serrano Canyon 15K, Malibu, CA. www.trailrace.com  
**October 8.** Rock 'N' Roll Marathon, San Jose, CA. 800-311-1255; www.rnrsj.com  
**October 15.** Humboldt Redwoods Marathon, Half-Marathon & 5K, Arcata, CA. www.redwoods-marathon.org

**NORTHWEST**

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

**September 4.** Super Jock 'n Jill Half-Marathon, Woodinville, WA. 800-343-4411; superjocknjill.com  
**September 9.** USATF-OR Grand Prix/High Desert Shootout 5K, Crooked River Ranch. www.usatf-oregon.org  
**September 10.** RYKA Iron Girl 10K & 5K, Seattle. www.irongirl.com  
**September 10.** Bank to Bay 10K & 5K, Tacoma, WA. 253-305-7396; banktobay.com  
**September 16.** Invitational XC 5K, LaSalle HS, Portland, OR. O/M follows youth at 12:15 pm. occ.oregonathletics.org/2006/invite.html  
**September 16.** Prefontaine Memorial 10K, Coos Bay, OR. 800-824-8486; www.prefontaine.com  
**October 1.** Portland Marathon, Portland, OR. 503-226-1111; www.portlandmarathon.org  
**October 7.** St. George Marathon, UT. 435-634-5858; www.stgeorgemarathon.com  
**October 15.** Spokane Marathon/Relay, Half-Marathon & 5 Mile, Spokane, WA. 509-624-4297; www.spokanemarathon.us  
**September 24.** USATF-OR Grand Prix/Bigfoot 10K, Bend. www.usatf-oregon.org  
**October 28.** USATF-OR Grand Prix/Oregon Open/Masters XC, Salem. www.usatf-oregon.org  
**November 18.** USATF-OR Grand Prix/Regional 8K XC, Sandy. www.usatf-oregon.org

**CANADA**

**September 10.** Montreal International Marathon, Half-Marathon & 10K. 514-879-1027; www.marathondemontreal.com  
**September 24.** Scotiabank Toronto Waterfront Marathon, Half-Marathon & 5K, Toronto, Ont. www.torontowaterfrontmarathon.com

**INTERNATIONAL**

**September 23-24.** WMA/WRMA Mountain Running Championships, Saillon, SUI. www.world-masters-athletics.org  
**September 24.** BMAF 10K Championships, Swansea, Wales. www.bmaf.org/uk  
**October 1.** BMAF 10 Mile Championships, Lytham St. Annes, England. www.bmaf.org/uk  
**October 15.** BMAF Marathon Championships, Abingdon, England. www.bmaf.org/uk

**RACEWALKING**

**September 10.** USA National Masters/Open 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080.  
**September 16.** USATF-MN 20K RW Championships, St. Louis Park. 651-330-9355; twincitiesracewalkers.org  
**September 16.** USATF-NM 5K & 10K RW Championships, Rio Rancho. 505-891-9139.  
**September 17.** USATF-Inland NW 5K RW Championships, Medical Lake, WA. 509-238-9591; eteamz.active.com  
**September 24.** USATF-Metropolitan 3K RW Championships, Central Park, NYC. 212-628-1317; www.parkracewalkers.us  
**October 7.** American Way USA Masters 5K RW Championships, Kingsport, TN. Bobby Baker, 423-230-6406; www.kingsportracewalk.com  
**October 14.** USATF North Region/Mid-America Masters 30/40/50K RW Championships, St. Louis Park, MN. 651-330-9355; twincitiesracewalkers.org  
**October 15.** USA National Masters/Open 1-Hour RW Championships, Waltham, MA. Steve Vaitones, office@usatfne.org  
**November 12.** USA National Masters 20K RW Championships, Clermont, FL. Don De-Noon, 352-241-7144, x4206; noonwalk\_992yahoo.com

**FIVE YEARS AGO  
September 2001**

- 34th Nationals Draw 811 to Baton Rouge
- 9000 Athletes Compete in 18 Sports In National Senior Games
- Decathletes Break Records in Masters Nationals in Tacoma

**Write On**

Continued from page 17

tion in 1999 meaningless.

Not one of the records has ever been broken by another competitor, only disregarded by those who are anxious to start new records. There is no mention of the old 800g javelin records, as if they were non-existent or tarnished.

My throw of 65.74 at age 57 is considered one of the best age-graded (351-9/111.7%) performances in the history of track and field. I produced 15 years of throws rated at between 100%-111.7%.

I am very proud of my open career and what I accomplished. In the history of sport, I doubt whether anyone has competed at the high level that I did for 50 years, non-stop.

Larry Stuart  
El Toro, California



VICTOR SAILER / PHOTO RUN

Susannah Beck, former NMN editor, winner of the W35 race in 35:57 in the Beach to Beacon 10K, Maine, Aug. 5.

created.

Over the past 38 years, I've competed in races in 22 countries. Lots of very happy memories, new friends, and exciting travel. These things I'll miss very much, but life goes on.

I want to acknowledge the National Masters News for the wonderful work they do for the running community for older runners. During my races in most of the 12 or so national championships, the announcer has mentioned my unbroken string of championship competition. That's been very special to me.

I am enclosing a check to support the National Masters News. Keep up the good work.

Jim O'Neil  
Rancho Mirage, California



WENDY MEYERS

Medalists in the M50 hammer (l to r): Tom Meyers, second, Carl Shields, first, and Robert Cedrone, third, USA Masters Championships.

**RETIREMENT**

It is with a great deal of regret and a little sadness that I have decided to retire from competitive running. I am 81, and the old body simply won't support the program any longer. Of course, I'll always be a runner, so I'll continue to do my morning workouts as long as I am able.

I started to run as a master in 1968 at age 42. That first race in Balboa Stadium in San Diego was quite an experience. I had heard that a "senior" track meet was planned for July 4, and I felt that I could get in shape and go down there from my home in Sacramento and easily win a medal to show my kids.

It didn't quite work out that way. There were 36 entrants in my six-mile race, and I finished 18th. That was my introduction to masters running.

I'm proud to say that I've competed in the first 38 USA Masters Championships, plus all of the WAVA/WMA Championships, except the last one in San Sebastian.

I have programs, write-ups, and photos of these wonderful events and would be happy to contribute these many memories to a National Masters T&F Museum, if such a facility is ever

**ISOBEL CUNNINGHAM**

I learned of Isobel Cunningham's demise in the August NMN. I was worried when I didn't see Isobel in 2001 at the Brisbane WMA Championships. We had crossed paths all the prior years, starting in 1975 at the first World Championships in Toronto, Canada.

We got to know each other at the grand awards banquet, seated at the same table for an elegant served meal. None of the following meets could match this first celebration.

We did get together at each following championships. The best time was in Turku, Finland, at the 1991 Championships, when my husband, John, and I got together with Isobel and "Pie" Cunningham to share several great experiences, a boat trip, dinners, sightseeing, plus the awards again.

Isobel and Pie were a great couple, each having lost a partner, but sharing many years as friends. Isobel had lost her husband, Sommier, and Cunningham had lost his wife, so it was "natural" they should team up.

I was glad for another chance to share the WMA Championships in 1999 with Isobel at the Gateshead, England, meet. She ran only the 100 (no 200 or 400 this time), seeming not her usual energetic self. She did get the silver medal with a 24.41 at age 85.

Ruth Anderson  
Eugene, Oregon

RECIPIENTS OF ALL-AMERICAN AWARDS

Table listing award recipients for categories M35-39, M40-44, M45-49, and M50-55, including names, times, and dates.

Table listing award recipients for categories M55-59, M60-64, and M65-69, including names, times, and dates.

Table listing award recipients for categories M70-74, M80-84, M90-94, W45-49, W55-59, and W60-64, including names, times, and dates.

U.S. MASTERS ALL-AMERICAN STANDARDS

Large table of U.S. Masters All-American Standards for men, listing events and standards across various age groups.

- 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"...

U.S. MASTERS ALL-AMERICAN STANDARDS

Large table of U.S. Masters All-American Standards for women, listing events and standards across various age groups.

- 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"...

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

Table of U.S. Masters All-American Standards of Excellence for racewalkers, listing events and standards for women and men.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

Form fields for application: NAME, AGE-GROUP, ADDRESS, SEX, CITY, STATE, ZIP, MEET, DATE OF MEET, MEET SITE, EVENT, MARK, HURDLE HEIGHT, WEIGHT OF IMPLEMENT.

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

# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natamnews@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 Masters Decathlon/Heptathlon Championships, Seattle, WA; July 15-16

		Pts.	100	LJ	SP	HJ	400	Day 1	Hurdles	DT	PV	JT	1500
<b>M40</b>													
1	Berle, Dolf	12.57	5.19m	10.77m	1.51m	59.84	19.97	33.38m	3.60m	37.62m	5:37.25		
Trojan Masters TC		w: 0.6	-0.5	35.04	4.11.5		w: 1	109.06	11.09.75	123.05			
Age-Graded Mark		12.01	5.76m	11.06m	1.66m	55.96	19.10	33.38m	3.97m	42.44m	5:16.58		
Age-Graded Percent		81.62%	64.47%	47.85%	68.02%	77.17%	67.6%	45.06%	64.75%	43.1%	65.07%		
M43 Team Points: 10		5318	(651)	(535)	(549)	(512)	(561)	(2808)	(424)	(531)	(609)	(478)	(468)
2 Wilcox, Rod		12.52	5.37m	9.20m	1.72m	1.03.55	20.25	29.02m	2.70m	34.95m	6:14.45		
Run or Die TC		w: 0.6	-0.6	30.02.25	5.07.25		w: 0.1	95.02	8.10.25	114.08			
Age-Graded Mark		11.96	5.96m	9.44m	1.90m	59.42	19.37	29.02m	2.98m	39.43m	5:51.50		
Age-Graded Percent		81.95%	66.71%	40.87%	77.48%	72.67%	66.67%	29.17%	48.56%	48.66%	58.61%		
M40 Team Points: 8		4768	(659)	(578)	(452)	(714)	(433)		(401)	(445)	(352)	(434)	(300)
3 Voce, Robert		12.67	4.36m	7.13m	1.36m	1.01.16	21.03	18.65m	2.20m	FOUL	5:38.45		
Unattached		w: 0.6	-1.0	23.04.75	4.05.5		w: 0.1	61.02	7.02.5				
Age-Graded Mark		12.10	4.84m	7.32m	1.50m	57.19	20.11	18.65m	2.43m		5:17.71		
Age-Graded Percent		80.98%	54.16%	31.67%	61.26%	75.51%	64.19%	25.18%	39.57%		64.84%		
M40 Team Points: 6		3489	(631)	(352)	(326)	(389)	(514)	(2212)	(341)	(247)	(227)	(0)	(462)
<b>M45</b>													
1	Mundock, Mark	13.61	4.84m	9.72m	1.48m	1.01.51	21.03	29.03m	3.70m	41.80m	4:57.86		
Team Idaho		w: 0.2	-0.4	31.10.75	4.10.25		w: 0.5	95.03	12.01.5	137.02			
Age-Graded Mark		12.55	5.70m	10.81m	1.72m	55.51	19.29	30.47m	4.36m	51.34m	4:26.50		
Age-Graded Percent		78.03%	63.77%	46.8%	70.14%	77.81%	66.95%	41.14%	71.02%	52.13%	77.3%		
M46 Team Points: 10		5718	(547)	(523)	(534)	(560)	(578)	(2742)	(407)	(474)	(719)	(608)	(768)
2 Copeland, Scott		12.76	4.94m	7.79m	1.48m	1.02.43	20.23	20.19m	2.30m	31.64m	6:56.09		
Baron Park Striders		w: 0.2	-0.3	25.06.75	4.10.25		w: 0.5	66.03	7.06.5	103.10			
Age-Graded Mark		11.77	5.82m	8.67m	1.72m	56.34	18.55	21.09m	1.72m	26.09m	6:12.28		
Age-Graded Percent		83.23%	65.09%	37.51%	70.14%	76.66%	69.6%	28.1%	44.15%	39.46%	55.33%		
M47 Team Points: 8		4455	(697)	(548)	(406)	(560)	(546)	(2757)	(473)	(294)	(289)	(426)	(216)
<b>M50</b>													
3	Hodson, Greg	14.85	3.63m	6.48m	1.27m	1:14.98	28.29	17.52m	1.90m	22.90m	6:41.86		
Unattached		w: 0.2	-0.6	21.03.25	4.02		w: 0.5	57.06	6.02.75	75.01			
Age-Graded Mark		13.70	4.27m	7.21m	1.47m	1:07.66	25.94	18.39m	2.24m	28.12m	5:59.55		
Age-Graded Percent		63.47%	47.8%	31.2%	40.19%	63.83%	49.27%	24.83%	37.7%	28.56%	57.29%		
M49 Team Points: 6		2485	(356)	(250)	(320)	(367)	(190)	(1483)	(34)	(242)	(187)	(273)	(266)
<b>M50</b>													
1	Murray, Bill	12.88	5.67m	12.31m	1.71m	1:00.80	16.48	38.65m	3.80m	42.64m	5:55.17		
Birmingham TC		NW1	NW1	40.04.75	5:07.25		w: 0.8	126.10	12.05.5	139.11			
Age-Graded Mark		11.49	7.11m	14.11m	2.09m	53.01	16.06	38.65m	4.80m	54.53m	5:03.57		
Age-Graded Percent		85.25%	79.52%	61.06%	85.5%	81.46%	80.4%	52.17%	78.19%	55.38%	67.86%		
M52 Team Points: 10		7305	(752)	(840)	(735)	(887)	(681)	(539)		(59)			
2 Ortmann, David		11.61	5.78m	11.52m	1.65m	57.17	17.59	24.59m	2.70m	33.42m	5:28.43		
Unattached		w: 2.2	NW1	31.03.5	5.05		w: 0.8	80.08	8.10.25	109.08			
Age-Graded Mark		11.25	7.25m	10.91m	2.02m	49.85	17.15	24.59m	3.41m	42.74m	4:40.71		
Age-Graded Percent		87.07%	81.07%	47.22%	82.5%	86.64%	75.33%	33.19%	55.56%	43.4%	73.39%		
M53 Team Points: 8		6449	(806)	(874)	(540)	(822)	(822)	(3864)	(609)	(359)	(459)	(482)	(676)
3 Watry, Jeffrey		13.65	4.75m	11.74m	1.59m	1:03.68	17.71	33.83m	3.40m	39.92m	5:39.38		
Midwest Masters TC		NW1	NW1	40.04.75	5:02.5		w: 0.8	111.40	11.01.75	131.40			
Age-Graded Mark		12.18	5.96m	13.46m	1.94m	55.52	17.26	33.83m	4.29m	51.05m	4:50.07		
Age-Graded Percent		80.44%	66.62%	58.23%	79.5%	77.78%	74.82%	45.67%	69.96%	51.84%	71.02%		
M51 Team Points: 6		6274	(616)	(578)	(695)	(749)	(572)	(3216)	(597)	(540)	(699)	(604)	(618)
4 McCellan, Sam		13.69	4.96m	9.00m	1.44m	1:02.24	17.92	24.36m	2.90m	25.14m	5:36.88		
Tampa Runners		NW1	NW1	29.06.5	4:08.75		w: 0.8	79.11	9.06.25	82.06			
Age-Graded Mark		12.21	6.22m	10.32m	1.70m	54.27	17.47	24.36m	3.66m	32.15m	4:47.94		
Age-Graded Percent		80.0%	66.52%	44.6%	74.05%	76.66%	76.66%	33.0%	52.5%	33.0%	63.1%		
M53 Team Points: 5		5388	(610)	(652)	(545)	(565)	(576)	(355)	(525)	(530)	(631)		
<b>M50</b>													
5	Reinhard, Jim	14.04	4.31m	9.12m	1.53m	1:04.66	20.16	26.19m	2.00m	30.43m	5:51.98		
Unattached		w: 2.2	NW1	29.11.25	5.00.25		w: 1.3	66.75	6.06.75	75.00			
Age-Graded Mark		12.52	5.40m	10.45m	1.87m	56.38	20.63	26.19m	2.52m	38.91m	5:00.84		
Age-Graded Percent		78.21%	60.45%	45.24%	76.5%	76.6%	62.62%	35.35%	41.15%	39.52%	68.88%		
M52 Team Points: 4		4676	(552)	(461)	(513)	(687)	(545)	(2758)	(301)	(390)	(246)	(426)	(565)
6 Watson, Richard		16.47	3.94m	10.11m	1.32m	1:26.35	23.77	33.30m	2.30m	39.68m	7:31.82		
Unattached		w: 2.2	NW1	33.02	4.04		w: 1.3	109.03	7.06.5	130.02			
Age-Graded Mark		14.69	4.94m	11.59m	1.61m	1:15.28	23.17	33.30m	2.90m	32.88m	6:26.18		
Age-Graded Percent		66.67%	55.26%	40.66%	72.54%	66%	61.76%	36.08%	44.55%	39.4%	58.82%		
M53 Team Points: 3		3466	(611)	(371)	(582)	(472)	(164)	(142)	(530)	(333)	(600)	(167)	
7 Moylan, Jerry		15.15	3.63m	8.02m	1.20m	1:11.53	22.29	18.89m	1.90m	24.91m	6:09.61		
Unattached		NW1	NW1	26.03.75	3:11.25		w: 1.3	62.40	6.02.75	81.09			
Age-Graded Mark		13.51	4.55m	9.19m	1.47m	1:02.36	21.73	18.89m	2.40m	31.85m	5:15.91		
Age-Graded Percent		72.48%	50.91%	39.78%	60%	69.24%	59.44%	25.5%	39.09%	32.55%	65.21%		
M55 Team Points: 2		3317	(385)	(299)	(437)	(367)	(336)	(1824)	(225)	(251)	(220)	(325)	(472)
<b>M55</b>													
1	Hawkins, John	13.68	5.31m	12.68m	1.75m	1:06.51	19.49	37.05m	3.80m	41.21m	6:18.00		
West Vancouver TC		w: 0.2	-0.0	41.07.25	5:08.75		w: 0.2	121.07	12.05.5	135.02			
Age-Graded Mark		11.81	7.12m	16.14m	2.26m	56.09	17.71	40.69m	5.17m	57.93m	5:09.25		
Age-Graded Percent		82.89%	79.61%	69.86%	92.59%	76.98%	72.91%	54.94%	84.26%	58.83%	66.61%		
M57 Team Points: 10		7407	(689)	(842)	(860)	(1051)	(556)	3998	(552)	(679)	(963)	(707)	(617)
2 Russell, Alan		13.26	4.57m	10.86m	1.51m	1:02.25	19.19	37.63m	NH	30.38m	6:17.79		
Unattached		w: 0.2	-0.1	35.07.75	4.11.5		w: 0.2	123.05					
Age-Graded Mark		12.52	5.40m	10.45m	1.87m	56.38	20.63	26.19m	2.52m	38.91m	5:00.84		
Age-Graded Percent		85.52%	68.52%	59.83%	79.89%	82.25%	72.91%	55.8%	(0)	(482)	(509)		
M56 Team Points: 8		5792	(763)	(615)	(718)	(758)	(703)	3557	(552)	(692)	(0)	(482)	(509)
3 Jacobson, Vance		13.40	4.47m	7.38m	1.39m	1:06.51	23.01	24.33m	2.00m	27.60m	7:08.10		
Fleet Foot Racing		w: 0.2	-0.0	24.02.4	4.06.75		w: 0.2	79.10	6.06.75	90.07			
Age-Graded Mark		11.57	5.99m	9.39m	1.79m	56.09	20.91	26.72m	2.72m	38.80m	5:50.23		
Age-Graded Percent		84.63%	67.02%	40.66%	72.54%	76.98%	61.76%	36.08%	44.55%	39.4%	58.82%		
M57 Team Points: 6		4648	(617)	(371)	(582)	(472)	(164)	(142)	(530)	(333)	(600)	(167)	
4 Iweta, Gene		14.37	4.37m	7.30m	1.33m	1:09.30	22.33	23.89m	1.90m	30.71m	7:02.52		
Unattached		w: 0.2	-0.5	23.11.5	4.04.25		w: 0.2	78.04	6.02.75	100.09			

W85 1 Gamache, Violette	85 A54	40.00	48.7%
M30 1 Dussett, Antwon	30 UNA	10.80Q	90.6%
2 Archie, Derrick	33 UNA	10.97Q	89.2%
3 Snaer, Demitrius	31 A23	11.26Q	86.9%
4 Nelson, Etruy	32 UNA	11.31Q	86.5%
5 Petties, Alf	31 A149	11.30Q	86.6%
6 Sickerson, Nate	33 A52	11.47Q	85.3%
7 Murdock, Daniel	32 A52	11.69Q	83.7%
8 Mathews, Carlos	33 UNA	11.74Q	83.3%
9 Robinson, Oscar	31 A149	11.83	82.7%
0 Board, Sherman	32 UNA	12.02	81.4%
1 Simms, Randolph	30 A28	12.31	79.5%
2 Richardson, Vincent	34 UNA	13.74	71.4%
<b>Final</b>			
1 Archie, Derrick	33 UNA	10.56	92.7%
2 Dussett, Antwon	30 UNA	10.63	92.1%
3 Petties, Alf	31 A149	10.86	90.1%
4 Snaer, Demitrius	31 A23	10.95	89.4%
5 Nelson, Etruy	32 UNA	11.15	87.8%
6 Sickerson, Nate	33 A52	11.24	87.1%
7 Murdock, Daniel	32 A52	11.38	86.0%
8 Mathews, Carlos	33 UNA	11.44	85.5%
M35 1 McNeil, Dennis	38 A95	11.24Q	89.9%
2 Clark, Ron	36 UNA	11.27Q	88.4%
3 Jeff, Rod	39 A23	11.52Q	88.3%
4 Winslow, Edward	37 A52	11.66Q	86.1%
5 Brown, Charles	35 A28	11.63Q	85.1%
6 Will, Daniel	39 A61	11.83Q	86.0%
7 Sanchez Valle, Carl	36 UNA	11.73Q	85.0%
8 Burks, Anthony	38 A14	11.96Q	84.5%
9 Jefferson, Valentin	39 UNA	12.03	84.6%
0 Johnson, Eric	38 UNA	12.17	83.0%
1 Chiles, Michael	38 UNA	12.48	81.0%
2 Murad, Nadir	37 UNA	12.74	78.8%
3 Jackson, Corwin	35 UNA	12.87	76.9%
<b>Final</b>			
1 McNeil, Dennis	38 A95	10.73	94.2%
2 Clark, Ron	36 UNA	10.88	91.6%
3 Jeff, Rod	39 A23	11.44	88.9%
4 Sanchez Valle, Carl	36 UNA	11.61	85.8%
5 Burks, Anthony	38 A14	11.68	85.5%
6 Will, Daniel	39 A61	11.69	87.0%
7 Brown, Charles	35 A28	13.61	72.7%
M40 1 Thigpen, Aaron	41 UNA	11.06Q	93.4%
2 Francois, Andre	42 UNA	11.29Q	92.1%
3 Fields, Don	41 UNA	11.65Q	88.6%
4 Simpson, John	40 A154	11.48Q	89.3%
5 Gold, Jeff	44 UNA	11.67Q	90.3%
6 Holland, Tony	42 UNA	11.82Q	87.9%
7 Merricks, Louis	41 UNA	11.58Q	89.2%
8 Crichlow, Rawlie	43 A51	11.67Q	89.7%
9 Merrweather, Eric	42 A156	11.77	88.3%
0 Labay, Michael	42 A154	11.78	88.2%
1 Matthews, Orlando	42 UNA	11.82	87.9%
2 Turnage, Felton	40 A155	11.85	86.5%
3 Starchuk, Darren	41 UNA	12.10	85.3%
4 Aurelien, Clinton	40 A158	12.12	84.6%
5 Harding, Robert	44 UNA	12.26	85.9%
6 Paddyfote, Jeffery	40 UNA	12.33	83.2%
7 Hill, Reggie	42 UNA	12.42	83.7%
8 Wiley, Sylvester	42 UNA	12.55	82.8%
9 Price, Willie	44 UNA	13.00	81.0%
0 Bandede, Kamau	41 UNA	14.60	70.7%
1 Williams, Anthony	43 UNA	20.55	50.9%
<b>Final</b>			
1 Thigpen, Aaron	41 UNA	10.73	96.2%
2 Francois, Andre	42 UNA	11.08	93.8%
3 Fields, Don	41 UNA	11.15	92.6%
4 Simpson, John	40 A154	11.18	91.7%
5 Merricks, Louis	41 UNA	11.25	91.8%
6 Gold, Jeff	44 UNA	11.34	92.9%
7 Crichlow, Rawlie	43 A51	11.47	91.2%
8 Holland, Tony	42 UNA	11.72	88.7%
M45 1 Tissenbaum, Allan	46 A74	11.56Q	92.4%
2 Krulce, Marty	49 UNA	11.60Q	93.9%
3 Barnwell, Val	48 A111	11.76Q	92.0%
4 Waller, Michael	48 UNA	11.87Q	91.2%
5 Eaton, Kenneth	47 UNA	11.61Q	92.6%
6 Fulton, Tony	47 UNA	11.74Q	91.6%
7 Garner, Reggie	46 A45	11.96Q	89.3%
8 Pierce, Harold	45 A80	12.16Q	87.3%
9 Kountze, Michael	46 A28	11.92Q	89.6%
0 Brown, Dave	48 UNA	11.90Q	90.4%
1 Disalvo, Tony	46 A124	12.31Q	86.8%
2 Kibort, Mark	45 A149	12.31Q	86.2%
3 Butler, Lovell	46 A124	12.04Q	88.7%
4 Poor, Daniel	47 A80	12.34Q	87.2%
5 Ratliff, Jeff	46 UNA	12.38Q	86.3%
6 Evans, Rick	47 UNA	12.39Q	86.8%
7 Pasos, Mark	46 A184	12.40	86.2%
8 Scott, Bernard	47 UNA	12.98	82.9%
9 Goodman, Calvin	46 UNA	13.02	82.1%
0 Travers, Michael	48 A93	13.04	83.0%
1 Blake, Aaron	45 A170	13.06	81.3%
2 Jennett, Terry	45 UNA	13.07	81.2%
3 DiMassa, David	47 UNA	13.22	81.3%
4 McCarragher, Kevin	48 UNA	13.22	81.9%
5 Finley, Lawrence	48 UNA	13.23	81.8%
6 Sentell, Todd	45 A14	13.86	76.6%
7 Collins, Dan	47 A28	14.39	74.7%
<b>Final</b>			
1 Tissenbaum, Allan	46 A74	11.30Q	94.6%
2 Krulce, Marty	49 UNA	11.42Q	95.4%
3 Waller, Michael	48 UNA	11.54Q	93.8%
4 Fulton, Tony	47 UNA	11.60Q	92.7%
5 Eaton, Kenneth	47 UNA	11.56Q	93.0%
6 Barnwell, Val	48 A111	11.71Q	92.4%
7 Garner, Reggie	46 A45	11.83Q	90.3%
8 Butler, Lovell	46 A124	11.83Q	90.3%
9 Pierce, Harold	45 A80	11.88	89.3%
0 Kountze, Michael	46 A28	11.97	89.3%
1 Disalvo, Tony	46 A124	12.09	88.4%
2 Poor, Daniel	47 A80	12.10	88.9%
3 Brown, Dave	48 UNA	12.10	89.5%
4 Ratliff, Jeff	46 UNA	12.21	87.5%
5 Evans, Rick	47 UNA	12.88	83.5%
6 Kibort, Mark	45 A149	13.60	78.0%
<b>Final</b>			
1 Tissenbaum, Allan	46 A74	11.07	96.5%
2 Eaton, Kenneth	47 UNA	11.38	94.5%
3 Krulce, Marty	49 UNA	11.44	95.2%
4 Fulton, Tony	47 UNA	11.46	93.8%
5 Waller, Michael	48 UNA	11.46	94.5%
6 Butler, Lovell	46 A124	11.77	90.8%
7 Garner, Reggie	46 A45	11.97	89.3%
M50 1 Peyton, Oscar	53 UNA	11.91Q	93.9%
2 Searles, Anthony	52 A28	12.08Q	92.0%

3 Jones, Thomas	52 A61	12.23Q	90.9%
4 Pizze, Greg	52 A155	12.34Q	90.1%
5 Hastings, Mark	51 A74	12.51Q	88.3%
6 Schoffman, Jim	53 UNA	12.67Q	88.3%
7 Evans, Hubert	52 A23	12.56Q	88.5%
8 Scott, Eddie	53 UNA	12.62Q	88.6%
9 McPherson, Norman	50 UNA	12.67	86.6%
0 Fisher, Wayne	51 A28	12.83	86.1%
1 Shufelt, Michael	51 UNA	12.89	85.7%
2 Cummings, Steven	50 UNA	12.95	84.7%
3 Washington, Hulan	54 A23	13.14	85.7%
4 Mitchell, Collin	53 A14	13.32	84.0%
5 Snodgrass, Ernie	53 UNA	13.35	83.8%
6 Spencer, Martin	54 A14	13.64	82.6%
7 Stone, Kenneth	52 A155	13.96	79.6%
8 Taft, Tucker	53 A93	13.96	80.1%
9 Dawkins, James	50 UNA	14.77	74.3%
0 Keough, Steven	51 UNA	14.79	74.7%
<b>Final</b>			
1 Peyton, Oscar	53 UNA	11.21	99.8%
2 Searles, Anthony	52 A28	11.65	95.4%
3 Jones, Thomas	52 A61	11.70	95.0%
4 Hastings, Mark	51 A74	12.14	91.0%
5 Scott, Eddie	53 UNA	12.19	91.8%
6 Evans, Hubert	52 A23	12.24	90.8%
7 Pizze, Greg	52 A155	12.28	90.5%
8 Schoffman, Jim	53 UNA	12.69	88.1%
M55 1 Collins, Bill	55 A74	11.64Q	97.4%
2 Wilson, Thaddeus	55 UNA	12.54Q	90.4%
3 McCoy, Marion	56 UNA	12.73Q	89.6%
4 Gipson, Andrew	57 UNA	12.59Q	91.1%
5 Riddle, Richard	55 A74	12.74Q	89.0%
6 Yeck, Raymond	58 UNA	12.98Q	88.9%
7 Smith, Kenrick	56 A111	12.60Q	90.5%
8 Daniels, Michael	57 UNA	12.72Q	90.2%
9 Terrell, Bobby	55 UNA	12.77	88.8%
0 Bowne, George	55 UNA	12.79	88.6%
1 Tharpe, Bill	57 A67	12.86	89.2%
2 Parker, Richard	59 UNA	13.19	88.1%
3 Norman, Jesse	55 UNA	13.24	85.6%
4 Jermacans, Viddy	57 UNA	14.29	80.3%
5 Failla, Carl	59 A54	15.16	76.7%
<b>Final</b>			
1 Collins, Bill	55 A74	11.26	100.7%
2 McCoy, Marion	56 UNA	11.99	95.1%
3 Riddle, Richard	55 A74	12.28	92.3%
4 Gipson, Andrew	57 UNA	12.37	92.8%
5 Daniels, Michael	57 UNA	12.38	92.7%
6 Wilson, Thaddeus	55 UNA	12.51	90.6%
7 Yeck, Raymond	58 UNA	12.76	90.5%
8 Smith, Kenrick	56 A111	12.97	87.9%
M60 1 Pierce, Roger	61 A93	12.80Q	91.9%
2 Whitley, Stan	60 UNA	13.01Q	89.9%
3 Hall, Samuel	61 A28	13.25Q	88.8%
4 Kaladi, Ted	62 A54	13.29Q	89.0%
5 Hansen, Wayne	62 A54	13.56Q	87.3%
6 Gunn, Lawrence	63 UNA	13.63Q	87.3%
7 Montgomery, Paul	60 UNA	13.78Q	84.9%
8 Durante, Daniel	62 UNA	13.91Q	85.1%
9 Meckley, Walter	60 UNA	14.61	80.0%
0 Snook, James	63 UNA	14.96	79.6%
1 Biacofsky, John	61 UNA	15.12	77.8%
2 Huston, Darrell	64 UNA	18.41	77.8%
3 Gilbert, Paul	63 UNA	15.93	74.7%
4 Pittman, Andrew	61 A45	16.40	71.7%
5 Yates, William	60 UNA	21.20	55.1%
<b>Final</b>			
1 Whitley, Stan	60 UNA	12.32	94.9%
2 Pierce, Roger	61 A93	12.57	93.6%
3 Hall, Samuel	61 A28	13.05	90.8%
4 Kaladi, Ted	62 A54	13.29	90.4%
5 Hansen, Wayne	62 A54	13.12	90.2%
6 Montgomery, Paul	60 UNA	13.58	86.1%
7 Gunn, Lawrence	63 UNA	13.60	87.5%
M65 1 Edens, Paul	65 A127	12.59Q	95.7%
2 Smith, Doug	67 A150	12.99Q	93.9%
3 Williams, Albert	66 A128	12.85Q	94.4%
4 Denson, Charles	66 UNA	13.12Q	92.9%
5 Paddie, James	67 UNA	13.93Q	88.6%
6 Bennett, Wayne	69 A45	13.83Q	89.3%
7 Camp, Dick	66 UNA	13.94Q	87.0%
8 Lancaster, Walt	66 UNA	14.23	85.2%
9 Stern, David	67 A116	14.78	82.5%
0 Coats, Grover	65 UNA	16.43	73.4%
1 Rinaldo, Richard	69 A28	22.73	54.3%
2 Terry, Chet			
<b>Final</b>			
1 Edens, Paul	65 A127	12.42	97.1%
2 Williams, Albert	66 A128	12.64	95.9%
3 Smith, Doug	67 A150	12.84	95.0%
4 Paddie, James	67 UNA	12.88	94.7%
5 Denson, Charles	66 UNA	13.41	90.4%
6 Lancaster, Walt	66 UNA	13.60	89.1%
7 Bennett, Wayne	69 A45	13.79	89.5%
8 Camp, Dick	69 UNA	13.85	89.1%
9 Burch, William	70 UNA	14.09	88.1%
0 Leggett, James	71 UNA	14.70	85.5%
1 Williams, Paul	71 A116	14.86	84.5%
2 Siegel, Dan	71 UNA	15.24	82.4%
3 Drescher, Ira	71 A54	15.27	82.3%
4 French, Ernest	71 UNA	18.31	68.6%
5 Wedepohl, Norb	70 UNA	27.78	44.7%
M75 1 Brown, Harry	76 A98	14.18	94.4%
2 Stookey, James	76 A128	14.34	93.3%
3 Melville, Bill	79 A98	14.82	94.4%
4 Cheek, Don	76 UNA	14.83	90.2%
5 Redditt, Estes	75 A183	15.15	87.1%
6 Scott, Wilford	79 UNA	15.24	91.8%
7 Selby, Jim	78 UNA	16.22	84.9%
M80 1 Larsen, Melvin	82 UNA	15.48	94.9%
2 Johnson, Harold	80 A14	16.92	83.9%
3 Patsalis, Tom	84 A149	18.64	81.6%
4 Davidson, Robert	83 A144	26.59	56.2%
M85 1 Manno, Jim	85 A112	16.64	93.1%
2 Means, John	86 A116	16.95	93.1%
3 Maxwell, Ralph	86 UNA	17.83	88.5%
4 Anoka, John	86 A54	18.73	84.2%
5 Goldy, Champion	89 A124	18.91	88.2%
6 Bulkley, Dan	89 A153	19.37	86.1%
M90 1 Matteson, Bob	90 A108	19.73	86.1%
2 Hammond, James	92 UNA	24.15	74.7%

6 Smith, Kenrick	56 A111	26.44Q	88.3%	3 Chaplin-Swann, Lesl	48 A149	1.04.88Q	87.8%	0 Yuncik, Frederick	53 A6	66.71	75.7%	7 Gottardi, Michael	39 A23	2:09.11	81.5%
7 McCoy, Marion	56 UNA	25.79Q	90.5%	4 Collins, Stephanie	48 A74	1.05.87Q	86.5%	1 Roberts, Jim	54 UNA	73.72	68.9%	8 Chenette, William	39 UNA	2:10.19	80.9%
8 Yeck, Raymond	58 UNA	26.08Q	90.8%	5 Dent, Susan	46 UNA	1.06.53Q	83.9%	- Snodgrass, Ernie	53 UNA	DNF		38 UNA	2:16.16	76.6%	
9 Norman, Jesse	55 UNA	26.14	88.7%	6 Kollars, Theresa	46 A23	1:10.24Q	79.5%	<b>Final</b>				M40 1 Landis, Scott	42 A123	2:08.04Q	84.5%
0 Parker, Richard	59 UNA	26.62	89.5%	7 Ney, Mimi	47 UNA	1:10.51Q	80.0%	1 Jones, Thomas	52 A61	55.05	91.1%	2 Hinton, John	44 UNA	2:08.93Q	85.5%
1 Daniels, Michael	57 UNA	27.11	86.7%	8 Fortuna, Paula	45 A93	1:15.11Q	73.6%	2 Grant, Horace	53 A74	56.25	89.8%	3 Bynoe, David	44 A158	2:09.15Q	85.4%
2 Fallen, Jim	55 UNA	28.61	81.1%	9 *Willis, Katherine	47 UNA	1:15.23	75.0%	3 Schoffman, Jim	53 UNA	56.69	89.1%	4 Nesbitt, Marc	41 A2	2:09.18Q	83.0%
3 Jenkins, Jeff	58 A28	29.03	81.5%	0 St James, Valerie	49 A23	1:29.76	64.1%	4 Cummings, Steven	50 UNA	57.08	86.7%	5 Kastor, Vaughan	41 UNA	2:09.35Q	82.9%
4 *Waltermann, Stefan	56 A28	29.23	79.9%	<b>Final</b>				5 Evans, Hubert	52 A23	58.28	86.1%	6 Yorges, Christopher	40 A52	2:09.40Q	82.2%
5 Falla, Carl	59 A54	33.77	70.6%	1 Shook, Kathleen	45 A23	1:01.66	89.7%	6 Mitchell, Collin	53 A14	58.45	86.4%	7 Forde, Kevin	42 A123	2:09.47Q	83.6%
6 O'Regan, Patrick	59 UNA	34.13	69.8%	2 *Meloche, Laurie	45 UNA	1:02.76	88.1%	7 Savage, Doc	54 A26	1:16.85	66.1%	8 Zook, Rodney	44 UNA	2:09.66Q	85.0%
7 Edmond, Charles	55 UNA	38.77	59.8%	3 Chaplin-Swann, Lesl	48 A149	1:04.32	88.6%	M55 1 Collins, Bill	55 A74	53.05	96.5%	9 Brown, Preppy	44 UNA	2:11.95	83.6%
<b>Final</b>				4 Collins, Stephanie	48 A74	1:06.38	85.8%	2 Allie, Charles	55 A74	55.86	93.4%	0 Affleck, John	42 A111	2:14.32	80.6%
1 Collins, Bill	55 A74	23.44	99.0%	5 Dent, Susan	46 UNA	1:06.70	83.7%	3 Blake, Carroll	56 A93	56.27	91.5%	1 Cousar, Robert	42 A28	2:18.31	78.3%
2 Riddle, Richard	55 A74	25.19	92.1%	6 Ney, Mimi	47 UNA	1:09.21	81.5%	4 *Carter, Michael	57 UNA	1:02.33	83.2%	2 Unruh, Jack	43 UNA	2:19.47	78.3%
3 McCoy, Marion	56 UNA	25.63	91.1%	7 Kollars, Theresa	46 A23	1:10.94	78.7%	5 O'Regan, Patrick	59 UNA	1:15.54	69.5%	3 Shirley, Ed	40 A176	2:22.29	74.7%
4 Blake, Carroll	56 A93	25.64	91.1%	8 Fortuna, Paula	45 A93	1:13.97	74.8%	6 Edmond, Charles	55 UNA	1:20.22	63.8%	<b>Final</b>			
5 Tharpe, Bill	57 A67	25.78	91.2%	9 *del Grande, Karla	53 UNA	1:02.13	90.2%	M60 1 Pierce, Roger	61 A93	1:00.73Q	87.6%	1 Hinton, John	44 UNA	1:59.64	92.2%
6 Yeck, Raymond	58 UNA	26.14	90.5%	2 Board, Jacqueline	53 UNA	1:06.17	90.4%	2 Whitley, Stan	60 UNA	1:02.19Q	85.0%	2 Landis, Scott	42 A123	2:02.80	88.2%
7 Bowne, George	55 UNA	26.32	88.1%	3 Lowther, Jocelyn	52 A54	1:07.52	87.7%	3 Cooper, Tony	60 UNA	1:02.49Q	84.6%	3 Bynoe, David	44 A158	2:03.39	89.4%
8 Smith, Kenrick	56 A111	27.27	85.6%	4 Johns-Rees, Gail	51 A93	1:11.60	82.0%	4 Sebesta, Robert	61 UNA	1:03.76Q	83.4%	4 Nesbitt, Marc	41 A2	2:03.73	86.7%
M60 1 Pierce, Roger	61 A93	25.87Q	93.3%	5 Richards, Mary	52 A14	1:12.64	81.5%	5 Reiter, William	60 UNA	1:02.78Q	84.2%	5 Kastor, Vaughan	41 UNA	2:04.37	86.3%
2 Kaladi, Ted	62 A54	26.88Q	90.4%	6 Bowers, Tina	50 A23	1:15.11	77.4%	6 Shenk, John	63 A91	1:08.49Q	78.6%	6 Forde, Kevin	42 A123	2:04.70	86.8%
3 Whitley, Stan	60 UNA	26.89Q	89.2%	7 Mitchell, Rebecca	52 A115	1:15.35	78.6%	7 Gunn, Lawrence	63 UNA	1:04.16Q	83.9%	7 Zook, Rodney	44 UNA	2:05.32	88.0%
4 Hall, Samuel	61 A28	27.08Q	89.1%	8 Janneck, Denise	52 A149	1:19.03	74.9%	8 Shirley, Graeme	60 UNA	1:06.81Q	79.1%	8 Yorges, Christopher	40 A52	2:15.99	78.2%
5 Sebesta, Robert	61 UNA	27.67Q	87.2%	W55 1 *von Maltzahn, Hill	57 UNA	1:09.47	89.3%	9 Savenas, Leon	61 UNA	1:08.56	77.6%	M45 1 Allen, McDuffrie	45 UNA	2:04.21Q	89.6%
6 Durante, Daniel	62 UNA	27.91Q	87.1%	2 Nicoletti, Catherine	55 A137	1:10.66	86.3%	0 Long, Lloyd	60 A54	1:11.82	73.6%	2 Lindsay, Jeff	47 UNA	2:05.28Q	90.4%
7 Gunn, Lawrence	63 UNA	27.96Q	87.5%	3 Smith-Hanna, Caroly	55 A60	1:11.07	85.8%	1 Kuhl, John	62 A146	1:12.86	73.4%	3 Paulk, Kevin	46 A21	2:04.27Q	90.3%
8 Hansen, Wayne	62 A54	28.26Q	86.0%	4 Stiles, Debbie	57 A149	1:16.88	80.7%	2 Lawson, Blaine	64 A19	1:13.50	73.7%	4 Allah, Saladin	46 UNA	2:05.71Q	89.3%
9 Johnston, Joe	62 A54	28.45	85.4%	5 Hartzler, Mary	57 UNA	1:20.46	77.1%	3 Biacofsky, John	61 UNA	1:15.21	70.7%	5 Parker, Eric	45 A149	2:05.77Q	88.5%
0 Montgomery, Paul	60 UNA	29.30	81.9%	6 Shirley, Joni	59 UNA	1:20.89	78.1%	4 Pittman, Andrew	61 A45	1:17.40	68.7%	6 Shields, Charles	47 A123	2:05.79Q	90.0%
1 Huston, Darrell	64 UNA	30.54	80.6%	7 Aderhold, Susan	59 UNA	1:21.37	77.6%	5 Yates, William	60 UNA	2:02.02	43.3%	7 Nearman, Steven	46 UNA	2:06.05Q	89.1%
2 Snook, James	63 UNA	30.64	79.8%	W60 1 Michelsohn, Marie-L	64 UNA	1:18.03	84.6%	<b>Final</b>				8 Cooper, Stephen	45 A157	2:06.26Q	88.1%
3 *Mitchell, Bruce	63 UNA	30.91	79.1%	2 Leighton, Barbara	61 UNA	1:23.87	76.7%	1 Pierce, Roger	61 A93	56.78	93.6%	9 DeSantis, Bobby	46 UNA	2:07.07	88.3%
4 Lawson, Blaine	64 A19	32.04	76.8%	3 Barnett, Rusty	64 A23	1:43.60	63.7%	2 Whitley, Stan	60 UNA	57.27	92.3%	0 Carver, Mark	46 A106	2:07.32	88.2%
5 Pittman, Andrew	61 A45	32.65	73.9%	W65 1 Daprano, Jeanne	69 A14	1:23.68	64.6%	3 Sebesta, Robert	61 UNA	1:00.02	88.6%	1 Cullinane, Jeffrey	47 A88	2:11.38	86.2%
6 Gilbert, Paul	63 UNA	33.23	73.6%	2 Moolenaar, Willy	65 A54	1:37.09	68.8%	4 Cooper, Tony	60 UNA	1:02.25	84.9%	2 Mooney, Jeffery	45 A143	2:11.76	84.5%
7 Biacofsky, John	61 UNA	37.51	64.3%	3 VanEuwem, Jane	65 A103	1:47.12	62.2%	5 Reiter, William	60 UNA	1:02.51	84.5%	3 Hayes, Jesse	49 A46	2:12.23	87.1%
<b>Final</b>				W70 1 *Horne, Jean	73 UNA	1:19.65	96.8%	6 Gunn, Lawrence	63 UNA	1:03.65	84.6%	4 Ellison, Edward	45 A13	2:13.15	83.6%
1 Whitley, Stan	60 UNA	25.00	96.0%	2 Harada, Mary	71 A85	1:36.14	76.6%	7 Shenk, John	63 A91	1:06.71	80.7%	5 Peterson, Rick	48 A31	2:13.90	85.3%
2 Pierce, Roger	61 A93	25.77	93.7%	3 Chou, Fei-Mei	71 A185	1:45.81	69.6%	8 Shirley, Graeme	60 UNA	1:08.03	77.7%	6 Rao, Joseph	45 A28	2:20.31	79.3%
3 Hall, Samuel	61 A28	26.53	91.0%	W75 1 Leek, Edythe	75 A23	1:54.12	70.9%	M65 1 Stewart, Mack	68 A75	1:01.15	93.4%	7 Fager, Ed	47 A176	2:21.66	79.9%
4 Sebesta, Robert	61 UNA	26.82	90.0%	2 Onodera-Leonard, Su	78 A149	1:56.33	74.0%	2 Colbert, Larry	69 A61	1:04.61	89.8%	8 Walls, Vincent	47 A116	2:22.57	78.9%
5 Kaladi, Ted	62 A54	27.00	90.0%	3 Schley, Helen	78 A128	2:03.38	69.8%	3 Bonck, Lionel	65 A54	1:05.09	83.8%	9 Distefano, John	47 UNA	2:24.11	78.6%
6 Gunn, Lawrence	63 UNA	27.71	88.3%	W80 1 Peterson, Patricia	80 UNA	2:06.44	71.1%	4 *McIlwaine, Bill	67 UNA	1:07.13	83.7%	0 Sigmon, Alan	46 A28	2:26.82	76.5%
7 Durante, Daniel	62 UNA	28.22	86.1%	W85 1 Davidson, Gerry	85 A144	2:14.85	76.3%	5 Rizzo, Richard	69 UNA	1:09.46	83.5%	<b>Final</b>			
8 Hansen, Wayne	62 A54	28.54	85.1%	2 Gamache, Violette	85 A54	4:41.66	36.5%	6 McMillen, William	66 A185	1:15.81	73.0%	1 Allah, Saladin	46 UNA	2:00.13	93.4%
M65 1 Edens, Paul	65 A127	26.10Q	94.9%	M30 1 Dussett, Antwon	30 UNA	46.98	91.9%	M70 1 Cozens, Robert	70 A75	1:04.81	91.0%	2 Paulk, Kevin	46 A21	2:00.23	93.4%
2 Williams, Albert	66 A128	27.50Q	90.8%	2 Bullard, Leon	32 A28	49.57	87.7%	2 Ruch, C. Christopher	70 A168	1:10.48	83.7%	3 Allen, McDuffrie	45 UNA	2:00.55	92.3%
3 Colbert, Larry	69 A61	28.22Q	90.6%	3 Pettes, Alf	31 A149	51.45	83.9%	3 Leggett, James	71 UNA	1:10.62	85.1%	4 Lindsay, Jeff	47 UNA	2:02.08	92.7%
4 Smith, Doug	67 A150	26.82Q	93.9%	4 Murdock, Daniel	32 A52	52.06	83.5%	4 Ware, James	71 UNA	1:11.15	84.4%	5 Parker, Eric	45 A149	2:02.60	90.8%
5 Camp, Dick	69 UNA	28.59Q	89.5%	5 Snaer, Demitrios	31 A23	52.39	82.4%	5 Marsh, Bruce	71 UNA	1:15.46	79.6%	6 Cooper, Stephen	45 A157	2:05.25	88.8%
6 *Stern, David	66 UNA	28.92Q	86.4%	6 Reutter, Jason	33 A28	53.31	82.2%	6 Pauling, Clifford	71 UNA	1:16.59	78.4%	7 Shields, Charles	47 A123	2:05.85	90.0%
7 Paddie, James	67 UNA	27.19Q	92.6%	M35 1 Winslow, Edward	37 A52	50.32	89.7%	M75 1 *Fee, Earl	77 UNA	1:07.40	99.8%	8 DeSantis, Bobby	46 UNA	2:11.57	85.3%
8 Denson, Charles	66 UNA	28.23Q	88.5%	2 Grant, Chris	37 A154	51.10	88.3%	2 Cheek, Don	76 UNA	1:08.59	96.4%	M50 1 *Ortiz, Jorge	52 UNA	2:10.07Q	90.9%
9 Lancaster, Walt	66 UNA	28.30	88.3%	3 Burks, Anthony	38 A14	52.06	87.4%	3 Selby, Jim	78 UNA	1:20.52	85.0%	2 Robinson, James	52 A60	2:14.16Q	88.1%
0 Kirkpatrick, Ronald	68 UNA	28.67	88.5%	4 Naylor, Jeffrey	35 A171	54.45	81.7%	M80 1 Johnson, Harold	80 A14	1:26.17	82.4%	3 Chantry, Stephen	51 A41	2:14.36Q	87.2%
1 Bennett, Wayne	69 A45	28.83	88.7%	5 Will, Daniel	39 A61	56.00	81.8%	2 Davidson, Robert	83 A144	1:30.66	42.7%	4 Reyes, Julio	50 UNA	2:11.10Q	88.7%
2 Bonck, Lionel	65 A54	29.09	85.2%	6 Coleman, BaoKim	39 UNA	61.26	74.8%	M85 1 Means, John	86 A116	1:34.31	90.0%	5 *Robbins, Frederick	51 UNA	2:14.91Q	86.9%
3 Coats, Grover	67 A116	29.59	85.1%	M40 1 Mulazim, Khalid	40 A116	51.39Q	89.8%	2 Tribou, Bill	85 A71	1:36.35	85.1%	6 Hartshorne, Thomas	52 UNA	2:17.38Q	86.0%
4 Knocke, Bill	66 UNA	30.12	82.9%	2 Echeandia, Getulio	42 A154	51.63Q	90.7%	3 Anoka, John	86 A54	1:37.24	87.3%	7 Burns, Joseph	52 UNA	2:11.41Q	89.9%
5 Rinaldo, Richard	65 A127	34.22	72.4%	4 Muhammad, Courtney	41 A154	52.01Q	89.4%	4 Hammond, James	92 UNA	1:39.39	99.6%	8 Albo, David	50 A137	2:12.47Q	87.8%
<b>Final</b>				5 Berry, Kettrell	43 A155	52.40Q	90.0%	M90 1 Matteson, Bob	92 UNA	1:51.81	99.2%	9 Daly, John	50 A118	2:15.66	86.5%
1 Edens, Paul	65 A127	25.92	95.6%	6 Bynoe, David	44 A158	53.16Q	89.3%	<b>800m</b>				0 Casey, Patrick	51 A24	2:15.54	85.1%
2 Williams, Albert	66 A128	26.57	94.0%	7 Kastor, Vaughan	41 UNA	53.35Q	87.1%	W30 1 Greer, Cornelia	34 UNA	2:45.13	68.6%	1 Astrachan, Owen	50 A26	2:17.91	84.3%
3 Smith, Doug	67 A150	26.94	93.5%	8 Harding, Robert	44 UNA	53.77Q	88.3%	2 Kidwell, Sheri	33 A23	2:51.67	65.9%	2 Bolster, Joe	53 A111	2:19.37	85.5%
4 Paddie, James	67 UNA	27.10	92.9%	9 Brown, Paul	43 A154	54.40	86.7%	3 Snipes, Wanda	32 UNA	3:13.80	58.4%	3 Feather, Neil	52 A14	2:21.34	83.6%
5 Colbert, Larry	69 A61	28.09	91.1%	0 Shute, Dr. Marcus	43 A154	54.73	8								

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M65 1 Howard, Sid and M70 1 Rush, C. Christophe.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W30 1 Walker, Katherine and W40 1 Harvey, Alisa.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W45 1 Hayden, Julie and W50 1 Martin, Kathryn.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W55 1 Groesz, Jeanette and W60 1 Michelson, Marie-L.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W65 1 Moolenaar, Willy and W70 1 Horne, Jean.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W75 1 Schley, Helen and W80 1 Davidson, Gerry.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M30 1 Lanier, Kyle and M35 1 Newton, Chad.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M40 1 Hinton, John and M45 1 O'Driscoll, Conor.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M50 1 Ortiz, Jorge and M55 1 Wilson, Thaddeus.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like 8 Bumo, Joseph and 9 Houar, Michael.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M55 1 Salazar, David and M60 1 Condon, Frank.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M65 1 Howard, Sid and M70 1 Sutton, James.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M75 1 Sutton, James and M80 1 Tribou, Bill.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M85 1 Levine, Frank and M90 1 Levine, Frank.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W30 1 Kidwell, Sheri and W35 1 Gonzalez, Imelda.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W40 1 Simonaitis, Michell and W45 1 DeBoer, Lynda.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W50 1 Martin, Kathryn and W55 1 Groesz, Jeanette.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W60 1 Hinton, John and W65 1 Stoll, Margie.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like 0 Howe, George and M55 1 Bernhard, Tom.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M60 1 Annan, Steven and M65 1 Burgasser, Joseph.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M70 1 Ifrig, Bill and M75 1 Sutton, James.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M80 1 Tribou, Bill and M85 1 Levine, Frank.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M90 1 Levine, Frank and W35 1 Gonzalez, Imelda.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W40 1 Lundblad, Anne and W45 1 Romig, Deborah.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W50 1 Martin, Kathryn and W55 1 Groesz, Jeanette.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W60 1 Hinton, John and W65 1 Stoll, Margie.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W70 1 Jordan, Barbara and W75 1 Clark, William.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like 5 LeVasseur, Jerry and M70 1 McClanathan, Gordon.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M75 1 Selby, Jim and M85 1 Bulky, Dan.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M90 1 Levine, Frank and W35 1 Gonzalez, Imelda.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W40 1 Lundblad, Anne and W45 1 Romig, Deborah.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W50 1 Martin, Kathryn and W55 1 Groesz, Jeanette.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W60 1 Hinton, John and W65 1 Stoll, Margie.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W70 1 Jordan, Barbara and W75 1 Clark, William.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W80 1 Davidson, Gerry and W85 1 Levine, Frank.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W90 1 Levine, Frank and W95 1 Levine, Frank.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M45 1 Smith, Karl and M50 1 Thompson, Irene.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M55 1 Trott, Rhona and M60 1 Mount, Lester.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M65 1 Pawlik, Emil and M70 1 Clark, William.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like M75 1 Stookey, James and W35 1 Lowe, Terri.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W40 1 Wiemer, Susan and W45 1 Shook, Kathleen.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W50 1 Martin, Kathryn and W55 1 Groesz, Jeanette.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W60 1 Hinton, John and W65 1 Stoll, Margie.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W70 1 Jordan, Barbara and W75 1 Clark, William.

Table with columns for athlete name, bib number, time, and percentage. Includes entries like W80 1 Davidson, Gerry and W85 1 Levine, Frank.



M45 1 *Smith, Karl	46 UNA	14.90Q	95.2%
2 McClood, Dexter	45 A154	15.89Q	88.6%
3 Ellis, Ken	48 A94	17.04Q	84.6%
4 Schwieterman, Josep	47 UNA	18.53Q	77.2%
5 Brower, Jeff	47 A181	17.15Q	83.4%
6 McMahon, Timothy	47 A146	18.62Q	76.8%
7 Eaton, Kenneth	47 UNA	18.00Q	79.5%
8 Lycan, Kelly	47 UNA	18.67Q	76.6%
9 McDaniels, Robert	49 UNA	19.79	73.4%
0 Davison, Jeffery	48 A149	21.24	67.8%
Final			
1 *Smith, Karl	46 UNA	14.41	98.4%
2 Brower, Jeff	47 A181	16.92	84.5%
3 Lycan, Kelly	47 UNA	18.17	78.7%
4 Schwieterman, Josep	47 UNA	18.38	77.8%

Long Hurdles 30*			
W50 1 Thompson, Irene	52 A40	54.27	86.2%
2 *Sweaze, Nanci	51 UNA	51.44	74.8%
W55 1 Trott, Rhona	57 UNA	50.38	85.3%
2 Trotto, Mary	59 A19	1.25.63	61.0%

Long Hurdles 27*			
W70 1 Jordan, Barbara	70 A66	1:11.49	78.4%

Long Hurdles 30*			
M60 1 Mount, Lester	60 A45	45.97	92.0%
2 Galazin, John	63 UNA	46.87	92.2%
3 Graf, Warren	61 A93	48.16	88.4%
4 Baker, Robert	61 UNA	50.77	83.9%
5 Burns, Michael	63 A130	51.49	83.9%
6 Milove, Michael	61 UNA	54.21	78.6%
7 Norton, Robert	61 A54	55.03	77.4%
M65 1 Pawlik, Emil	67 UNA	50.31	92.2%
2 DeStefano, Michael	67 UNA	51.79	89.6%
3 Kirkpatrick, Ronald	68 UNA	52.80	89.4%
4 Coats, Grover	67 A116	58.90	78.8%
5 Mills, Bruce	67 A98	1:01.07	76.0%

Long Hurdles 27*			
M70 1 Clark, William	72 UNA	55.77	88.1%
2 Leggett, James	71 UNA	56.54	85.0%
3 Butterfield, Thomas	70 A71	1:01.74	76.1%
M75 1 Stookey, James	76 A128	55.34	96.5%

Long Hurdles 30*			
W35 1 Lowe, Terri	36 A23	3:04.08	28.7%
W40 1 Wiemer, Susan	40 UNA	1:12.31	77.9%
2 Zakerski, Debbie	44 A23	1:17.19	77.4%
3 Ware, Caren	44 A149	1:22.53	72.4%
4 Marks, Cynthia	41 A23	1:37.13	58.9%
W45 1 Shook, Kathleen	45 A23	1:09.38	87.4%

Long Hurdles 36*			
M30 1 Santi, Marcus	34 UNA	57.31	83.7%
2 Couzar, Samuel	30 A28	1:00.87	76.8%
3 Bullard, Leon	32 A28	1:03.01	74.5%
M35 1 Drummond, Don	37 A154	53.63	92.3%
2 Grant, Chris	37 A154	53.96	91.7%
3 Dittmar, Brad	36 UNA	56.09	87.3%
4 Birade, Laurent	39 UNA	58.13	86.9%
5 Watson, Johnny	39 A149	1:02.91	80.3%
M40 1 Echeandia, Gelutio	42 A154	54.34	95.8%
2 Lindsay, Howard	42 A154	57.28	90.9%
3 Smith, James	40 A8	1:00.71	84.1%
M45 1 Gatling, Darnell	46 UNA	59.15	91.5%
2 Brower, Jeff	47 A181	1:00.22	90.7%
3 Dyer, John	48 UNA	1:02.14	88.8%
4 Jones, Michael	46 UNA	1:06.12	81.9%
5 Santora, Frank	45 UNA	1:12.75	73.7%
6 Davison, Jeffery	48 A149	1:16.92	71.7%
7 Sterling, Gail	46 A55	1:25.75	63.1%

Long Hurdles 33*			
M50 1 Bujalski, Philip	50 A146	1:02.07	93.6%
2 Jacquet-Acea, Russe	53 UNA	1:03.45	92.2%
3 Cummings, Steven	50 UNA	1:04.75	89.7%
4 Easley, Ricky	52 A149	1:08.74	84.9%
5 Galloway, Lamar	52 A181	1:10.18	83.1%
6 Swindlehurst, Gregg	51 A28	1:11.87	81.0%
7 Boehr, Douglas	53 UNA	1:16.83	76.1%
M55 1 Wilson, Thaddeus	55 UNA	1:05.41	89.8%
2 Druckrey, Stanley	57 A190	1:07.06	89.1%
3 Pontius, Bill	56 UNA	1:09.06	85.3%
4 Green, Bob	57 UNA	1:09.46	86.0%
5 Binion, Ozzie	58 A14	1:10.50	85.9%

4x100 Relay			
W30 1 Ad Hoc C (Greer/Davis/Rosborough/Lawrence)			50.44
2 Carolinas T&F Club (Primus/Rawlinson/Walker/Brothers)			55.31
3 Brooks Fleet Feet Racing C (Marks/Kidwell/Marty/Karras)			60.18
W40 1 Brooks Fleet Feet Racing (Palmer/Zakerski/Shook/Kehoe)			54.51
2 Canada (del Grande/Barratt/Johns-Rees/Meloche)			54.73
3 Carolinas T&F Club B (Kazebee/Richardson/Turkdamar/Creep)			54.89
4 Ad Hoc B (Mitchell/Fortuna/Jager/Board)			59.76
5 Florida AC (Davidson/Pinto-Rogers/Lowther/Rancatore)			68.17
6 SoCal Track - Fleet Feet (Lee/Stiles/Janneck/Long)			69.85
W50 1 Atlanta TC (Lowery/Daprano/McDonald/Richards)			66.76
2 Brooks - Fleet Feet Racing B (Leek/Kunz/Bowers/Barnett)			76.12
M30 1 Ad Hoc I (Winslow/Murdock/Sickerson/Dussett)			42.66
2 Team Ohio TC (Overby/Deas/Gosa/Russell)			44.53
3 Synergy TC (Aurelien/Pittman/Bynoe/Lindsay)			44.84
4 SoCal Track - Fleet Feet (Robinson/Watson/Hansen/Turner)			45.32
5 Ad Hoc G (Kountze/Norman/Peebles/Will)			50.39
6 Ad Hoc M (Archie/Isley/Carter/McPherson)			51.00
M40 1 Ad Hoc F (Thigpen/Fields/Berry/Turnage)			43.16
2 Ad Hoc C (Chinn/Crulle/Butler/Dalvo)			45.01
3 Canada (Brown/Francois/Starchuk/			

Jennett)			45.85
4 Memphis Hurdlers TC (Harris/Howard/W.Green/T.Green)			48.78
M50 1 Ad Hoc (Pizzaz/Jones/Searles/Peyton)			45.71
2 Houston Elite (Hastings/Allie/Riddle/Collins)			46.99
3 Ad Hoc B (Tauf/Gillen/Blake/Schoffman)			50.14
4 Ad Hoc J (McCoy/Hitchens/Spencer/Stevens)			51.13
5 Brooks - Fleet Feet Racing (Washington/Jacobson/Condon/Edwards)			52.62
6 Carolinas T&F Club (Bender/Fisher/Jenkins/Tillery)			54.34
7 Ad Hoc K (Hahn/Black/Boehr/Mount)			56.84
M60 1 Ad Hoc E (Pierce/Whitley/Graf/Morris)			50.40
2 Ad Hoc B (Paddie/Edens/Camp/Smith)			50.59
3 Florida AC B (Hansen/Johnston/Norton/Kalaid)			53.15
4 Ad Hoc L (Cozens/Pawlik/Stewart/Bennett)			62.83
M70 1 Florida AC (Fine/George/Quinn/Smith)			88.50

4x400 Relay			
W30 1 Ad Hoc (Black/Williams/Daley/Board)			4:27.37
2 Carolinas T&F Club (Brothers/Plemmons/Walker/Primus)			4:49.97
W40 1 Athena Track (Jasper/Rath/Grene/Hunter)			4:19.03
2 Brooks - Fleet Feet Racing C (Kehoe/Woo/Shook/Zakerski)			4:32.84
3 Florida AC (Rancatore/Davidson/Lowther/Pinto-Rogers)			5:26.27
4 So Cal Track - Fleet Feet (Lee/Long/Janneck/Stiles)			5:48.57
M30 1 Southwest Sprinters TC (Jones/Drummond/Echeandia/Grant)			3:24.09
2 Fibo TC (Sickerson/Murdock/VanCleeve/Yorges)			3:29.62
3 Ad Hoc D (Lindsay/Aurelien/Bynoe/Gatling)			3:33.02
4 Carolinas T&F Club B (Reutter/Reaves/Sarsony/Cover)			3:44.24
5 Team Ohio TC (Overby/Deas/Gosa/Russell)			3:47.74
M40 1 Ad Hoc E (DeSantis/Seach/DiMassa/Jennett)			3:49.35
2 So Cal Track - Fleet Feet (Nogueras/Whiteley/Parker/Ward)			3:51.65
3 Ad Hoc (Gardner/Galloway/Brower/Shuffelt)			3:57.62
M50 1 Houston Elite (Collins/Haywood/Grant/Allie)			3:49.02
2 Ad Hoc C (Tauf/Gillen/Blake/Schoffman)			3:58.33
3 Carolinas T&F Club (Fisher/Bender/Tillery/Waltermann)			4:15.67
4 Ad Hoc G (Hitchens/Spencer/Binion/Mitchell)			4:18.49
M60 1 Ad Hoc F (Stewart/Cozens/Liles/Rizzo)			4:20.61
2 Ad Hoc H (Daw/McDonald/Lada/Harris)			4:56.92
3 Florida AC B (Bonck/Johnston/Long/Norton)			5:08.14
4 Ad Hoc B (Cordero/Lawson/LeVasseur/Daly)			5:29.57
M70 1 Florida AC (Fine/George/Quinn/Smith)			7:04.13

4x800 Relay			
W40 1 Athena Track (Tubbs/Grene/Hayden/Jasper)			10:01.84
2 Ad Hoc B (Nesbit-Mabe/Bennett/O'Grady/Monroe-Porco)			11:02.65
3 Florida AC (Davidson/Rancatore/Pinto-Rogers/Lowther)			12:26.03
W50 1 Ad Hoc (Groesz/Kunz/Martin/Steinbach)			10:27.04
M30 1 Fibo TC (VanCleeve/Dittmar/Yorges/Newton)			8:22.95
2 Pine Creek Valley RC (Lanier/Lanier/Najarian/Thomasson)			8:23.30
3 Brooks - Fleet Feet Racing (Gottardi/Adkins/Busch/Snaer)			8:40.36
4 Carolinas T&F Club B (Couzar/Signon/Sarsony/Tillery)			10:07.42
M40 1 Phila Athletic Charities (Shields/Forde/Patton/Landis)			8:30.42
2 So Cal Track - Fleet Feet (Salazar/Pope/Parker/Clearly)			8:55.38
3 Twin City TC (Fager/Andersen/Shirley/Gibbs)			9:27.23
4 Brooks - Fleet Feet Racing C (Qualls/Condon/Hour/Kollars)			10:09.77
5 Ad Hoc D (Gardner/Disantis/Yunck/Brower)			10:23.92
6 Ad Hoc C (Norman/Fallen/Bailey/Black)			11:32.81
M50 1 Carolinas T&F Club (Casey/Grossman/Fields/Jackson)			9:31.75
2 Carolina Godiva TC (Smith/Miller/Rich/Astrachan)			10:12.46
M60 1 Carolina Godiva TC B (Daw/McDonald/Hamlyn/Harris)			11:28.05
2 Ad Hoc (LeVasseur/Daly/Borja/Cordero)			12:14.42
M70 1 Florida AC (Fine/George/Quinn/Smith)			16:10.99

High Jump			
W35 1 *Nakatake, Kimiko	35 UNA	1.55m	77.1%
2 Lowe, Terri	36 A23	0.75m	37.6%
W40 1 Porter, Patricia	43 UNA	1.60m	87.4%
2 Richardson, Regina	41 A28	1.35m	71.8%
3 Zakerski, Debbie	44 A23	1.10m	60.7%
4 Marks, Cynthia	41 A23	1.00m	53.1%
W45 1 Mendenhall, Martha	47 UNA	1.50m	85.7%
2 Shook, Kathleen	45 A23	1.25m	69.8%
3 Palmer, Liz	46 A23	1.20m	67.8%
4 McBride, Joann	48 A50	1.15m	66.8%
W50 1 Glynn, Kay	53 UNA	1.35m	83.8%
2 Gipson, Eleanor	54 UNA	1.35m	84.9%
3 Hanscom, Rita	52 UNA	1.30m	79.2%
4 Brachna, Elizabeth	50 UNA	1.05m	62.5%
W55 1 Raschker, Phil	59 A114	1.30m	87.8%
2 *von Maltzahn, Hill	57 UNA	1.25m	81.7%
3 Clark, Cassandra	58 UNA	1.05m	70.0%
W60 1 Douglass, Linda	61 UNA	1.25m	86.8%
2 Vander Cruyssen, Do	60 A74	1.13m	77.4%

3 Raham, Sharon	60 UNA	1.05m	71.9%
4 Stricklin, Carol	62 UNA	1.00m	70.4%
W65 1 Bergen, Kathy	66 A150	1.30m	97.7%
W70 1 Donley, Christel	71 UNA	1.13m	92.6%
2 Chou, Fei-Mei	71 A185	0.95m	77.8%
W75 1 Leek, Edythe	75 A23	0.75m	66.3%
M30 1 Hawksley, Matthew	31 UNA	1.75m	72.6%
2 Pettes, Alf	31 A149	1.70m	70.5%
3 Martin, William	31 UNA	1.60m	66.3%
M35 1 Bosma, Kevin	37 UNA	1.85m	81.1%
2 Gatt, Andrew	38 UNA	1.85m	81.8%
3 Ignacio, Albert	38 UNA	1.80m	79.6%
4 Kovacs, Istvan	39 UNA	1.75m	78.1%
5 Weston, Rod	37 UNA	1.65m	72.3%
6 Barr, James	38 A128	1.70m	75.2%
7 Johnson, Eric	38 UNA	1.65m	73.0%
M40 1 VanZandt, Thomas	44 A15	1.95m	91.5%
2 Willis, Joshua	41 UNA	1.90m	86.7%
3 Hawke, Karl	40 UNA	1.90m	85.5%
4 Coushay, Brian	42 A127	1.75m	80.6%
5 Stockard, Guy	41 UNA	1.70m	77.6%
M45 1 McBarrette, Bruce	48 UNA	1.90m	93.1%
2 Robinson, Theodore	47 UNA	1.75m	84.9%
3 Brower, Jeff	47 A181	1.70m	82.5%
4 Coats, Gregory	45 A116	1.70m	80.5%
5 Cooper, Keith	47 A157	1.60m	77.6%
6 Watson, Henry	47 UNA	1.60m	77.6%
7 Whiteley, Glen	45 A149	1.55m	73.4%
M50 1 Barmineau, James	51 A128	1.75m	88.3%
2 Murray, William	52 A17	1.70m	86.7%
3 Bohan, John	51 UNA	1.55m	78.2%
4 McNeill, George	52 A54	1.45m	73.9%
5 Washington, Hulan	54 A23	1.45m	75.9%
6 Watson, Richard	53 UNA	1.35m	69.5%
7 Stone, Kenneth	52 A155	1.30m	66.3%

M55 1 Rader, Charlie	58 A73	1.60m	87.4%
2 Crandall, Pat	55 UNA	1.50m	79.3%
3 Jordan, Henry	59 UNA	1.45m	80.1%
3 Rockwell, Robert	56 A28	1.45m	77.5%
5 Jacobson, Vance	58 A23	1.40m	76.5%
6 Black, Ivan	57 UNA	1.35m	72.9%
8 Dye, Johnnie	57 UNA	1.30m	70.2%
9 DeJesus, Michael	59 UNA	1.25m	69.0%
9 Walker, Michael	56 UNA	1.30m	69.5%
3 Jensen, Reinhard	57 UNA	1.45m	78.3%
M60 1 Montieth, David	60 UNA	1.55m	87.0%
2 Clifford, John	63 UNA	1.50m	87.2%
2 Rheams, Larry	64 UNA	1.50m	88.2%
4 Johnston, Joe	62 A54	1.40m	80.4%
5 Baker, Robert	61 UNA	1.40m	79.5%
6 Klehm, Richard	62 UNA	1.40m	80.4%
7 Frable, Norman	60 UNA	1.40m	78.6%
8 Ewing, Johnston	62 UNA	1.35m	77.5%
9 Cooper, Tony	60 UNA	1.30m	73.0%
0 Chapman, Mark	63 UNA	1.25m	72.6%
0 Long, Lloyd	60 A54	1.25m	70.2%
2 Harbulak, John	60 UNA	1.20m	67.4%
M65 1 Pawlik, Emil	67 UNA	1.50m	92.0%
2 Burns, John	65 UNA	1.45m	86.3%
3 Paddie, James	67 UNA	1.40m	85.8%
4 Bergen, Bert	68 A73	1.35m	83.8%
5 Isett, Don	67 A45	1.30m	79.7%
6 Lancaster, Walt	66 UNA	1.30m	79.3%
7 Southerlan, Robert	68 UNA	1.25m	77.6%
8 Mills, Bruce	67 A98	1.25m	76.6%
M70 1 Langenfeld, Tom	71 UNA	1.45m	83.5%
2 Ware, James	71 UNA	1.35m	87.1%
3 Blair, Glenn	71 UNA	1.30m	83.8%
4 Yoder, Glenn	72 UNA	1.20m	78.4%
5 French, Ernest	71 UNA	1.15m	74.1%
M75 1 Stookey, James	76 A128	1.25m	86.8%
2 Husic, Robert	75 A72	1.10m	75.3%
M80 1 Smith, Denver	80 UNA	1.15m	85.1%
2 Voegel, Robert	80 A54	1.05m	66.6%
M85 1 Maxwell, Ralph	86 UNA	1.05m	86.0%
M90 1 McPhie, Leland	92 UNA	1.05m	101.9%

M65 1 Pawlik, Emil	67 UNA	1.45m	86.3%
3 Paddie, James	67 UNA	1.40m	85.8%
4 Bergen, Bert	68 A73	1.35m	83.8%
5 Isett, Don	67 A45	1.30m	79.7%
6 Lancaster, Walt	66 UNA	1.30m	79.3%
7 Southerlan, Robert	68 UNA	1.25m	77.6%
8 Mills, Bruce	67 A98	1.25m	76.6%
M70 1 Langenfeld, Tom	71 UNA	1.45m	83.5%
2 Ware, James	71 UNA	1.35m	87.1%
3 Blair, Glenn	71 UNA	1	

2 Graves, Ray	72 UNA	3.46m	67.8%
3 French, Ernest	71 UNA	2.84m	54.7%
M75 1 Stookey, James	76 A128	4.17m	88.1%
2 Kovacs SR, Istvan	78 UNA	3.29m	72.3%
M80 1 Larsen, Melvin	82 UNA	3.35m	80.9%
2 Patsalis, Tom	84 A149	2.80m	71.6%
3 Voegel, Robert	80 A54	2.10m	48.1%
M85 1 Maxwell, Ralph	86 UNA	3.13m	86.2%
2 Anoka, John	86 A54	2.70m	74.3%
M90 1 McPhie, Leland	92 UNA	2.23m	87.8%

<b>Triple Jump</b>			
W30 1 Touya, Kimberly	30 A19	9.53m	62.3%
2 Rawlinson, Kisha	32 A28	9.26m	61.9%
W35 1 Lawrence, Donna	38 UNA	9.76m	69.8%
2 Nakatake, Kimiko	35 UNA	9.54m	65.9%
W40 1 Richardson, Regina	41 A28	11.36m	84.3%
2 Carty, Linda	40 A116	9.82m	71.9%
3 Zakerski, Debbie	44 A23	8.40m	64.7%
4 Rander, Lisa Marie	41 A181	7.70m	57.1%
5 Woo, Mary	44 A23	6.85m	52.7%

W45 1 Amarasekara, Veroni	45 A149	10.34m	80.7%
2 Palmer, Liz	46 A23	8.30m	65.6%
3 Long, Christine	47 A149	5.40m	43.2%
W50 1 Thompson, Irene	52 A40	8.99m	77.1%
2 Lowery, Linda	54 A14	8.94m	78.9%
W55 1 Raschker, Phil	59 A114	9.00m	85.7%
2 Trotto, Mary	59 A19	5.35m	50.9%
3 Nesbital-Cordero, S	59 A19	4.21m	38.8%
W60 1 Carter, Ann	64 UNA	6.56m	67.7%
2 Raham, Sharon	60 UNA	6.24m	60.3%
3 Stricklin, Carol	62 UNA	5.80m	57.9%
W65 1 VanEuwelen, Jane	64 A103	5.26m	55.3%
W70 1 Lary, Audrey	72 A128	7.57m	90.6%
2 Chou, Fei-Mei	71 A185	4.95m	58.1%
W75 1 Krug, Gloria	75 A23	4.43m	55.2%
2 Leek, Edythe	33 A84	14.71m	81.0%

M30 1 Axt, Mark	32 A25	13.99m	76.8%
2 Coleman, Chris	31 UNA	13.88m	76.1%
3 Ayung, Okinyi	31 A149	13.29m	72.8%
4 Robinson, Oscar	30 A28	13.24m	72.3%
5 Simms, Randolph	37 UNA	12.68m	71.8%
M35 1 Weston, Rod	39 A149	11.76m	68.1%
2 Watson, Johnny	38 UNA	11.35m	65.0%
3 Johnson, Eric	42 A127	13.04m	78.2%
M40 1 Coushay, Brian	41 UNA	12.71m	75.3%
2 Willis, Joshua	45 UNA	14.12m	87.9%
M45 1 McAdgen, David	46 UNA	13.59m	85.6%
2 Bailey, Anthony	47 A128	12.02m	76.7%
3 Battle, Marcus	45 A116	11.07m	68.9%
4 Coats, Gregory	45 UNA	10.62m	66.1%
5 Jennett, Terry	47 UNA	9.98m	63.7%
6 Scott, Bernard	48 A149	9.12m	58.9%
7 Davidson, Jeffery	46 A55	9.09m	57.3%
8 Sterling, Gail	50 A149	12.64m	83.9%

M50 1 Quick, David	50 A127	12.24m	81.2%
2 Larza, Mike	51 A28	10.59m	71.2%
3 Fisher, Wayne	52 A54	10.37m	70.7%
4 McNeill, George	50 A26	9.64m	64.0%
5 Astrachan, Owen	54 A23	7.53m	52.8%
6 Sturgeon, Randall	55 UNA	11.22m	79.8%
M55 1 Terrell, Bobby	55 A28	10.75m	77.5%
2 Rockwell, Robert	56 UNA	10.42m	74.1%
3 Wilson, Thaddeus	57 UNA	9.91m	72.5%
4 Black, Ivan	58 A128	9.65m	71.7%
5 Crockett, Roger	58 UNA	9.65m	71.7%
6 Manor, James	58 A23	9.38m	69.7%
7 Jacobson, Vance	64 UNA	10.25m	83.6%
M60 1 Rheams, Larry	63 UNA	9.49m	76.2%
2 Angus, William	64 UNA	9.43m	76.9%
3 Kozusko, Ray	63 UNA	9.40m	75.5%
4 Galazin, John	61 UNA	9.08m	70.6%
5 Milove, Michael	60 UNA	8.43m	64.6%
6 White, Wayne	63 UNA	7.34m	58.9%
7 Snook, James	67 UNA	9.24m	79.3%
M65 1 Carter, Nathaniel	67 A116	8.86m	76.0%
2 Coats, Grover	67 UNA	8.21m	70.4%
3 La Barge, Peter	65 UNA	7.16m	59.4%
4 Valle, Michael	71 UNA	9.36m	86.2%
M70 1 Richard, Charles	71 UNA	9.22m	73.0%
2 Langenfeld, Tom	71 UNA	8.64m	62.1%
3 Blair, Glenn	78 UNA	8.65m	89.9%
M75 1 Stookey, James	76 A128	7.8m	75.4%
2 Kovacs SR, Istvan	78 UNA	7.13m	75.4%
M80 1 Smith, Denver	80 UNA	7.38m	81.5%
2 Patsalis, Tom	84 A149	4.67m	80.8%
3 Voegel, Robert	80 A54	4.89m	53.9%
M85 1 Maxwell, Ralph	86 UNA	5.96m	76.8%
M90 1 McPhie, Leland	92 UNA	4.64m	80.5%

M65 1 Carter, Nathaniel	67 UNA	9.24m	79.3%
2 Coats, Grover	67 A116	8.86m	76.0%
3 La Barge, Peter	65 UNA	7.16m	59.4%
4 Valle, Michael	71 UNA	9.36m	86.2%
M70 1 Richard, Charles	71 UNA	9.22m	73.0%
2 Langenfeld, Tom	71 UNA	8.64m	62.1%
3 Blair, Glenn	78 UNA	8.65m	89.9%
M75 1 Stookey, James	76 A128	7.8m	75.4%
2 Kovacs SR, Istvan	78 UNA	7.13m	75.4%
M80 1 Smith, Denver	80 UNA	7.38m	81.5%
2 Patsalis, Tom	84 A149	4.67m	80.8%
3 Voegel, Robert	80 A54	4.89m	53.9%
M85 1 Maxwell, Ralph	86 UNA	5.96m	76.8%
M90 1 McPhie, Leland	92 UNA	4.64m	80.5%

M60 1 Rheams, Larry	64 UNA	10.25m	83.6%
2 Angus, William	63 UNA	9.49m	76.2%
3 Kozusko, Ray	64 UNA	9.43m	76.9%
4 Galazin, John	63 UNA	9.40m	75.5%
5 Milove, Michael	61 UNA	9.08m	70.6%
6 White, Wayne	60 UNA	8.43m	64.6%
7 Snook, James	63 UNA	7.34m	58.9%
M65 1 Carter, Nathaniel	67 UNA	9.24m	79.3%
2 Coats, Grover	67 A116	8.86m	76.0%
3 La Barge, Peter	65 UNA	7.16m	59.4%
4 Valle, Michael	71 UNA	9.36m	86.2%
M70 1 Richard, Charles	71 UNA	9.22m	73.0%
2 Langenfeld, Tom	71 UNA	8.64m	62.1%
3 Blair, Glenn	78 UNA	8.65m	89.9%
M75 1 Stookey, James	76 A128	7.8m	75.4%
2 Kovacs SR, Istvan	78 UNA	7.13m	75.4%
M80 1 Smith, Denver	80 UNA	7.38m	81.5%
2 Patsalis, Tom	84 A149	4.67m	80.8%
3 Voegel, Robert	80 A54	4.89m	53.9%
M85 1 Maxwell, Ralph	86 UNA	5.96m	76.8%
M90 1 McPhie, Leland	92 UNA	4.64m	80.5%

M60 1 Rheams, Larry	64 UNA	10.25m	83.6%
2 Angus, William	63 UNA	9.49m	76.2%
3 Kozusko, Ray	64 UNA	9.43m	76.9%
4 Galazin, John	63 UNA	9.40m	75.5%
5 Milove, Michael	61 UNA	9.08m	70.6%
6 White, Wayne	60 UNA	8.43m	64.6%
7 Snook, James	63 UNA	7.34m	58.9%
M65 1 Carter, Nathaniel	67 UNA	9.24m	79.3%
2 Coats, Grover	67 A116	8.86m	76.0%
3 La Barge, Peter	65 UNA	7.16m	59.4%
4 Valle, Michael	71 UNA	9.36m	86.2%
M70 1 Richard, Charles	71 UNA	9.22m	73.0%
2 Langenfeld, Tom	71 UNA	8.64m	62.1%
3 Blair, Glenn	78 UNA	8.65m	89.9%
M75 1 Stookey, James	76 A128	7.8m	75.4%
2 Kovacs SR, Istvan	78 UNA	7.13m	75.4%
M80 1 Smith, Denver	80 UNA	7.38m	81.5%
2 Patsalis, Tom	84 A149	4.67m	80.8%
3 Voegel, Robert	80 A54	4.89m	53.9%
M85 1 Maxwell, Ralph	86 UNA	5.96m	76.8%
M90 1 McPhie, Leland	92 UNA	4.64m	80.5%

M60 1 Rheams, Larry	64 UNA	10.25m	83.6%
2 Angus, William	63 UNA	9.49m	76.2%
3 Kozusko, Ray	64 UNA	9.43m	76.9%
4 Galazin, John	63 UNA	9.40m	75.5%
5 Milove, Michael	61 UNA	9.08m	70.6%
6 White, Wayne	60 UNA	8.43m	64.6%
7 Snook, James	63 UNA	7.34m	58.9%
M65 1 Carter, Nathaniel	67 UNA	9.24m	79.3%
2 Coats, Grover	67 A116	8.86m	76.0%
3 La Barge, Peter	65 UNA	7.16m	59.4%
4 Valle, Michael	71 UNA	9.36m	86.2%
M70 1 Richard, Charles	71 UNA	9.22m	73.0%
2 Langenfeld, Tom	71 UNA	8.64m	62.1%
3 Blair, Glenn	78 UNA	8.65m	89.9%
M75 1 Stookey, James	76 A128	7.8m	75.4%
2 Kovacs SR, Istvan	78 UNA	7.13m	75.4%
M80 1 Smith, Denver	80 UNA	7.38m	81.5%
2 Patsalis, Tom	84 A149	4.67m	80.8%
3 Voegel, Robert	80 A54	4.89m	53.9%
M85 1 Maxwell, Ralph	86 UNA	5.96m	76.8%
M90 1 McPhie, Leland	92 UNA	4.64m	80.5%

M60 1 Rheams, Larry	64 UNA	10.25m	83.6%
2 Angus, William	63 UNA	9.49m	76.2%
3 Kozusko, Ray	64 UNA	9.43m	76.9%
4 Galazin, John	63 UNA	9.40m	75.5%
5 Milove, Michael	61 UNA	9.08m	70.6%
6 White, Wayne	60 UNA	8.43m	64.6%
7 Snook, James	63 UNA	7.34m	58.9%
M65 1 Carter, Nathaniel	67 UNA	9.24m	79.3%
2 Coats, Grover	67 A116	8.86m	76.0%
3 La Barge, Peter	65 UNA	7.16m	59.4%
4 Valle, Michael	71 UNA	9.36m	86.2%
M70 1 Richard, Charles	71 UNA	9.22m	73.0%
2 Langenfeld, Tom	71 UNA	8.64m	62.1%
3 Blair, Glenn	78 UNA	8.65m	89.9%
M75 1 Stookey, James	76 A128	7.8m	75.4%
2 Kovacs SR, Istvan	78 UNA	7.13m	75.4%
M80 1 Smith, Denver	80 UNA	7.38m	81.5%
2 Patsalis, Tom	84 A149	4.67m	80.8%
3 Voegel, Robert	80 A54	4.89m	53.9%
M85 1 Maxwell, Ralph	86 UNA	5.96m	76.8%
M90 1 McPhie, Leland	92 UNA	4.64m	80.5%

M60 1 Rheams, Larry	64 UNA	10.25m	83.6%
2 Angus, William	63 UNA	9.49m	76.2%
3 Kozusko, Ray	64 UNA	9.43m	76.9%
4 Galazin, John	63 UNA	9.40m	75.5%
5 Milove, Michael	61 UNA	9.08m	70.6%
6 White, Wayne	60 UNA	8.43m	64.6%
7 Snook, James	63 UNA	7.34m	58.9%
M65 1 Carter, Nathaniel	67 UNA	9.24m	79.3%
2 Coats, Grover	67 A116	8.86m	76.0%
3 La Barge, Peter	65 UNA	7.16m	59.4%
4 Valle, Michael	71 UNA	9.36m	86.2%
M70 1 Richard, Charles	71 UNA	9.22m	73.0%
2 Langenfeld, Tom	71 UNA	8.64m	62.1%
3 Blair, Glenn	78 UNA	8.65m	89.9%
M75 1 Stookey, James	76 A128	7.8m	75.4%
2 Kovacs SR, Istvan	78 UNA	7.13m	75.4%
M80 1 Smith, Denver	80 UNA	7.38m	81.5%
2 Patsalis, Tom	84 A149	4.67m	80.8%
3 Voegel, Robert	80 A54	4.89m	53.9%
M85 1 Maxwell, Ralph	86 UNA	5.96m	76.8%
M90 1 McPhie, Leland	92 UNA	4.64m	80.5%

M60 1 Rheams, Larry	64 UNA	10.25m	83.6%
2 Angus, William	63 UNA	9.49m	76.2%
3 Kozusko, Ray	64 UNA	9.43m	76.9%
4 Galazin, John	63 UNA	9.40m	75.5%
5 Milove, Michael	61 UNA	9.08m	70.6%
6 White, Wayne	60 UNA	8.43m	64.6%
7 Snook, James	63 UNA	7.34m	58.9%
M65 1 Carter, Nathaniel	67 UNA	9.24m	79.3%
2 Coats, Grover	67 A116	8.86m	76.0%
3 La Barge, Peter	65 UNA	7.16m	59.4%
4 Valle, Michael	71 UNA	9.36m	86.2%
M70 1 Richard, Charles	71 UNA	9.22m	73.0%
2 Langenfeld, Tom	71 UNA	8.64m	62.1%
3 Blair, Glenn	78 UNA	8.65m	89.9%
M75 1 Stookey, James	76 A128	7.8m	75.4%
2 Kovacs SR, Istvan	78 UNA	7.13m	75.4%
M80 1 Smith, Denver	80 UNA	7.38m	81.5%
2 Patsalis, Tom	84 A149	4.67m	80.8%
3 Voegel, Robert	80 A54	4.89m	53.9%
M85 1 Maxwell, Ralph	86 UNA	5.96m	76.8%
M90 1 McPhie, Leland	92 UNA	4.64m	80.5%

2 Young, Carol	66 UNA	7.64m	64.8%
W70 1 Donley, Christel	71 UNA	8.09m	77.9%
2 Roman, Mary	70 A93	7.66m	71.8%
3 Cirulnick, Anna	71 UNA	6.87m	66.1%
4 Crooks, Marcia	72 UNA	6.21m	61.4%
W75 1 Krug, Gloria	75 A124	7.22m	78.0%
2 Holland, Bernice	79 A35	5.96m	73.4%
3 Snaden, Lillian	77 A27	5.26m	60.6%
4 Leek, Edythe	75 A23	4.66m	50.3%
W90 1 Jarvis, Betty	91 UNA	3.71m	78.4%
M30 1 Welch, Sekenia	30 UNA	12.15m	52.5%
2 DeMarte, Michael	34 A28	11.69m	50.5%
3 Nelson, Etrouy	32 UNA	8.84m	38.2%
M35 1 Barr, James	38 A128	12.87m	56.5%
2 Curry, Mike	39 UNA	12.59m	55.6%
3 Tulloch, Robert	35 UNA	11.93m	51.6%
4 Wilkerson, John	38 UNA	11.52m	50.6%
5 Reaves, John	38 A28	9.27m	40.7%

M40 1 Thompson, Glenn	43 A86	16.26m	75.7%
2 Shields, Walter	44 UNA	13.87m	65.6%
3 Shannon, Tim	43 UNA	13.47m	62.7%
4 Edwards, Timothy	42 UNA	12.95m	59.3%
5 Bennett, Michael	40 A177	11.81m	52.4%
6 Bickel, David	40 UNA	11.14m	49.4%
7 Seidner, Adam	44 UNA	10.89m	51.5%
8 Hammock, Gary	42 UNA	7.84m	35.9%
M45 1 Taylor, Warren	47 A86	14.21m	71.3%
2 Ossmann, Paul	49 UNA	14.07m	73.6%
3 Carr, Robert	48 UNA	13.83m	70.8%
4 Anderson, Rick	47 UNA	13.19m	66.1%
5 Jansson, Ken	48 UNA	12.26m	62.8%
6 Gubenski, Matthew	45 UNA	11.09m	53.3%
7 Sterling, Gail	46 A55	8.31m	40.8%
M50 1 Nespoll, John	51 UNA	15.94m	80.6%
2 Summers, Ronald	53 UNA	15.89m	83.8%
3 McKeen, Jay	51 A146	15.08m	76.3%
4 Christensen, Todd	50 UNA	14.	

W75 1 Krug, Gloria	75 A124	18.22m	64.2%
2 Holland, Bernice	79 A35	17.00m	68.6%
3 Leek, Edythe	75 A23	10.12m	35.7%
4 Snaden, Lillian	77 A27	8.92m	33.5%
W90 1 Jarvis, Betty	91 UNA	7.78m	55.6%
M30 1 Farren, Travis	32 UNA	39.18m	40.4%
2 Reutter, Jason	33 A28	30.99m	32.2%
M35 1 Luciano, Robert	38 UNA	54.46m	60.4%
2 Barr, James	38 A128	48.77m	54.1%
3 Manley, Barton	35 UNA	42.10m	44.6%
4 Curry, Mike	39 UNA	33.94m	38.2%
M40 1 Hall, Kenneth	40 A178	58.25m	66.7%
2 Hannay, Scott	42 A168	56.69m	67.1%
3 Parkinson, Richard	42 UNA	52.76m	62.4%
4 Hill, Reggie	42 UNA	52.16m	61.7%
5 Williams, Kristophe	40 UNA	48.38m	55.4%
6 Gonzales, Jeffrey	41 UNA	45.02m	52.4%
7 Blondin, Jeffrey	42 A28	44.20m	52.3%
8 Koolsbergen, Jonas	41 UNA	38.92m	45.3%
9 Hammock, Gary	42 UNA	26.59m	31.4%
M45 1 Rodriguez, Zane	46 UNA	53.27m	67.7%
2 Morris, Dennis	49 UNA	50.50m	67.6%
3 Draine, James	45 UNA	48.71m	60.7%
4 Janusey, Michael	48 UNA	47.78m	62.9%
5 Russ, Jim	49 UNA	43.59m	58.5%
6 Jahl, Michael	47 UNA	41.35m	54.4%
7 Roberts, Franklin	48 UNA	41.10m	53.1%
M50 1 Brown, Michael	52 A54	59.15m	79.7%
2 Womack, Kent	50 UNA	53.60m	71.6%
3 Mushinski, Raymond	54 A28	51.03m	69.4%
4 Finkbeiner, Michae	52 UNA	47.60m	64.1%
5 Gudzwosky, Terry	52 UNA	44.26m	59.6%
6 Tallini, Denis	53 UNA	42.55m	58.4%
7 Watson, Richard	53 UNA	40.77m	55.9%
8 Tipping, Mike	53 A149	38.96m	53.4%
9 Henry, Frank	52 UNA	38.25m	51.5%
0 Brachna, Dennis	52 UNA	32.32m	43.5%
M55 1 Kouvoilo, Robert	56 A28	51.46m	74.9%
2 Gagne, Buzz	59 UNA	51.44m	79.7%
3 Richardson, Dick	57 UNA	43.90m	65.2%
4 Chandler, Dennis	58 UNA	38.02m	57.7%
5 Rook, Ronald	57 UNA	35.87m	53.3%
6 Pearman, Alvin	59 UNA	31.63m	49.4%
7 Castner, Jack	58 UNA	29.30m	44.0%
8 Wattermann, Stefan	56 A28	28.35m	41.2%
M60 1 Menkin, Martin	60 A54	49.39m	74.2%
2 Schneider, John	61 UNA	43.60m	66.9%
3 Rice, Robert	60 UNA	39.00m	58.6%
4 McGuffin, Paul	64 UNA	36.18m	59.2%
5 Harbulak, John	60 UNA	35.20m	52.9%
6 Chapman, Mark	63 UNA	34.27m	54.8%
7 MacDonald, Charles	64 A26	25.09m	41.0%
M65 1 Stenlund, Gary	65 UNA	54.24m	70.8%
2 Burns, John	65 UNA	44.77m	94.9%
3 La Barge, Peter	67 UNA	42.52m	74.6%
4 Harasti, Thomas	65 A54	38.17m	63.9%
5 Lang, John	66 A86	37.78m	64.7%
6 Lancaster, Walt	66 UNA	35.36m	60.6%
7 Domahidy, Steve	66 UNA	33.83m	57.9%
8 Turner, James	67 UNA	31.33m	54.9%
9 Nelson, Edward	66 A54	23.88m	40.4%
M70 1 Quist, Buster	70 A8	40.60m	71.9%
2 Paszko, Ezrat	71 UNA	40.12m	73.0%
3 Youngs, Robert	72 UNA	39.56m	74.0%
4 Richard, Charles	71 UNA	36.90m	67.1%
5 Ward, Bob	73 A45	33.25m	63.9%
6 Humphreys, Robert	70 UNA	31.98m	56.7%
7 Jankovich, William	72 UNA	31.56m	59.0%
8 French, Ernest	71 UNA	24.60m	44.7%
M75 1 Horine, Larry	75 UNA	35.60m	72.6%
2 Ezerins, Karis	79 UNA	27.13m	62.9%
3 Gaynor, Arnie	78 A150	26.97m	60.5%
4 Pope, Bruce	75 UNA	26.52m	54.1%
5 Kwitt, Sidney	78 UNA	26.10m	58.5%
6 Wojcik, Gerald	76 A115	25.33m	53.3%
7 Daprano, William	79 A14	24.81m	57.5%
8 Kovacs SR, Istvan	78 UNA	23.84m	53.5%
M80 1 Smith, Denver	80 UNA	27.27m	57.0%
2 Mulken, Richard	81 A54	22.47m	49.1%
3 Snaden, John	80 A27	14.42m	30.1%
4 Voegel, Robert	80 A54	13.79m	28.8%
5 Stein, Jacob	82 UNA	10.70m	24.4%
M85 1 Goldy, Champion	89 A124	16.70m	56.5%
M90 1 McPhie, Leland	92 UNA	14.01m	59.7%
M95 1 Lane, Trent	96 A87	18.12m	118.2%

<b>Outdoor Pentathlon</b>			
W35 1 Lowe, Terri	36 A23	363	
W40 1 Richardson, Regina	41 A28	2625	
2 Zakerski, Debbie	44 A23	2568	
3 Ware, Caren	44 A149	1964	
4 Marks, Cynthia	41 A23	1302	
W45 1 Palmer, Liz	46 A23	2998	
2 Petkus, Joanne	47 UNA	1826	
3 McBride, Joann	48 A50	1691	
W50 1 Thompson, Irene	52 A40	3272	
2 Simpson, Claudia	53 UNA	2049	
3 Blackmore, Karen	52 UNA	1559	
W55 1 Trotto, Mary	59 A19	1337	
W60 1 Carter, Ann	64 UNA	2067	
M30 1 King, David	32 UNA	2838	
2 Ayungo, Okinyi	31 UNA	2808	
M35 1 Young, Les	36 UNA	3111	
2 Anger, Shawn	36 UNA	2776	
3 Sarony, Chris	39 A26	2130	
M40 1 Crawford, Todd	42 UNA	2951	
2 Nogueiras, Anthony	41 A149	2887	
3 Lawson IV, Robert	42 UNA	2862	
4 Harris, Robert	41 A95	2291	
5 Gonzales, Jeffrey	41 UNA	2225	
6 Scott, Mark	42 UNA	1709	
M45 1 Ellis, Ken	48 A94	3205	
2 Makozy, Frank	46 A187	2546	
3 Hampton, David	45 UNA	2424	
4 Wells, Jameson	49 A28	2327	
M50 1 Effler, Kenneth	54 A146	2634	
2 Watson, Richard	53 UNA	1997	
3 Sturgeon, Randall	54 A23	1980	
4 Tipping, Mike	53 A149	1622	
5 Duncanson, Rob	51 A81	1138	
M55 1 Watson, Douglas	56 UNA	3132	
2 Green, Bob	57 UNA	2758	
3 Jermacans, Viddy	57 UNA	2714	
4 Waltermann, Stefan	56 A28	2510	
5 Schuster, Neal	58 UNA	1843	
6 Rucker, John	58 UNA	1497	
7 Gerson, Jeffery	59 A116	1126	
M60 1 Baker, Robert	61 UNA	3433	
2 Liles, Joel	61 UNA	2854	
3 Cawley, James	63 A181	2728	
4 Lary, Joe	60 UNA	2450	
5 Harbulak, John	60 UNA	2282	
6 Futch, Charles	64 A67	2183	
M65 1 Pawlik, Emil	67 UNA	3762	
2 Lancaster, Walt	66 UNA	2999	
M70 1 Jankovich, William	72 UNA	3106	
2 Leggett, James	71 UNA	3088	
M75 1 Daprano, William	79 A14	1925	
M80 1 Carter, Bill	83 UNA	2592	
2 Voegel, Robert	80 A54	2166	
M85 1 Bulkeley, Dan	89 A153	2079	
<b>5000m Walk</b>			
W35 1 Plemmons, Carmen	39 A28	41:46.21	48.8%
W40 1 Slentz, Dorothy	43 A26	30:49.19	68.2%
2 Armstrong, Ginger	43 A44	32:17.43	65.1%
3 Garson, Rebecca	42 UNA	33:00.87	63.2%
W45 1 Heinlein, Lynette	49 A121	31:11.28	69.1%
2 Mutz, Grace	46 UNA	31:11.28	69.1%
3 Cope, Donna	49 UNA	33:00.15	67.0%
4 Fincher, Katherine	47 UNA	36:18.82	59.8%
W50 1 Topham, Debbie	53 A121	30:06.00	76.2%
2 Tracy, Lynn	54 A120	30:08.05	76.9%
3 Myers, Judy	50 A120	31:15.05	71.4%
W55 1 Mayfield, Cathy	55 A78	31:51.72	73.4%
2 Baglin, Mary	59 A118	32:42.96	74.6%
3 Graham, Donna	56 A24	32:47.29	72.1%
4 McGuire, Doris	57 UNA	34:34.09	69.1%
5 McCann, Margaret	57 A26	40:26.90	59.1%
W60 1 Baiser, Kathleen	63 UNA	31:42.28	80.8%
2 Steigerwalt, Jolene	62 A144	32:10.30	78.6%
3 Frable, Kathleen	60 UNA	32:46.84	75.3%
4 Backlund, Darlene	60 A133	34:15.05	72.1%
5 Hults, Sandra	64 UNA	34:56.67	74.2%
W65 1 Christensen, Joan	66 UNA	32:51.47	81.0%
2 Dicker, Lois	66 A128	33:42.27	79.0%
3 Cassels, Doris	66 A92	33:45.68	78.8%
4 Gilman, Rebecca	65 UNA	35:38.95	73.7%
W70 1 Dockstader, Shirley	73 A92	34:06.18	86.5%
W75 1 Marrs, Katherine	77 A120	36:31.71	86.5%

W80 1 Gordon, Miriam	81 A54	39:19.91	86.8%
M40 1 Soucheck, John	40 A146	25:49.83	73.2%
M45 1 Whalley, Ian	47 A179	25:24.13	78.7%
2 Medina, Alberto	46 UNA	26:54.04	73.7%
3 Aunan, Tommy	47 UNA	27:01.97	73.9%
M50 1 Reed, Bill	53 A121	28:27.75	73.9%
2 Hackney, Tony	50 UNA	29:57.58	68.4%
3 Kale, Barton	50 UNA	33:03.89	62.0%
M55 1 Wiggins, Michael	57 UNA	26:41.38	81.6%
2 Walker, Max	59 A78	27:54.41	79.6%
3 McGuire, Richard	58 UNA	28:36.21	76.9%
4 De Witt, Mike	55 A120	29:13.73	73.2%
5 Chraminski, Stanley	58 A117	29:43.26	74.0%
M60 1 Frable, Norman	60 UNA	29:09.97	76.9%
2 Carmines, James	63 UNA	29:52.57	77.4%
3 Knight, Don	60 UNA	30:11.30	74.3%
4 Seymour, Larry	64 UNA	33:08.29	70.5%
5 Dubov, Joel	63 A124	33:52.42	68.2%
6 Hartman, Thomas	63 A146	35:56.00	64.3%
M65 1 Johnson, Paul	68 A54	29:39.22	82.4%
2 Backlund, John	66 A133	31:33.18	75.7%
3 Sanders, Marshall	65 A62	32:36.80	72.4%
4 Finch, Bernie	66 UNA	36:26.09	65.5%
M70 1 Bray, Jack	73 A92	29:58.15	86.8%
2 Dubois, Alfred	74 UNA	33:09.49	79.5%
3 Lane, Ed	70 A92	34:15.62	73.1%
4 Williams, Charles	74 A14	34:34.91	76.2%
M75 1 Starr, John	78 UNA	33:35.38	83.0%
2 Fine, Robert	75 A54	34:10.29	78.2%
3 Hargis, Jerard	77 UNA	37:54.42	72.5%
<b>10,000m Walk</b>			
W35 1 Plemmons, Carmen	39 A28	1:17:09.00	54.7%
W40 1 Slentz, Dorothy	43 A26	1:01:55.00	70.3%
2 Armstrong, Ginger	43 A44	1:06:21.00	65.6%
3 Garson, Rebecca	42 UNA	1:09:25.00	62.2%
W45 1 Heinlein, Lynette	49 A121	1:03:55.00	71.8%
2 Cope, Donna	49 UNA	1:11:34.00	64.2%
W50 1 Sweazey, Nanci	51 UNA	1:00:03.00	78.0%
2 Topham, Debbie	53 A121	1:02:56.00	75.9%
3 Tracy, Lynn	54 A120	1:03:50.00	75.7%
4 Myers, Judy	50 A120	1:05:13.00	71.1%
W55 1 Geer, Panseluta	59 A146	1:05:31.00	78.0%
2 Mayfield, Cathy	55 A78	1:06:39.00	73.2%
3 Baglin, Mary	59 A118	1:07:33.00	75.7%
4 Graham, Donna	56 A24	1:07:58.00	72.6%
5 McGuire, Doris	57 UNA	1:11:03.00	70.3%
W60 1 Steigerwalt, Jolene	62 A144	1:04:09.00	82.8%
1 Lawrence, Diane	64 A27	1:13:50.00	73.9%
2 Baiser, Kathleen	63 UNA	1:05:22.00	82.3%
3 Backlund, Darlene	60 A133	1:11:04.00	72.8%
4 Frable, Kathleen	60 UNA	1:12:12.00	71.7%
5 Hults, Sandra	64 UNA	1:14:44.00	73.0%
6 Higbie, Janet	64 A78	1:14:47.00	72.9%
W65 1 Christensen, Joan	66 UNA	1:10:30.00	79.6%
2 Cassels, Doris	66 A92	1:11:09.00	78.9%
3 Dicker, Lois	66 A128	1:11:36.00	78.4%
4 Gilman, Rebecca	65 UNA	1:13:54.00	74.8%
W70 1 Dockstader, Shirley	73 A92	1:11:25.00	87.8%
W75 1 Marrs, Katherine	77 A120	1:17:33.00	87.1%
W80 1 Gordon, Miriam	81 A54	1:23:39.00	87.8%
M40 1 Soucheck, John	40 A146	51:42.00	75.2%
M45 1 Whalley, Ian	47 A179	51:20.00	79.8%
2 Medina, Alberto	46 UNA	57:17.00	71.2%
3 Aunan, Tommy	47 UNA	57:18.00	71.7%
M50 1 Reed, Bill	53 A121	1:01:00.00	70.8%
2 Hackney, Tony	50 UNA	1:02:11.00	67.8%
M55 1 Wiggins, Michael	57 UNA	54:55.00	81.5%
2 Walker, Max	59 A78	58:12.00	78.3%
3 McGuire, Richard	58 UNA	59:22.00	76.1%
4 De Witt, Mike	55 A120	1:00:19.00	72.9%
5 Chraminski, Stanley	58 A117	1:00:48.00	74.3%
M60 1 Frable, Norman	60 UNA	1:00:36.00	76.0%
2 Carmines, James	63 UNA	1:03:16.00	75.0%
3 Knight, Don	60 UNA	1:04:32.00	71.3%
M65 1 Johnson, Paul	68 A54	1:02:28.00	80.4%
2 Backlund, John	66 A133	1:06:08.00	74.2%
3 Sanders, Marshall	65 A62	1:07:48.00	71.5%
4 Finch, Bernie	66 UNA	1:16:19.00	64.3%
M70 1 Bray, Jack	73 A92	1:04:22.00	83.1%
2 Dubois, Alfred	74 UNA	1:09:23.00	78.1%
3 Lane, Ed	70 A92	1:11:05.00	72.4%
4 Williams, Charles	74 A14	1:13:54.00	73.4%
M75 1 Starr, John	78 UNA	1:09:44.00	82.4%
2 Fine, Robert	75 A54	1:17:03.00	71.4%

3 Hargis, Jerard	77 UNA	1:20:16.00	70.5%
4 Shuter, Jack	76 A24	1:23:06.00	67.1%
<b>Combined Team Scores</b>			
<b>Place/Team</b>			<b>Club/Points</b>
1	Brooks - Fleet Feet Racing		637
2	Florida Athletic Club		393
3	So Cal Track - Fleet Feet		332
4	Carolinas Track & Field Club		327
5	Potomac Valley Track Club		188
6	Atlanta Track Club		174
7	Philadelphia Masters		142
8	Houston Elite		121
9	Carolina Godiva Track Club		88
10	Shore Athletic Club of New Jer		86
11	San Diego Track Club		84
12	Midwest Master		82
13	Mass Velocity Track Club		80
14	Fibo Track Club		75
15	So. Calif. Striders T.C.		68
16	Bohemia Track Club		67
17	Southwest Sprinters Track Club		64
18	Over The Hill TC		64
19	Waterloo Track & Field Club		55
20	Opti Msm World Elite Track Clu		54
21	Oregon Track Club Masters		

**EAST**

**MAC Spring Classic  
Queens, NY; June 11**

<b>100m</b>	
M30 Rawle DeLisle	11.20
Murray Jones	12.90
M70 Tom Talbott	16.61
<b>200m</b>	
M30 Rawle DeLisle	23.10
Murray Jones	26.42
M40 Clinton Aurulien	23.60
Andrew Ness	30.83
M50 Francis Schiro	24.10
Kenrick Smith	26.01
M70 Tom Talbott	35.93
W30 Shemayne Williams	27.90
Amanda Tailer	30.22
<b>400m</b>	
M30 Petulio Echeandia	51.20
Murray Jones	59.32
M40 Howard Lindsay	52.70
M50 Francis Schiro	54.40
M70 Tom Talbott	95.37
W30 Shemayne Williams	65.71
<b>800m</b>	
W30 Sonya Badger	2:33.25
<b>1500m</b>	
W30 Sonya Badger	5:26.32
<b>3000m</b>	
M50 Leo Murillo	12:56.08
<b>3000m RW</b>	
M30 Jussi Koski	14:50.30
<b>Shot Put</b>	
M30 Robert Wright	10.90
M50 Rich Dunphy	9.24
W60 Roslyn Katz	7.10
W70 Anne Cirulnick	6.75
<b>Discus</b>	
M30 Robert Wright	29.27
M50 John Mattei	36.84
Tom Kuehl	36.51
John Harbulak	21.75
Rich Dunphy	20.61
<b>Javelin</b>	
M50 Steve Riva	42.95
John Harbulak	32.73
W60 Roslyn Katz	17.30
W70 Anne Cirulnick	11.58
<b>Weight Throw</b>	
M60 Jai Singh	7.58
W60 Roslyn Katz	10.45
W70 Anne Cirulnick	6.50

**SCTC All Comers Meet  
Syracuse, NY; June 12**

<b>100m</b>	
M40 Mark Honis	12.3
M45 Tim Taylor	12.8
Pete Davis	16.4
M65 Tom Fondy	14.1
Kermit Cadrette	17.3
<b>400m</b>	
M65 Kermit Cadrette	83.4
Al Stagl	84.5
<b>1500m</b>	
M30 Scott Weeks	4:10.4
M45 Pete Davis	4:50.5
M65 Kermit Cadrette	6:18.3
Al Stagg	6:35.0
<b>Long Jump</b>	
M40 Mark Honis	17-6 3/4
M45 Tim Taylor	15-4
M65 Don Baum	9-3
<b>Shot Put</b>	
M45 Tim Taylor	21-11
<b>Discus</b>	
M65 Gary Crawford	37.33
<b>Hammer Throw</b>	
W45 Michelle Galvin	21.54
M35 Jay Kovaleski	43.69
M55 Pat Lynn	37.48
M65 Gary Crawford	26.93

**SCTC All Comers Meet  
DeWitt, NY  
June 19**

<b>200m</b>	
M45 Michael Forward	30.8
<b>800m</b>	
M40 Andy Lewis	2:39.1
M55 Bob Nicholson	3:07.7
<b>3000m</b>	
M40 Andy Lewis	13:01
M45 Pete Davis	10:09.2
<b>Triple Jump</b>	
M40 Mark Honis	31-0
M45 Michael Forward	27-9

**Dartmouth Weight Meets  
Hanover, NH  
June 24**

<b>16# SP/SP/WT/HT</b>	
Carl Wallin 64	34-9/40-8/ 55-2.50120-3

Ed Rowan 65	24-0.5/31-6/ 42-6 .5/91-7
Sam Messiter 77	23-1/31-2.5/ 20# 29-9/86-7
Bob Cedrone 51	-/-149-3.75/ 136-4

**July 8  
16# SP/SP/HT/WT**

Bob Cedrone 51	35-10/39-8.5/ 144-7/55-5
Carl Wallin 64	35-6.75/41-2/ 129-9/57-0
Ed Rowan 65	27-4.5/33-2/ 94-10/43-2
Sam Messiter 77	23-7/31-5.5/ 89-9/20# 32-4.5

**July 29  
16# SP/SP/HT/WT**

Luke Hotta 59	36-10/39-2/ -/-
Carl Wallin 64	36-5.5WR/ 43-3.75/124-11/59-6
Bob Cedrone 52	35-8.75/ 38-5.5/148-1/53-10
Ed Rowan 65	26-8/32-0.75/ 101-5/36-2

**MAC Masters  
Championships  
Queens, NY  
June 25**

<b>100m</b>	
M30 Murray James	13.9
M40 Mitchell Lovett	12.1
M45 Stephen Henry	13.6
M55 Jesse Norman	13.4
William Purcell	16.8
M60 Rich Jones	13.2
M70 Tom Talbott	17.5
<b>200m</b>	
M40 Howard Lindsay	23.7
M45 Val Barnwell	24.5
Stephen Henry	27.1
M50 Francis Schiro	25.0
Steve Ballinger	30.4
M55 Jesse Norman	27.9
M60 Ron Johnson	26.4
M65 Abe Bernstein	31.9
M70 Tom Talbott	37.4
<b>400m</b>	
M30 Murray Jones	59.2
M40 Marc Nessbitt	53.8
Mitchell Lovett	56.8
M45 Ben James	51.9
M50 Francis Schiro	54.3
M55 Alston Brown	55.0
M65 Abe Bernstein	70.1
M70 Tom Talbott	1:41.8
<b>800m</b>	
M50 Anthony Baker	2:50.4
M55 Alston Brown	2:08.7
M65 Sid Howard	2:32.1
W30 Sonya Badger	2:32.8
<b>1500m</b>	
M65 Sid Howard	5:45.3
W30 Sonya Badger	5:21.1
<b>100mHH</b>	
M50 Anthony Baker	21.6
M55 Ivan Black	19.1
M60 Mickey Milove	17.8
<b>300mHH</b>	
M60 Mickey Milove	54.6
<b>400mHH</b>	
M45 Darnell Gatling	58.6
M50 Anthony Baker	1:22.3
<b>Shot Put</b>	
M35 Robert Wright	11.2
M50 George Castelli	12.58
Dennis Hansen	11.38
M55 Charles Roll	14.06
Rich Dunphy	8.83
W60 Roslyn Katz	7.14
W70 Anne Cirulnick	7.00
<b>Discus</b>	
M35 Robert Wright	30.76
M50 John Mattei	39.10
Tom Kuehl	36.62
Dennis Hansen	35.76
George Castelli	31.14
M55 Rich Dunphy	21.72
M60 John Harbulak	28.06
W60 Roslyn Katz	18.74
W70 Anne Cirulnick	13.66
<b>Weight Throw</b>	
M50 Dennis Hansen	11.3
W60 Roslyn Katz	9.94
<b>Javelin</b>	
M50 Steven Riva	45.9
<b>Long Jump</b>	
M55 Igor Konovaloi	4.58
Ivan Black	4.27
<b>High Jump</b>	
M55 Ivan Black	4'6"

**MAC Masters  
Championships  
Queens, NY  
June 25**

M30 Dave Kent	5:02.5h
M35 Joshua Seidman	5:13.4h
M40 Ted Poulos	5:44.7h
M45 Curtis Davis	5:20.2h
M50 Russ Patton	5:17.6h
M55 Dan Eddy	5:15.7h
W30 Cindy Mathis	6:28.6h
W40 Lorraine Jasper	5:22.6h
W45 Sarah Buckhect	6:33.3h
<b>3000m</b>	
M55 J J Wind	12:47.8h
<b>Short Hurdles</b>	
M75 James Stookey	14.2h
<b>Long Hurdles</b>	
M75 James Stookey	56.49
<b>High Jump</b>	
M35 James Barr	1.73
M75 James Stookey	1.27
<b>400m</b>	
W30 J Dantone-Smith	1.42
<b>Shot Put</b>	
M35 James Barr	12.49
M55 William Gainey	11.20
M60 J Bookin-Weiner	10.91
W40 Marianne La Chance	7.22
W65 Janie Mortensen	5.52
W70 Sharon Good	4.12
<b>Discus</b>	
M30 Sekenia Welch	34.00
M60 J Bookin-Weiner	40.54
W70 Sharon Good	9.09
<b>Hammer</b>	
M30 Sekenia Welch	26.60
M40 Anthony Dziepak	43.73
M60 J Bookin-Weiner	37.20
W40 Anne Pastorkovich	12.87
W70 Sharon Good	10.93
<b>Javelin</b>	
M35 James Barr	50.18
M55 William Gainey	29.84
M60 Russ White	46.19
W40 Anne Pastorkovich	13.90
W65 Lana Kane	15.81
W70 Sharon Good	7.67
<b>Weight Throw</b>	
J Bookin-Weiner	13.78
W70 Sharon Good	5.41
<b>1000m</b>	
M45 Paul d'Abrosio	58:24.3
<b>Short Hurdles</b>	
M45 Timothy McMahon	16.8
Phil Bujalski	17.3
M50 Al Cestero	18.7
M55 Ivan Black*	19.5
David Friedman	28.6
M70 William Clark	14.0
<b>Long Hurdles</b>	
M40 Getulio Echeandia*	55.3
M45 Darnell Gatling*	56.5
Phil Bujalski	1:02.2
M50 Anthony Baker*	1:21.1
M55 Ivan Black*	1:14.3
David Friedman	1:45.8
<b>High Jump</b>	
M45 John Crombie	1.38
M50 Al Cestero	1.48
M55 Ivan Black*	1.38
David Friedman	1.18
Ron Salvio	1.18
M65 Jerry Sullivan	0.98
M70 Arthur Kearney	1.06
W40 Leslie Duncan	1.33
<b>Pole Vault</b>	
M40 Duncan Littlefield	4.25
M50 Gerard Byrne*	3.80
M55 Bob Reese	2.15
M60 Jeff Tinfal	3.05
<b>Long Jump</b>	
M45 John Crombie	4.03

**USATF-New Jersey  
Masters Championships  
Tinton Falls; July 9**

<b>100m</b>	
M30 Lyndell Pittman*	11.3
Henry Myers*	12.0
M40 Andre Bridgett	11.8
William Hughes	12.0
M45 Rick Evans	12.0
Jim Fox	12.7
John Crombie	15.8
M50 Cochise McBride*	12.3
Artale Alfonso	13.1
David Griz	13.6
M55 Ronville Gravesanek	13.1
David Friedman	16.2
M60 Paul Henry	13.4
Robert Palle	16.4
M65 Dick Camp*	13.8
William Hughes	14.6

**Potomac Valley TC Meet  
McLean, VA; July 8**

<b>100m</b>	
M35 Don Davis	12.42

M40 Jeff Gold	11.81
M45 Clifton Quarrie	11.98
M55 Chris Alvord	13.08
M65 Alby Williams	12.88
M75 John Marin	19.02
W40 Lorraine Jasper	15.01
W60 Barb Leighton	16.85
W65 Lana Kane	18.84
<b>200m</b>	
M40 John Rogers	30.4h
M45 Avon Meacham	27.45
M55 Chris Alvord	27.31
W65 Lana Kane	40.2h
<b>400m</b>	
M30 Richard Smith	1:06.48
M40 Andrew Langowski	1:04.68
M45 Avon Meacham	1:02.9h
M55 Win Persina	1:08.8h
M65 Alby Williams	1:01.11
W30 Zania Ayrton	1:00.6h
W35 Charmaine Roberts	1:00.3h
W40 Lorraine Jasper	1:05.1h
W45 Win Persina	1:08.8h
W60 Barb Leighton	1:24.5h
<b>800m</b>	
M40 Alton Greene	2:52.2h
M50 Russ Patton	2:21.19
M55 J J Wind	3:03.5h
W40 Terri Rath	2:31.50
W45 Julie Hayden	2:29.70
W60 Barb Leighton	3:14.2h
<b>1500m</b>	
M40 Ted Poulos	4:58.96
W45 Julie Hayden	5:09.80
<b>1 Mile</b>	
M30 Dave Kent	5:02.5h
M35 Joshua Seidman	5:13.4h
M40 Ted Poulos	5:44.7h
M45 Curtis Davis	5:20.2h
M50 Russ Patton	5:17.6h
M55 Dan Eddy	5:15.7h
W30 Cindy Mathis	6:28.6h
W40 Lorraine Jasper	5:22.6h
W45 Sarah Buckhect	6:33.3h

M40 Alton Greene	2:52.2h
M50 Russ Patton	2:21.19
M55 J J Wind	3:03.5h
W40 Terri Rath	2:31.50
W45 Julie Hayden	2:29.70
W60 Barb Leighton	3:14.2h
<b>400m</b>	
M40 Ted Poulos	4:58.96
W45 Julie Hayden	5:09.80
<b>1 Mile</b>	
M30 Dave Kent	5:02.5h
M35 Joshua Seidman	5:13.4h
M40 Ted Poulos	5:44.7h
M45 Curtis Davis	5:20.2h
M50 Russ Patton	5:17.6h
M55 Dan Eddy	5:15.7h
W30 Cindy Mathis	6:28.6h
W40 Lorraine Jasper	5:22.6h
W45 Sarah Buckhect	6:33.3h
<b>3000m</b>	
M55 J J Wind	12:47.8h
<b>Short Hurdles</b>	
M75 James Stookey	14.2h
<b>Long Hurdles</b>	
M75 James Stookey	56.49
<b>High Jump</b>	
M35 James Barr	1.73
M75 James Stookey	1.27
<b>400m</b>	
W30 J Dantone-Smith	1.42
<b>Shot Put</b>	
M35 James Barr	12.49
M55 William Gainey	11.20
M60 J Bookin-Weiner	10.91
W40 Marianne La Chance	7.22
W65 Janie Mortensen	5.52
W70 Sharon Good	4.12
<b>Discus</b>	
M30 Sekenia Welch	34.00
M60 J Bookin-Weiner	40.54
W70 Sharon Good	9.09
<b>Hammer</b>	
M30 Sekenia Welch	26.60
M40 Anthony Dziepak	43.73
M60 J Bookin-Weiner	37.20
W40 Anne Pastorkovich	12.87
W70 Sharon Good	10.93
<b>Javelin</b>	
M35 James Barr	50.18
M55 William Gainey	29.84
M60 Russ White	46.19
W40 Anne Pastorkovich	13.90
W65 Lana Kane	15.81
W70 Sharon Good	7.67
<b>Weight Throw</b>	
J Bookin-Weiner	13.78
W70 Sharon Good	5.41
<b>1000m</b>	
M45 Paul d'Abrosio	58:24.3
<b>Short Hurdles</b>	
M45 Timothy McMahon	16.8
Phil Bujalski	17.3
M50 Al Cestero	18.7
M55 Ivan Black*	19.5
David Friedman	28.6
M70 William Clark	14.0
<b>Long Hurdles</b>	
M40 Getulio Echeandia*	55.3
M45 Darnell Gatling*	56.5
Phil Bujalski	1:02.2
M50 Anthony Baker*	1:21.1
M55 Ivan Black*	1:14.3
David Friedman	1:45

M45 Ben James	53.52	M65 Bob Paulen	4.31	M80 James Crawford	34.38
Joseph Ziegler	60.20	Joel Jacobson	2.12	W35 Cindy Latham	30.51
Michael Primeau	61.61	M70 John Polevy	4.13	W45 Oneitha Lewis	49.22
M50 Edward Genera	59.24	Joel Stinson	3.57	W55 Janis Henderson	18.24
Tucker Taft	61.78	Kenneth Perkins	3.57	W60 Roslyn Katz	26.24
Thomas Gillen	62.10	M75 Alan Raynor	3.49	<b>Javelin</b>	
M55 Carroll Blake	56.75	W35 Laura Barre	5.58	M35 Neal White	38.89
Ralph Souppa	60.26	W55 Janis Henderson	2.69	Richard Romanchick	37.02
Thomas Cunningham	61.92	W70 Flo Meiler	2.84	M40 Ron McConnell	56.02
M60 Roger Pierce	59.38	W80 Ann McGowan	2.09	Scott Hanney	54.41
Robert Chinchillo	1:12.60	<b>Triple Jump</b>		M50 Karl Molitoris	44.06
M65 Spencer Parrish	1:25.07	M35 Jonathan Choate	8.08	Kenneth Effler	34.50
M70 John MacDonald	1:09.96	M40 Brian Rowles	11.00	M55 Glen Weaver	32.98
Thomas Talbott	1:34.25	M50 Jim Clark	10.34	Buzz Gagne	47.89
M80+Y M Naci 83	1:39.80	Fred Clark	10.17	Dennis Chandler	37.34
Bill Tribou 85	1:41.92	M55 Igor Konovalov	9.83	M60 Stephen Aust	38.59
Bob Mateson 90	1:56.40	M65 Bob Paulsen	8.40	Edward Root	29.76
W40 Lori Kessel	1:04.95	Joel Jacobson	3.14	Jim Chamberas	28.72
W55 Mary Collins-Finn	1:30.69	W55 Janis Henderson	5.56	M65 James Kenney	42.43
W80 Patricia Peterson	2:28.36	W70 Flo Meiler	6.85	Frank Illuzzi	37.05
<b>800m</b>		<b>Shot Put</b>		George Cormey	29.33
M35 Neal White	2:19.63	M35 Greg Matusic	13.19	M70 Robert Youngs	37.57
M45 Ian Smith	2:05.14	M40 Scott Hanney	11.88	Joel Stinson	25.17
Jeffrey Cullianane	2:14.08	Kevin Gleason	10.03	M75 A Xanthopoloulos	33.55
James Scheer	2:19.23	Robert Palazzo	9.35	W40 Lesley Duncan	34.11
M50 Allen Horner	3:20.54	M45 Jim Burgoyne	10.91	W45 Laura Charewica	26.70
M55 Jack Vercollone	2:17.25	Fred Sandas	9.93	W55 Janis Henderson	16.70
Joseph Burleson	3:02.81	M50 Dan Wallace	12.12	W60 Roslyn Katz	17.55
M60 Talib Salih	2:37.80	Bob Cedrone	11.13	Patricia Fogg	16.18
Jonathan Tetherly	2:39.73	M55 Dennis Chandler	10.76	W65 Carol Young	21.01
John Babington	2:41.74	G Kent Worden	9.75	W70 Amy Hicks	18.67
M70 Christopher Rush	2:40.84	Ned Rich	9.23	Mary Riley	13.96
M80+Bill Tribou 85	4:01.74	M60 Walter Roucken	11.07	Marcia Crooks	12.82
W45 Rogina Moeestow	2:39.67	Geoffrey Brown	10.23	W75 Harriet Patch	10.77
W55 Mary Collins-Finn	3:22.85	Tom Demmo	10.16	W80 Ann McGowan	11.73
<b>1500m</b>		M65 Nicholas De Nitto	10.40	<b>5000m RW</b>	
M35 Zachary Gobel	4:29.38	Gary Crawford	10.31	M55 Joe Light	28:58.18
M45 James Scheer	4:46.80	John Bronstein	10.39	M60 Charles Mansbach	33:55.64
Ed Ellison	4:47.57	M70 Gerald Vaughan WR	15.36	M65 Gerald Patrick	33:47.66
Fred Szczesniul	5:29.63	(Gerald Vaughan/14.91/2005)		Gustave Davis	35:58.77
M50 Brent Stratton	5:58.78	Leonardo Rosen	11.97	Spencer Parrish	36:24.08
Allen Horner	6:21.99	Alan Brooks	11.83	M70 John Finan	38:26.33
M55 Jack Vercollone	4:44.87	W35 Cindy Latham	6.69	M75 Bill McCann	36:25.94
Jeff Weatherhead	5:04.84	W40 Lesley Duncan	8.89	Louis Free	37:42.21
Joseph Burleson	6:32.51	W45 Oneitha Lewis	12.30	W40 Ginger Armstrong	31:19.70
M60 Talib Salih	5:53.75	Pamela Gunneson	7.37	Holly Wenninger	33:23.09
Jerry Brown	6:45.70	W55 Beth Wolak	7.24	<b>Potomac Valley TC Meet</b>	
M70 Bill Spencer	5:44.54	Janis Henderson	6.21	<b>McLean, VA; July 26</b>	
M80+Bill Tribou 85	8:00.78	W60 Patricia Fogg	7.72	<b>100m</b>	
W40 Kim Sheffield	4:51.37	Roslyn Katz	7.10	M35 Don Davis	11.5h
W45 Rogina Modestow	5:21.25	Rebecca Vaigjam	5.70	M40 Jeff Gold	11.5h
Maryanne Ceriello	6:04.84	W65 Carol Young	7.15	M45 Lloyd Jeremiah	13.0h
Karen Lein	6:35.05	W70 Mary Roman	8.05	M50 W N Crutchfield	12.9h
W50 Jan Berrill-Morin	6:14.19	Anne Cirulnick	6.62	M55 Andrew Gipson	12.3h
W55 Mary Collins-Finn	6:34.76	Flo Meiler	6.55	M65 Alby Williams	12.6h
W70 Gloria Lipton	10:18.81	W75 Harriet Patch	5.77	W50 Eleanor Gipson	17.6h
<b>5000m</b>		W80 Ann McGowan	4.37	<b>200m</b>	
M40 Mike Early	17:46.06	<b>Discus</b>		M40 Darnell Smith	24.8h
M45 Bob Nugent	17:13.72	M35 Richard Romanchick	24.03	M45 Charles Edwards	24.4h
Michael Buchina	25:05.37	M40 Scott Hanney	35.76	M65 Alby Williams	26.1h
M50 Richard Clark	18:57.17	John Seto	28.54	W30 Zenie Ayrtton	25.4h
Paul Grogan	20:59.63	Robert Palazzo	28.35	W45 Win Persina	29.9h
Liso Murilo	21:42.53	M45 Jim Burgoyne	30.83	<b>400m</b>	
M60 Talib Salih	21:40.39	M50 Ed Ferraro	41.62	M30 Mark Yackley	1:06.6h
W40 Karen Lein	24:29.17	Jeff Wood	39.79	M45 Jeffrey Walker	1:05.2h
W55 Mary Collins-Finn	23:29.22	Tim Morse	38.47	M50 Bill Yeh	1:40.0h
<b>Short Hurdles</b>		M55 Glen Weaver	33.21	M70 Donald Kohler	1:20.4h
M45 Tim McMahon	20.20	G Kent Worden	28.53	W35 Charmaine Roberts	1:01.5h
M50 James Broun	18.89	Dennis Chandler	26.84	W50 Normmibi Meriwether	1:42.4h
M65 Bob Paulen	19.75	M60 Geoffrey Brown	38.14	W60 Del Meriwether	1:11.2h
W40 Susan Wiemer	14.42	Tom Demmo	32.82	<b>800m</b>	
W70 Barbara Jordan	18.52	Walter Roucken	30.26	M55 J J Wind	3:08.8h
<b>Long Hurdles</b>		M65 Rober Busch	43.41	M70 Donald Kohler	3:05.0h
M35 Kevin Bosma	1:02.72	John Bronstein	43.89	W35 Charmaine Roberts	2:41.3h
M45 Ed Ellison	1:19.83	Gary Crawford	34.26	W40 Joan Hunter	2:29.3h
M50 Anthony Baker	1:19.48	M70 Alan Brooks	37.67	<b>1 Mile</b>	
M60 Warren Graff	48.25	Leonardo Rosen	35.05	M30 Eric Lavigne	4:43.4h
M65 Bob Paulen	56.11	Nick Leran	32.10	M35 Ray Pugsley	4:31.4h
<b>High Jump</b>		M75 A Xanthopoloulos	34.73	M40 Jim Ehrenhaft	5:08.9h
M35 Paul DeBaker	1.87	W35 Cindy Latham	17.31	M45 Jeffrey Walker	5:35.7h
Kevin Bosma	1.82	W45 Oneitha Lewis	36.26	M50 Joe Burno	5:10.6h
M40 David Murphy	1.67	W55 Beth Wolak	21.08	M60 Michael Hazilla	5:35.6h
M45 Mark Brassard	1.57	Janis Henderson	17.31	W70 Skip Grant	6:19.4h
Wayne Stahlmann	1.52	W60 Patricia Fogg	19.67	M40 Rebecca Nathan	5:27.7h
Rick Scholtz	1.47	Roslyn Katz	19.22	W70 Tami Graf	8:29.7h
M50 Gerrad Smith	1.47	W65 Carol Young	23.53	<b>3000m</b>	
M60 David Montieth	1.62	Ann Flynn	17.19	M40 Ted Poulos	10:50.0h
M65 Bob Paulen	1.22	W70 Amy Hicks	17.06	M50 David Bernstein	10:15.5h
Jeffrey Sullivan	1.12	Anne Cirulnick	15.59	M55 J J Wind	12:59.0h
M70 Joel Stinson	1.17	Marcia Crooks	14.70	M60 Michael Hazilla	11:05.4h
John Polevy	1.17	W75 Harriet Patch	11.66	<b>Short Hurdles</b>	
Kenneth Perkins	1.17	<b>Hammer</b>		M40 Richard Hill	18.4h
M75 Alan Raynor	1.12	M40 Robert Palazzo	40.13	<b>High Jump</b>	
W40 Lesley Duncan	1.12	John Seto	31.30	M35 James Barr	1.67
W45 Pamela Gunneson	1.27	M45 Fred Sandas	26.82	M45 Bruce McBarnette	1.87
W55 Hillen von Maltzhan	1.02	Brian Doherty	39.38	M65 Jack Kuhns	1.27
<b>Pole Vault</b>		M50 Carl Reichard	45.57	W50 Eleanor Gipson	1.32
M30 Rob Frangione	3.35	Carl Bishop	45.28	<b>Triple Jump</b>	
M50 Gerrad Smith	3.20	George Sandas	42.16	M35 James Barr	12.78
W55 Hillen von Maltzhan	2.74	M55 Art Ellis	44.62	M50 Gary Scott Suton	9.93
<b>Long Jump</b>		Patrick Lynn	35.24	M55 Jim Triemplar	6.22
M35 Jonathon Choate	4.79	Ron Salvio	27.77	M60 J Booken-Weiner	11.64
M40 Brian Rosles	5.91	M60 Geoffrey Brown	31.04	M65 Jack Kuhns	10.23
Mark Stephenson	5.86	Jim Chamberas	27.68	<b>Shot Put</b>	
Kevin Gleason	4.56	Edward Root	27.13	M55 Jim Triemplar	6.22
M45 Rick Scholtz	5.53	M65 Gary Crawford	31.91	M60 J Booken-Weiner	11.64
Rick Choppa	5.53	John Bronstein	31.23	M65 Jack Kuhns	10.23
Michael Travers	5.00	Edmund Joyce	25.70	M60 Michael Hazilla	11.05.4h
Wayne Stahlmann	4.87	M70 Nick Leran	33.93	<b>Shot Put</b>	
M50 Kenneth Effler	4.39	Donald Hudson	33.33	M55 Jim Triemplar	6.22
M55 Daniel Finn	4.04	William Barker	29.31	M60 J Booken-Weiner	11.64
				M65 Jack Kuhns	10.23
				W70 Sharon Good	4.10

## Discus

M35 James Barr	36.94
M40 Tony Dziedzic	36.25
M50 Gary Scott Sutton	31.26
M60 J Booken-Weiner	41.48
W70 Sharon Good	9.22

## Javelin

M35 James Barr	51.86
M40 Richard Hill	29.37
M50 Gary Scott Sutton	35.57
M55 Jim Triemplar	15.06
M60 Russ White	48.00
M65 Jack Kuhns	27.79
W70 Sharon Good	8.23

## Hammer

M35 James Barr	29.84
M40 Anthony Dziedzic	41.01
W70 Sharon Good	10.30
<b>Weight Throw</b>	
M35 James Barr	11.09
W70 Sharon Good	5.27
<b>Weight Pentathlon</b>	
M35 James Barr	2792

## Mile RW

M50 Peter Blank	10:09.7h
M55 John Gersh	9:45.0h
W40 Thonda Body-Hill	16:03.1h
<b>3000m RW</b>	
M55 John Gersh	18:55.8h
M65 Michael Schwed	19:18.8h
W55 Cathy van Brocklin	19:15.3h

## SOUTHEAST

Carolina Masters  
Throwers Meet, Winston-Salem, NC; July 15

## Shot Put

M30 Jeff Crouch	11.44
M35 John Wilkerson	11.35
M40 Scott Frasure	8.77
M45 Ed Bodenheimer	7.95
M50 Geoff Emerson	12.30
M55 Terry Martin	9.26
M60 Tom Henley	11.27
Gordon Herbert	10.25
M65 Tom Steed	13.80
Mike Valle	11.50
M70 Gerald Vaughn WR	15.96
(Vaughn, 14.91, 2005)	
Bill Gramley	11.23
Pay Carstensen	9.31
M75 Larry Horne	11.37
M80 Graeme Dalzell	8.40
Bill Snaden	7.27
W60 Rebecca Vaughn	5.80
W75 Lillian Snaden	5.33
Eliza Dalzell	5.31

## Discus

M30 Jeff Crouch	37.51
M35 John Wilkerson	31.53
M40 Scott Frasure	24.37
M50 Geoff Emerson	36.94
M55 Terry Martin	30.04
M60 Tom Henley	49.17
Malcolm Reese	38.87
Gordon Herbert	33.47
M65 Tom Steed	42.06
Mike Valle	41.65
Fred Weber	36.56
M70 Bill Gramley	22.93
Pay Carstensen	39.09
M75 Larry Horne	33.50
M80 Graeme Dalzell	18.29
Bill Snaden	15.04
W75 Eliza Dalzell	13.58
Lillian Snaden	10.91

## Hammer

M30 Jeff Crouch	30.00
M40 Scott Frasure	22.03
M45 Ed Bodenheimer	27.36
M55 L.B. Clayton	32.57
M65 Mike Valle	40.97
M70 Tim Twomey	37.99
Bill Gramley	36.90
Pay Carstensen	33.62
M80 Bill Snaden	17.09
W75 Lillian Snaden	13.05
<b>Javelin</b>	
M30 Jeff Crouch	23.33
M40 Scott Frasure	22.82
M45 Franklin Roberts	40.10
M60 Gordon Herbert	31.14
Charles MacDonald	25.38
M65 Mike Valle	29.36
Tom Steed	26.91
M80 Graeme Dalzell	15.79
W75 Eliza Dalzell	10.72

## Weight Throw

M30 Jeff Crouch	9.81
M40 Scott Frasure	7.99
M45 Ed Bodenheimer	8.64
M55 L.B. Clayton	12.01
Terry Martin	10.81
M60 Charles MacDonald	7.03
M65 Tom Steed	16.51
Mike Valle	15.14
M70 Tim Twomey	15.72
Bill Gramley	14.66
Pay Carstensen	14.06

M80 Bill Snaden 7.47 |W75 Lillian Snaden 7.41 |**Superweight**M70 Tim Twomey 9.39 |Bill Gramley 8.09 |Pay Carstensen 7.20 |M80 Bill Snaden 4.67 |W75 Lillian Snaden 4.71 |

## MIDWEST

USATF-Indiana Masters  
Championships  
Indianapolis, June 10

## 100m

M30 Charles Hopkins	11.39
M40 Lawrence Born	12.92
M45 Kurt Koehler	13.41
M55 Rick Parker	12.94
M70 James Ware	15.24
M75 Byford Reed	16.98
W40 Kisha Browning	14.64
W45 Kathleen Shook	14.46
Angela Nealy	14.89
W50 Sandy Barnett	16.86
Susan Verdi	18.71

## 200m

M30 Antwon Dusett	22.64
M35 Andy Schloot	37.66
M40 Lawrence Born	25.91
Roger Malone	26.44
M55 Rick Parker	26.29
M70 James Ware	31.92
Byford Reed	36.04
W40 Kisha Browning	34.82
W45 Kathleen Shook	30.47
Angels Nealy	32.05
W50 Sandy Barnett	35.25

## 400m

M30 Antwon Dusett	51.96
M35 Andy Schloot	1:32.97
M40 Danny Trotter	1:09.79
M45 Mark Fox	1:02.53
M50 Dave Knott	1:12.48
M55 Rick Parker	1:06.39
<b>800m</b>	
M30 Trevor Tucker	2:30.42
M40 Derick Logan	2:34.63
M50 Larry Lux	2:14.69
Bill McCormick	2:29.40
M65 Arnold Graves	2:12.84

## 1600m

M30 David Buysse	5:10.44
M45 Mark Fox	5:45.53
Kurt Koehler	7:24.68
M60 Kent Robinson	7:48.69
W30 Lashia Key	6:00.20
<b>3000m</b>	
W30 Lashia Key	10:12.11
<b>5000m</b>	
M35 David Buysse	17:27.70

## Short Hurdles

M40 Brett Presley	17.52
M50 Kenny Drollinger	18.66
<b>Long Hurdles</b>	
M40 Danny Trotter	1:18.10
Ben Hall	1:27.22
<b>High Jump</b>	
M45 Kurt Koehler	1.42
M50 Kenny Drollinger	1.77
Dave Knott	1.47
M70 James Ware	1.29
W45 Kathleen Shook	1.32

## Pole Vault

M40 Steve Nuthack	3.96
M45 Paul Babits	4.26
W45 Brenda Babits	

M50 Joseph Schleppl	40-1
M55 Tim Quinn	39-8
David Stebing	36-1
M60 Loarn Robertson	41-11
Mike Creagar	41-2.25
Mickey Bitsko	39-7
Doug Weikert	28-3.5
M65 William Edwards	36-6.5
Ronald Small	33-2.25
M70 Chuck Weidman	26-6
M75 Pete Augsburg	35-1
Rudy Bredenbeck	31-3
Cliff Dickman	29-1.5
Allen Ward	25-8.5
M80 Sam Madia *	25-5.75
W40 Julie BredenbeckCorp *	35-1.75
W45 Wanda Hunter-Trammel	25-7.5
W65 Rita Matz	25-5.75
<b>Discus</b>	
M45 Craig Rinker*	130-7
Don Bailey	126-10
Kurt Koehler	105-11
Earl Curry	103-1
M50 Joseph Schleppl	133-1
M55 Dave Knott	113-8
David Stebing	113-6
Paul Buford	75-0
Gary Kidd	68-10
M60 Loarn Robertson	132-8
Doug Weikert	124-7
Mickey Bitsko	114-11
M65 William Edwards	113-9
Ronald Small	110-3
M75 Rudy Bredenbeck	101-2
Cliff Dickman	73-4
M80 Fred Hirsimaki	74-0
Sam Madia	61-3
W40 Julie BredenbeckCorp *	112-2
W45 Wanda Hunter-Trammel	73-6
W65 Rita Matz	58-10
<b>Javelin</b>	
M55 Dave Knott *	128-2
David Stebing	115-1
Gary Kidd	89-7
Robert Juett	87-0
M60 Mickey Bitsko	87-9
Doug Weikert	78-10
M65 Ronald Small	92-9
Bob Shoemaker	89-2
M70 Chuck Weidman	54-9
M75 Rudy Bredenbeck	77-2
Cliff Dickman	58-2
M80 Fred Hirsimaki *	92-2
Sam Madia	54-9
W40 Julie BredenbeckCorp *	100-0
W45 Wanda Hunter-Trammel	62-7
<b>1500m Racewalk</b>	
M55 Gary Kidd	9:43.7
Thomas Cope	12:10.6
M65 Bill Rush	10:56.6
M75 Samuel Mukes	16:39.7
W50 Nancy Grieshop *	10:47.3
W55 Gwen Thomas	9:57.8

**Cleveland Track Classic  
Mayfield Heights, OH  
July 22**

<b>60m</b>	
M40 Bunn, Steve	7.1h
McClain, Arnold	7.4h
M45 Tissenbaum, Alan	6.7h
Clinkscale, David	8.0h
M55 Allie, Charles	7.9h
M60 Butts, Tim	8.2h
M65 Coats, Grover	9.2h
<b>100m</b>	
W40 Carty, Linda	16.6h
W45 McCoy-Shugar, Belin	14.3h
Bayne, Penny	21.9h
W50 Liscynsky, Theresa	17.8h
M40 Johnson, S. Chip	12.0h
Jackson, Curtis	13.7h
M45 Clinkscale, David	13.4h
Conte, Filippo	13.4h
M60 Butts, Tim	13.2h
M65 Coats, Grover	15.4h
<b>200m</b>	
W45 McCoy-Shugar, Belin	28.9h
M40 Johnson, S. Chip	25.4h
M45 Tissenbaum, Alan	22.6h
Clinkscale, David	26.00
M50 Hawkins, Walter	28.3h
Glisic, Bernie	31.7h
M60 Butts, Tim	28.7h
M65 Coats, Grover	31.1h
<b>400m</b>	
W70 Butcher, Grace	1:46.7h
M50 Thomas, Bob	1:07.3h
Hawkins, Walter	1:07.7h
Glisic, Bernie	1:12.0h
M55 Allie, Charles	1:05.9h
<b>800m</b>	
M45 Walls, Vincent	2:27.8h
Boerio, Anthony	3:23.2h
M50 Thomas, Bob	2:17.2h
Hawkins, Walter	2:36.7h
Liscynsky, Roman	2:37.8h
M65 Bixler, Jon	2:55.9h
<b>1500m</b>	
M45 Boerio, Anthony	6:38.6h
<b>3000m</b>	

M45 Woods, Charles	11:52.9h
M55 Ruffin, Ron	11:44.8h
Gerson, Jeff	16:03.0h
M60 Kuebler, Bob	11:55.3h
<b>Long Hurdles (Intermed.)</b>	
M45 Conte, Filippo	51.2h
<b>High Jump</b>	
M45 Clemons, Dean	1.37
M55 M55	1.37
Taylor, Irvin	1.22
Butzin, William	1.16
M65 Coats, Grover	1.32
Servis, Dave	1.11
M80 Hirsimaki, Fred	1.16
<b>Pole Vault</b>	
M55 Jenkins, Tom	2.74
<b>Long Jump</b>	
M35 Thomas, Frederick	5.70
M65 Coats, Grover	4.33
Servis, Dave	3.18
M80 Hirsimaki, Fred	3.60
<b>Triple Jump</b>	
M65 Coats, Grover	8.37
<b>Shot Put</b>	
W30 Coats-Pittman, Angela	9.22
W35 Kijauskas, Angela	7.72
W70 Gelgotas, Zina	5.10
W75 Cipkus, Dona	5.76
Holland, Bernice	5.70
W85 Ozinskas, Albina	3.59
M30 Perryman, Greg	11.31
M40 Kijauskas, Simas	8.75
M50 Renner, Wayne	10.09
M55 Butzin, William	8.56
Gedvilas, Liutauras	7.90
M60 Bitsko, Mickey	10.44
Burke, Robert	8.65
Servis, Dave	6.20
M80 Media, Sam	7.34
<b>Discus</b>	
W75 Holland, Bernice	15.78
Cipkus, Dona	12.53
M30 Perryman, Greg	33.88
M40 Kijauskas, Simas	26.69
M45 Boerio, Anthony	21.18
M50 Renner, Wayne	31.62
M55 Butzin, William	30.86
Gerson, Jeff	17.88
M60 Bitsko, Mickey	34.11
M65 Servis, Dave	24.18
Sheinker, Abe	19.34
<b>Hammer</b>	
W75 Holland, Bernice	15.86
M50 Renner, Wayne	24.20
M55 Butzin, William	22.50
M60 Bitsko, Mickey	43.63
M65 Burke, Robert	25.21
Sheinker, Abe	24.00
Servis, Dave	14.63
<b>Javelin Throw</b>	
W75 Holland, Bernice	13.78
M45 Clemons, Dean	42.90
Wilson, Rodney	23.11
M50 Renner, Wayne	27.54
M55 Gedvilas, Lou	25.68
Butzin, William	21.57
Gerson, Jeff	18.42
M60 Bitsko, Mickey	23.70
M65 Servis, Dave	18.00
M80 Roudebush, George	17.15

**MID-AMERICA**

**USATF Iowa Pentathlon  
Championships  
Runnels; June 11**

W50 Kay Glynn	53	3204
M35 Marek Wensel	38	3134
M55 Alan Russell	56	2999
Gene Iwen	56	2605

**Blair Masters Meet  
Blair, NE; July 30**

<b>100m</b>	
M30 David Feich	11.08
M50 Scott Marshall	12.94
M55 Jeff Evangelisti	13.22
M65 George LaBelle	15.9
M75 Byron Winter	20.1
<b>200m</b>	
M30 David Feich	23.20
M40 Jeff Hageman	23.83
M45 Pat Nicholson	32.11
M50 Scott Marshall	27.80
M55 Jeff Evangelisti	28.15
M65 Ross Greathouse	32.26
M75 Byron Winter	51.86
<b>400m</b>	
M40 Jeff Hageman	54.15
M45 Pat Nicholson	73.0
M65 Howard Weisser	68.0
M75 Byron Winter	2:11
W45 Deb Kluthe	79.0
<b>800m</b>	
M40 Doug Murphy	nta
M65 Howard Weisser	2:56

W45 Deb Kluthe	3:05
<b>3000m</b>	
M40 Scott Parker	10:23
M50 Lowell Peterson	14:10
M55 Lou Soukup	11:54
W40 Maria Bledsoe	14:33
<b>Hurdles</b>	
M45 Pat Nicholson	18.82
M65 George LaBelle	15.77
<b>High Jump</b>	
M45 Pat Nicholson	3-8
M75 Ed Failor	3-6
<b>Long Jump</b>	
M45 Pat Nicholson	12-6
M65 Alex Meyer	12-2 1/4
<b>Shot Put</b>	
M35 Tim Martens	42-10
M40 Todd Davis	44-8
M45 David Doty	40-0
M60 Ralph Check	39-10 1/4
Lavane Johnson	39-8 1/2
Virgil Paulsen	39-5 1/2
M65 George LaBelle	29-9
M75 Ed Failor	25-10
W40 Debra Kage	34-6
W45 Vicki Check	23-7 1/2
W50 Linda Rowe	32-1/2
<b>Discus</b>	
M35 Tim Martens	137-11
M40 Todd Davis	165-1
M45 Scott Lashier	91-1
M60 Virgil Paulsen	126-3
M65 George LaBelle	91-1
M75 Ed Failor	70-7
W40 Debra Kage	75-0
W45 Vicki Check	65-8
W50 Linda Rowe	94-11
<b>Javelin</b>	
M45 Joe Ortmeier	113-10
M60 Alex Meyer	105-8
M65 George LaBelle	94-6
M70 Marion Hudson	10-7
M75 Ed Failor	92-10
W50 Linda Rowe	87-10

**SOUTHWEST**

**USATF South Texas Assn.  
Masters Championships  
Elgin, TX; May 6**

<b>Weight Throw</b>	
M40 Brian Suter	12.26
Eugene Garza	6.18
M50 Donald Lantrip	10.96
Michael Amaral	9.46
M60 Mark Chapman	12.45
M65 Howard Zingg	10.52
Harold Crater	7.18
M75 Jim Gerhardt	11.23
Agapita Rocha	7.75
M80 Fred Adams	7.34
W50 Cheryl Mellenthin	8.55
<b>Superweight</b>	
M40 Eugene Garza	5.68
M50 Michael Amaral	5.76
Donald Lantrip	4.86
John Stilbert	3.73
M60 Mark Chapman	4.72
M65 Howard Zingg	4.24
Harold Crater	3.40
M75 Jim Gerhardt	6.23
M80 Fred Adams	4.57
W50 Cheryl Mellenthin	5.30

**Cat Spring Grunt VIII  
Cat Spring, TX, July 8**

<b>Shot Put</b>	
W45 Carol Finsrud	11.20
Sue Hallen	8.15
W50 Ruth Welding	10.92
Cheryl Mellenthin	6.70
M40 Dave Rothenbury	11.78
M45 Bruce Navarre	12.33
Amy Ferrando	9.89
David Day	9.83
M50 Dan Roloff	13.14
John Stilbert	10.55
Michael Amaral	9.16
M55 Robert Rogers	14.22
Roger Conboy	12.65
M60 Tom Gage	14.13
Vince Breaux	13.11
Mark Chapman	12.35
Julius Cassels	11.70
Harold Landry	11.62
M65 John Conniff	12.01
Peter LaBarge	10.16
Harold Crater	8.80
Howard Zingg	8.14
M70 Wendell Palmer	11.27
Pay Carstensen	9.86
Jim Carney	9.69
Milton Brady	9.06
M75 Jim Gerhardt	10.96

M80 Fred Adams	7.02
<b>Discus</b>	
W45 Carol Finsrud	47.64
Sue Hallen	22.74
W50 Ruth Welding	34.82
Cheryl Mellenthin	17.83
M40 Dave Rothenbury	42.45
M45 Bruce Navarre	47.47
Amy Ferrando	32.43
David Day	27.00
M50 John Stilbert	39.83
Dan Roloff	33.49
Michael Amaral	33.25
M55 Tim Edwards	37.03
Roger Conboy	36.19
M60 Tom Gage	48.52
Vince Breaux	41.91
Mark Chapman	40.27
Harold Landry	32.66
Julius Cassels	28.43
M65 Peter LaBarge	40.75
John Conniff	39.13
Howard Zingg	33.17
Harold Crater	26.00
M70 Wendell Palmer	38.51
Jim Carney	28.73
Milton Brady	27.06
Pay Carstensen	26.63
M75 Jim Gerhardt	35.26
M80 Fred Adams	12.64
<b>Javelin</b>	
W45 Carol Finsrud	30.68
Sue Hallen	16.72
W50 Ruth Welding	21.39
Cheryl Mellenthin	14.44
M40 Dave Rothenbury	30.44
M45 Amy Ferrando	47.47
David Day	33.86
Bruce Navarre*	16.64
M50 Dan Roloff	34.08
John Stilbert	27.77
Michael Amaral	25.25
M55 Roger Conboy	43.99
M60 Vince Breaux	45.84
Tom Gage	34.09
Mark Chapman	33.39
Julius Cassels	28.43
M65 Peter LaBarge	40.71
John Conniff	29.37
Howard Zingg	22.34
Harold Crater	19.04
M70 Pay Carstensen	20.57
Milton Brady	20.10
M75 Jim Gerhardt	31.72
M80 Fred Adams	12.83
<b>Hammer Throw</b>	
W45 Sue Hallen	30.39
W50 Ruth Welding	41.89
Cheryl Mellenthin	25.40
M40 Dave Rothenbury	45.42
M45 Bruce Navarre	38.14
Amy Ferrando	32.74
David Day	20.09
M50 Dan Roloff	27.30
Michael Amaral	21.24
M55 Roger Conboy	42.94
Tim Edwards	40.34
M60 Tom Gage	51.46
Vince Breaux	38.62
Mark Chapman	32.98
Julius Cassels	26.43
M65 Peter LaBarge	35.64
Howard Zingg	28.18
John Conniff	24.66
Harold Crater	23.21
M70 Wendell Palmer	33.88
Pay Carstensen	25.82
Milton Brady	25.53
M75 Jim Gerhardt	25.70
M80 Fred Adams	21.16
<b>Weight Throw</b>	
W45 Carol Finsrud	13.20
Sue Hallen	8.60
W50 Ruth Welding	13.03
Cheryl Mellenthin	8.20
M40 Dave Rothenbury	13.90
M45 Bruce Navarre	13.21
Amy Ferrando	10.67
David Day	7.15
M50 Dan Roloff	11.82
John Stilbert	11.29
Michael Amaral	10.41
M55 Roger Conboy	16.35
Tim Edwards	16.00
M60 Tom Gage	20.72
Vince Breaux	15.55
Julius Cassels	12.17
Mark Chapman	11.97
M65 Peter LaBarge	13.58
John Conniff	10.44
Howard Zingg	9.91
Harold Crater	8.15
M70 Pay Carstensen	13.44
Wendell Palmer	12.88
Milton Brady	12.78
M75 Jim Gerhardt	12.29
M80 Fred Adams	8.19
<b>Superweight</b>	
W45 Carol Finsrud	7.04
Sue Hallen	4.87
W50 Ruth Welding	9.28
Cheryl Mellenthin	5.36

W60 Reva Gage	4.62
M45 Bruce Navarre	8.04
M50 Dan Roloff	5.50
Michael Amaral	3.90
M55 Tim Edwards	7.87
Roger Conboy	7.49
M60 Tom Gage	8.02
Vince Breaux	6.94
Julius Cassels	5.17
Mark Chapman	4.82
M65 Howard Zingg	4.70
John Conniff	4.20
Harold Crater	3.56
M70 Pay Carstensen	7.20
Wendell Palmer	5.69
M75 Jim Gerhardt	6.16
M80 Fred Adams	5.30
<b>Weight Pentathlon</b>	
W45 Sue Hallen	2837
W50 Ruth Welding	3952
Cheryl Mellenthin	2137
M40 Dave Rothenbury	3096
M45 Bruce Navarre	3107
Amy Ferrando	2888
David Day	2053
M50 Dan Roloff	2830
Pete Clarke	2184
Michael Amaral	4066
M55 Roger Conboy	4814
M60 Tom Gage	4197
Vince Breaux	3457
Mark Chapman	2892
Julius Cassels	4165
M65 Peter LaBarge	3479
John Conniff	2898
Howard Zingg	2425
Harold Crater	2425
M70 Pay Carstensen	3066
Milton Brady	2948
M75 Jim Gerhardt	4255
M80 Fred Adams	2483
<b>98#</b>	
W45 Sue Hallen	2.01
W50 Ruth Welding	1.75
Cheryl Mellenthin	0.76
W60 Reva Gage	0.69
W65 Marion Carney	0.47
M70 Helga Carstensen	1.00
M45 Bruce Navarre	4.01
M55 Roger Conboy	3.78
M60 Vince Breaux	4.09
Tom Gage	4.03
Mark Chapman	2.39
M65 John Conniff	2.41
M70 Pay Carstensen	3.00
Jim Carney	2.04
<b>200#</b>	
W45 Sue Hallen	0.97
W50 Ruth Welding	0.72
M45 Bruce Navarre	2.10
M55 Tim Edwards	1.7

Doug Sparks	3.35
M55 Larry Bonnett	3.20
Robert Duncan	2.74
M65 Steven Warr	3.20
Don Isett	2.89
M80 Adolph Hoffman	2.13
W30 Helen Crosskell	2.28
W40 Julie Shaffer	2.13
W50 Dinah Anderson	2.13
<b>Long Jump</b>	
M30 David King	6.07
M40 Cliff Wiese	3.87
M55 Robert Duncan	4.28
M60 Day Kozusko	4.96
Ed Jones	4.80
Paul Coons	3.44
M65 Don Denson	4.92
Jim Tinelli	4.54
David Melber	4.46
M70 Charles Richard	4.27
M80 Adolph Hoffman	3.20
W35 Donna Lawrence	4.80
Sarah Boyd	4.64
<b>Triple Jump</b>	
M40 Cliff Wiese	6.46
M50 Don Keller	9.48
M60 Ray Kozusko	9.46
M65 David Melber	8.63
Pete La Barge	8.50
Jim Tinelli	7.90
M70 Charles Richard	9.32
W35 Sarah Boyd	9.35
<b>Shot Put</b>	
M30 David King	11.23
M40 Brian Suter	13.41
Eugene Garza	9.26
Cliff Wiese	7.54
M45 David Warner	12.84
James Nicholopoulos	10.01
Rick Roberson	9.69
M50 Dan Roloff	13.37
Sherwin Winbush	11.23
Donald Lantrip	11.19
M55 Robert Rogers	13.49
M60 Mark Chapman	11.92
Charles Good	10.85
Gayle Berry	10.29
M65 John Conniff	11.25
Harold Crater	9.01
M70 John Cantrell	11.80
Wendell Palmer	10.79
James Carney	9.20
M75 Jim Gerhardt	10.66
Clay Krames	7.32
M80 Adolph Hoffman	9.74
W50 Cathleen Warmerdam	8.21
Dinah Anderson	7.27
Cheryl Mellenthin	6.29
W60 Peggy Berry	6.31
<b>Discus</b>	
M30 Steven Falk	34.94
David King	34.34
M40 Jeff Gonzales	33.16
Brian Suter	32.48
Cliff Wiese	19.92
M45 Marty Wright	32.29
Army Fernando	28.72
James Nicholopoulos	25.87
M50 John Stilbert	39.34
Dan Roloff	36.03
Donald Lantrip	32.76
M55 Jerry Jones	29.17
M60 Jeff Harrell	46.90
Wayne McCauley	39.56
Mark Chapman	37.09
M65 Pete LaBarge	38.71
John Conniff	34.83
Harold Crater	27.76
M70 Wendell Palmer	35.54
John Cantrell	30.66
James Carney	27.43
M75 Jim Gerhardt	33.02
Clay Krames	27.04
M80 Adolph Hoffman	21.00
W45 Carol Finsrud	42.68
W50 Cheryl Mellenthin	16.81
W60 Peggy Berry	15.86
<b>Javelin</b>	
M30 David King	50.19
M40 Jeff Gonzales	42.00
Eugene Garza	33.63
Cliff Wiese	24.65
M45 James Nicholopoulos	24.10
M50 Barry Warmerdam	43.22
Dan Roloff	38.87
Herman Surrell	36.24
M60 Jeff Harrell	37.08
Charles Good	36.03
Mark Chapman	33.95
M65 Pete La Barge	41.21
Jim Tinelli	37.14
John Conniff	26.45
M70 Charles Richard	34.76
John Cantrell	23.25
M75 Jim Gerhardt	32.22
Clay Krames	20.49
M80 Adolph Hoffman	21.66
W40 Nicole Hirschfeld	21.45
W45 Carol Finsrud	28.23
W50 Cheryl Mellenthin	16.49
Debbie Romero	13.99

<b>Weight Throw</b>	
M40 Brian Suter	12.91
Eugene Garza	8.01
M45 Rick Roberson	8.63
M50 Donald Lantrip	11.76
M60 Mark Chapman	11.82
M65 Pete La Barge	14.51
John Conniff	9.98
Harold Crater	7.85
M70 Wendell Palmer	13.27
Chaunce Cook	10.54
M75 Jim Gerhardt	11.22
M80 Adolph Hoffman	11.35
Fred Adams	8.40
W50 Cheryl Mellenthin	7.45
<b>Superweight</b>	
M40 Eugene Garza	5.98
M45 Rick Roberson	6.42
M50 Donald Lantrip	5.03
Dan Roloff	4.81
M60 Mark Chapman	4.72
M65 John Conniff	4.62
Harold Crater	3.61
M70 Chaunce Cook	6.43
M75 Jim Gerhardt	5.92
M80 Adolph Hoffman	7.17
Fred Adams	5.36
W50 Cheryl Mellenthin	5.01

**Texas Masters Championships, Dallas, TX; July 22**

<b>100m</b>	
M30 Roberts, Brooks	10.60
M35 Forni, Mike	13.38
M40 Simpson, John	10.95
Labay, Michael	11.33
M45 Garner, Reggie	11.58
Garzillo, Tom	13.74
M50 Riddle, Rick	11.78
Boleware, Ron	12.03
Shuffelt, Michael	12.34
M55 Bruner, Ron	13.03
Dickson, Mitch	13.33
M60 Jones, Edward	12.78
M65 Lida, Bob	12.68
Denson, Don	12.95
Bennett, Wayne	14.06
W35 Boyd, Sarah	13.66
W45 Merriman, Paula	14.09
Seach, Rose	17.14
W50 Dixon, Linda	14.22
Kearns, Laura	16.60
W60 VanderCruyssen, D.	15.17
W65 Coffee-Carney, M.	18.20
<b>200m</b>	
M30 Roberts, Brooks	22.36
M35 Menzies, Ward	24.23
Forni, Mike	29.40
M40 Labay, Michael	22.83
Simpson, John	23.15
Cloud, Scott	25.17
M45 Garner, Reggie	23.60
Seach, Andrew	24.28
M50 Riddle, Rick	24.82
Boleware, Ron	25.02
Shuffelt, Michae	25.22
M55 Bruner, Ron	27.68
Dickson, Mitch	28.25
M60 Jones, Edward	26.50
M65 Lida, Bob	26.20
Denson, Don	27.51
Bennett, Wayne	29.20
W35 Boyd, Sarah	28.58
Beatie, Billie	29.16
Pigrum, Aretha	30.60
W40 Davis, Sara	26.42
W50 Dixon, Linda	30.98
Stuart, Debra	31.98
Kearns, Laura	35.02
W60 VanderCruyssen, D.	33.21
W65 Coffee-Carney, M.	41.09
<b>400m</b>	
M30 Irion, Ryan	53.31
M40 Cloud, Scott	58.52
M45 Seach, Andrew	54.83
Raney, Linay	56.29
Anderson, Scott	57.31
M50 Clark, A.C.	58.84
Wright, Brooks	61.50
Moore, Dave	63.39
M65 Lida, Bob	62.32
Payne, Cleveland	72.27
W35 Beatie, Billie	71.39
W40 Davis, Sara	61.67
W65 Coffee-Carney, M.	1:41.98
<b>800m</b>	
M35 Chenette, William	2:11.23
M40 Wray, David	2:18.56
M45 McCloyd, ?	2:11.59
Conley, Jim	3:20.57
M50 Moore, Dave	2:34.01
M65 Payne, Cleveland	2:55.69
W40 Anders, Miste	3:11.67
W70 Provost, Phyllis	4:56.84
<b>1500m</b>	
M35 Chenette, William	4:50.19
M40 Wray, David	4:50.55
M45 Norman, Blade	5:03.25
M50 Colon, Anthony	5:03.76
W40 Anders, Miste	6:49.20

W45 Rudy, Elizabeth	5:37.43
W70 Provost, Phyllis	9:54.19
<b>5000m</b>	
M35 Throckmorton, C	26:34.84
M40 Wray, David	18:44.00
<b>Short Hurdles</b>	
M60 Lester, Mount	17.10
M35 Drumond, Don	14.21
M45 Brower, Jeff	15.78
Ellis, Ken	16.01
W45 McBride, Joann	18.48
<b>Long Hurdles</b>	
M35 Drumond, Don	54.33
M45 Brower, Jeff	62.93
M50 Galloway, Lamar	73.04
M60 Lester, Mount	47.47
<b>4x100m Relay</b>	
M85 CORS	43.90
CENT	45.84
<b>High Jump</b>	
M45 Brower, Jeff	5-06
Garzillo, Tom	4-10
M60 Frable, Norman	4-08
M65 Isett, Don	4-06
M70 Beckman, Paul	3-10
Jageman, George	3-00
M75 Smith, Val	3-04
Goggin, John	3-02
W45 McBride, Joann	3-10
W70 Provost, Phyllis	3-00
<b>Pole Vault</b>	
M45 Ellis, Ken	4.10m
Fountain, James	3.33m
M55 Wilke, Warren	3.20m
M65 Isett, Don	2.73m
M70 Jageman, George	1.83m
M75 Goggin, John	1.68m
W60 VanderCruyssen, D	1.98m
W70 Bradford, Mary Lou	1.53m
<b>Long Jump</b>	
M40 Labay, Michael	5.71m
Kahl, Scott	4.37m
M65 Isett, Don	3.92m
M70 Beckman, Paul	3.80m
Jageman, George	2.81m
M75 Smith, Val	2.61m
Goggin, John	2.31m
W35 Boyd, Sarah	4.44m
W45 McBride, Joann	3.62m
W60 VanderCruyssen, D	3.63m
<b>Triple Jump</b>	
M65 LaBarge, Pete	7.59m
M70 Beckman, Paul	6.33m
M75 Smith, Val	5.91m
W35 Boyd, Sarah	9.33m
<b>Shot Put</b>	
M30 Lindsay, Chad	15.98m
M40 Blomqvist, Stefan	18.88m
Rothenbury, Dave	11.95m
Garza, Eugene	9.23m
M45 Torres, Jose	12.24m
Ellis, Ken	11.70m
Navarre, Bruce	10.85m
M50 Patridge, Steve	14.95m
Roloff, Dan	12.97m
Lantrip, Donald	11.30m
M55 Rogers, Robert	13.35m
Conboy, Roger	12.00m
Jones, Jerry	9.48m
M60 Cassels, Julius	11.28m
Brown, Fred	9.01m
M65 LaBarge, Pete	10.25m
Watson, Fred	9.90m
M70 Hesse, Dean	12.64m
Ward, Bob	12.29m
Beckman, Paul	10.17m
M75 Smith, Val	9.00m
M80 Blessingame, Earl	7.30m
W60 VanderCruyssen, D	8.16m
<b>Discus</b>	
M30 Lindsay, Chad	42.63m
M40 Rothenbury, Dave	41.39m
Davis, Scott	33.10m
Garza, Eugene	21.79m
M45 Navarre, Bruce	45.86m
Ellis, Ken	36.62m
Torres, Jose	32.14m
M50 Patridge, Steve	47.71m
Stilbert, John	39.91m
Lantrip, Donald	33.90m
M55 Conboy, Roger	32.55m
Jones, Jerry	30.88m
Witherspoon, Tom	25.76m
M60 Cassels, Julius	29.20m
M65 LaBarge, Pete	37.89m
Watson, Fred	34.94m
M70 Ward, Bob	39.62m
Hesse, Dean	34.88m
Beckman, Paul	30.13m
M75 Smith, Val	26.96m
M80 Blessingame, Earl	21.76m
W45 McBride, Joann	18.62m
W70 Provost, Phyllis	15.09m
Bradford, Mary Lou	12.36m
<b>Hammer</b>	
M30 Lindsay, Chad	37.86m
M40 Rothenbury, Dave	44.71m
Garza, Eugene	20.76m
M45 Jansson, Ken	52.09m
Navarre, Bruce	34.14m
Ellis, Ken	29.26m

M50 Lantrip, Donald	33.81m
Roloff, Dan	31.29m
Stilbert, John	26.95m
M55 Conboy, Roger	40.24m
M60 Cassels, Julius	26.56m
Brown, Fred	17.36m
M65 LaBarge, Pete	34.43m
M35 Drumond, Don	47.77m
M75 Smith, Val	19.80m
W70 Provost, Phyllis	13.81m
<b>Javelin</b>	
M30 Lindsay, Chad	42.71m
M40 Rothenbury, Dave	38.98m
Garza, Eugene	30.29m
M45 Ellis, Ken	43.71m
M50 Easley, Rick	41.71m
Roloff, Dan	36.16m
Lantrip, Donald	22.88m
M55 Conboy, Roger	38.97m
Wilke, Warren	38.93m
M60 Cassels, Julius	27.87m
M65 LaBarge, Pete	40.01m
Watson, Fred	35.86m
M70 Parker, Jack	36.37m
Ward, Bob	32.20m
Beckman, Paul	26.55m
M75 Smith, Val	24.57m
M80 Blessingame, Earl	18.77m
W50 Romero, Debbie	15.41m
W60 VanderCruyssen, D	24.73m
W70 Bradford, Mary Lou	15.10m
Provost, Phyllis	14.47m
<b>Weight throw</b>	
M30 Lindsay, Chad	13.31m
M40 Rothenbury, Dave	13.81m
Garza, Eugene	8.74m
M45 Navarre, Bruce	11.29m
Ellis, Ken	9.62m
M50 Lantrip, Donald	12.64m
Roloff, Dan	10.61m
M55 Conboy, Roger	15.25m
M60 Cassels, Julius	12.40m
M65 LaBarge, Pete	13.90m
M70 Ward, Bob	19.12m
M75 Smith, Val	10.14m
<b>Superweight</b>	
M30 Lindsay, Chad	7.18m
M40 Garza, Eugene	4.59m
M55 Conboy, Roger	6.86m
M60 Cassels, Julius	5.31m
<b>Mega Weight</b>	
M30 Lindsay, Chad	4.89m
M40 Garza, Eugene	3.71m
M60 Cassels, Julius	2.69m
<b>Weight Pentathlon</b>	
M30 Lindsay, Chad	3112
M40 Rothenbury, Dave	3186
Garza, Eugene	1846
M45 Ellis, Ken	3077
M50 Roloff, Dan	3030
Lantrip, Donald	2931
M55 Conboy, Roger	3743
M60 Cassels, Julius	3145
M65 LaBarge, Pete	4296
M70 Ward, Bob	5406
M75 Smith, Val	3389
<b>3000m Racewalk</b>	
M55 Feith, Steve	22:48.38
M65 Gordon, David	19:41.26
W50 Feith, Cindie	24:57.96
W60 Blakey, Carolyn	23:17.88
W75 Nightingale, J.	24:12.55

**WEST**

**USATF-SCA Masters Championships, Moorpark College, CA; June 17**

<b>55m</b>	
M45 Rodney Johnson	8.13
M55 Patrick Lyons	7.68
M60 Lance Pierce	8.38
Charles Loftis	8.43
M65 Doug Smith	7.73
Lee Gillespie	8.61
W65 Kathy Bergen	8.51
<b>100m</b>	
M35 Hugo Estrada	12.10
M40 Tommy Baker	11.58
Johnny Speed	12.06
Rick Zumwalt	12.24
M45 Willie Gault	11.07
Ed Muehlbacher	12.50
Stephen Mancini	13.17
M50 Greg Pizza	12.07
Steve Kloch	12.90
M55 Thaddeus Wilson	12.78
Patrick Lyons	13.20
M60 Stan Whitley	12.53
Charles Loftis	14.57
Lance Pierce	14.76
M65 Doug Smith	12.72
Lee Gillespie	14.28
Maynard Morris	14.99
M75 Jim Selby	16.32
Barney Phillips	16.80
W30 Dena Birade	12.28
W40 Allison Vessup	14.66
W45 Debbie Selby	16.47
W65 Kathy Bergen	14.47

<b>200m</b>	
M35 Hugo Estrada	24.48
M40 Rick Zumwalt	24.96
M45 Ed Muehlbacher	24.81
Vincent Calloway	25.45
Rodney Johnson	27.35
M50 Steve Kloch	26.46
Ed Italo	27.65
Kenneth Stone	30.28
M55 Patrick Lyons	27.21
M60 Stan Whitley	25.84
Charles Loftis	31.30
Paul Gilbert	33.42
M65 Doug Smith	26.94
Lee Gillespie	29.41
Maynard Morris	32.01
M75 Jim Selby	35.27
W35 Stephanie Krouse	29.79
Alison Vessup	30.07
W45 Mary Anne Cradeur	33.35
Debbie Selby	36.70
W40 Allison Vessup	14.66
W45 Debbie Selby	16.47
W65 Kathy Bergen	14.47
M30 Michael Brown	51.52
M40 Vaughan Kastor	54.07
M45 James Chinn	53.03
Robert Hicks	53.15
Vincent Calloway	58.30
M75 Jim Selby	1:12.46
W50 Denise Janneck	1:12.31
<b>800m</b>	
M40 Vaughan Kastor	2:07.92
David Hughes	2:10.15
M45 William Ward	2:29.26
M55 Nolan Shaheed	2:08.47
M75 Jim Selby	3:33.85
W30 Michelle Ishio	2:26.56
W35 Stephanie Krouse	2:42.30
W40 Lisa Davis	2:24.43
W50 Denise Janneck	2:42.30
<b>1500m</b>	
M35 Aaron Goodall	4:31.99

Bill Fitzpatrick	27.82	M90 Leland McPhie	2.35
Patrick Lyons	28.87	W65 Marilyn Ongley	3.21
M60 Stan Whitley	26.75	W75 Fran Styles	2.46
Karl Thorp	32.55	<b>Triple Jump</b>	
Eric Jones	33.77	M30 Matthew Roderick	11.19
M70 Charles Kirby	33.22	M55 John Tomaschke	10.11
Ed Karas	46.14	W75 Fran Styles	5.05
M75 Jim Selby	34.73	<b>Shot Put</b>	
M80 Bob Davidson	74.68	M40 Robert Gardner	5.70
W40 Jai Black	26.98	M50 Greg Stines	13.78
W45 Debbie Selby	37.74	Danny Cruz	7.49
W65 Marilyn Ongley	40.78	M60 Bruce McDonald	11.09
W75 Fran Styles	49.18	Ron Damschen	8.25
W85 Gerry Davidson	62.18	M65 Jerry Harwood	9.45
<b>400m</b>		M70 Alan Rosen	9.31
M40 Robert Shakkelford	51.42	John Adams	8.33
T C Wardell	55.32	Richard Gardner	5.70
M45 James Chinn	53.01	W45 Veronica Amaraseka	9.94
Chris Chen	59.30	Mary Underdown	9.29
Antone Roskovich	1:01.38	W50 Linda Cohn	9.73
Daryl Smith	1:01.38	W65 Ann Abreu	5.98
M50 Steve Cummings	58.30	<b>Discus</b>	
Rob Duncanson	1:00.87	M50 Greg Stines	42.74
M55 Bill Fitzpatrick	1:00.93	Mike Tipping	25.26
Andrew Gipson	1:13.08	Rob Duncanson	25.06
M60 Eric Jones	1:13.08	M60 Ron Damschen	36.83
M70 Charles Kirby	1:14.50	M65 Jerry Harwood	31.36
Ed Karas	1:38.85	M70 Ed Martin	28.17
Richard Gardner	1:53.45	Richard Gardner	10.69
M75 Jim Selby	1:19.26	W50 Linda Cohn	25.31
W45 Debbie Selby	1:27.23	W65 Ann Abreu	13.03
W65 Marilyn Ongley	1:39.44	<b>Javelin</b>	
W85 Gerry Davidson	2:24.74	M40 Robert Gonzales	25.83
<b>800m</b>		M55 Ron Cook	39.79
M35 Nick Warner	2:13.03	M60 John Schneider	41.32
M40 Allan McDuffie	2:04.89	Ron Damschen	31.40
M45 Darryl Smith	2:20.88	M65 Jerry Harwood	18.28
William Ward	2:25.96	M70 Ed Martin	30.63
M50 Rob Duncanson	2:19.99	John Adams	19.49
Gary Shapiro	2:21.05	W50 Linda Cohn	39.36
Mike Tipping	2:25.66	W65 Ann Abreu	17.73
M60 Jim Hampton	2:35.85	<b>1500m RW</b>	
Eric Jones	2:57.35	M50 Robert Porter	13:55.09
Malcolm McGawn	3:07.04	M80 Ray Crawford	14:40.36
M65 Jerry Hackett	2:34.58	W50 Susan Cotley	9:27.77
Brent Tharp	2:40.07	W65 Ann Abreu	12:59.27
M70 Ed Karas	3:41.71	<b>5000m RW</b>	
Richard Gardner	4:34.28	M55 Jack Cassidy	30:48.8
M75 Jim Selby	3:16.19	W50 Susan Cotley	33:15.5
Bob Holmes	3:39.45	R Pasciel-Chalmers	36:31.4
W50 R Pasciel-Chalmers	3:41.78	W45 Debbie Lee	21:32.67
W85 Gerry Davidson	5:23.00	<b>USATF-New Mexico Pen- taathlon Championships Albuquerque; June 24-25</b>	
<b>1500m</b>		<b>LJ/JT/200/DT/1500</b>	
M40 Allan McDuffie	4:32.16	M40 Gathern Jones	2148
Richard Milner	4:48.11	(4.44/38.13/27.35/32.69/ 6:41.30)	
Brent Tharp	5:37.46	M45 Dan Deyo	766
M45 Adam Weiner	4:36.93	(2.79/0/33.99/15.46/ 6:51.20)	
M50 Rob Duncanson	4:40.32	M55 David Salazar	3308
Jack Farnam	5:23.03	(4.95/32.67/26.67/22.28/ 5:14.40)	
Neil Sybert	5:42.72	Jim Fallen	2748
M60 John Dischinger	5:47.16	(4.83/23.07/28.22/20.99/ 5:53.70)	
Malcolm McGawn	6:16.40	M65 Ron Kirkpatrick	2093
Dennis Conte	7:54.72	(3.78/18.44/28.73/18.20/ 9:25.80)	
M70 Ed Karas	7:29.52	M70 James Leggitt	3467
Richard Gardner	9:02.04	(4.09/29.81/29.40/31.70/ 7:33.50)	
<b>5000m</b>		<b>Trojan Masters Championships Los Angeles, CA; July 9</b>	
M35 Steve Lopez	17:06.73	<b>100m</b>	
T Truong	22:39.03	M35 Ed Jones	12.30
M55 Roy Adams	20:51.07	M40 Chris Faulkner	10.94
M70 Richard Gardner	36:31.01	M45 Mike Sullivan	11.46
W40 Jaye Morris	21:39.93	M50 Greg Pizza	12.07
W50 R Pasciel-Chalmers	26:06.65	M55 Ernie Stucki	12.90
<b>Short Hurdles</b>		M60 Willie Roberson	14.80
M30 Matthew Roderick	16.38	M65 Doug Smith	13.21
M45 Steve Klenstuber	23.47	M75 Don Cheek	14.78
M50 Steve Cummings	18.11	M80 Tom Patsalis	23.24
M70 Delos Oyer	27.73	W45 Debbie Selby	16.42
W60 Nadine O'Connor	14.31	W50 Linda Cohn	14.93
<b>2000m Steeplechase</b>		W60 Kathy Bergen	14.51
M70 G McClenathen	10:09.94	<b>200m</b>	
Richard Gardner	14:59.44	M35 John Garratt	24.19
W50 R Pasciel-Chalmers	11:48.53	M40 Kettrell Berry	22.89
<b>3000m Steeplechase</b>		M45 Mike Sullivan	23.56
M45 David Cook	12:07.74	M50 Charles Williams	25.37
M50 Paul Baum	13:01.34	M60 Willie Roberson	29.94
Ray Smith	15:52.58	M65 Maynard Morris	32.48
M75 Jim Selby	11:34.84	M70 Jesse Carrington	29.91
<b>High Jump</b>		M75 Don Cheek	31.09
M45 Steve Klenstuber	1.33	M80 Robert Davidson	26.83
M50 Robert Porter	1.45	W40 Jai Black	37.30
M55 John Little	1.55	W45 Debbie Selby	31.85
M60 Ron Damschen	1.23	W50 Jeanne Bowman	31.85
M90 Leland McPhie	0.97	W85 Gerry Davidson	68.77
M75 Fran Styles	0.92	<b>400m</b>	
<b>Pole Vault</b>		M35 Peter Brooks	4.12
M35 Peter Brooks	4.12	M45 Bernie Miller	4.12
M45 Bernie Miller	4.12	Greg Charles	3.36
Greg Charles	3.36	M50 Charlie Brown	3.66
M50 Charlie Brown	3.66	M55 Jeff Scott	2.75
M55 Jeff Scott	2.75	M65 Ed Oleata	3.05
M65 Ed Oleata	3.05	M70 Carlos Cota	1.83
M70 Carlos Cota	1.83	M75 Bob Hoomes	1.98
M75 Bob Hoomes	1.98	<b>Long Jump</b>	
<b>Long Jump</b>		M30 Matthew Roderick	5.72
M30 Matthew Roderick	5.72	M45 Andrew Klenstuber	1.33
M45 Andrew Klenstuber	1.33	M50 Robert Porter	4.30
M50 Robert Porter	4.30	M55 John Tomaschke	5.13
M55 John Tomaschke	5.13	John Little	4.90
John Little	4.90	M60 Ron Muranaka	4.26
M60 Ron Muranaka	4.26	M65 Otis Williams	4.13
M65 Otis Williams	4.13	Jerry Harwood	3.81
Jerry Harwood	3.81		

M55 Bill Fitzpatrick	60.23	M75 Andy Anderson	16.50
M60 Stan Whitley	48.04	M75 Jane Fuller	24.30
M65 Joseph Ellis	1:28.13	W50 Joan Blair	27.20
M70 Jesse Carrington	1:07.02		200m
M75 Don Cheek	1:11.15	M55 David Salazar	27.40
M80 Robert Davidson	3:14.20	Doug Rexroad	29.50
W40 Jai Black	59.63	Charles Fuller	29.80
W45 Debbie Selby	1:28.17	M65 Ron Kirkpatrick	28.90
W85 Gerry Davidson	2:21.43	W55 Jane Fuller	55.00
<b>800m</b>		W70 Joan Blair	69.70
M45 McDuffie Allen	2:02.80	<b>400m</b>	
M55 Nolan Shaheed	2:09.24	M55 David Salazar	58.80
M60 Gordon Reiter	2:25.45	Charles Fuller	1:08.90
M65 Jerry Hackett	2:30.31	M65 Jim Bevins	1:22.10
M70 Louis Simmons	4:08.81	Ron Kirkpatrick	2:06.70
W40 Caren Ware	2:43.14	W70 Joan Blair	2:58.60
W45 Christine Long	3:38.73	<b>800m</b>	
W50 Denise Janneck	2:44.39	M40 Scott Long	2:18.00
W85 Gerry Davidson	5:26.16	M55 David Salazar	2:18.20
<b>1500m</b>		M65 Jim Bevins	3:22.90
M35 Aaron Goodall	4:31.21	W50 Karen Blackmore	3:36.00
M45 Peter Magill	4:00.93	<b>1500m</b>	
M50 Rob Duncanson	4:40.77	M40 Scott Long	4:44.20
M55 Nolan Shaheed	4:25.10	James Bogus	5:01.70
M60 Fred Lindsley	5:00.71	M55 Henry Rono	6:04.60
M70 Louis Simms, Jr.	8:13.22	M65 Jim Bevins	6:43.30
W45 Debbie Lee	5:37.02	W40 Marina Day	10:51.30
<b>3000m</b>		<b>3000m</b>	
M70 Louis Simms, Jr.	18:20.01	W40 Marina Day	22:46.30
<b>5000m</b>		<b>5000m</b>	
M45 William Ward III	18:31.10	M40 Scott Long	17:56.00
<b>2000m SC</b>		M65 Jim Bevins	25:40.30
M75 Jim Selby	11:13.16	<b>Long Hurdles</b>	
<b>100mH</b>		M65 Ron Kirkpatrick	52.50
M50 Andrew Hecker	22.75	<b>High Jump</b>	
M60 Theo Viltz	16.74	M50 Patrick Jaramillo	1.19
<b>110mH</b>		W50 Karen Blackmore	1.11
M30 Matthew Roderick	16.05	<b>Long Jump</b>	
M35 Johnny Watson	15.95	M50 Patrick Jaramillo	3.28
<b>300mH</b>		M75 Novi Milicevic	3.42
M50 Andrew Hecker	50.78	M80 Chet Warwick	2.44
M60 Tom Rauscher	51.98	<b>Triple Jump</b>	
<b>400mH</b>		M75 Novi Milicevic	6.99
M35 Johnny Watson	62.00	<b>Shot Put</b>	
<b>High Jump</b>		M35 Patrick Hochandel	13.65
M30 Matthew Roderick	1.78	M45 Jeff Crothers	9.72
M40 Tom Vandant	1.88	M50 Rick Gonzales	11.34
M50 Patrick Pittman	1.17	Patrick Jaramillo	8.74
M55 Charlie Rader	1.58	M55 Jimmy Lister	13.08
M65 Bert Bergen	1.37	M60 Paul Economides	14.97
M70 Hal Smith	1.22	Mickey Miller	9.63
W40 Caren Ware	1.32	M75 Novi Milicevic	8.00
W55 A Steekelenburg	1.27	M85 Hugh Hackett	5.76
W65 Kathy Bergen	1.27	W40 D Falzitto-Gocken	9.28
<b>Pole Vault</b>		W50 Karen Blackmore	5.91
M50 Murray Mead	3.81	<b>Discus</b>	
M55 Steve Morris	3.50	M50 Dennis Umshler	42.47
M60 Tom Rauscher	3.20	Ricor Rodriguez	35.27
<b>Long Jump</b>		Rick Gonzales	36.20
M30 Roderick Matthews	5.41	M55 Jimmy Lister	35.80
M40 Logan Culp	4.79	M60 Paul Economides	48.60
M50 Mike Tipping	4.36	Mickey Miller	30.02
M65 Otis Williams	4.08	M85 Hugh Hackett	14.03
M80 Tom Patsalis	2.91	W40 D Falzitto-Gocken	26.82
W40 Caren Ware	4.25	<b>Hammer</b>	
W45 Christine Long	2.72	M45 Jeff Crothers	38.48
W50 Denise Janneck	2.21	M50 Rick Gonzales	29.30
<b>Triple Jump</b>		M55 Jimmy Lister	27.90
M30 Matthew Roderick	11.37	M60 Paul Economides	50.55
M40 Logan Culp	10.54	Mickey Miller	12.15
M80 Tom Patsalis	7.17	M80 Chet Warwick	11.24
W45 Christine Long	5.75	M85 Hugh Hackett	23.84
<b>Shot Put</b>		<b>Javelin</b>	
M40 Robert Gonzalez	7.88	M50 Patrick Jaramillo	26.49
M45 Bradley Slinkard	14.11	Rick Gonzales	25.88
M50 Wayne Tweddell	11.58	M55 Jimmy Lister	42.85
M65 Jerry Harwood	10.44	M60 Mickey Miller	40.01
M70 Henry Ross	12.46	Paul Economides	33.00
W45 Christine Long	5.31	M80 Chet Warwick	17.85
W50 Linda Cohn	9.02	M85 Hugh Hackett	14.70
W55 Brenda Matthews	8.55	W40 D Falzitto-Gocken	21.92
W65 Cherie Sherrard	8.86	<b>Weight Throw</b>	
<b>Discus</b>		M45 Jeff Crothers	10.22
M50 Wayne Tweddell	35.86	M50 Rick Gonzales	12.95
M65 Jerry Harwood	35.36	M55 Jimmy Lister	10.40
M70 Hal Smith	35.96	M60 Paul Economides	17.13
W50 Linda Cohn	30.38	Mickey Miller	7.77
W55 A Steekelenburg	22.58	M85 Hugh Hackett	9.75
W65 Cherie Sherrard	18.18	<b>Weight Pentathlon</b>	
<b>Javelin</b>		M50 Rick Gonzales	27.16
M40 Robert Gonzalez	25.60	M55 Jimmy Lister	33.31
M55 Ron Rook	36.07	M60 Paul Economides	45.99
M65 Jerry Harwood	19.92	Mickey Miller	24.19
M70 Ernie Smith	26.45	M85 Hugh Hackett	3441
W50 Linda Cohn	36.70	W70 Judy Fetherston	1944
W55 Brenda Matthews	23.31	<b>3000m RW</b>	
<b>5000m RW</b>		M45 Chris Rael	27:54.8
M45 Rick Rael	29:35.7	M60 Willie Campbell	29.94
M60 Willie Campbell	29.94	M70 Carl Acosta	33:37.7
M70 Carl Acosta	33:37.7	M80 Masashi Noritake	42:03.3
M80 Masashi Noritake	42:03.3	W55 Jenny Dean	42:12.4
W55 Jenny Dean	42:12.4	W65 Nancy Alexander	36:37.3
W65 Nancy Alexander	36:37.3	W70 Shirley Capps	36:18.5
W70 Shirley Capps	36:18.5		

Stephen Boland	12.85	M55 Gary Gall	5:13.61
M50 Greg Pizza	12.31	M60 Jim Hampton	5:08.21
Steven Cummings	12.83	Frederick Lindsley	5:08.90
Calvin Evans	12.99	M70 Bernie Hollander	6:18.47
M55 Raymond Yeck	12.88	Louis Simms	8:25.51
Ernie Stucki	13.24	W30 Jennifer Murphy	5:08.61
Patrick Lyons	13.40	W45 L Chaplin-Swann	5:22.35
M60 Henry Randolph	13.75	<b>1500m</b>	
Ronnie Muranaka	14.49	M35 Aaron Goodall	4:54.71
Lance Pierce	14.61	Nick Warner	4:57.84
M65 Doug Smith	13.16	M40 David Olshan	4:47.03
Lee Gillespie	14.20	Matthew Ambruster	4:51.24
Karl Thorpe	14.77	Tim Hickok	5:04.60
M75 Don Cheek	15.40	M45 Angelo DeCollibus	5:03.58
Jim Selby	16.11	Thomas Cupp	5:23.67
Alfonso Escobosa	16.76	M55 Nolan Shaheed	4:46.43
M80 Tom Patsalis	19.35	Gary Hall	5:34.80
W30 Dena Birade	12.52	M60 John Dischinger	5:59.86
Debbie Selby	16.99	M70 Bernie Hollander	6:33.39
Susan Quintana	17.50	M75 Jim Selby	7:42.72
M50 Rita Hanscom	14.00	Milo Sather	8:16.89
Jeanne Bowman	15.43	W40 Lisa Davis	5:24.17
W55 Brenda Matthews	14.44	Sinead Foran	6:14.38
W60 Nadine O'Connor	14.15	W45 L Chaplin-Swann	5:32.21
Kathy Jager	15.02	Debbie Lee	6:02.10
W75 Magdalena Kuehne	19.06	Patricia Contreras	6:04.71
S Onodera-Leonard	20.61	W85 Gerry Davidson	11:03.11
<b>200m</b>		<b>5000m</b>	
M30 Michael Brown	23.32	M35 Aaron Goodall	16:56.39
M35 Hugo Estrada	24.59	M40 David Olshan	16:01.94
M40 Aaron Thigpen	23.18	Matthew Ambruster	16:41.97
Andre Freeman	23.64	M45 William Ward	18:18.13
James Smith	24.53	M50 Paul Cook	18:25.94
M45 Michael Sullivan	23.20	M70 John Brennan	21:30.37
James Chinn	23.84	Louis Simms	31:48.51
Gregory Turner	25.02	<b>10,000m</b>	
M50 James Lofton	24.02	M40 David Olshan	34:26.00
Steven Cummings	26.12	M45 William Ward	39:21.90
Stephen Kloch	26.61	M50 Paul Cook	38:21.30
M55 Raymond Yeck	26.38	<b>Short Hurdles</b>	
Ernie Stucki	26.94	M30 Matthew Roderick	15.89
William Fitzpatrick	27.48	M35 Richard Holmes	14.45
M60 Henry Randolph	28.80	Johnny Watson	15.89
Willie Roberson	30.72	M40 Henry Andrade	14.79
M65 Doug Smith	26.91	James Smith	17.01
Lee Gillespie	29.55	M45 Jeffery Davison	21.17
Karl Thorpe	31.80	M50 Andrew Hecker	19.96
M75 Don Cheek	31.54	Richard Watson	22.06
Jim Selby	34.68	M60 Theo Viltz	17.35
W40 Caren Ware	30.30	Bob Osterhoudt	18.02
Kim Kutcher	33.21	Gary Wuest	20.32
W45 Debbie Selby	35.55	M65 Terry Rowan	19



Mardon Connelly	2.74
M65 Edward Oleata	3.12
M70 Douglass McFeters	2.43
Raymond Fitzhugh	2.43
W60 Nadine O'Connor WR3.12	
(Nadine O'Connor/3.10/2005)	
<b>Long Jump</b>	
M30 Matthew Roderick	5.37
M35 Johnny Watson	3.67
M40 Robert Gonazles	4.58
M45 Gregory Turner	6.46
William Long	5.89
Niroumand Mahmoud	5.34
M50 Paul Shires	4.61
Patrick Pittman	4.25
Mike Tipping	3.81
M55 Carl Flowers	4.43
Kevin Christensen	4.38
M60 Ronnie Muranaka	4.20
M65 Terry Rowan	4.57
M70 Raymond Fitzhugh	3.45
M80 Tom Patsalis	2.81
W40 Caren Ware	4.59
W45 Ver. Amarasekara	5.13
Christine Long	2.71
W50 Linda Cohn	4.29
W55 Brenda Matthews	4.11
W60 Kathy Jager	4.03
W75 Magdalena Kuehne	3.09
<b>Triple Jump</b>	
M30 Matthew Roderick	11.68
M40 Logan Culp	10.18
M45 Mahmoud Niroumand	11.38
Jeffrey Davison	8.53
M50 Triple Jump	9.36
Paul Shires	9.14
M65 Terry Rowan	8.69
M80 Tom Patsalis	6.65
M85 Hugh Hackett	3.91
W40 Caren Ware	8.64
W45 Christine Long	5.77

<b>Shot Put</b>	
M30 Mark Landa	15.03
M35 Geoffrey	11.15
M40 David Bickel	11.01
Robert Gonzales	7.88
M45 Bradley Slinkard	14.42
M50 Gary Schmidt	12.68
David Scott	11.90
Wayne Tweddell	11.89
M55 Michael Shiaras	15.35
Tim Muller	14.19
M60 William Harvey	13.40
Louis Jordan	11.63
Gary Wuest	11.21
M65 Richard Noble	11.40
M70 Robert Humphreys	12.72
Henry Ross	12.45
Doug Tomlinson	10.76
M75 Arnie Gaynor	12.90
M80 Donald Roser	7.93
W45 Ver. Amarasekara	9.45
W50 Linda Cohn	10.19
Rita Hanscom	9.42
Jeanne Bowman	7.16
W55 Brenda Matthews	8.92
A Steekelenburg	7.57
W60 Kathy Jager	7.69
Kathryn Noble	6.74
W65 Flossie Harrison	6.70
Ann Abreu	5.91

<b>Discus</b>	
M30 Mark Landa	43.86
M35 Geoffrey Riggs	28.10
M40 Timothy Edwards	44.01
David Bickel	35.40
M45 Carl Darby	39.79
James Barry	33.31
M50 Gary Schmidt	39.58
Richard Watson	37.08
James Fraser	35.15
M55 Tim Muller	45.25
Alfred Cain	30.48
M60 Louis Jordan	46.03
William Harvey	39.65
Gary Wuest	33.56
M65 Chuck Polizzi	38.27
Richard Noble	37.59
John Burns	37.30
M70 Robert Humphreys	43.03
Alan Rosen	32.34
M75 Arnie Gaynor	31.75
M80 Donald Roser	22.13
W50 Rita Hanscom	24.94
Jeanne Bowman	16.72
W55 Brenda Matthews	22.29
A Steekelenburg	21.67
W60 Kathy Jager	19.56
Kathryn Noble	14.74

<b>Hammer</b>	
M30 Mark Landa	54.16
M40 David Bickel	42.37
M45 Carl Darby	39.53
Douglas Parsons	36.66
M50 Thomas Meyer	47.76
Richard Watson	38.52
Gary Schmidt	36.43
M55 Tim Muller	30.75
M60 Bob Osterhoudt	43.14
Louis Jordan	42.22
M65 Edward Burke	52.16
Jeff Chase	38.76

Chuck Polizzi	35.75
M70 Robert Humphreys	41.65
Doug Tomlinson	35.31
M85 Hugh Hackett	22.65
<b>Javelin</b>	
M40 Robert Gonzales	28.21
M45 Jason Bender	60.49
John Hansen	51.16
Mahmoud Niroumand	34.95
M50 Rob Duncanson	44.15
Richard Watson	43.43
Mike Tipping	42.67
M55 Sy Silverstein	40.74
Ronald Rook	37.27
M60 John Schneider	43.06
Gary Wuest	37.31
Louis Jordan	35.03
M65 John Burns	40.12
Chuck Polizzi	31.53
M70 Buster Quist	36.10
Raymond Fitzhugh	32.95
Edward Martin	32.86
M80 Donald Roser	23.57
M85 Hugh Hackett	14.50
W40 Caren Ware	21.68
W50 Linda Cohn	38.48
Tina Bowman	35.86
Rita Hanscom	20.02
W55 Brenda Matthews	20.87
A Steekelenburg	20.33
W65 Ann Abreu	17.71
<b>5000m RW</b>	
M45 Chris Rael	27:35.80
Raymond Billig	32:07.00
M60 Rick Campbell	29:03.10
M65 Patrick Bivona	33:57.70
M70 Arvid Rolle	36:27.30
Lloyd McGuire	38:52.20
M75 Cliff Elkins	37:48.50
W70 Patricia Willis	44:34.20

**NORTHWEST**

**USATF-OR Decathlon/Heptathlon Salem, OR; June 17-18**

<b>Decathlon</b>	
Greg Hodson	49 2909
Dennis Cameron	57 4232
Dennis Sullivan	80 6754
<b>Heptathlon</b>	
Becky Sisley	67 4981
(www.usatf-oregon.org for individual events)	

**Seattle Masters Classic Edmonds WA; July 7-8**

<b>100m</b>	
M30 Sims, Jason	12.39
Bergey, Derek	12.50
Palencia, Don	13.25
M40 Crippen, Rand	13.32
M45 Waller, Mike	12.21
Smith, Karl	12.77
M50 Ortmann, David	12.49
Honner, Nicholas	14.22
M55 Venable, William	13.10
M60 Robbins, Stephen	12.46
Brocato, Charles	13.23
Leslie, Will	14.18
M70 Coy, Jack	17.75
W40 Milligan, Marjorie	13.66
<b>200m</b>	
M30 Bergey, Derek	25.22
Palencia, Don	27.32
Nguyen, Tri	28.02
M45 Waller, Mike	23.62
Smith, Karl	28.02
M50 Ortmann, David	25.15
Freeman, Peter	25.68
Fink, Greg	32.38
M55 Venable, William	27.79
M60 Robbins, Stephen	25.11
Brocato, Charles	27.68
Clairmonte, Hugh	29.63
W40 Milligan, Marjorie	28.85
<b>400m</b>	
M30 Hinds, John	1:00.98
Sims, Jason	1:01.36
Erdmann, Eric	1:01.47
M45 Smith, Karl	56.65
M50 Freeman, Peter	56.54
Jaquet-Acea, Russel	60.69
Diaz, Edward	65.16
M55 Crouse, CB	68.68
M60 Turner, Kwame	1:20.04
W40 Milligan, Marjorie	1:11.78

<b>800m</b>	
M30 Bresseman, Chris	2:14.91
Thomas, Keith	2:21.35
Erdmann, Eric	2:40.95
M40 Michael, Christophe	2:21.97
Dixon, Jeff	2:23.23
M50 Stonkus, Arnie	2:28.00
Allison, Michael	2:28.79
Prather, Bob	2:29.07
M60 Wilcox, Joe	2:55.46

<b>5000m Racewalk</b>	
M45 Aunan, Tommy	26:52.19
M50 DiBernardo, Steve	28:25.20
Kale, Bart	30:37.70
Newman, Richard	31:30.18
M55 Novak, Bob	27:35.94
Chraminski, Stan	28:33.26
M60 Lynch, Ron	38:32.00

M65 O'Rourke, Des	2:45.82
<b>1500m</b>	
M30 Bresseman, Chris	4:24.15
Grichel, Steve	4:24.58
M40 Alexander, Mark	4:21.91
Miskimins, David	4:29.80
Meuret, Henry	4:45.66
M50 Prather, Bob	4:31.56
Allison, Michael	4:48.51
Stonkus, Arnie	5:02.47
M60 Turner, Kwame	6:23.71

<b>5000m</b>	
M30 Docken, Lance	16:57.44
M40 Bogus, Jim	18:09.65
Michael, Christophe	20:01.61
Stevens, Kelly	20:23.20
M45 Been, Rich	20:08.37
M60 Wilcox, Joe	21:39.92
M65 Dean, Roger	25:23.95
M70 Ifrig, Bill	20:21.20
Pitkethly, David	21:42.54
W40 Parfitt, Claire	22:12.53

<b>4x400m Relay</b>	
M30 SF	4:11.13
SF	4:35.29
<b>High Jump</b>	
M40 Crippen, Rand	1.73
M50 Jaquet-Acea, Russel	1.50
M65 Sheedy, Bob	1.22
<b>Pole Vault</b>	
M50 Jaquet-Acea, Russel	3.20
M65 Butler, Dave	2.40
Simpson, Mohler	2.10

<b>Long Jump</b>	
M40 Crippen, Rand	5.18
M55 Venable, William	5.31
M60 Chaney, Victor	3.71
<b>Triple Jump</b>	
M40 Crippen, Rand	10.75
M60 Chaney, Victor	9.25

<b>Shot Put</b>	
M30 Burks, Matt	13.92
Salas, Christian	12.60
M40 Shannon, Tim	13.28
M50 Ortmann, David	8.62
M60 Miller, Jack	8.27
M65 Ward, Robert	12.63
Sheedy, Bob	10.06
M70 Koch, James	13.12
Kaald, Paul	7.70
M75 Fennema, Carl	7.94
M85 Schramm, Warren	5.60
M90 Joslin, Leon	5.58
W40 Jinkins, Laurie	9.56
Oberbillig, Karen	7.86
W45 Sunna, Carla	9.00
W60 Cutler, Georgia	7.79

<b>Discus</b>	
M30 Burks, Matt	37.58
Salas, Christian	32.16
M40 Shannon, Tim	40.84
Ward, Richard	35.25
M50 Umshler, Dennis	44.02
M60 Miller, Jack	33.52
M65 Sundholm, Conrad	36.17
Sheedy, Bob	34.07
M85 Schramm, Warren	12.97
M90 Joslin, Leon	15.13
W40 Oberbillig, Karen	26.66
Jinkins, Laurie	26.57
W45 Sunna, Carla	26.12
W60 Cutler, Georgia	21.84

<b>Hammer</b>	
M30 Burks, Matt	40.87
M40 Shannon, Tim	44.44
M55 Taylor, Todd	50.58
M90 Joslin, Leon	13.02
W40 Jinkins, Laurie	31.67
W55 Taylor, Joyce	35.62
Sellerite, Sharon	29.31
W65 Cutler, Georgia	32.90

<b>Javelin</b>	
M40 Scott, Dan	46.77
M65 Stenlund, Gary	57.67
Sheedy, Bob	29.29
W45 Moore, Melissa	31.71
<b>Weight Throw</b>	
M35 Burks, Matt	12.32
M40 Shannon, Tim	13.46
M55 Taylor, Todd	16.65
M90 Joslin, Leon	5.71
W40 Jinkins, Laurie	10.82
W55 Taylor, Joyce	10.27
Sellerite, Sharon	7.67
W65 Cutler, Georgia	12.50

<b>Superweight</b>	
M35 Burks, Matt	8.13
M40 Shannon, Tim	7.81
M55 Taylor, Todd	7.48
M90 Joslin, Leon	3.54
W40 Jinkins, Laurie	6.33
W55 Taylor, Joyce	6.65
Sellerite, Sharon	4.32
W65 Cutler, Georgia	6.49
<b>5000m Racewalk</b>	
M45 Aunan, Tommy	26:52.19
M50 DiBernardo, Steve	28:25.20
Kale, Bart	30:37.70
Newman, Richard	31:30.18
M55 Novak, Bob	27:35.94
Chraminski, Stan	28:33.26
M60 Lynch, Ron	38:32.00

M65 King, John	37:06.52
M70 Kaald, Paul	35:02.56
Rohrbach, Stebbins	35:05.43
W45 Tuberg, Ann	30:47.74

**Inland NW Masters T&F Classic, Pullman, WA July 22**

<b>100m</b>	
M55 Willie Venable	13.0
M65 John Knudsen	14.9
M75 Paul Flannagan	16.5
Jack Coy	17.1
W50 Linda Lanker	15.6
W75 Melicent Whinston	NTA
<b>200m</b>	
M65 John Knudsen	31.5
M75 Jack Coy	36.9
W35 Janet Wiebold	43.0

<b>400m</b>	
M45 Holton Quinn	1:00.56
M60 Rich Tucker	1:01.70
M75 Paul Flannagan	1:16.31
<b>800m</b>	
M50 Bob Prather	2:15.8
M55 Ken Bell	2:33.0
W35 Kelley Hewett	2:40.6
<b>1500m</b>	
M50 Bob Prather	4:29.1
M55 Ken Bell	5:14.4
M65 Desmond O'Rourke	5:59.7
M75 Paul Flannagan	6:44.8

<b>Long Hurdles</b>	
W50 Linda Lanker	1:01.9
M50 Douglas Jacobson	36:57.61
<b>3000m Steeplechase</b>	
M40 David Miskimins	11:28.0
<b>High Jump</b>	
W35 Kelley Hewett	1.35
<b>Pole Vault</b>	
M45 Louis Baucom	4.28
M60 Dannis Phillips	3.81
W45 Yvonne McMillan	1.70

<b>Long Jump</b>	
M55 Willie Venable	4.90
W30 Sheila Smith	5.56
W55 Janet Wiebold	2.37
W75 Melicent Whinston	1.94
<b>Triple Jump</b>	
M55 Kameron Mitchell	8.37
W30 Sheila Smith	11.84
<b>Shot Put</b>	
W45 Karen Miller	10.33
W55 Sue Hinz	7.90
W75 Melicent Whinston	4.59

<b>Discus</b>	
M55 David Kolva	20.97
M60 Gary Peterson	35.57
W45 Karen Miller	31.82
W55 Sue Hinz	21.18
<b>Hammer</b>	
M35 Aaron Lernerud	52.31
M55 David Lolva	26.46
W55 Sue Hinz	28.05
Bessie Kolva	24.26

<b>Javelin</b>	
M30 Ryan Weidman	65.86
M35 Aaron Lernerud	43.28
<b>Club Scores</b>	
Comets TC	78
Portland Masters TC	48
Bigfoot TC	40
Lewis-Clark TC	30
Clark Co. RC	30
Team Red Lizard	20
Mercury TC	20
Greater Spokane	10
Hard Core Runners	10

**Bend Open/Masters Meet Bend, OR; Aug. 12**

<b>100m</b>	
W40 Cloward, Maria	14.81
W45 Schultz, Donna	14.84
M40 Reed, Robert	12.53
Gray, Bert	13.37
M45 Copeland, Scott	12.83
M50 Worley, Steve	12.74
Revoal, Marvin	13.81
Webb, Trent	15.91
M55 Lesniak, Mark	12.64
Cloudas, Keith	20.91
M60 Gripp, Wayne	13.46
Lulich, Frank	13.85
Talmadge, Steve	14.20
M65 Summers, David	15.84
M75 Coy, Jack	17.11
M85 Lauderback, Bill	25.85

<b>200m</b>	
W40 Cloward, Maria	31.74
W50 Fortier, Pam	36.31
W55 Brook, Zel	50.92
M40 Reed, Robert	25.45
M45 Budziszewski, Joseph	25.79
Copeland, Scott	26.16
M50 Worley, Steve	26.30
Revoal, Marvin	30.14
Webb, Trent	33.54
M55 Lesniak, Mark	26.62

Schaller, Jeff	28.31
M60 Gripp, Wayne	27.18
Lulich, Frank	28.05
Peirce, Stephen	30.59
M65 Summers, David	33.71
M75 Coy, Jack	36.31
M85 Lauderback, Bill	60.47
<b>400m</b>	
W40 Cloward, Maria	1:14.5h</

<b>Pole Vault</b>	M45 Jackman, Kenny	11.88	
M30 Slianetchuk, James	4.14	M50 Cilevitz, Ralph	8.75
M50 Cilevitz, Ralph	2.20	M70 Poonia, Kesar Singh	6.71
M60 Kilepelainen, Matti	3.66	W45 Gunasekera, Roshani	8.21
M65 Land, Bob	2.55	<b>Shot Put</b>	
<b>Long Jump</b>		M35 Buhlman, James	9.25
M40 Crawford, Todd	6.66	M40 Crawford, Todd	10.59
M45 Sanjari, Kevin	5.65	M45 Yoisten, Danny	11.15
M50 Cilevitz, Ralph	4.23	M30 Myers, Joe	13.84
M55 Bourgard, Tim	4.28	M55 Mayer, Jean-Pierre	12.57
M70 Poonia, Kesar Singh	3.72	M60 McGruder, Malachi	9.62
W45 Gunasekera, Roshani	3.72	M65 Morris, David	8.67
W50 Mallia, Maria	3.73		
<b>Triple Jump</b>			
M40 Crawford, Todd	12.58		

M70 Poonia, Kesar Singh	11.31	M70 Boyd, Jack	29.30
M80 Viskers, Evalds	9.90	M40 Viskers, Evalds	29.94
W40 Jaam Shahriar, Diana	10.58	W40 Jaam Shahriar, Diana	37.92
W45 Barrett, Lyn	7.88	W45 Barrett, Lyn	17.81
W55 Trott, Rhona	7.47	W55 Trott, Rhona	17.04
W75 Tomsons, Velta	6.15	W75 Tomsons, Velta	15.73
<b>Discus</b>		<b>Hammer</b>	
M35 Buhlman, James	24.81	M40 Parkinson, Richard	33.30
M40 Crawford, Todd	36.22	M45 Findlay, James	36.06
M45 Bailey, Don	41.95	M50 Graczyk, Jan	50.74
M50 Pearson, Bill	38.37	M55 Boghina, Rudy	32.74
M55 Mayer, Jean-Pierre	40.46	M65 Morris, David	26.41
M60 McGruder, Malachi	36.08	M70 Muller, Emil	45.48
M65 Morris, David	33.38	W40 Jaam Shahriar, Diana	24.97
		W55 Trott, Rhona	20.00

M45 Buhlman, James	29.89	M55 Boghina, Rudy	11.76
M40 Parkinson, Richard	51.10	M65 Muller, David	9.99
M45 St. Pierre, Peter	43.79	M70 Muller, Emil	16.72
M50 Myers, Joe	38.71	W40 Jaam Shahriar, Diana	10.53
M55 Dellavedova, Folgo	40.40	<b>5000m RW</b>	
M60 McGruder, Malachi	37.58	M45 Dinger, Hans	28.21.00
M65 Pamerter, Fred	39.10	M55 Ramsden, Don	30:11.00
M70 Malmstrom, Eric	29.93	M70 Summerhayes, Stuart	31:21.20
M40 Neilson, Ana Maria	33.85	W30 Raetsen, Sarah	31:11.21
W45 Barrett, Lyn	16.57	W35 McBurney, Tracey	33:30.89
<b>Weight Throw</b>		W45 Cashman, Kitty	27:20.09
M40 Parkinson, Richard	12.22	W50 Sweazey, Nancy Patten	27:06.77
M45 Yoisten, Danny	11.13	W55 Ramsden, Aggie	33:55.26
M50 Graczyk, Jan	16.00	W65 Christensen, Joan	31:48.05

M60 Knuell, Wolfgang GER	14.60	M65 Hamel, Wolfgang GER	13.92
M65 Hamel, Wolfgang GER	13.92	M70 Speckens, Peter GER	14.23
M70 Speckens, Peter GER	14.23	M75 Saarinen, Leo FIN	12.41
M80 Eriksson, Erik FIN	12.21	M85 Darrot, Pierre FRA	10.34
M90 Langer, Klaus GER	7.77	M95 Proksch, Alfred AUT	4.29
M60 Vivod, Branco CRO SLO	1.59	W35 Szczepanik, Dorota POL	13.63
M65 Svrndal, Carl-Erik SWE	1.57	W40 Morkuniene, Valda LTU	12.67
M70 Tosnar, Pavel CZE	1.39	W45 Vahter, Lea EST	11.90
M75 Nevrup, Nils-Bertil SWE	1.27	W50 Schenkels, Tine NED	12.93
Andrecs, Hermann AUT	1.27	W55 Melnikova, Svetlana RUS	12.98
Kietavainien, Raimo FIN	1.27	W60 Putiniene, Jadvyga LTU	11.37
M80 Dobriban, Geza HUN	1.24	W65 Williams, Evaun GBR	11.53
M95 Zensch, Emmerich AUT	1.21	W70 Dwenger, Elisabeth GER	8.64
M80 Langer, Klaus GER	1.06	W75 Hanssens, Rachel BEL	7.72
W35 Semashko, Elena RUS	1.65	W80 Pleuger, Ilse GER	6.27
M40 Laing, Wendy GBR	1.60	W85 Smildzina, Katrina LAT	5.48
W45 Kielan, Urszula POL	1.55	<b>Discus</b>	
W50 Karg, Carmen GER	1.45	M35 Pawelski, Grzegorz POL	46.87
M55 Marler, Caroline GBR	1.35	M40 Stolarczyk, Marek POL	52.70
W60 Maier, Marianne AUT	1.32	M45 Szpak, Mieczyslaw POL	48.99
W65 Stelling, Ursula GER	1.37	M50 Valent, Gejza CZE	52.56
W70 Junge, Ingrid GER	1.09	M55 Wagner, Alwin GER	50.01
W75 Happ, Christa GER	1.12	M60 Uhlík, Frantisek CZE	48.87
W80 Strüven, Margarete GER	0.91	M65 Strzelinski, Zbigniew POL	49.92

M35 Buda, Gianfranco ITA	4.60	M70 Speckens, Peter GER	44.42
M45 Ahtelik, Alfred GER	4.50	M75 Brandt, Heinz GER	37.40
M50 Ritte, Wolfgang GER	4.40	M80 Duholm, Helmut DEN	30.99
M55 Iwinski, Pawel POL	3.80	M85 Joupila, Kauro FIN	31.45
M60 Markowski, Bogdan GER	3.70	M90 Langer, Klaus GER	16.68
M65 Pirinen, Jorma FIN	3.00	M95 Proksch, Alfred AUT	9.76
M70 Wennblom, Lars SWE	3.00	M35 Margry, Sylvia FRA	46.05
M75 Lund, Ake FIN	2.40	W40 Kivistö, Jaana FIN	40.32
M80 Saavalainen, Pentti FIN	2.15	W45 Vahter, Lea EST	41.03
M85 Zensch, Emmerich AUT	2.00	W50 Schenkels, Tine NED	37.68
M35 Ziemann, Christina GER	3.30	W55 Melnikova, Svetlana RUS	34.10
W40 Ailus, Sari FIN	3.00	W60 Brassler, Jolanda NED	30.54
W45 Forcellini, Carla ITA	3.20	W65 Danilova, Tamara RUS	36.07
W50 Yeomans, Sue GBR	2.40	W70 Wissinger, Susanne GER	27.72
W55 Funke, Karin GER	2.70	W75 Hanssens, Rachel BEL	18.14
W60 Nix, Diethild GER	2.35	W80 Kutti, Nora EST	16.68
W65 Faelt, Inkeri FIN	2.20	W85 Smildzina, Katrina LAT	11.20
W70 McLennan, Dorothy IRE	1.90	<b>Hammer</b>	
M35 Reibel, Bernard FRA	61.75	M40 Tsvetkov, Alexey RUS	51.29
M40 Tsvetkov, Alexey RUS	51.29	M45 Earle, Robert GBR	53.23
M45 Earle, Robert GBR	53.23	M50 Maganas, Vasilios GRE	58.75
M50 Maganas, Vasilios GRE	58.75	M55 Piackowski, Andrzej POL	55.33
M60 Krzesinski, Ryszard POL	52.49	M65 Waltercrantz, Eugen SWE	50.11
M65 Waltercrantz, Eugen SWE	50.11	M70 Magnusson, Jon H. ISL	45.25
M70 Magnusson, Jon H. ISL	45.25	M75 Lytynen, Mykhaylo UKR	44.31
M80 Duholm, Helmut DEN	32.44	M80 Duholm, Helmut DEN	32.44
M85 Kraczky, Jerzy POL	28.77	M85 Kraczky, Jerzy POL	28.77
M90 Nielsen, Ahlmann DEN	19.33	M90 Nielsen, Ahlmann DEN	19.33
W35 De Wolf, Kathleen BEL	44.03	W40 Chirol, Claudine FRA	51.88
W40 Chirol, Claudine FRA	51.88	W45 Duss, Margrith SUI	50.37
W45 Duss, Margrith SUI	50.37	W50 Neumann, Jutta GER	38.80
W50 Neumann, Jutta GER	38.80	W55 Bellanger, Annie FRA	48.13
W60 Mellmann, Gudrun GER	38.57	W60 Mellmann, Gudrun GER	38.57
W65 Erikson, Helvi EST	37.50	W65 Erikson, Helvi EST	37.50
W70 Haede, Agnes GER	23.00	W70 Haede, Agnes GER	23.00
W75 Neubert, Marianne GER	22.72	W75 Neubert, Marianne GER	22.72
W80 Foerster, Ursula GER	17.78	W80 Foerster, Ursula GER	17.78
W85 Smildzina, Katrina LAT	13.82	<b>Javelin</b>	
M35 Landmesser, Patrick CZE	64.74	M40 Florek, Pavol SVK	65.36
M40 Florek, Pavol SVK	65.36	M45 Havras, Serhij UKR	61.92
M45 Havras, Serhij UKR	61.92	M50 Schaffarzik, Josef GER	59.68
M50 Schaffarzik, Josef GER	59.68	M55 Drab, Frantisek CZE	54.39
M60 Bykov, Alexander RUS	50.21	M65 Sakow, Aleksander POL	50.23
M65 Sakow, Aleksander POL	50.23	M70 Hoffmann, Manfred GER	45.53
M70 Hoffmann, Manfred GER	45.53	M75 Will, Heiner GER	37.82
M80 Javanainen, Veikko FIN	34.79	M85 Javanainen, Veikko FIN	34.79
M85 Javanainen, Veikko FIN	34.79	M90 Langer, Klaus GER	23.51
M90 Langer, Klaus GER	23.51	M95 Proksch, Alfred AUT	5.87
M95 Proksch, Alfred AUT	5.87	W35 Mariekzkurrena, Idola ESP	43.97
W35 Mariekzkurrena, Idola ESP	43.97	W40 Patla, Genowefa POL	52.45
W40 Patla, Genowefa POL	52.45	W45 Petö, Zsuzsanna AUT	34.39
W50 Jensen, Anne Kirstine DEN	36.53	W55 Klimesova, Jarmila CZE	34.47
W55 Klimesova, Jarmila CZE	34.47	W60 Putiniene, Jadvyga LTU	33.64
W60 Putiniene, Jadvyga LTU	33.64	W65 Williams, Evaun GBR	38.07
W65 Williams, Evaun GBR	38.07	W70 Kalediene, Birute LIT	30.54
W70 Kalediene, Birute LIT	30.54	W75 Hanssens, Rachel BEL	23.84
W75 Hanssens, Rachel BEL	23.84	W80 Kutti, Nora EST	15.58
W80 Kutti, Nora EST	15.58	W85 Smildzina, Katrina LAT	12.58
W85 Smildzina, Katrina LAT	12.58	<b>Weight Throw</b>	
M35 Gleikner, Martin GER	15.87	M40 Tsvetkov, Alexey RUS	15.27
M40 Tsvetkov, Alexey RUS	15.27		

M45 Earle, Robert GBR	53.23
M50 Maganas, Vasilios GRE	58.75
M55 Basterud, Arild NOR	55.33
M60 Krzesinski, Ryszard POL	52.49
M65 Röcken, Hans GER	50.11
M70 Magnusson, Jon H. ISL	45.25
M75 Rzehak, Richard GER	48.13
M80 Eriksson, Erik FIN	19.33

**LONG DISTANCE RUNNING**

**USATF National Championships/White River 50 Trips, Crystal Mountain July 29**

<b>Overall</b>	Mike Wolfe 28	7:00
Nikki Kimball 35	7:00	
W40 Kami Semic*	7:00	
Glenn Pace	9:00	
Stacey Burton	10:00	
Chris Fagan	10:00	
W45 Meghan Arbogast*	8:00	
Maura Schwartz	10:00	
Kathy Crompton	12:00	
W50 Marlis Dejong	11:00	
M40 Mark Tarr*	7:00	
Todd Nott*	8:00	
Alex Swenson	8:00	
Dave Terry*	8:00	
Steve George*	8:30	
Tim Stroh	8:00	
M45 Andy Nicol	8:00	
Derrick Carr*	8:00	
Craig Raalstin*	8:00	
Tony Covarubias	8:00	
Eric Clifton*	8:00	
M50 Chuck Dooley*	9:00	
Mike Suminski	10:00	
Steve VanWicklin*	10:00	
Steve Kanters*	10:00	
M55 Charles Crompton*	9:00	
Roy Pirrung*	9:00	
Richard Knowles	11:00	
M60 Rainer Schulz	11:00	
Phil Leatherman	12:00	

**USATF members**

**EAST NYRR Dash and Sprint 8K, Central Park, NY July 15**

<b>Overall</b>	Jorge Real 35	51:29
Lillian Kroner 40	51:29	
M40 Alfonso Polonia	53.23	
M45 Leonard Garrick	58.75	
M50 Luis Chaglia	55.33	
M55 Robert Torchia	52.49	
M60 Samuel Skinner	50.11	
Douglas Escher	45.25	
Chong Soe	44.31	
M65 Enrique Gutman	44.03	
Egidio Bernardo	41.03	
Nevio Dobry	41.03	
John Cioffi	37.68	
Jerry Stolls	37.68	
Manuel Guarin	37.68	
M75 Leo Schonhaut	37.50	
Francisco Vidal	37.50	
Gene Bandler	37.50	
M80 Sab Koide	37.50	
W40 Lillian Kroner	37.50	
W45 Gordon Bakoulis	37.50	
W50 Marcelle Teran	37.50	
W55 Kathleen Horton	37.50	
W60 Chuang Chang	37.50	
W65 Sandra Krystal	37.50	
W70 Ginette Bedard	37.50	
W80 Joan Rowland	37.50	

**Stowe 8 Miler/USATF Championships Stowe, VT, July 15**

<b>Overall</b>	Nate Jenkins 25	45:53
Heather Capello 26	45:53	
M40 Jason Cakouros	52.45	
Titus Mutinda	52.45	
M45 Craig Fram	52.45	
Sam Davis	52.45	
Paul Hammond	52.45	
M50 Norm Larson	52.45	
Reno Stirtat	52.45	
Larry Litscher	52.45	
M55 Laurence Olsen	52.45	
Jerry Learned	52.45	
Gordon McFarland	52.45	

**INTERNATIONAL**

**European T&F Championships Poznan, Poland, July 19-30**

<b>100m</b>	M35 MacGee, Will GBR	11.15
M40 Noel, Anthony GBR	10.93	
M45 Logan, Patrick GBR	11.50	
M50 Peters, Charles GBR	11.66	
M60 Cilla, Charles FRA	12.64	
M65 Müller, Guido GER	12.74	
M70 Gasper, Hans-Jürgen GER	13.75	
M75 Reuter, Wolfgang GER	13.73	
M80 Klafki, Helmut GER	15.98	
M85 Sobrero, Bruno ITA	16.73	
M90 Liedtke, Herbert SWE	18.65	
W35 Granovskaja, Piret EST	12.78	
W40 Lapierre, Violette FRA	12.15	
W45 Barilly, Nicole FRA	12.73	
W50 Fuhrmann, Dagmar GER	13.37	
W55 Bartosik, Ewa POL	13.88	
W60 Parsons, Valerie GBR	14.15	
W65 Strasdas, Edeltraud GER	16.29	
W70 Nilsson, Astrid SWE	17.01	
W75 Kreiskott, Rosemarie GER	18.09	
W85 Wixey, Mary GBR	25.74	
<b>200m</b>	M35 MacGee, Will GBR	22.55
M40 Saraceni, Enrico ITA	21.74	
M45 Logan, Patrick GBR	23.57	
M50 Peters, Charles GBR	23.07	
M55 Vybstok, Vadimir SVK	25.23	
M60 Cilla, Charles FRA	25.84	
M65 Müller, Guido GER	26.37	
M70 Schrader, Horst GER	27.63	
M75 Reuter, Wolfgang GER	28.96	
M80 Palma, Sergio ITA	34.22	
M85 Sobrero, Bruno ITA	36.86	
M90 Liedtke, Herbert SWE	41.75	
W35 Levine, Elena RUS	25.99	
W40 Lapierre, Violette FRA	25.15	
W45 Dunn, Wendy	27.46	
W50 Fuhrmann, Dagmar GER	27.01	
W55 Bonner, Vivien GBR	28.23	
W60 Parsons, Valerie GBR	29.89	
W65 Mahanke, Rosemarie GER	34.22	
W70 Nilsson, Astrid SWE	35.93	
<b>400m</b>	M35 Williams, Edward GBR	50.06
M40 Saraceni, Enrico ITA	49.10	
M45 Zlorn, Ingemar SWE	52.35	
M50 Peters, Stephen GBR	52.69	
M55 Felicetti, Vincenzo ITA	54.82	
M60 Romero, Jose Luis ESP	58.94	
M65 Müller, Guido GER	57.66	
M70 Geier, Harry GER	64.47	
M75 Reuter, Wolfgang GER	69.42	
M80 Torikka, Yrjo FIN	79.57	
M90 Liedtke, Herbert SWE	1:57.97	
W35 Brown, Melanie	58.77	
W40 Tuhkla, Helle EST	60.35	
W45 Kauerhof, Petra GER	60.72	
W50 Fuhrmann, Dagmar GER	61.08	
W55 Marler, Caroline GBR	66.92	
W60 Priestman, Yvonne GBR	72.48	
W65 Carlsson, Kristina SWE	79.19	
W70 Nilsson, Astrid SWE	1:23.79	
W75 McLennan, Christine GBR	1:40.15	
<b>800m</b>	M35 Szych, Robert POL	1:57.22
M40 Headley, John GBR	1:59.97	
M45 Parkoo, Samy FRA	2:03.60	
M50 Faucheur, Pierre FRA	2:05.20	
M55 Minting, Robert GBR	2:07.42	
M60 Beyer-Maidhof, Wolf GER	2:21.78	
M65 Keilmann, Klaus GER	2:36.49	
M70 Kociszewski, Janusz POL	2:34.67	
M75 Rant, Miroslav SLO	2:58.64	
M80 Torikka, Yrjo FIN	3:11.84	
M85 Pauwels, Emiel BEL	4:39.09	
W35 Pulido, Maria del Mar ESP	2:13.27	
W40 Wienciorska, Zofia POL	2:17.17	
W45 Wahlstedt, Karin SWE	2:20.35	
W50 Wizen, Lilly SWE	2:30.20	
W55 Jensen, Ingerlise V. DEN	2:34.10	
W60 Gallagher, Patricia GBR	2:47.09	
W70 Mazzenga, Emma Maria ITA	3:21.35	
W75 Seger, Ulla SWE	4:48.65	
<b>1500m</b>	M35 Bartoszak, Michal POL	3:59.97
M40 Taylor, David GBR	4:00.84	
M45 Arendt, Bogdan POL	4:16.82	
M50 Faucheur, Pierre FRA	4:13.99	
M55 Minting, Robert GBR	4:40.19	

M60 Gronhardt, Ulrich GER	4:51.67	W35 Weiss, Annette GER	7:05.43
M65 Mey, Werner GER	5:00.60	W40 Wienciorska, Zofia POL	7:25.15
M70 Gubenkow, Leonid RUS	5:22.41	W45 Leonard, Julie SWE	7:43.07
M75 Howarth, Derek GBR	6:07.83	W50 Darby, Anne GBR	8:55.33
M80 Torikka, Yrjo FIN	6:40.40	W55 Janeckova, Anezka CZE	9:33.08
M85 Pritchett, Emiel BEL	9:36.31	W60 Rocnacka, Miloslava CZE	10:44.55
W35 Paulweils, Bernadine GBR	4:32.94	W65 Madeira C Lobo, Maria POR	

M45 Earle, Robert GBR 17.00	M85 Krawczyk, Jerzy POL 10.97	W65 Williams, Evalyn GBR 15.15	W45 Petö, Zsuzsanna AUT 5383	M50 Werthner, Georg, AUT 7736
M50 Maganas, Vasilios Greece 20.83	M90 Nielsen, Ahlmann DEN 9.16	W70 Kovalenskaya, Galina RUS 10.17	W50 Hiltischer, Ulrike GER 4489	M55 Cela, Valdis, LAT 6444
M55 Busterud, Arild NOR 20.63	W35 Sapienza, Santa ITA 13.19	W75 Neubert, Marianne GER 9.25	W55 Marler, Caroline GBR 5912	M60 Mattie, Herbert, SUI 6596
M60 Krzesinski, Ryszard POL 20.01	W40 Hodel, Cornelia SUI 15.63	W80 Lehtovuori, Anna-Liisa FIN 7.40		M65 Dahms, Reinhard, GER 7341
M65 Röcken, Hans GER 18.72	W45 Duss, Margrith SUI 15.65			M70 Wennblom, Lars, SWE 7811
M70 Magnusson, Jon H. ICE 18.14	W50 Soerensen, Lone DEN 13.16	<b>Heptathlon</b>		M75 Kietavainen, Raimo, FIN 6511
M75 Rzehak, Richard GER 17.53	W55 Van Anholt, Annie NED 14.40	W35 Einfeld Sandra GER 3461	<b>Decathlon</b>	M80 Reidinger, Walter, AUT 4995
M80 Eriksson, Erik FIN 14.40	W60 Del Giudice, Brunella ITA 14.41	W40 Laing, Wendy GBR 5348	M35 Valette, Patrick, FRA 6715	
			M40 Naschke, Lutz, GER 5761	
			M45 Mathieu, Stephan, GER 6782	

**LONG DISTANCE RUNNING NATIONAL**

**USATF National Championships/White River 50 Mile Trail, Crystal Mountain, WA July 29**

**Overall**

Mike Wolfe 28	7:00:40
Nikki Kimball 35	7:40:57
W40 Kami Semick*	7:46:56
Glenn Pace	9:21:09
Stacey Bunton	10:02:25
Chris Fagan	10:34:57
W45 Meghan Arbogast*	8:41:53
Maura Schwatz	10:34:57
Kathy Crompton	12:36:23
W50 Marlis Dejong	11:49:48
M40 Mark Tarr*	7:57:51
Todd Nott*	8:03:16
Alex Swenson	8:17:42
Dave Terry*	8:17:55
Steve George*	8:38:53
Tim Stroh	8:46:59
M45 Andy Nicol	8:07:07
Derrick Carr*	8:29:13
Craig Ralstin*	8:41:40
Tony Covarrubias	8:41:41
Eric Clifton*	8:55:06
M50 Chuck Dooley*	9:11:31
Mike Suminski	10:01:00
Steve VanWicklin*	10:02:16
Steve Kanters	10:31:31
M55 Charles Crompton*	9:33:56
Roy Pirrung*	9:35:35
Richard Knowles	11:00:44
M60 Rainer Schulz	11:52:45
Phil Leatherman	12:58:49

\*USATF members

**EAST**

**NYRR Dash and Splash 8K, Central Park, NYC July 15**

**Overall**

Jorge Real 35	26:09
Lilian Kroner 40	30:55
M40 Alfonso Polonia	27:16
M45 Leonard Garrick	30:36
M50 Luis Chaglia	31:11
M55 Robert Torchia	32:55
M60 Samuel Skinner	33:06
Douglas Escher	34:33
Chong Soe	38:07
M65 Enrique Gutman	45:23
Egidio Bernardo	46:49
Nevio Dobry	50:55
M70 John Cioffi	52:02
Jerry Stolls	54:56
Manuel Guarin	58:06
M75 Leo Schonhaut	52:24
Francisco Vidal	60:38
Gene Bandler	74:03
M80 Sab Koide	54:09
W40 Lilian Kroner	30:55
W45 Gordon Bakoulis	33:03
W50 Marcella Teran	34:09
W55 Kathleen Horton	39:29
W60 Chuang Chang	42:54
W65 Sandra Krystal	46:12
W70 Ginette Bedard	40:34
W80 Joan Rowland	64:44

**Stowe 8 Miler/USATF-NE Championships Stowe, VT; July 16**

**Overall**

Nate Jenkins 25	40:51
Heather Capello 26	48:57
M40 Jason Kakouros	43:57
Titus Mutinda	44:15
Bob Dabrieo	45:03
M45 Craig Fram	43:50
Sam Davis	45:17
Paul Hammond	45:26
M50 Norm Larson	46:49
Reno Stirrat	48:10
Larry Litscher	50:54
M55 Laurence Olsen	48:12
Jerry Learned	50:03
Gordon McFarland	52:21

M60 Ron Kita	54:53
John Hackney	55:25
Arthur Roberts	57:10
M65 George Geis	65:26
Nat Goodhue	66:34
M70 Jack Kick	67:18
Bert Moffatt	70:50
W40 Simonetta Piergentilli	51:13
Mimi Falton	51:39
Debra Barry	53:59
W45 Sue Hackney	56:10
Mia Jacobs	56:23
Lisa Zappala	57:28
W50 Linda Jennings	59:43
Sue Maslowski	62:53
Lisa Doucett	64:31
W55 Karen Deroma	60:32
Patty Foltz	63:04
Moirra Durmin	64:27
W60 Jan Holmquist	59:03
Catherine Farrell	66:05
W65 none	
W70 Barbara Robinson	76:24

**Rock n Run 10K Alexandria, VA; July 22**

**Overall**

Michael Wardian 32	33:35
Linda Foley 44	41:41
M40 Ted Poulos	37:03
M45 George Buckheit	38:49
M50 Gary Grimsley	40:24
M55 Richard Adams, Jr.	42:43
M60 Krupakar Revanna	48:02
M65 Pat Branch	59:18
M70 Richard Williams	50:40
W40 Amelia Ingersoll	45:35
W45 Debbie Daughtry	48:13
W50 Ingrid Grinde	54:44
W55 Jane Poole	55:19
W60 Teresa Revanna	90:24
W65 Jacq Chauvieux	72:27

**NYRR NY Mets Run to Home Plate 5K, Shea Stadium, Queens, NY July 29**

**Overall**

John Henwood 33	14:53
Lauren Esposito	18:09
M40 Paul Thompson	15:48
M45 Conor O'Driscoll	16:27
M50 Steve Calidonna	17:15
M55 Joseph Porcaro	18:22
M60 Julio Aguirre	19:38
M65 Anthony Bond	25:00
M70 Witold Bialokur	21:35
M75 Jack Haar	33:46
M80 John McManus	45:06
W40 Bea Huste	18:39
W45 Cindy Pomeroy	18:40
W50 Marie Wickham	21:11
W55 Jolaine Peace	24:59
W60 Carol Hansen	23:59
W65 Sandra Krystal	28:35
W70 Alexandra Finger	32:11
W75 Bertha McGruder	38:28
W80 Grace Salant	52:42

**Heart & Sole 5K Old Bethpage, NY; July 16**

**Overall**

Marcin Plachta 34	17:35
Katherine Guilfoyle 20	19:00
<b>Overall Masters</b>	
John Delmaestro 51	18:07
Carmen Anderson 41	20:28
M35 George Schroeder	17:43
M40 Rick Secor	20:38
Erich Veitch	20:47
Eric Friedman	20:49
M45 Paul Bonanni	19:41
Mike Gattus	20:20
Peter Downes	20:23
M50 Wm Sullivan	19:20
Frank Notarstefano	19:51
Robby Kirshoff	20:13
M55 Michael Demicco	18:51
Greg Karl	20:53
Peter Martin	21:00
M60 Larry Eastman	20:50
Willy Svensson	21:35
M65 Joe Cordero	22:19
M70 George Devoe	28:05
M75+Bert Jablon 79	28:26
Alan Druckman 75	30:57
W35 Lori Gerondel	25:32
W40 Liz Flahavan	20:42
Yolanda Woodard	25:44
Joanne Stein	26:44
W45 Laurene Farnoli	23:58
Evelyn Kenigsberg	24:18
Lynn Johnson	25:03
W50 Debra Savarese	27:27
Iris TorresRoss	28:12
MaryEllen Peck	28:50
W55 Olga Rapalo	35:22
Susan Nesbihel	37:44
W60 Constance Sehlmeier	32:36
W65 Joan Ackerman	34:03
W75+Josephine Curtin	39:09

**Yankee Homecoming 10 Mile, Newburyport, MA Aug. 1**

**Overall**

ALENE RETA, 24	50:47
ALENTSEHOY MISGANAN 26	59:24
<b>M40-49</b>	
ANTONIO ZEFERINO, 40	57:57
DAN VERRINGTON, 44	58:20
LARRY SAYERS, 46	59:58
<b>M50-59</b>	
LAURENCE OLSEN, 59	1:03:18
RUSSELL WOGAN, 51	1:05:24
JERRY LEARNED, 58	1:07:33
<b>M60+</b>	
JOHN HACKNEY, 61	1:13:45
MIKE FIENE, 60	1:18:37
<b>M40-49</b>	
MARIA SERVIN, 43	1:03:35
JUDI CHIAVETTA, 40	1:08:59
DEBBIE BARRY, 40	1:09:38
<b>M50-59</b>	
KAREN DEROMA, 55	1:23:50
DARLENE HOOVER, 50	1:25:04
SARAH FISHER, 53	1:27:48
<b>M60+</b>	
SHIRL ALVARO, 60	1:34:40
WENDY BURBANK, 63	1:35:56

**Beach to Beacon 10K ME; Aug. 5**

**Overall**

TOM NYARIKI	27:48
ALVENTINA IVANOVA	31:26
M40 WAYNE LEVY	32:52
JASON KAKOUROS	33:00
ANDY LATINCISCS	33:15
M45 BOB WINN	32:58
TODD COFFIN	34:06
PAUL HAMMOND	34:17
M50 NORM LARSON	34:37
TOM RYAN	34:42
BRAD LEBE	35:55
M55 MICHAEL COYNE	36:12
STEVE REED	38:22
FRANK RUCKI, JR.	39:05
M60 JOEL CROTEAU	41:55
YUSUKE TAJIMA	43:52
JIM NESBITT	44:09
M65 ROBERT HUSTED	49:31
AL NAGEL	49:34
RICHARD HILL	51:01
M70 WILLIAM RILEY	40:52

W55 Diane Burnett	34:09
W60 Chuang Chang	32:38
W65 Sandra Krystal	35:46
W70 Ginette Bedard	31:37
W75 Toshiko d'Elia	39:23
W80 Joan Rowland	51:59

**Rock n Run 10K Alexandria, VA; July 22**

**Overall**

Michael Wardian 32	33:35
Linda Foley 44	41:41
M40 Ted Poulos	37:03
M45 George Buckheit	38:49
M50 Gary Grimsley	40:24
M55 Richard Adams, Jr.	42:43
M60 Krupakar Revanna	48:02
M65 Pat Branch	59:18
M70 Richard Williams	50:40
W40 Amelia Ingersoll	45:35
W45 Debbie Daughtry	48:13
W50 Ingrid Grinde	54:44
W55 Jane Poole	55:19
W60 Teresa Revanna	90:24
W65 Jacq Chauvieux	72:27

**NYRR NY Mets Run to Home Plate 5K, Shea Stadium, Queens, NY July 29**

**Overall**

John Henwood 33	14:53
Lauren Esposito	18:09
M40 Paul Thompson	15:48
M45 Conor O'Driscoll	16:27
M50 Steve Calidonna	17:15
M55 Joseph Porcaro	18:22
M60 Julio Aguirre	19:38
M65 Anthony Bond	25:00
M70 Witold Bialokur	21:35
M75 Jack Haar	33:46
M80 John McManus	45:06
W40 Bea Huste	18:39
W45 Cindy Pomeroy	18:40
W50 Marie Wickham	21:11
W55 Jolaine Peace	24:59
W60 Carol Hansen	23:59
W65 Sandra Krystal	28:35
W70 Alexandra Finger	32:11
W75 Bertha McGruder	38:28
W80 Grace Salant	52:42

**Heart & Sole 5K Old Bethpage, NY; July 16**

**Overall**

Marcin Plachta 34	17:35
Katherine Guilfoyle 20	19:00
<b>Overall Masters</b>	
John Delmaestro 51	18:07
Carmen Anderson 41	20:28
M35 George Schroeder	17:43
M40 Rick Secor	20:38
Erich Veitch	20:47
Eric Friedman	20:49
M45 Paul Bonanni	19:41
Mike Gattus	20:20
Peter Downes	20:23
M50 Wm Sullivan	19:20
Frank Notarstefano	19:51
Robby Kirshoff	20:13
M55 Michael Demicco	18:51
Greg Karl	20:53
Peter Martin	21:00
M60 Larry Eastman	20:50
Willy Svensson	21:35
M65 Joe Cordero	22:19
M70 George Devoe	28:05
M75+Bert Jablon 79	28:26
Alan Druckman 75	30:57
W35 Lori Gerondel	25:32
W40 Liz Flahavan	20:42
Yolanda Woodard	25:44
Joanne Stein	26:44
W45 Laurene Farnoli	23:58
Evelyn Kenigsberg	24:18
Lynn Johnson	25:03
W50 Debra Savarese	27:27
Iris TorresRoss	28:12
MaryEllen Peck	28:50
W55 Olga Rapalo	35:22
Susan Nesbihel	37:44
W60 Constance Sehlmeier	32:36
W65 Joan Ackerman	34:03
W75+Josephine Curtin	39:09

**Yankee Homecoming 10 Mile, Newburyport, MA Aug. 1**

**Overall**

ALENE RETA, 24	50:47
ALENTSEHOY MISGANAN 26	59:24
<b>M40-49</b>	
ANTONIO ZEFERINO, 40	57:57
DAN VERRINGTON, 44	58:20
LARRY SAYERS, 46	59:58
<b>M50-59</b>	
LAURENCE OLSEN, 59	1:03:18
RUSSELL WOGAN, 51	1:05:24
JERRY LEARNED, 58	1:07:33
<b>M60+</b>	
JOHN HACKNEY, 61	1:13:45
MIKE FIENE, 60	1:18:37
<b>M40-49</b>	
MARIA SERVIN, 43	1:03:35
JUDI CHIAVETTA, 40	1:08:59
DEBBIE BARRY, 40	1:09:38
<b>M50-59</b>	
KAREN DEROMA, 55	1:23:50
DARLENE HOOVER, 50	1:25:04
SARAH FISHER, 53	1:27:48
<b>M60+</b>	
SHIRL ALVARO, 60	1:34:40
WENDY BURBANK, 63	1:35:56

**Beach to Beacon 10K ME; Aug. 5**

**Overall**

TOM NYARIKI	27:48
ALVENTINA IVANOVA	31:26
M40 WAYNE LEVY	32:52
JASON KAKOUROS	33:00
ANDY LATINCISCS	33:15
M45 BOB WINN	32:58
TODD COFFIN	34:06
PAUL HAMMOND	34:17
M50 NORM LARSON	34:37
TOM RYAN	34:42
BRAD LEBE	35:55
M55 MICHAEL COYNE	36:12
STEVE REED	38:22
FRANK RUCKI, JR.	39:05
M60 JOEL CROTEAU	41:55
YUSUKE TAJIMA	43:52
JIM NESBITT	44:09
M65 ROBERT HUSTED	49:31
AL NAGEL	49:34
RICHARD HILL	51:01
M70 WILLIAM RILEY	40:52

ART WARREN	49:31
GERALD BARNEY	55:47
M75 WILLIAM HAMILTON	1:10:25
PAUL CHAMBERLAIN	1:17:12
M80+ CARLTON MENDELL	1:24:52
W40 MIAMI FALLON	37:32
CHRISTINE REASER	39:08
CHRIS BRIGHTON	41:12
LEE DIPIETRO	38:26
CHRISTINE GANZ	39:19
MARTHA KERNEY	41:19
ELLIE TUCKER	40:16
LINDA JENNINGS	44:07
SARAH MACCOLL	45:21
W55 CAROL FANNING	42:49
BARBARA STEBBINS	47:36
JOAN LAVIN	49:20
W60 JAN HOLMQUIST	43:12
GRETCHEN READ	46:51
ELIZABETH BUGBEE	53:35
W65 IMME DYSON	52:32
POLLY KENNISTON	55:41
PATRICIA MATULAITIS	1:03:03
W70 LORRAINE POULIN	44:57
MAGGIE SOLOMON	1:04:46
MARY PHILBROOK	1:16:53
W75 RUTH HEFFLEFINGER	1:47:31
W80+DOTTIE GRAY	1:26:22
ANITA DALEY	2:08:33
PATRICIA CHICK	2:17:55

**Asbury Park 5K Asbury Park, NJ; Aug. 12**

**Overall**

Solomon Too 22	14
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**MID-AMERICA**

**MacAttack 5K  
Rochester, MN; June 25**

<b>Overall</b>	
Scott Fiksdal, 23	15:50
Julie Nelson, 33	17:48
M40 Bill Joppa	23:46
M45 Tom Woo	19:04
M50 Jeff Erickson	21:49
M55 Dennis Schreiber	24:02
M60 Roger Chevalier	27:25
M65 Joe Valdivia	25:14
M70 Jerry Reynolds	31:18
W40 Sharon Stubler	19:10
W45 Mary Haen	23:55
W50 Kit Hawkins	26:07
W55 Susan Powers	25:24

**Monument Downhill 5K  
Grand Junction, CO  
July 15**

<b>Overall</b>	
Jay Valentine, 40	15:19
Leanne Whitesides, 36	18:10
<b>M40-49</b>	
Jay Valentine, 40	15:19
Eric Packard, 41	15:36
Lenny Staats, 41	15:49
Bryan Baroffio, 48	18:15
<b>M50-59</b>	
Bob Hinterbeiser, 50	16:51
Steve Vigil, 51	17:48
Dave Younger, 50	18:49
<b>M60-69</b>	
Larry Ingram, 61	18:27
Tom Guido, 61	22:47
<b>M70-79</b>	
Warren Bystedt, 76	23:11
Carl Tempas, 72	27:28
<b>W35-39</b>	
Leanne Whitesides, 36	18:10
Elizabeth Schnitker, 37	23:30
Andrea Grattan, 39	23:55
<b>W40-49</b>	
Lori McInnis, 46	20:36
Marlyn Waitman, 43	22:06
Lori Holloway, 41	22:21
<b>W50-59</b>	
Jeanie Grooms, 50	21:33
Peggy Byers, 51	26:50
Liz Norris, 53	27:44
<b>W60-69</b>	
Pam Groves, 64	33:14
Gwen Giffin, 65	41:36

**WEST**

**Tahoe Rim 50K, Lake  
Tahoe, CA; July 15**

<b>Overall</b>	
South, Paul, 31	4:37:25
Young, Julie, 39	5:32:10
M40 Hacker, Bryan	5:20:02
M45 Wilcox, Randy	5:54:52
M50 Cushing, Paul	6:24:55
M55 Johnson, Ralph	6:51:19

M60 Whiting, Floyd	7:10:06
M65 Miller, Gary	9:18:45
M70 James, Don	8:39:07
W40 Marcroft, Kitty	6:02:12
W45 Connors-Pace, Colleen	6:51:14
W50 Gessner, June	7:26:11
W55 Berkowitz, Lois	11:18:44
W60 Wholey, Louise	9:06:58

**Keep LA Running 5K &  
10K, Playa del Rey, CA  
July 16**

<b>5K</b>	
<b>Overall</b>	
Gerardo Rabelo 21	16:25
Olga Aulet-Leon 20	19:25
M40 Joe Nitti	17:27
Richard Milner	18:26
Bryan Johnston	19:26
M45 Rich Depew	19:18
Richard Matsumoto	19:25
Danny Garcia	19:58
M50 Bruce Guter	20:30
Fernando Padilla	20:49
Jeff Schwedock	20:51
M55 Marty Friedman	20:17
Rick Joly	22:19
Larry Ruboston	23:45
M60 Loe Baca	20:33
Gerry Milota	25:46
Wayne Sult	26:04
M65 Byron Melendy	20:47
Bob Petrocich	25:20
Ron Hecker	26:46
M70 Frank Greene	23:34
Howard Kugel	27:39
Charles Kuhenbeaker	29:45
M75 Bob Koch 79	27:45
Milo Sather 79	29:58
Leonard Waltz 77	35:30
W40 Pilar DeGreiff	21:38
Maia Martinez	23:42
Jeni Zambrano	23:52
W45 Cindy Jackson	26:12
Kathy Evans	27:46
Anabel Cesena	32:17
W50 Arlene Lewis	23:03
Jeannie Thompson	24:10
Lorraine Gersitz	25:32
W55 Kathy Joly	30:39
Barbara Gibson	31:18
Angie McCaffery	31:37
W60 Susan Ittemore	41:10
Maria Harrison	42:17
Susan Zolla	43:57
W65 Maxine Waters	45:43
Stephanie Hanson	60:55
Blanche Vargas	74:32
W70 Brita Grover 71	47:03
Gini Gruber 73	67:06
<b>10K</b>	
<b>Overall</b>	
Juan Valencia 26	31:53
Rosalva Bonilla 43	39:39
M40 Steve Schuman	35:52
Wayne Nones	39:12
Rodrigo Barragan	40:44
M45 Daniel Reyna	38:45
Reinhard Schumann	40:48
Pancho Villa	42:07
M50 Angel Rendon	39:47

Matt Brigham	43:15
Craig Schoenbaum	43:35
M55 Gerald Dahl	44:15
Delfino Rodriguez	44:28
Joe Ogata	44:29
M60 William Harns	51:28
Michael Hall	51:55
Bruce Trumm	52:41
M65 John Williams	55:36
George Adler	56:27
M70 Roger Wood 72	57:55
John Tolnai 71	59:56
Rex May 74	62:56
W40 Rosalva Bonilla	39:39
Emiliana Zapata	45:11
Rebeca Peters	47:16
W45 Linda Webster	42:10
Olga Reyesndez	45:31
Denise Winner	52:11
W50 Cassandra Lewis	54:05
Rita Bagby	60:23
Sheila Smithgivens	61:04
W55 Jane Clarke	57:58
Nancy Adams	60:36
Janice Biermann	61:39
W60 Maria Lewis	56:31
Jane Dawson	63:28
Patricia Kalebaba	73:41
W65 Marilyn Clarke	59:53
W70 Barbara Blinderman	75:44

(Results reported by Bob Koch)

**San Francisco Marathon  
San Francisco, CA  
July 30**

<b>Overall</b>	
Andrew Cook, 25	2:26:46
Julia Stamps, 27	2:54:55
M40 Jeff Ambros	2:41:17
M45 Tony Fong	3:02:35
M50 Kurt Hallock	3:13:49
M55 Ken Kodaira	3:17:27
M60 Paul Farren	3:34:20
M65 Glade Hall	3:37:01
M70 Jim Braden	3:51:44
W40 Nellie Toner	3:29:36
W45 Maggie Ramos	3:26:50
W50 Amy Yanni	3:36:25
W55 Myunghee Kim	3:39:32
W60 Marcia Puryear	3:56:05
W65 Heather Yeowell	4:56:02
W70 Kathleen Callaway	6:09:15

**NORTHWEST**

**Seafair Marathon  
Bellevue, WA; July 9**

<b>Overall</b>	
Joseph Mutinda, 31	2:25:14
Trisha Steidl, 29	2:59:33
M40 Craig Layman	3:12:47
M45 Pete Hansen	3:01:00
M50 David Murray	3:15:11
M55 Gary Grierson	3:14:31
M60 Francesco Criniti	3:36:07
M65 Waldo Burnham	3:53:35
M70 Mel Preedy	4:38:46
M75 Bob Dolphin	5:33:58
W40 Mary Hanna	3:10:41

W45 Jeanne Harshbarger	3:41:59
W50 Carol Finn	3:23:32
W55 Unha Lee	4:20:06
W60 Judy Fisher	4:08:54
W65 Kathy Ryan	5:00:24

**Cascade Runoff 15K  
Portland, OR; July 23**

<b>Overall</b>	
Jacob Stout, 24	48:25
Wendy Terris, 37	57:41
M40 Dylan Mason	49:30
M45 Richard Panches	54:30
M50 Eddie Diaz	57:23
M55 Rex Surface	1:05:55
M65 Kelley Slayton	1:12:27
M70 Bill Iffrig	1:10:11
W40 Nikki Rafie	1:02:06
W45 Cheryl Tronson	1:03:23
W50 Lesley Roberts	1:10:50
W55 Jeanette Groesz	1:08:30
W60 Eileen Holzman	1:23:06

**RACEWALKING**

**USATF-MAC 15K RW  
Championships, Central  
Park, NYC; July 23**

<b>Overall</b>	
Leo Romero 23	1:18:54
Lisa Mari Vallucci 27	1:34:24
M30 Jussi Koski	1:19:34
M40 Bruce Logan	1:32:27
Dave McGovern	1:38:17
Alan Sangeap	2:00:12
M50 Alexis Davidson	1:37:32
M60 Edoardo Sorrenti	1:38:18
W50 Barbara Shimasaki	1:50:04



**JERRY WOJCIK**  
Aaron Thigpen #1224, winning the M40 100 with a U.S. record 10.73, USA Masters Championships.

**DEADLINE**

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**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH – SEPTEMBER 2006**

Compiled by Pete Mundle • pmundle@juno.com

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP
JEARL CLARK(US)	9- 4-66	40-44
LAURIEA BLUME(US)	9- 6-66	40-44
PATRICK SATTAT(FRA)	9-12-61	45-49
LINDA BATISTE(BATON ROUGE,LA)	9-15-61	45-49
AARON SAMPSON(UT)	9-20-61	45-49
KIBERLEY GRIFFIN(NEW YORK,NY)	9-23-61	45-49
KATHRYN SOKOLL(ORLANDO,FL)	9- 1-56	50-54
ROSITA PIRHOFER(ITA)	9- 2-56	50-54
PETA BIRD(AUS)	9- 3-56	50-54
RINA KRUGER(RSA)	9- 8-56	50-54
SYDNEY MAREE(US)	9- 9-56	50-54
KEITH McLANNAN(GBR)	9-14-56	50-54
YANNICK GACON(FRA)	9-19-56	50-54
JOHN KONINGH(NEWPORT BCH,CA)	9-24-56	50-54
GILLIAN CASTKA(HKG)	9-24-56	50-54
ATSUKO FUJIKAWA(JPN)	9-28-56	50-54
HENDRINA VAN HEERDEN(RSA)	9-28-56	50-54
RICHARD MCMULLEN(PENSAUKEN,NJ)	9- 4-51	55-59
DORIS MANDL(AUT)	9-12-51	55-59
TIM WALTERS(US)	9-24-51	55-59
PENNY FORSTER-GILKEY(ROGUE RIVER,OR)	9-25-51	55-59
HEATHER M. IHNATIV(AUS)	9-28-51	55-59
KATIE MARTIN(SAN ANSELMO,CA)	9-30-51	55-59
KATHRYN MARTIN(NORTHPORT,NY)	9-30-51	55-59
ANNE BRODE(GBR)	9-10-46	60-64
RON ROCEN(LOVELAND,CO)	9-13-46	60-64
HANNELORE SCHENK(GER)	9-17-46	60-64
HELMIT HESSERT(GER)	9-20-46	60-64

NIKOLAI KOSYRENKO(RUS)	9-22-46	60-64
MARGARET ANNE BEACHAM(GBR)	9-28-46	60-64
MARGARET NUTTALL(GBR)	9-29-46	60-64
CHIEKO NAKAMURA(JPN)	9- 2-41	65-69
ALLA KOLESNIKOVA(RUS)	9- 2-41	65-69
INGO PEYKER(AUT)	9- 8-41	65-69
JAMES F O'NEILL(GBR)	9-11-41	65-69
JACK KARBENS(HONOLULU,HI)	9-12-41	65-69
BARBARA STEWART(MARIETTA,GA)	9-17-41	65-69
ALEX MEYER(SCRIBNER,ME)	9-18-41	65-69
TYRONE NELSON(DIXON,CA)	9-20-41	65-69
JACKIE CHARLES(GBR)	9-29-41	65-69
THERESE DEGHILAGE(BEL)	9- 7-36	70-74
MARGARET BETZ(CONKLIN,NY)	9-12-36	70-74
GEORGE SCOTT(NZ-LONG BEACH,CA)	9-14-36	70-74
ALMETA PARISH(SAN FRANCISCO,CA)	9-15-36	70-74
JEANNE DAPRANO(ATLANTA,GA)	9-16-36	70-74
WILFRIED CHIAU(BEL)	9-17-36	70-74
MARIA ZAHN(GER)	9-17-36	70-74
AL OERTER(FORT MEYERS,FL)	9-19-36	70-74
DIANE BROMSTEAD(SAN JOSE,CA)	9-20-36	70-74
IRA DAVIS(PHILADELPHIA,PA)	9-25-36	70-74
TOM WOODRING(SANTA BARBARA,CA)	9-25-36	70-74
CHIEKO YOSHIDA(JPN)	9-25-36	70-74
SALLY RUSBY(HORSEHEADS,NY)	9-26-36	70-74
LOUISE TRICARD(COCONA BCH,NY)	9-26-36	70-74
KEN BAKER(RIDGEWOOD,NJ)	9-28-36	70-74
RICHARD LEE(EUGENE,OR)	9-30-36	70-74
ANNA CHATRINE RUHLLOW(GER)	9-30-36	70-74
JIM HERSHBERGER(WICHITA,KS)	9- 2-31	75-79
TERRENCE KILMARTIN(GBR)	9-10-31	75-79

JERRY SMARTT(WESTMINSTER,CA)	9-11-31	75-79
HERM WYATT(LOS GATOS,CA)	9-13-31	75-79
COLLEEN BRUNKER(NZL)	9-14-31	75-79
RUTH BAUMAN(GBR)	9-15-31	75-79
D. E. S. CROOK(GBR)	9-17-31	75-79
VIRGINIA LUCAS(US)	9-19-31	75-79
CLARENCE TRINKNER(JAMESVILLE,WI)	9-24-31	75-79
DAVE DOUGLASS(CULVER CITY,CA)	9-28-31	75-79
WALTER HUTCHINS(PHILADELPHIA)	9-29-31	75-79
ARTHUR TAYLOR(CANADA)	9- 1-26	80-84
MARGARET MACKINNON(AUS)	9- 2-26	80-84
IRENE KIEL(GBR)	9-14-26	80-84
RALPH C. TAYLOR(LA)	9-19-26	80-84
BOYCE JACQUES(RENO,NV)	9-24-26	80-84
ANDREW SEMPLE(AUS)	9-29-26	80-84
DEWEY VROOM(WHITTIER,CA)	9-29-26	80-84
JUNE BARNES(WESTERVILLE,OH)	9- 1-21	85-89
FRED NORRIS(GBR)	9- 4-21	85-89
WILLIAM WINNSLOW(DAYTON,OH)	9-11-21	85-89
WALTER SCHREIBER(GBR)	9-12-21	85-89
HILDE JOECKLE(GBR)	9-12-21	85-89
ED KEYSAR(SHERMAN OAKS,CA)	9-17-21	85-89
HARRIET SARGENT(JENNINGS,MO)	9-27-21	85-89
LIESEL SCHEPE(GBR)	9- 7-16	90-94
TAKESHI YABE(JPN)	9- 8-16	90-94
GRACE LABELLE(MN)	9- 0-11	95-99
DON HUMMEL(CANTON,OH)	9- 8-11	95-99
ZEKI TAMER(CINCINNATI,OH)	9-15-11	95-99
VERA WISCHMANN(GBR)	9-20-11	95-99
BIRGIT NYHED(SWE)	9-30-11	95-99