218th Issue October 1996 \$2.50

# No. American Championships Draw 631 from 16 Countries

by JERRY WOJCIK

Athletes representing 16 countries participated in the North and Central American and Caribbean Regional Association of WAVA (NCCWAVA) biennial Championships at historic Hayward Field in Eugene, Ore., on Aug. 21-24.

In addition to large contingents from NCCWAVA members U.S.A., Canada, and Mexico, the smaller affiliates were also represented by athletes from Bermuda, Puerto Rico, Panama, Trinidad, and Costa Rica.

The total of 631 entrants far exceeded the turnout of 374 for the previous championships in Edmonton, Alberta, Canada, in August 1994. The number here was bolstered by athletes from all over the nation who opted for the Eugene meet after attending the USATF Championships in Spokane the week before.

Guest athletes from nine non-NCCWAVA countries also added to the total. They included entrants from

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Canadian Championships

Australia, Armenia, Netherlands, Hong Kong, South Africa, Norway, United Kingdom, New Zealand, and India, which sent 21 competitors. Athletes in the non-championship divisions for M30-39 and W30-34 were included in the numbers.

Besides the usual meet events, the schedule included an 8K cross-country race at nearby Alton Baker Park and a regular pentathlon on Wednesday, the 21st. On Friday, racewalkers competed on a 10K course of several laps on the University of Oregon campus. On Saturday, runners returned to Alton Baker for a 15K road race, while throwers ended the meet with a weight pentathlon.

Seven world and five U.S. records were broken or established in the four-day meet. Johnnye Valien, U.S., altered two W70-74 world records, in the 80H (20.08) and pole vault (1.83/6-0). Hurdler Walt Butler, U.S., denied a record in Spokane by a high wind reading, ran a legal 14.49, an age-graded 98.4%, to break the M55 world record for the 100H. (Age-graded percentages here and in the results are for five-year age groups, not for single-age marks.)

Shirley Matson, U.S., reduced the W55 5000 world record by six seconds with an 18:43.65. Margaret Hinton, U.S., established a world record in the W75 pole vault.

The most spectacular record came on the last day during the relays in the women's 4x400. A quartet of sprinters from the U.S., running against the clock without competition, became



The U.S. team that broke the W40-49 world record for the 4X400 by running below four minutes with a 3:58.70, from left: Denise Foreman, Irene Thompson, Jaquiline Board, and Mary Libal, NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24.

Photo by Suzy Hess

the first women masters to break the 4:00 barrier with a 3:58.70.

Denise Foreman, 40, led off, followed by Irene Thompson, 42, and Jacqueline Board, 43, with Mary Libal, 46, running the anchor leg in an unofficial 56.9. Libal holds the W45

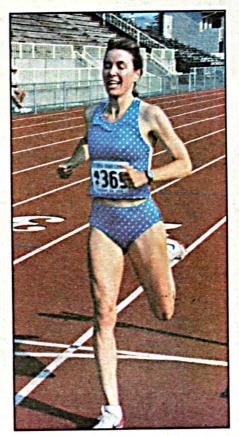
400 world record, set last year in the Buffalo WAVA Championships, at 56.82.

Also in the relay, a W70-79 world record of 6:41.33 was established by the U.S. team of Diane Friedman,

Continued on page 18



Ralph Romain, Trinidad, M60 400 winner with an age-graded 90.4% 59.29, NCCWAVA Championships. Photo by Suzy Hess



Marne MacMillan, Canada, second in the W40 1500 (4:57.53), NCCCWAVA Championships. Photo by Suzy Hess



Finalists in the M50 400, NCCWAVA Regional Championships, from left: Gary Cox, U.S.; Francisco Machado, Canada; Peter Crombie (1st in 54.34), guest competitor from Australia; Larry Armstrong, U.S.; Rich Tucker, U.S.; Frank Lulich, U.S.; and David Romain, Trinidad.

Photo by Suzy Hess

# WZYP ROCKET CITY MARATHON

RUNNING JOURNAL GRAND PRIX XIX (Double Points)

DATE: SATURDAY, DECEMBER 14, 1996 TIME: 8:00 AM START (Central Time) LOCATION: HUNTSVILLE, ALABAMA

START - FINISH - RACE HEADQUARTERS: HUNTSVILLE HILTON, 401 Williams Avenue, 205-533-1400

EVENT: MARATHON (26 Mile, 385 Yard Foot Race) COURSE CERTIFICATION: USATF/RRTC AL94013JD RACE SANCTION: RRCA, USATF & USATFDPC

RACE INSTRUCTIONS: Information in this form is only for entering the Marathon. Complete race instructions and other information will be contained in the MARATHON INFORMATION BOOK mailed in November to all entered before November 15, 1996.

ENTRY & FEE: \$20 - POSTMARKED BEFORE 10/1/96 \$25 - BETWEEN 10/1/96 AND 11/1/96 \$30 - BETWEEN 11/1/96 AND 12/1/96 \$8 - CARBO SUPPER (Each Person) \$15 - POST RACE BANQUET (Each Person)

REGISTRATION: Enter only by mail on official entry form postmarked by 12/1/96. No race day registration. This form may be reproduced. Make check payable to the Huntsville Track Club (HTC). Entry fee is non-refundable. A USATF number (Card) is required to enter only if intend to compete for and accept the prize money. The HTC reserves the right to reject any entry and to offer special invitations. Limited to first 1500 entries. Entries not accepted will be returned. Five and one-half hour time limit.

TEAM INFORMATION/ENTRY: If entering any of the six team divisions entry must be received prior to 11/15/96 with the team division entering checked on this form and an SASE enclosed to receive special team form for official team entry. No team fee is required, but team entry is not official until the team entry form has been submitted.

PACKET PICK UP: ALL ENTRANTS MUST CHECK IN AT RACE HEADQUARTERS TO PICK UP RUNNER PACKET BETWEEN 5:00 PM & 9:00 PM FRIDAY, DECEMBER 13 OR 6:30 AM & 7:30 AM SATURDAY, DECEMBER 14

INFORMATION: In November all pre-registered entrants

INFORMATION: In November all pre-registered entrants will be mailed our 84 page MARATHON INFORMATION BOOK. It contains everything you need to know about the race, course and city; plus pictures and other information.

MAILING NOTE: Send SASE if you desire special entry confirmation, otherwise confirmation is your canceled check and Information Book. Books are mailed third-class, non-profit organization and are not forwarded or returned. Address must be complete including ZIP Code and you must notify us if your address changes.

NOTICE: Unregistered runners, unauthorized vehicles, bicycles, skateboards, rollerblades, strollers, baby joggers, and all other wheel devices, the wearing of headphones, and animals are strictly prohibited on the course.

AWARDS: T-SHIRTS & BOOKS TO ALL ENTRANTS
KEYCHAIN MEDALLION & RACE CAP TO ALL FINISHERS
CERTIFICATES MAILED TO ALL FINISHERS
RUNNING JOURNAL GRAND PRIX XIX AWARDS SPECIAL MEDALLION AND MERCHANDISE TO FIRST 3 IN ALL DIVISIONS & MEMBERS OF WINNING TEAMS. Five places in divisions noted by "\*". 00-19, 20-24, 25-29\* 30-34\*, 35-39\*, 40-44\*, 45-49\*, 50-54, 55-59, 60-99.

FRIDAY ACTIVITIES (DECEMBER 13):
HISTORIC HSV GROUP RUNS - 4:00 PM - 4 MILES - FREE
PACKET PICK-UP, GABFEST & EXPO - 5:00 to 9:00 PM
CARBO SUPPER - 5:00 to 7:00 PM - \$8
CLINIC & GUEST SPEAKER - 7:00 to 9:00 PM - FREE

SATURDAY ACTIVITIES (DECEMBER 14): PACKET PICK-UP - 6:30 to 7:30 AM EXPO - 6:30 AM to 2:30 PM - FREE MARATHON START - 8:00 AM (Exactly)
POST RACE SNACK - 10:15 AM to 1:15 PM - FREE
ASK THE EXPERTS PANEL - 1:30 to 2:30 PM - FREE
AWARDS & CELEBRATION - 2:30 PM - FREE POST RACE BANQUET - 5:30 PM - \$15 (Preregistration)

# YOUR "FAVORITE SOUTHEASTERN MARATHON" AS VOTED BY THE READERS OF RUNNING JOURNAL



# **DECEMBER 14, 1996**

"A Unique Running Experience" ONE OF THE TOP MARATHONS IN AMERICA

RUNNER'S WORLD selected HAL HIGDON to conduct HUNNER'S WORLD Selected HAL HIGDON to conduct a SURVEY OF 91 FALL MARATHONS, from which a PANEL OF FIVE RUNNERS picked the TOP 10 FASTEST MARA-THONS FOR RUNNERS TO QUALIFY IN TO GAIN ENTRY TO 100TH BOSTON MARATHON. The results were published in their July, 1995 issue and ROCKET CITY RATED THIRD.

HUNTSVILLE, ALABAMA HAS BEEN RATED ONE OF THE BEST 25 RUNNING CITIES IN AMERICA.

THE CITY THAT PUT MAN IN SPACE AND ON THE MOON APPLIES THAT TECHNOLOGY AND PLANNING TO THE ROCKET CITY MARATHON. COME RUN AND SEE WHY RUNNING TIMES MAGAZINE WRITES: "THIS MAY BE THE BEST ORGANIZED MARATHON IN AMERICA."

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# \$4,000 COURSE RECORD BONUSES

OPEN - \$1,000 & MASTERS - \$1,000

MORE THAN A RACE: The WZYP Rocket City Marathon is more than just a race. It is an "event" built around the race. We work just as hard creating exciting activities to make your trip here fun as we do conducting a flawless race on a fast course to produce an enjoyable race that should yield your maximum performance. The carbo supper is excellent and we feed about 600 each year so be sure to give it a try. The clinic is exciting and topped off with a nationally known speaker. These and the other Friday activities will have you hyped to run your best. have you hyped to run your best.

START: The race is seeded by fastest times to provide an organized start that is the safest and fastest for everyone. All pre-race activity, greetings and music is planned to a time schedule so that we start at exactly 8:00AM - please don't be late. First time marathoners are seeded on a first come basis, but can be seeded on a 10 mile or half marathon time if submitted. YOU MUST BE ENTERED AND WEARING YOUR RACE NUMBER TO START. A RUNNER MUST NOT RUN WITH ANOTHER RUNNER'S NUMBER. DO NOT FXCHANGE SEIL OR GIVE AWAY YOUR NIMBER. NOT EXCHANGE, SELL OR GIVE AWAY YOUR NUMBER.

FINISH: A finish you won't forget. Our PA announcers, male voice to announce male finishers and female voice for female finishers, are aided by a computer to inform the spectators with details about you as you finish. It will hype their cheering to heighten your euphoria for that magic

moment as your cross the red carpeted finish line beneath the banner and clock. Our photographers will shoot a colorful picture of you with your finish time, the banner and cheering spectators in the background. You'll be met by two of our runner handlers who will greet and give you assistance until you are inside. The field hospital is right inside and the handlers are trained to see that you get medical attention if needed. After checking in to get your cap and medallion, your snack will be ready and the computer generated results are continuously being posted. puter generated results are continuously being posted.
Our awards ceremony is a celebration so be sure to stick around for it even if you don't win an award.

RESULTS: Soon after the race we will mail first class your finish photo and certificate with individual results. The photo costs only \$7 if you wish to keep it. Later we will mail all entrants our 40 page MARATHON RESULTS BOOK with results, articles, pictures, etc.

with results, articles, pictures, etc.

RECORDS & 1995 WINNERS:
OPEN MALE - LOUIS KENNY - 2:12:21 - Ireland - 1980
DAVID HONEA - 2:20:43 - North Carolina
OPEN FEMALE - LISA MARTIN - 2:32:22 - Australia - 1983
DEBBIE GORMLEY - 2:47:05 - Minnesota
MASTER MALE - KENNETH JUDSON - 2:17:10 - PA - 1990
ROBERT YARA - 2:30:46 - Texas
MASTER FEMALE - JANE HUTCHISON - 2:45:35 - MO - 1990
JOYCE DEASON - 2:53:49 - Louisiana

OFFICIAL MARATHON HOTEL: Race Headquarters HUNTSVILLE HILTON - 205-533-1400
Ask for special marathon rate: \$54 (1-4 per room) 401 Williams Avenue, Downtown Huntsville across from the Von Braun Civic Center at Big Spring International Park. All race functions including the start and finish are located at the HUNTSVILLE HILTON.

OTHER FEATURES: Temperature - 46° Average. Pick-up vans with communications personnel will be provided on the course for those who can't finish. Last year runners came from 33 states. We distribute 17,000 Spectator Flyers to homes on and near the course. There are two prerace press conferences and numerous news releases. We get excellent print, TV and radio media support. All entrants are listed in the newspaper. Watch for the signs along the course as we have a Booster Sign Contest with awards to get the citizens involved. Thousands come to Huntsville each week just to visit the Space Center, and there are other unique attractions of interest. So bring your family, visit North Alabama's biggest Craft Show at the Von Braun Civic Center, and make it a fun weekend. To get information about Huntsville write to: Huntsville-Madison County Convention & Visitors Bureau, 700 Monroe St., Huntsville, AL 35801.

COURSE: FLAT & FAST. A tour of Huntsville starting and finishing downtown with a loop through southeast Huntsville. Run on primarily scenic residential streets. Course sentries located at all turns. Police controlled intersections and restricted traffic on the course patrolled by the police. Communications along the course provided by the Huntsville Amateur Radio Club. All turns and mile markers are painted on the streets and split timer will also have a large highly visible mile sign. HEMSI will provide medical support and Lockheed vans provide runner pickup.

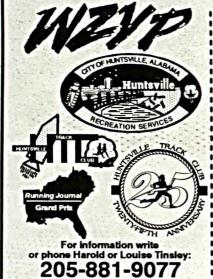
AID STATIONS, TIMING LOCATIONS & PORT-A-JOHNS: Aid stations with water and GATORADE are located an average of every 2.4 miles. Split timers will be located at each mile marker, 10K, half way, and 1 mile to go locations. Port-A-Johns located at start, 7.0, 12.1, 15.3 and 21.7 mile.

1995 BOOKS: Copies of last year's Marathon Information and Results Books, Spectator Flyer and Marathon Training Plan can be obtained by sending \$7 to "BOOKS" at the address on this form.

HUNTSVILLE ATTRACTIONS: Those planning an extended stay or traveling with a spouse looking for other activities, there is plenty to do and see in Huntsville. North Alabama's biggest Craft Show is across the street at the VBCC. Constitution Hall Village, Huntsville Depot Museum, Harrison Brothers 1879 Hardware Store and Twickenham Historic District are within walking distance of the Hilton.

MAILING ADDRESS & PHONE NUMBER: 205-881-9077 **HUNTSVILLE TRACK CLUB, HAROLD TINSLEY** 

8811 EDGEHILL DRIVE, HUNTSVILLE, AL 35802 Contact us for an official marathon entry form with course map, elevation profile and other race information.



### ENTRY FORM PLEASE READ CAREFULLY & PRINT ALL INFORMATION ENTRIES NOT COMPLETE & LEGIBLE WILL BE RETURNED LAST-SEX: M-[ ] F-[ ] STREET/BOX: AGE ON 12/14: STATE: ZIP: PHONE #: (\_ T-SHIRT: S-[ ] M-[ ] L-[ ] X-[ ] BIRTH DATE; OCCUPATION: BEST MARATHON: USATF #: CLUB TO WHICH YOU BELONG: (USATF # required only if competing for Prize Money) TOTAL NUMBER MARATHONS RUN HAVE YOU RUN ROCKET CITY BEFORE, # TIMES: WAIVER & RELEASE

I, individually, (and/or as parent and/or guardian of the named minor) for and in consideration of my receiving permission from the HUNTSVILLE TRACK CLUB to participate in the ROCKET CITY MARATHON, do hereby release, remise, waive, and forever discharge the HUNTSVILLE TRACK CLUB and any and all sponsoring groups of the ROCKET CITY MARATHON, together with all of their officers, officials, and employees from any and all liability, claims, demands, actions, or causes of action whatsoever, arising out of or related to any injury, illness, loss or damage, including death, relating to participation in the ROCKET CITY MARATHON. I further state I am in proper physical condition and am aware that running a marathon is a potentially hazardous activity. Your signature is required for your entry to be accepted.

(Must be signed by parent or guardian if under age 19)

This form may be reproduced

INDIVIDUAL DIVISIONS TEAM DIVISIONS (You must check one) MALE & FEMALE (Check only if competing on a team) 40-44° 45-49° 00-19 HUSBAND/WIFE 20-24 FATHER/SON 25-29\* 30-34\* 50-54 **OPEN MALE** 55-59 **OPEN FEMALE** 35-39\* [ MASTER MALE MASTER FEMALE 1 60-99 (3-Places - \* 5-Places) (If checked see topic on TEAM INFORMATION)

**ENTRY FEE:** \$20 (Before 10/1/96) \$25 (10/1/96 thru 11/1/96) \$30 (11/1/96 thru 12/1/96) \$

CARBO SUPPER: \$8 Each Person # POST RACE BANQUET; \$15 Ea Person # TOTAL ENCLOSED: (Non-refundable)

**REGISTRATION DEADLINE 12/1/96** Make check payable to the Huntsville Track Club
MAIL TO: HUNTSVILLE TRACK CLUB
8811 EDGEHILL DRIVE, HUNTSVILLE, AL 35802

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Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to masters event and participate. Some events are limited to age 40 +, 50 + or 55 + (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contribution info., photos, letters, articles, and opinions. Manuscripts should be typed, doubled-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return

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### WAVA Delegates: Ruth Anderson, Norm Green

(address above)

**IAAF Veterans Committee:** Charles DesJardins



Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

### WAVA ROAD RACE

This letter is in reply to Mr. Jacques Serruys, WAVA VP Non-Stadia of Brugge, Belgium, which was printed in the September issue of National Masters News.

I am not sure we both were at the same race in Brugge. Ms. Dunsford certainly was heard to say that she would cancel the event if lap counters were not secured. She may have had some lap counters, but she obviously knew that there were not enough of them.

I know that the counters did not remain on the job for the whole race. When I came around my fifth lap, I was waved on toward the finish line and I had to tell the official there that I had another lap to go. On my last lap, the only race people I encountered were the water suppliers who stayed until the end. The lap counters were all long gone. (By the way, Doug Brown has many years before he is M70.)

Perhaps the distance was correct, but the officials who sent us toward the finish line were confused. We were told that there was one kilometer to go. All the athletes with whom I spoke are convinced that it was longer than one kilometer. We could tell by the length of time it took to cover the distance.

We were given instructions at the start of the race, but then had to wait about 15 minutes before the gun. (I think we were waiting for the band to show up.) The first thing that those of us in the back knew about the start was the gun. It is no wonder that there was pushing and shoving as the faster walkers raced for the front, where they would have started had there been a usual notice and immediate pre-race instructions.

No, Mr. Serruys, your explanations are weak. I still think that we are owed an apology.

> Mel Lees San Luis Obispo, California

### **ALLEGED CHEATING**

It has come to my attention today that Patrick Jablonski, who reportedly finished second at Grandma's Marathon, has admitted he did not run the entire race. Doug Kurtis, who passed him approaching the finish, questioned his race completion. A review of the security measures indicated a failure to pass key points. Jablonski, after being questioned, admitted his cheating.

I am now conducting an investigation into other races he finished recently such as the Pittsburgh Marathon. The Road Race Information Center is investigating their files. Disciplinary action will be determined pending a more thorough investigation.

Charles R. DesJardins Chairman, Masters Long Distance Running Committee

# **MEET MATTERS**

Although I don't know Eddie Seese (NMN, Sept. '96), I'm sure he is a credible person who is dedicated to masters track and field. However, I have known Alex Pappas for probably all or almost all of the 26 years he has been competing in masters events; we competed in several meets together.

Specifically as to Eddie's final comment about Alex putting on a meet: Alex and his wife at the time, Betty, put on meets in Kansas in the 70s that were hallmarks of the early national masters movement. They put on superb meets for several years, attending to all details, now expected, then welcomed by masters, submasters, and open competitors alike. I don't know of anyone better qualified to put on a masters track and field meet than Alex Pappas.

Bill Gaedke Clovis, New Mexico

### **NATIONALS**

I would like to thank all of the people involved with putting together the 1996 USATF National Masters Championships in Spokane. The officials and volunteers I met were wonderful. Everyone was friendly and always had a smile. I was very impressed with how well the meet, considering the number of people and events involved, was run.

Cheryl Mellenthin Houston, Texas

# NORTH AMERICAN MEET

My legs had failed me. I had to quit at the 500-meter mark of the 800 during the WAVA meet at Eugene. I was mad, discouraged, and even had thoughts of hanging up the spikes. I wasn't able to come back to run the 400 on the same day, and I didn't think that I would be able to run the 1500 two days later. I couldn't. But I was able to jog, and as I was trying to warm up for the 1500, I was with a pretty good company of New Yorkers: Anselm Leborne, James Aneshansley, and Sid Howard, who all won their races.

As we were warming up, it occurred to me that this was what masters track was all about: to be around such good



First masters runner, Steve Bremner, 20:59, 1996 Kukini 4 Mile, Honolulu.

Photo by Tesh Teshima

people (and runners), and to share and get encouragement from them. One of them said, "It will be another day, and you will be back.'

I think it is these kinds of positive experiences we share with others that keep us going. So I will be back on the circuit next year, and maybe it will be my turn to encourage someone who needs it.

> Chuck Kirkby Palmdale, California

Memories of the North Americans: Mary Libal roaring through her anchor leg of the 4x400 relay in a manner that recalled Lee Evans' anchor for the record-breaking 1968 U.S. Olympic quartet at Mexico City. One difference: Mary seems to have a considerably smoother style (by the way, Norman Green timed her in 56.9).

Jennifer Fisher of Bermuda, especially in the steeplechase and 800: is

Continued on page 5

# NATIONAL MASTERS NEWS Subscription Form

Masters Athletics is booming!

The National Masters News is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains

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Nine Join NMN Sustainers

Each month, 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 indepth schedule section, and more.

Special thanks this month go to:

Joanne Beers Dale & Mary Buysee **Bud Deacon** Arny Ferrando Kate Fulkerson **Beverley Lewis** Ed Pollard **Terrance Smith** John William

Lakewood, California Longmont, Colorado Turner, Oregon Houston, Texas **Durham, North Carolina** Montecito, California Plainview, Texas Cleveland, Ohio Mission Viejo, California

# Write On

Continued from page 4

there a more elegant runner around? Later, seeing massive Ed Gonera giving Jennifer's beautiful young daughters a ride.

Maureen De St. Croix of Canada running so well for about 740 meters, then pulling up lame and going off the track in the W40-44 800, Afterwards, seeing Maureen on crutches, but nary a complaint about her misfortune.

The wonderfully affable (and talented) Jolene Steigerwalt of San Diego bellowing out "thank you" to an onlooker who encouraged her and Bev LaVeck in the early part of the 10,000 racewalk.

The ability of Denise Foreman, Irene Thompson, and Jacquie Board to come through in the clutch before Mary Libal's anchor simply obliterated the existing 4x400 W40 record.

Watching Hawaii's marvelous Joy Upshaw-Margerum practice the long jump. Shirley Matson: first she destroys the world record for the W55 5000, then she points out to someone that she's had only three months of training since she began her comeback.

Joann Grissom gamely trying to overcome a bad wheel.

Johnnye Valien doing it all.

Top-shelf thrower Joan Stratton's amused reaction when the announcer pointed her out while she was competing in the hammer.



Douglas Sturm, 47, ran the 10,000 in 43:08, USATF Northwest Regional Masters Championships, Tacoma, Wash. Photo by Suzy Hess

Seeing pentathletes Marlene Sachs and Becky Willis high jump. . . don't recall seeing these fine athletes before, although they must have been in many

Joan Ottway: please, Joan, don't make it look that easy to run the 5000. Avril Douglas blasting out of the blocks in the 4x100 after sweeping the 400, 800, and 1500. The always courageous Pat Peterson gamely finishing a sprint.

The list goes on and on and I've left out so many.

The point is: so many of the men turned in terrific performances, but what a thrill it was to see so much talent displayed by the women.

Pete Taylor Fairfax, Virginia

Many thanks to the organizers and dozens of volunteers at the track meets in Spokane and Eugene. What friendly people! It was great seeing old friends again, but this old body was weary at the end of two weeks of traveling and racing. The cafeteria food in Eugene was great, as usual.

Louise Adams Boulder, Colorado

### **NEED T-SHIRTS**

Since 1986, I have been running in most of the National Masters Championships, both indoors and outdoors, the North American Championships, the World Veterans Championships, and the Senior Sports Classic National Championships.

At each of these meets I would pick up a t-shirt or two. I have saved them, thinking about making a quilt some day. Well that day has come and I find I am four t-shirts short of having a shirt for each race that I medaled in. Missing are: the National Masters Indoor Championships Games at Baton Rouge, 3-19-1988; the North American Games at Toronto, Canada, 8-27-1988; the first Championships, St. Louis, 6-27-1987; and the second Senior National Championships, again at St. Louis, 6-7-1989.

If you have any of these four t-shirts and will part with them, please get in touch with me: Tim Murphy, 417 Littlejohn Dr., Irving, TX 75061. Or call collect 972-790-3555.

Tim Murphy Irving, Texas

# **COMING NEXT MONTH**

- USA Long Distance Records
- Masters Club Listings
- Results of National Marathon
- Training Advice
- · And More



Top W40+ in the Buffalo Subaru 4 Mile Chase, Buffalo, N.Y. (I to r): Laurie Kinsella, 5th W40; Brigitte Soltiz, 4th W40; Maureen Griffith, 3rd W40; Barbara Filutze, 1st W50 (24: 11); Nancy Grayson, 1st W45 (23:47); Janet Takahashi, 2nd W40; and Maureen De St. Croix, 1st W40 (22:54).

Photo by Ruth Ralston

# **Canadians Take Chase 4-Mile Wins**

by JERRY WOJCIK

Runners from Canada, specifically Ontario, won both the masters men's and women's races in the Subaru Chase 4-Mile, Buffalo, N.Y., on July 20. Karel Jircik, 40, Mississauga, Ontario, took the M40+ title along with a \$700 first prize with a 19:28. Brian Kirkwood, 44, of Scotland, ran second in 19:43, worth \$350.

Antoni Niemczak, 40, Rochester, N.Y., won the third-place \$200 award with a 19:55. Equal awards went to the

first seven masters men and women.

Charles McMullen, 45, Rochester, N.Y., sixth in 20:48, finished with the leaders in the money.

Maureen De St. Croix, 43, North Gower, Ontario, took the W40+ race in 22:54, Janet Takahashi, 40, London, Ontario, was second in 23:11.

Nancy Grayson, 46, Northville, Mich., won the W45 division race with a masters third-place 23:46. Fourth master Barbara Filutze, 50, Erie, Pa., won her division in 24:11.

# "80% of All the Money You Spend on Health Care Will be Spent in the Last Two Months of Your Life!"

Are you as surprised as I was to learn the above fact?

After three decades of athletic competition (that's me below in the late '70s) and 16 years as a health care professional, this information astounded me.

Equally surprising to me is how disproportionate the top 10 causes of death in America are:

1.	Heart Disease	37.8%
2.	Cancer	19.3%
3.	Stroke Stroke	10.3%
4.	Accidents (Non-Auto)	3.0%
5.	Influenza (Pneumonia)	2.9%
6.	Motor Vehicle Accidents	2.4%
7.	Diabetes	1.9%
8.	Liver Disease	1.7%
9.	Arterial Sclerosis	1.5%
10.	Suicide	1.4%

Causes 1 and 3 will take the lives of 48% of the Americans that die this year.

Just imagine, nearly half of the people that die in America this year

will be claimed by just these two causes.

Recently I discovered something new in the fight to save lives. This information will bring you up-to-date on the most comprehensive scientific research ever completed on the prevention of heart disease, stroke and many other health problems.

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# **Fond Memories from Yesteryear**

uring September, I observed an anniversary of sorts – 40 years of year-round running. It was just after beginning my junior year at San Jose State in 1956 that I began running for fitness. That was after spending six weeks of my summer going through the Marine Corps' officers training program in Quantico, an experience that motivated me to achieve a higher degree of all-around physical fitness.

The realization of that anniversary prompted me to think back to those early years of running and recall my own personal evolution in the activity, occasionally laughing at myself while also recognizing how much things have changed.

Actually, my memories go back to early 1951. I was not really a "runner" then, but some foundation was set from which I could set in motion the development that began five years later.

It was in 1951 as a high school freshman at ol' St. Joseph's in Alameda, Calif., that I ran my first race, the 180-yard low hurdles. Battling for the lead with a hurdler from Bellarmine High, I went over the last hurdle a fraction of a second before him. However, no one told me you had to keep running after clearing the last hurdle, so I then walked off the track. With the coach and others screaming at me, I jumped back on the track and somehow still managed a second place.

Other than one of Bing Crosby's sons being on the Bellarmine team. one other recollection from that track meet stands out. Our team had no one to run the 880 and, since Bellarmine had only two runners in the event, there was a sure point to be made for anyone willing to just run it and take third. However, none of us could conceive of running that far. After a little coaxing from the coach, Billy Green volunteered. We all thought he was nuts to try to run that far. He finished in over three minutes, but I think my friends and I regarded it as a somewhat heroic feat.

Looking back on that, I wonder why we thought a half-mile was so far. I can only surmise that we did not understand the pacing aspect of running more than a sprint. We assumed you had to go all out from the start.

# Housemaid's Knee

Torn cartilage in my knee from playing basketball later that year resulted in what my doctor called "housemaid's knee," and kept me from doing any running at all over the next two years. With my knee still puffed up in my senior year, now at Alameda

High, I figured the mile was the only event that the knee would stand up to. The fact that the team was loaded in every other event and would go on that year to become the first Northern California team to win the California State championships was also a factor. Leading the team was James Jackson, who ran 9.4 for the 100 that year, equalling Jesse Owens' national prep record.

I began practice with a very "scientific" training program. I would run a mile a day and each day attempt to run a second faster. After, a 5:25 mile the first day, I did something like 5:38 the second day. I couldn't understand it. The third day was around 5:32. It didn't make sense. I think I gave up on that program and began doing wind sprints — running the straights and walking the curves for a full mile.

I still didn't know anything about pacing, because in my very first meet, against El Cerrito High, I took off like I was trying to become the first person to break four minutes for a mile. I hit the quarter in 62 and the half in 2:11, far ahead of the rest of the field, and just three seconds slower than the winning time in the 880 that day. With a half-lap remaining in the race, an El Cerrito runner had reeled me in and gone ahead. In severe oxygen debt, I reacted by running off the track to the infield and collapsing.

# Heart Murmur

Concerned, the old coach had me see the school doctor the next week. He diagnosed a bad heart, noting that my pulse was only 40-a-minute and also detecting a functional murmur. I was off the team for the next two years. I would go around thinking I was a cardiac cripple. Not until the Navy doctor who examined me for the Marine officers program told me my heart was in perfectly good shape did I become active again.

I attended the rest of the meets as assistant to the team manager, which meant putting up hurdles and things like that. I have a very vivid recollection of a sprinter-hurdler-broad jumper from Piedmont High School named Monty Upshaw. Beyond his speed and jumping ability (he broke the national



Joe King, en route here to a 40:37 victory in the 70-74 division of the Pacific Sun 10K on Memorial Day, demonstrates the downhill technique that allowed him to win the historic Dipsea race the following week, breaking his own record as the oldest winner of the 7.1-mile handicap event. Columnist Mike Tymn recalls King as being the oldest competitor in San Francisco area road races back in 1962. Mike Tymn photo

prep record in the broad jump that year with a leap of 25-feet-plus), the thing that really stood out about him was his white track shoes. They were the first pair of non-black track shoes that any of us had seen and they were "so cool." Or was it "so neat"?

Upshaw, the father of Joy Margerum, one of the top 35-39 multi-event competitors these days, made quite a hit with our team when he gave Joe Griffin, our high hurdler, his white shoes after Griffin beat him in the league championships that May.

### A Nice Guy

One last recollection from 1954 has to do with the breaking of the four-minute mile barrier. I had closely followed the pursuit and wondered whether John Landy or Wes Santee would become the first under four. I had been rooting for Landy as I had read an article about what a nice guy he was. While waiting for the Lone Ranger or Jack Armstrong to come on my radio one day in May, I heard that Roger Bannister had become the first to break four minutes. It was the first time I had heard his name.

Little could I imagine back then that one day I'd be having lunch with Landy while interviewing him.

As I began running for fitness in 1956, I found myself progressing rapidly. I began working out with members of the San Jose State track team and had my introduction to a fairly new training method called *intervals*, as I regularly did quarters with Ken Napier, a 4:10 miler, while Coach Budd Winter kept us on pace by sounding a loud horn to let us know if

we were on pace every 110 yards.

Four miles was the standard cross-country distance in those days and I recall being amazed at Wes Bond, State's top cross-country runner, and Napier, the number two man, running around 21 minutes for the distance. Weighing around 165 then, I struggled between 23 and 24 minutes.

Since then, four miles has always been my test of fitness. At age 41 and scaling a wimpish 150, I managed 19:52 for the distance, but now, at 59 and 175 pounds, I did my monthly time trial last month in 28:27.

Had anyone told me in 1957 that I'd be capable of putting together four miles at under five-minute pace after age 40, I would have thought it ridiculous; on the other hand, had anyone told me during my early 40s that I wouldn't be able to run under seven minutes per mile at this time in my life, I would have considered the statement equally incredulous.

### No Women

Joe King, now one of the top 70-74 competitors in the country, introduced me to road racing in 1957, a five-miler in San Leandro, Calif. It was one of about eight road races in the entire Oakland-San Francisco Bay Area that year. I don't think there were more than 40 participants in the race. There were no women. In fact, the first female road runner I ever encountered was in Guam in 1969. Her name was Charlene van der Pyl, the wife of a Navy dentist.

The best running shoes I have ever owned were purchased in 1958 at Mike Ryan's store in Santa Clara. They were red kangaroo skinned adidas with black crepe soles. Of course, such shoes are now ecologically banned. The next best shoes were the New Balance that I purchased by sending a tracing of my foot to the manufacturer someplace in New England.

King later introduced me to Mike Ryan, the owner of that shoe store and founder of the Santa Clara Valley Youth Village, one of the few running clubs in the Bay Area then, and I began running for his team. I recall asking King about Ryan's background. He told me that Ryan had once won the Boston Marathon (1912). My only reaction was to assume that Ryan must not have had much speed, as I then believed that one ran marathons only if he didn't have the speed to successfully compete in shorter distances. In those days, the marathon was looked upon much like ultra-marathons are

All the road racing news back then came from a publication called *Long Distance Log*.

In the Marine Corps in 1959, I competed in the All-Marine Triathlon, which consisted of a two-mile run, a 200-meter swim, and marksmanship with the .45 caliber pistol. I lost first place to Bill Knuppel, a 39-year-old master sergeant. I recall being embarrassed to tell anyone the age of the guy who beat me.

A few years later, after being dis-Continued on page 13

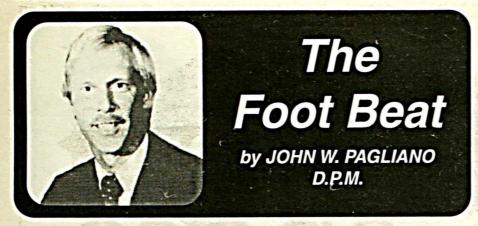


Remember those old running shoes you have in the attic? We know you've grown attached to them. How couldn't you after all you've been through together? The hours of training (even though they had their own mind at first), the competition, the pure joy of running; it's too bad their day has long since come. What could possibly make you part with these old friends? HOW ABOUT \$300? We're looking for

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# Metatarsalgia

I am a female masters runner who has been experiencing pain in the second metatarsal area of my left foot. Even though I use an orthotic pad as a cushioning device, the pain continues to bother me and I feel as though I am walking on a big lump. I have begun to limit my mileage and have even started taking some days off. What can I do to get rid of this pain permanently?

Unfortunately, your condition is one that is becoming more common among veteran long distance runners. Metatarsalgia is probably the most common term to describe this running injury.

Essentially, what happens, is the second metatarsal-phalangeal joint becomes traumatized. In your case, it was probably due to the shifting of your body weight from the first metatarsal. The second metatarsal joint is much smaller than the first and cannot take the excessive load placed on it from running.

Age is another factor. With the weakening of the intermetatarsal ligaments, the metatarsals tend to "drop"

Awards:

and become traumatized when we run. Trauma, such as that encountered when wearing light weight training shoes, or shoes with poor midsole cushioning, can also cause this condition.

The sequence of events usually occurs when the joint is damaged. Obviously the soft tissue structures on the plantar side of the joint become irritated and inflamed. This includes the tendon, nerve and soft tissue cap-



Vermonters at the Green Mountain Senior Games, Montpelier, Vt., from left: Jon Tobey, M70, Arlene Weitzel, W90, and Fred Donaldson, M70.

Photo by George Brown

sule underneath the joint. Eventually the joint loses its flexibility and stiffness sets in.

In advanced cases, the second toe will ride up over the metatarsal head and cause retrograde pressure, further irritating the metatarsal-phalangeal joint. In severe cases, there is joint swelling and pain.

Obviously, this can be a severe disability to the running athlete. It is necessary to take aggressive action at once. The easiest process would be to take a 6-week layoff, using cross-training to remove stress to the foot. This would be limited to swimming and easy bicycling. If the pain and swelling go down you can return to running on an asymptomatic basis.

I have found the use of a foot orthosis with a metatarsal lift to be quite helpful. You can return to running with this orthosis, but you may have to limit your running until the swelling has diminished. The use of ice packs after the run is recommended.

Medically, I have not had much luck with the use of oral anti-inflammatories. Probably, buffered aspirin is your best choice. The use of a low-dye strapping, which is a foot-taping technique, is quite helpful. The drawback is you must tape your foot on a daily

**FIFTEEN YEARS AGO** 

October, 1981

John Alexander, 61, Scores

New American W50 10K

Canadian Jean Cleator

Breaks W55 5000 WR With

a 21:18.5 In North Amer-

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Sister Marion Irvine

Mark of 38:16 is Set By

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basis. In addition, the use of a wellcushioned training shoe is essential. Running on soft surfaces such as grass or dirt is recommended.

If all else fails, I have had great luck with the use of injection of a non-steroidal anti-inflammatory (yes, it is injected with a local anesthetic). This is probably the quickest and most effective method.

Finally, you may wish to try a surgical correction. There are simple procedures and more complicated procedures, so I recommend that you try all your conservative therapies first. Physical therapy can also be quite effective. This would include ultrasound, contrast baths and EMS to reduce joint swelling.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405)

# Mid-America Championships

The Masters Mid-America Regional Championships were held on June 29 in Colorado Springs, Colo.

Ron Kirkpatrick, 58, won the three sprints in 13.2, 26.6, and 60.7, with age-graded times in the 88% range. Jack Greenwood, 70, also won in the dashes with a 14.2 (age-graded 90.4%), 29.5, and 76.6.

Bob Brustad, 43, ran the fastest 800 of the day, with a 2:07.1. Sheri Wright, 32, won the W30 800 race in 2:17.7.

Mike Pannell, 42, scored an agegraded 90.7% with a 57.0 for the 400H.

Lee Todd, the oldest competitor at age 81, high jumped 3-0. William Chivvis, 72, vaulted 9-3.

Wendell Palmer, 64, had the longest discus mark with a 152-11. Rocco Petitto, 47, hit 176-1, the meet's best in the javelin.

# 5th Annual BOWL TO BOWL RUN/WALK



5K USATF Run & Race Walk 5K Fitness Walk - Unjudged 1.5 Mile Recreational Walk Sunday, October 27, 1996 Rose Bowl, Pasadena, CA. Meet Director: Jim Hanley

Official Kick-Off to Crown Valley Senior Olympics '97 Sponsored by the Pasadena Senior Center,

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Rules: 5K Judged USATF Sanctioned Run & Race Walk: USATF Rules

Medals to 1st, 2nd, & 3rd place winners; ribbons to 4th, 5th, & 6th place finishers in USATF Run & Race Walk only

For more information, please call Cynthia Vaughan at (818) 397-4062

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last year. I, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Altadena and Pasadena Senior Centers, the Cities of Pasadena and Alhambra, Kaise Permanente Senior Advantage, California Senior Citizen, or any person, sponsor(s), or volunteers affiliated with this event for any and all injuries or damages of any nature suffered while taking part in the activities connected with this event, including travel to and from this event. I grant my full permission for organizers to use videotapes and photographs of me and/or quotations from me for any legitimate purpose in connection with this event.

Signature	Many ministratives of the	Date
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# Hall of Fame Update

by MARILYN J. MITCHELL

Balloting for the first USATF Masters Hall of Fame is expected to be completed on or about November 1. A total of approximately 38 candidates have been proposed thus far (see list below) and biographical and statistical data input is in the final stages for the candidates' ballots. If information was submitted by you or on your behalf and your name does not appear below, please phone Marilyn J. Mitchell at (212) 697-8216 immediately. As this phone is used for business purposes, please try to call only in the evenings and leave only your name, phone number and Hall of Fame reference.

Induction of the first class is expected to be in San Francisco at the USATF Convention in early December.

# **NOMINEES TO USA HALL OF FAME**

T&F Male: John Alexander Thane Baker Larry Colbert Tom Gage Hal Higdon Payton Jordan Jim Law Gary Miller Manos Boo Morcom Tim Murphy Wendell Palmer Cliff Pauling Larry Stuart Carl Wallin John White

**T&F** Female: Carolyn Cappetta Leonore McDaniels Christel Miller Irene Obera Phil Raschker Margaret White

Stan Whitley

T&F Other: Marc Bloom **Bob Fine** James Hartshorne Christel Miller Pete Mundle David Pain Al Sheahen

LDR Male: Norm Green Hal Higdon Jim O'Neil Roy Pirrung

LDR Female: Ruth Anderson Miki Gorman

RW Male: Ron Laird Bob Mimm Larry Walker Gordon Wallace

**RW Female:** Bev LaVeck Ruth Leff Elton

Richardson Imogene Watkins

RW Other: Frank Alongi Elliott Denman Bev LaVeck

Elaine Ward Alan Wood

# **CLUBS UPDATE**

In the November issue we will run an updated clubs listing. Thank you for helping us to keep this list as current and correct as possible. Any additions or corrections should be sent to Jane Dods, NMN, P.O. Box 50098, Eugene, OR 97405 no later than October 7.



# **FUNDRAISERS**

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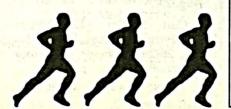
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# **USATF Nationals and WAVA Racewalks**

ollowing is a compilation of commentary concerning judging at the August Spokane USATF National Masters T&F Championships 5K, 10K, and 20K walks, as well as the Eugene WAVA 5K and 10K walks. The DQ board for the men's WAVA 10K and the judging summaries for the National and WAVA walks provide testimony to a problem. In both men's 20K and 10K races, approximately one-third of the field was DQed with many more receiving first and second warnings. In the women's races, the average was about one-fifth DQed.

As bent knees are primarily a masters issue and loss of contact primarily an open athletes' issue, it is reasonable to separate the problems of masters judging from those of younger athletes.

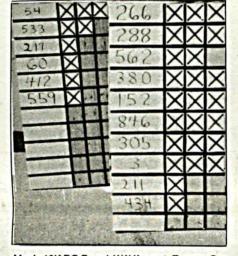
Some basic assumptions for this discussion on judging masters are: (1) No competitor likes to be DQed. (2) No judge likes to give DQs. (3) There are athletes who cannot walk legally and should not compete. (4) There are judges who break the official rules of proper judging procedure and should not judge. (5) DQ boards allow athletes to exert some control over their legality. (6) Post-race summary sheets allow judges to be accountable to each other and to competitors.

Comments by Bev LaVeck and Frank Alongi on the National Masters Outdoor Championships in Spokane:

BLV: The 10K/20K judges in Spokane were Darlene Hickman (chief), Bill Hickman, Jim Bean, John Snaden, J. Kavadas, C. Engelhardt, Bev LaVeck, Dick Petruzzi, Jim Petruzzi and Dan Pierce. The course had to be relocated and (recertified) a couple of days prior to the meet because the adjacent property owners, who had given permission to use their road, installed numerous speed bumps. The new course was large and oddshaped. Darlene Hickman, Dan Pierce and I walked the course the day before the race to determine where the judges should be located, and we decided that ten judges, including the head judge, were required. There were complaints that there were too many judges as well as complaints that judges missed some infractions.

Barney Kinneck, the Spokane Falls C.C. Facilities Coordinator (who also was the head field events referee) deserves our gratitude for finding enough real estate to lay out a FLAT new course under last minute, very trying conditions. He had just finished revising and recertifying the previous course because of new construction when it was ruined by the speed bumps. At any rate, there was one pending 20K AR set on the new course by William Flick, M70-74.

Judging Impressions
The early DQs were due to signifi-



Men's 10K DQ Board, WAVA meet, Eugene Ore. X = warning. 3 X's equals a disqualification. Judges who were either first or second in giving the most warnings during the Spokane and WAVA walks are Dan Pierce 7 out of 7 races; Shirley Clemens 4 out of 5 races; Jim Petruzzi 2 out of 3.

cant technique flaws, such as failing to straighten the leg at any point and/or beginning the pushoff from what is supposed to be the upright straight leg position, giving a clear, unfair advantage. Red cards late in the 20K were more likely due to muscle fatigue and tight hamstrings. Several older competitors held their form together through 15K, but lost it in the last lap or two (perhaps giving support to the idea of shortening the event for walkers over a certain age).

In both track and road walks, the walkers DQed for technique problems seemed to be those who overstrode in front with a slow turnover. Such a stride makes it easy for a judge to perceive bent knees from point of contact through the support phase.

I suspect that most bent knee problems derive from inflexible lower backs, tight hamstrings, poor posture, overstriding and even deteriorating balance, as well as attempting a pace or distance beyond personal technique and fitness.

(It is to be noted that Bev's possible causes for bent knees in older walkers can be modified. "Inflexible lower backs," unless caused by fusion of the vertebrae or some significant structur-

al problem, can be modified by a sensible program of mobility exercises. Loosening up lower back muscles and joints to facilitate hip rotation (and maybe hip drop) can occur sufficiently to assist knee straightening. Tight hamstrings may be a chronic problem, but again, a patient, gentle stretching program can make them more racefriendly. With respect to poor posture and overstriding, both can be improved by the necessary concentration and patience associated with changing a habit pattern – E.W.)

FA: The most important principle for an older walker is not to try to do what younger athletes do. Masters are usually stiffer. It takes longer for them to get the racewalking technique into their body's movements.

Besides being patient, it is very important for masters to do limbering and stretching exercises. This is especially so before workouts. If they do not, they risk injury. Once an older person is injured, it takes a long time to heal. This can be discouraging to some.

Another must for the older walker is to train consistently. A younger person may be able to lay off training a few days, come back and have a good race. An older person cannot. Masters who are seriously competitive need to train consistently to maintain their conditioning. They must have a strong desire.

Comments by Bob Fine, Ed Kousky, and Bob Mimm concerning the men's WAVA 10K Road Race in Eugene:

BF: Statistics for the 10K road walk show that of the 27 men competing, 16 got at least one red card and 8 were DQed. Most are experienced racewalk-

BM: Only one judge gave me a warning during the 5K on the track. I didn't get upset because I knew I was tired from just having done the Pike's Peak Race the prior weekend where I finished second in my age group.

In the 10K, I hadn't gone one-half a mile and the same judge who DQed me in the 5K was coming after me.

The same judge came up to Carl Acosta and told him, "I had to give you a DQ card because you had a knee bandage and I couldn't tell whether your knee was straight or not." He admitted to Carl later that maybe he shouldn't have said it that way.

EW: Many masters tell me they feel there is leniency shown elite athletes



Kelly Murphey-Glenn, U.S., W35 first in the 5000 racewalk (27:06), NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24. Photo by Jerry Wojcik

for marginal loss of contact, yet no leniency when it comes to the more easily seen marginal knee. An experienced judge knows the difference between a slightly soft knee and a bent knee, and also knows that a slightly soft knee does not automatically give a walker an unfair advantage.

BM: This is one of my main concerns. They are letting the elite athletes actually run and get away with it as far as ground contact is concerned and then they go overboard with the masters' knees. The rule states that your leg has to be straight. I think some of these judges are looking for a completely locked knee.

EK: Most athletes with knee problems racing at the national or international levels spend workout after workout trying to get their knees straight. In my case, I have gone to camps, worked with different coaches, had video tapes made of myself and spent hours on straightening techniques.

EW: That is an interesting point. Racing means trying to go faster, not slower. Yet I tell some of my masters

Continued on page 11

# National 5K Racewalk Held

by JANE DODS

Wilkes-Barre, Pa. was the site of this year's National Masters 5K RW Championships held in conjunction with the Sallie Mae Valley Classic on Aug. 25.

Curt Sheller (42, 23:09) of Pottstown, Pa., and Phyllis Hansen (44, 26:20) of Fords, N.J., took the masters titles.

The 50-year-olds were led by Jim Carmines (53, 23:02) of New Cumberland, Pa., and Ruby Tolbert

(54, 31:56) of Wilkes-Barre. Carmine's performance scored 91.1% on the age-graded table. John Starr (68, 28:07) of Newark, Del., led the 60-year-olds, with William Flick (70, 28:23) of Corry, Pa., turning in an 88.9% age-graded effort. Taking the women's title for the septuagenarians was Shirley Mayer (71, 37:31) of Tunkhannock, Pa.

Director Jim Wolfe reported good competition in all age-groups except for W60 and W65, whose ranks were unrepresented.

# Racewalking

Continued from page 10

athletes to go slower as I know they enjoy the camaraderie at the races as well as the racing itself. It's hard to justify the travel expenses, etc., when there is a high risk of being DQed.

EK: After the 10K, John Kelly who was also DQed commented, "The judges are killing the sport."

EW: You've had knee surgery twice. I am not sure that your problem is primarily technical. You may have a residual weakness in the support structures surrounding the knee and perhaps some neurological deficit. Strengthening specific muscles like the vastus medialis might be helpful.

EK: I've been thinking about going to a physical therapist. When I get in a race, I lose feeling in my injured knee. I know this is part of the problem.

EW: As a representative of the large group struggling with knee straightening, what guidelines would you offer for masters judging?

EK: I would say let's not make masters judging the same as that for elite athletes in their 20s and 30s.

Judges should realize that masters are older athletes who may be unable to straighten their legs perfectly.

John Kelly says that for 30 years he has been encouraging racewalking, but he just can't get people on the track because of the judging.

EW: I see a trend in parts of the country where legal and marginal walkers are ceasing to support judged racewalks and turning to community races for fun.

A contributing factor to lower participation in judged racewalks is that it can take a lot of time for an athlete and coach to cure a bent knee problem. Many coaches and athletes just want to train for distance and speed and don't want to invest a huge amount of time in technique.

One- and two-day camps and clinics are fun and can provide a walker with information; however, they do not provide the walker with the follow-up needed for meaningful progress. A "cure" usually requires a long-term, one-on-one commitment between athlete and coach.





Ranjana Ghose winning the 100 (left) and long jump (right).

# **Ghose Wins 26th Consecutive Award**

Ranjana Ghose, 44, of New York, won her 26th consecutive award as outstanding women's athlete of the Sri Chinmoy Centres International in New York on Sept. 2.

More than 1000 members of the Sri Chinmoy Centres from more than 50 countries came to participate in many athletic and cultural activities, and to celebrate their teacher's 65th birthday.

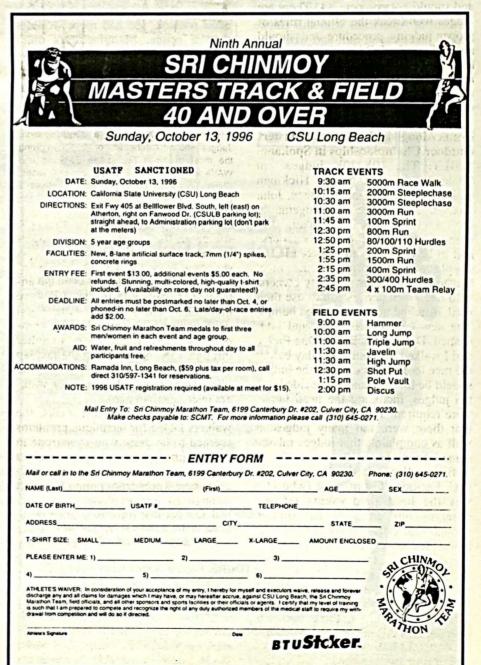
Besides capturing first place overall in the open category, Ghose took first place in the discus, shot put, 200, long jump, 800 racewalk and 4X100 relay. She took second in the 100 and javelin.

She was competing against many women less than half her age. Since age 18, she has been coached by Sri Chinmoy in all her track and field events and has served as an outstanding example.

During this year's award presentations, Ghose received a huge plaque and a thunderous round of applause from the audience.

- from Ashrita Furman

	HIS MONTH O	CT 1996
ATHLETE (RESIDENCE) RAY ADAMS (WASH., DC) REGINALD AUSTIN (AUS)	BIRTHDATE	AGE GROUP
RAY ADAMS (WASH., DC)	10-2-36	60-64
THANE BAKER (DALLAS, TX)	10- 4-31	65-69
REGINALD AUSTIN(AUS) THANE BAKER (DALLAS, TX) RON BELL (GB) RICHARD BERGENBECK (CHATTANOOGA, TN) VICTOR BLANCO (SPAIN) BILL BURRELL (NY) FRANK DEBERNARDI (SAUGUS, CA) FRANK DEBERNARDI (SAUGUS, CA) RUDY ENDERS (POTOMIC, MD) PAUL FAIRBANK (BETHESDA, MD) JIM GORRELL (APPLE VALLEY, CA) KENT GUTHRIE (PLEASANT HILL, CA) HERMAN HAND (PA) SIMO HELMINEN (FIN) TORSTI HELMINEN (FIN) TORSTI HELMINEN (FIN) LLOYD HIGGINS (LOS ANGELES, CA) RUDY HOCHREITER (AUS) JONATHON HUTCHINSON (TORRINGTON, CT) DONALD JACKSON (OAKDALE, CA) SHIGEMITSU KAWATO (JPN) JOSE KOPITAR (YUG) EINO LEPPANEN (FINLAND) WILLIAM MARTZ (DETROIT, MI) BILL MCCAFFREY (CROTON, NY) WALTER MCCONNELL (WHARTON, NJ) BERNARD METCALFE (GB) BILL MORALES (SANTA ANA, CA) KEN MUELLER (BELLINGHAM, MASS) TIM MURPHY (IRVING, TX) JOHN PATTERSON (US) STEVE PLASENCIA (US) WALTER RENAUD (MALDEN, MASS) NATE ROBINSON (DEARFIELD, FL) IMRE TRENYI (HUN) CARL WALLIN (HANOVER, NH)	10-1-46	50-54
VICTOR BLANCO (SPAIN)	10-21-6	90-94
FRANK DEBERNARDI (SAUGUS, CA)	10-29-41	75-79
FRANK DUARTE (LOS ANGELES, CA)	10-20-41	55-59
PAUL FAIRBANK (BETHESDA, MD)	10-19-31	90-94
JIM GORRELL (APPLE VALLEY, CA)	10-15-21	75-79
KENT GUTHRIE (PLEASANT HILL, CA)	10-22-36	60-64
SIMO HELMINEN (FIN)	10-28-31	65-69
TORSTI HELMINEN (FIN)	10-16-36	60-64
RUDY HOCHREITER (AUS)	10-26-26	70-74
JONATHON HUTCHINSON (TORRINGTON, CT)	10-19-21	75-79
SHIGEMITSU KAWATO(JPN)	10-25-26	90-94
JOSE KOPITAR (YUG)	10-11-31	65-69
WILLIAM MARTZ (DETROIT MI)	10-18-16	50-54
BILL MCCAFFREY (CROTON, NY)	10- 2-26	70-74
WALTER MCCONNELL (WHARTON, NJ)	10-2-31	65-69
BILL MORALES (SANTA ANA, CA)	10-17-16	80-84
KEN MUELLER (BELLINGHAM, MASS)	10-2-36	60-64
JOHN PATTERSON (US)	10-25-21	55-59
STEVE PLASENCIA (US)	10-28-56	40-44
NATE ROBINSON (DEARFIELD, FL.)	10-24-31	45-49
IMRE TRENYI (HUN)	10-19-31	65-69
GEORG WOLFF (WG)	10- 4-41	80-84
CATHIE BELLAMY (OR)	10-14-56	40-44
MARGARET BILLS(US)	10-23-16	80-84
PEPPER DAVIS (ORLANDO, FL)	10-10-26	70-74
ANNE MARIE DAY (WILLMAR, MN)	10-27-46	50-54
SHIRLEY DIETDERICH (BERKELEY, CA)	10-15-26	70-74
DONNA FERRARI (SAN FRANCISCO)	10-21-31	65-69
DONNA GOOKIN(SAN DIEGO, CA)	10-12-36	60-64
TJITSKE HARTOOG (PHOENIX, AZ)	10-31-26	70-74
MINDY TRELAND (ALPINE, CA)	10-14-51	45-49
SUE JOHNSON (OAKLAND, CA)	10-21-41	55-59
MARY LUKER (HOUSTON, TX)	10-20-41	55-59
CAROL URISH-MCLATCHIE (HOUSTON, TX)	10-28-51	45-49
SHEREE ROBERTSON (MADISON, WI)	10-11-56	40-44
SARA ZINMAN (PT. LOOKOUT, NY)	10-22-31	65-69
AINA ALKSNE (URS)	10-25-31	65-69
JUDY BANDIERA (AUS)	10- 6-46	50-54
LEEN VAN BREMDT (BEL)	10-5-46	50-54
JUDY DALY (AUS)	10-20-41	55-59
PAMELA DUNCAN (CAN)	10-17-46	50-54
LESLEY FOLEY (AUS)	10-27-36	60-64
ASTA LARSSON (SWE)	10-23-31	444999949499494494499444999499944449449
CISSIE MALAN(S.AFR.)	10- 4-41	55-59
ELISABET MIGHOFER (WG)	10-18-16	80-84
RONA PATTERSON (NZL)	10-17-31	65-69
MASAKO SHIMAZAKI (JPN)	10- 4-31	65-69
ILEANA SILAI (ROM)	10-11-41	50-59
STEVE PLASENCIA (US) WALTER RENAUD (MALDEN, MASS) NATE ROBINSON (DEARFIELD, FL) IMRE TRENYI (HUN) CARL WALLIN (HANOVER, NH) GEORG WOLFF (WG) CATHIE BELLAMY (OR) MARGARET BILLS (US) MARY ANN BOE (WY) PEPPER DAVIS (ORLANDO, FL) ANNE MARIE DAY (WILLMAR, MN) HELEN DEMPSEY (TRENTON, NJ) SHIRLEY DIETDERICH (BERKELEY, CA) DONNA FERRARI (SAN FRANCISCO) PATRICIA FRANKUS (US) DONNA GOOKIN (SAN DIEGO, CA) TJITSKE HARTOOG (PHOENIX, AZ) SUSAN HENDERSON (BOULDER, CO) MINDY IRELAND (ALPINE, CA) SUE JOHNSON (OAKLAND, CA) MARY LUKER (HOUSTON, TX) JAN MCCLURG (SEATTLE, WA) CAROL URISH-MCLATCHIE (HOUSTON, TX) SHEREE ROBERTSON (MADISON, WI) JARI SMART (US) SARA ZINMAN (PT. LOOKOUT, NY) AINA ALKSNE (URS) THERESIA BAIRD (AUS) JUDY BANDIERA (AUS) LEEN VAN BREMDT (BEL) JUDY DALY (AUS) LEEN VAN BREMDT (BEL) JUDY DALY (AUS) PAMELA DUNCAN (CAN) LESLEY FOLEY (AUS) ETSUKO IWAMA (JPN) ASTA LARSSON (SWE) CISSIE MALAN (S. AFR.) URSULA MIEHE (WG) ENISABET MIGHOFER (WG) RONA PATTERSON (NZL) JUTTA SCHAEFER (WG) MASAKO SHIMAZAKI (JPN) ILEANA SILAI (ROM) JUDIT ROWLAND-SMITH (AUS) JOSEFA VOCOS (ARG) JEANNE DE WILDE (BEL)	10-14-36 10-14-36 10-14-36 10-23-246 10-23-246 10-23-246 10-29-41 10-29-41 10-29-36 10-29-36 10-28-36 10-28-36 10-28-36 10-28-36 10-26-26 10-12-21 10-26-26 10-12-21 10-27-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-12-36 10-28-36 10-28-36 10-28-36 10-28-36 10-28-36 10-28-36 10-29-26 10-21-36 10-29-26 10-21-36 10-29-26 10-21-36 10-29-26 10-21-36 10-12-36	70-74
JEANNE DE WILDE (BEL)	10-14-26	70-74





# Running Stopped Me From Becoming a Smoker

car passed me last winter with the driver's window partially rolled down, sure sign that the person inside smokes. When cold winds blow, people don't drive with their windows down, except to let out second-hand smoke. If smoking is so pleasurable, I wondered, why roll down the windows to get rid of it?

But I no longer rag smokers. I've long since made peace with them. I don't harass them in public or criticize their "habit." I don't glare at them in restaurants; I simply request a nosmoking section. I don't frown when they light up at a reception, although I may find someone else to talk to.

Actually, while a few obnoxious puffers flaunt no-smoking regulations and have a need to confront zealots, most behave reasonably well. That's because a significant number of the 29 percent of Americans who still smoke would just as soon quit and wish they had never started.

# **Just Two Puffs**

I'm lucky in this respect. I had two puffs on a cigarette in eighth grade, and that ended my smoking career. Some friends and I ducked behind a garage to experiment with the vice. Several girls discovered us and chided us for our evil ways. To prove we had not "lost our wind," my friends and I staged a running race. I came in second and never took another puff.

Those same girls later became smokers. The last time I saw one at a class reunion, she had more wrinkles than a prune. Manufacturers don't advertise that cigarettes cause wrinkles



The winning W70-79 U.S. team in the 8K Cross-Country, NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24, from left: Dawn Russell, 72, Louise Adams, 74, and Mary Norckauer, 71.

Photo by Jerry Wojcik

as well as lung cancer, otherwise women would never start.

I don't know why I never started smoking. Both my parents smoked, as did a majority of parents back in that era. My father quit – cold turkey – and didn't light a cigarette for several decades. Then, to cope with the stress of my mother's illness, he began again. Within a few years, he died of a heart attack.

Epidemiologists tell us that smoking shortens your life. A few days? A few months? A few years? Who can say? But smoking also impacts on the quality of that life. Otherwise, why roll down the car window in winter?

One reason I never became a smoker is that few of my friends in high school smoked – no peer pressure. By the time I got into college, I had

become so involved with running that any chance of my becoming a smoker had passed. People sometimes use running to kick their habits. The fact that staying smoke-free will improve their 10K times offers motivation to quit.

**Addictive Personality** 

I'm lucky, because, having an addictive personality, I'm sure I wouldn't have stopped at a few cigarettes a day. More likely it would be three packs a day, quit, then start again. Don't place a box of chocolates in front of me – I'm capable of absorbing them like a vacuum cleaner sucking up lint.

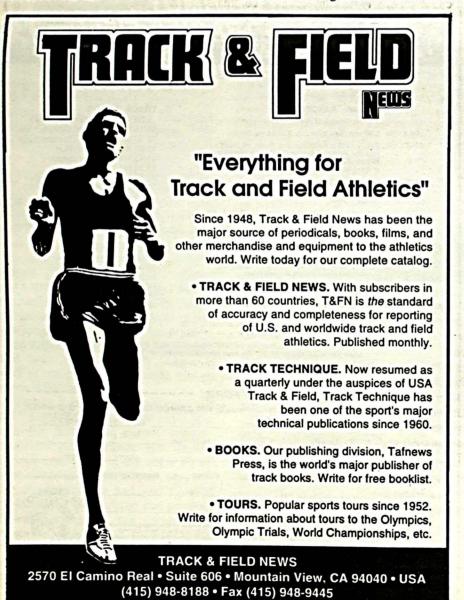
I have a friend named Ed, who lives in California. Ed has asthma and has difficulty breathing. Between coughing fits, he smokes. He quit drinking, but still wrestles with his desire to eliminate cigarettes from his life. When Ed lights a cigarette in my presence, I don't say anything. When he tells me about his attempts to quit, I offer quiet encouragement.

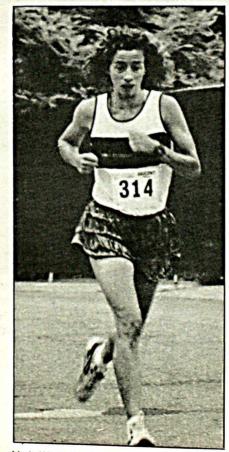
Recently, I watched a video of the movie "Groundhog Day," starring Bill Murray. The premise is that each morning Murray's character (a TV weatherman) is doomed to relive the same day — until he gets it right. Murray is continuously correcting his bad habits until one day he learns the value of unselfishness and is permitted to continue with the rest of his life.

I suppose that if some time warp made it possible for smokers to retreat in time and correct some error that irrevocably altered their lives, a lot of them would say "no" when offered that first cigarette. Not everybody was lucky enough to run a race and finish second.

Norm Steider, chief executive officer of Memorial Hospital in Michigan City, believes we each must assume responsibility when it comes to our health. He says, "We need to emphasize prevention and wellness and make individuals accountable for their lifestyles."

Maybe so, but I no longer rag smokers. I simply wish them success in their efforts to quit. □





Linda Wack, 40, Germantown, Md., first female overall (19:05), C&O Canal Rescue 5K, Washington, D.C. Photo by George Banker



Ted Hatlen (I), 85, Santa Barbara, Calif., broke the M85-89 decathlon world record with 3844 points at the 1996 National Masters Decathlon Championships in San Diego. Hatlen, a masters athlete for 30 years, is a retired professor of Dramatic Art at UC-Santa Barbara, where he founded that department and built the theater that now bears his name. He is pictured here with Club West president Gordon McClenathen at a recent award presentation.

Photo by Dorcas Hatlen

# Third Wind

Continued from page 6

charged from the Marines, I was back to running with King, who was now in his mid-30s and often the oldest competitor in Bay Area road races. I remember wondering what kept him going at such an ancient age and when he would finally realize it was time to hang it up.

Times have certainly changed.

# TEN YEARS AGO October, 1986

- V European Veterans Championships Draws 2418 to Malmo, Sweden
- First NMN Age-Graded T&F Meet Held in Van Nuys, CA
- England's Ron Taylor, M50, Sets 200 WR of 22.91 in V European Veterans Championships

# DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to National Masters News, P.O. Box 50098, Eugene OR 97405

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	Masters Age Rec	ords	
	Men's and women' and up, and for all	's world and U.S. age bests for all track & field events, age 35 racewalking events, age 40 and up, as of Oct. 31, 1995. 52, age, state and date of record. Compiled by Peter Mundle,	
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	name, age, state a USATF Masters T&	and date of record. Compiled by Peter Mundle, WAVA and &F Records Chairman. \$1.50.	\$
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	\$12.00.	ing tables for men's and women's combined-event competitions.	\$
	IAAF Handbook 1996/1997 rules a	nd regulations handbook. \$15.00.	\$
	WAVA Handbook Contains WAVA Co	(1994-95) onstitution and By-Laws, a history of Veterans Athletics, and	
		of January 31, 1994. 180 pages. \$5.00.	\$
		paches and athletes share ideas on Technique, Training and Racir que and complete resource. Edited by Elaine Ward. \$15.00.	ng. \$
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# The Weight Room by JERRY WOJCIK

# **Jerry Meandering**

Il in all, I think the major meets for throwers this season were worthwhile. Better than last year's. The facilities were better. The officials were better. Meet schedules were better. My marks were better.

During a trip to New York City to visit my son, I had an opportunity to compete at Dr. Charles Covino's Iron Horse Farm in July. Unfortunately, the shadow of controversy and rivalry was cast over this throwers-only meet when the East Regionals were scheduled for the same day.

Covino's facility in Ringoes is set in a picturesque part of New Jersey that I was unaware of. I expected abandoned red-brick mills, boarded-up, two-story flats (all painted battleship gray), and junk car lots. Instead, I got green rolling hills, ponds and streams, a historic railroad, and lots of hospitality and consideration from Covino, his family, and his crew of officials and volunteers, not to mention two PRs and a free barbecue lunch. I like throwing in park-like settings. Most throwers that I know have an appreciation for facilities that appeal to their aesthetic sense.

Another plus for me was watching men and women in their early 20s, polished throwers, throwing the 25-lb., 35-lb., and 56-lb. weights, which they'd never handled before, with skill and confidence, some using three and four turns. I confess to envy.

I attribute my PRs to the atmosphere of the meet and to the fact that I was venting frustration and anger at having been stuck with a couple of \$200 checks for dinner and wine for four at those trendy Soho eateries in NYC before the Ringoes meet. Doesn't pasta still cost 19 cents a pound, 16 cents if you buy the 5-lb. box?

The National Championships went well, except that the city of Spokane must be experiencing a shortage of metal tapes in the 200-foot range. Every time a record measurement was in the offing, somebody would yell out, "Tell Joe to get the metal tape,"

# FIVE YEARS AGO October, 1991

- Laurie Binder, 44, Runs U.S. 10-Mile Record 56:05 at Crim
- Gary Romesser, 40, Ends John Campbell's 46-Race Masters Winning Streak
- Jim Sutton, 60, and Frank Finger, 76, Set U.S. Track Marks

and we'd stand around while it was brought over, and I don't understand why a legal, meet-approved implement used in a record toss has to be rechecked during the event. What the hell is a 70-year-old woman going to do to a javelin or hammer in full view of everybody on the field that'll make it fly farther? During the wait, a fellow athlete said that the implement should be impounded after the record throw. So the prospective record-breaker doesn't get to use it again to try to improve his/her mark?

I say this knowing that I'll be criticized by some anal-retentive for not knowing the rules or for undermining the foundations of Western Civilization and Judeo-Christian-Orthodox-Muslim-Buddhist doctrine, as was done after a column I wrote a year ago on taking ourselves and our rules for playing these games too seriously.

The WAVA meet in Eugene was, in some respects, more enjoyable for me than the Spokane meet, probably because I live in Eugene, so it gave me a home-field advantage, which didn't mean much in the hammer but seemed to help in the weight pentathlon; in which, by the way, the Hayward Field officials thoughtfully suggested that we could, if we all agreed, skip the scheduled period (one hour) between events and get the pentathlon over with sooner. Granted, they'd been out for four days, and it was hot, but still I was pleased to see common sense overrule an inappropriate schedule.

This year's Weight Throws Championships in Seattle was, as usual, a delight. Where else can grown (in the full sense of the word) men throw 200-and 300-lb. objects around, without having to explain their actions to onlookers, and receive approval and applause? The meet is a bargain. The SMAC (Seattle Masters Athletic Club) guys, Ken Weinbel, George Mathews, and Fred Shanaman, don't get rich on this one, what with free T-shirts, lunch, medals, plaques, and keepsake key chains.

After two false starts in pinning

# Weight Throwers Set Records in Seattle

by JERRY WOJCIK

The USATF National Masters Weight Championships returned to Seattle for the third straight year on Aug. 31, but at a different venue from the previous two sites. The relatively small field of 17 men and four women included, however, world and U.S. record holders, national champions, and masters age-group athletes-of-the-year. The number of entrants was adversely affected by three major masters championships in the Northwest area in August.

The turnout represented athletes from Washington, California, Oregon, Colorado, Montana, New Jersey, New York, Florida, and Canada.

Eight single-age U.S. records were broken by five throwers. Stewart Thomson, 63, Atascadero, Calif., broke records for the 25-lb. weight with a 55-3½ toss and for the 56-lb. superweight with a 27-10 ¾. Thomson is a national champion in the hammer and indoor and outdoor weight throws.

Manuel White, 80, Helena, Mont., smashed the record for the 25-lb. weight with a 29-2½ and the 35.lb. superweight with a 24-1. Leon Joslin, 84, Seattle, Wash., broke records for the same implements with a 22-10¾ and 15-3¾. Both are national champions in the throws, and White, recently turned 80, has a pending javelin world

record for M80-84.

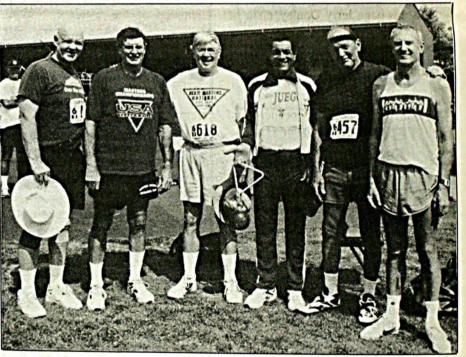
Among the women, Sarah Boslaugh, 40, Jersey City, N.J., and Pauline Thomas, 47, Seattle, Wash., threw to records for the 20-lb. weight with a 41-7<sup>3</sup>/<sub>4</sub> and a 31-0, respectively. Boslaugh, who has just finished the requirements for her Ph.D., in New York City, is the 1995 USATF W35-39 Field Event Athlete-of-the-Year. Thomas won four gold medals in the shot put, discus, hammer, and javelin at the 1996 Masters Championships in Spokane, Wash., in August.

In the Ultra Weight Classic, held after the championships, Pay Carstensen, 64, Florida, scored an agegraded 3196 to take first among the M30-69, who were scored for their marks with the 56-lb., 98-lb., 200-lb., and 300-lb. weights. Manuel White totaled 2899 points to win the M70+title for the 35-lb., 56-lb., 98-lb., and 200-lb. implements.

Sarah Boslaugh scored 2869 for her throws with the same weights used by the M70+ to win the W30-49 award.

Tim Edwards, 48, Colorado, had the best throw of 3<sup>3</sup>/<sub>4</sub> feet with the 300-lb. weight.

The meet director was Ken Weinbel, who was assisted by George Mathews and Fred Shanaman of the sponsoring Seattle Masters Athletic Club.



M65-69 competitors in the NCCWAVA Weight Pentathlon, Eugene, Ore., Aug. 24 (I to r): Tom Allison, U.S.,. Bill Garrahan, U.S. (winner with 3803 points), Jerry Wojcik, U.S., Luis Velez, Puerto Rico, and Reed Quinn, U.S., with only M60-64 competitor, Ron Johnson, New Zealand.

Photo by Lorraine Quinn

down a site for this meet, they may have found a facility with great potential, not just for the throws but also for masters track and field meets, at West Seattle Stadium, which has a relatively new track surface, and three throwing rings in place now, through the efforts of SMAC, and room for a javelin runup. Best of all, they may have found that governmental rarity — a supportive city official who wants to develop the stadium for optimum use.

In every meet this season, I didn't

encounter one official that I could call inexperienced, obnoxious, or a horse's patootie. I'm sure that there were some sour apples out there, but I didn't find any. Not everything was perfect – we had schedule conflicts, the medals ran out, flights were too large – but let's not confuse officials and volunteers with meet directors and organizers.

If throwers have serious complaints about meet conduction after this season as we did after 1995, I think officials and volunteers, too, are generally off the hook this year.

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# New Site Needed for '97 Championships

ue to changes in personnel, the University of Missouri at Columbia withdrew its bid to host the 1997 National Masters Indoor Track & Field Championships. Championships Coordinator Scott Thornsley is currently investigating potential sites and dates, which will be announced in the National Masters News as soon as they become finalized.

If you or your club would be interested in obtaining more information regarding hosting the '97 Championships or future Indoor and Outdoor Championships, please contact Scott at 334-807-0371, or myself at 541-687-1989.

# "Who Gets To Vote, and How Can I Become Involved?"

This question has been asked of me before, but it was most recently asked by a number of athletes at our Outdoor Nationals and at the NCCWAVA Championships. What was refreshing about talking to most of the athletes was their desire to become involved in the total program, and not just because of a single issue or a proposed or existing rule they didn't like.

On this page Jerry Donley, chair of the Masters Track & Field Nominating Committee, explains the process for nominations for officer and WAVA positions. In addition to running for an office, there are potentially 90 other voting members of our committee. They include one masters delegate from each of the 56 associations, one representative from the Official and Disabled Athletes committees, 5 atlarge members, 19 active athletes, and 7 representatives from amateur sports organizations (e.g., NCAA, NAIA, and RRCA).

Do you know who represents masters track and field from your association? Have you contacted your representative or a member of the current masters committee to express your opinion on issues? Have you made it known that you are interested in serving on a committee either at the association or national level?

This year's USATF Annual Convention will be held December 3-7 at San Francisco's Westin St. Francis. If your schedule permits, I would encourage you to attend any part or all of the meetings at the convention. If that isn't possible, contact members of the committee (listed in each issue of the National Masters News) or your association representative. Make your opinion and suggestions known, then volunteer to help make it happen.

A Long, "Hot" Summer of Track & Field

For those athletes who had the time, money, and a desire to see the Pacific Northwest, this was your year. Attendance figures for U.S. athletes at

the Canadian Nationals, our Outdoor Championships at Spokane, and the **NCCWAVA** Championships Eugene, tell us that a few of you were able to participate in all three championships, more in only two, while the majority of you were limited to one.

"... Is Better the Second Time
Around"

"Good job" and "An excellent meet" were just a couple of glowing comments by those athletes who participated at the Outdoor Nationals. Spokane Sports Unlimited and co-meet director Vernie Foxley and Maury Ray used their experience from hosting the 1992 championships, and gave the athletes a first-rate competition. Our thanks to Vernie and Maury and their committee, the officials, and the volunteers. It was great!

"I am Woman, Hear Me Roar . . ." The Year of the Woman in Sport was very evident at the NCCWAVA Championships in Eugene, with women representing 37% (a new high) of the total entrants. Great performances by both men and women were the norm in many events, but the women took center stage setting six world and five American records.

This was a first for Eugene to host the North & Central American & Regional WAVA Caribbean Championships. The staff, volunteers, officials, and the community once

# **USATF Elections To Be Held**

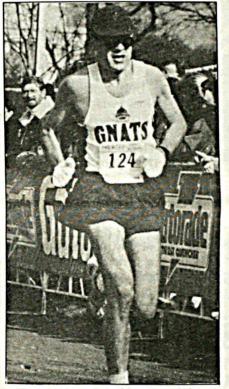
by JERRY DONLEY

Elections will be held at the annual convention of USATF this December, for the following officers for two years: Chairman, Vice-Chairman, Secretary, and Treasurer.

Also to be elected will be the three Masters Track & Field representatives as WAVA delegates.

In accordance with the by-laws, the Masters Track & Field Executive Committee has appointed a nominating subcommittee of three persons to make nominations for the various elected positions of the Committee. The Nominating Subcommittee members are:

Jerry Alan Donley 1715 Alamo Avenue Colorado Springs, CO 80907



Roger Clark, 51, Cambridgeshire, England, firsi M50 (56:09), Cherry Blossom 10 Mile, Washington, D.C. Photo by George Banker

again enjoyed having some of the world's best masters athletes compete at Hayward Field. The 631 entrants represent an 80% increase over the previous high. This promises great things for the future of this increasingly popular championships.

# **Masters LDR: Nominating Committee Report**

by CAROLE LANGENBACH

For the Masters LDR program at this year's San Francisco convention, December 3-7, a very important election of officers will occur. The chairman, Charles DesJardins, the secretary, Carole Langenbach, and the treasurer, George Vernosky, have announced they will not run for a new

Charles now serves on the IAAF Veterans Committee and will devote his primary effort to international activities. He will continue to attend all important USATF meetings in

order to be the most effective voice possible for USATF masters.

In addition to chairman, secretary, and treasurer, the other officers to be elected this year are vice chairman for men and vice-chairman for women.

Both Charles and Carole will serve as the nominating committee for the 1997-1998 slate. If you have any suggestions or comments, please contact Charles at (702) 884-9448 or Carole at (206) 433-8868. All interested masters are encouraged to attend the convention and chart the future through your input and leadership.

Bey LaVeck 6633 N.E. Windermere Seattle, WA 98115

Ken Weinbel 4103 Hillcrest Ave. S.W. Seattle, WA 98116

The Nominating Subcommittee will make its report to the Masters Track & Field Committee no later than 48 hours prior to the election.

Individuals wishing the Nominating Subcommittee to consider any person for an elected office may do so by contacting any member of the Nominating Subcommittee. Nominations may be made from the floor at the annual meeting in December 1996.

No nomination may be made for an absent person from the meeting unless that person has notified the Nominating Subcommittee in writing of his or her willingness to accept that specific nomination.

# **Convention Update**

by BECKY SISLEY

As your selected Active Athletes' Representative on the Executive Committee of the National Masters Track & Field Committee, I want to take this opportunity to communicate with you some information from the Executive Committee Meeting and the Athletes Meeting in Spokane and to inform you of some upcoming specifics.

1.The 1997 National Masters Outdoor Championships is set for August 7-10 in San Jose, Calif.

2. The Executive Committee developed a proposed budget to go to the USATF Budget Committee.

3. This is a Rules and Committee By-Laws year. Suggestions for rule changes need to be submitted to Graeme Shirley right away; 11212 Via Carroza, San Diego, CA, (619) 292-6132. Suggestions regarding the bylaws go to Law Chair: Bob Fine, 3250 Lakeview Blvd., Delray, FL 33445, (407) 499-3370.

4. San Francisco - USATF Convention, December 3-7. There will be a Masters T&F Executive Committee the evening of December 3rd - this will be an open meeting. Meetings of the entire committee begin on

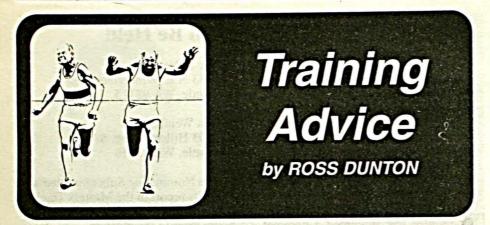
Wednesday, Dec. 4th.

· There will be an election to determine the Active Athletes on the Masters T&F Committee. It is essential that you be in attendance at the first meeting of the total committee if you want to be considered for election. You must be registered at the convention to be eligible.

· Election of Officers for the National Masters T&F Committee will also take place; this item will be

later on the agenda.

· It is anticipated there will be discussion on U.S. Relays for the Durban WAVA Meet.



# On the Road to San Jose

antastic. An unbelievably intense learning experience! That was the USATF Level II Track & Field Coaches' School I attended recently in Long Beach,

I knew there was a lot to learn about jumping, but had no idea I would be exposed to so much new information in such a short period of time. And most of what I learned is applicable to masters track and field, which I will share with you as we go together down "The Road to San Jose and Durban."

The coaches' school specialized in four areas: jumps, throws, distance running, and sprints/hurdles. For the first three days, we all rotated through training theory, sports psychology, cardio/neuromuscular physiology, and biomechanics.

Days 4 through 8, we concentrated on our specialized areas. In my case, the jumps. In following issues of National Masters News, I will focus in-depth on selected topics, this month's being "periodization."

Periodization

In my experience, planning, or "per-iodization," is one of the most neglected areas of training, with many coaches and, I suspect, many masters athletes never establishing an annual training plan. I'd like here to explore periodization and development of a plan to meet with 1996-97 seasonal goals.

First, you cannot develop a plan to meet your goal if you have not yet established what that goal is. Periodization is the development of a plan that will prepare for optimal improvement in performance and a definitive climax to your competitive season. In developing the training plan, keep in mind the "law of overload." In other words, the training load must chal-lenge the present training level in order to force the body to over-compensate for the new training load.

**Terminology Definitions** 

I would like to define several terms which may be new to some readers:

Macrocycle: in this case, the 1996-97 training year (subdivided into a period or periods). If you are competing in the outdoor track season only, then your macrocycle, or year, has only one period. If you are road racing in the fall, competing both in- and outdoors, then there would be three periods in your macrocycle.

Period: subdivided into phases, usually general preparation, specific preparation, pre-competition, competition and restoration. These phases will be longer or shorter depending on how many periods are in your training year.

Mesocycles: subdivisions of phases, usually six to eight weeks in length.

Microcycles: subdivisions of mesocycles, comprising one- to two-week training programs.

Training Session: the daily work-

Training Unit: subdivision of a training session, including the warmup, stretching, drills, running, weight work and cooldown.

Plan Development

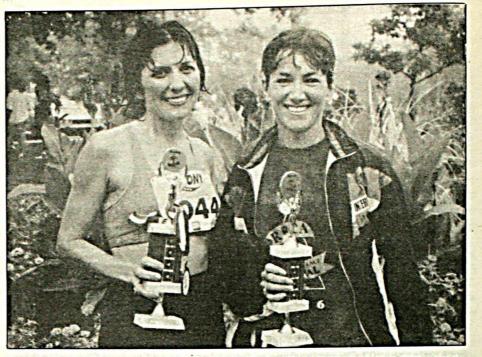
To properly develop a training plan, it is necessary to start at the end of the season or period and work backwards. Now is the time to start planning your "trip down the road." Write down when you want to peak, and whether you want one, two or three periods (remember a period consists of five phases: general preparation, specific preparation, pre-competition, competition, and restoration).

For most masters athletes, September marks the beginning of the general preparation phase. This is the longest phase in the macrocycle, anywhere from ten weeks to four months duration. Work should start with high volume at low intensity, gradually in-creasing in intensity. Some competition-specific training should be incorporated toward the end of this phase.

This is the time for extensive tempo runs to help develop a base. Runs from 200-300m at approximately 70% of maximum speed are good tempo runs for sprinters and jumpers. A workout might comprise three sets of 4x200, with 45 seconds between reps and two to three minutes between sets. If the plan is to compete at 400m, then the distance should be increased to 600 with slightly more rest between reps and sets.

Several weeks into this regimen, you can increase the workout to include three sets of four by 10 seconds at 90% effort with 30 seconds recovery between reps, and three minutes between sets. After three or four weeks, increase to four sets. This will introduce an anaerobic element into the program and help develop speed. At this point plyometrics should be introduced into the workout.

Another "law" to consider is the



Carol Keller (1044), first master and third overall (21:14) and Dorris McManis, second W40+ (23:16), Saucony/RRCA Women's Distance Festival 5K, St. Louis, Mo., Aug. 18. Photo by Hank Kiesel

"law of reversibility." Simply put, if there is no training load, there is no need to adapt, and the body will return to a level consistent with the then current training regimen. The key to the laws of overload and reversibility, is the use of progressive overload in

training.

(Progressive overloading and peaking will be covered in future issues of NMN. Next month will feature development of an overall periodization plan including more specific workout details.)

# Track & Field Rankings Report

by JERRY WOJCIK, USATF Masters T&F Rankings Coordinator

The compilers for the 1996 outdoor season are listed below. The last National Masters News from which 1996 rankings data will taken is the January 1997 issue.

However, if your best marks for 1996 have not appeared by the December 1996 issue, you can facilitate the compilations by submitting your best marks (with verification) at the end of your season before the January issue is published.

All marks should be sent to the rankers so that they receive them no later than January 31.

Multi-eventers whose best marks were made in an individual event in the decathlon, heptathlon, etc., but not reported in the results section, should submit them for the rankings.

Marks sent to me will not be forwarded.

Racewalkers who want to be included in the 5K, 10K, and 20K rankings should contact Elaine Ward, 1000 San Pasqual, #35, Pasadena, CA 91106-3393.

100, 200, 400 4X100, 4X400 relays: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

800: William Benson, 6 Eton St., Valley Stream, NY 11581.

3000, 10,000: John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-

5000: Suzy Hess, P.O. Box 50098, Eugene, OR 97405.

HJ, TJ: Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250.

LJ: Rob Bong, 420 Silver Saddle Rd., Monument, CO 80132.

SP: Russ Reabold, 1125 N. Stimson Ave., La Puente, CA 91744.

JT: James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

DT: Palmer Sweet, P.O. Box 5469, Charlottesville, VA 22905.

1500, mile, both hurdles, SC, PV, HT, JT, WT, SW: Jerry Wojcik, 186 Brookside Dr., Eugene, OR 97405.

Decathlon, heptathlon, pentathlon, weight pentathlon: Rex Harvey, 160 Chatham Way, Mayfield Heights, OH 44124.

# Jessee Vaults 18-1/2

Larry Jessee, 44, El Paso, Texas, became the first masters pole vaulter to break the 18-foot barrier with an 18-1/2 vault in a meet in El Paso on Aug. 24. The mark surpassed his world record of 17-8 set on June 28,

It was the 134th time that Jessee, a former NCAA champion at the University of Texas-El Paso, had cleared the 18-foot standard, and the first since May 1, 1987. At his prime, Jessee vaulted 18-91/2 in sanctioned competition and 19-3/4 in an exhibi-

Despite an ailing back, which he broke in the early 1970s, and loss of speed and endurance, Jessee has continued to vault, buoyed by three successful world record jumps under the pressure of money payoffs in the balance. Backers paid premiums to insurance companies on the chance that he would better a pre-determined height.

Companies are now less willing to gamble on Jessee's ability to break world records. That, and an aggravated back, suffered while jumping last spring, have led Jessee to consider retirement from pole vaulting, to which he has dedicated nearly three decades.

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# Hawaii H-3 Run Set for Next May

by MIKE TYMN

The Great Trans Ko'olau Trek, a one-time 10-mile run across the island of Oahu in Hawaii, is now scheduled for Mother's Day, May 11, 1997.

As reported in the September 1995 issue of National Masters News, the event is planned as part of the opening of the H-3 freeway, which runs over and through the Ko'olau mountain range from Kaneohe to Honolulu. The race will finish in Aloha Stadium by Pearl Harbor.

Because the date of completion of the freeway was uncertain, race organizers were unable to set an exact date until recently. And, because the freeway will be open to traffic soon after the race, it will be a one-time only event.

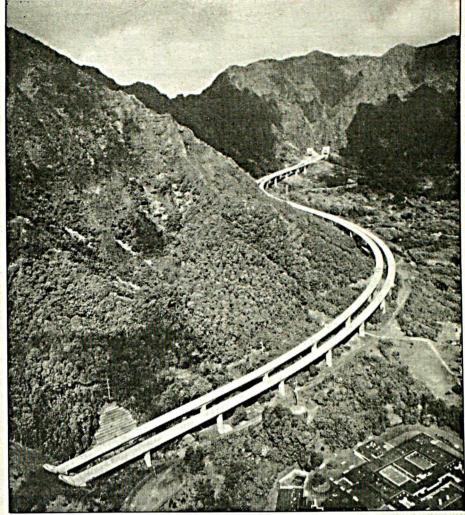
Race directors Dr. Jack Scaff and Alan Sunio originally predicted a field of 62,000; however, they are now looking at as many as 100,000. "Our goal is to put Hawaii on the map for those people who have never been to our state," said Scaff, one of the founders of the Honolulu Marathon. "Once they've seen the beauty of Hawaii, we hope they'll come back again and again."

Runners from more than 100 nations are expected, including many of the top masters in the world. In order to assure appropriate seeding for the best masters runners, qualifying

times have been established (see table). Runners of all ages are invited to participate, but only those offering evidence of a qualifying time at 10K, 10 miles, or in the marathon will be seeded.

For an entry blank or additional information, write to Heihei 'O Halawa 'Ekolu, 50 S. Beretania St., Suite C211-A, Honolulu, HI 96813-2222 or fax the request to 808-524-8591.

			The state of the s
	10km	10 mile	Marathon
Open Men			
World Class	29:00	47:54	2:13:51
National Class	31:00	51:13	2:23:10
Local Class	35:00	57:57	2:41:49
40-44 National	33:00	54:35	2:32:35
40-44 Local	37:30	1:02:08	2:53:20
45-49 National	34:30	57:02	2:39:20
45-49 Local	39:00	1:04:39	3:00:12
50-54 National	37:00	1:01:17	2:51:00
50-54 Local	42:00	1:09:40	3:13:46
55-59 National	39:30	1:05:30	3:02:32
55-59 Local	45:00	1:14:41	3:27:17
60-64 National	42:00	1:09:40	3:13:46
60-64 Local	48:00	1:19:43	3:40:43
65-69 National	45:00	1:14:41	3:27:17
65-69 Local	52:00	1:26:27	3:58:33
70-74 National	49:00	1:21:23	2:34:08
70-74 Local	57:00	1:34:42	4:20:14
75-79 National	55:00	1:31:20	4:11:27
75-79 Local	1:03:00	1:44:39	4:46:18



The Kaneohe side of the H-3 Run in Hawaii. Up to 100,000 runners are expected.

Photo from Mike Tymn

# Mondragon, Pozdnyakova Win in Crim 10-Mile

by JERRY WOJCIK

Martin Mondragon, 42, of Mexico, won the masters title for the third straight year with a 16th overall 49:51 in the 20th annual Crim 10-Mile in Flint, Mich., on Aug. 24. Tatiana Pozdnyakova, 40, from Ukraine, seventh overall, was the top masters woman runner, with a 54:46.

Mondragon's time, although 21 seconds slower than his 1995 time, was still good enough to take the race easily from Garry Henry, 41, of Australia, who ran a 51:27. Henry was also second to Mondragon in 1995, with a faster 50:19. Doug Kurtis, 44, Northville, Mich., was third in 51:34.

Walter Herrala, 51, with a 56:52, and Jim Forshee, 70, with a 69:02, both from nearby Ann Arbor, Mich., were also repeat winners, Forshee in a new division. Age-group winners from outside of Michigan included Fay Bradley, 58, Washington, D.C., 59:07, and Bill Olrich, 60, Lexington, Ky., 61:36.

Pozdnyakova's closest competition was Jane Welzel, 41, of Colorado, who finished second, three minutes back with a 57:52. Alice Thurau, 40, Fisher, Pa., was third with a 58:42.

Theresa Mahr, 47, of Oregon, Ohio, posted one of the better times among the W40-and-over with a division-winning 61:03.

Pozdnyakova edged Mondragon for

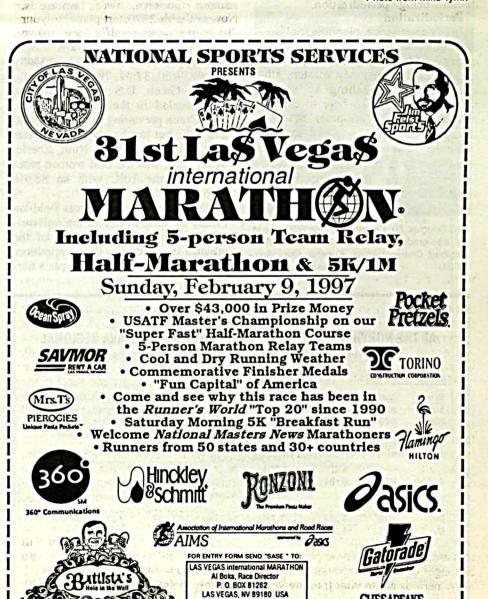
age-graded performance honors, 93.6% to 93.5%. Kurtis was also in the international-class range of 90% with a 91.7%.

The top three masters men and women received cash awards of \$1200, \$800, and \$500 each. Pozdnyakova received another \$800 for her seventh-place finish among the women. The race's total purse was \$55,900.

The Crim Festival of Races, which, besides the 10-mile, included 8K and 5K runs and walks, a mile run, and children's races, drew more than 15,500 participants, with a record 5500 in the 10-mile. Ann Gault was the meet director.

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hone/FAX (702) 876-3870

# WAVA Championships

Continued from page 1

Dawn Russell, Louise Adams, and Pat Peterson.

National records went to Joy Upshaw-Margerum, W35, 400H; Madeline Bost, W55, 2000SC; Clarence Trahan, M80, long jump; John Pearce, M85, shot put; and Betty Jarvis, W80, hammer throw.

Sprinters responded well to warmer than usual temperatures for Eugene, and the newly-surfaced, fast track at Hayward. Twelve sprinters in the 100m recorded age-graded times in the 90% international-class range. Steve Robbins, U.S., won the M55 race with a 95.3% 11.58 over Australia's Peter Crombie (11.97/92.0%).

Robbins and Crombie almost duplicated those figures in the 200, Robbins winning in a 95.5% 23.36 over Crombie's 92.3% 24.16. Ralph Romain, Trinidad, loped to a 59.29 win in the M60 400.

Earl Fee, Canada, won the M65 800, his specialty, with a 97.2%



Avril Douglas, 50, Canada, won the W50 race in an age-graded 91.7% 2:24.54, NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24. Photo by Suzy Hess

2:17.54. Another Canadian, Avril Douglas, W50, continued her win streak, begun in Spokane, with a 2:24.54 800. Jennifer Fisher, W35, Bermuda, won the 800 (2:14.14) and steeplechase (7:24.89).

James Stookey, M65, U.S., winner of six gold medals in Spokane, took the short hurdles in 17.13. Canada's Jess Brewer, M50, posted the best performance in the long hurdles with a 91.0% 60.72.

In the shot put, guest Lokesh Mendon, India, won the M40 contest with a 13.20/43-4. Len Olson, U.S., picked up where he left off in Spokane, edging Sam Adams, U.S., for the M65 victory, 13.05/42-10 to 12.97/42-7. Eugene resident and world-record holder, Ross Carter, M80, outperformed all other shot putters with a 91.8% 10.91/35-9 1/2.

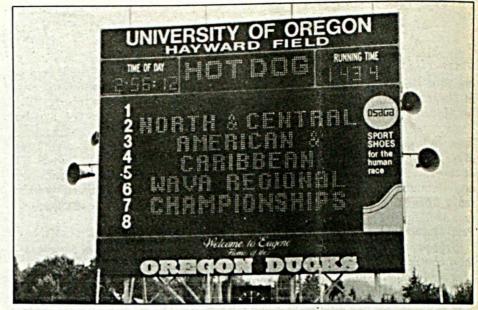
Newcomer Robert Darling, U.S., surprised competitors in a strong M60 javelin field, including a national champion and a former Olympian, with a 48.52/159-2 first, after winning the pentathlon with a 3375 total. Rex Harvey, M50, U.S., NCCWAVA president, totalled an event-best 3467 in the men's pentathlon. Becky Willis, W45, Canada, was the top scorer among the women with 3800 points (991 for a 1.49/4-10 1/2 HJ).

Tom Gage, U.S., won the M50 hammer and was high point man in the weight pentathlon with 4701, as was Joann Grissom, W55, among the women with 3370.

In the cross-country race, the top performers were Canadians Roger Davies, M60, 32:43, 79.2%, and Molly Turner, W60, 37:31, 79.45%.

Max Green, U.S., and Jack Bray, U.S., dueled in the M60 racewalks, with Green prevailing in both the 5000 and 10K, but just barely in the shorter race, 25:25 to 25:29. Ruth Eberle, W65, U.S., was the best woman racewalker in the 10K, with an 88.9% 2:06.42.

An athlete's meeting was held on Friday evening in one of the university's dormitories, where many of the athletes stayed during the competition. The final event of the meet was a bar-



Hayward Field scoreboard, NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24. It was repainted to resemble the scoreboard during Steve Prefontaine's career at the University of Oregon for the filming of a movie there on his life, just prior to the NCCWAVA Championships.

Photo by Suzy Hess

becue on Saturday night on a lawn directly across from Hayward Field.

Returning athletes who had been at Hayward for the WAVA 1989 World Championships or the 1994 USATF Masters Championships found the field transformed, with a new paint job, to look as it did when Steve Prefontaine ran here decades ago. A film production company had changed the appearance of the east stands and scoreboard for the filming of a movie on Prefontaine's running career.

The NCCWAVA Championships were directed and organized by Tom Jordan and Barbara Kousky, with primary support from the Eugene-based Oregon Track Club and Oregon TC Masters.

The major sponsors were Pacific Continental Bank, PeaceHealth, and Stackhouse Athletic Equipment, Inc. Other support came from over 50 athletes and track enthusiasts who made contributions to assure the meet's success.

# WAVA North American Meeting Held

At the biennial meeting of the WAVA North American Assembly in Eugene, Ore., August 23, it was announced that:

 Central America will have its own T&F Championships in December in Guatemala with guest competitors welcome.

 US \$2600 was used to provide transportation to the meet for two needy athletes from Mexico and one from Costa Rica.

• The current bank balance is \$7057.

• No formal bids for the 1998 Championships had been submitted, so the group voted to let the executive committee decide between probable bids by Monterrey, Mexico, and Ponce, Puerto Rico, and possible bids by others.

• The entries for the 15K road race and 8K cross-country race were very low. Had the 15K not been scheduled on a bike path, the cost of traffic control would have resulted in severe losses for the organizers.

 The North American 8K racewalk will be held Oct. 15 in Columbia, S.C. (USA), while the 10K RW will be on Long Island, N.Y. (USA) in October or November.

 Possible bidders for 2000 include Gainesville, Fla. and Kissimmee, Fla. (both USA); Trinidad & Tobago; Sherbrooke, Quebec (CAN); and Hamilton, Ontario (CAN).

Re-elected unanimously were: Rex Harvey (President), Don Farquharson (V-P), Jack Castle (Treasurer), Sandy Pashkin (Stadia), Norm Green (Non-Stadia), Bob Fine (Racewalk), and Ruth Anderson (Women). Francisco Corichi was elected Secretary, 20-6, over Madeline Bost. John Powell was chosen Multi-Event Chair, 15-11, over Liz McBlain.



Jennifer Fisher, Bermuda, W35 800 winner (2:14.14), NCCCWAVA Championships, Eugene, Ore., Aug. 21-24.

Photo by Jerry Wojcik

# AGE GROUP RECORDS SET AT THE NORTH & CENTRAL AMERICAN & CARIBBEAN WAVA REGIONAL CHAMPIONSHIPS; EUGENE, ORE., AUG. 21-24

WORLD R	ECORDS		Complete of the Steel of		
Event 5000 80H 100H 4x400	Age W55 W70 M55 W40-49	New Mark 18:43.65 20.08 14.49 3:58.70	Name Shirley Matson Johnnye Valien Walt Butler U.S.A. (Foreman/ Thompson/Board/ Libal)	Old Mark 18:49.0 20.89 14.78 4:07.34	Held By Jean Albury Rosaline Sole Hugh Adams FRG
4x400	W70-79	6:41.33	U.S.A. (Friedman/ Russell/Adams/ Peterson)	- 11,	_
PV PV	W70 W75	1.83	Johnnye Valien Margaret Hinton	1.62	Johnnye Valien
U.S. RE	CORDS				
400H 2000SC LJ SP HT	W35 W55 M80 M85 W80	64.12 9:39.15 3.55 7.92 15.52	Joy Margerum Madeline Bost Clarence Trahan John Pearce Betty Jarvis	65.13 9:52.25 3.53 7.62	Joy Margerum Sally Strazdins Walt Westbrook Buell Crane



# **England to Host 1st European Indoor Meet**

he first ever European Masters Indoor Track & Field Championships will be open to athletes from countries outside Europe. These championships are being viewed by WAVA as a pilot program to ascertain if there is demand for a world indoor championships.

The championships will be held in Birmingham, England, from Feb. 28 through March 2, with competing athletes having access to the track for training on Feb. 26-27.

All overseas athletes will be allowed to compete as guests in the British Masters Indoor Championships in Glasgow, Scotland on Feb. 22, offering visitors separate championships in two locations within Great Britain.

The National Indoor Arena in Birmingham has some of the finest facilities in the world with a superbly fast 200m track. The city has excellent canal paths for training, a wide choice of shops, restaurants and wonderful British architecture. The city is in the center of England with an international airport offering regular domestic flights to London (30 min. flight time). Motorways (freeways) and railways are plentiful, making access very easy. London is only 90 miles away. Stratford-upon-Avon (home of William Shakespeare), majestic Warwick Castle, and the intriguing Cadbury world are only one hour's drive away. Organized excursion tours will be available.

Kelvin Hall, Glasgow, a superb Victorian building housing a 200m track, will be the venue of the British Masters Championships. Glasgow is the cultural and heritage capital of Scotland, offering hospitality only the Scots can provide. Scotland is a beautiful country with many famous attractions.

Connections between Birmingham and Glasgow are straightforward as both cities can be reached by air, rail and road.

We hope people will come for a vacation of a week or more to enjoy the competition and hospitality of both cities. Both are so totally different, that I'm sure visitors will enjoy themselves immensely.

# Need Back Issues?

Most back issues of the National Masters News are available for \$2.50 each, plus \$1.25 postage and handling for each order.
Send to:

National Masters News P.O. Box 50098 Eugene, OR 97405



Eventual winner Diane Teygeman, Belgium, in 4:41.90, is second here in the W35+1500, Belgium-France-Netherlands Meet, Roosendaal, Netherlands, July 6. Francoise Duval #583, France, was third (4:46.81). Sophie Arnoux, France, was second (4:45.05). Photo by Leo Benning

# THE INAUGURAL VETERANS EUROPEAN INDOOR ATHLETICS CHAMPIONSHIPS

(WORLD INVITATION)

**EVAA Indoor Championships** 

National Indoor Arena, Birmingham

28th February - 2nd March 1997

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ENTRIES

Please send all completed entries and cheques, made payable to EVIC, to:

EVIC Entry Secretary, 48 Ford Close, HARROW, Middlesex, HA1 4AZ

Fax No: 181 248 2271

ENTRY FEES:

ENIKI FEES.		L	
First Event	£10.00	10.00	1
Each subsequent event	£ 5.00	CBIRCOLL !	Ĭ
EVA affiliation fee	£ 2.00	2.00	Ì
المروايات والمعوود	TOTAL	£	Ī

All entries must be verified by their National Veteran Federation and accompanied by the correct fees, which must be Sterilng Banker's Draft. British athletes, can pay either by cheque providing the cheque guarantee card number is written on the back of the cheque, or by postal orders.

[Please Complete In Block Letters]

1<sup>ST</sup> EUROPEAN VETERANS' INDOOR CHAMPIONSHIPS AND INTERNATIONAL GUESTS BIRMINGHAM, 28 FEBRUARY TO 2 MARCH 1997

Event	x	Name of	Men's		165	Women's	В	est Performance 1995/96
		Event	Age Gi	oup	124	Age Group	Indoor	Outdoor
60		60m		M40-M80		W35-W90	(	
200		200m		M40-M80		W35-W80		
400		400m		M40-M80		W35-W80		
800		800m		M40-M80		W35-W80		
I K5		1500m		M40-M80		W35-W80		
3K0		3000m		M40-M80		W35-W80		
60H		60m Hurdles		M40-M75		W35-W65		
3KW		3km Track Walk		M40-M80		W35-W80		
HIJ		High Jump		M40-M80		W35-W80		
POV		Pole Vault		M40-M75		W35-W60		
LOJ		Long Jump		M40-M80		W35-W55		
TRJ		Triple Jump		M40-M75		W35-W75	•	
SHP		Shot Put		M40-M80	10	W35-W80		

By signing this entry form, I accept full responsibility in case of accident, injury or damage to myself or my property caused by my participation in the 1st European Veteran's Indoor Championships.

DATE: .....SIGNATURE: ....

ATTENTION: This entry form must be sent to the Entry Secretary before 21 December 1996.

I hereby declare that:

- to the best of my knowledge and belief, I am in good health and have prepared myself for competition
- I relieve the EVAA and the Organisers of the EVIC from any responsibility with regard to any accident, injury, loss, or damage to myself or to my property, which may be sustained during, or in connection with the EVIC
- I will abide by the rules of the EVIC/EVAA.



# **USA Must Submit WAVA Entries Via USATF**

A ll athletes who plan to participate in the WAVA World Championships in Durban, South Africa, must submit their competition entry through their NGB (National Governing Body).

This has long been a requirement of WAVA, but until this year, U.S. athletes were given permission to submit their entry directly to the Championships Organizers, who then had to try and verify each U.S. entry.

This is no longer the case.

U.S. entries will not be accepted without the official USATF stamp, which signifies that the information submitted with regard to birthdate, citizenship, and USATF membership, is correct.

Entry information distributed by the South African National Championships in Spokane and at the NCCWAVA Regional Championships in Eugene was in error stating to send the entry form and payment directly to the Championships in Durban.

When the USATF Masters committees receive the Official Entry Booklets from the Durban organizers, they will distribute them to all interested athletes via LDR and T&F Committee members, tour operators, and at various competitions. Included with each entry booklet will be information specific to all USA athletes; e.g., where in the U.S. to send their entry forms (USATF Team Managers), what will be accepted as proof of birthdate (birth certificate or copy of passport showing photo and date of birth), as well as other appropriate information. U.S. athletes will be required to be current (1997) members of USA Track & Field in order to participate in the WAVA Championships.

- Barbara Kousky, USATF Masters T&F Chair



# 3638 Compete in European Championships

by BRIDGET CUSHEN

The 10th European Track and Field Championships held in Malmo, Sweden, July 19-27, attracted a record 3638 competitors, up from 2485 in Athens two years ago. Thirty-six countries were represented, three fewer than 1994; Croatia entered for the first time. The largest number (819) was from Germany, followed by the host nation with 485 and Russia with 232.

In ideal weather conditions and superb facilities, records fell by the dozen. Thirty Swedish, 127 championship, 48 European and 33 world records were broken in the eight-day extravaganza. The small but experienced core 10-member committee (these championships were held here in 1986), under the chairmanship of Kjell-Arne Landgren, and their officials did a first-class job.

Holland's Corrie Roovers set new marks with a sparkling 14.30 80mH clocking and then went on to lower Irene Obera's 1994 200m record of 29.67 to 29.43. Current W55 world champion and record holder Brunhilde Hoffman, Germany, set a new world mark of 28.13 in the 200. The M65 400 time of 57.97 held by Canada's Earl Fee, was outdone by Berthold Neumann, Germany, who won in 57.52.

Britain's Stephen Peters, a doctor from Sheffield, who missed the M40 100m title in Athens by .01 to fellow countryman Scott Brodie, came away with a handful of medals, winning the 100 in 11.26, 200 in 22.23, 400 in 50.22 and the 4x100 gold in 3:30.03.

Hans Axmann, whose technical expertise made an enormous contribu-

tion, not only to European veteran athletics, but also during his tenure as a member of the WAVA Council, decided to step down. On behalf of veteran athletics worldwide, may he enjoy a long and happy retirement. He has been succeeded as President by Torsten Carlius.

(Results in future issue)



Jean-Paul Ballouard #628, 53, France, won the M50 steeplechase (9:30.01), Netherlands-Belgium-France Meet, Roosendaal, Netherlands, July 6. Joel Gaillard, 53, France, was second (9:41.31). Photo by Leo Benning

# 8th Oceania Games Held in Tahiti

The 8th biennial WAVA Oceania Veterans T&F Championships were held in Tahiti, July 6-13.

Despite the island being a 6-hour plane ride across the international date line from Australia and New Zealand, attendance and performances were good.

The Games almost didn't come off due to international troubles in Tahiti, but two pre-meet visits by members of the OAVA Council helped smooth the way.

The opening ceremony went well, as did the cross-country, the first competition test of the local organization. The stadium was excellent. Most competition was held in the late afternoon and into the night under floodlights.

Athletes thus competed in good conditions and had the days free for sight-seeing.

The medals were unique, made of mother-of-pearl shell cut in the shape of the main island of Tahiti, and were suitably inscribed.

Among the top performances were Hugh Coogan's 59.2 in the M60 400, John Eccles' 8:41.8 in the M70 2000 steeplechase (only three seconds off Dan Bulkley's WR), and a 42.32 in the W45 discus by Christine Shultz.

The 1998 Games were confirmed for Hawkes Bay and the 2000 event was awarded to Surfers Paradise in Australia.

- from Jim Tobin

# Can Am X-C Set for Toronto

by DON FARQUHARSON

The 20th annual Can-Am Cross-Country Challenge will take place on Sunday, Oct. 20 at 1 p.m. in Sunnybrook Park, Toronto, over a 10K course.

This exciting event features two teams, Canada and USA, with a scoring system that includes men and women and all 5-year age classes. (Men 40+ and women 35+, as of the race date.) No limit to the number of

competitors per team.

Finish awards will be made to all competitors as well as special awards for individual place and winning scorers. Refreshments will follow the race.

Come out and run for your country and the Fleischmann Cup. Enjoy an event with fellowship and history.

Contact CMAA for entry forms and accommodation information. Tel: 416-426-7325, fax: 416-426-7412.



# World and British Records Broken

Carolyn Oxton set a W50 800 world record of 2:21.9 running in an open meeting at Crystal Palace on July 29.

On September 1, representing her London club in the premier league race of the season, she trailed her younger opponents and ran a magnificent 4:48.78 for the 1500, smashing her own, yet-to-be-ratified, world record, set at the BVAF National Championships on

In the League Cup on Aug. 31, Clova Court, W35, who narrowly missed Olympic selection in the 100H after such good early season times, got her revenge when she was given the nod over the younger Olympic representative, J. Agyepong. Both were given the same time, 13.3.

Two British records were erased from the books at Jarrow stadium, which will serve as the second stadium for the WAVA World Track & Field Championships in 1999. The first-class facilities have enabled Peter Gordon to raise the M45 discus record three times

this season. At a meet on Aug. 31, he reached out to 53.90. Denis Field, M65, set a national record for the javelin,

Running at nearby Gateshead on Sept. 1, Buffalo W35 triple gold medalist, Jocelyn Harwood, won the 100 (12.61) and 100H (14.39).

# **Five World Records Set** at British National Championships

by BRIDGET CUSHEN

The 26th annual British National Veterans Track and Field Championships drew a record entry to Exeter, August 10-11.

Many participants were just back from the WAVA European T&F Championships in Sweden. Some competitors from Holland and the USA added excitement to the meet.

Ex-swimmer-turned-track-star Toni Borthwick broke Shirley Brasher's W65 800 world record (3:01.18) with a 2:54.93, handing Jocelyn Ross a rare defeat by a British athlete on home soil.

Carolyn Oxton handed an equally emphatic defeat to the much-medaled Pat Gallagher when she broke her own world mark (4:54.3) to win the W50 1500 title in 4:52.74.

Zina Marchant, who ran so brilliantly in the London Marathon (2:45:42), knocked more than 21 seconds off the world W45 10,000 record (36:51.96 by Holland's Els Raap in 1994) with a sparkling 36:30.03.

James Grimwade set a world record in the M80 3000 track walk in 18:52.85, while Monica Shone lowered the W70 200 mark of 33.26 (set by Paula Schneiderhan in 1993) to

But Carina Graham was the star of the weekend, scurrying from event to event, setting British W60 records in the 80mH (16.69), long jump (3.87), triple jump (8.11), and also winning the javelin.

# Canadian Nationals Draw 300 to Victoria

by DAN DANIELS

Just under 300 competitors took part in this championship meet held at Centennial Stadium, University of Victoria, Victoria, B.C., Aug. 9-11. This was an increase from the 120 who attended the first time the meet was held in this city in 1978. They came from all across Canada, the U.S., and around the world. The event was geared to encourage a West Coast troika of meets (Victoria, Spokane, Eugene), which masters seemed to appreciate and which worked well.

Many Canadian records were set as well as two pending world records: W65 800, Ruth Carrier, 2:59.64 (old record: Shirley Brasher, 3:01.18, 1992); W40 high jump, Debbie Brill, 1.75 (old record: Carmen Karg, 1.72,

1995).

The weather was great (apart from a coolish breeze on Sunday for the 5000), and there was excellent coverage in the major daily newspapers and

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WA	AVA/USA	ATF Huro		d Implemen	ts Specific	ations
-	A SALES	ar Nami Walik		OMEN	Metallaria	AND DEED
Age	Race Distance	Hurdle Height	To 1s Hurdi		To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00r 42'8'/	A SHARE THE PARTY OF THE PARTY	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00r 39'4"	The second secon	12.00m 39'4"	8
50-59 60-69 70 Plus	80m	.762m 30"	12.00r 39'4"	***	19.00m 62'4"	8
30-39 40-49	400m	.762m 30"	45.00r		40.00m 131'2'/2"	10
50-59 60-69 70 plus	300m	.762m 30"	50.00r 164'0'/		40.00m 131'2'/2"	7
in the same	Saute Carlot	HALF HAR BAN	altorities N	MEN		
30-39 40-49	110m	.991m 39"	13.72r 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00r 42'8"		10.50m 34'5"	10
60-69	100m	.840m 33"	13.00r 42'8"		10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00r 39'4"		19.0m 62'4"	0.8
30-49	400m	.914m 36"	45.00r	m 35.00m	40.00m	FISE
50-59	400m	.840m 33"	147'7'/	114'9'/2"	131'2'/2"	10
60+	300m	.762m 30"	50.00r 164'0'/		40.00m 131'2³/₄"	7
P-AND	SERVER CONTRACT	man or ally	IMPLE	EMENTS	KARD-BUSINES	NA ACTIVITIES
AGE Women		Charles the	ISCUS	HAMMER	JAVELIN	WEIGHT WAVA USA
30-49 50 plus 60 plus	4.00k 3.00k		1.00k 1.00k	4.00k 3.00k	600gms. 400 gms.	20# 20 16# 16 12# 16

30-49 26k (16 lbs.) 2.00k 7.26k (16 lbs.) 800 gms. 35# 50-59 6.00k 1.50k 6.00k 800 gms. 25# 35# 60-69 5.00k 1.00k 5.00k 600 ams. 20# 25# 600 gms. 80 plus 4.00k 12# 25# 1.00k 4.00k 600 gms Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women

Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb. WAVA weights are used for USATF weight pentathlons.

# Masters Scene

# NATIONAL

- Bill Stewart's appeal has been turned down. The 53-year-old USA M40 indoor mile record-holder (4:11.0) will continue to serve a 30-month sentence in a federal prison in Bradford, Pa. for selling Mideast maps. With time off for good behavior, friends and supporters hope he can be paroled and be home in Ann Arbor, Mich., some time next year.
- The 1997 Masters Indoor Championships scheduled for Columbia, MO, in March have been cancelled. Efforts are being made by the USATF Masters Committee to find a suitable site and date.
- Corrections to results sent to us and printed in the September issue: USATF East Regionals: HJ W50 Jean Preston, 1.06, not 1.60; W70 Pat Peterson, 1.04, not 1.40. Empire State Games: 1500 M50 Donald Masterson, 5:05.95, not 4:05.95. Montana Senior Games: 100H M60 Udo Grady, 23.29; M65 Tom Maloy, 21.87; William Hill, 24.09; Charles Jannings, 30.22; HJ M65 Charles Jannings, 4-21/2, not 5-21/2; Tom Maloy, 4-21/2.

# **EAST**

- Barry Harwick, 41, 52:36, and Gillian Horovitz, 41, 59:01, went home with masters firsts in the Yankee 10-Mile/USATF NE Championships, Newburyport, MA, July 30. Doug MacGregor, 57, was top performer with a 90.3% 58:10.
- Wayne Jacob, 41, 33:54, and Mary Lammi, 40, 39:47, spanned the course of the Bridge Of Flowers 10K/USATF NE Championships, Shelburne, MA, Aug. 10, for masters victories.
- Martin Mondragon, M40, Mexico, cruised to a masters win with a 34:25 in the Falmouth 7.1 Mile Road Race, Falmouth, MA, Aug. 18.
   Garry Henry, M40, was second in 34:57. Joe Fernandez, M65, zipped to a division win in 44:36. Lorraine Moller, W40, New Zealand, won

the W40+ race in 37:33. Wen-Shl Yu took the W60-64 title with a 54:32. Masters firsts got \$3000 each in the 8500-runner race.

- The team of John McManus, Jim Manno, Les Wright, Jr., and Archie Messenger, billed as the Eastern All-Stars, broke the M70-79 sprint medley WR of 6:41.41, set in January 1983 by an Ohio TC squad, by more than a minute-and-a-half with a 5:05.2 at Middletownship HS North, Middle Town, NJ, June 29. McManus led off with a 72.2 400. Manno and Wright followed with blazing 200s, and Messenger anchored with a speedy 2:50 800.
- In a field of nearly 3000 finishers at the NYRRC Hispanic Half-Marathon, Central Park, NYC, Aug. 11, Jose Santiago (41, 1:16:02) and Kathy Gribbon (42, 1:27:30) took the masters titles. The 65-69 stars shone brightly, featuring Joseph Burns (67, 1:42:16) and Toshiko d'Elia (66, 1:48.39).
- It was a quick run through the park for masters winners F. Grullon (40, 36:15) and Joan Baldassarri (41, 42:01) at the NYRRC Prospect Park 10K, Brooklyn, Aug. 4. Age-group standouts were Julio Aguirre (50, 37:57) and Anna Thornhill (56, 40:50).
- In a scorching time of 15:52, Luis Tipan,
   42, made short shrift of the masters field at the
   K-Rock Reservoir Run 5K, Central Park, NYC,
   July 27. Irene Jackson (49, 21:28) led the
   ladies. Nipping at her heels was W50 winner
   Marjorle Kos (51, 21:30).
- Robert O'Hara (1:08:35) and Tatiana Pozdnyakova (1:11:29) posted masters wins in the New Haven 20K, New Haven, CT, Sept. 2.
   Masters winners in the companion 5K were Al Swenson (15:59) and Eileen Troy (18:56). Mary Halnes, 82, finished in 33:06.

# SOUTHEAST

• Garry Henry, 41, of Australia/Mathews, NC, outlegged the rest of the M40+s, with an age-graded 93.3% 14:33 to nab a \$1500 cash prize in the Run By The River 5K, Clarksville, TN, Sept. 7. Antoni Niemczak, 40, Poland/Rochester, NY, was second in 14:43, worth \$1000. Alice Thurau, 41, Fisher, PA, with a 17:15, and Honor Fetherston, 41, Mill Valley, CA, with a 17:18, pocketed the same amounts for their 1-2 W40+ finishes. Jan Frisby, 52, Grand Junction, CO, M50 winner in an A-G 91% 16:14, and Joan Ottaway, 52, Sonora, CA, in an A-G 92.1% 18:14, collected \$600 top Grandmasters (50+) money each. Bill Orlich, 60, Lexington, KY, was fourth M50+ in an A-G 90.6% 17:29.

# **MIDWEST**

• Maggy Zidar, W40, zoomed to the W40+ win in the 5K (21:18) and came back 20 minutes later to run the 10K and place second in the Somerset Classic 5K & 10K, Troy, MI, Aug. 18, capping a busy weekend after placing first in a 5K on Friday evening and a 4-miler on Saturday morning. 60-year-old Brian Harris was M40+ winner in the 5K with an A-G 85.7% 18:28. Chuck Block, 41, took the masters title in the 10K with a 36:01.

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Closing is the 10th of the month prior to the cover date.



New Haven 20K Board President Bill Donohue with top three W40-49, New Haven, Conn., Sept. 2 (from left): Jane Welzel, Tatiana Pozdnyakova (1st, 1:11:29), and Marge Belisle.

Photo by Jim Kiernan

- Top marks in the USATF Midwest Regional Masters Championships, Indianapolis, Aug. 3, included a 27.05 by Cecil Howard in the M65 200, and a 153-5 javelin toss by W30 Carla Greene.
- Gary Romesser, 45, Indianapolis, and Alice Thurau, 40, Fisher, PA, ran to the bank with \$1000 checks for masters wins in the Parkersburg, WV, Half-Marathon, Aug. 17. Romesser won by two minutes over Phillip Rowan, 41, Greenville, NC, with an A-G 92.0% 1:08:59. Thurau's win in 1:18:47, 5th overall, was even more decisive over 46-year-old Nancy Grayson, Northville, MI, who finished in 1:24:05. John Cahill, 72, Salt Lake City, hit the 89% A-G level with a 1:31:40 win in the M70+ race. Suzie Kluttz, Winston-Salem, NC, at the top of her age group at 59, nevertheless smoked to a 16-minute first in the W55 contest.

# **MID-AMERICA**

The University of Colorado, Boulder, hosted the 16th Annual Rocky Mountain Masters Games, Aug. 31-Sept. 1. 147 athletes ages 30 to 85 competed, with new meet records set in five running events and 13 field events.

# WEST

- Shirley Matson, 55, Moraga, CA, set a W55-59 U.S. record for 5K with an 18:49 at the all-women's Susan B. Anthony 5K, Sacramento, CA, Aug. 10. She was seventh overall and broke Barbara Miller's 19:37 set last year. On Sept. 8, Matson set a WR for the 3000 in 11:05.1 at the Nor Cal Seniors Track Classic, Berkeley. Marion Irvine held the former record at 11:20 set in 1989.
- John Whittemore of Santa Barbara is making a comeback to the throwing circles this month at age 96 in the Club West Masters Meet, Santa Barbara, Oct. 5. Whittemore, who holds four world and seven U.S. records in the throws, was forced to take a year off from competition after suffering a fall last year only five days prior to the 1995 meet. He later had hip replacement surgery.
- Before the Olympic Torch Run, Kati McIntyre, 60, Kingman, AZ, a middle-distance runner and a regular at masters outdoor and indoor championships, wrote to the NMN, telling of her excitement at having been selected to carry the torch. For her, carrying the torch became bittersweet, when her husband of 36 years, Don, passed away days before the torch made it to Arizona. Don had coached Kati for this big event, and only through the support of family and friends was Kati able to complete the task. "It was magical," she said about her feelings as she ran through Kingman for the celebration of lighting the cauldron.
  - Brad Ingram, 40, Mansfield, OH, in

1:13:54, 25th overall, and Terry Adams-Schmidt, 40, Stateline, NV, 1:19:55, 9th woman, were masters firsts in the America's Finest City Half-Marathon, San Diego, Aug. 25. Nicholas Hernandez, 41, Whittier, CA, was 26th in 1:14:06. Christine Kennedy, 41, Ireland/Sunnyvale, CA, placed 14th woman in 1:23:27. Over 5500 finished.

# NORTHWEST

- Becky Sisley, W55, Professor of Physical Education at the University of Oregon, will return to Greensboro, NC, this November to receive the Distinguished Alumni Award from the UNC-Greensboro, where she earned her master's and doctorate degrees. Last spring, Sisley and her husband, Jerry Newcomb, drove to Greensboro for the Indoor Nationals and then canoed four days in the Okefenokee Swamp.
- · The men's masters winning team in the 196-mile Hood To Coast Relay from Mt. Hood to the Pacific at Seaside, OR, Aug. 23, was the Pace Setter - To Be Old team from Portland, OR. The 12-man squad finished seventh overall of 875 teams in 18:33:12. The women's masters winner was the Wild Women Do team, Tualatin, OR, 188th overall in 24:48:49. The HTC filled its quota by May 1996 and turned away over 400 teams. Cindie McKenna, 46, did all 196 miles solo in 54:46. Race directors are considering a senior category (55+) for next year. In the shorter (126 miles) companion Portland To Coast Relay (130 teams of 8-12 runners), the Anti-Climatics, Bothell, WA, the only M40+ team entered, finished in 15:03:33. In the PTC walk (300 teams of 12 people), the W40+ winners were the Intimidating Recycled Athletes, Eugene, OR, 13th overall in 25:25:35.

# CANADA

• Edith Gray vaulted 1.90/6-2<sup>3</sup>/4 for a W60 WR at the Ontario Masters Championships, Toronto, June 15-16. The previous mark was held by Leonore McDaniels, U.S., at 1.85/6-<sup>3</sup>/4.

# INTERNATIONAL

- Carolyn Oxton lowered her W50-54 1500
   WR of 4:54.3 to 4:50.5 at the Hertfordshire and Middlesex County Championships, Jarman Park, north of London, July 28.
- France outpointed Belgium and the Netherlands in an inter-country triangular meet in Roosendaal, Netherlands, July 6, with a combined men's (219) and women's (178.5) score of 397.5. Belgium totalled 277 for second. England, without a full team, participated but did not score in the competition. The French swept all four relay races.

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# Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. 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 generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

# TRACK & FIELD

## NATIONAL

December 3-7. USATF National Convention; Westin St. Francis, San Francisco, Calif. USATF, PO Box 120, Indianapolis, IN 46206-0120. 317-261-0500.

May 21-28. U.S. National Senior Sports Classic VI, Tucson, Ariz. 50+ TLOC 4 East Congress, 2nd Floor, Bank One Annex Bldg., Tucson, AZ 85701. 520-791-5555.

August 7-10. 30th annual USATF National Masters Championships, San Jose, Calif. San Jose Sports Authority, 99 Almaden Blvd. Suite 975, San Jose, CA. 95113. Steve Hess, meet director. 408-288-2935.

August 6-9, 1998. 31st annual National Masters Championships, Orono, Maine.

# EAST

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

October 3-5. Maryland Senior Games, Towson, 50+. No out-state. Robert Zeigler, 10 S. Shaffer Dr., New Freedom, PA 17349, 410-830-3163.

October 5. Delaware Senior Games, Dover. No out-state. 50+. Ruth Finch, Blue Hen Corporate Center, RR 113, Dover, DE 19901. 302-736-5698.

October 27. Runner's Pentathlon, Swarthmore College, Swarthmore, Pa. 3000/800/200/1500/400. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, x245 (daytime).

### SOUTHEAST

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

October 3-5. North Carolina Senior Games, Raleigh. 55+. No out-state. Margot Raynor, PO Box 33590, Raleigh, NC 27636. 919-851-5456.

December 2-8. Florida Senior Games Championships, Kissimmee. 50+ Laura Hallam, Governor's Council on PFS, One Citrus Bowl Place, Suite 202, Orlando, FL 32805-2451, 407-245-0300.

# MIDWEST

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

February 15. NIFS-Indiana USATF Indoor Masters Invitational. The National Institute for Fitness and Sport, 250 University Blvd., Indianapolis, IN 46202. Vem LaMere, 317-274-3432.

# **MID-AMERICA**

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

October 3-6. Kansas Senior Games, Topeka. 50+. Marge Rightmeier, Topeka Parks & Recr., 1534 SW Clay, Topeka, KS 66604. 913-368-3798.

October 26-27. 2nd International Masters Multi-Events Challenge, Neosho, Mo. Decathlon/heptathlon. Tom Thome, 525 Oakridge Dr., Neosho, MO 64850. 417-451-2655(m)/451-7417(e),

## **SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 8-13. Louisiana Senior Games, Baton Rouge. 50+. No out-state. Jennifer Taylor, PO Box 14848, Baton Rouge, LA 70898-4748.

### WEST

Arizona, California, Hawaii, Nevada

October 5. Club West Masters Meet, Santa Barbara CC/ Gordon McClenathen, 805-964-3005. Club West, PO Box 99, Goleta, CA 93116-0099. Beverley Lewis, fax: 805-969-6613.

October 12. Nevada Senior Games, Las Vegas. 50+. Dolores Gabay, PO Box 70863, Las Vegas, NV 89170-0863, 702-294-2954.

October 13. Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

October 13, 27. Timber Wolf TC Meets, Sacramento, Calif. John Gallen, 916-489-2708.

October 18-20. Napa Senior games, Napa, Calif. 50+. Virginia Mosher, 707-255-1800.

October 19. KELfield Throws Meet #53, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-248-0202. Contact Kelmenson before attending meet.

October 22-24. Huntsman Senior Games, St. George, Utah. 50+ Heather Landheim, 82 West South, St. George, UT 84779. 801-674-0550.

November 16. Long Beach Senior Games, Long Beach, Calif. 50+. Karla Yuki, 310-570-1776.

November 16. KELfield Throws Meet #54, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202. Contact Kelmenson before attending meet.

February 7-16. California Senior Olympics, Palm Springs, Calif. 50+. Ben Green, 619-323-5689.

# **NORTHWEST**

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

October 5. Helena Octoberfest Throws & Weight Pentathlon. M&W30+. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406-227-5020.

October 22-24. Huntsman Senior Games, St. George, Utah. 50+ Heather Landheim, 82 West South, St. George, UT 84779. 801-674-0550.

# INTERNATIONAL

October 3-6. WAVA Asian Regional Championships, Seoul, Korea. Asians only.

November 19-23. WAVA South American Regional Championships, Concepcion, Chile. Pentathlon m&w/10K X-C. Fax 56-41-229-333.

December 14-15. Indoor Russian Veterans Sport Association Cup "Match-5", Moscow. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 5726436.

February 28-March 2. 1st WAVA European Indoor Championships, Birmingham, England. Foreigners welcome. EVIC Entry Secretary, 48 Ford Close, Harrow, Middlesex, HAI 4AZ, England. Fax: 181-248-2271.

July 10-25. 15th Maccabiah Games, Tel Aviv, Israel, US Maccabiah Committee, 1926 Arch Street, Philadelphia, PA 19106. 215-561-6900.

July 17-27. XII WAVA World Veterans Athletics Championships, Durban, South Africa.

August 9-22, 1998. 4th International Masters Games (multi-sports), Portland, Ore.

# LONG DISTANCE RUNNING

# NATIONAL

October 6. USATF National Masters Marathon Championships, Minneapolis, Minn. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 19. USATF National Masters 100K Championships, Duluth, Minn. William Wenmark, 18665 Rutledge Rd., Wayzata, MN 55391. 612-476-0015.

October 27. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Miller, P.O. Box 6667, Louisville, KY 40207. 502-896-0717.

November 3. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614-459-2547. December 3-7. USATF National Convention, San Francisco, CA. See T&F National.

December 7. USATF National Masters 10K Cross-Country Championships, San Francisco, Calif. John Mansoor, 120 Ponderosa Ct., Folsom, CA 95630. 916-983-4622.

December 14. USATF National Masters 50K/50 Mile Championships, Huntsville, Texas. Sunmart-Texas Trail Endurance Run. Norman Klein, 11139 Mace River Ct., Sacramento, CA 95670. 916-638-1161; fax 916-638-0857.

# ON TAP FOR OCTOBER

### TRACK AND FIELD

The Club West Meet, Santa Barbara, Calif., opens the month, along with the Helena, Mont., Throws Fest, on the 5th. On the 13th, the Sri Chinmoy Masters Games hits Long Beach, Calif. The Huntsman Senior Games T&F action takes place on the 22nd to the 24th in Utah. A decathlon/heptathlon challenge between U.S. and British multi-eventers is set for Neosho, Mo., on the 26th-27th. Senior Games meets for men and women 50+ are plentiful and widespread.

# LONG DISTANCE RUNNING

Three USATF Masters Championships are on the slate: Marathon, Minneapolis, on the 6th; 100K, Duluth, on the 19th; and 8K Cross-Country, Louisville, Ky., on the 27th. Races of all distances and quality abound, with emphasis on marathons, ranging from the St. George, Utah, on the 5th, to the Richmond, Va., on the 13th, the Chicago on the 20th, and the St. Louis on the 26th.

### RACEWALKING

The National Masters One-Hour Championships have a 60minute stint in Brookline, Mass., on the 13th. The NCCWAVA 8K Championships are hosted by the Columbia, S.C., walking community on the 5th. □

# EAST

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

October 5. New Hampshire Marathon, Bristol. NHM, PO Box 6, Bristol, NH 03222. 603-744-6273.

October 5. Market Street Mile, Frederick, Md. 301-865-1876.

October 6. Wineglass Marathon, Corning, NY. Mark Landin, PO Box 117, Corning, NY 14830. 607-974-4668; fax 607-974-4627.

October 12. Greater Hartford Marathon, Hartford, & 5K, Hartford, Conn. Masters money. Aetna Health Plans Greater Hartford Marathon, 221 Main St., Hartford CT. 06106. 860-525-3435. Fax: 860-724-7313.

October 13. Army Ten-Miler, Washington, D.C. SASE to PO Box 46594, Washington, DC 20050-6594.

October 13. Atlantic City Marathon & Half-Marathon. Barbara Altman, Box 2181, Ventnor, NJ 08406. 609-646-9009. October 13. Delaware Distance Classic. 15K, 5K. Chip Bixler, DDC, 107 Briar Lane, Newark, DE 19711. 410-398-7482.

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October 13. Riverhead Country Fair 10K, Riverhead, L.I., N.Y. Fair 10K, PO Box 256, Wading River, NY 11792. 516-929-8281.

October 14. Tufts 10K/USATF Open Women's Championship, Boston. Andrea Mrusek, Conventures, Inc., 250 Summer St., Boston, MA 02210. 617-439-7700.

October 19. Oyster Festival 5K, Oyster Bay, N.Y. Plainview-Old Bethpage RRC, 62 Sylvia Ln., Plainview, NY 11803. Mike Polansky, 516-433-0919.

October 20. DDC Benefit for Youth 5K. Run Committee, 521 West 114th St., Mailcode: 2604, New York, NY 10027. 212-854-3897.

October 20. Seventh Annual Harvard Pilgrim 5K Run & Walk. 401-331-4034, x-43365.

October 20. Nute Ridge Half-Marathon, Farmington, N.H. SASE to Kerry Mucher, Farmington Recr., 39 N. Main St., Town Hall, Farmington, NH 03835. 603-755-2405.

October 27. Mohawk-Hudson River Marathon, Schenectady-Albany, N.Y. Marathon, Box 4022, Albany, NY 12204.

October 27. Marine Corps Marathon, Arlington, Va. MCM, PO Box 188, Quantico, VA 22134-0188. 703-784-2225; 800-RUN-USMC.

November 2. Syosset Sprint 4 Mile, Syosset, N.Y. Plainview-Old Bethpage RRC, 62 Sylvia Ln., Plainview, NY 11803. Lynn Kotler, 516-368-4618.

November 3. New York City Marathon. NYRRC, 9 E. 89th St., New York, NY 10128, 212-860-4455.

November 3. Warwick Marathon/RRCA NY State Championship. SASE to Jerry Terry, race director, PO Box 561, Warwick, NY 10990.

November 10. Ocean State Marathon/ RRCA National Championships, Narragansett, R.I. OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; fax 401-885-3188.

November 24. Philadelphia Marathon & 8K. 215-685-0054.

### SOUTHEAST

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

October 5. Santee Cooper 10K Bridge Run, Santee, SC. Masters money. Tony DeAloia, PO Box 11, Santee, South Carolina 29142. 803-854-2705.

October 12. Phoebus Run On The Fort 8K, Phoebus, Va. Masters money. Peninsula TC, PO Box 11116, Newport News, VA 23601. 804-868-3975.

October 13. Richmond Marathon. Dewayne Davis, RM, PO Box 85333, Richmond, VA 23293. 804-649-6738.

October 13. Peachtree City Classic 15K/RRCA National Championships. PCC, 101 Camp Creel Ct., Peachtree City, GA 30269. 770-487-5934.

November 9. Vulcan 10K, Birmingham, Ala. Carl Howard, 2606 Moody Pkwy., Moody, AL 35004. 205-640-6509.

November 23. Governor's Land 5K, Williamsburg. Rick Platt, Colonial RR, PO Box 657, Williamsburg, VA 23187. 804-229-7375; 220-2601.

December 1. First Tennessee Memphis Marathon. FTMM, Box 84, MO-8, Memphis, TN 38101. 800-393-RACE; fax: 901-523-4354.

**December 14.** Rocket City Marathon, Huntsville. SASE to Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. Harold or Louise Tinsley, 205-881-9077.

### **MIDWEST**

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

October 6. Youngstown Peace Race 10K. Masters money. Ted Rupe, 2533 Davis Peck Rd., Cortland, OH 44410. 216-583-2423; fax 216-583-2423

October 20. Chicago Marathon & 5K. CM, PO Box 10597, Chicago, IL 60610-0597. 800-527-3214; 312-527-2200.

October 20. Detroit Marathon. DM, 300 Stroh River Pl., Ste. 4000, Detroit, MI 48207. 313-393-7749.

November 10. Columbus Marathon & 5K. SASE to CM, PO Box 26806, Columbus, OH 43226.

### **MID-AMERICA**

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

October 26. St. Louis Marathon. SLTR, 2385 Hampton Ave., St. Louis, MO 63139. 314-781-3926.

October 27. Greater Kansas City Marathon & 10K. 816-561-1087.

November 10. Harvest Hustle 10K, Overland Park, Kans. Staggered start/groups start every 15 seconds based on age/sex time-adjustments. KC Runners Council, 7201 W. 129th, Suite 300, Overland Park, KS 66213.

## SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 6. El Paso/Juarez International Classic 15K, El Paso, Tx. Masters money. Bill Barry, 5024 vista del Monte, El Paso, TX 79922. 915-779-0577.

October 12. Chili Pepper Running Festival (cross-country)/RRCA National Championships, Fayetteville, AR. Joe Fennel, 1655 Woolsey St., Fayetteville, AR 72703. 501-521-8534.

October 19. Cherry Street Mile, Tulsa. Fred Ebrahimi, PO Box 4246, Tulsa, OK 74159. 918-744-4222; fax 918-749-2444. Masters money.

October 20. Gallery Furniture 20K/ USATF Open Women's Championship, Houston. Bob Gulliver, PO Box 721405, Houston, TX 77272-1405. 713-242-0515. October 20. Halloween Pumpkin Chase Race 5K, Metairie, La. 6 pm. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6681; 468-1488.

October 21. Women's Classic 5K, New Orleans. Mac DeVaugh, 8200 Hampson St., Ste. 217, New Orleans, LA 70118. 504-861-8686; fax 861-8687.

October 26. Tulsa Run 15K. Masters money. Sue Neil, PO Box 2008, Tulsa, OK 74102. 918-587-8786.

November 2. Picayune Fall Classic 10K & 5K. Masters & Grandmasters money. Picayune Rotary, PO Box 1152, Pacayune, MS 39466. David Guizerix, 601-798-4881(d); 504-847-1701(eve).



Shellie Banks, U.S., second in the W35 200 (29.15), NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24.

Photo by Suzy Hess



Joe King, USA winner of the M70 1500, congratulates Shirley Matson, USA, who broke the 5000 W55 world record with an 18:43.65, NCCWAVA Championships, Eugene, Ore., Aug. 21-24. Photo by Ruth Anderson

November 2. Ten Miles for Texas. RRCA National Championship Race. Ellen Earle, 713-265-3696. Texas Running Club, PO Box 8376, The Woodlands, TX 77387-8376.

November 10. San Antonio Marathon, 5-mile run, 3-mile walk. 1123 Navarro, San Antonio, TX 78205. 210-246-9652.

November 17, Houston Masters Sports Association 25K. Tom McBrayer, 4021 Montrose, Houston, TX 77006-4956.

November 23. Larry Fuselier State Championships, 25K and 10K. NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682 or 468-1488.

November 23. Tulsa Marathon, 263 E. 45th Pl., Tulsa, OK 74105. 918-744-0339. December 8. Dallas White Rock Marathon, DWRM, 3607 Oak Lawn Ave., Dallas, TX 75219. Doris Lafayette, 214-528-2962.

# WEST Arizona, California, Hawaii, Nevada

October 5, 12, 19. 6th Annual USATF Pacific Association Cross-Country Series. Different venue & distance each race. Charles Alexander, 415-964-0643.

October 6. Sacramento Marathon, Calif. Ron Sturgeon, PO Box 995, Dixon, CA 95620. 916-678-5005.

October 20. San Luis Obispo City-To-Sea Half-Marathon & 5K. SLO Chamber of Commerce, Jennifer Peterson, 1039 Chorro St., San Luis Obispo, CA 93401-3278. 805-781-2777; fax 805-543-1255.

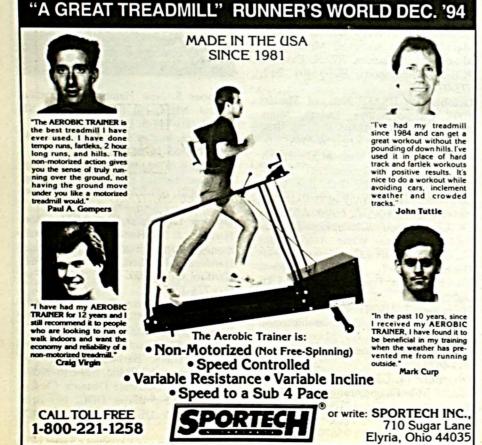
October 20. Humboldt Redwoods Marathon & Half-Marathon. SASE to HRM, PO Box 4989, Arcata, CA 95518-4989. 707-433-1220; fax 443-2553.

October 20. Arizona 10K, Phoenix. Masters money. Joe Galopa, 6505 N. 16th St., Phoenix, AZ 85016. 602-234-3460; fax 602-277-4372.

October 20. Arturo Barrios 5K/Walk & 10K, Chula Vista, Calif. Eliter Racing, Inc., 619-450[6510 or 714-374-3200. October 26. Moonlight 8K, Alhambra,

Calif. Women only/masters money. Owen

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Guenthard, 104 S. First St., Alhambra, CA 91801. 818-282-8481; fax: 818-282-5596. October 27. Bowl To Bowl 5K Run/Walk, Rose Bowl, Pasadena. Jim Hanley, director, 85 E. Holly St., Pasadena, CA 91103. 818-397-4064; 397-4062.

December 8. Palm Desert 5K/USATF Open Men's Championship, Palm Desert, Calif. Tim Murphy, Elite Racing, 10509 Vista Sorrento Pkwy, Suite 102, San Diego, CA 92121. 619-450-6510.

December 8. Tucson Marathon & Half-Marathon. Southern Arizona RR, 4625 E. Broadway, Suite 112, Tucson, AZ 85711. 520-325-2736; fax 770-9899.

December 15. 19th Annual Lasse Viren 20K, Pt. Mugu St. Park (15 miles north of Malibu), Calif. Steve Blum, 505 Briarwood Terrace, Ventura, CA 93001. 805-652-1744 or Ray Seay 805-647-4124. January 11. Paramount 10K & Special World Masters 10K Race, Paramount, Calif. Standards for World Masters 10K. SASE to The Finish Line International, 7846 Connie Dr., Huntington beach, CA 92648. 714-851-5417.

# **NORTHWEST**

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

October 5. St. George Marathon, Leisure Activities, 86 S. Main St., St. George, UT 84770. 801-634-5850.

November 30. Seattle Marathon & Half-Marathon. SM Assoc., PO Box 31849, Seattle, WA 98103. 206-524-RUNS; 800-343-4411; fax 206-821-6387.

# CANADA

October 13. Royal Victoria Marathon, Victoria, B.C. VM, c/o #182-911 Yates St., Victoria, BC, Canada V8V 4X3.



Richard Tucker, 51, U.S., winning the M50 800 (2:13.48), NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24.

Photo by Jerry Wojcik



Tony Ciccone, M40 first (45-93/4), Throwers Meet, Ringoes, N.J., July 20.

Photo by Jerry Wokcik

# INTERNATIONAL

October 19. 20th Annual Canada vs. USA Masters Cross-Country Challenge Match, Sunnybrook Park, Toronto. W35+/M40+. Don Farquharson, 1185 Eglinton Ave. East, North York, Ontario M3C 3C6. 416-426-7325.

October 29-November 5. Himalayan 100-Mile Stage Race, from Darjeeling, India, \$1200. Force 10 Expeditions, 1-800-922-1491.

November 5-12. Mt. Everest Marathon Trip, from Darjeeling, India. \$1200. Force 10 Expeditions, 1-800-922-1491.

July 17-27, 1997. XII WAVA World Veterans Athletics Championships, Durban, South Africa.

# RACEWALKING

April 1 - October 1. 5K Racewalk Team Challenge. Each club stages own event on a track or a certified course. Minimum 10 club members, regardless of age, sex, or ability. Scoring by WAVA Age-Graded Tables. No entry fees. FAC, 3250 Lakeview Blvd., Delray Beach, FL 33445. Bob Fine, 407-499-3370; fax: 407-495-5054

October 5. WAVA North American, Central American, Caribbean Masters 8K Championships. Columbia, S.C. Bill Bauers, 823 Calhoun St., Columbia, SC 29201. 803-256-7777.

October 13. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617-731-9889(h), 617-821-3000(w).

October 20. Liberty 5 Mile Walk, Doheny State Beach Park, Orange County, Calif. Fundraising walk against domestic violence. Liberty 5 Mile, PO Box 220, Dana Point, CA 92629-0220. 714-249-4803.

October 20. West Regional 8K RW Championships, Las Vegas, Nev. Roberta Hatfield, 2747 Crown Ridge Dr., Las Vegas, NV 89134.

October 20. USATF East Regional/MAC 30K RW Championships, Central Park, NYC. Stella Cashman, Park Racewalkers USA, 320 E. 83rd St., New York, NY 10028. 212-628-1317.

October 26. Florida AC Walkers/Henry Laskau 5K & 10K State Racewalk Championships. Robert Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 407-499-3370.

November 3. East Regional 50K Track Championships, Washington, D.C. area. Al Corallo, 1600 N. Oak St., #916, Arlington, VA 22207.

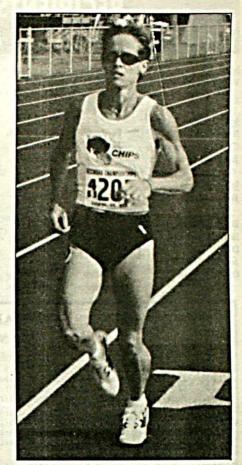
November 10. Florida AC Walkers/20K State Racewalk Championships. Mary King, 954-581-8755; Denise Shepard, 954-587-1510.

November 24. Annual Holiday Gran Prix #1, 5K race in 10-year age-groups, Central Park, NYC. Stella Cashman, Park Racewalkers USA, 320 East 83rd St., NY, NY 10028.

December 1. Gran Prix #2, 5K, Central Park, NYC, Stella Cashman, Park Racewalkers USA, 320 E. 83rd St., NY, NY 10028. 212-628-1317.

December 15. Gran Prix #3, 5K, Central Park, NYC. See Dec. 1.

December 29. South Regional 50K Championships, Houston, Texas. Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072. 713-498-0027.



Dee Dee Grafius, U.S., W45 first in the 1500 (5:04.12), NCCWAVA Regional Championships, Eugene, Ore., Aug. 21-24.

Photo by Suzy Hess

# 1996 USATF NATIONAL MASTERS 8K CROSS-COUNTRY CHAMPIONSHIPS

the masters return to Louisville, Kentucky

E. P. "Tom" Sawyer State Park Louisville, Kentucky Sunday, October 27, 1996 1:30 PM EST



Hosted by Victory Athletic Club Mason-Dixon Athletic Club Metro Parks Track Club



MENS AND WOMENS CHAMPIONSHIP COMPETITIONS INDIVIDUAL COMPETITION IN FIVE-YEAR AGE GROUPS TO 95+ TEAM COMPETITION IN TEN-YEAR AGE GROUPS TO 70+

KENTUCKY 8K CROSS-COUNTRY CHAMPIONSHIPS AT 12:00 PM

AIRLINE AND LODGING DISCOUNTS AVAILABLE

Write for entry forms:

Masters Cross-Country Championships
c/o Victory Athletic Club
P. O. Box 6667
Louisville, Kentucky 40207

Information:
E. P. "Tom" Sawyer State Park (502)426-8950 days
Bob Miller (502)896-0717 evenings
Bob Ullrich (502)459-6820 evenings

# RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M30-34 Vaughan Kastor  M35-39 Brad Davies Charles Greene Jay Rao  M40-44 Jim Andrew  Daniel Barry Bob Blackburn Daniel Gruber	400M 800M Pentathlon Javelin 800M 200M 400M 400M Long Jump 10K	50.37 1:55.27 2734 Pts. 57.13 2:00.9 23.65 51.30 1:58.42 19-10 32:50	08-16-96 08-22-96 05-25-96 08-03-96 06-25-96 08-24-96 08-24-96 05-11-96 06-29-96 08-17-96	M45-49 Bill Fitzpatrick  M50-54 M. Geoffrey Brown Lou Christenson  Larry Norris	Discus Long Jump Javelin 200M 400M 400H 800M 1500M Mile 300SC Pentathlon	2:12.47 137-7 5.27 45.46 25.8 57.72 1:05.40 2:14.55 4:39.6 5:06.60 11:58.60 3000	05-11-96 07-09-96 08-19-96 08-19-96 08-08-96 05-25-96 08-23-96 07-25.96 08-01-96 08-22-96 03-29-96	M55-59 Mark Adams Jim Cox William Eisenhart Joe Gross Michael Harrington John Lang  M60-64 Irwin Bernstein John Cauldwell Bob Golly  W30-34 Carla Greene	5K RW 800M Javelin 800M Discus Shot Put Javelin Javelin 800M Long Jump Long Jump	27:35.05 2:26.19 128-5 2:25.94 41.14 11.58 42.74 43.58 2:35.46 14-7 <sup>3</sup> ⁄ <sub>4</sub> 14-6 <sup>1</sup> ⁄ <sub>4</sub>	07-18-96 05-18-96 08-04-96 05-25-96 05-04-96 05-04-96 08-13-95 06-16-96 03-17-96 05-25-96 08-22-96
Johnny Hollier David Perrin	200M Hurdles Decathlon	23.2 16.20 5381 Pts.	04-27-96 05-14-96 07-07-96	CHAIR No CHEE	13	1		W35-39 Boguslawa Langner	High Jump	4-6	06-01-96

	U.S	. MA	STE	RS ST				F EX	CEL	LEN	CE	
			19		FO	R ME	N					With a
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-34	85-89
100 200 400 800	11.0 22.4 51.0 2:01	11.33 23.3 52.5 2:04	11.67 24.2 54.0 2:08	12.0 25.1 56.0 2:13	12.5 26.0 58.5 2:19	13.0 27.2 61.5 2:27	13.5 28.5 65.0 2:37	14.0 29.8 70.0 2:49	15.0 32.4 76.5 3:06	16.5 35.8 84.5 3:27	18.0 39.8 94.0 3:54	20.0 44.0 105.0 4:24
1500 Mile 5000 10000	4:11 4:31 15:30 32:11	4:15 4:35 15:42 32:35	4:22 4:42 16:06 33:30	4:32 4:53 16:44 34:45	4:45 5:07 17:30 36:15	5:02 5:25 18:24 38:10	5:24 5:49 19:36 40:30	5:47 6:14 21:08 44:15	6:22 6:51 23:30 48:30	7:03 7:38 26:00 54:30	7:59 8:42 29:00 61:15	9:15 10:10 32:30
110H 100H 80H	15.3	16.4	31116	18.75	18.0	19.0	20.0	21.3	18.0	21.0	25.0	30.0
400R 300H	57.6	59.7	62.0	64.4	48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC 2K-SC	10:00	10:20	10:55	11:40	12:30	13:20	9:30	10:30	12:00	14:00	16:30	19:30
нл	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92 3-1
PV	4.40 14-5½	4.15	3.90	3.60	3.30 10-10	3.05 10-0	2.80 9-2½	2:55 8-44	2.30 7-65	2.05 6-84	1.80 5-11	1.50
n	6.55	6.20 20-44	5.85 19-2½	5.45 17-105	5.10 16-9	4.75 15-7	4.40 14-5½	4.00 13-15	3.65 11-115	3.35 11-0	3.00 9-10	2.65 8-84
TJ	13.35 43-95	12.65 41-6	11.90	11.15 36-7	10.40 34-15	9.65 31-8	8.90 29-25	8.20 26-11	7.50 24-7%	6.80	6.10 20-1	5.50 18-1
Shot		14.10 46-34	13.00 42-8	12.00 39-45	12.40 40-84	11.20 36-9	12.00 39-45	10.80 35-54	10.00 33-0	8.80 28-10-2	7.65 25-14	6.50 21-4
Discus	44.80 147-0	42.60 139-9	40.60 133-2	38.00 124-8	40.00 131-3	36.40 119-5	40.00	36.80 120-9	31.60 103-,8	26.40 86-7	21.40 70-25	16.20 53-2
Hammer	47.24 155-0	44.20 145-0	41.14 135-0	38.10 125-0	38.40 126-0	36.00 118-1	36.00 118-1	33.00 108-3	29.00 95-2	25.00 82-0	22.50 73-10	18.00 60-0
Jav	62.00 203-5	57.00 187-0	52.60 170-7	48.00 157-6	43.00 141-1	38.50 126-4	40.00 131-3	35.00 114-10		24.00 78-9	19.00 62-4	15.00 49-2
25#Wt.		14.00	13.00	12.00	10.00	9.00	8.00 11.00	7.00	9.00	5.00 8.00	7.00	6.00
Per Dec	280	9.00 0 260	8.50 0 260 0 525	8.00 0 2600 0 5250	6.00 2600 5250	5.00 2600 5250	2600 5250	4.00 2600 5250	3.50 2600 5250	3.00 2600 5250		
The State of the S	Dec 5500 5250 5250 5250 5250 5250 5250 525											

	U.S. M	721FK	ALL A	MEKIC	WW ZIVI	ADAKD2	OF EXCE	TENCE !	OR MAS	IERS RA	CE WALK	ERS
1004	1.5K	mile	34	5k	8k	10k	15k	20k	25K	30k	40k	50
F30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
F36	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:2:
F40	7:37	8:21	16:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:4
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:2
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:4
F70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:21
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:31
F85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:18
F90	14:56	16:06	30:36	4214	1:25:30	1:47:18	2:48:13	3:51:12				
0.000						M	EN					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	234:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	239:47	3:37:53	4:44:41
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
MEO	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:21
MSS	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	62:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
MBO	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

# U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100 200 400 800	13.8 28.0 63.5 2:32	14.2 29.2 65.5 2:35	14.6 30.3 67.5 2:40	15.0 31.4 69.5 2:46	15.6 32.5 71.5 2:54	16.2 34.0 73.5 3:05	16.9 35.7 78.5 3:19	17.8 37.5 83.7 3:36	18.8 40.0 90.0 3:56	20.0 43.5 96.5 4:09	21.2 47.0 103.3 4:35
1500 Mile 5000 10000	5:10 5:34 19:45 41:00	5:19 5:44 20:30 42:40	5:29 5:55 21:20 44:40	5:40 6:07 22:16 47:00	5:58 6:26 23:12 49:30	6:20 6:49 24:16 52:00	6:48 7:19 26:08 56:00	7:23 7:46 28:08 60:00	8:04 8:47 30:08 66:00	8:52 9:39 32:21 76:00	9:48 10:45 34:26 86:00
100H 80H 400H 300H	17.2 75.5	18.2 79.9	15.0 84.4	15.8 88.8	16.5	17.6	18.7	20.2	22.2 96.0	25.0	28.Q
нл	1.42	1.35	1.27	1.19	1.12 3-8	1.07 3-64	1.02 3-44	.97' 3-2k	.92 3-04	.89 2-11	.84 2-9
PV	2.70 8-10	2.40 7-104	2.10	1.80 5-11	1.50	1.20 3-11	1.10 3-71	1.00 3-34	0.90 2-11	0.80	0.70 2-31/4
u	5.00 16-5	4.60 15-1	4.25 13-11 <sup>1</sup> 4	3.90 12-95	3.55 11-8	3.20 10-6	2.85 9-44	2.60 8-64	2.35 7-84	2.10 6-11	2.00 6-7
TJ	10.00 32-10	9.20 30-24	8.60 28-24	7.80	7.18	6.40	5.70 18-84	5.20 17-1	4.70	4.20	3.80
Shot	10.30 33-9½	9.30 30-64	8.40 27-7	7.70 25-3%	7.95 26-1	7.20 23-75	6.50	5.80 19-04	5.25	4.70 15-5	4.25 13-11k
Jav	39.50 129-7	33.50 109-11	27.50 93-6	21.50	25.00 82-0	19.00 62-4	18.00 59-1	16.00 52-6	15.00	14.00 45-11	13.50
Discus	30.0 98-5	27.8 91-2	26.0 85-4	24.0 78-9	22.0	20.0 65-8	18.0 59-1	16.0 52-6	15.0 49-2	14.0 45-11	13.5
Hammer	35.0 131-3	32.5 114-10	30.0 98-5	25.0 82-0	23.0 75-6	22.0 72-2	20.0	18.0 59-1	14.0 45-11	12.0 39-5	9.0 29-7
20 Mt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
16 Mt.		वस्या व	6 XI-62		8.00	7.00	6.00	5.50	5,25	5.00	4.75
notes:	1) 100	etanda	rde are	for aut	omat ic	time:	use sta	ndard c	onversi	on for	h.Sad time.

- 1) 100 standards are for automatic time; use standard conversion for h5nd time.
  2) Short hurdles: 30-39: 33"; 40+: 30"
  3) Shot put: 30-49: 4k; 50+: 3k.
  4) Jávelin: 30-49: 600gm; 50+: 400gm.
  5) Hammer: 30-49: 4k; 50+: 3k.
  6) Metric heights and distances are the standard; feet and inches listed for convenience.

# **APPLICATION FOR AN** ALLAMEDICAN CEDTIFICATE/DATCH

Charles and the second	MAIL CERTIFICATI	HIAICH
NAME		GROUP
ADDRESS	sellad 3.	K: M F
CITY	STATE	_ZIP
MEET	DATE OF MEET	
MEET SITE	Tone I de le la	
EVENT:	MARK;	
HURDLE HEIGHT	WEIGHT OF IMP	PLEMENT
☐ CERTIFICATE  1. If you have equaled or better completely.	☐ PATCH ed the standard of excellence, plea	☐ PATCH TAG ase fill out this application,
<ol> <li>A copy of your results or a n company this application.</li> <li>Please send \$10 for a certific and year. The cost for both a cd.</li> <li>Send to: All-American, Nation</li> <li>A 3-color. 8" by 10" certifical</li> </ol>	ote stating in which issue your re ate, \$10 for a patch, and \$10 for a crificate and patch ordered at the nal Masters News, P.O. Box 5009 te, suitable for framing, and/or a 3 ks. Allow eight weeks for a patch	a patch tag showing event le same time is \$15. 98, Eugene OR 97405.

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

# NATIONAL

<b>USATF National Masters Weigl</b>
Throws Championships
Seattle, WA; Aug. 31

Cookie WA. Ave C	
Seattle, WA; Aug. 3	TOP
35# Weight	
M30 Jud Bowles	7.44
M40 Gary Zasimovich	9.10
M45 Tim Edwards	13.94
Bob Sager	11.73
Bill Galler	8.52
M50 George Mathews	13.51
25# Weight	
M60 Stu Thomson 63	*16.85
Jim Hart	13.27
Pay Carstensen	11.94
Fred Shanaman	11.11
Udo Grady CAN	10.22
M65 Ken Weinbel	12.43
Jerry Wojcik	10.33
M70 Vince Sempronio	10.09
Harvey Williams	7.61
M80 Manuel White 80	*8.90
Leon Joslin 84	*6.98
20# Weight	
W30 Debbie Ecklund	6.82
W40 Sarah Boslaugh 40	*12.69
W45 Pauline Thomas 47	*9.45
16# Weight	
W50 Suzy Hess	7.03
56# Superweight	
M30 Jud Bowles	4.67
M40 Gary Zasimovich	7.38
M45 Bob Sager	7.50
Bill Galler	4.76
M50 George Mathews	8.70
M60 Stu Thomson 63	*8.50
Jim Hart	6.38
Pay Carstensen	5.94
Fred Shanaman	5.66
Udo Grady CAN	5.05
M65 Ken Weinbel	5.96
Jerry Wojcik	4.14
35# Superweight	A BOSH
M70 Vince Sempronio	7.81
Harvey Williams	5.37
M80 Manuel White 80	*7.34
Leon Joslin 84	*4.67
W30 Debbie Ecklund	3.99
W40 Sarah Boslaugh	7.95
W45 Pauline Thomas	6.11
25# Superweight	NAME OF THE OWNER, OWNE
W50 Suzy Hess	5.27
*U.S. single-age recon	rds
A PARTY OF THE PAR	PART

# EAST

### **USATF Niagara Masters** Championships Tonawanda, NY; June 30

the state of the s	Supplied to the Control of the Contr
100m	and the same
M40 Johnnie Thomas	11.5
M45 Smokey Santillo	11.5
M50 Norm Chambliss	13.6
M55 Al Kalinowski	14.7
M60 Thomas Callender	13.3
M65 Ted Swanson	13.8
M70 John O'Neill	13.7
W40 Darbie Maccubbin	15.7
W45 Rhona Trott	14.3
W50 Mary Casey	15.7
W60 Edna Hyer	17.2
200m	
M40 Jesse Thomas	23.0
M45 Smokey Santillo	24.2
M50 Glenn Hopper	30.3
M55 Donald French	35.6
M60 Thomas Callender	27.7
M65 Kenneth Morris	34.5
M70 John O'Neill	30.4
W30 Karen Pyle	31.6
W40 Darbie Maccubbin	32.2
W45 Rhona Trott	30.1
W50 Mary Casey	36.5
W60 Edna Hyer	42.2
400m	
M30 Tracy Fox	49.4
M35 Steve English	59.8
M40 Johnnie Thomas	52.2
M45 John Hoff	1:01.0
M55 Donald French	1:22.7
M65 Kennis Morris	1:18.3
W30 Rebecca Heuer	1:02.9
W40 Darbie Maccubbin	1:12.4
W50 Mary Casey	1:21.3
800m	2070
M35 Bob Carroll	2:07.8
M40 Larry Krol	2:14.5
W40 Darbie Maccubbin	2:58.5

of the month prior to i	ssue_
<b>这是为</b>	
1500m	
M40 Larry Krol	4:31.7
M45 Ted Sauer	5:19.8
W45 Carolyn Dewitt	6:10.1
W50 Mary Casey	6:31.3
W60 Gloria Brown	6:41.4
Short Hurdles	
M35 Daniel Glushefski	17.8
M50 Norm Chambliss Long Hurdles	22.4
M40 Charles Swanekamp	1.00.0
M45 Steve Bogatek	1:09.0
M65 Ken Morris	1:03.4
4x100 Relay	1:04.6
M65 BBB	1026
High Jump	1:03.6
M50 Norm Chambliss	1.80
Pole Vault	1.00
M45 Doug Ferrine	3.20
M50 Tom Rausiher	3.20
W50 Barbara Stewart	1.83
Long Jump	
M45 Wayne Spitz	4.47
M50 Norm Chambliss	4.60
M55 Roy Harvey Boles	4.12
M60 Arthur Lewandowski	2.65
M65 Ken Morris	3.47
W50 Barbara Stewart	3.10
W55 Dortha Swanson	2.62
Triple Jump	10.60
M50 Norm Chambliss M55 Roy Harvey Boles	10.60 8.56
Shot Put	8.30
M50 Gary Tacke	12.96
M55 David Morris	9.76
M60 Arthur Lewandowski	7.57
M65 Henry Sevillian	9.17
M70 Gary Bachman	11.34
W35 Deborah Ecklund	7.11
W55 Annie Lands	8.68
Discus	24.50
M40 Charles Swanecamp	24.30
M45 Arlie Schwan M50 Gary Tocke	25.26 40.02
M55 David Morris	33.12
M65 Henry Sevillian	33.40
M70 Garry Bachman	32.92
W35 Deborah Ecklund	22.92
W55 Annie Lands	22.17
Javelin	
M45 Gene Sponnet	39.76
M50 Norm Chambliss	34.16
M55 Roy Harvey Boles	34.16
M65 Henry Sevillian	25.68
M70 Garry Bachman	22.38
W35 Deborah Ecklund	19.26
W55 Annie Lands	21.12
W60 Edna Hyer Weight Throw	14.00
M50 Michael McMahon	7.72
W35 Deborah Ecklund	7.50
W55 Annie Lands	8.42
	200
Potomac Valley TC Alexandria, VA; Ju	Meet ly 7

Alexandria, VA;	July 7
100m - men	
Dwayne Miller 31	11.20
Lorenzo Thomas 32	11.70
Barry Wise 46	11.70
Garry Crawford 43	12.10
Michael Fischetti 55	16.60
100m - women	
Audrey Lary 62	16.20
Evelyn Wright 59	16.60
Dru Klinger 45	18.10
200m - men	
George Ridley 33	22.80
Garry Crawford 43	23.90
Ricky Flowers 38	24.90
Lorenzo Thomas 32	24.90
Steve Coy 35	27.10
Wayne Harris 47	27.40
David Shorr 35	29.50
Bob Weiner 49	31.10
200m - women	
Sony Jordan 33	30.50
L Davis 40	32.20
400m - men	
George Ridley 33	49.70
Ricky Flowers 38	53.20
Stanley Mitchell 32	56.20
Julius Tonelli 32	57.40
Wayne Harris 47	1:00.00

Nat	ional M
D J Bertagnoli 49	1:03.70
John Haubert 53 Bob Weiner 49	1:04.00
400m - women	1.00.00
Sony Jordan 33 L Davis 40	1:08.50 1:12.40
Chris Stockdale 52	1:14.20
Nancy Horan 33 Tami Graf 59	1:16.10 1:31.20
800m - men	1.31.20
Isaac Parker 33 Julius Tonelli 32	2:06.90 2:07.50
William Greene 35	2:16.60
John Haubert 53 800m - women	2:33.60
Chris Stockdale 52	2:46.10
L Davis 40 3000m - men	2:58.30
Ted Poulos 34	9:43.70
Paul Ryan 45 Rolland Elliot 60	9:54.10 13:37.50
Joe Broderick 58 Bud Averitt 76	13:44.80
Mile - men	28:22.50
Bruce Hamilton 41 Ted Poulos 34	4:37.60
Steve Dye 39	4:39.10 4:41.40
Paul Ryan 45 Steve Nearman 36	4:44.50
William Anderson 40	4:50.90 4:54.00
Marcus Mason 39 William Greene 35	4:59.60 5:03.40
Dave Keaton 36	5:10.80
Lerry Lanham 41	5:12.80
Bob Weiner 49 Gary Guenther 44	5:22.20 5:24.50
Bill Freed 47 John Haubert 53	5:25.70
John Muldoon 45	5:28.10 5:34.50
Daniel Bradley 37	6:02.80
Rolland Elliot 60 Butch Proctor 52	6:09.80 6:12.50
James Connor 44	6:26.70
Joe Broderick 58 Bud Averitt 76	6:57.00 12:20.00
Mile - women Chris Stockdale 52	544.20
Nancy Horan 33	5:46.20 6:12.90
Tami Graf 59 3000m - women	7:04.70
Tami Graf 59	13:52.20
Short Hurdles - men Lloyd Jeremiah 38	15,10
James Stookey 66	17.30
Long Hurdles - men James Stookey 66	54.60
High Jump - men	
Ted Lewis 35 Richard Thompson 36	6-2 6-2
Mike Haynie 38 David Shorr 35	6
James Stookey 66	5-8 4-4
John Martin 69 Long Jump - men	3-10
Howard Cohen	12-3.50
Michael Fischetti Triple Jump - men	9-11
Steve Coy 35	32-4.75
Shot Put - men John Priestley 45	36-2
Victor Litwinski 52	33-3
Howard Cohen 60 Shot Put - women	29
Evelyn Wright 59	26-3
Audrey Lary 62 Sharon Good 63	23-10 18-8.50
Discus - men	122.4
William Smith 61 Michael Ellis 42	132-4 119-8
John Priestly 45 Randy Yohe 46	89-1 87-7
Howard Cohen 60	87
Victor Litwinski 52 Albert Gardner 55	82-5 73-3
Discus - women	14.35
Evelyn Wright 59 Carol Ellis 46	69-5
Sharon Good 63	66-1 44-1
Javelin - men Randy Yohe 46	100-7
Victor Litwinski 52	88-3
Javelin - women	CTLOSE

81-10 32-1

16:21.40

17:35.00 18:33.70

20:48.60

20:54.10

25:41.60

19:55.20 H G Cisneros 49

Javelin - women Evelyn Wright 59

3000m RW Jim Goldstein 47

Dick Jirousek 53 Victor Litwinski 52

Ralph Driscoll 72 Bill O'Reilly 70

Meyer Mathis 77

3000m RW - women Victoria Wood 35

# Syracuse Chargers Meet Syracuse, NY; July 9

400m - women

Ann Mushatt 44

Julius Tonelli 32

Joe Varone 39 William Greene 35 Steve Bell 38

Kerry Lanham J J Wind 46

Jack Barrar 44 D J Bertagnoli 49 Steven Read 43

Rolland Elliot 60

Mile - men Steve Dye 39

Paul Ryan 45

Marcus Mason 39

Scott Winston 43 J J Wind 46

Dave Keaton 36 Walter Hill 44 William Greene 35

Jack Barrar 44

Bob Weiner 49 John Muldoon 45 Clif Teh 32

Steve Coy 35 Elliot Rolland 60

**Butch Proctor 52** 

James Connor 44

Mile - women Chris Stockdale 52

Nancy Horan 33

3000m - men Ted Poulos 34

Paul Zink 48 J J Wind 46 Jack Barrar 44

Steven Read 43

Rolland Elliot 60 Ken Freund 43

Short Hurdles - men Lloyd Jeremiah 38

Stephen Metcalfe 36 John Martin 69

John Martin 69

High Jump -men
David Shorr 35

Long Jump - men

Clif Teh 32

**Bud Averitt 76** 

Gary Guenther 44

Dennis Coleman - 38

Stanloey Mitchell 32

1.10 30

1:10.70

2:07.30

2:08.50

2:09.60 2:12.60

2:13.40 2:14.40

2:16.90 2:24.60 2:28.50 2:38.40

2:38.70

2:47.20

4:38.50

4:45.80

4:52.00

4:53,30 4:59,30 5:02.30

5:06.80 5:07.60

5:11.70

5:27.70

5:39.50 5:41.40

5:47.10

5:59.10 6:03.70

6:06.10

6:11.60

11:11.50

5:57.80

6:14.50

9:55.40 9:56.40 10:04.00

10:38.30

11:44.00

12:57.90

15:54.70

17.20

5-8 5-6

3-10

L Davis 40

800m - men

the state of the s	-
100m	
M30 Phil Longo	13.1
M35 Brendan Jackson	12.1
Tom Jasinski	12.1
M45 Ray Panek Sr	13.9
M70 Howard MacMillan	15.1
W45 Kathy Cirina	15.1
400m	
M30 Mike Boni	56.2
M35 Brendan Jackson	53.1
M45 Bob Micho	58.9
M50 Don Masterson	61.7
M70 Howard MacMillan	73.5
W35 Cynthia Lynch	72.1
W40 Patti Ford	68.8
1500m	
M30 Jim Byrne	4:14.1
M35 Robin Wheeless	4:16.3
M40 Terry McConnell	4:42.7
M50 Don Masterson	5:06.0
M60 Roger Hahn	6:18.8
M75 Nate White	7:10.5
W30 Rosaria Champaign	e6:26.2
W35 Cyndy Lynch	5:08.7
W40 Linda Oja	6:32.4
W45 Coreen Steinbach	5:35.8
W50 Carol Rider	6:58.8
Short Hurdles	
M45 Ray Panek Sr	20.9
W40 Irene Thompson	18.5
Pole Vault	
M50 Tom Rauscher	10-0
Long Jump	
M30 Phil Longo	15-1
M40 Jim Hercher	13-11
M45 Ray Panek Sr	14-91
Shot Put	33700
W45 Kathy Cirina	9.60
Discus	TO YOU
W45 Kathy Cirina	26.73

# Syracuse Chargers Meet

Syracuse, NY; Ju	ly 15
200m	
M45 Bob Micho	26.0
M70 Howard MacMillan	30.8
800m	
M30 Mike Boni	2:05.3
M35 Brendan Jackson	2:00.0
M40 Steve Gadziola	2:15.0
M55 John Allen	2:19.3
W40 Patti Ford	2:30.7
3000m	
M30 David MacMillan	8:56.2
M35 Mike Meath	13:44.9
M40 Terry McConnell	10:38.9
M75 Nate White	14:48.6

# Potomac Valley TC Meet

Alexandria, VÁ; J	uly 21	Stephen Metcalfe 36	18-3
		Albert Gardner 55	11-10.50
100m - men	11.00	Triple Jump - men	AT THE REAL PROPERTY.
Daren Weleorn 30 Robert Baur 44	11.80	T 11 1 25 10	
		Charles	
Joseph Aukward 35	12.30	Michael Ellis 42	40-6
Jef Glazer 45	14.10	Nick Byrne 51	36-2.50
Ken Freund 43	15.90	John Priestley 45	34-5
Bob Weiner 49	17.40	Charles Pistorino 73	30-6
100m - women	Section 1	Carl Convery 76	14-2.50
Tomi Rucker 33	13.30	The section and a state of the section is	14-2.50
Ann Mushatt 44	14.90	Shot Put - women	
Evelyn Wright 59	16.10	Evelyn Wright 59	29-5
Audrey Lary 62	16.50	Ann Mushatt 44	25-9.50
Dru Klinger 45	17.90	Dru Klinger 45	23-4
Carl Convery 76	25.50	Audrey Lary 62	22-9
200m - men		Bernie Kleinschmidt	17-6.50
R Bowen 44	23.50	Discus -men	
Lloyd Jeremiah 38	24.10	Michael Ellis 42	117-7
Steve Coy 35	26.40	M Francis 52	103-2
Wayne Harris 47	26.90	Nick Byrne 51	99-10
Joseph Aukward 35	27.10	John Priestley 45	90-9
Jef Glazer 45	28.80	Charles Pistorino 73	89
D J Bertagnoli 49	28.90	Rick Laulor 69	86-4
Bruce Nunziate 49	29.00	Albert Gardner 55	75-3
Wilson Varga 43	30.60	Ken Freund 43	74-7
J J Wind 46	33.20	Joseph Aukward 35	66-2
John Martin 69	34.10	Carl Convery 76	35-2
Bob Weiner 49	34.30	Discus - women	
Jim Turner 61	34.90	Evelyn Wright 59	81-5
200m - women	200	Audrey Lary 62	65-10
Sony Jordan 33	27.50	Bernie Kleinschmidt	44-9
Ann Mushatt 44	30.80		44-9
L Davis 40	32.00	Javelin - men	-17 63
Evelyn Wright 59	36.60	Russ White 52	180-4
Dru Klinger 45	38.50	NickByrne 51	104-9
400m - men	36.30	Charles Pistorino 73	101-9
R Bowen 44	53.20	Joseph Aukward 35	87-3
Dennis Coleman 38	55.50	Ken Freund 43	76-8
Julius Tonelli 32	57.80	Carl Convery 76	43-4
Wayne Harris 47	59.00	Javelin - women	
Paul Zink 48	59.30	Eveln Wright 59	88-5
Joseph Aukward 35	1:00.80	Bernie Kleinschmidt	50-4
D J Bertagnoli 49	1:04.00	The state of the s	100
Jack Barrar 44	1:05.50	3000m RW - men B E Booth 48	
Bob Weiner 49	1:06.10	Claude Letien 49	14:32.20
JJ Wind 46	1:06.10	John Gersh 49	16:33.30
Bruce Nunziate 49	1:08.70		16:42.20
H G Cisneros 49	1:12.50	Bill O'Reilly 70 John Dunaway 75	19:47.40
H O CISHCIOS 49	1.12.30	John Dunaway /5	24:15.60

3000m RW - women	Department of
Fran Carnevale 44	17:26.90
Victoria Wood 35	18:54.40

### **USATF Maine Championships** Lewiston: Aug. 2

Echiotoli, Au	3
200m	
M40 L Schworl	23.9
M50 R Pierce	23.8
Long Jump	
M45 W Oleski	16-11
Shot Put	
M40 E Daniels	9.09
M45 J Maley	9.37
M50 J Weiner	12.2-
M55 C Wallin	13.83
M60 L Rosen	12.2-
W45 L Tucker	9.30
Discus	
M45 J Maley	87-0
M50 J Weiner	127-0
M60 L Rosen	146-8
W45 L Tucker	93-1
W50 M Dearborn	61-11
Javelin	THE PERSON
M55 C Wallin	34.02
W45 L Tucker	26.10
A STATE OF THE STA	

### Hanover Weight Meet Hanover, NH; Aug. 11

,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
Shot Put (16#)	
Carl Wallin 54	46-41
Don Filkins 42	41-3
Russ Foregger 58	32-41
Shot Put (6k)	
Carl Wallin	48-4
Don Filkins	45-71
Len Rosen 5k 62	41-1.75
Jerry BookinWeiner 50	40-6
Packy Fusco 53	37-4
Russ Foregger	37-21
Hammer	
Carl Wallin	148-10
Don Filkins 16#	142-5
Karen Wenmark 30 4k	133-10
Discus	
Len Rosen 1k	140-4
Carl Wallin 1.5k	123-9
Don Filkins 2k	115-10
Packy Fusco 1.5k	115-9
STATE OF THE PARTY	

# SOUTHEAST

# Harry Williams Meet Huntsville, AL; July 13

11.3
12.5
13.9
13.2
19.9
24.5
26.4
25.8
28.8
29.3
28.3
44.2
11.2
59.9
58.4
60.1
65.8 75.0
1:43.1
1:43.1
2.22 4
2:22.1 2:17.2
2:22.7
2:36.0
2:45.8
3:42.7
F-24 0
5:21.8
5:24.3
6:11.7
6:13.9 8:21.1
7:47.9
1:47.9
10:39.0
11:05.3
10:32.9
10:32.9
11:44.6
16:02.2
15:04.8
The same of the sa
1
g. 4
THE PARTY

	A PARTY OF THE PAR
400m	
Ray Blackwell 37	49.7
Elijah Al-Shabazz 34	51.2
Tom Hartman 54	67.3
800m	1000
E Al-Shabass 34	2:00
Tom Hartshorne 42	2:04
Duane Green 45	2:12
Chris Monroe 44	2:13
Frank Handelman 51	2:19
Tony Piaster 44	2:20
Mickey Syrop 40	2:28
Bill Indek 49	2:31
Jennifer Buccino 30	2:47
Continued on n	ext page

M50 Larry Kueter

Continued from previou	s page
1500m Harry Nolan 49 Jennifer Buccino 30	4:13 5:39
Mile Chas Slaughter 41 Tony Piaster 44	5:10 5:17
Mickey Syrop 40 Wm Greenbaum 45	5:31 5:37 5:53
Marvin Hoggins 40	5:53

# MIDWEST

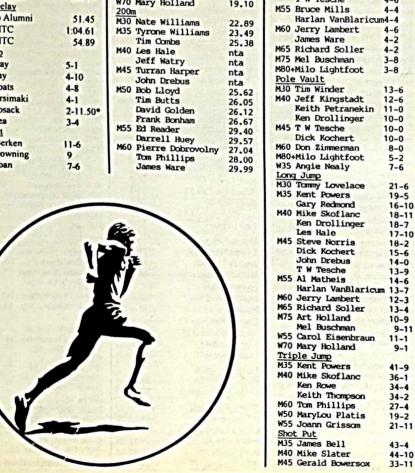
# North Coast Invitational

North Coast Invitational Cleveland, OH; May 19		
THE RESERVE TO THE PARTY NAMED IN COLUMN TWO IS NOT THE OWNER, THE PARTY NAMED IN COLUMN TWO IS NOT THE OWNER, THE PARTY NAMED IN COLUMN TWO IS NOT THE OWNER, THE PARTY NAMED IN COLUMN TWO IS NOT THE OWNER, TH	May 19	
M30 S Johnson	11.33	
M Durden	11.40	
G Miles	11.59	
M35 L Finley	12.45	
M40 J Roebuck	12.50	
T Kavanagh	12.66	
A Jackson	14.70	
M50 J Belinson	12.90	
THamilton	16.70	
M55 G Coats M60 T Luke	13.34 15.90	
W35 B McCoy	13.46	
P Finley	15.14	
W50 M Robinson	15.30	
200m		
M30 S Johnson	23.27	
M Durden	24.10	
M35 L Finley	25.24	
M40 J Roebuck	25.24	
T Kavanagh M55 G Coats	27.69 28.60	
J Brunner	31.59	
M60 T Luke	40.68	
M90 E Hosack	1:03.11*	
W35 B Mc Coy	28.27	
P Finley	32.20	
W50 M Robinson	32.20	
J Stayanchi	24.62	
400m	A CONTRACTOR	
M40 J Roebuck	53.85	
B Thomas M45 J Gerson	56.15	
MSS G Costs	1:07.84	
M60 T Luke	1:18.88	
M65 J Greenwald	1:10.00	
800m	2.10.00	
M35 E Shepard M40 B Thomas	2:18.50 2:05.00	
M70 G Sprockhoff	3:24.40	
W30 D Yurth	2:39.00	
W45 M Hartzler	2:58.80	
W60 G Butcher	3:10.30	
W65 M Cavicchi	5:55.00	
3000m	12 VA	
M35 W Speight	11:10	
M45 D Peters M70 R Cavicchi	11:20	
4x100m Relay	25:35	
M30 Ohio Alumni	61.46	
M40 OTHTC	1:04.61	
M50 OTHTC	54.89	
High Jump	34.67	
M45 E Bray	5-1	
A Ray	4-10	
M55 G Coats	4-8	
M70 F Hirsimaki	4-1	
M90 E Hosack	2-11.50*	
W55 E Kea Pole Vault	3-4	
M35 M Berken	11.6	
M55 N Downing	11-6	
J Sloan	7-6	
	Paris :	

M70 F Hirsimaki	7-6
Long Jump	
M50 J Belinson	18-3.50
M55 G Coats	16-2
J Brunner	13-11.50
J Sloan	12-5
M60 T Luke	12-4
M70 F Hirsimaki	12-3.50
M90 E Hosack	6-7*
Shot Put	
M30 M Shaughnessy	50-6
M45 A Ray	34-3
M50 J Kuzma	37-6
R Russell	27-8
M55 J Sloan	30-1
M60 T Luke	20-5
Javelin	
M50 R Russell	99-5
J Kuzma	90-5
M55 J Sloan	118-8
M60 T Luke	60-6
M70 F Hirsimaki	88-4
Discus	1 L
M30 M Shaughnessy	133-8
M50 J Kuzma	116-4
M55 J Sloan	93-10
W45 M Hartzler	83
W65 B Holland	73
3000m RW	THE PARTY
M60 W Gordon	24:22
*World Records M90-9	4
LIGATE MILLION D	
USATF Midwest R	egional

# Masters Championships

Indianapolis; Aug	
The state of the s	. 3
100m	
M30 Nate Williams	10.99
Kelly Atkinson	11.49
Mike Davidson	11.97
M35 Kent Powers	11.96
Tim Combs	12.31
Gary Redmond	12.39
M40 Les Hale	11.68
Mike Skoflanc	12.25
Kevin Harmon	12.59
Dave Bradley	13.69
M45 Zbigniew Zlobicki	12.54
M50 Tim Butts	11.68
Bob Lloyd	12.52
Dave Goulden	15.00
M55 Darrell Huey	12.25
Al Matheis	13.40
Ed Reader	13.76
M70 Sam Madiia	15.07
Jack Hipple	15.10
Art Holland	18.30
M75 Mel Buschman	nta
Chuck Whitley	nta
M80+Ed Andrysiak	23.60
W35 Angie Nealy	12.92
W40 Jacqueline Board	13.10
W45 Chris Davis	14.16
W55 Carol Eisenbraun	16.61
Joann Grissom	16.66
Siglinde Moore	19.08
W70 Mary Holland	19.10
200m	A STATE OF THE PARTY OF THE PAR
M30 Nate Williams	22.89
M35 Tyrone Williams	23.49
Tim Combs	25.38
M40 Les Hale	nta
Jeff Watry	nta
M45 Turran Harper	nta
John Drebus	nta
M50 Bob Lloyd	25.62
Tim Butts	
David Golden	26.05
Frank Bonham	26.12
M55 Ed Reader	26.67
Darrell Huey	29.40
M60 Pierre Dobrovolny	29.57
Tom Phillips	27.04
James Ware	28.00



M65	Cecil Howard	27.05	M50 Mickey Bisko	40-10
1103	Chuck Sochor	28.13	Mike Creger	39-6
	Richard Soller	37.83	Barry Donovan	38-10
M75	Art Holland	37.96	M55 Ron Scholes	31-1
	Chuck Whitley	38.68	M60 Jerry Lambert	36-5
MRO.	Milo Lightfoot	39.05	Jerry Gould	28-6
	Ed Andrysiak	51.06	M70 Cliff Sampson	35-8
		31.80	John Snaden	27-5
MOO	Mary Robinson		Jack Hipple	25-7
	Ruth Thelen	32.89		31-4
	Carol Eisenbraun	34.80	M75 Art Holland W35 Sue Hallen	
	Joanne Keaton	51.27		27-8
	Mary Holland	43.18	W40 Ruth Welding	34-1
W75	Carol Peebles	52.06	W45 Mary Hartzler	27-7
400		R. H. Marke	Chris Davis	19-3
	Mike Davidson	53.73	W50 MaryLou Platis	22-1
M35	Tyrone Williams	53.36	W55 Joann Grissom	33-0
	Bob Kile	56.30	Carol Young	23-6
M40	Gerry Krainik	52.96	W65 Lucille Sampson	25-4
	Keith Thompson	56.50	Lillian Snaden	17-8
	Kevin Harmon	58.24	W70 Mary Holland	17-4
M50	Bob Lloyd	56.44	Discus	
	Kingsley Clarke	62.43	M35 James Bell	145-6
M55	Darrell Huey	67.65	M40 Mike Slater	128-10
	Bruce Mills	69.52	John Wakeman	96-10
MACO	Jim Ware	68.29	Keith Thompson	81-0
	Chuck Sochor	66.55	M45 Gerald Bowersox	121-2
	Gene Ginoli	80.06	M50 Mickey Bitsko	127-5
M70	Jack Hipple	74.09	Barry Donovan	110-4
	Sam Madia	74.91	M55 Edgar Evans	123-2
MAO	+Milo Lightfoot	94.50	Frank Carl	119-9
	Sheree Robertson	65.57	Ron Scholes	85-5
	Jacqueline Board	62.95	M60 Everett Hardy	145-2
1170	Jelene Campbell	78.99	Ton Phillips	116-4
W50	Ruth Thelen	75.81	Don Zimmerman	105-8
	Siglinde Moore	94.50	Al Pike	99-11
	Joanne Keaton	75.82	M65 Don Mather	128-0
	Carol Peebles	1:57.29	M70 Cliff Sampson	112-10
800		1.37.23	John Snaden	74-4
	Ben Gorecki	2:12.07	M75 Art Holland	84-7
1.77.7	Turran Harper	2:10.09	Mel Buschman	78-11
1113	Rick Easley	2:11.19	W30 Elana Goldberg	135-9
MSO	Tom Bowden	2:11.29	W35 Sue Hallen	
PDU	Bob O'Connor	2:13.61		79-3
			W40 Ruth Welding	113-10
	John Kenton	2;22.04	W45 Mary Hartzler	81-11
	Carroll DeWeese	2:24.69	W50 MaryLou Platis	68-2
	Joe Hofmeister	2:37.09	W55 Carol Young	74-10
	Wilburn Harrer	3:18.30	Joann Grissom	66-9
	Sue Parks	2:28.58	W65 Lucille Sampson	67-10
	Mary Hartzler	2:55.64	Hammer	
W55	Marilyn Moorhead		M40 Mike Slater	115-10
W75	Carol Peebles	4:55.49	M50 Mickey Bitsko	153-3
150	<u>Om</u>		Gerald Bowersox	115-3
M45	Pat McCaskey	5:22.26	M55 Edgar Evans	109-8
M50	Carroll DeWeese	5:07.78	Frank Carl	101-5
	Jim Verdier	5:10.32	Ron Scholes	59-2
M60	Joe Hofmeister	5:22.98	M60 Jerry England	117-0
240	Mike Goldman	5:55.03	Don Zimmerman	99-2
M65	Tom Burkhardt	8:28.51	M70 Cliff Sampson	nma
W4	Mary Hartzler	8:28.56	John Snaden	nma
	Joanne Keaton	0:30.00	W30 Elana Goldberg W35 Sue Hallen	107-3
	Doug Youngblood	19-18 72	W40 Ruth Welding	87-2 99-10
		25:53.93	W55 Joann Grissom	96-9
	allege and particular and applications	23.33.33	Carol Young	78-2
Sho	rt Hurdles	AMONG E.	W65 Lucille Sampson	82-4
M40	Jeff Watry	17.49	Javelin Javelin	02-4
	Chet Dow	17.60	M35 Charles Greene	107 5
M55	Bruce Mills	19.62	Chris Clarke	187-5
	h Jump		M40 Jeff Watry	181-4
M40	Ken Drollinger	6-0		130-5
	Ken Rowe	5-10	M45 Gerald Bowersox T W Tesche	117-7
	Jeff Watry	5-8		96-1
M45	Steve Norris	5-8	M55 Ron Sholes	78-0
	T W Tesche	4-6	M60 Jerry Gould	59-0
M55	Bruce Mills	4-4	M65 Don Mather	128-0
Mar.	Harlan VanBlaricu		M70 Jack Hipple	78-2
M60	Jerry Lambert	4-6	John Snaden	56-4
UMA	James Ware	4-2	W30 Carla Greene	153-5
M65	Richard Soller	4-2	W35 Sue Hallen	71-9
	Mel Buschman	3-8	W40 Ruth Welding	88-9
	+Milo Lightfoot		W55 Joann Grissom	66-1
	e Vault	3-8	Carol Young	64-9
	Tim Winder	13-6	W65 Lillian Snaden	38-6
	Jeff Kingstadt		AUD ALCED	
	Keith Potranekin	12-6	MID-AMER	ICA

# MID-AMERICA

Ch Louis TO Co.	ula a
St. Louis TC Se	
Clayton, MO; June	4 & 11
June 4	
Mile	
M30 Kenny Cook	5:02
Kurt Keller	5:29
John Brenner	5:33
M35 Mark Granneman	4:57
David Hester	5:03
Mark Lenhard	5:09
Ron Ayers	5:22
M40 Wayne Shook	4:57
Dave Talburtt	5:04
Bill Wagner	5:05
John Dickey	5:23
Henry Wald	5:56
M45 Bernie Violand	5:01
Dan Sebben	5:05
Bernie Candy	5:05
Bob Bellora	6:08
M50 Gordon Reiter	5:21
Steve Cottle	5:48
M55 Jim Norval	5:46
Bob Tarrant	5:47
Derek Redmore	5:56
John Munch	5:58
Stan Birge	6:09
M60 Bill Stewart	5:59
Gene Schlergth	6:32
M65 Joe Bell	6:09
Arnold Mueller	6:10
Bob Logue	7:35
M70 Paul Schmitt	6:40
W30 Chris Williams	5:47
Terri Menghini	5:55
W35 Jill Gray Akins	7:06

W40 Carol Keller	6:16
W45 Donna Springer	7:50
W50 Carol Peluso	7:54
W70 Dottie Gray	8:48
June 11	Dec 19
1500m	THE REAL PROPERTY.
M30 Kurt Keller	4:57
John Brenner	4:59
Tim McLaughlin	5:10
M35 Mark Granneman	4:32
Kel Yamada	4:41
Mike Urich	4:49
Mark Lenhard	4:52
Bruce Auch	4:52
M40 Wayne Shook	4:35
David Talburtt	4:38
John Dickey	4:57
Bill Menchak	5:27
M45 Bernie Violand	4:39
Dan Sebben	4:48
Bob Bellora	5:26
M50 Gordon Reiter	4:52
Steve Cottle	5:06
M55 Derek Redmore	5:16
Bob Tarrant	5:16
John Munch	5:25
Stan Burge	5:28
M60 Harold Dix	5:29
Bill Stewart	5:30
Gene Schlergth	5:38
M65 Arnold Mueller	5:33
Joseph Bell	5:43
Hank Kiesel	6:18
M70 Paul Schmitt	6:06
W30 Chris Williams	5:28
Terri Menghini	5:39
W35 Jill Gray Akins	6:31
W40 Carol Keller	5:42
Kay McVay	5:51
Kathy Stuk	7:19
W45 Donna Springer	7:14
W50 Norma Bonham	6:41
Carol Peluso	7:16
Barbara Cool W55 Carolyn Wilson	7:48
W55 Carolyn Wilson	6:32
W60 Audrey Sullivan	6:59
W70 Dottie Gray	7:45
the self-resource and the says	The state of the
USATF Mid-America R	egional

### USATF Mid-America Regional **Masters Championships** Colorado Springs, CO; June 29

14.0 14.8 14.2 14.3

18.3 14.6 14.6 17.8

M30 David Barner Jr

M30 David Barner Jr
Gerald Owens
M40 Stacey Price
Charlie Powell
M50 Tom Bassett
Paul Montgomery
Gary Giese
John Molet
M55 Ron Kirkpatrick
Ken Medley
Larry Carter
M65 Don Weis
M70 Jack Greenwood
M75 John Davison
M80 Lee Todd

M80 Lee Todd W35 Sheri Sampson W40 Sue Norton

Mileah Loeb W45 Deanna Scoville W60 Carole Onderdonk

W60 Carole Onderdonk	
Joyce Franks	21.4
200m	
M30 David Barner Jr	23.2
Gerald Owens	23.7
M40 Mike Pannell	24.2
Charlie Powell	25.6
M50 Tom Bassett	24.5
Paul Montgomery	25.5
HEE Day Malantaly	
M55 Ron Kirkpatrick	26.6
Larry Carter	28.7
Ken Medley	29.2
M60 Ray Franks	31.9
M65 Don Weis	31.3
MOS Took Consumed	
M70 Jack Greenwood	29.5
M75 John Davison	30.1
W40 Sue Norton	32.6
W45 Deanna Scoville	44.6
W60 Carole Onderdonk	
Joyce Franks	46.7
Joyce Franks	46./
400m	
M30 Gerald Owens	53.2
MSU Gerald Owens	
M35 Jeff Bilderbeck	60.0
M40 Mike Pannell	54.4
M45 Burke Grandjean	56.5
Charley Perez	62.5
Doug Sparks	64.3
M50 John Molet	69.3
M55 Ron Kirkpatrick	60.7
Bobby Fischer	68.3
M60 Ray Franks	72.8
M65 Don Weiss	78.5
M70 Jack Greenwood	76.6
W30 Sheri Wright	62.3
Susan Hickey	75.3
W40 Sue Norton	79.4
W45 Deanna Scoville	1:52.0
W60 Joyce Franks	1:48.0
	1:40.0
800m	-1-0
M30 Scott Bainbridge	2:08.8
M35 Bobby Hills	2:14.5
M40 Bob Brustad	2:07.1
Joe Winegardner	2:14.7
Ric Rojas	2:23.5
Steve Huda	
MAE Deve Count	2:33.9
M45 Doug Sparks	2:26.6
Chet Thompson	2:35.9
Steve Meyers	2:42.4
George Eidinger	2:43.0
,	

John Molet	2:44.9
M55 Bobby Fischer Dave Budz	2:34.6 2:41.3
W30 Sheri Wright Susan Hickey	2:17.7 2:45.3
W35 Lin Abercrombie	2:30.9
1500m M40 Joe Winegardner	4:33.6
Ric Rojas Bob Brustad	4:40.7
Steve Huda	5:13.2
M45 Charley Perez Doug Sparks	4:48.2 5:05.8
Chet Thompson	5:18.2
Steve Meyers M50 Larry Kueter	5:30.2 5:00.1
George Linn	5:26.7
M55 Dave Budz M60 Ray Franks	5:38.7 6:07.3
W30 Susan Hickey Short Hurdles	5:24.6
M35 Doug Schneebeck	15.6
M40 Stacey Price M70 Robert Thomas	15.2 18.9
Long Hurdles M35 Doug Schneebeck	
Bobby Hills	58.4
M40 Mike Pannell High Jump	57.0
M45 George Eidinger	5-0
M45 George Eidinger M50 Dennis Leczinski M55 Larry Carter	4-4 4-8
M80 Lee Todd	3-0
W70 Willie Gatza Pole Vault	2-8
M35 Jeff Bilderbeck	9-3
M60 Rusty Hamilton M65 Jerry Donley	8-5 9-3
M70 William Chivvis	9-3
Long Jump M35 Jeff Bilderbeck	17-4
M45, Larry Myers M50 Dennis Leczinski	11-7 15-4
M55 Ken Medley M70 Robert Thomas	18-1
M70 Robert Thomas M75 John Davison	12-9 12-7
M80 Lee Todd	9-4
W40 Deb Jestal Triple Jump	8-8
M45 George Eidinger	31-3
M45 George Eidinger M50 Dennis Leczinski M55 Larry Carter	30-9 27-4
W40 Deb Jestal	18-11
Shot Put M60 Wendell Palmer	44-0
Vern Spencer M65 Reed Quinn	31-2 33-0
Bill Brazelton	32-9
Harold Kroeker Don Fuhs	21-11
M70 Robert Thomas M75 Frank Bowles	30-10 31-8
M80 Lee Todd	29-2
W70 Willie Gatza Discus	17-0
M30 John Taylor	126-10
M40 Vic Fuhs M45 Tim Edwards	96-2 128-6
Ron Broce	128-6 110-0
Larry Myers Tim Fuehrer	87-9 83-7
M50 Jimmy Jones Ian Percy	152-10 119-7
Terry Krankota	102-0
M55 Bob Beck M60 Wendell Palmer	124-8 152-11
Vern Spencer	120-9
M65 Reed Quinn Harold Kroeker	129-1 116-1
Bill Brazelton	116-1 109-3
Don Fuhs M70 Robert Thomas	76-2 106-7
M70 Robert Thomas M75 Frank Bowles	93-0
M80 Lee Todd W40 Deb Jestal	86-10 46-9
W70 Willie Gatza	44-0
Javelin M35 Jeff Bilderbeck	138-5
M45 Rocco Petitto	176-1
Ron Broce Larry Myers	126-2 82-0
M50 Ian Percy M55 Bob Beck	139-0
M60 Wendell Palmer	105-4
Vern Spencer	96-3
	61-5
M65 Bill Brazelton Reed Quinn	61-5 126-6 94-7
M75 Frank Bowles	61-5 126-6 94-7 58-10
M75 Frank Bowles	61-5 126-6 94-7 58-10 92-2 88-5
Harold Kroeker M75 Frank Bowles M80 Lee Todd W70 Willie Gatza Weight	61-5 126-6 94-7 58-10 92-2
Harold Kroeker M75 Frank Bowles M80 Lee Todd W70 Willie Gatza Weight M40 Vic Fuhs	61-5 126-6 94-7 58-10 92-2 88-5 35-10 28-0
HATOId Kroeker M75 Frank Bowles M80 Lee Todd W70 Willie Gatza Weight M40 Vic Fuhs M45 Tim Edwards Ron Broce	61-5 126-6 94-7 58-10 92-2 88-5 35-10 28-0 42-5 35-11
Harold Kroeker M75 Frank Bowles M80 Lee Todd W70 Willie Gatza Weight M40 Vic Fuhs M45 Tim Edwards Ron Broce M60 Wendell Palmer	61-5 126-6 94-7 58-10 92-2 88-5 35-10 28-0 42-5 35-11 53-5
Harold Kroeker M75 Frank Bowles M80 Lee Todd W70 Willie Gatza Weight M40 Vic Fuhs M45 Tim Edwards Ron Broce M60 Wendell Palmer Vern Spencer M65 Harold Kroeker	61-5 126-6 94-7 58-10 92-2 88-5 35-10 28-0 42-5 35-11 53-5 47-9 40-1
Harold Kroeker M75 Frank Bowles M80 Lee Todd W70 Willie Gatza Weight M40 Vic Fuhs M45 Tim Edwards Ron Broce M60 Wendell Palmer Vern Spencer M65 Harold Kroeker M75 Frank Bowles	61-5 126-6 94-7 58-10 92-2 88-5 35-10 28-0 42-5 35-11 53-5 47-9
Harold Kroeker M75 Frank Bowles M80 Lee Todd W70 Willie Gatza Weight M40 Vic Fuhs M45 Tim Edwards Ron Broce M60 Wendell Palmer Vern Spencer M65 Harold Kroeker M75 Frank Bowles 3000m Racewalk M30 Brad Bearsheart	61-5 126-6 94-7 58-10 92-2 88-5 35-10 28-0 42-5 35-11 53-5 47-9 40-1 38-0
Harold Kroeker M75 Frank Bowles M80 Lee Todd W70 Willie Gatza Weight M40 Vic Fuhs M45 Tim Edwards Ron Broce M60 Wendell Palmer Vern Spencer M65 Harold Kroeker M75 Frank Bowles 3000m Racewalk M30 Brad Bearsheart M45 P S Richards	61-5 126-6 94-7 58-10 92-2 88-5 35-10 28-0 42-5 35-11 53-5 47-9 40-1 38-0
Harold Kroeker M75 Frank Bowles M80 Lee Todd W70 Willie Gatza Weight M40 Vic Fuhs M45 Tim Edwards Ron Broce M60 Wendell Palmer Vern Spencer M65 Harold Kroeker M75 Frank Bowles 3000m Racewalk M30 Brad Bearsheart	61-5 126-6 94-7 58-10 92-2 88-5 35-10 28-0 42-5 35-11 53-5 47-9 40-1 38-0

Continued on next page

1 3 3 5 3 3 3 4-1-1 12-9 12-7 18-11 12-9 18-8 31-3 9-2 10-10 19-7 12-10 19-7

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October 1996				Na
Continued from previou	s page	High Jump		
Rocky Mountain Master	NAME OF TAXABLE PARTY.	M50 George Eidinger	1.52	M60 Charles Richard M65 Perry Huff
U. of Colorado, Bou		M55 Larry Carter	1.42	M70 Wesley Allison
Aug. 31-Sept 1		M60 Ritch White M70 William Chivvis	1.16	M75 Julius Moore
50m	and had	M75 Trimmel	1.16	W50 Karen Huff
M30 Monte Stein	6.91	M80 E Lee Todd	1.06	W60 Jonan Clark W65 Denise Guillotte
M35 Charles Wolf	6.75	W65 Marilyn Olen	.86	W70 Elizabeth Gann
M45 Mac Azuogu	6.44	W70 Willie Gatza	.86	W75 Helen Beauchamp
M50 Tom Bassett M55 Robert Jurgens	7.37	Pole Vault M49 James Goddard		200m
M60 Paul Todd	8.02	M50 Jeff Loubet	3.04	M50 Dave Venable M55 Emil Pawlick
M65 Donald Weis	7.79	M70 William Chivvis	2.13	M60 Ray Masters
M75 John Davison	7.66	Long Jump	Al	M65 Perry Huff
M80 E Lee Todd	8.60 10.20	M30 Cyrus Dodson	5.58	M70 Wesley Allison
M85 Russ Randall W35 Annette Spoerl	8.32	M45 Larry Myers M50 Dennis Leczinski	3.40 4.84	M75 Julius Moore
W40 Teresa Drotar	7.69	M55 Edward Arnold	3.85	W50 Karen Huff W60 Jonan Clark
W45 Susan Maulsby	8.20	M60 Ritch White	3.01	W65 Denise Broussard
W55 Janis Hayes	10.37	M65 Charley Salsman	3.83	W70 Elizabeth Gann
W60 Carole Onderdonk W65 Marilyn Olen	9.30	M75 John Davison M80 E Lee Todd	3.91	W75 Kathryn Corinth
W70 Charlotte Acton	12.05	W45 Deb Vestal	2.88	M50 Mike McMillan
100m	Marie In	W65 Marilyn Olen	2.18	M55 Emil Pawlick
M30 Cyrus Dodson	11.71	Triple Jump	1201 37.8	M60 Jerry Parker
M35 Steven Galetta	11.90	M30 Robert Whitaker	9.73	M65 Perry Huff
M45 Mac Azuogu M50 Tom Bassett	11.78 12.07	M35 Chris Turner M40 Rick Easely	11.25	M70 Oscar Burris
M55 Edward Arnold	15.60	M45 Rick Sherrod	6.75	M75 Julius Moore W60 Jonan Clark
M60 Ritch White	14.99	M50 Dennis Leczinski	8.10	800m
M65 Donald Weis	14.51	M55 Robert Jurgens	9.42	M50 Mike McMillan
M70 Jack Greenwood	14.23 14.42	M60 Ritch White	6.47	M55 Jerry McGath
M75 John Davison M80 E Lee Todd	18.61	W45 Deb Vestal Shot Put	6.04	M60 Bailey Abernathy
M85 Russ Randall	19.80	M45 Ron Broce	12.27	M65 Billye Butler M70 Oscar Burris
W35 Annette Spoerl	16.19	M50 Ian Percy	12.03	M75 Julius Moore
W40 Sue Norton	14.07	M55 Bob Beck	12.45	W50 Bettye Davis
W45 Deanna Scoville	19.51 19.45	M60 Tom Wesselowski	12.43	W60 Mildred Hubbard
W55 Janis Haynes W60 Carole Onderdonk	17.84	M65 Richard Hayes M75 Dale Buysse	9.58	W70 Elizabeth Gann W75 Kathryn Carter
W65 Marilyn Olen	23.82	M80 E Lee Todd	9.73	1500m
200m	ALL YEAR	W30 Kathy Weed	6.33	M50 Flynn Tanner
M39 David Barmer	22.58	W55 Janis Hayes	5.72	M55 Jerry McGath
M35 Steve Galetta M40 Trip Reynolds	23.93 24.41	W65 Marilyn Olen	4.84	M60 Bailey Abernathy
M45 MacAzuogu	24.12	W70 Charlotte Acton Discus	5.77	M65 Billye Butler M70 Oscar Burris
M50 Tom Bassett	24.76	M40 Scott Genther	43.88	W60 Lavada Duplain
M55 Larry Carter	29.48	M45 Larry Myers	26.72	W70 Elizabeth Gann
M60 Ray Franks	30.40	M50 Ian Percy	39.38	T
M65 Donald Weis	30.70	M55 Bob Beck	34.46	Texas Masters Chan Arlington; Au
M70 Jack Greenwood	The state of the s	M60 Tom Wesselowski M65 Richard Hayes	41.26 30.46	100m
M75 John Davison W30 Kathy Weed	29.08 35.77	M75 Dale Buysse	36.54	M30 Raymond Joe
W35 Linda Abercrombie	28.22	M80 E Lee Todd	27.17	Brent Carbajal
W40 Sue Norton	29.39	W45 Deb Vestal	14.96	Samuel Lucio
W45 Deanna Scoville	41.95	W55 Janis Hayes	14.70	M35 Gregory Harrell Tommy Williams
W50 Yvonne Lawrence W60 Joyce Franks	40.30 43.96	W65 Marilyn Olen W70 Charlotte Acton	8.84 14.60	Wylie Turner
W65 Marilyn Olen	52.72	Hammer	SHIP STAN	M40 Stacy Price
400m		M45 Ron Broce	34.38	Richard Thomas
M30 Monte Stein	1:05.30	M50 Ian Percy	32.52	Willard Thompson M45 Bill Collins
M40 Rick Easely	53.80	M60 Vernon Spencer M65 Harold Kroeker	34.14 23.06	Jimmie Jones
M45 Rick Sherrod M50 Kingsley Clarke	57.40 1:02.60	M80 E Lee Todd	18.98	Jim Dolezel
M60 Ray Franks	1:11.40	Javelin	HE CHY	M50 Ed Dones
M65 Donald Weis	1:12.00	M45 Rocco Petitto	53.45	Ron Helton
M70 Jack Greenwood	1:09.90	M50 Ian Percy	44.86	Avital Schurr Denny Harrell
W40 Sue Norton	1:12.00	M55 Bob Beck M60 Vernon Spencer	31.35 26.82	M55 Wayne Bennett
W60 Joyce Franks 800m	1:41.70	M65 Richard Hayes	31.42	Tom Kindel
M30 Scott Bainbridge	2:08.30	M75 Frank Bowles	31.90	Jim Cummins
M40 Ric Rojas	2:1220	M80 E Lee Todd	28.96	M60 Jimmy Weaver Tony Deatherage
M45 Rick Sherrod	2:16.30	Weight Throw (WAVA w M45 Tim Edwards	13.73	Leon Compton
M50 Larry Keuter M55 Bobby Fischer	2:24.74 2:32.32	M50 Ian Percy	11.39	M65 Andy Anderson
M60 Ray Franks	2:49.61	M60 Vernon Spencer	15.05	M70 Tim Murphy
M70 Ernie MacDonald	3:34.28	W65 Harold Kroeker	11.39	Chester Studdard Bob Wingo
W30 Kathy Weed	3:27.82	Pentathlon M45 Mike Hill	3698	M75 Doc Bennett
W35 Linda Abercrimbie W40 Sue Norton	2:30.82 2:50.54	M50 Gordon Reiter	2908	M80 Fred White
F60 Joyce Franks	4:09.51	M65 Dick Scott	2693	M85 Omar Hix
W65 Marilyn Olen	5:06.55	M80 E Lee Todd	3210	W40 Cindy Steenberger Glo Calhoun
1500m	Mark Street	W55 Brigitte Jersimski W60 Ursula Fagan	831 1606	W50 Niny Bryant
M30 Mark Workman	4:37.30	W65 Marilyn Olen	895	Linda Pippin
M40 Scott Schafer M45 Frank Kunkel	4:30.40 4:42.30	Weight Pentathlon	CIAN ITE	W55 Marion Coffee
M50 Larry Keuter	4:58.00	M45 Ron Broce	3740	Sylvia Brooks Shelly Whitlock
W35 Nancy Coleman	5:24.00	M50 Ian Perch	3602 3784	W75 Pearl Holloway
5000m	and the same	M60 Tom Wesselowsski M65 Harold Kroeker	2024	200m
M30 Jim Bogus	17:16.43	M75 Dale Buysse	3953	M30 Raymond Joe
M40 Scott Schafer M45 Frank Kunkel	18:48.45	5000m RW	no.	Steve Horton Robert Williams
M60 Ray Franks	22:49.80	M55 Stuart Sonne	31:42.30	M35 Gregory Harrell
M70 Sidney Wright	33:32.10	M60 John Lyle M70 KlausTimmerhaus	31:48.22 32:55.86	Henry Landry
W35 Suzanne Sarto	21:08.32	W45 Marianne Martino	28:26.93	Charles Edwards
W60 Joyce Franks	34:15.11		CT.	M40 Richard Thomas Willard Thompson
Short Hurdles	-	SOUTHWE	37	Robert Hahn
M50 Jeff Loubet M60 Ritch White	20.30 24.10	Mississippi Senior Ol	ympics	M45 Bill Collins
Long Hurdles	24.10	Raymond; June	1,50005	Jimmie Jones
M40 Ritch Easely	1:01.40	100m	1	Jim Dolezel M50 Ed Jones
M50 George Linn	1:24.20	M50 Dave Venable M55 Emil Pawlick	13.30 12.56	
M60 Ritch White	1:07.10	M55 Emil Pawlick	12.36	Non Hellon

_	onai m	asters News			
d	13.51	Avital Schurr	26.84	Steeplechase	- 36-45 B
la)	14.56	M55 Charlie Miller	25.63	M40 Mike Sandlin	11:25.00
	19.54	Wayne Bennett	26.66	Jim Reppert M45 Randall Hollis	12:52.00 19:58.50
	19.70 18.79	Tom Kindel M60 Jimmy Weaver	28.06 26.80	High Jump	19.36.30
	18.91	Tony Deatherage	27.38	M30 Guvener Isik	5-7
e	26.99	M65 Andy Anderson	29.98	M40 Steve Cox	5-3
mp	24.06 20.59	John Caris M70 Tim Murphy	37.55 31.09	Mike Mitchell Cecil Noble	4-11
пр	20.39	Chester Studdard	33.43	M45 Larry McIntyre	5-1
	29.09	Bob Wingo	34.56	Jim Dolezel	4-11
	26.73	M75 Doc Bennett	40.70	M50 Ed Jones	4-11
	27.94 30.28	M75 Adrien Pronovost M80 Fred White	45.71 38.96	Lee Powell M55 Milan Martinec	4-1.25 4-3.25
	38.92	M86 Omar Ilix	51.58	M65 Val Smith	3-11.25
	40.79	W50 Linda Pipin	36.53	M70 Adolpf Hoffman	3-11.25
	42.46 42.21	W55 Marion Coffee W60 Phyllis Provost	38.39 46.07	Bob Wingo Alvin Williams	3-9.25 2-9.50
rd	58.47	400m	10.07	M75 Doc Bennett	3-9.25
The sale	50.09	M30 Steve Horton	48.59	M85 Omar Hix	2-9.50
h	1:31.50	David McClure  Jason Eickenhorst	54.93 56.76	W30 Erika Noble	4-3.25
46.0	1:18.55	M35 Herman Barrett	53.22	W55 Shelly Whitlock W75 Pearl Holloway	3-5.25 3-1.25
c	1:05.66	Darryl Smith	53.52	Pole Vault	3-1.23
	1:10.98	Henry Landry	54.16	M30 Michael Guinn	12-9
	1:08.57	M40 Bill Burton Bill Cheatle	54.18 55.48	Brian Clute	11-9.25
	1:28.49	Rick Easley	56.02	M35 James Fountain Michael Vick	13-3
	1:45.42	M45 Rick Sherrod	59.04	M45 Larry McIntyre	13-3
	2001	M50 Avital Schurr	1:02.91	Wayne Rucker	10-9.50
1	3:05.06	Troy Scoggins Gordon Peterson	1:09.09	M55 Steven Warr	9-8
hy	2:29.49 2:28.76	M55 Mack Stewart	1:00.22	M60 Hector Cisneros George Jagerman	8-9.50 7-10.50
,	3:24.51	Wayne Bennett	1:04.03	Long Jump	7-10.50
	3:15.04	Jim Cummins	1:08.30	M30 Kevin Lendo	20-7.75
	4:18.99 4:28.25	M65 John Caris M70 Chester Studdard	1:32.54	Allan Sims	19-2.50
rd	6:21.00	Bob Wingo	1:21.04	M40 Richard Thomas Mike Mitchell	21-4 18.25
DOT!	4:38.00	M80 Fred White	1:40.83	M45 Jim Dolezel	16-6
	7:52.00	W30 Melissa Stripling	1:00.70	Steve Smith	15-1.25
	5.20.70	W50 Linda Pippin W60 Phyllis Provost	1:22.20	lan Rodger	12-9.50
	5:29.70 5:00.27	800m	1:45.80	M50 Ed Jones Lee Powell	18-4.25 15-5
hy	5:15.72	M30 Daniel Jonah	2:00.10	Avitar Schurr	15-4
ricky.	6:28.97	M35 Darryl Smith	2:01.90	M55 Milan Martinec	13-11
	6:27.37	M40 David Desosa	2:02.10	M65 Val Smith	10-8
	10:31.20 8:41.82	Rick Easley Jim Reppert	2:07.60 2:19.00	M70 Adolpf Hoffman Alvin Williams	12-1 7.75
77.64		M45 Randy Taylor	2:07.00	M75 Doc Bennett	10-2
	ionships	Dave Joyce	2:31.60	M85 Omar Hix	6-7.50
Aug.	10	M50 Thomas Conway  James Manning	2:32.80 2:33.80	W55 Shelly whitlock	5-8.25
	11.00	Lloyd Rust	2:40.00	W75 Pearl Holloway Triple Jump	7-2
	12.20	M55 Mack Stewart	2:19.60	M30 Tonju Yurtsever	42-2.75
1	13.10	Dan McCormack	2:22.10	Kevin Lendo	41-3
	11.30	Jim Cummins M60 Ino Cantu	2:26.30 2:33.80	M35 Benedict Olusola	44-8
ns	12.60	Hector Cisneros	2:57.20	M40 Mike Mitchell M45 Ian Rodger	35-3.25 24-9.25
	11.30	Ken Cordell	4:13.50	M50 Lee Powell	29-8
S	11.60	M65 Wayne Hanson M70 Bob Wingo	2:54.90 2:26.60	M55 Milan Martinec	26-9
son	11.60 11.00	M75 Michael Kagan	3:29.40	M65 Val Smith M75 Doc Bennett	22-5
	12.20	W30 Melissa Stripling	2:25.60	Shot Put	21-3.23
	12.30	W40 Laura Kearns	2:41.90	M30 Tom Arrington	39-3.75
	11.60	1500m M30 Kurt Siklar	4.15.42	M40 Cecil Noble M45 Phil Schupp	33-6.75
	12.40 12.80	Douglas McDougal	4:15.42 4:41.74	Jerry Jones	33-2.50 29-5.50
	12.80	M35 Steve Skocik	4:14.76	Randall Holis	18-8
	12.70	M40 Bob Wilkin	5:58.01	M50 Bill Plotts	35-8.75
	13.00 14.30	M45 Randy Taylor Steve Smith	4:32.81 5:00.36	Lee Powell M55 Harold Crater	33-3 35-8.75
	12.50	Randall Hollis	8:23.10	M60 Wendell Palmer	44-2
ge	13.10	M50 Thomas Conway	5:25.52	John Cantrell	41-8.75
Total State of	15.60	Troy Scoggins	5:47.34	M65 Val Smith	33-1.75
-	14.10 14.20	M55 Jim Cummins Dan Wood	5:08.64 5:52.51	John Caris M70 Bob Wingo	21-10
rd	15.20	M60 Ino Cantu	5:08.67	M75 Doc Bennett	23-8.75
	16.30	M75 Michael Kagan	6:51.25	Adrien Pronovost	20-5.75
	18.50 17.60	M35 Marcam Dick	16:51 20	M85 John Pearce Omar Hix	23-5.50
	23.00	M40 Mike Sandlin	16:51.30 17:17.80	W35 Jean Antonides	13-7.50 27-10.75
gen	12.60	Dennis Baker	17:26.50	W45 Lurline Struppeck	29-4.75
	17.40 16.50	M45 Steve Smith	19:02.90	W55 Sylvia Brooks	19-5.25
	16.90	Ian Rodger M50 James Manning	19:13.20 18:51.70	Shelly Whitlock W75 Pearl Holloway	19-1.50 17-2.75
	16.60	M55 Ronny Washam	18:45.90	Discus	17-2.73
	16.90 18.80	M60 Ino Cantu	18:40.90	M45 Phil Schupp	100-8
	28.20	Short Hurdles M30 Don James	15.96	Jerry Jones	92-6
	Long Ma	M35 Dan Cook	16.22	Randall Hollis M50 Arthur Lawrence	51-2 101-8
	22.60	M40 Colin Williams	14.56	Lee Powell	85-2
	22.63 24.43	Mike Mitchell	17.93	Monroe Ashworth	75-2
S	23.63	George Hall M50 Courtland Gray	18.03	M55 John Conniff M60 Wendell Palmer	145-10
	24.09	M55 Charlie Miller	14.17 15.12	John Cantrell	159-10 122-9
	24.73	M60 Hector Cisneros	19.42	Jim Carney	95-2
	24.01 25.02	W35 Susan Tooley	20.85	M65 John Caris	70-6
ıs	4.1.114	Long Hurdles M40 Bill Cheatle	59.20	M70 Bob Wingo Alvin Williams	51-4
ıs	25.58		39.20		46
ıs	25.58 23.08	George Hall	1:06.40	M75 Doc Bennett	65
ıs	25.58 23.08 25.62	George Hall Mike Mitchell	1:06.70	Adrien Pronovost	65 60-9
ds is ison	25.58 23.08 25.62 25.89	George Hall Mike Mitchell M50 Courtland Gray	1:06.70 1:01.00	Adrien Pronovost W45 Lurline Struppeck	60-9 78-5
ıs	25.58 23.08 25.62 25.89 24.30	George Hall Mike Mitchell	1:06.70 1:01.00 54.20	Adrien Pronovost	60-9

-DAT	Lubbock; Aug. 14-	T- DOW
We	st Texas Senior S Classic	ports
W70	Jane Nightingale	10:00.01
	Kathleen Frable	8:27.70
	George Eastman	11:06.50
1,000	Presley Donaldson	8:46.60
0.00	Carl Mills	9:48.10
	Norm Frable	7:31.80
	Russ Schmalz	9:56.80
	Dave Gywn	8:02.90
	m RW	
	Sylvia Brooks	52-5
	Lurline Struppeck	109-6
CHECK TO	Jean Antonides	112-6
MRS	John Pearce	58-2
141/3	Adrien Pronovost	55-2
	Doc Bennett	55-10
M70	Alvin Williams	38-2
	John Caris	70-8
COIVI	Val Smith	95-4
MAS	Skip Meneely	123-11
	GeorgeJagerman Bobby Jac Woodruff	82-6 50-2
MOU	John Cantrell	
1460		100-6
	Milan Martinec Harold Crater	102-8
M35	John Conniff	127
	Monroe Ashworth	73
	Lee Powell	107-5
M50	Arthur Lawrence	165-7
	Randall Holis	85-4
M45	Warren Wilke	160-4
	Steve Cox	125-4
M40	Cecil Noble	135-1
	Tom Arrington	115-5

W70	Jane Nightingale 10:00.0
We	est Texas Senior Sports Classic
181	Lubbock; Aug. 14-17
THE RESERVE	H JUMP
M50	
1502.20	Michael Kendall 4.06
MSS	John Morris 4.02
MOS	
M60	
P.CO.	Jim Leggitt 4.02
M65	Val Smith 3.10
1.00	Jim Doolittle 3.10
M70	James Means 3.08 Adolph Hoffman 4.00
1 000	Tim Murphy 3.10
	Doug Cochran 3.06
M80	The state of the s
W55	
W70	Sylvia Brooks 3.00
	E VAULT 3.00
M50	Michael Kendall 6.00
M55	Scott Atkinson 7.06
M65	Jim Doolittle 7.00
M70	Adolph Hoffman 8.06
	Chet Henninger 7.09
M50	G JUMP Ray G. Kozusko 15,09,25
MISO	Ray G. Kozusko 15.09.25 John Morris 14.06.00
	Robert Guajardo 14.04.25
M55	Don Denson 16.01.00
100	David R. Hill 14.05.25
M60	Bufe Morrison 13.00.00
MOO	Bill Hearne 14.03.00 Jim Leggitt 12.08.00
100000	Garry Kelly 07.11.00
M65	Jim Doolittle 11.03.00
-	Val Smith 10.08.05
1470	James Means 09.05.75
M70	Adolph Hoffman 11.05.05 Doug Cochran 10.05.05
M75	Wade Alexander 11.00.25
M80	Chano Rivera 06.04.00
100	R. Hollingsworth 06.01.75
W50	Virginia Kelly 06.02.00
W55 W60	M. Atkinson 08.06.05
W65	Karen Y. Tedder 08.06.05 Loy Donley 03.10.00
W70	Loy Donley 03.10.00 Marie Williams 07.02.75
See E	Emma Udovich 06.03.05
W75 (	ConnieRendleman 06.06.75
	<u>r-PUT</u>
M50	L. McPherson 30.11.75 John Morris 29.06.75
2. 2	John Morris 29.06.75 Larry Sava 25.07.05
M55	Ronald Romero 33.11.05
	Rich Rodriguez 30.00.00
Ma	Bufe Morrison 29.11.05
M60	Nyles Spurlock 43.07.05
	Jim Leggitt 28.04.05 Garry Kelly 22.06.00
M65	Garry Kelly 22.06.00 Val Smith 29.09.75
	Conrad Jenkins 28.07.05
	James Means 26.03.00
M70	Adolph Hoffman 29.07.75
	Doug Cochran 29.06.25

Continued on next page

page	30	13			
Contin	ued from previou	is nage	W70	Marie Williams	11.03
M75	Wade Alexander 2		W75	Connie Rendleman	
M80	R. Hollingsworth 2	and the second s	100 M	ETER	
The second		0,00,00	M50	Tommy Parker	13.15
M85		5.04.00		John Morris Ray G. Kozusko	13.58
W50		8.08.05	M55	Don Denson	14.30 13.29
W55		4.11.00	14133	David R. Hill	14.08
**33		20.11.00		Mike Greer	14.11
		20,00.05	M6	Jimmy Weaver	13.15
W60		19.03.00	Out of	Bill Hearne Nyles Spurlock	14.01
	AND THE RESERVE OF THE PARTY OF	7.06.25	M65	Andy Anderson	14.35
W65 W70		15.08.05	106.10	Jim Doolittle	16.96
W/0	The state of the s	20.08.05	De Est	Val Smith	17.42
W75		7.11.00	M70	Tim Murphy	14.56
DISC		Garden .	M75	Donald Watson Wade Alexander	17.42
M50	Larry Sava	87.01.0 69.11.5	M80	Chano A. Rivera	26.79
	Larry McPherson Mike Kendall	69.06.0	W50	Patricia Bell	18.33
M55	Ron Romero	108.05.5	W55	Sylvia Brooks	17.30
56.73	Rich Rodriguez	102.03.0	Wee	Kay Thompson	19.36
1	Bufe Morrison	89.05.5	W60	Karen Tedder Doris J. Stalcup	20.60
M60	Nyles Spurlock Jim Leggitt	143,00.0 108,02.5	W65	Loy Donley	29.98
	Garry Kelly	81.02.0	W70	Marie Williams	23.02
M65	Conrad Jenkins	99.04.0	W75	Con. Rendleman	22.47
	Val Smith	90.02.5	200 N M50	John Morris	27.70
M70	Jim Doolittle Doug Cochran	70.00.0 94.11.5	MISO	Tommy Parker	27.70
The first	Adolph Hoffman	94.01.0		Robert Guajardo	29.52
A PARTY	Alvin Williams	37.01.5	M55	David R. Hill	28.93
M75	Wade Alexander	52.01.5	M60	Mike Greer Paul Johnson	30.54 26.06
M80	Frank Pyc Chano A. Rivera	45.01.5 38.06.0	14100	Jimmy Weaver	26.15
M85	John Pearce	67.07.5		Bill Hearne	29.20
W50	Patricia Bell	43.03.0	M65	Andy Anderson	29.31
	Virginia Kelly	39.07.5		Jim Doolittle Val Smith	36.97
W55	Sylvia Brooks  Jody Williams	61.03.0 57.05.5	M70	Tim Murphy	44.38 30.09
W60	Doris J. Stalcup	43.06.0	Harris !	Donald Watson	39.53
The Sale	Nancy Purtell	42.08.5	M80	Chano Rivera	60.39
W65	Loy Donley	38.07.5	W50 W55	Patricia Bell	40.47
W70	Emma Udovich	42.01,5	W70	Sylvia Brooks Marie Williams	38.53 51.02
W75	Myrl Gorcy ConnicRendlem	40,05.0 35.02.5	EDZ Y EV	1ETER	
JAVE		Bross T	M50	John Morris	1:03.20
M50	Mike Kendall Larry Sava	103.11.5	1	Mike Kendall Troy Scoggins	1:06.73
083	Carl Graham		M55		1:09.09
M55	Bufe Morrison	114.04.5	BK W	Bill Roger	1:25,30
200	Ron Romero Bill Roger	103,05,0 84,08,0	M60	Mike Greer Paul Johnson	1:40.09
M60	Nyles Spurlock	102.05.5	1	Don Henderson	1:11.55
45	Jim Leggitt	95.11.0	M65	Ed Williams	1:14.68
1400	Garry Kelly Val Smith	74.05.5	M70	Harold Franklin Donald Watson	1:14.70
M65	Conrad Jenkins	95.01.0 91.00.0	M75	Marvin Shetlar	2:24.09
100	Jim Doolittle	62.08.5	M80	Chano Rivera	2:26.22
M70	Doug Cochran	89.02.5	W70	Marie Williams	2:04.00
	Tim Murphy Adolph Hoffman	77.07.0 76.04.0	M50	Robert Guajardo	2:34.28
M75	WadcAlexander	47.03.0	10130	Troy Scoggins	2:38.03
M80	Chano Rivera	44.00.5		Michael Kendall	2:54.90
No.	Frank Pye	37.00.0	M55	David Lard	2:29.97
M85 W50	John Pearce Patricia Bell	57.05.0 37.00.0		Bill Roger, Sr.	3:12.69
7	Virginia Kelly	35.06.0	M60	Mike Greer John R. Stalcup	3:55.13 3:27.31
W55	Sylvia Brooks	55.08.0	M65	Edward Williams	2:59.78
	Jody Williams	54.07.0	TOWN DR	Harold Franklin	3:07.63
W60	Marg. Atkinson Doris J. Stalcup	44.01.0 45.11.0	M70	Donald Watson	3:52.23
1150'84	Nancy Purtell	41.11.0	M75 M80	Marvin Shetlar Chano Rivera	4:34.25
	Karen Tedder	38.02.0	W70	Marie Williams	4:13.60
W65		35.01.0		METER	Service .
W70	Emma Udovich Myrl Gorey	44.09.0	M50	Robert Guajardo	5:33.84
W75		36.03.0 39.04.0	1 37 3	Troy Scoggins Dick Crislip	5:53.96 6:11.56
50 N	ETER	When white	M55	Bill Roger, Sr.	6:36.16
M50	Total Control of the	7.17	Pare	Mike Greer	7:44.73
	John Morris Michael Kendall	7.42	M60	John Stalcup	6:02.08
M55		7.66 7.27	M65	Ed Williams	7:12.09 6:17.39
	Mike Greer	7.54	68.85	Harold Franklin	6:25.24
Men	Bufe Morrison	7.72	M70 M75	Donald Watson	7:58.01
M60	Bill Hearne	7.11 7.57	M 80	Marvin Shetlar Chano Rivera	9:19.61 10:39.64
198	Nyles Spurlock	7.69	W50	Sue Kaman	10:20.05
M65	Andy Anderson	7.76	W70	Marie Williams	9:00.97
	Jim Doolittle Val Smith	8.88	M50	Jerry Whitten	9:18.4
M70		8.91 7.85	14130	Robert Guajardo	10:43.6
	Donald Watson	8.98	1189	Larry Sava	12:15.2
M75			M55	Robert Brosclow	8:45.1
M80 W50		14.51 9.73	1 7	Mike Greer James Bone	9:21.3 9:55.4
14.30	Virginia Kelly	12.64	M60	John R. Stalcup	9:23.2
W5:	Sylvia Brooks	9.01	M65	Hoyt L. Cranfill	11:14.2
	Kay Thompson	9.74	W50	Patricia Bell	10:51.8
W60	Doris J. Stalcu	ALL THE PARTY OF T	W55	Marg. Atkinson Carol Thomas	11:55.6 12:50.7
	Jannie Greenway	11.15	W60	Doris J. Stalcup	10:42.3
W65	Loy Donley	14.29	1	Karen Tedder	12:14.5

Nati	ional M
W70 Ruby L. Lewis Ruby Mason	11:41.3 12:01.6
WEST	
Bruce Jenner Invita Masters 1500	
San Jose, CA; Ju 1 Dan Gruber 40	4:12.5
2 Dave Campbell 42 3 Rick Kushmann 40	4:16.5 4:17.8
4 Dave Amster 45 5 Mike Fanelli 40	4:20.9
6 Wayne Morris 45	4:20.9 4:32.0
7 Luis Pannarale 47 8 Searcy Barnett 49	4:33.5 4:52
Timber Wolf TC N	loots
Sacramento, CA; July	
July 14 100m	
M60 Dennis Rietz	18.5
M30 David Reed	31.3
M40 Kevin Morning	22.9
M40 Kevin Morning High Jump	53.2
M55 Wayne Roberts M60 John Reed	3-10 4-5
Shot Put	
M30 David Reed M60 Dennis Rietz	8.73 11.51
M65 Ira Barkman Rich DeGregorio	9.70 8.61
Discus M30 David Reed	24.74
M60 Dennis Rietz	39.82
John Reed M65 Rick DeGregorio Ira Barkman	31.82
Javelin	30.37
M45 John Gallen M60 John Reed	27.98 27.94
July 28	
M50 David Naylor	12.06
Gary Wuest W45 Avril Naylor	13.4 14.1
200m M50 David Naylor	25.6
Tony Fredrick W45 Avril Naylor	30.6 30.4
High Jump M55 Wayne Roberts	1.11
M60 John Reed	1.32
Long Jump M50 Gary Wuest W45 Avril Naylor	4.01
Shot Put M50 John Lovell	
M55 Warner Ilsohn M65 Rick DeGregorio	9.47
Discus	Control of the last
M45 John Gallen M50 John Lovell	23.80 20.26
m55 Warren Ilsohn M60 John Reed	26.72
M60 John Reed M65 Rick DeGregorio Javelin	29.64
M45 John Gallen	27.45
M50 Gary Wuest M60 John Reed	24.23 28.29
Arizona Throws	Meet
Tempe; July 2	
Shot Put M50 Duane Thompson	12.18
Bob Osterhoudt W45 Sandra Harrison	10.39
Discus M35 Andy Miller	TUNE I
M50 Bob Osterhoudt	38.12 34.56
Duane Thompson Hammer	33.28
M35 Jeff Crothers M50 Bob Osterhoudt	34.44
25# Weight	
M50 Bob Osterhoudt W45 Sandra Harrison 35# Weight	5 63
35# Weight M35 Jeff Crothers W45 Sandra Harrison	11.35
56# Weight M35 Jeff Crothers	
-	8.10
Championships on the	e Beach
Santa Barbara, CA;	Maria II
1 Paul Heglar 48 2 Tom Woodring 59	12-0 12-0
3 Mardon Connelly 54 4 John Stringer 52	11-6
Senior 1 Carol Johnston 84	7-6
Invitational	
8 Bill Halverson 39	
6 Bob Olsen 40 7 Lewis Hill 36	14-0

San Francisco Bay A Vault Champions Vacaville, CA; Au	hips	M35
	1.1	M35 M40
M30 Matt Kendall M35 Jerry Strong M45 Eddie Seese M50 Roger Werne	15-6 11-0	
M50 Roger Werne Bruce Hotaling	11-6	M45
Bruce Hotaling	11-0	
NORTHWE	ST	M50
Washington State S	ummer	14150
Games Pullman; July	16	M55
100m	VAS 103	
M30 Larry Robinette M40 John Zittereeb	123	M60
M45 Rod Parsells M50 Gus Plumb M55 Don Baumberger M70 Ted Parrish	13.1	M65
M55 Don Baumberger	14.4	1470
M70 Ted Parrish M80 Andy Anderson	16.4	M70 M75
W30 Julie Hungate	16.4	W45
W30 Julie Hungate W35 Joanne Huyler W40 Linda Lanker	14.1	W50
200m M35 Larry Baumberger	26.8	
M40 Randy Page M45 Norman Lewis	29.5	W55
M45 Norman Lewis M50 Gus Plumb	26.6	200n
M50 Gus Plumb M55 Don Baumberger M60 Ralph Riddick W40 Linda Lanker	30.5	M30
W40 Linda Lanker	30.0	M35
M30 Larry Robinette	62.6	IVISS
M35 Larry Baumberger	59.5	M40
M45 Norman Lewis M50 Rich Tucker M55 Don Baumberger M60 Ralph Riddick	56.9	M45
M55 Don Baumberger M60 Ralph Riddick	69.8 76.6	Ser.
800m	<b>FET 50</b> - Q 200	M50
M35 Tim Douglas	2:30.8	M55
M30 Larry Robinette M35 Tim Douglas M40 Bill Codd M50 Rich Tucker M55 Des O'Rourke	2:10.0	1400
M55 Des O'Rourke	2:19.7	M60
1500m M30 Larry Davin	5:54.6	M65
M45 Richard O'Brien M50 Joe Nelson	4:30.8	W45
3000m		M50
W35 Sherrie Bowman 5000m	777 TERM	W75
M35 Mike Olin M40 Mike Halverson		400r M30
80mH W40 Linda Lanker	( - 10	170
W40 Linda Lanker W40 Linda Lanker		M35
High Jump	T A TOTAL	M40
M30 Brent Harken M45 Rod Parsells		100
MSO Dat Shohar	4 0	M45
M45 Reg Halbert	12-6	M50
Pole Vault M45 Reg Halbert M70 Don Grosh Long Jump	8-0	
M35 Kevin Hatfield	9-10.75	M55 M60
M45 Rod Parsells 1 M50 Pat Shober 1	4-8-75	IVIOU
M70 Leslie Rosson W30 Julie Hungate 1 W35 Joanne Huyler 1	9-0	M65
W35 Joanne Huyler 1	0-21	W35
Triple Jump M35 Tarry Baumberger		W45
Shot Put	- Usall	W75
M45 Tim Marsh M50 Bill Berg	39-4.75	800n M35
M55 Larry Lundgren W30 Linda Wilson W35 Jan Estep W45 Sue Hinz Discus	37-2 22-10	1 56
W35 Jan Estep	25-9.75	M40
W45 Sue Hinz Discus	25-7	-
M35 Kevin Hatfield M40 Kevin Bennett M45 Mike Gass M50 Bill Berg M55 Larry Lundgren	61-6	M50
M45 Mike Gass	110-7	
M55 Larry Lundgren	119-5	M55
M80 Durward Anderson W30 Linda Wilson W35 Jan Estep	63-7	M60
W35 Jan Estep	68-8	M65
W40 Janet Clancy	80-9	1500
Harmer M30 Arnie Tyler M40 Larry Gallagher M50 Don Stem	162-3	M30
M40 Larry Gallagher	61-1	M35
woo merissa tyrer	98-5	M35
W35 Marcia Mecklenbu	ra127-5	M40
W45 Sue Hinz W50 Ruth Van Kuren Javelin	57-3	M45
M50 Bill Berg M80 Durward Anderson	112-7 54-8	M50
W30 Julie Hungate W50 Ruth Van Kuren	57-7	M30
W65 Lorraine Rosson	36-9 40-6	
1500m Racewalk	-	M60
W45 Bessie Kolva 5000m Racewalk	11:19.2	M65
M45 David Kolva		M75
USATF Oregor Championships/Por	tland	M75 W30
Masters TC Classic,	Mount	W50
	Ily 27-28	W55 W60
lood CC, Gresham; Ju	,0	WOU

100-07-000	L	The State of	THE RESERVE OF THE PERSON NAMED IN
Art Anderson	11:15	5000m	hoggano
Michael Streeter	14.81	M30 Paul Taylor	16:27.18
M35 Karry Cameron	11.72	M35 Garry Killgore Tim Swietlic	16:09.83 17:02.05
M40 John Wells	12.12	L Campagnolo	17:38.08
David Ortman	12.17 12.84	M40 Scott Kessler	19:14.04
Steve Hotz M45 Richard Ying	13.07	M45 Alan Beck	17:02.24
Jim Hiebert	13.41	M50 Ed Tanner	23:31.13
Kameron Mitchell	13.47	Luigi Schiavo	24:41.76
M50 Steve Robbins	11.59	M60 Larry Wright	20:32.98
Ron Jensen	13.32	M70 John Keston	19:43.65
Dennis Sivers	20.02	M75 Joe Mallon	28:33.00
M55 Paul Edens	12.35	Short Hurdles M30 Michael Streeter	21.51
Paul Stepan	14.07		18.24
M60 Harold Hitt	14.21	M35 Karry Cameron M50 Ray Anderson	
Jim Schlewitz	14.81	W40 Kimmie Allegre	17.62
M65 John Poppell	13.55	W55 Becky Sisley	15.30 19.70
Jack Coy M70 Fred Miyashiro	17.96	Long Hurdles	19.70
M75 Albert Johnson	17.51	M40 David Ortman	1:02.25
W45 Mary Libal	13.11	Steeplechase	
W50 Rosalie Carmen	15.18	M30 John Hughel	11:43.77
Gwen Reid	15.69	M40 Scott Kessler	11:46.11
Rose Schlewitz	17.49	Jim Satterfield	11:48.24
W55 Becky Sisley	16.86	M50 Ray Anderson	12:21.26
Laura Stepan	19.96	Luigi Schiavo	16:15.20
200m		M60 John Heppner	13:03.48
M30 Doug Puckett	23.73	High Jump	
Michael Streeter	30.32	M30 David Turnbull	1.93
M35 Karry Cameron	23.95 26.21	Scott Franklin	1.68
Matt Jaqua M40 David Ortman	26.21	Mike Jaqua M40 David Ortman	1.68
John Wells	25.50	M50 Joe Johnson	1.60
M45 Kameron Mitchell	27.63	JackKonddrasuk	1.32
MarcWiitala	27.90	M55 Brad Wilson	1.27
M50 Ron Jensen	27.43	M60 John Steinman	1.37
Joe Johnson	28.63	Jim Hitchmo	1.17
M55 Paul Edens	25.50	M65 Harvey Lewellen	1.32
Paul Stepan	29.56	Jack Keener	1.22
M60 Jim Schlewitz	30.66	M70 Vince Sempronio	1.37
Larry Wright	34.36	M75 Les Hintz	1.02
M65 John Poppell	27.56	Pole Vault	
Jack Coy	27.95	M30 Mike Jaqua	3.96
W45 Mary Libal	26.99	M35 Matt Jaqua	2.86
M50 Gwen Reid	33.24		3.20
W75 Irene Crane	57.46	M45 John Patterson	3.51
M30 Paul Scarlett	50.45	M50 Dennis Phillips	2.86 3.96
Doug Puckett	51.95	M55 Steven Warr	2.86
M35 Karry Cameron	43.28	M60 Don Gray	2.86
Rick Bobzien	58.25	John Steinman	
M40 David Ortman	54.05	Allen Morris	2.15
Dave Clingan	55.01	M65 Harvey Lewellen	2.44
Mikio Ohgushi	1:01.65	M70 Don Grosh	2.44
	59.65	M75 Les Hintz	1.68
M50 Rich Tucker	57.28	W35 Catherine Miller	2.05
Ron Jensen Ray Anderson	1:01.62	Long Jump	A PLEASE
M55 Paul Stepan	1:05.16	M30 David Turnbull M40 John Wells	6.60
M60 Don Kane	William Colonia and		5.83
Jim Schlewitz	1:15.11	Bob Blackburn	5.76
M65 Jack Coy	1:03.72	M45 Oron Lott	5.12
Tom Brinton	1:06.86	Kameron Mitchell	4.75
W35 Mary Russell	1:08.61	M50 Jack Konddrasuk	3.59
W45 Mary Libal	1:00.19	Luigi Schiavo	3.51
W75 Irene Crane	2:21.13	M55 Brad Wilson	3.58
800m	THE PARTY	Gary Reddaway	3.55
M35 Tad Gotting	2:10.09	M70 Fred Miyashiro	2.88
Joe Manning	2:12.39	W40 Kimmie Allegre	3.95
M40 Dave Clingan Jim Jones	2:04.65	W50 Rosalie Carmen	3.43
Robert Johnson	2:07.06	W55 Becky Sisley	3.54
M50 Rich Tucker	2:20.77	Triple Jump M40 Mike Lariza	
Ed Tanner	2:51.84	M45 Oron Lott	12.89
Luigi Schiavo	3:06.86	Kameron Mitchell	9.82
M55 Don McMillan	2:12.14	M50 Jack Konddrasuk	8.03
	2:36.48	M55 Brad Wilson	7.68
Don Kane	2:40.29	Shot Put	7.00
M65 Tom Brinton	2:35.71	M30 Michael Streeter	7.96
Jack Keener 1500m	2:41.17	M40 Steve Banton	11.20
M30 Bryan Forbes	4:24.15	M45 Jerry Ford	11.27
John Hughel	4:52.23	M45 Jerry Crowe	10.28
M35 Tad Gotting	4:25.57	M50 John Allamano Joe Johnson	13.42
Joe Manning	4:28.75	Jack Konddrasuk	10.83
M40 Jim Satterfield	4:52.70	M55 Rob Roy	9.65 10.56
Ron Dimmerman	5:23.96	Brad Wilson	9.54
M45 Ken Bell	4:23.77	M60 Bob Lawson	12.59
Alan Beck	4:29.51	Neil Saling	12.17
Marc Wiitala	4:43.22	Turk Markishtum	11.62
M50 Larry Williams	4:54.28	M65 Ward Church	7.98
Bob Williams	5:02.13	M70 Vince Sempronio	12.04
Ray Anderson M60 Ken Ogden	5:04.09	M75 Jim Minah	9.60
	5:26.52	M80 Ross Carter	11.44
M65 Bill McChesney	5:28.42 5:38.53	Leon Joslin	8.48
Jack Keener	5:38.53	W35 Shukria Quereshi	9.84
M75 Joe Mallon	7:24.81	W40 Kimmie Allegre W50 Rosalie Carmen	9.55
W30 Doreen Groshan	4:58.91	Katharina C	7.55
W50 Rose Schlewitz	7:58.99	Katherine Crowe	5.85
W55 Laura Stepan	8:24.92	M30 Michael Streeter	22.24
W60 Susan Means	7:38.81	M40 Dennis Carline	23.36 37.00
3000m	197		Mindred Townson of
W35 Mary Russell	11:50.98	Continued on	next page
		43.5	THE REAL PROPERTY.

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Continued from previous page	W35 Shukria Quereshi 21.30	M45 Steve Bogatek 1:03.49	W75 Elga Meri 5.58	Isaac Thiessen 30.15	Maureen de St Croix 2:23.
Steve Banton 35.78 Brian Valley 33.72	W50 Georgia Cutler 19.20 Javelin	M50 Daniel Anderson 1:15.79 M60 Dev Sharma 56.38	5,000m Racewalk	Neil Black 30.66	Marne McMillan 2:27.
M45 Jerry Crowe 36.60	M30 Michael Co	M65 Ted Swanson 58.11	M35 Paul Guimond 26:49.22 M40 Alex Kolodziej 29:22.92	Jim Flowers 34.67	Anne Mullins 2:30.
M50 Luigi Schiavo 31.74	M40 Ed Buck 32.36 54.08	W35 Carol Felepchuk 1:15.75	M50 Mike Freeman 28:49.83	M70 Jack Rowe 34.53	Ann Barnes 2:35 Robin Burns 2:52.
Jack Konddrasuk 26.80	Brian Valley 47.14	2000m Steeplechase M70 Peter Fellowes 11:24.38	M55 L Weinstein 30:51.46	M75 Claude Bell 36.05 M80 Bert Morrow USA 39.27	W45 Linda Findley 2:46.
M55 Rob Roy 41.74	John Zedela 40.28	3000m Steeplechase	M60 S Summerhays 28:28.43 M65 S Brancaccio 31:28.25	Hans Weickardt 43.50	Mary Zadel 3:01.
John King 29.40	M50 Steve Arch 29.48	M35 Bill Dunford 10:40.86 M40 Fred Robbins 10:11.58	M70 Bill Flick 29:05.16	W40 Selina Coward 28.82	W55 Madeline Bost USA 3:10.
Gary Reddaway 28.72 M60 Neil Saling 42.10	Luigi Schiavo 24.30 Ed Tanner 23.56	M50 Dan Anderson 12:30.40	M75 Uno Limit 34:22.16 W35 Kelly Ykema 35:30.53	Mette Fossberg 30.35	W60 Jean Horne 2:55.
Frank Miller 37.12	M55 Gary Reddaway 42.54	High Jump M35 Tim Manley 1.61	W40 Nanci Sweazey 27:14.25	W45 Mary Libal USA 25.81	W65 Ruth Carrier 2:59. Nessie Hollicky 3:23.
EdPhelps 36.86	Brad Wilson 30.58	M45 Jean-Pierre Mayer 1.64	W45 Kathy Collins 33:56.63 W50 Marilyn Chute 30:36.09	Rhona Trott 28.89 W50 Nadine O'Connor USA 30.71	W70 Hazel Cameron 3:35.
M65 Harvey Lewellen 38.58	John King 23 72	M55 David Morris 1.40	W55 J McKeigan 35:02.74	Ursula Grady 36.34	1500m
Ward Church 28.80	M60 Turk Markishtum 41.10	M65 Max Woerle 1.28 M70 Alan Todd 1.04	W60 J Provost 30:46.76	W60 Louise Reed 33.34	M35 Brian Blamey 4:17.
M75 Jim Minah 24.18	Bob Lawson 38.86	M75 Lembit Saar 1.08	Canadian Masters	Janet Holmes 36.05	Terry Dove 5:08.
Don Jacobs 14.60 M80 Ross Carter 33.18	Ken Brewer 37.08	M80 Ian Hume 1.16	Championships, U. of Victoria	W70 Patricia Peterson USA 34.99	M40 Tom Michell 4:10. François Martel 4:14.
M80 Ross Carter 33.18 Leon Joslin 24.50	M65 John Nelson 27.00 Ward Church 25.60	W40 Maria Mallia 1.36 W60 Edith Gray 1.22	Victoria, B.C.; Aug. 9-11	Margaret Hinton USA 45.53	Francois Martel 4:14. Al Niezen 4:23.
W35 Shukria Quereshi 30.70	M70 Richard Nordquist 27.38	W70 Helqi Pedal 1.12	100m	M35 Glenn Chipkar 56.85	D Winzenried USA 4:24.
W50 Rosalie Carmen 21.20	M75 Jim Minah 22.06	Pole Vault M35 Mark Schaber 3.80	M35 Richard Farquharson 11.86	Volker Grady 1:00.54	Gordon Carscadden 4:28.
Katherine Crowe 16.42	Joe Mallon 21.00	M50 Matti Kilpelainen 3.95	Tom Leathern 12.46	M40 Kosti Killas 54.56	Wade Yearwood 5:10.
Hammer	M80 Leon Joslin 18.42	M55 Brian Merrilees 2.80	Glenn Chipkar 12.53 Ingo Grady 14.01	Francois Martel 54.59	M45 Roly McSorley 4:15. Ken Bell USA 4:22.
M35 Ron Uhl 41.14	W50 Elizabeth Arch 23.68	M65 Jim Mathers 2.10 M70 Stan Egerton 2.70	Ingo Grady 14.01 M40 Tom Dickson 11.86	Peter Freeman 55.02 Brent Davy 56.60	Phil Bell 4:28.
M50 Luigi Schiavo 20.32 M55 Brad Wilson 21.40	Rose Schlewitz 17.40 W55 Becky Sisley 29.00	W60 Edith Gray# 1.90	Greg Rees 12.05	Brent Davy 56.60 Douglas Cameron 57.21	Roger Price USA 4:31.
M60 Bob Lawson 34.32	5000m RW	(old WR 1.85 Leonore McDaniels 1992)	Dave Durton 12.33	M45 Lean Lemieux 56.73	Rick Larush 4:40.
Frank Miller 32.78	M40 Robert Frank 26:36.46	M35 Dave Hill 5.87	Robb Berezan 12.44	Bill Sutherland 58.98	Lindsay Bodden USA 5:00.
Jim Hitchman 30.78	Doug Vermeer 27:53.26	M40 Ken Felepchuk 5.55	Tom Daniels 12.58	Roy Chubb 1:00.58	Ted Sauer 5:15.
165 Ken Weinbel 37.46	M45 Jerrry Ford 32:04.59	M45 Richard Lech 5.57 M50 Alan Slater 5.35	Greg McGinn 12.76	M50 Peter Crombie AUS 55.25	M50 Bruce Carter USA 4:37
Ward Church 21.16	M55 Bob Brewer 29:20.80	M50 Alan Slater 5.35 M60 Kesar Singh Poonia 4.20	Brian Holm 12.77 R Jacquet-Acea USA 13.6h	Rich Tucker USA 57.76	Mike Mullaley 4:37. Fred Judson 4:38.
470 Vince Semprono 29.62	M75 Don Jacobs 52:44.25	M65 Ted Swanson 4.21	R Jacquet-Acea USA 13.6h Grant Spelsberg 14.2h	Francisco Machado 59.04	Jake Madderon 4:40.
M75 Jim Minah 33.40 M80 Leon Joslin 21.54	W50 Georgia Cutler 34:16.77	M80 Ian Hume 2.79	M45 Jean Lemieux 12.31	Bruce Carter USA 59.46	Garth Huck 5:19.
180 Leon Joslin 21.54	M55 Anne Whitaker 38:52.79	M85+Karl Trei 2.78 W35 Gail Fowler 4.33	Roy Chubb 12.86	Fred Judson 1:00.07	M55 Vern Christensen 5:27.
Ultra Weight Classic;	Seattle, WA; Aug. 31	W40 Deborah Lenz 4.28	M50 Peter Crombie AUS 12.11	lan Andrews 1:04.60 George Smith 1:06.75	Adam Simpson 5:35.
(Age Graded Scoring-marks are actual m	arks)	W55 Dortha Swanson 2.46	lan Andrews 12.78	M55 Frank Hearns IRE 58.45	Lornel Anderson 6:07.
Name & Age Score 56#   Score 56#   78   Carstensen 64   3196   5.94   178	98/ 200/ 5) 3.16 (845) 1.56 (832) .70 (733)	W60 Edith Gray 3.77 Triple Jump	Chuck La Chiusa USA 12.95	Bill McIlwaine 59.64	M60 Roger Davies 5:11.
Ken Weinbel 68 3027 5.96 (89	2) 4.25 (804) 1.36 (419) .93 (687)	M35 Tony Bercham 10.46	M55 Norman Reynolds 13.86	R Kirkpatrick USA 1:00.62	John Conner 5:23
Jim Hart 60 2614 6.38 (76	5) 2.86 (672) 1.16 (522) .70 (655)	M40 Ken Felepchuk 11.36	Dermot Kerins 15.11	Kosti Uusikartano 1:10.55	Joe Giegerich 5:35.
Bob Sager 48 2042 7.50 (69	2) 2.67 (654) 1.14 (542) .55 (518) 1) 3.59 (659) .97 (304) .58 (305)	M45 Dave Treleaven 10.15 M50 Alan Slater 10.25	Kosti Uusikartano 15.28	Charlie Loo 1:17.07	Field Ryan USA 6:09. M65 Stan Oracheski 5:56.
Gary Zasimovich 40 1740 7.38 (59	2) 2.80 (712) 1.03 (492) .16 (354) 1) 2.94 (449) 1.19 (343) .61 (354)	M50 Alan Slater 10.25 M60 Kesar Singh Poonia 8.53	Charlie Loo 15.34 M60 Bernie Smith 13.48	M60 Bernie Smith 1:03.13	David Wilson 6:01
George Mathews 53 1637 8.70 (92)	0) 3.51 (717) 7) 1.93 (302) .88 (266) .49 (308)	M65 Ted Swanson 8.16	Fred Biederman USA 13.53	Dev Sharma 1:07.23	Cliff Salmond 6:13.
Jud Bowles 31 919 4.67 (31	0) 1.80 (216) .87 (205) .41 (188)	M80 Ian Hume 6.35	Paul Williams USA 13.59	Brian Oxley 1:10.26 Joe Biegerich 1:13.01	M70 Don Madge 5:41.
Manuel White 80 2899 7.34 (97	56# 8) 3.95 (830) 1.71 (701) .53 (390)	M85 Karl Trei 6.21 W70 Helgi Pedal 6.16	Pat Burns 14.98	Ron Johnson NZ 1:14.13	Harry Thompson 6:09
VINCE SSIETCHILO /U 2843 7.81 (75	1) 4.88 (750) 2.44 (750)1.00 (592) 1) 3.36 (802) 1.66 (791)	Shot Put	Peter Kabel 15.12	M65 Earl Fee 1:00.33	Arthur Wilson 6:48.
Sarah Boslaugh 40 2869 7 95 (93	1) 4.07 (727) 2.01 (717) .74 (494)	M35 Rickey Goudreau 7.49	M65 Ross Mitchell 13.37	Jack Coy USA 1:03.42	Donald Thomson 6:58.
Pauline Thomas 47 2435 6.11 (77	3) 3.48 (678) 1.81 (710) .43 (274)	M40 Mike Stevely 8.27 M45 Jean-Pierre Mayer 11.75	Chuck Sochor USA 13.66	Chuck Sochor USA 1:04.06	Don Farquharson 7:36.
3137 (3)	9) 2.48 (378) 1.56 (507) .44 (236) 358 561 986	M50 Malachi McGruder 9.86	Jack Coy USA 13.73	Rodney Brown USA 1:07.31	W35 Debbie Eerkes-Dove 4:50.
Suzy lless 54 1071 5.27 (60 Age-Graded Scoring:	1) 3.58 (470) 981	M55 Juhan Toomes 10.06	Neil Black 14.67 Bill Pardue USA 14.90	Isaac Thiessen 1:17.12	Georgia Inglis 5:07.  Denise Watson 5:11.
Men: Based on Phil Partridge 56# Weigh ling each heavier weight.	t Throw Age Factor, then doub-	M60 K Singh Poonia 10.26 M65 Ken Pitcher 9.45	Isaac Thiessen 15.53	M70 Harry Thompson 1:16.88 Donald Thomson 1:19.24	W40 Maureen de St Croix 4:44.
Example: 56# 98# 200# 300#		M70 Garry Bachman 11.50	Jim Flowers 15.96	M75 Claude Bell 1:29.10	Bev Robson 4:46.
AF 2x56# 2x98# 2x200# Age 60 2.287 4.574 9.148 18.296	Lichard Electron and an	M75 Lembit Saar 9.67	M75 Claude Bell 17.73	M80 Hans Weickardt 1:39.62	Marne McMillan 5:02.
Women: Based on 2xPhil Partridge 56# word doubling each heavier weight.	eight Throw Age Factor, then	M80 Ian Hume 8.44 W50 Erika Szanto 10.15	M80 Bert Morrow USA 18.09	W35 Jennifer Fisher BER 58.11	Ann Barnes 5:14.
Example: 25# 35# 56# 98#	200#	W55 Dortha Swanson 7.38	Hans Weickardt 19.34	W40 Anne Mullins 1:05.50	Robin Burns 5:54.
Age 60 2.378 2.882 4.574 9.188	2×98# 18.376	W60 Edith Gray 7.38	Howard West 23.55	W45 Mary Libal USA 58.94	W45 Linda Findley 5:06.
For a copy of the Partridge Tables, we Weight Event Coordinator, 4103 Hillers	ite to Ken Weinbel, Masters	W65 Velta Tomsons 7.15 W70 Helgi Pedal 7.00	W35 Tracy Halasz 13.27	Mary Zadel 1:18.33	Mary Zadel 6:15. W50 Sharon Thorpe 7:01.
	M40 Ray Jonasson 2:14.24	W70 Helgi Pedal 7.00 W75 Elga Meri 6.08	Peta Bird 13.68 W40 Selina Coward 14.33	W50 Avril Douglas 1:03.52	W50 Sharon Thorpe 7:01. W55 Madeline Bost USA 6:11.
CANADA	M45 Michael Carter 2:14.75	Discus	Mette Fossberg 14.98	W60 Jean Horne 1:16.43 Louise Reed 1:17.55	Joan Christensen 6:16.
Ontario Masters Outdoor	M50 Richard Kaley 2:17.79	M35 Rickey Goudreau 22.30 M40 Charles Swanekamp 26.06	W45 Mary Libal USA 13.07	W65 Nessie Hollicky 1:24.62	W60 Jean Horne 5:53.
Championships	M55 Hugh Wilson 2:31.54 M60 Gerhard Krolow 2:48.14	M45 Jean-Pierre Mayer 35.54	Rhona Trott 14.65	W70 P Peterson USA 1:17.04	Helly Visser 5:53.
Toronto; June 15-16	M70 Kurt Gelbhaar 3:00.22	M50 Tom Warren 37.28	Teddie Bell 16.61	Hazel Cameron 1:29.78	Suzi McLeod USA 6:17.
World Record	W35 Cheryl Youldon 2:26.36	M55 Juhan Toomes 34.32 M60 Jack Boyd 35.72	W50 Avril Douglas 14.06	W80 Ivy Granstrom 2:17.91	Shirley Smith 7:08.
00m 35 Rich Farguharson 12.07	W65 Ruth Carrier 3:06.45 1500m	M65 Max Woerle 34.50	Nadine O'Connor USA 15.09	800m	W65 Nessie Hollichy 6:40.
Rich Farquharson 12.07 Kerry Smith 11.54	M35 Alex Keeting 5:29.77	M70 Evalds Viskers 37.10	Ursula Grady 17.39 W60 Louise Reed 16.18	M35 Brian Blamey 2:06.02	W70 Hazel Cameron 7:08.  Dorly Brechbuehl 7:39.
15 Smokey Santillo 11.72	M40 George Aitkin 4:34.16	M75 Lembit Saar 24.16	W60 Louise Reed 16.18 Janet Holmnes 17.08	M40 Tom Michell 2:03.27	5000m
Malachi McGruder 13.44	M45 Brad Simser 4:32.37 M50 Richard Kaley 4:46.56	M80 Ian Hume 23.32 M85 Karl Trei 19.72	W70 Patricia Peterson USA 16.88	Francois Martel 2:03.94 Dave Reed 2:06.69	M35 Phil Meagher 16:39
55 Ken Mollineau 13.75 30 Thomas Callender 13.40	M55 Hugh Wilson 5:18.59	W50 Erika Szanto 21.54	Johnnye Valien USA 17.57	Alan Favell 2:07.03	M40 Gerry Holliday 16:45
65 Ross Mitchell 13.52	M60 Bill Bryson 5:24.90	W55 Dortha Swanson 17.98 W60 Lida Sawdyk 15.24	Margaret Hinton USA 19.24	Douglas Cameron 2:09.38	Phil Nelson 18:55
70 John O'Neill 13.60 75 Cecil Paul 15.71	M70 Kurt Gelbhaar 6:13.05 M80 W Sheridan 12:16.06	W65 Velta Tomsons 18.00	200m	Al Niezen 2:11.31	Philip Tarrant 19:10
35+Karl Trei 20.60	W35 Georgia Inglis 5:13.20	W75 Elga Meri 17.54	M35 Tom Leathern 24.89 Glenn Chipkar 25.22	Gordon Carscadden 2:17.02	M45 Dave Stewart 16:00 Roger Price USA 16:28
5 Gail Fowler 13.92	W40 Christine Guy 6:09.19 W45 Mary Zadel 6:08.28	M45 Chris Kirlis 39.14	Glenn Chipkar 25.22 Volker Grady 26.31	Cees van den Bulk 2:17.00	Ted Paget 17:06
10 Deborah Lenz 13.68	W45 Mary Zadel 6:08.28 W50 Margaret Rolfe 6:33.97	M55 Juhan Toomes 37.02	Ingo Grady 29.15	M45 David Salazar USA 2:06.77	M50 Jack Miller 17:10
15 Rhona Trett 14.47 55 Jeannie McKeigan 19.33	W55 J Christenson 6:38.57	M60 Bob Stavely 35.58	M40 Tom Dickson 24.01	Phil Bell 2:15.23 Rick Larush 2:16.36	B Friedlander USA 17:31
0 Edith Gray 15.89	5000€	MS5 Max Woerle 37.98 M75 Aleks Upmalis 27.62	George Rees 24.06	Lindsay Bodden USA 2:22.88	John Woodcock 18:17
55 Doreen Carmichael 15.98	M35 K Doerrbecker 16:31.93 M40 Gerry Holliday 16:56.36	M75 Aleks Upmalis 27.62 M80 Ian Hume 24.26	Kostie Killas 24.07	M50 Rich Tucker USA 2:14.25	Michael Sheridan 18:45
30 Isobel Cunningham 22.61	M45 Andre Kocsis 21:41.30	W55 Dortha Swanson 23.74	Peter Freeman 34.73	Fred Judson 2:14.67	M55 Adam Simpson 20:10
5 Michael Lee Foon 24.41	M50 David Sheridan 17:50.09	W65 Mary Thompson 19.74	Robb Berezan 25.11	Mike Mullaley 2:16.76	Vern Christenson 22:07
O Kerry Smith 23.62	M55 Robert Moore 16:57.51 M60 Don Jones 20:40.40	Javelin M35 Chris Clark 52.40	Brent Davy 25.68	Jake Madderon 2:24.53	Vern Christensen 20:18 M60 Roger Davies 18:31
Smokey Santillo 24.40 Francisco Machado 26.49	M60 Don Jones 20:40.40 M65 Ed Whitlock 18:07.96	M40 M Finkbeiner 52.34	M45 Jean Lemieux 24.87 Roy Chubb 27.17	Garth Huck 2>36.89	D Mahaffey USA 19.56
5 Hugh Wilson 29.67	M70 Kurt Gelbhaar 22:07.86	M45 Folgo Dellavedova 52.58	Roy Chubb 27.17 Ted Sauer 29.22	M55 Frank Hearns IRE 2:24.06	M65 Maurice Tarrant 18:56
0 Dev Sharma 30.80	W35 J Ditchfield 18:53.47	M50 Malachi McGruder 42.96 M55 Fred Pamenter 45.48	M50 Peter Crombie AUS 24.12	Bill McIlwaine 2:30.36 Adam Simpson 2:52.23	Stan Oracheski 21:52
35 Ross Mitchell 29.17 70 John O'Neill 29.94	W40 Lynn Kobayashi 20:56.94 W45 Linda Findley 19:18.96	M60 Alf Sundin 32.52	Ian Andrews 25.44	M60 John Conner USA 2:36.98	David Wilson 22:03
O John O'Neill 29.94 S Art Obokata 35.12	W50 Margaret Rolfe 23:39.51	M65 Max Woerle 28.72	Francisco Machado 25.59	Joe Giegerich 2:43.54	Peter Mundle USA 24:58
35+Karl Trei 53.83	W55 J Christenson 24:00.08	M70 Garry Bachman 23.64 M75 Ed Purgalis 26.80	Chuck La Chiusa USA 26.03	D Mahaffey USA 2:48.64	M70 Harry Thompson 24:21
35 Carol Felepchuk 30.74	W60 Molly Turner 21:39.78	M80 Ian Hume 23.30	Bob Osterhoudt USA 27.07	Baian Oxley 2:47.14	Donald Thomson 24:42
40 Deborah Lenz 28.48 45 Rhona Trott 30.29	M35 James Earl 32:51.03	M85 Karl Trei 18.58	M55 R Kirkpatrick USA 26.74	Field Ryan USA 3:00.08	M75 Les Leyland 27:57
60 Janet Holmes 36.33	M40 Gerry Holliday 34:54.90	W50 Erika Szanto 16.72 W55 Dortha Swanson 17.24	Norman Reynolds 27.66	M65 Earl Fee 2:22.80	W40 Mary Beth Gorey 20:16
65 Doreen Carmichael 35.37	M50 David Sheridan 37:20.69 M55 Robert Moore 35:05.17	W55 Dortha Swanson 17.24 W65 Doreen Carmichael 14.14	Dermot Kerins 31.04	Rodney Brown 2:47.93	Cathy Tedford 29:58 W45 Linda Findley 19:33
35 Michael Lee Food 51 84	M55 Robert Moore 35:05.17 M65 Ed Whitlock 38:03.80	W75 Elga Meri 19.78	Clarlie Loo 31.81 Stuart Cameron 31.84	M70 Don Madge 2:50.76 Arthur Wilson 3:14.05	W45 Linda Findley 19:33 W50 Sharon Thorpe 25:57
35 Michael Lee Foon 51.84 40 Ken Davis 55.49	M70 Kurt Gelbhaar 45:50.65	W80 Isobel Cunningham 11.58	Harry Forest 34.33	Harry Thompson 3:21.59	Ursula Grady 26:15
45 Norm Green 57.14	M75 Odino Soligo 53:25.51	Weight Throw M45 Sucha Rai 6.63	M60 Monty Hacker RSA 26.27	Donald Thomson 3:28.15	W55 Diane Palmason 20:24
ISO Francisco Machado 57.89	110m High Hurdles	M55 Juhan Toomes 13.60	Fred Biederman USA 27.85	M80 Hans Weickardt 4:09.99	Joan Christensen 23:19
155 Hugh Wilson 1:06.42 160 Dev Sharma 1:08.24	M35 Glenn Chipkar 17.68 M45 Alex Kosturek 19.93	M60 Bob Stavely 12.78	Dev Sharma 28.86	W35 Jennifer Fisher BER 2:22.66	W60 Helly Visser 22:41.
1:08.24 165 Ken Morris 1:16.51	M50 Daniel Anderson 22.11	M65 Max Woerle 13.94 M75 Aleks Upmalis 9.47	Pat Burns 31.36	Debbie Eerkes-Dove 2:26.94	Shirley Smith 26:03.
735 Cheryl Youldon 1:05.55	M65 Ted Swanson 23.71	M80 Ian Hume (12-1b.) 9.00	M65 Jack Coy USA 27.63	Denise Watson 2:32.21	W65 Nessie Holicky 25:00.
N45 Rhona Trott 1:09.82	M35 Glen Chipkar 1:00.73	W55 Dortha Swanson 7.24 W65 Mary Thompson 7.07	Koss Mitchell 27.63	Georgia Inglis 2:36.75 W40 Veb Robson 2:22.65	W70 R Dashwood 29:01. Continued on next p
	400m Low Hurdles	WSS Dortha Swancon 7 24	Ross Mitchell 27.63	Georgia Inglis 2:36.75	W70 R Dashwood 29

1.40 1.25

1.35

1.15 1.00

1.55

1.05 1.05 1.05

4.00

4.30 3.60

3.40 3.10 2.10 4.10

2.70 2.70

2 30

3.00 2.20

2.10 2.60 1.40

5.57 5.24 5.09

4.80 3.65 4.58 4.56

4.25 3.84 4.25 3.07 2.52 4.53 4.31 4.03 3.67

4.71 3.52

3.32 3.03 3.83

3.41 3.07 2.73

4.13 4.50 3.71 3.81

3.49 3.41 2.65 2.02 10.75 10.57 9.70 9.00 11.27

8.72 9.92 9.89

8.66 8.78 8.62

6.83 5.83 7.90 7.64 5.95

12.03 11.10 9.28

11.82 10.48

9.69

8.69 8.41

12.03 11.27

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Continued from previou	s page	John Steinman USA	
W75 Lenore Marvin	27:42.12	Ron Johnson M65 Bud Held USA	
	34:56.97	Darrold Skartvedt USA	
10,000m M35 Phil Meagher	33:49.48	Max Woerle Don Wilson	
M40 Mike Dyon	32:15.85	M70 Richard Warren USA	
	34:56.98 39:53.17	M80 Charles Roloff USA	
The second secon	35:10.29	W40 Debbie Brill	
Michael Sheridan	38:14.00	W45 Becky Willis Liz McBlain	
	40:58.51 42:57.93	W55 Madeline Bost USA	
	43:30.06	W70 Johnnye Valien USA Margaret Hinton USA	
M60 Roger Davies	38:08.53	Patricia Peterson USA	
	40:08.39	Pole Vault	
	38:31.84 45:17.39	M35 Doug Ross M40 Jeff Kingstad USA	
	49:34.20	M45 John Hawkins	
	56:04.82	John Patterson USA	
The second secon	03:07.90 42:36.02	Thomas Light USA Steve Kashman	
Short Hurdles	GREET BLANK	M50 DannisPhillips USA	
M35 Glenn Shipkar	18.01	Marri Kipelainen USA	
M45 Alex Kosturek Steve Kashman	20.38	Ken Underdahl M60 John Steinman USA	
M50 JessBrewer	15.98	Ron Johnson NZ	-
Grant Lamothe	18.92	Udo Grady	
Ken Underdahl M65 Bill Pardue USA	19.86 20.6h	M65 Jerry Donley USA M70 Stan Egerton	
M70 Richard Warren USA	The second second	Jack Rowe	
Jack Rowe	19.55	M75 A Ricciardi USA	
M75 A Ricciardi USA M80 Bert Morrow USA	18.10 29.45	W50 Petra Pietersen RSA W70 Margaret Hinton USA	
W45 Becky Willis	14.3h	Long Jump	
W70 Johnnye Valien USA	20.3h	M40 Dave Burton	
Long Hurdles M35 Glenn Chipkar	1:02.85	Greg Rees Greg McGinn	-
M40 R Jacquet-Acea	1:04.63	Robb Berezan	
Brian Berquist	1:07.89	Grant Spelsberg	C
M45 Steve Kashman M50 Jess Brewer	1:21.56	M45 Ron Thompson Alex Kosturek	ŀ
Francisco Machado	1:08.93	Steve Kashman	
Fred Judson	1:09.60	M50 Grant Lamothe	
Grant Lamothe M55 Lornel Anderson	1:13.57	George Pachovsky  Ken Underdahl	
M60 Dev Sharma	56.05	Fred Quick	1
M65 Earl Fee	50.80	M55 Norman Reynolds	
Chuck Sochor USA W40 Robin Burns	1:14.56	Lornel Anderson Mery Armstrong	
W45 Liz McBlain	1:22.06	M60 Darwin Grimm	
W65 Ruth Carrier 2000m Steeplechase	1:08.96	Bernie Smith Kesar Singh Poonia	
M60 Ron Johnson NZ	9:14.78	Ron Johnson NZ	
Brian Oxley	10:44.48	M65 Darrold Skartvedt USA Neil Black	and a
M70 Don Farquharson W35 Jennifer Fisher BER	11:54.85 8:23.51	Isaac Thiessen	
W55 Madeline Bost USA	9:55.98	Douglas Monds	
3000m Steeplechase M35 Steven James USA	0.25.00	M70 Richard Warren	
M40 Daniel Winzenried	9:35.90 10:59.74	Harry Thompson M75 A Ricciardi USA	
Doug Smith	12:30.39	Cari Bock Jr	1
Grant Spelsberg	12:44.18	W40 Mette Fossberg W45 Becky Willis	
M45 Steve Kashman M50 Gale Pfueller USA	14:51.98 11:54.90	Liz McBlain	
Daniel Anderson	12:21.08	W50 Nadine O'Connor	
M55 Vern Christensen	13:25.90	Petra Pietersen RSA Ursula Grady	
Lornel Anderson 4x100 Relay	14:56.49	W70 Margaret Hinton	
M35 Alberta (Burton/Krah	n/ 49.49	Esther Postuk	
Rees/Andrews)	61.47	Triple Jump M40 Greg McGinn	1
Ontario (Chubb/ Farquharson/Chipkar	51.47	Dave Burton	i
Machado)		Roger McBride	
M40 Vancouver (Dickson Davy/Berezan/McGi		Grant Spelsberg M45 Ron Thompson	1
Victoria (vd Bulk/	50.29	Alex Kosturek	
Nelson/Freeman/Nie	zen)	Steve Kashman	
M55 Canada (Uusikartano/Black/	1:00.05	M50 Ken Underdahl Geroge Pachovsky	
Loo Kerins)	P Plant	Grant Lamothe	
W45 USA (Peterson/	1:06.55	M55 Norman Reynolds	
Hinton/Valien/Libal 4x400 Relay	)	M60 Kesar Singh Poonia M70 Harry Thompson	
M35 Canada (Michell	3:46:35	M75 Carl Bock Jr USA	
Chipkar/Machado/M		W45 Liz McBlain	
M40 Victoria (Freeman vd Bulk/Nelson/Nie	3:57.05	W50 Petra Pietersen RSA W70 Margaret Hinton USA	
Alberta Pork	3:59.66	Shot Put	
(Cameron/Jacquet-A		M35 Gordon McCulloch	1
Knudson/Smith) M60 Ontario Plus	5:22.54	M40 Greg Rees Renny Harrison	1
(Sharma/Oxley/Johr		Edward Daniels USA	
Poonia)		M45 Bruce Hedendal USA	1
High Jump M35 Terry Krahn	1.65	Tom Wookske Keith Heidorn	1
M45 John Hawkins	1.81	Ron Chmielewski	
Thomas Light USA		Brock Pullen	
Tom Woodske Michael Walker US	1.55 SA 1.45	Alex Kosturek Roy Chubb	
M50 Ken Underdahl	1.50	M50 Rick Behrens USA	1
Grant Lamothe	1.40	M55 Marek Glowacki	1
M55 Harry Forest M60 Darwin Grimm US	1.05 A 1.45	M60 Ray Feick USA Peter Kabel	1
alich war und Philippy	-	JAN HA	

M65	Charles Bispala USA	9.53
	Douglas Bonds Isaac Thiessen	8.58 7.89
470	Jim Flowers	7.20
	Bill Bangert USA Art Jaago	11.51
M75	Aleks Upmalis	8.97
	Carl Bock Jr Howard West	7.07 5.90
M85	Bill Bennett Peta Bird AUS	3.86 9.10
	Liz McBlain	8.83
WSO	Becky Willis Ursula Grady	8.75 6.15
W60	Mae Turek	8.18
	Rosin Benischke Eddie Plewis	7.59 5.67
W70	Margaret Hinton USA	6.62
	Esther Postuk Renee Roloff USA	5.94 5.62
Discu	us Gordon McCulloch	32.46
	Renny Harrison	39.38
	Greg Rees Edward Daniels USA	33.92 30.40
M45	Bruce Hedendal USA	34.04
	John Hawkins Brock Pullen	33.92 32.48
	Tom Woodske	27.62
	Ron Chmielewski Keith Heidorn	27.08 26.00
	Roy Chubb	17.60
	Bob Osterhoudt USA Jack Karbens USA	36.90 32.04
	Rick Behrens USA	30.70
	Marek Glowacki Merv Armstrong	40.46
	Peter Kabel	34.52
	Udo Grady Ray Feick USA	33.20 31.28
	Ron Johnson NZ John Steinman USA	27.94
		PROPERTY.
COIVI	Darrold Skartvedt USA Charles Bispala USA	28.90
81/9	Douglas Monds Jim Flowers	28.50
M70		31.92
	Bill Bangert USA Cecil Goodvin	31.88
M75	A Ricciardi USA	23.66
.1.	Aleks Upmalis Carl Bock Jr	20.18 17.64
	Charles Roloff USA Leon Joslin USA	23.68 22.86
* 14 A	Howard West	15.30
W35	Bill Bennett Peta Bird AUS	7.94 26.10
W40	Linda Campbell	25.64
	Pietra Pietersen RSA Ursula Grady	21.92 14.00
W60	Mae Turek Eddie Plewis	22.44
	Rosina Benischke	17.06
W65 W70	Maxine Smallwood Margaret Hinton USA	14.72 14.78
or A	Esther Postuk	14.32
Javel	ReneeRoloff USA	13.88
M35	Gordon McCulloch Dave Burton	39.46
M45	Alex Kosturek	31.40 37.46
	Bruce Hedendal USA Ron Chmielewski	35.96 35.80
73	Keith Heidorn	32.06
	Jack Karbens USA Marek Glowacki	20.72 38.60
	Dermot Kerins	20.24
M60	Ray Feick USA Ron Johnson NZ	35.00 30.52
To la	Ron Johnson NZ Peter Kabel	26.84
M65	Isaac Thiessen	22.58 25.38
	Jim Flowers	20.02
M75	Carl Bock Jr USA	26.94 19.98
M80	Charles Roloff USA Howard West	21.66
	Bill Bennett	7.00
W35 W45	Peta Bird AUS Teddie Bell USA	30.04 21.62
W60	Mae Turek	19.02
	Rosina Benischke Eddie Plewis	17.38 12.48
W65	Maxine Smallwood	15.52
w /0	Margaret Hinton USA	
Ham	Esther Postuk	13.98
M40	Carl Reichard USA	45.96
	Renny Harrison EdwardDaniels USA	41.38 35.12
M45	Bruce Hedendal USA Tom Woodske	36.86 24.28

_	asters News	
- Ku	M50 George Matthews USA Bob Osterhoudt USA	44.72 35.66
	Jack Karbens USA	26.70
	RickBehrens M60 Emil Muller	26.20 45.32
	Bob Staveley	37.12
	Udo Grady Ray Reick USA	35.16 34.40
8	M65 Max Woerle	37.90
	Douglas Monds Ken Weinbel USA	32.96 30.22
100	M70 Bill Bangert USA	33.52
	Art Jaago	31.38
1	M75 A Ricciardi USA Aleks Upmalis	28.92 24.04
	Carl Bock Jr USA	19.38
	W45 Liz McBlain Pentathlon	20.54
	M40 Greg Rees	3233
	Brian Berquist	2533
	R Jacquet-Acea USA Wade Yearwood	2315 2084
	Doug Smith	1504
	M45 Brock Pullen M50 Fred Judson	2837 3022
	Grant Lamothe	2736
	Jack Karbens USA Garth Huck	2304
	M55 Roger Dean USA	2723
	Robert Sheedy USA Bruce Selby	2397 1713
	Harry Forest	1115
6	M60 Ron Johnson NZ	2886
	M65 Dan Daniels Jim Flowers	2671 1710
	M75 A Ricciardi USA	2142
	W45 Liz McBlain W70 Johnnye Valien USA	2653 3243
	Weight Pentathlon	
	M35 Gordon McCulloch M40 Edward Danield USA	2199 2285
	Renny Harrison	2850
De la	M45 Bruce Hedendal USA	3311
)	Keigh Beidorn Ron Chmielewski	2313
)	M50 Bob Osterhoudt USA	3154
2	George Mathews Jack Karbens USA	3389 2473
3	Rick Behrens	2329
5	M55 Marek Glowacki M60 Ray Feick USA	3063 3590
3	Udo Grady	3122
3	M65 Max Woerle Douglas Monds	3544 2699
,	M70 Art Jaago	3507
4	Bill Bangert USA M75 Aleks Upmalis	3464 2669
)	A Ricciardi USA	2584
1	Carl Bock Jr M80 Leon Joslin USA	2207 2746
)	W45 Liz McBlain	2761
	1500m RW M40 Jan Junker	8:38.43
,	M45 Steve Kashman	9:26.94
3	M50 Glenn Jacques M55 Kosti Uusikartano	7:58.44 8:38.96
	M60 Stuart Summerhayes	7:48.16
3	Brian Foan John Weston	8:44.31 9:44.44
,		12:00.95
)		12:14.9h
		10:10.8h 12:45.4h
)	Suki Tasire	13:55.0h
	W55 Heidi Wolter W60 June-Marie Provost	12:13.8h 8:56.1h
)	W75 Lenore Marvin	10:35.7h
	5000m RW M40 Jan Junker	33:53.20
	M45 Steve Kashman	36:05.80
		28:37.27 29:22.91
	M60 Stuart Summerhayes	27:55.26
4		31:35.99 33:58.07
		43:55.11
6	A company of the comp	37:40.78 37:02.86
	W60 June-Marie Provost	
		39:58.83
		36:30.84
	INTERNATIO	NAL
-	Netherlands-Belgium-I	France
	Triangular Meet	神林 电气
	Roosendaal, Netherlands	S. Section S. Section
17	100m M40+ Henri Willem 55 FR/ Freddy Goeffers 52 BEI	11.49
	Aladdair Ross 52 GBR 200m M40+	11.52

Aladdair Moss 52 GEA 11.32 200m M40+ Lucien Etheve 55 FRA 23.31 Freddy Goeffers 52 BEL 23.56 Michel Dietz 54 FRA 23.86

400m M40+ Leon Catoir 52 BEL 52.10
Wim Scholtes 47 NET 52.81 Jean Oyac 55 FRA 53.17
800m M40+
David Wilcox 53 GBR 2:00.73 Lucien Heyde 56 BEL 2:01.86
D Harris GBR 2:02.39
Marc Truyers 55 BEL 4:03.23 David Wilcox 53 GBR 4:03.68
Pete Molloy 49 GBR 4:06.23 5000m M40+
Joz Evckmans 56 BEL 14:46.63
Franc Bentz 56 FRA 14:47.49 Chris Geffray54 FRA 14:52.25
110mH M40+ Roger Honey 55 GBR 15.66
Roger Honey 55 GBR 15.66 O Razafindranaiv54 FRA 15.74 Jean Moreau 53 FRA 15.87
400mH M40+ Alain Mysson 53 FRA 58.00 Guy Marguin 54 FRA 59.51
Guy Marguin 54 FRA 59.51 Rene Ravets 48 BEL 61.00
Steeplechase M40+
Jean Ballouard53 FRA 9:30.01 Joel Gaillard 55 FRA 9:41.31 Danny Bombaert56 BEL10:04.36
4x100m Relay M40+
France (Dietz/Willlem/Drr,ti- nos/Etheve) 44.14
Belgium (Theys/Dewael/Moreaux, Goeffers) 46.04
Netherlands (Bakx/Brusche/ v Bakel/Vis) 47.65
4x400m Relay M40+ France (Marguin/Dyac/Four-
nier/Mysson) 3:32.46 Netherlands (v Beelen/v Gast-
eren/Schuwer/Scholts)3:33.47
Belgium (Catoir/Heyde/Bras/ Tryers) 3:34.18
High Jump M4U+ JeanClaude Andre 54 FRA 1.85
JeanPierre Porche53 FRA 1.75
Pole Vault M40+ Jan Van Hocht 52 BEL 4.40
Serge Gabrielich 55 FRA 4.25
Long Jump M40+
Daniel Laigre 54 NET 6.44 Bill Redfern 53 GBR 6.20
Phil Dewael 50 BEL 6.12 Triple Jump M40+
Daniel Laigre 54 FRA 13.92 Garry Gallagher 55 GBR 13.51
Pat Boubonneux 48 FRA 12.26 Shot Put M40+
Pierre Bonnet 54 FRA 14 57
Ilans Schouten 46 NET 13.77 Jean Grunenwald 55 FRA 13.73 Discus M40+
Sandor Katona 53 FRA 52.66 Pierre Bonnet 54 FRA 47.64
Robt Van Schoor 46 BEL 46.72
Ilammer M40+ Dominique Bonal 53 FRA 53.14 Rinus Schreuder 41 NET 48.04
Jean Vandeville 52 FRA 45.04
Javelin M40+ Jacques Duchatea54 BEL 54.80
Louis Gradit 54 FRA 54.48 Alain Rodriguez 55 FRA 51.62
100m W35+ M AmayeMerlini 60 FRA 12.26
Tilly Verhoef 56 NET 12.47 Carol Eveleigh 59 GBR 12.82
M AmayeMerlini 60 FRA 25.07
Liliane Mandema 59 NET 26.41 Claudette Bonnet52 FRA 27.27
400m W35+
Tilly Verhoef 56 NET 57.65 Sonja Kuipers 57 NET 59.60 Annie Knipping 46 BEL 59.69
800m W35+
Nadine Suze 59 FRA 2:14.95 M Schrynemaker59 NET 2:17.04
Petra Limpt 54 NET 2:18.01 1500m W35+
Diane Teygeman58 BEL 4:41.90 Sophie Arnoux 61 FRA 4:45.05
Francoise Duvl54 FRA 4:46.81 5000m W35+
Laure Blanc 57 FRA 17:22.3 Sylv Gefrav 53 FRA 17:35.4
Gerda DeHaes 52 BEL 17:37.3
Chris Leux 61 FRA 14.80  J Brown GBR 16.16
Veron Knipping BEL 16.41
400mH W35+ Chris Leux 61 BEL 65.71
Gerda Benders 61 NET 68.60 Joelle Bernard 56 FRA 71.11
4x100m Relay W35+ France (Desmier/Levard/Bon-
net/Ameye-Merundi) 49.83 Netherlands (Kuiners/Akk-
erman/Torbijn/Verhoef) 50.16 Belgium (Knipping/Dekeyser/
DeRoock/Bouweraets) 52.82
8elgium (Duchene/Knipping/
Wright/Hannes) 4:05.21 Netherlands (v/d Ven/Mandema/
V Limpt/Benders) 4:06.49 France (Gouasmia/Daval/Gould-
Dupuit/Leux) 4:12.68

	_		
High Jump W35+			
Anne Levard		FRA	1.55
Linda Bonduelle		BEL	
Sjan Roest	59	NET	1.45
Long Jump W35+			
Anne Levard		FRA	
Anne Bowerarts		BEL	
J Brown		GBR	5.14
Triple Jump W35	+		
Danielle Desmie	r49		
Evie Roelands			10.69
J Brown		GBR	10.67
Shot Put			
Leone Bertimon			13.74
Els Stolk			12.78
Tine Schenkels	55	NET	12.46
Discus W35+			Mark .
Els Stock	57		42.88
Tine Schenkels	55		41.92
Leone Bertimow	50	FRA	40.30
Hammer			
Annie Bellanger	51	FRA	45.76
Evelyne Quentin	52	FRA	39.40
Jennifer Cunnar	e57	GBR	39.00
Javelin			
Marie Donzelot			41.42
Leen Wuyts	50	BEL	36.20
Evaun Williams		GBR	33.24
3000m Racewalk	W35	+	
Nadine Mazuir	50 F	TRA 1	4:25.24
D Alvergne	57 F	TRA 1	4:39.01
Frieda Dewolf	43 E	BEL 1	6:14.03
5000m Racewalk	M40	)+	
			1:53.26
G Dejonckhere			
Chris Hobes	55 (	GBR 2	4:42.40
8th WAVA Oce Champi Tahiti; J *Record #Rec	ons	6-13	23005
100	-5	Caul	Sileu

	Tahiti; July 6-1			
*Record #Rec Established				
100	The State of the S	Sal Taran		
M30	G Jankowski AUS	12.2		
M35	J Hamau TAH N Barff TAH	12.7		
M40 M45	N Bartt IAH	13.2		
M55	M Sharkey NOR S Foster NZL	12.2		
		13.1		
MOD	H Coogan AUS S Hogg NZL	22.2		
		14.8		
W40	M Tamarii TAH	15.6		
W45	A Hathaway NZL S Dingwall NZL	14.6		
W50 W55	S Dingwall NZL G Seymon AUS	15.8		
W60	G Seymon AUS L Hinton NZL	17.1		
W65	L Hinton NZL J Jacobs NZL	17.7		
200	The second	4 6 6 6 6		
M30 M35	G Jankowski AUS	26.2		
M35	J Hamau TAH	26.8		
446	Noel Barff TAH M Sharkey NOR	27.4 25.4		
M50	J Payne AUS	26.6		
M55	S Foster NZL	27.8		
M60	H Coogan AUS	26.3		
M70	J Payne AUS S Foster NZL H Coogan AUS M Dauphinet AUS	31.0		
M80	S Hogg NZL	53.8		
W40	M Tamarii TAH	31.8		
W40	S Dinowall N71	32.5		
W65	J Jacobs NZL	39.0		
W75	P McArthur NZL	51.4		
400	H Coogan AUS M Dauphinet AUS S Hogg NZL M Tamarii TAH A Hathaway NZL S Dingwall NZL J Jacobs NZL P McArthur NZL			
M30	G Jankowski AUS			
M45	M Sharkey NOR	58.5		
M50	J Payne AUS	60.5		
MSO	H Coopen Alls	63.1 59.2		
M70	M Dauphinet AUS	71.1		
W45	S Foster NZL H Coogan AUS M Dauphinet AUS T Ramanui NZL	66.8		
W50	F Harris AUS	73.1		
W55	F Harris AUS J Chandler NZL	72.3		
m/U	F MCartiur# NZL	129.1		
800a M35	M Lord FIJ	2.20 1		
		2:26.1		
M60	L Williams NZL	2:37.8		
M65	L Williams NZL T Cumming NZL J Jones NZL G McPherson T Ramanui NZL	3:16.3		
M70	J Jones NZL	3:00.6		
M75	G McPherson	3:31.6		
W45	T Ramanui NZL F Harris AUS	2:39.1		
W55	J Chandler* NZL	2:55.4		
W60	J Miles NZL	3:36.1		
1500	· CONTRACTOR AND AND ADDRESS.			
435	M Lord FIJ	4:56.8		
445	M Radcliffe NZL			
450	B Wells NZL	4:51.8		
460	J Tobin N71	6:04 0		
165	H Mein NZL	5:39.4		
470	J Eccles NZL	5:44.5		
175	J Seymon AUS J Tobin NZL H Mein NZL J Eccles NZL G McPherson NZL S Greathead AUS S Waru NZL	7:09.5		
140	S Greathead AUS	5:46.3		
145	S Waru NZL J Miles NZL	5:33.9		
5000	J Miles NZL	6:53.3		

,,	M LUIU FID	4.00.0
15	M Radcliffe NZL	4:39.9
50	B Wells NZL	4:51.8
55	J Seymon AUS	5:13.7
60	J Tobin NZL	6:04.9
35	H Mein NZL	5:39.4
70	J Eccles NZL	5:44.5
15	G McPherson NZL	7:09.5
10	S Greathead AUS	
	S Waru NZL	5:33.9
60	J Miles NZL	6:53.3
000	· Militallemater -	Columbia.
35	M Lord FIJ	19:13
15	M Clark N71	17:26

435	M Lord FIJ	19:13
145	M Clark NZL	17:26
450	W Wells NZL	- 18:09
455	J Seymon AUS	18:46
460	J Tobin NZL	23:31
165	H Mein NZL	21:07
470	J Eccles NZL	20:58
<b>V35</b>	C Wenger TAH	23:41
140	S Greathead AUS	21:53
	C W 1171	

W45 S Waru NZL
W55 D Collin NZL
W60 J Miles NZL
2000m Steeplechase
M60 I Anderson NOR 20:17 26:43 24:42 10:19.0 Continued on next page

October 1990	Marie David			Natio	nal Ma	isters News	The state of the s	Andrew Circles		page 33
Continued from previou	s page			5 Charles Williams	13.45	M50 Bruce Campbell 1:05.46	W35 Jenny Brow	n 11.18	W40 Beatrice Simp	
M65 H Mein NZL	8:59.9			O Douglas Adair	13.70	M55 Martin Simmonds 1:07.81 M60 Gordon Daborn 52.37	W40 Gwen Cunni		W45 Lesley Shrost W50 Margery Swint	
M70 J Eccles* NZL	8:41.8	M80 S Hogg NZL 18	.60 M8	O Colin Fairey*	15.79	M70 Les Williams 1:00.51	W50 Marlene Si W60 Carina Gra		W55 Carole Derrie	en 27.74
W50 E Mercer# AUS 3000m Steeplechase	10:30.4			5 Carol Eveleigh O Margaret Smith	12.46	W35 Jane Low 1:01.52	Shot Put	With De Be	W60 Barbara Dunsf W65 Jo Ogden	ford 20.98 20.14
M35 M Lord FIJ	12:02.0	W50 M Thomas AUS 35	.38 W4	5 Maureen Lewington		W40 Carole Filer 1:09.22 High Jump	M40 Malcolm Fe M45 Bruce Hold		Javelin	
M45 W Bowmar NZL M50 W Wells NZL	12:42.8			O Valerie Parson 5 Jean Hall	13.30	M40 Bob Smith 1.70	M50 Eric Barke	13.02	M40 David Abernet M45 Chris Arnold	
M55 J Seymon AUS	12:51.2		.24 W5		14.33	M45 Boh Minting 1.60	M55 John Scott M60 Michael Mc		M50 Mike Turner	48.48 46.68
80m Hurdles	100	Javelin	W6	5 Jo Ogden	15.14	M50 Sean Power 1.60 M55 Anthony Mackay 1.40	M65 Jaroslav		M55 Roger Bartlet	t 44.98
M60 L Williams# NZL M70 L Childs AUS	18.2 25.6		.38 W7	5 Peggy Taylor	23.12	M60 Tony Bateman* 1.59	M70 Ian Adams	8.03	M60 Joseph Philli M65 Clive Adlam	ps 43.06 25.68
W45 B Church NZL	18.5	M55 F Goodall NZL 36	.12 M4	O Steve Peters	22.40	M65 Jack Cross 1.26 M70 Ian Adams 1.26	M75 Bernard Me M80 Colin Fair		M75 John Dooley	21.28
W50 R Rooney NZL	21.8			5 Douglas Lucas	23.91	W35 Jenny Brown 1.66	W35 Alyson Hou	rihan 11.65	M80 Colin Fairey	14.08
100m Hurdles M50 B Wells NZL	21.8			O Geoff Barratt  5 Mike Garvey	25.09	W40 Gwen Cunningham 1.45	W40 Vilma Thom W45 Gillian Ho		W35 Alyson Hourih	
M55 S Foster* NZL	19.4	M75 D Scratton NZL 27	.98 M6	O David Burton	26.39	W50 Pat Oakes 1.25 W55 Janet Phillips 1.25	W50 Barbara Te		W45 Theresa Stone	man 23.50
110m Hurdles	10.0			5 Peter Fiels O Douglas Adair	28.63	Pole Vault	W55 Jenny Evan		W50 Carol Morris W55 Carole Derrie	26.70 n 19.28
M30 G Jankowski AUS M35 J Tufaimea TAH	19.8			5 Sylvester Stein	34.06	M40 Graeme Leckie 3.40 M45 Bruce Hendrie 3.00	W60 Averil Wil W65 Jo Ogden		W60 Carina Graham	
300m Hurdles				O Colin Fairey	35.05	M50 Glyn Sutton 4.15	Discus	Ex 15 (PA . Nº 140)	W65 Jo Ogden	28.52
W50 E Mercier AUS	55.8 61.0	W55 H Searle AUS W60 I Bishop NZL		5 Carol Eveleigh O Gwen Cunningham	26.04 27.56	M55 Godfrey Benson 3.30	M40 David Aber		W75 Mary Wixey W80 Mavis William	9.58 8.66
400m Hurdles	01.0	W65 W Pepene* NZL 25	.40 W4	5 Vivien Bonner*	26.47	M60 Jim Day 2.90 M65 Alfred Woods 2.90	M45 Peter Gord M50 Chris Elli		3000m Racewalk	THE PERSON NAMED IN
M30 G Jankowski * AUS				O Valerie Parsons 5 Jean Hall*	27.82 30.06	W35 Deborah Singleton 2.20		entleman 39.86	M40 Colin Bradley	14:15.11
M35 F Dupouy TAH M50 J Payne AUS	65.7 73.6	Pentathlon		O Carina Graham	33.11	W40 Gill Hevingham* 2.30 W45 Carole Eames* 2.25	M60 Michael Mc M65 Jaroslav H		M45 Bob Care M50 Bob Dobson	13:32.42
M55 S Foster NZL	71.0	M50 J Payne AUS 2		5 Jo Ogden	31.75	Long Jump	M70 Jack Swint		M55 Ed Shillabeer	15:23.32
Pole Vault M30 G Jankowski AUS	2.20			O Monica Shone** 'S Peggy Taylor	33.19 51.75	M40 Paul Oakes 5.92	M75 John Doole	The second of th	M60 Dave Stevens	15:32.52
M60 P Maye AUS	1.60		130 40	0.	238	M45 Paul Pinnington 5.93 M50 Peter Duckers 5.59	W80 Harald Kar W35 Claire Can	and orbidated to the	M65 D Fotheringha M70 Len Creo	16:55.56 17:42.88
M70 L Childs AUS	1.60			O Steve Peters Douglas Lucas	50.85	M55 Mike Garvey 5.34	W40 Jacky Wrig	ht 41.14	M75 Arthur Keiley	
W50 R Rooney NZL High Jump	1.50			O Graham Pope	56.50	M60 Tony Bateman 5.32	W45 Valerie Bo		M80 J Grimwade**	18:52.85
M45 P Leontieff TAH	1.42	W65 W Pepene NZL 2	989 M5	5 M Simmonds	1:00.8	M65 Clive Adlam 4.61 M70 George Bridgeman 4.15	W50 Marlene Si W55 Carole Der		W35 Annie Brewste W45 Ann Lewis	16:19.51
M50 R Nerac TAH	1.33	The state of the s			1:06.10	W35 Jenny Brown 5.23	W60 Averil Wil	liams 19.86	W50 Jill York	18:43.36
M55 L Low FIJ M65 C Bishop NZL	1.36	Weight Pentathlon M35 S Lakafia NCL 3	700 M7	O John Quantrell	1:10.80	W40 Carole Filer 5.13 W45 Emily McMahon 4.64	W65 Jo Ogden* W75 Mary Wixey	21.20	W55 Jenny Evans W60 Pamela Horwil	20:10.99
W45 N Bowmar NZL	1.28	M45 C Murch NZL 3	211 W3	5 Lynn Talbert	59.4	W50 Marlene Simmonds 4.28	W80 Mavis Will		5000m Racewalk	017, 20 24 L
W50 E Mercer AUS W55 G Seymon AUS	1.10		300 W4	5 Brenda Elliott	1:02.6	W55 Iris Holder 3.98 W60 Carina Graham* 3.87	Hammer MAO Malcolm Fe	nton se no	M40 Colin Bradley	
W60 I Bishop NZL	0.93	M60 P Gatti AUS 2	889 W5	O Yvonne Priestman	1:06.2	W75 Mary Wixey 2.46	M40 Malcolm Fe M45 Peter Gord		M45 Bob Care M50 Peter Hannell	22:41.90 25:19.80
W65 W Pepene NZL	1.02	M65 A Grayburn NZL 3	148 85	5 Jean Hulls O Mary Holmes	1:09.3	Triple Jump	M50 Chris McIl	luish 50.14	M55 Ed Shillabeer	25:37.10
Long Jump M30 G Jankowski AUS	5.20		684 W6	5 Toni Borthwick	1:19.8	M40 Gary Gallagher 13.05 M45 David Folgate 11.72	M55 William Ge M60 David Baye		M60 Dave Stevens M65 D Fotheringha	26:39.70 m 27:39.34
M35 J Hanuse TAH	5.08	The state of the s	267 800		1:57.51	M50 Sean Power 12.60	M65 Jaroslav H	lanus 32.34	M70 Len Creo	30:18.04
M40 N Barff TAH M45 N Peters AUS	5.49		630 M45		2:07.15	M55 David Whitton 9.00 M60 Joseph Phillips 9.55	M70 Jack Swint M75 Roger Spik		W45 Ann Lewis*	27:02.29
M50 J Payne AUS	4.57				2:13.10	M60 Joseph Phillips 9.55 M65 Ajit Kalarai 9.35	W35 Claire Can		W50 Sally Haynes W60 Pamela Horwil	32:48.69 1 32:01.26
M55 L Low FIJ M60 P Maye AUS	3.47	W55 H Searle AUS 4	596 M60		2:23.13	A COLUMN TO STATE OF THE PARTY	The state of the	45.20	A SAMO TO STATE OF THE SAME	May Harry State
M65 C Bishop NZL	3.51		310 M65	Eric Shirley 2	2:48.06	North & Central American ar	nd Caribbean	W60 1 Rita Kerr	61 USA	15.57 85.28
M70 M Dauphinet* AUS			561		2:50.15	WAVA Regional Champl Eugene, OR; Aug. 2		2 Louise Reed	61 CAN	16.00 83.01
W40 M Tamarii TAH	2.03 3.66	6K Cross-Country (Women)	WAC		2:19.51	M30-39 100 METER DASH	TRANSPORT OF	3 Janet Holmes	PRINCIPLE OF SERVICE	16.74 79.38
W45 B Church NZL	3.36			Sue James 2	2:33.11	M30 1 Paul Scarlett 33 USA	10.89 90.5%	1 Shirley Die	derich 69 USA	18.72 74.2%
W50 F Harris AUS W55 L Hinton NZL	3.73		:40 W55		2:22.03	2 Art Anderson 30 USA	10.98 89.8\$	W70 WYES A SHEET	1 William Bi	STREET, PERSON
HOO I DISHOP HEL	2.62	W55 L Foster NZL 27 W70 P McArthur NZL 47	.45 W60	Pamela Jones* 2	2:54.93	1 Derek Holloway 35 USA		2 Johnnye Vali		16.45 88.98 17.69 82.78
W65 C Blair NZL W70 P McArthur NZL	3.27	9K Cross-Country (Men)	150	T Borthwick** 2	2:57.97	2 Karry Cameron 38 USA 3 Rodney Wilson 37 USA	11.61 86.18	W75		21.04 69.5%
Triple Jump	1.81		50 M40	David Wilsock 4	4:05.82	M40 100 METER DASH 1 Thomas Jones 42 USA	11.51 89.7%	1 Margaret Him 2 Diane Friedm		18.30 84.91 19.88 78.11
M30 G Jankowski AUS	10.60		-20   #45		4:14.83 4:40.92	2 Thomás Dickson 43 CAN 3 John Wells, Jr. 42 USA	11.67 88.5%	3 Irene Crane	78 USA	25.92 59.9%
M45 N Peters AUS M50 R Nerac TAH	7.37				4:41.09	4 Edward Gonera 44 USA 5 Roger McIntosh 43 USA	11.74 87.98 12.13 85.18	M30 200 METER	Total San San Marian	THE STOLEN
M55 L Low FIJ	10.31	M70 J Eccles NZL 39	MOC		4:48.25	6 Bob Blackburn 40 USA	12.56 82.28	1 Art Anderson	30 USA	22.20 88.81
M60 L Williams NZL	8.92	M35 J Kerneves TAH 1:0	8.4 M70		5:35.87 5:31.86	M45 100 METER DASH 1 Jean Lemieux 45 CAN	12.14 87.98	2 Paul Scarlet 3 Gonzalo Ange	les 33 MEX	22.56 87.4% 27.04 72.9%
M65 C Bishop NZL M70 L Childs* AUS	7.03 6.60		0 3 W35	Deborah Howard 4	4:51.92	2 Robert Hahn 45 USA 3 Roy Chubb 46 CAN	12.36 86.48	M35 200 METER	DASH	22.79 88.0%
M80 S Hogg* NZL	5.16	M55 J Seymon AUS 1:0	4.6		4:50.88 4:56.41	4 Dick Clintworth 49 USA M50 100 METER DASH	14.09 75.8%	2 Karry Camero 3 Doug Schneeb	n 38 USA	24.03 83.5% 25.60 78.4%
W45 N Bowmar NZL W50 R Rooney NZL	8.20 7.09			Carolyn Oxton** 4		1 Stephen Robbins 53 USA	11.58 95.38	4 Rodney Wilso	n 37 USA	25.71 78.08
W55 G Seymon AUS	7.52		2.4		8:07.84	3 Ian Andrews 51 CAN	11.99 92.08 12.66 87.28	1 Thomas Jones	42 USA	23.34 89.01
W60 I Bishop NZL	5.43		4.5 W6		5:59.96 6:39.25	4 Larry Armstrong 54 USA 5 Paul Gilbert 53 USA	13.60 81.18	2 Edward Goner 3 Jim Andrew	a 44 USA 44 USA	23.54 88.2% 23.65 87.8%
W65 C Blair NZL Shot Put	7.09		1.4 500	00m	Daniel Charles	M55 100 METER DASH 1 Paul Edens 55 USA	12.06 94.61	4 Thomas Dicks	on 43 CAN	24.40 85.18 25.05 82.98
M35 S Lakafia* NCL	14.10	W55 D Collin NZL 1:4	2.2		5:21.70 5:36.50	2 Vict Valles Arrieta 58 MEX 3 Norman Reynolds 57 CAN	12.78 89.21		sh 43 USA	25.13 82.6%
M40 J Geoffray TAH M45 D Josien NCL	9.69	W70 L Warman NZL 2:2 3000m Track Walk	M50	Martyn Rouse 16	6:21.58	4 Abelar Lopez-Suarez 55 MEX	13.57 84.0%	M45 200 METER		DQ
M50 R Nerac TAH	9.15	M35 L Herault TAH 20	1.22 Met	David Spencer 17		5 Walt Butler 55 USA 6 Paul Stepan 58 USA	13.67 83.4% 14.17 80.5%	1 Jean Lemieux 2 Robert Hahn		24.79 86.81 25.13 85.61
MSS M Katmadas AUS	10.66	M55 J Seymon* AUS 18	Me	D Harry Clayton 18 5 William Davies 20	8:19.40 0:20.07	7 Eric Wisneth 57 CAN M60 100 METER DASH	16.23 70.3	3 Roy Chubb	46 CAN	26.38 81.6%
M60 K White AUS M65 A Grayburn NZL	9.09	2.00	M70	Ronald Hale 21	1:34.05	1 Milton Newton 62 USA 2 Bob Dobbs 62 USA	12.84 91.98 13.00 90.88	4 Philip Gnesi M50 200 METER	DASH	28.13 76.5%
M70 F Jekabsons AUS	12.03	W55 L Foster NZL 18	1:14 W35	Leonard Jones 25 A Fletcher 17	7:52.98	3 Monty Hacker 61 RSA 4 Bob Golly 61 USA	13.18 89.6% 13.57 87.0%	2 Peter Crombi	e 51 AUS	23.36 95.5t 24.16 92.3t
M75 D Scratton* NZL M80 S Hogg* NZL	10.46 7.39		1:24 W40	M Eldridge 18	8:24.56	M65 100 METER DASH	Spinos, Afleyed	4 Francisco Ma	chado 50 CAN	25.46 87.6% 26.09 85.5%
W35 S Pito TAH	9.51	10K Walk	W50		9:31.87 9:51.78	1 John Poppell 66 USA 2 Jack Coy 65 USA	13.14 93.38 13.54 90.68	5 Harold Morio 6 Paul Gilbert	ka 53 CAN	26.98 82.68 29.33 76.08
W45 C Schultz AUS W50 M Thomas AUS	12.66	M60 M Hinton NZL 58	1:13 W55	5 Maureen Farish 22	2:09.76	3 Dick Cottingham 68 USA 4 Frank Kishi 65 USA	14.60 84.08	- Ian Andrews	51 CAN	DNF &
W55 H Searle AUS	12.49				1:37.63	5 John Nelson 66 USA M70-79 100 METER DASH	15.72 78.0%	1 Paul Edens	55 USA	24.75 93.48
W60 I Bishop NZL	7.34	W60 T Baarslas AUS 75	5:57	,000m	ALCOHOL:	M70	THE PERSON	2 Charley Mill 3 Vict Valles	Arrieta 58 MEX	25.49 90.78 26.52 87.18
W65 W Pepene NZL W70 P McArthur NZL	7.11 5.45	The second secon	9:10 M4	O Michael Girvan 3		1 Thomas Miller 72 USA M75	15.79 81.2%	M60 200 METER	DASH	
W85 R Frith# AUS	5.42	M35 TAH: J Hamau, J			3:16.58	1 Milton Silverstein 76 USA 2 Roderick Parker 77 USA	14.29 94.5% 14.85 90.9%	1 Milton Newto 2 Ralph Romain	64 TRIN	26.01 92.18 26.26 91.28
M30 G Jankowski AUS	18.40	Hanuse, N Barff,	M5	5 Geoff Harrold 3	5:42.77	3 Albert Fairchild 78 USA M80+ 100 METER DASH	19.03 70.98	4 Bob Dobbs	61 RSA 62 USA	27.10 88.4% 27.79 86.2%
M45 J Duhaze* TAH	39.46	J Tufaimea M45 FIJ: B Lang, L Low,		O Ray Davidson 3: 5 William Davies 4:	7:21.86	M80 1 Clarence Trahan 81 USA	or life vineting	M65 200 METER	DASH	THE THE LOCAL
M50 J Payne AUS	27.40	M Lord, S Michael	1.7 M7	O Ron Atherton 4	1:08.32	2 Bert Morrow 83 USA	18.47 77.71	1 John Poppell 2 Earl Fee	67 CAN	27.44 91.08 27.84 89.78
M55 M Katmadas* AUS M60 P Gatti AUS	34.94	M60 AUS: K Thew, M	M8	O Leonard Jones 5	3:55.74	3 Manuel Gonzales 83 MEX	33.62 42.71		65 USA 68 USA	27.86 89.6% 30.42 82.1%
M65 A Grayburn NZL	33.68	Dauphinet, H Coogan, P Gatti			7:43.30	W30-39 100 METER DASH	I I I MAN AT AT A T	5 Dick Cotting 6 Frank Kishi	68 USA 65 USA	30.92 80.78
M70 F Jekabsons AUS M75 D Scratton NZL	36.74 26.90	W45 NZL: S Dingwall, T	W4	5 Z Marchant** 3	6:30.30	1 Joy Upshaw-Margerum 35 USA	12.53 87.38	M70-79 200 ME		THE STANFOLD SALES
M80 S Hogg NZL	16.98	Ramanui, A Hathaway,		O J Ottaway USA 3	7:26.80	W40 100 METER DASH	14.10 77.68	1 Thomas Mille	r 72 USA	34.22 76.58
W30 S Pito TAH	37.38	W55 NZL: C Blair, L				1 Denise Foreman 2 Irene Thompson 40 USA 42 USA	13.00 87.5% 13.04 87.2%	M75 1 Roderick Par		30.55 90.7%
W40 S Playford NZL W45 C Shultz* AUS	21.04	Hinton, J Jacobs,	Sh	ort Hurdles	The state of	3 Denise McField 40 USA 4 Rebecca Mitchell 42 USA	13.28 85.6% 14.88 76.4%	M80+ 200 METE		ald by a damp and
W50 M Thomas AUS	30.36	J Chandler 1:0		O Roger Honey S Brian Webster	15.80	5 Mette Fossberg 44 NOR	14.94 76.18	1 Clarence Tra	han 81 USA	36.12 81.81
W55 H Searle AUS	29.62	BVAF Championships		O Barry Ferguson	15.90	6 Anita Alwa W45-54 100 METER DASH	15.68 72.58	2 Milo Lightfo 3 Bert Morrow	ot 82 USA 83 USA	37.23 79.48 39.72 74.48
W60 C Brunker NZL W65 W Pepene NZL	20.16	Exeter, Devon, England	1; M5	5 Anthony Mackay	18.65	1 Mary Libal 46 USA	12.75 92.78	4 Manuel Gonza W30-44 200 ME	les 83 MEX 1	:14.38 39.78
W70 P McArthur NZL	13.92	Aug. 10-11	M6	O Colin Shafto S Jenny Brown	16.26	2 Rhona Trott 47 CAN	14.31 82.6%	W35		35 44 54
W85 R Frith# AUS	11.64	* British Record **Pending World Record		O Carole Filer	12.63	1 Nadine Lowenstein 51 USA 2 Rosalie Carman 52 USA	14.64 83.8% 15.04 81.6%	2 Shellie Bank	argerum 35 USA 38 USA	25.66 86.2% 29.15 75.8%
Hammer	14.92	100	W4	5 Jean Fail	13.04	3 Mary Robinson 54 USA	15.29 80.3%	1 Denise Forem	an 40 USA	26.87 85.6%
		M40 Kwadwo Ansah		O Marlene Simmonds O Carina Graham*	14.50	4 Marlene Sachs 52 USA 5 Caroline Cooney 50 USA	15.34 80.08 15.89 77.28	2 Jacqueline B 3 Mette Fossbe	oard 43 USA	26.93 85.48 30.93 74.48
M30 G Jankowski AUS M35 S Lakafia* NCL	52.20									/11146
M30 G Jankowski AUS M35 S Lakafia* NCL M45 J Duhaze TAH	46.06	M45 Mike Hemmings		ng Hurdles	-11	6 Rose Schlewitz 54 USA	17.83 68.8%	4 Rebecca Mitc	hell 42 USA	31.32 73.5%
M30 G Jankowski AUS M35 S Lakafia* NCL	46.06 27.72	M45 Mike Hemmings 1 M50 Geoff Barratt 1	2.22 Lo	ng Hurdles	59 35	W55-69 100 METER DASH	16.46 77.5%		hell 42 USA reasson 42 USA	31.32 73.58 41.42 55.58 on next page

page 34	National M	lasters News	October 1990
Continued from previous page	M50 800 METER DASH 1 Rich Tucker 51 USA 2:13.48 87.4%	W30-39 1,500 METER RUN	M50-59 100 METER HIGH HURDLES
W45-59 200 METER DASH	2 Fred Judson 50 CAN 2:15.33 86.2% 51 CAN 2:17.87 84.6%	2 Jeanie Bezdan 32 CAN 4:45.93 80.68	1 Fred Johnston 50 USA 15.12 89.4% 2 Jess Brewer 50 CAN 15.86 85.3%
1 Mary Libal 46 USA 25.82 2 Rhona Trott 47 CAN 29.48 3 Martie Behrens 48 USA 30.96	1.3% 5 Marty Stitsel 50 USA 2:27.17 79.3%	NJ5	3 Bob Osterhoudt 54 USA 16.99 79.6% M55 1 Walt Butler 55 USA 14.49 98.4%
4 Socorro Rodriguez 48 MEX 35.91	7 Larry Smith 51 USA 2:29.33 78.18	2 Sue Grigsby 39 USA 4:50.49 81.2% 38 USA 4:52.85 80.5%	1 Walt Butler 55 USA 14.49 98.47 2 Charley Miller 59 USA 14.98 95.17 M60-69 100 METER HIGH HURDLES
1 Nadine Lowenstein 51 USA 30.13 2 Mary Robinson 54 USA 32.03	7.98 MSS 800 METER DACH	4 Jennifer Ditchfield 37 CAN 5:03.86 77.6% 5 Mary Russell 39 USA 5:15.85 74.79	M60 1 Hector Cisneros 62 USA 19.12 75.6%
3 Caroline Cooney 50 USA 33.24 W60-74 200 METER DASH W60	1 Don McMillan 55 USA 2:14.58 90.38 2:15.72 89.68	W40-49 1,500 METER RUN	2 Bob Golly 61 USA 21.59 66.9% M65
1 Rita Kerr 61 USA 32.89 2 Louise Reed 61 CAN 33.62		2 Marne McMillan 44 CAN 4:57.53 82.5%	1 James Stookey 66 USA 17.13 90.0% 2 Ray Propst 67 USA 20.89 73.8% W30-39 100 METER HIGH HURDLES
3 Janet Holmes 63 CAN 36.05 W65	6 Bobby Fischer 56 USA 2:29.94 81.18	3 Ann Barnes 40 CAN 5:11.78 78.8% 4 Colleen Rhay-Stone 42 USA 5:45.96 71.0% W45	W30 1 Pamela Reynolds 32 USA 17.76 68.7%
1 Shirley Dietderich 69 USA 42.58 W70 1 Patricia Peterson 70 USA 34.80	7.03 1 James Aneshansley 61 USA 2:24.04 88.38 2 Ken Ogden 60 USA 2:34.18 82.48	2 Linda Findley 48 CAN 5:07.11 83.4%	W35 1 Joy Upshaw-Margerum 35 USA 15.16 84.7%
1 Patricia Peterson 70 USA 34.80 2 Johnnye Valien 71 USA 36.87 3 Mary Norckauer 71 USA 47.75	1.8% 4 James Keat 64 USA 3:03.91 69.1%	3 Carol Jackson 49 USA 5:41.38 75.08 4 Mary Hartzler 47 USA 5:51.02 73.08	project of article of the second of the
W75+ 200 METER DASH	M65 800 METER DASH	W50-59 1,500 METER RUN W50 1 Avril Douglas 50 CAN 5:16.54 84.7%	M30-39 110 METER HIGH HURDLES
1 Margaret Hinton 75 USA 41.07	e ne 12 Paul Heitzman 65 USA 2:26.83 91.0%	1 Avril Douglas 50 CAN 5:16.54 84.7% 2 Georgine Cook 53 CAN 5:51.87 76.2% 3 Rose Schlewitz 54 USA 7:58.98 56.0%	1 Shaun McAlmont 30 USA 15.46 82.28 M35
W90	66.9% 3 Tom Brinton 68 USA 2:30.32 88.9% 67 USA 2:32.01 87.9% 67 USA 2:32.01 87.9% 68 USA 2:36.30 85.5% 67 USA 2:36.30 85.5%	W55 1 Madeline Bost 57 USA 5:58.20 78.6%	1 Tony Amerson 37 USA 15.26 86.8% 2 Doug Schneebeck 36 USA 15.99 82.9% 3 Karry Cameron 38 USA 16.25 81.6%
1 Myra Fromme 92 USA 1:38.99	6 Rodney Brown 69 USA 2:43.39 81.88 7 Al Escobosa 68 USA 2:48.47 79.38	2 Marilyn Morehead 56 USA 6:09.27 76.2% 3 Laura Stepan 57 USA 8:00.76 58.5%	M40-49 110 METER HIGH HURDLES
M3Ö-39 400 METER DASH	M70+ 800 METER DASH	W60+ 1,500 METER RUN W60 1 Jean Horne 63 CAN 5:46.10 85.8%	M40 1 David Ortman 43 USA 16.29 84.9% 2 George Hall 43 USA 17.80 77.7%
1 Vaughan Kastor 31 USA 52.12	2 Arthur Wilson 72 CAN 3:09.35 74.76		3 Vincent Costello 43 USA 18.03 76.78
1 Karry Cameron 38 USA 54.22 M40 400 METER DASH	1 Alfred Funk 82 USA 3:09.64 86.08	4 Helly Visser 62 CAN 6:02.56 81.98	1 Don Roberts 46 USA 18.11 80.0%
1 Edward Gonera 44 USA 51.24 2 Jim Andrew 44 USA 51.30	0.0% 3 Manuel Gonzales 83 MEX 4:03.70 66.9% 9.9% W30-39 800 METER DASH	6 Dolores Cabrera 60 MEX 7:23.18 67.0%	J John Solms 48 RSA 22.22 65.28
3 Mike Pannell 42 USA 52.95 4 Bill Cheadle 43 USA 54.74 5 Thomas Hartshorne 42 USA 56.66	4.21 1 Sheri Wright 32 USA 2:18.16 81.79		M60+ 300 METER INT HURDLES
6 Jua Belausteguigoit 40 MEX 57.23 7 Robert Johnson 40 USA 59.01	0.6% 3 Doreen Groshan 33 USA 2:24.39 78.1%	2 Cat Rodriguez Romer 72 MEX 7:19.20 76.7%	1 Hector Cisneros 62 USA 54.00 77.6%
M45 400 METER DASH 1 Jean Lemieux 45 CAN 56.16	4.91 W35		M65 1 Earl Fee 67 CAN 47.61 93.5%
2 Alex Constantinou 45 USA 56.22 3 Philip Gnesin 46 USA 1:02.06 M50 400 METER DASH	6.8% 2 Debbie Eerkes-Dove 39 CAN 2:21.39 82.5% 3 Sue Grigsby 39 USA 2:21.91 82.2%	M30-49 5,000 METER RUN M35	2 James Stookey 66 USA 52.48 84.8% 3 Ray Propst 67 USA 58.51 76.1% M75
1 Peter Crombie 51 AUS 54.34 2 Rich Tucker 51 USA 56.57	1.0% 4 Mimi Ney 38 USA 2:26.01 79.9% 5 Mary Russell 39 USA 2:33.97 75.8%	1 Randy Bullerwell 39 CAN 15:31.67 83.8% 2 Steve Kretsinger 37 USA 16:09.57 80.5%	1 Daniel Bulkley 79 USA 1:00.49 85.3% W65+ 300 METER INT HURDLES
3 Francisco Machado 50 CAN 57.31 4 David Romain 54 TRIN 59.79	6.38   W40-49 800 METER DASH	3 Luciano Campagnolo 35 USA 17:23.13 74.9% M40 1 Marty Higginbotham 40 USA 16:18.92 82.6%	W65 1 Ruth Carrier 65 CAN 1:05.88 80.6%
5 Frank Lulich 50 USA 1:00.40 6 Larry Armstrong 54 USA 1:04.06 7 Garry Cox 53 USA 1:04.67	1.98 1 Beverly Ann Robson 41 CAN 2:19.97 86.88 7.28 2 Marne McMillan 44 CAN 2:21.70 85.78 6.58 3 Anne Mullins 40 CAN 2:26.23 83.18	1 Marty Higginbotham 40 USA 16:18.92 82.68 22 Gerry Holliday 42 CAN 16:22.50 82.38 38 Ric Rojas 44 USA 16:46.39 80.38 48 Bruce Minard 42 USA 17:05.47 78.88 5 John Dickey 42 USA 18:26.02 73.18 6 Doug Smith 44 CAN 20:39.40 65.28	The state of the s
M55 400 METER DASH 1 Bill McIlwaine 57 CAN 1:00.25	4 Ann Barnes 40 CAN 2:32.65 79.68 5.38 5 Jackie Manley 42 USA 2:33.98 78.98	4 Bruce Minard 42 USA 17:05.47 78.8% 5 John Dickey 42 USA 18:26.02 73.1%	M30-44 400 METER INT HURDLES M35 1 Doug Schneebeck 36 USA 57.09 84.9%
2 Abelar Lopez-Suarez 55 MEX 1:02.00 3 Paul Stepan 58 USA 1:05.26	8.71   Hadree De St. CIOIX 43 CAN DAY	MAS ALL PRINCIPLE AND ADDRESS OF THE PARTY O	- Tony Amerson 37 USA DNF 1
- Lew Thorne 57 USA DNF M60 400 METER DASH	1 Mary Hartzler 47 USA 2:49.08 74.98		1 Mike Pannell 42 USA 57.43 88.3% 2 David Ortman 43 USA 58.30 87.0%
1 Ralph Romain 64 TRIN 59.29 2 Ken Ogden 60 USA 1:07.50 3 Hector Cisneros 62 USA 1:10.23	9.48 W50-64 800 METER DASH	4 Chet Thompson 48 USA 19:10.50 72.9% 5 Don Ford 46 USA 19:29.21 71.7%	3 Bill Cheadle 43 USA 59.40 85.3% 4 Rick Easley 42 USA 1:00.58 83.7% 5 Russel Jacquet-Acea 43 USA 1:02.40 81.2%
4 Al Sheahen 64 USA 1:11.71 M65 400 METER DASH	4.7% 1 Avril Douglas 50 CAN 2:24.54 91.7%	7 Douglas Sturm 47 USA 21:04.92 66.38	6 George Hall 43 USA 1:04.49 78.6% 7 Vincent Costello 43 USA 1:04.98 78.0%
1 Earl Fee 67 CAN 1:00.79 2 Jack Coy 65 USA 1:03.43 3 Paul Heltzman 65 USA 1:05.72	8.5% 2 Marilyn Morehead 56 USA 2:55.25 79.3%	M50-64 5,000 METER RUN	M45-59 400 METER INT HURDLES
4 Rodney Brown 69 USA 1:07.88 5 Al Escobosa 68 USA 1:10.98	2.7%   W60 9.1%   1 Jean Horne 63 CAN 2:46.87 87.8%	1 Ellis Boal 51 USA 19:48.34 73.3% 2 Les Castle 50 USA 20:06.47 72.2%	1 Don Roberts 46 USA 1:04.65 82.2% M50 1 Jess Brewer 50 CAN 1:00.72 91.0%
M70+ 400 METER DASH M75 1 Roderick Parker 77 USA 1:13.12	2 Vicki Bigelow 61 USA 2:51.58 85.48 3 Peggy Ainslie 64 USA 3:14.98 75.26 6.18	1 Herb Phillips 56 CAN 17:42.62 85.4%	2 Francisco Machado 50 CAN 1:05.39 84.5% 3 Larry Norris 51 USA 1:05.40 84.5%
1 Milo Lightfoot 82 USA 1:28.98	W65+ 800 METER DASH	J Jerry Reynolds 55 USA 19:16.06 78.5%	4 Fred Judson 50 CAN 1:06.25 83.4% 5 Allen Phillips 53 USA 1:09.69 79.3%
2 Bob Matteson 80 USA 1:30.96 3 Manuel Gonzales 83 MEX 2:01.28	4.5% 2 Nossia Wallishu 65 CM 2:59.76 86.58	5 John Hurley 59 USA 22:21.56 67.7%	W30-49 400 METER INT HURDLES W35 1 Joy Upshaw-Margerum 35 USA 1:04.12 85.5%
W30-39 400 METER DASH W30 1 Jeanie Bezdan 32 CAN 1:63.49	1 Hazel Cameron 72 CAN 3:26.53 80.48 5.48 2 Cat Rodriguez Romer 72 MEX 3:42.44 74.78	1 Roger Davies 61 CAN 18:45.00 84.4% 2 Ken Ogden 60 USA 19:58.92 79.2% 3 Ron Johnson 64 NZ 21:32.57 73.5%	W40 1 Irene Thompson 42 USA 1:14.75 77.2%
1 Jennifer Fisher 36 BER 58.22	5.38 4 Mary Norckauer 71 USA 4:34.33 60.58	4 James Keat M65+ 5,000 METER RUN 64 USA 23:37.40 67.0%	2 Robin Burns 44 CAN 1:27.33 66.0%
2 Sheree Robertson 39 USA 1:03.11 3 Debbie Eerkes-Dove 39 CAN 1:06.23 W40-49 400 METER DASH	4.9% 1 Ivy Granstrom 84 CAN 5:16.28 62.2%	M65 1 Paul Heitzman 65 USA 18:56.78 87.8% 2 James Beall 67 USA 19:54.21 81.6%	M60+ 2,000 METER STEEPLECHASE
1 Denise Foreman 40 USA 1:00.48	5.28 M30-39 1,500 METER RUN	Donald Ross 66 USA 20:32.48 81.0% 4 Patrick Devine 67 USA 20:36.94 80.7%	M60 1 John Hepner 64 USA 8:00.86 86.1% 2 Bailey Abernathy 61 TRIN 8:46.37 78.6%
2 Jacqueline Board 43 USA 1:00.62 3 Marne McMillan 44 CAN 1:02.73 4 Anne Mullins 40 CAN 1:05.25	2.24 M30	5 Luis Torres 68 PR 22:28.75 74.0% 68 USA 25:46.64 64.5% 7 Don Anhorn 69 USA 30:00.30 55.4%	3 Ron Johnson 64 NZ 9:06.08 75.8%
- Irene Thompson 42 USA DQ W45	2 Lee Hurren 31 USA 4:08.50 83.5%	M70	1 Jim Selby 68 USA 8:39.52 85.2% 2 Luis Torres 68 PR 9:03.21 81.4% 3 Efrian Sanchez 67 USA 9:29.07 77.7%
1 Mary Libal 46 USA 58.68 2 Martie Behrens 48 USA 1:10.55 3 Socorro Rodriquez 48 MEX 1:22.30	6.01   Dichard Burns 41 UCA 4:05 90 89 15	M75 1 Norton Jacobs 78 USA 28:05.27 66.9%	M70 1 Don Farquaharson 71 CAN 11:17.02 70.5%
3 Socorro Rodriguez 48 MEX 1:22.30 W50-69 400 METER DASH W50	2 Dave Reed 41 CAN 4:11.32 87.1% 3 Thomas Hartshorne 42 USA 4:18.31 84.8%	M80	M75 1 Daniel Bulkley 79 USA 11:11.40 77.7%
1 Avril Douglas 50 CAN 1:02.95 2 Nadine Lowenstein 51 USA 1:08.92	8.98   5 Alan Favell 41 CAN 4:22.85 83.38	2 Dudley Healy 82 USA 27:16.35 74.4% W30-54 5,000 METER RUN	W30+ 2,000 METER STEEPLECHASE
W55 1 Shirley Matson 55 USA 1:12.29 W60	1, 00%		1 Jennifer Fisher 36 BER 7:24.89 83.5% W55 1 Madeline Bost 57 USA 9:39.15 79.9%
1 Jean Horne 63 CAN 1:14.15 2 Rita Kerr 61 USA 1:15.77	1.28 1 NO THEFE RUN	3 Suzanne Sarto 37 USA 19:45.68 73.4%	Principal Control of the Control of
3 Louise Reed 61 CAN 1:18.37 W65 1 Nessie Hollicky 65 CAN 1:24.54	2 Byron Dyce 48 USA 4:28.88 84.58	1 Linda Findley 48 CAN 19:35.34 80.4% N50 1 Joan Ottaway 52 USA 18:34.18 88.7%	M30-59 3,000 METER STEEPLECHASE
W70 Percent of the second of t	5 Tom Jefferson 48 USA 4:38.45 81.62	2 Pam Turner 50 USA 19:58.54 82.5% Georgine Cook 53 CAN DNF	1 Christopher Yorges 30 USA 9:50.79 81.6% 2 John Hughel, Jr. 34 USA 11:34.68 69.4% M40
1 Cat Rodriguez Pomer 72 MPV 1.27 04	6.51 8 Chet Thompson 48 USA 5:02.39 75.11	W55+ 5,000 METER RUN W55 1 Shirley Matson 55 USA 18:43.65 92,3%	1 Scott Kessler 42 USA 11:34.75 74.68 2 Steve Ottoway 43 USA 11:35.18 74.68 3 Jim Satterfield 44 USA 11:41.57 73.98
4 Mary Norckauer 71 USA 2:08.72	0 Steve Meyers 48 USA 5:14.60 72.2%	2 Christine Curtis 58 USA 21:34 91 80 18	4 Doug Smith 44 CAN 12:19.40 70.18
1 Diane Friedman 75 USA 1:48.59 2 Irene Crane 78 USA 2:12.57 W80+ 400 METER DASH		1 Molly Turner 62 CAN 21:16.58 89.61	1 Gale Pfueller 53 USA 11:41.83 81.5% 2 Larry Norris 51 USA 11:58.60 79.6%
1 Ivy Granstrom 84 CAN 2:23.73	Jake Hadderom 51 CAN 4:46.96 82.3% 4 James Boughter 52 USA 4:48.83 81.89	3 Peggy Ainslie 64 USA 23:46.29 76.61	4 Tom Balcom 54 USA 12:24.25 76.8%
M30-39 800 METER DASH	5 Robert Williams 51 USA 4:55.10 80.08 6 Marty Stitsel 50 USA 5:04.72 77.58 7	5 Dolores Cabrera 60 MEX 26:51.22 67.8%	M55 1 Vern Christensen 55 CAN 13:06.71 76.8%
1 Vaughan Kastor 31 USA 1:55.27	8.28 M55-64 1,500 METER RUN	1 Louise Adams 74 USA 27:22.40 75.41	2 Jim Bevins 58 USA 13:41.19 73.6% 3 John Hurley 59 USA 14:28.39 69.6%
2 Sean McCartin 32 USA 1:59.97 3 Jonathan Silva 30 USA 2:20.01	7.06 1 014 !!	3 Helen Lachman 71 CAN 27:32.25 74.91	M30-44 HIGH JUMP
1 Anselm Lebourne 37 USA 1:55.29 2 Brian Blamey 39 CAN 2:03.63	0.88 3 Desmond O'Rourke 57 USA 4:44.82 86.58 4.68 4 Bobby Kincaid 59 USA 4:52.99 84.18	1 Lenore Marvin 76 CAN 27:29.07 81.0% 1 Ivy Granstrom 84 CAN 38:18.54 63.7%	1 Brian Coushay 32 USA 1.85m 76.7%
3 Bennett Gorecki 37 USA 2:11.14 M40 800 METER DASH	9.8% Sobby Fischer 56 USA 5:07.68 80.1%	Water to the same of the same	M40 1 James Barrineau 41 USA 1.95m 89.8%
2 Dave Clingan 42 USA 2:03.71	7.5% 2 Roger Davies 61 CAN 5:00.07 85.9% 3 Ken Ogden 60 USA 5:17.82 81.1%	A/V	2 Keith Nelson 41 USA 1.90m 87.5% 3 David Ortman 43 USA 1.70m 78.3%
4 Dave Reed 41 CAN 2:04.44 5 Thomas Hartshorne 42 USA 2:05.09	7.0% M65+ 1.500 METER PUN	1 Robert Higginbotham 70 USA 14.28 89.91 2 Alfonzo Wilson 70 USA 16.63 77.21 M75	M45-54 HIGH JUMP
6 Al Niezen 41 CAN 2:06.19 6 Rick Easley 42 USA 2:06.19	15.81   1 Paul Heitzman   65 USA 4:58.52 90.91   15.81   2 Tom Brinton   68 USA 5:17.21 85.51	1 Daniel Bulkley 79 USA 17.65 79.18 2 A.U. Ricciardi 76 USA 18.48 75.68	1 Charlie Rader 48 USA 1.80m 87.3% 2 Jerry Cash 47 USA 1.70m 82.5%
8 Terry Dove 40 CAN 2:18.18 9 Ron Dimmerman 44 USA 2:38.15 M45 800 METER DASH	8.4% 3 James Beall 67 USA 5:18.04 85.3% 88.5% 4 Gunnar Linde 68 USA 5:20.45 84.6%	M80 1 Bert Morrow 83 USA 20.22 76.53	Thomas Light 48 USA 1.60m 77.6% 4 John Solms 48 RSA 1.55m 75.2%
1 Duane Green 45 USA 2:06.63 2 Byron Dyce 48 USA 2:07.25	18.7% 6 Alfred Romain 67 USA 5:40.94 79.5% 66 UK 5:57.23 75.9%	W40+ 80 METER HIGH HURDLES W40 1 Irene Thompson 42 USA 15.02 71.7%	M50 1 Roberto Pozzi 50 USA 1.50m 72.8%
3 Bill Fitzpatrick 45 USA 2:12.49	14.7% 1 Joe King 70 USA 5:23.40 88.8% 13.7% 2 Arthur Wilson 72 CAN 6:47.90 70.4%	2 Kimmie Allegre 41 USA 15.16 71.0%	2 Allen Phillips 53 USA 1.60m 82.0% 3 Larry Armstrong 54 USA 1.45m 74.3%
6 Timothy Shelley 47 USA 2:17.94 7 Philip Gnesin 46 USA 2:24.25	11.4% 1 Daniel Bulkley 79 USA 6:26.60 79.4%	1 Marlene Sachs 52 USA 16.14 73.4% W70 1 Johnnye Valien 71 USA 20.08 78.3%	3 William Wood 51 USA 1.45m 74.3%
8 Phil Nemir 49 USA 2:29.34	5.2% 1 Alfred Funk 82 USA 6:25.45 86.2%	71 USA 20.08 78.36	Continued on next page
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79	Continued from previous page	e	of the same of	W40			uce					Puge se
	M55-64 HIGH JUMP			1 Kimmie Allegre 2 Mette Fossberg	41 USA 44 NOR		1 Patricia Osmon	69 USA	5.85m 50.0%	4 Horacio Loya 5 Jack Karbens	50 MEX	37.48m 55.9t 26.98m 40.2t
	M60 Phil Fehlen	61 USA	1.65m 93.7%	W45 1 Becky Willis	48 CAN	4.24m 65.1%	2 Bernice Wagner 3 Lillian Snaden	67 USA 67 USA	5.54m 47.4% 5.26m 45.0%	6 Richard Behrens	54 USA 54 USA	25.66m 38.2%
2	Milton Newton Robert Darling	62 USA 60 USA	1.60m 90.9% 1.50m 85.2%	2 Barbara Stratton	49 USA	4.57m 75.4% 3.25m 53.6%	1 Dorothy Wilson	71 USA	5.37m 52.7%	1 Frank Carl	58 USA	34.80m 57.6%
	Jerry Sullivan	61 USA 64 NZ	1.50m 85.2% 1.30m 73.8%	W50+ LONG JUMP	48 CAN	1.56m 25.7%	2 Renee Roloff W75	73 USA	5.16m 50.6%	1 Frank Miller	62 USA	32.86m 55.1%
	Ron Johnson M65+ HIGH JUMP	04 112	1.30m 73.84	1 Marlene Sachs	52 USA	3.70m 65.6%	1 Margaret Hinton 2 Melanie Reske	75 USA 75 USA	6.46m 72.7% 6.01m 67.6%	M65+ HAMMER THROW	e-lands	No. of State
1	M65 Sheldon Varney	68 USA	1.35m 80.8%	2 Rosalie Carman 3 Petra Pietersen	52 USA 52 RSA	3.53m 62.5t 3.36m 59.5t		79 USA	5.25m 59.1%	1 Leonard Olson 2 Harry Hawke	65 USA 67 USA	41.10m 76.5% 37.44m 69.6%
	Harvey Lewellen	67 USA	1.35m 80.8%	W55 1 Joann Grissom	58 USA	3.51m 66.9%	1 Betty Jarvis	81 USA	4.78m 61.7%	J Luis Velez 4 Jerry Wojcik	67 USA 66 USA	36.56m 68.0% 32.54m 60.5%
1	Vince Sempronio	70 USA	1.40m 88.6%	W70 1 Johnnye Valien	71 USA	3.19m 75.5%	-10,00 x 10 10		100000000000000000000000000000000000000	5 Reed Quinn	66 USA	27.52m 51.2%
	Joe King	70 USA	1.20m 75.9%	2 Mary Norckauer W75	71 USA	2.72m 64.4%	M30-44 DISCUS THROW		27 - 120 12 1	1 Bill Bangert 2 Jacob Stein	72 USA 72 USA	36.98m 68.3t 30.62m 56.5t
	Kenneth Wheeler A.U. Ricciardi	75 USA 76 USA	1.15m 76.6% 1.15m 76.6%	1 Margaret Hinton 2 Diane Friedman	75 USA 75 USA	2.73m 69.4% 1.80m 45.8%	1 Michael Bennett M40	30 USA	48.04m 67.5%	3 Vince Sempronio	70 USA 72 USA	28.92m 53.4% 26.54m 49.0%
1	Milo Lightfoot	82 USA	1.05m 73.9%	SARAL	• —	7.000	1 David Vandergriff 2 Steve Banton	41 USA 43 USA	37.20m 52.3% 35.56m 50.0%	5 John Snaden M75	70 USA	18.92m 34.9%
	Charles Roloff	81 USA	0.90m 63.3%	M30-44 TRIPLE JUMP	TARRY .	THE PERSON NAMED IN	3 Richard Watson 4 Edward Daniels	43 USA 44 USA	34.32m 48.2% 32.16m 45.2%	1 Tom McDermott 2 A.U. Ricciardi	78 USA 76 USA	33.60m 68.9% 32.14m 65.9%
1	Becky Willis	48 CAN	1.45m 84.8%	1 Gary Lacey	38 USA	12.48m 69.6%	- Lokesh Mendon M45 DISCUS THROW	41 IND	FOUL &	3 Carl Bock, Jr. W30-59 HAMMER THROW	76 USA	19.90m 40.8%
	Annel Steekelenburg Liz McBlain	48 NET	1.40m 81.8t 1.20m 70.1t	1 Mike Lariza 2 David Quick	40 USA 40 USA	13.90m 83.3% 13.44m 80.6%	1 Murray Hall 2 Bruce Hedendal	45 CAN 48 USA	39.32m 60.5% 37.64m 57.9%	W35 1 Sue Hallen	39 USA	25.28m 42.4%
	Barbara Stratton	49 USA	1.05m 61.4%	3 Bob Blackburn 4 Roger McBride	40 USA 43 CAN	11.24m 67.4% 10.23m 61.3%	3 Tim Edwards 4 Craig Shumaker 5 Jerry Crowe	48 USA 47 USA	37.42m 57.6% 36.72m 56.5%	2 Deborah Ecklund W40	36 USA	18.64m 31.3%
	Marlene Sachs Caroline Cooney	52 USA 50 USA	1.25m 77.6% 1.20m 74.5%	M45-64 TRIPLE JUMP		ANTONIO TO WAR I .	6 Dennis Chandler	48 USA 48 USA	36.66m 56.4% 32.64m 50.2%	1 Joan Stratton 2 Ruth Welding	44 USA 40 USA	36.48m 67.7% 34.00m 63.1%
	N55 Becky Sisley	57 USA	1.20m 78.9%	1 Oron Lott	49 USA	CONTROL PORCE	7 Bob Sager 8 John Solms	48 USA 48 RSA	30.70m 47.2% 29.86m 45.9%	3 Ana Garcia De Perez	40 MEX	21.50m 39.9t
2	Madeline Bost	57 USA	1.05m 69.0%	1 William Wood 2 Ken Underdahl	51 USA 51 CAN	10.03m 69.5%	9 Ron Chmielewski 0 John Gallen	47 CAN 48 USA	28.68m 44.1% 21.20m 32.6%	1 Liz McBlain	48 CAN	24.76m 50.7%
1	Christel Miller	61 USA	1.20m 84.5%	3 Jack Karbens	54 USA	8.39m 58.1%	1 Roy Chubb M50-59 DISCUS THROW	46 CAN	20.90m 32.1%	W50 1 Roslyn Katz	54 USA	29.88m 58.6%
1	Patricia Peterson Johnnye Valien	70 USA 71 USA	1.05m 83.3t	1 Frank Struna 2 Norman Reynolds	55 USA 57 CAN	11.26m 83.9% 8.48m 63.1%	M50 1 Thomas Gage	53 USA	48.02m 72.8%	2 Suzy Hess 3 Georgia Cutler	54 USA 53 USA	22.46m 44.0t 22.02m 43.2t
- 4	W75 Margaret Hinton	75 USA	1.00m 79.3% 0.90m 76.2%	M65 1 James Stookey	66 USA	or the state of th	2 Fred Johnston 3 Bob Osterhoudt	50 USA 54 USA	38.56m 58.4% 37.14m 56.3%	W55 1 Joann Grissom	58 USA	27.88m 60.4%
1	130-44 POLE VAULT	73 USA	0.90m /6.24	2 Ray Propst	67 USA		4 Horacio Loya 5 Richard Behrens	50 MEX 54 USA	35.90m 54.4% 33.34m 50.5%	W60+ HANNER THROW	30 000	
1	Michael Jaqua	33 USA	4.15m 67.4%	1 Carl Bock, Jr.	76 USA	5.95m 59.2%	6 Jack Karbens 7 Luigi Schiavo	54 USA 53 USA	30.82m 46.7% 30.06m 45.5%	1 Judith Fetherston 2 Anne Cirulnick	64 USA 61 USA	26.24m 62.8t 24.32m 58.2t
-1	Todd Freitag	30 USA	0.03m 0.4%	1 Clarence Trahan W30+ TRIPLE JUMP	81 USA	7.15m 76.4%	8 Fred Judson	50 CAN	27.46m 41.6%	W65 1 Patricia Osmon	69 USA	21.14m 55.9%
2	Bill Halverson Dan Umenhofer	39 USA 36 USA	4.55m 79.2% 4.45m 77.5%	W35	- 25 UCA	10.61m 72.0%	1 Glen Johnson 2 Robert Roy	57 USA 57 USA	43.86m 74.1% 42.54m 71.9%	W70 1 Mary Norckauer	71 USA	18.32m 53.5%
4	Greg Charles Doug Ross	35 USA 39 CAN	4.25m 74.0% 4.05m 70.5%	1 Joy Upshaw-Margerum	49 USA		3 Joe Myers 4 Frank Carl	56 USA	40.74m 68.8%	W75 1. Melanie Reske	75 USA	14.84m 47.9%
	M40 Gary Hunter	40 USA	4.88m 91.2%	1 Barbara Stratton 2 Liz McBlain	48 CAN		5 John King	58 USA 57 USA	39.24m 66.3t 30.14m 50.9t	W80	81 USA	15.52m 55.3t
	Dan West Wilson Soohoo	41 USA 40 USA	4.25m 79.4% 4.05m 75.7%	1 Petra Pietersen	52 RSA	7.62m 65.9%	6 John Lang M60-69 DISCUS THROW M60	56 USA	29.66m 50.1%	1 Betty Jarvis	• —	15.52
3	Jeff Kingstad Steve Banton	43 USA 43 USA	4.05m 75.7% 3.65m 68.2%	1 Becky Sisley	57 USA	7.07m 66.3%	1 Neil Saling 2 Leonard Rosen	60 USA 62 USA	45.96m 72.2%	M30-44 JAVELIN THROW	A PH	
-	Jeff Bilderbeck M45-59 POLE VAULT	40 USA	NH \$	1 Johnnye Valien	71 USA	6.16m 73.6%	3 Ed Phelps	61 USA	40.26m 63.2% 33.14m 52.0%	1 Tomas Silva	37 USA	61.66m 69.1%
	M45 Ed Lipscomb	45 USA	4.40m 88.1%	2 Mary Norckauer W75	71 USA	5.91m 70.6% 5.87m 76.0%	1 Leonard Olson 2 Samuel Adams	65 USA 65 USA	46.00m 80.5%	2 John Hansen 3 Kevin Richardson	38 USA 35 USA	51.98m 58.2% 46.42m 52.0%
2	John Patterson Dick Clintworth	47 USA 49 USA	3.60m 72.1% 3.50m 70.1%	1 Margaret Hinton	75 USA	70.04	3 Harry Hawke 4 William Garrahan	67 USA 67 USA	45.18m /9.1%		39 USA	27.40m 30.7%
	Thomas Light Jerry Cash	48 USA 47 USA	3.20m 64.1% NH %	M30-49 SHOT PUT			5 Harold Wallace 6 Cal Hersey	68 USA 69 USA	38.16m 66.8%	1 Michael Finkbeiner 2 Richard Watson	43 USA	50.92m 62.78 45.30m 55.88
- 1	M50 Dennis Phillips	50 USA	4.27m 91.8%	1 Lokesh Mendon 2 Richard Watson	41 IND 43 USA	13.20m 63.0% 10.27m 49.0%	7 Harvey Lewellen	67 USA	36.58m 64.0%		42 IND	36.52m 45.0%
	Tomlinson Rauscher Ken Underdahl	50 USA 51 CAN	3.60m 77.4% 3.10m 66.6%	3 Edward Daniels	44 USA	9.49m 45.3%	8 Reed Quinn M70+ DISCUS THROW	66 USA	32.94m 57.7%	1 Dennis Chandler 2 Bob Powers	48 USA 47 USA	50.76m 68.7% 50.26m 68.0%
15	M60-69 POLE VAULT	Topo Co.		1 Craig Shumaker 2 Bruce Hedendal	47 USA 48 USA	13.93m 74.1% 11.82m 62.8%	M70 1 Ed Hooker	70 USA	41.00m 80.0%	3 John Solms 4 Allen Huffstutter	48 RSA 48 USA	45.34m 61.3t 38.92m 52.7t
	Donald Gray	60 USA 61 USA	2.85m 70.5% 2.75m 68.0%	3 Dennis Chandler 4 Bob Sager	48 USA 48 USA	11.43m 60.8% 10.97m 58.3%	2 Michael Orlich 3 Bill Bangert	70 USA 72 USA	34.14m 66.6% 33.98m 66.3%	5 Timothy Shelley 6 Ron Chmielewski 7 Roy Chubb	47 USA 47 CAN 46 CAN	36.76m 49.7t 34.62m 46.8t 32.76m 44.3t
3		62 USA 64 NZ	2.35m 58.1% 2.25m 55.6%	5 Jerry Crowe 6 Ron Chmielewski	48 USA 47 CAN	9.92m 52.7% 9.80m 52.1%	4 Jacob Stein	72 USA	29.90m 58.3%	8 Dick Clintworth 9 John Gallen M50-59 JAVELIN THROW	49 USA 48 USA	30.88m 41.8t 27.48m 37.2t
	M65	61 USA	2.25m 55.6%	7 Allen Huffstutter 8 John Solms	48 USA 48 RSA	9.50m 50.5% 9.47m 50.3%	1 Wilbur Thompson 2 Jim Sullenger	75 USA 77 USA	31.38m 68.3%	M50-59 JAVELIN THROW	40 034	27.462 37.24
2	Jerry Donley Harvey Lewellen	66 USA 67 USA	3.05m 80.9% 2.75m 72.9%	M50-59 SHOT PUT		The Best a	3 Donald Cumley 4 Myron Dover 5 Kenneth Wheeler	76 USA 76 USA 75 USA	31.14m 67.7% 29.84m 64.9%	1 Rob Burkholder, Jr. 2 Douglas Appel	50 USA 54 USA	45.42m 67.5% 45.18m 67.2%
72,	Loren Swanson H70+ POLE VAULT	66 USA	2.45m 64.9t	1 Thomas Gage 2 John Allamano	53 USA 51 USA	15.51m 83.5% 13.80m 74.3%	6 A.U. Ricciardi 7 Carl Bock, Jr.	76 USA 76 USA	27.76m 60.4% 24.84m 54.0% 22.80m 49.6%	3 Allen Phillips 4 Jack Karbens	53 USA 54 USA	43.42m 64.6t 32.72m 48.6t
1 1	M70 John Cleveland Don Grosh	71 USA	2.65m 75.2%	3 Fred Johnston 4 Richard Behrens	50 USA 54 USA	12.00m 64.6% 11.16m 60.1%	8 Donald Jacobs	77 USA	15.54m 33.8%	5 Richard Behrens 6 Fred Judson	54 USA 50 CAN	31.90m 47.4% 30.98m 46.1%
	M75 A.U. Ricciardi	71 USA 76 USA	2.45m 69.6% 2.15m 65.5%	5 Jack White	53 CAN	9.09m 48.9%	1 Ross Carter 2 Charles Roloff	82 USA	33.52m 81.3%	7 Luigi Schiavo	53 USA	25.02m 37.2%
2	Les Hintz Carl Bock, Jr.	75 USA 76 USA	1.75m 53.3% 1.50m 45.7%	1 Glen Johnson 2 Frank Carl	57 USA 58 USA	13.57m 81.5% 11.21m 67.3%	3 Leon Joslin	81 USA 84 USA	23.66m 57.4% 21.88m 53.0%	1 John Burns 2 Gary Reddaway	55 USA 55 USA	47.10m 77.0% 47.04m 76.9%
	M80 Milo Lightfoot	82 USA	1.65m 53.9%	M60-69 SHOT PUT	57 USA	10.17m 61.0%	1 John Pearce W30-49 DISCUS THROW	85 USA	20.20m 57.9%	3 John Lang M60 JAVELIN THROW	56 USA	39.12m 63.9t
	W30+ POLE VAULT	200.00	0.16	1 Leonard Rosen	62 USA	12.39m 75.6%	W35 1 Sue Hallen	39 USA	23.56m 31.8%	1 Robert Darling 2 Phil Conley	60 USA 62 USA	48.52m 80.3% 46.12m 76.3%
	Pamela Reynolds	32 USA	2.90m 65.9%	2 Neil Saling 3 Ed Phelps	60 USA 61 USA	12.10m 73.9% 10.59m 64.6%	2 Deborah Ecklund	36 USA	22.54m 30.5%	3 Robert Young 4 Kenneth Brever	62 USA 60 USA	44.58m 73.8t 37.14m 61.4t
	Petra Pietersen W55	52 RSA	2.65m 81.2%	1 Leonard Olson	65 USA 65 USA	13.05m 88.7%	1 Ruth Welding 2 Svetlana Yesayan	40 USA 43 ARM	36.02m 51.6% 35.54m 50.9%	5 James Duncan 6 Donald Gray	64 USA 61 USA	37.04m 61.3% 35.60m 58.9%
	Becky Sisley Madeline Bost	57 USA 57 USA	2.35m 77.5% 1.95m 64.3%	2 Samuel Adams 3 Harry Hawke 4 William Garrahan	67 USA 67 USA	12.97m 88.2% 11.52m 78.3% 10.90m 74.1%	3 Joan Stratton 4 Ana Garcia De Perez	44 USA	31.52m 45.2% 31.46m 45.1%	7 Ed Phelps 8 Ron Johnson	61 USA 64 NZ	32.74m 54.2t 30.58m 50.6t
	W65 Shirley Kinsey	67 USA	1.75m 67.0%	5 Harold Wallace	68 USA	10.43m 70.9%	W45 1 Candice Woyak	45 USA	27.58m 44.7%	9 Jim Schlewitz M65-74 JAVELIN THROW	62 USA	22.04m 36.4%
	W70 Johnnye Valien	71 USA	1.83m 75.6%	6 Harvey Lewellen 7 Reed Quinn	67 USA 66 USA	10.40m 70.7% 10.25m 69.7%	2 Mary Hartzler W50-64 DISCUS THROW	47 USA	24.48m 39.6%	M65 1 Delfs Pickarts	69 USA	45.16m 82.1%
	W75	75 USA	1.50m 66.6%	8 Cal Hersey 9 Charles Bispala	69 USA 68 USA	9.45m 64.2% 9.29m 63.2%	W50	54 USA	22.10m 40.4%	2 Leonard Olson 3 William Garrahan	65 USA 67 USA	35.54m 64.6t 33.72m 61.3t
-	Hardarec Hincon	- • —	7.502 00.00	M70+ SHOT PUT		The second second	2 Erika Szanto 3 Rosalie Carman	52 USA 52 USA		4 Tom Allison 5 Reed Quinn	66 USA 66 USA	33.64m 61.2t 32.72m 59.5t
	130-44 LONG JUMP	and the state of		1 Vince Sempronio 2 Michael Orlich	70 USA 70 USA	12.22m 82.8%	4 Kitty Crowe 5 Rebeca Rios	50 USA 50 MEX	17.56m 32.1% 13.74m 25.1%	6 Cal Hersey M70	69 USA	31.82m 57.8t
1	Brian Coushay	32 USA	6.52m 72.8%	3 Bill Bangert 4 Jacob Stein	72 USA 72 USA	11.65m 78.9% 8.01m 54.3%	1 Cherrie Sherrard	57 USA	22.48m 46.5%	1 Robert Higginbotham 2 Jacob Stein	70 USA 72 USA	31.24m 62.4% 25.50m 50.9%
1	Randy Kruse David Quick	43 USA 40 USA	6.42m 80.8% 5.95m 74.9%	M75 1 Donald Cumley 2 Kenneth Wheeler	76 USA 75 USA	11.17m 84.4% 8.88m 67.1%	1 Mae Turek	64 CAN	21.90m 51.2%	M75+ JAVELIN THROW		
3	David Ortman Dave Burton	43 USA 41 CAN	5.80m 73.0% 5.78m 72.8%	3 Jim Sullenger 3 A.U. Ricciardi	77 USA 76 USA	8.83m 66.7% 8.83m 66.7%	2 Christel Miller 3 Anne Cirulnick	61 USA 61 USA	21.26m 49.7% 18.48m 43.2%	1 A.U. Ricciardi 2 Kenneth Wheeler	76 USA 75 USA	22.80m 50.0t 22.76m 50.0t
5	John Wells, Jr. Bob Blackburn	42 USA 40 USA	5.64m 71.0t FOUL	5 Myron Dover	76 USA	8.39m 63.4%	W65+ DISCUS THROW	TOTAL !		Myron Dover Carl Bock, Jr.	76 USA 76 USA	22.36m 49.18 20.78m 45.68
	M45-59 LONG JUMP		AL WEST	1 Ross Carter 2 Leon Joslin	82 USA 84 USA	10.91m 91.8%	1 Mavis Lorenz 2 Shirley Dietderich 3 Patricia Osmon	69 USA 69 USA	16.92m 44.7%	5 Albert Fairchild 6 Donald Jacobs	78 USA 77 USA	15.64m 34.38 14.20m 31.28
	Oron Lott Dick Clintworth	49 USA 49 USA	5.23m 70.3% 5.08m 68.3%	3 Milo Lightfoot	82 USA	7.73m 65.0%	W70 1 Mary Norckauer	69 USA 71 USA	13.06m 34.5%	1 Charles Roloff 2 Milo Lightfoot	81 USA 82 USA	21.32m 51.48
	M50 Allen Phillips	53 USA	5.15m 74.2%	1 John Pearce W30-49 SHOT PUT	85 USA	7.92m 78.8%	2 Renee Roloff	73 USA	13.78m 41.1%	M85 1 John Pearce	85 USA	18.56m 44.8t
2	Fred Judson William Wood	50 CAN 51 USA	4.97m 71.6% 4.86m 70.0%	W35 1 Shellie Banks	38 USA	7.89m 36.7%	1 Margaret Hinton 2 Melanie Reske	75 USA 75 USA	15.22m 51.3% 10.70m 36.1%	W30-49 JAVELIN THROW	US CON	15.502 44.54
	Ken Underdahl	51 CAN	4.76m 68.5%	2 Sue Hallen 3 Deborah Ecklund	39 USA 36 USA	7.78m 36.2% 7.15m 33.3%	3 Diane Friedman	75 USA	9.84m 33	1 Peta Bird 2 Sue Hallen	39 AUS 39 USA	29.34m 42.7t 26.02m 37.9t
1	Vict Valles Arrieta Norman Reynolds	58 MEX 57 CAN	4.63m 71.3% 4.61m 71.0%	W40 1 Joan Stratton	44 USA	10.98m 54.7%	4 Josephine Burleson W80	79 USA	8.22m 27.7%	3 Deborah Ecklund W40	36 USA	20.14m 29.3%
	M60 LONG JUMP Bob Golly	61 USA	4.43m 72.9%	2 Ruth Welding 3 Svetlana Yesayan	40 USA 43 ARM	10.84m 54.0% 10.78m 53.7%	1 Betty Jarvis	81 USA	14.50m 55.2%	1 Kimmie Allegre 2 Ruth Welding	41 USA 40 USA	36.68m 60.7% 27.54m 45.6%
	James Duncan Ron Johnson	64 USA 64 NZ	4.22m 69.5% 4.08m 67.2%	4 Kimmie Allegre 5 Ana Garcia De Per	41 USA	9.24m 46.0% 9.06m 45.1%	M30-49 HAMMER THROW		First state	3 Joan Stratton 4 Ana Garcia De Perez	44 USA	26.28m 43.5t 19.28m 31.9t
	Heraclio Chandeck	63 PAN	3.62m 59.6%	W45 1 Mary Hartzler	47 USA	8.77m 50.1%	- Sunilk Bhagchandani	31 IND	FOUL \$	W50+ JAVELIN THROW	TEA.	A Marchaell
	M65+ LONG JUMP M65	66 1101	4.82m 85.0%	2 Candice Woyak 3 Liz McBlain	45 USA 48 CAN	8.02m 45.8% 6.95m 39.7%	M35 1 Ron Uhl	35 USA	41.46m 49.7%	1 Rosalie Carman 2 Marlene Sachs	52 USA 52 USA	22.92m 41.6% 18.66m 33.9%
- 6	l James Stookey Harvey Lewellen	66 USA 67 USA	3.72m 65.6% 3.04m 53.6%	W50-64 SHOT PUT		- 57	M40 1 David Vandergriff	41 USA	51.86m 69.0%	3 Roslyn Katz 4 Erika Szanto	54 USA 52 USA	18.10m 32.9t 17.84m 32.4t
	Jim Selby M70	68 USA	3.96m 74.7%	1 Erika Szanto 2 Marlene Sachs	52 USA 52 USA	8.37m 47.5%	2 Carl Reichard 3 Edward Daniels	44 USA	48.54m 64.6% 36.94m 49.2% 34.76m 46.3%	5 Rose Schlewitz	54 USA	16.44m 29.8t
-	l Robert Higginbotham 2 Alfonzo Wilson M75	70 USA	3.61m 68.1%	3 Roslyn Katz 4 Rosalie Carman	54 USA 52 USA	7.07m 40.1%	4 Richard Watson	43 USA	42.82m 63.3%	1 Becky Sisley W60	57 USA	30.46m 62.9%
	Milton Silverstein A.U. Ricciardi	76 USA 76 USA	3.75m 75.6% 3.17m 63.9%	5 Rebeca Rios 6 Kitty Crowe	50 MEX 50 USA	6.72m 38.1% 5.83m 33.0%	1 Tim Edwards 2 Bob Sager	48 USA 48 USA	36.38m 53.7% 36.00m 53.2%	1 Christel Miller W65	61 USA	26.78m 62.8%
	Carl Bock, Jr.	76 USA	2.35m 47.3%	W55 1 Joann Grissom	58 USA		3 John Solms 4 Bruce Hedendal 5 Dennis Chandler	48 RSA 48 USA 48 USA	35.62m 52.6% 26.38m 39.0%	1 Mavis Lorenz 2 Shirley Dietderich	69 USA 69 USA	24.38m 65.0t 14.52m 38.7t
	1 Clarence Trahan W30-49 LONG JUMP	81 USA	3.55m 76.5%	2 Cherrie Sherrard 3 Almeta Parish	57 USA 59 USA	9.61m 62.5% 6.32m 41.1%		-u vak	4	3 Lillian Snaden W70	67 USA	8.42m 22.4%
	W30 1 Pamela Reynolds	32 USA	4.47m 59.4%	1 Anne Cirulnick	61 USA	8.34m 62.2%		53 USA 53 USA	60.64m 90.4% 46.92m 69.9%	1 Mary Norckauer 2 Renee Roloff	71 USA 73 USA	17.40m 52.7t 16.16m 49.0t
	W35 1 Joy Upshaw-Margerus		5.17m 73.8%	2 Mae Turek W65+ SHOT PUT	64 CAN	6.00m 60.1%	3 Bob Osterhoudt	54 USA	38.68m 57.7%	and the same of	Con	tinued on next page

ontinued from previous page				1 Robert Mimm		30:52.5		W60 1.Bev LaVeck	60 USA	29:33.88 87.0%	2 William Kinder		24:40.00	
				2 John Carroll	74 USA	35:09.4	8 71.8%	2 Margaret Seewerker			- John Kelly	66 USA	DQ	
W75		16.88m		3 Arthur Clevenger	73 USA	38:20.1	7 65.88	AD 5 180 W 71 /		TO ME	M70			
Margaret Hinton	75 USA 75 USA		33.18	4 John Snaden	70 USA	39:47.3	9 63.48	W65	63 CAN	DQ \$	1 John Snaden	70 USA	23:57.60	61.78
Diane Friedman				- Robert Davidson	73 USA		Q 8	1 Ruth Eberle	CE 1101		- Robert Mimm	71 USA	DQ	200
Josephine Burleson	79 USA	9.52m	32.8%	M75				W70	65 USA	29:54.19 90.81	M75			Action 1
W80					76 1103	36:33.3	5 73 22	1 Joan Rowland	70 1103		1 Paul Geyer	76 USA	17:36.10	70.98
Betty Jarvis	81 USA	12.34m	48.3%	1 Paul Geyer 2 Troy Grove		37:21.9		2 Queenie Thompson		35:43.32 80.5	2 Troy Grove		24:08.40	65.3
130-64 5.000 METER RA	CE WALK			3 John Levinsohn		37:24.6		W75	/3 USA	43:17.55 66.4%	- Donald Jacobs	77 USA	DQ	1
135	TO AND THE PARTY.			- George Grainger	77 USA			- Alline Witten	76 USA		MBO			
Brad Lau	37 USA	26:58.27	69.68	- Herm Arrow	76 USA			- Alline witten	76 USA	DQ \$	1 Bill Patterson	RI USA	16:09.10	77 19
140				- Donald Jacobs	77 USA		ğ :		• -	1 2	- Harry Drazin	83 USA	DO	
Robert Frank	44 USA	26:45.92	72.48	M80	// 05/	1 1000		M30+ 10,000 METER RA	CE WATE	A STATE OF THE STA	W30+ 10,000 METER RAG		A SHARE	A STATE OF
Douglas Vermeer	42 USA	28:38.06	67.78	1 Bill Tallmadge	90 1101	35:08.2	6 81 32	M35	CE WYLK		W30+ 10,000 HETER RAC	E MALK	1000	
M45				2 Bill Patterson		36:26.9		- Brad Lau	37 USA	DQ \$	1 Kelly Murphey-Glenn	35 HCA	00.58 90	1 60 RS
Gene Opheim	49 USA	25:45.11	78.0%	- Harry Drazin	83 USA		0 1	M40	JI USA	A STATE OF THE OWNER, WHEN THE PARTY OF THE	2 Sandy Marr	39 USA	07:03.12	63.41
Robert Novak	47 USA	26:24.96		W30-54 5,000 METER R			A	1 Robert Frank	AA HEA	56:07.30 71.0%	W40	39 USA	07.03.1.	
M50				W35-54 5,000 HEIER R	ICE HAI	~		2 Douglas Vermeer	43 UCA	59:46.40 66.78	1 Lorrie Leiker	A2 IICA	06:56.50	65.81
Kirk De Ford	53 USA	30:06.37	69.31	1 Kelly Murphey-Glenn	25 1101	27.06 7	6 76.01		42 USA	39140140 00111	2 Christine Lynn		07:16.8	
John Hanan II	53 USA	DNF		2 Sandy Marr		33:16.5		M45		The second second	3 Liesbeth Matthieu		14:02.7	
M55	Section and the			W40	3, 00.			1 Gene Opheim		54:29.80 75.7%	W45	10 1.01.	COLUMN COM	State of the last
Edgar Kousky	55 USA	25:23.20	85.71	1 Connie Tapp	40 1151	31:07.3	4 69 45	2 Robert Novak		54:58.80 75.1%	1 Cue Yake	AS USA	05:38.2	4 69.71
				2 Christine Lynn		32:56.3		3 Art Grant	47 USA	01:39.30 66.9%	W50	40 00A	0313016	C Sagner
John Schulz	57 USA	28:15.21		3 Lorrie Leiker		33:05.1		M50			1 Jolene Steigerwalt	52 USA	00:39.4	1 78.65
Frederick Seewerker		35:58.83		4 Liesbeth Matthieu				1 Kirk De Ford	E2 11C3			52 USA	D	
Gerald Bocci	58 USA	DQ	-	W45	43 ME.	30. 10.		I KIIK De FOIG	33 USA	03:25.20 67.6%	- Barbara Sterrens			
M60	PATRICIA STATE			1 Sue Laks	46 HS	31:06.	72.28	M55		* 1 - A - 3 - 5 4 - 5 -	- Georgia Cutler	53 USA	D(	
Max Green		25:25.37		2 Carolyn Nash		38:14.		- Edgar Kousky	55 USA	DQ \$	- Jeanne Bocci	53 USA	D	2 1
Jack Bray		25:29.55		The state of the s				- Gerald Bocci	58 USA	DQ \$	W55			200
Stuart Summerhayes	62 CAN	28:00.58		W50				M60			1 Beth Young-Grady		06:28.4	
James Fisher	60 USA	31:09.99				A 29:58.7		I Hux Oreen		52:58.40 88.31	2 Anne Whitaker	59 USA	19:44.49	62.5
John Weston	63 CAN	33:48.57		2 Barbara Steffens		A 30:27.7		2 Jack Bray	63 USA	53:42.40 87.1%	W60			PRESIDEN
Carl Acosta	62 USA	DQ	7	3 Judy Heller	50 US	A 31:29.6	9 74.38	3 Dick Petruzzi		57:48.70 80.9%			59:29.5	88.01
165+ 5,000 METER RACI	E WALK			4 Jeanne Bocci		A 32:29.4		4 Stuart Summerhayes	62 CAN	57:58.90 80.7%	2 June-Marie Provost	63 CAN	04:47.5	2 80.81
165 Mary Tongton Co.	SOUTH AND	September 1	Section 1	5 Joanna Blankenship	54 US	A 37:12.3	9 62.98	5 James Fisher	60 USA	05:17.70 71.6%	W65			STATE OF THE PARTY
Robert Fine	65 USA	30:07.02		W55+ 5,000 METER RAC	E WALK	1000	SAME	6 John Weston	63 CAN	10:39.30 66.21		65 USA	02:06.4	2 88.91
John Kelly	66 USA	32:26.29			PERMIT	S. SERVICE		- Carl Acosta	62 USA	DQ \$	W70		Train Minds	A STATE OF THE PARTY OF THE PAR
Luis Torres	68 PR	38:46.09		a been roung orday		A 32:08.9				IN STREET, A. S.	1 Queenie Thompson			
William Kinder	67 USA	40:47.66	38.68	2 Anne Whitaker	59 US	A 37:53.	60 64.68	1 Robert Fine	65 USA	07:29.70 72.8%	- Joan Rowland	70 USA	D	9
						and the first state of	and the same of th							

2 John Kelly 3 Luis Torres 4 William Kinder		PR 38	:26.29 :46.09 :47.66	73.78 61.78 58.68	W55 1 Beth Yo 2 Anne Wh	ung- itak
0	utdo	or Pent	athlon		2 P. 174	
Hane Po	ointe	พ	JT	200	DT 1	500
1 Smith, Hiles #531 United States of America		5.35m	30.50m	30.51	19.54m 4154	.56
Age graded park: Age graded percent: Age: 33	1725	9: 1.7 5.35m 59.700 (451)	38.50m 40.10% (420)	0: 1.2 30.51 51.218 (0)	19.54m 4154 27.476 70. (263) (5	.56 516 91)
1 Bilderbeck, Jeff 946 United States of America Age graded mark: Age graded percent: Age: 40		5.449	45.50m	26.67	32.14m B:22	.09
Age graded park:		6.12m 60.518	53.82m 56.06%	25.31 77.926	32.14m 5:06 45.198 67.	868
2 Berguist, Brian #41 CANADA	2870	(613) 5.22m	(645) 39.78m	(580)	(507) (5 29.40m 5122	.66
CANADA Age graded mark: Age graded percent: Age: 43		5.00m	47.04m 49.018	23.77 82.950	29.48m 8105 41.450 67.	.05
	2801	5.15m vi 1.7	(545) 40.86m	27.52	(454) (5 31.66m 5102	27)
3 Hiller, Stephan #378 United States of America Age graded marki Age graded percent: Age: 41		5.80m	48.32m 50.34%	26.12 75.519	31.66m 4146	461
Age: 41 4 Jacquet-Aces, Russe \$268 United States of America	2759	5.249	50.34% (564)	(515)	44.52% 72. (497) (6	39)
United States of America Age graded mark: Age graded percent: Age: 43		5.90m	41.92m	23.62	25.52m 4152	. 69
	2743	5.09m	43.678 (470)	(726)	35.88% 70. (377) (6	976
5 Costello, Vincent (116 United States of America Age graded mark; Age graded percent;		5.73m 64.110 (529)	42.10m 43.869	24.56 80.298	20.10m 4151	1.22
William Control of the Control of th	2606	4.96m v: 0.9	45.840	20.06	30.70m 610	611)
6 Valley, Brian U \$586 United States of America Age graded mark: Age graded percent: Age: 41	2438	5.58m 62.478 (498)	54.22m 56.461 (651)	74.068 (475)	70.70m 5141 43.171 60. (476) (1	519
		3.96m	20.10m	27.37	25.06m 4146	
7 Maier, William #344 United States of America Age graded mark: Age graded percent: Age: 42		4.46m 49.078	33.32m 34.721	25.97 75.928	25.06m 4131 35.241 76.	511
是一个人的时候,也可以一个一个人的一样的	2259	(203)	(346)	(527)	(360) (1	35)
1 Russell, Alan #495 United States of America		v: 1.1	32.82m 42.66m	25.05 VI 1.1	34.52m 5100	
Age graded mark: Age graded percent: Age: 46	3179	5.94m 66.350 (574)	(401)	22.95 85.95 (790)	37.78m 4134 53.14% 75. (620) (7	600
2 Pullen, Brock #454 CANADA		4.90m V: 1.8 5.90m	39.82m	27.51 VI 2.5 25.20	34.12m 5:41	.03
Age graded mark: Age graded percent: Age: 47	2871	65.95% (565)	51.76m 53.92% (615)	78.26% (589)	37.34m 5:12 52.520 66. (611) (4	500
		4.95	37.24m	28.03	25.34m 6100	.47
) Witt, Leonard #616 United States of America Age graded mark: Age graded percent: Age: 46	2515	5.96m 66.620 (578)	48.40m 50.43% (565)	V: 2.5 25.68 76.818 (550)	27.74m 5129 39.018 63. (420) (4	.37 06% 02)
		4.60m	31.88m	29.25 VI 2.5	24.20m 5125	
4 Light, Thomas \$327 United States of America Age graded mark: Age graded percent: Age: 48	2388	5.54m 61.918 (490)	41.44m 43.179 (463)	26.80 73.618 (463)	26.48m 4157 37.25% 69. (396) (5	.16 901 76)
5 Huffstutter, Allen #258 United States of America		4.278	37.50m	20.07 VI 2.5	27.02m 6:15	
Age graded marks Age graded percents Age: 48		5.14m 57.479	48.74m 50.78%	74.500	29.50m 5142 41.59% 60.	501
	2262	(409)	(570)	(489)	(456) (3	36)
1 Harvey, Rex #231 United States of America Age graded mark: Age graded percent: Age: 50		5.28m V:-0.2 6.80m	41.40m 59.12m	26.39 Vi 1.1 23.33	41.128 6:00	200
	3467	76.088	61.619 (725)	(754)	44.34m 5:16 62.37% 65. (753) (4	601
2 Phillips, Allen #437 United States of America	THE	5.30m	44.50m	27.54 vi 2.5 24.35	28.98m 5136	~ ~ ~
Age graded merk: Age graded percent: Age: 53	3304	76.37% (774)	63.56m 66.22% (792)	01.019 (662)		324
Judson, Fred #281 CAMADA Age graded mark:		4.70m	31.00m	27.73	25.36m 4148	.41
Age graded mark: Age graded percent: Age: 50	3034		45.42m 47.32% (521)	24.52 80.458 (647)	27.34m 4:13 38.47% 61. (412) (6	95%
4 Hughes, Geoffrey \$260		5.00m	29.060	27.22	26.06m 5124.	
4 Hughes, Geoffrey #260 United States of America Age graded mark: Age graded percent: Age: 51	100	5.00m vi 0.9 6.44m 72.058 (684)	42.64m 44.439 (480)	27.22 VI 1.1 24.07	20.10m 4144.	.97
	2927	4.04m	(480) 32.72m	(687)	39.536 72.6 (427) (66	:::
5 Karbens, Jack \$283 United States of America Age graded mark: Age: 34 Age: 54		5.20m 50.21%	46.74m 48.691	26.53 V1 2.5 25.23 76.201	19 100 4.00	
6 Loys, Horacio #336	2679	4.09m	(541) 29.26m	28.40	49.486 69. (567) (5	
Age graded mark: Age graded parcent: Age: 50	2586	50.938	41.70m 43.540 (460)	25.11 78.569 (597)	30.200 5:18	.92
7 White, Jack #604	2500	(435) 4.13m	27.02m	28.01	53.72% 65. (620) (4 27.92m 6114	
Age graded mark:		5.32m 59.510	39.74m 41.40%	24.77 79.659	30.10m 8:28	055
	2380	(445)	(430)	(626)	42.359 63. (466) (4	05)
1 Miller, Dusty \$376 United States of America Age graded mark: Age graded percent: Age: 58		5.07m 91 0.0 6.98m 70.12%	39.30m	27.59 VI 2.4 23.54 83.809	36.02m 6125	44.1402
Age graded percent: Age: 50	3464	(809)	61.68m 64.278 (763)	(735)	43.30m 5:24 60.919 63. (732) (6	936
2 Byrne, Philip N 877 United States of America Age graded mark: Age: 56 Age: 56		4.60m v: 1.0 6.45m	34.82m	29.03 V: 2.4 25.45 77.518	29.18m 6100	
Age graded percent: Age: 56	2985	72.110	54.66m 56.94% (658)	77.519 (569)	39.00m 5101 49.34% 67. (565) (5	16%
3 Dean, Roger #136 United States of America	1	3.998	29.36m	30.19	20.76m 5120	
Age graded mark: Age graded percent: Age: 57	2767	5.50m 61.40% (401)	46.12m 48.05% (531)	25.76 76.500	34.50m 4141 48.63% 73 (555)	2.72
		,,	(231)	(543)	(555) ((	157)

L	ens 52 USA 30:27. 50 USA 31:29. 53 USA 32:29. enship 54 USA 37:12.	69 74 46 72	.91	5	Jack B Dick P Stuart James	ray etruzz Summe Fisher	rhayes	63 US 63 US 62 CA 60 US 63 CA
-	ady 59 USA 32:08.	98 70 50 64	5.21	4	John W Carl A M65 Robert			62 US
16	ak-siin Mareona P	0.000		the same	00 473	200	Jag es	157515
State and	A TOO SOUTH THE	Inte	L		JT	200	DT	1500
Land	4 Wilson, Brad #611 United States of America Age graded mark: Age graded percent: Age: 57		3.5 V: 0	.0 20	32.98m 51.76m	35.13 VI 1.2 29.97 45.019	29.40m 35.34m	6134.51 5132.50
100		2173	4.8 53.9 (34	*)	51.76m 53.93% (615)	(253)	35.34m 49.71% (570)	(307)
Charles And St.	Derling, Robert #330 United States of America Age graded mark: Age graded percent: Age: 60		4.	270	44.48m	29.94	40.46	6145.78
Section of	United States of America Age graded mark: Age graded percent:	- 01	4. 6. 70.	290	70.68m 73.648 (900)	29.94 VI 1.2 24.63 80.066	45.20e 63.579 (771)	
7		3375	(6	50)		(630)	(771)	
Children .	2 Duncan, James #153 United States of America Age graded mark: Age graded percent: Age: 64		vi	0.0	35.38m 56.22m	30.46 VI 2.4 25.06	34.04	8140.35
•		2905	(6	OUL	58.50% (681)	(601)	(643)	(350)
the Section	3 *Johnson, Ron #275 NEW ZEALAND Age graded mark: Age graded percent: Age: 64	1 74			45.66m 47.58% (525)	31.41 v: 1.2 25.84 76.310 (537)	32.44s 45.624 (513)	
de area		2332		(0)	(525)	(537)	(913)	(757)
Secretary.	1 Propst, Ray #451 United States of America Age graded mark: Age graded percent:	i swi		06.0	30.30m	33.01 01 1.2 26.07 75.67	32.50	
1000	Age graded marks Age graded percents Age: 67	2037	71.	40m 60% 75)	53.04m 55.27% (634)	75.678 (519)	40.56 57.075 (676)	\$143.99 60.398 (333)
200			TO L	70	25.78m	33.91	27.100	7133.61
A0 - 17	2 Nelson, John F #397 United States of America Age graded mark: Age graded percent: Age: 66	2053	2.5 01 0 4.0 45.3 (21	5	45.02m 46.90% (515)	33.91 v: 1.2 26.70 73.678 (464)	33.04m 47.610 (541)	8:47.20 59.828 (319)
May be	мус. ч	2033	E. /		The Contract	100000		
Sala	Bulkley, Daniel \$67 United States of America Age graded mark; Age graded percent; Age: 79		3.0 VI 0 3.5 62.3	.0	38.16m 39.76%	33.66 vi 2.4 23.96 82.329	POUL	7140.00 8116.51 65.628
	Age: 79	2077	(49	6)	(416)	(697)	(0)	(460)
	1 Allegre, Kimmie #10 United States of America		15.	2)	1.19m	9.24m	4.29m	3107.60
	Age graded mark:		15. v: 0 17. 70.7	.0 27 21	1.36m 65.381	9.878	4.29m v: 2.8 4.95m 65.90l	2154.27
	Age: 41	2523	(56	6)	(470)	(521)	(546)	(420)
	1 Willis, Becky \$608 CANADA Age graded mark:		14. v: 0 15. 79.6	32	1.49m	0.93m	4.67m	2153.90
	CANADA Age graded mark: Age graded percent: Age: 48	3800	79.6 (79	33 88 9)	1.81m 87.13% (991)	10.94m 51.03% (591)	77.068 (786)	72.09%
	2 HcBlain, Liz #358		16. v: 0 17. 69.2	40	1.40=	8.738	4.06m VI 1.5 5.04m 67.000	3100.30
	Age graded mark: Age graded percent: Age: 48	3092	69.2 (52	64	1.70m 01.878 (055)	10.70m 49.89% (575)	5.04m 67.00% (570)	70.30% (566)
	1 Sachs Marlens 4498		16.		1.25m			
	1 Sachs, Marlene #498 United States of America Age graded mark: Age graded percent: Age: 52		16. 73.8	.0	1.62m 77.64% (759)	10.49m 40.921	3.85m v: 3.2 5.13m 68.26% (595)	2155.20 2129.21 75.661 (703)
	Age: 52	3267	(64	•)	(759)	(562)	(595)	(703)
Spilling.	1 Valien, Johnnye #584 United States of America		20. Vi 0	20	1.04m	7.00m	3.150	3157.49
	Valien, Johnnye #584 United States of America Age graded mark: Age graded percent: Age: 71	3762	20. V: 0 15. 77.8 (75	69 78 3)	1.72m 02.54% (079)	14.74m 68.76% (843)	74.648 (729)	2141.28 69.998 (558)
-				44			AND IN	September 1
	W	elgh	t Per	nta	thion			
	***************************************	oints		17	SP	DT	Jī	vī
N. saida	1 Vandergriff, David #587		51.2		10.37m	32.78m	33.12m	16.18m
1	United States of America Age graded mark:		56.8	500	10.99m	32.78m	39.16m	18.16m
	Age graded percent: Age: 41	3201	68.3	1%	49.52%	46.09%	40.81%	72.65% (917)
	2 Watson, Richard #595			••••	10.43m			
	United States of America Age graded mark:						Total Control	
	Age graded percent: Age: 43	1 11	47.8	5%	11.05m 49.81%	43.34%	54.81%	42.34%
					•••••	(481)	(627)	(484)
	3 Daniels, Edward W #129 United States of America		38.4				25.46m	10.52m
	Age graded merk: Age graded percent:		51.2	3%	10.30m 46.42%	31.38m 44.12%	30.10m 31.37%	11.81m 47.24%
	Age: 44		(55	"	(504)	(492)	(301)	(554)
	1 Edwards, Tim #161		42.2					
	United States of America Age graded mark:		51.9		10.61			14.14
	Age graded percent: Age: 48	1387	62.4	51	12.53m 56.44% (639)	58.22%	40.92m 42.63%	17.15m 68.64%
	2 Hedendal, Bruce #235		•••••	•••	••••••	(693)	(455)	(858)
	United States of America Age graded mark:		35.9	-	11.70m	38.82m	38.16m	10.73m
	Age graded percent:	-	53.1		13.81m 62.23%	42.50m 59.76%	49.60m 51.67%	13.01m 52.09%

05:17.70 71.6% 10:39.30 66.2%	W65 1 Ruth Ebe	rle		65 USA	02:0	6.42 8	8.9
DQ &	W70 1 Queenie	Thomps	on	73 USA	30:1	3.48	
7:29.70 72.8	- Joan Row		ACT THE	70 USA	and the second	DQ	ALC: N
Name	Points	ИТ	SP	DT	JT	VT	
3 Chandler, Dennis United States of		25.92m	11.56m	32.22m	51.54m	10.04	
Age graded mark:		31.90m	13.65m	35.26m	66.98m	12.18m	
Age graded perce	nt: 3075	38.32%	61.49%	49.60% (569)	69.79%	48.74%	
46.40				(204)	-	(575)	
4 Sager, Bob #499		36.38m	10.74m	29.70m	31.84m	11.54m	
United States of Age graded marks		44.78m	12.68m	32.50m	41.38m	14.00m	
Age graded perce		53.78%		45.72%		56.02%	
Age: 48	2892		(648)	(514)	(462)		
5 Chmielewski, Ros CANADA	n H #98	24.08m	9.55m	27.88m	36.48m	7.43m	
Age graded mark			11.27m		47.42		
Age graded perce	ent: 2330		50.80%	42.92%	49.40% (551)	36.07%	
1 Gage, Thomas #19		50 1/-			14		mo .
United States of	America	59.14m		Service of	34.28m	20.61m	
Age graded mark: Age graded perce		73.44m 88.22%		49.04m 68.98%	48.96m 51.01%	22.83m 91.36%	
Age: 53	4701	(1069)	(1021)	(850)	(573)	(1188)	
2 Hervey, Rex #231			12.08m	37.12m	42.86m		
United States of Age graded mark:	The state of the s	44.24m	14.45m	42.18m	61.22m	15.13a	
Age graded perce	nt:	53.13X	65.09%	59.34%	63.78%	60.55%	
Age: 50		(582)	(756)	(709)	(756)	(742)	Non-
3 Loye, Horacio #3		36.74m	9.68m	34.86m	30.34m	13.48m	
MEXICO Age graded mark:		45.62m	11.58m	37.60m	43.34m	14.93m	
Age graded perce	nt: 3023	54.80%		52.87% (616)	45.15%	59.75%	
STATE OF THE	40.00 e			(010)			
4 Osterhoudt, Bob United States of		36.82m	10.42m	34.48m	29.52m	12.39	
Age graded mark:	AMERICAN,		12.46m		42.16m		
Age graded perce	2982	(606)	(634)	52.30%	43.93x (473)	(662)	
5 Kerbens, Jack #2	R3			30.02m		12.09m	
United States of	America	THE PERSON					
Age graded mark: Age graded perce		37.52m 45.08%	10.97m	32.38m 45.53%	44.78m 46.67%	13.39m 53.59%	
Age: 54	2682	(472)	(544)	(511)	(512)	(643)	
6 Behrens, Richard		27.88m		32.56m			
United States of Age graded mark:		34.62m	13 08m	35.12m	34.84m	10.53m	
Age graded perce		41.59%		49.39%	36.31%	42.15X	
Age: 54	2513	(425)	(672)	(566)		(482)	
7 Schiavo, Luigi A	#507			29.48m			
United States of Age graded mark:		25.56m	8.87m	31.80m	34.84m	6.39m	
Age graded perce	int:	30.70%	39.98%	44.71%	36.31%	25.58%	
Age: 53	1819			(500)			
1 Hotchkiss, Riche	and #254	47 74-	0.40	14 44	17 40	17 34	
United States of	America						
Age graded mark: Age graded perce				44.32m 62.33%			
Age: 57	3670	(929)		(753)			
2 Hart, James #228				39.56m			
United States of	America					THE NAME OF	
Age graded mark: Age graded perce	nt:	53.71%	16.07m 72.43%	47.56m 66.89%	41.40m	14.91m 59.67%	
Age: 59	3437	(589)	(856)	(820)	(462)	(730)	
3 Carl, Frank #81		31.54m		38.12m			
United States of Age graded mark:	Tanoday SC.	43.480		The same of		(FFINITE	
Age graded perce	nt:	52.22%	66.91%	45.82m 64.46%	45.92%	50.72%	
Age: 58	CATE OF STREET	(569)	(780)	(784)	(501)	(603)	
м60	******						
1 *Johnson, Ron #2 NEW ZEALAND		22.20m	8.10m	29.94m	30.26m	8.79m	ME.
Age graded mark:		31.00m	10.98m	33.44m	48.08m	10.17m	
Age graded perce Age: 64		31.24%	49.48%	47.04% (533)	50 10%	40 400	

Continued from previo	ous page				STATE OF STATE OF		oints	NT SI	DT	л	VT	Name Tax	Points H		DT	JT.	Vf
Name N65	Points	IT SP	DT	at .	VT	English and the second		1	1	1		3 Garcia De Perez, An #193			29.44m		7.55a
1 Garrahan, William #194 United States of America	32.40	m 10.92m	39.26m	32.46m	11.58m	3 Bock, Jr., Carl #56 United States of America	ALC: UNK	.96m 7.6		21.38m		MEXICO	20.82		act (		0.59
Age graded mark: Age graded percent:	50.22			56.68m	14.48m	Age graded mark: Age graded percent:		.38m 12.8	1m 33.02m 5x 46.45x		And the second s	Age graded mark: Age graded percent:	34.72	43.00%	42.23%	28.31% 5	5.35%
Age: 67	3803 (680	) (882)	(848)	(688)	57.93% (705)	Age: 76		389) (65	6) (524)		(572)	Age: 40	2128 (297		(485)		(529)
2 Quinn, Reed #457 United States of America	29.14				33.000.000	1 Carter, Ross #85	22	.00m 11.03	Sm 33.04m	15.90m	11.42m	W45					
Age graded mark: Age graded percent:	45.16				15.39m	United States of America Age graded mark:		.70m 20.6	m 57.02m	36.84m	13.95m	1 McBlein, Liz #358 CANADA	14.74	5.59m	13.28m	10.16m	4.61m
Age: 66	3567 (597	(856)	(746)		(757)	Age graded percent: Age: 82			80.17% (1018)		55.84% (675)	Age graded mark: Age graded percent:	18.14				6.96m
3 Wojcik, Jerry #618 United States of America	33.66			29.28m	The state of the s	2 Joslin, Leon A #280			7m 24.64m			Age: 48	1282 (241				(309)
Age graded mark:	52.16			51.12m	The same of the sa	United States of America Age graded mark:	-	.38m 15.20		41.52m	12.59m	V50	70.00				10.17
Age graded percent: Age: 66	3338 (712	(642)	(659)	(605)	58.98% (720)	Age graded percent: Age: 84	49		72 59.79%	43.26X	/	1 Katz, Roslyn #286 United States of America		THE STATE	100		10.27m
4 Allison, Tom #11	22.64			33.4óm	9.23a		3314			-		Age graded mark: Age graded percent:	35.38 58.99	1 44.55X	37.95%	29.35% é	13.35a 69.72%
United States of America Age graded mark:	35.08	m 15.60m	43.26m	58.42m	11.54m	1 Pearce, John #429			0m 20.14m		No. of Contract	Age: 54	2587 (610	) (500)	(425)	(353)	(699)
Age graded percent: Age: 66	42.14 3242 (432	% 70.27% (827)			46.17% (538)	United States of America Age graded mark:	701	The same	2m 41.10m		Transfer of	1 Grissom, Joann #213 United States of America	29.50	10.32m	18.84m	23.74m 1	10.48m
5 Velez, Luis #589	36.50			••••••	3 EAN	Age graded percent: Age: 85	4		4x 57.81%	49.57%	46.64%	Age graded mark: Age graded percent:	38.36		28.80m		4.67m
United States of America Age graded mark:				26.04m	- Lawren				(007)		(545)	Age: 58	3370 (675	(821)	38.99%	(653)	76.61% (781)
Age graded percent: Age: 67		X 51.22%	39.90%	27.14%	51.88%	1 Hallen, Sue #223	24.		24.02m		The same of the sa	1 Simulaida A 8107					
м70		, ,,,,,,			(619)	United States of America Age graded mark:	3			A MARKET !	8.24m	United States of America	The same of the same of	STATE OF	18.16m		8.18m
1 Stein, Jacob #543 United States of America	27.56	7.96m	31.48m	25.12m	11.20m	Age graded percent:	41.	8% 35.202			10.74m 56.09%	Age graded mark: Age graded percent:	31.66 52.79		31.36m 42.47%	article from the last	9.96m 2.07%
Age graded mark:	42.40				13.53m	Wall Bridge - St	2057 (3		(351)	(408)	(538)	Age: 61	2624 (529		(488)		(490)
Age graded percent: Age: 72	3109 (551)	(605)	(740)	(562)	(651)	2 Ecklund, Deborah #158 United States of America	18.	Om 6.99m	22.92m	18.60m	6.92m	1 Osmon, Patricia #415	17.74	5.58m	11.92m	12.82m	5.86m
2 Sneden, John W #533	17.82		23.16m	18.60m	7.61m	Age graded mark: Age graded percent:	18. 30.				9.02m 47.11%	United States of America Age graded mark:	28.16	n 10.24m	23.26m	27.36m	7.69m
United States of America Age graded mark:	27.42	12.29m	32.16m	35.68m	9.19m		1667 (2	9) (334)		(320)	(433)	Age graded percent: Age: 69	46.93 2115 (453	47.77%	31.50%	34.20% 4	0.16X
Age graded percent: Age: 70	32.93 2227 (309	55.39%	45.23% (507)	37.19% (380)	36.80% (407)	440				714		V70	2115 (433		(337)	March 1997	(353)
N75						1 Stretton, Joan #553	37.	2m 10.44m	32.08m	26.24m	11.29m	1 Horckauer, Mary #406	16.48	5.68m	16.64m	14.52m	5.77m
1 Cumley, Donald L #124 United States of America	24.48m	11.31m	31.30m	20.04m	9.44m	United States of America Age graded mark:	41.	4m 11.15m	33.98m	34.74m	15.84m	United States of America Age graded mark:	28.90	11.96m	36.70m	35.20m	8.15m
Age graded mark: Age graded percent:	41.80m 50.22%	18.97m 85.49%	48.44m 68.13X		12.33m		3305 (7	1) (605)	(538)	(567)	82.77% (854)	Age graded percent: Age: 71	2673 (469		49.69% (590)		(381)
Age: 76		(1035)	(838)	(475)	(583)				•••••			V80	45				
2 Ricciardi, A.U. 6470	32.66m				10.15m	2 Welding, Ruth #598 United States of America	32.6	m 10.09m	36.66m	25,78m	10.18m	1 Jarvis, Betty N #270	15.40m	4.66m 1	4.92m 9	7.88m 5	.64m
United States of America Age graded mark:	55.78m				13.25m	Age graded mark:	36.3				14.29m	United States of America Age graded mark:	32.96m	12.91m			.24m
Age graded percent: Age: 76	3369 (772)		(653)	(551)	53.03% (635)	Age graded percent: Age: 40	3156 (63			42.68% (555)	74.63% (757)	Age graded percent: Age: 81	2912 (557)	(721)			1.29% (447)
8K CROSS-COUNTRY	The Tribanics		-	2 Lou	lise Adams	74 USA 50:36.1	10 66.7		E GREE		0110	DICTANO		STILL:	FO.		
M35 1 Luciano Campagnolo	35 USA 3	0:14.90	70.4%	3 Daw	n Russell ry Norckauer	72 USA 52:06.2	20 64.7	-			ONG	DISTANC		SUL	15	14 TO 63	
1 Gerry Holliday 2 John Dickey	42 CAN 2 42 USA 3	8:48.70	76.5%	1 Lei	nore Marvin	76 CAN 56:11.		Carlo	loses es	nd rec	ulte to: No	tional Masters News, I	00 D F0	nge Eug	ene. Of	97405	5. To
							70 64.8	100	lease se	illu ies	uits to. Na	cional masters news, i	P.O. BOX 50	use, Eug			Alba Carlo
M45	47 USA 2	8:58.40	78.91	15K R	OAD RACE	A1 USA 51:09.0	00 83.31	k	eep info	rmatio	n current,	we generally do not do (maximum 28 space	publish res es / 21/4" w	sults mo ide) in o	re than	3 mon	iths
M45 1 Roger Price 2 Ron Ackerman M50	47 USA 2 49 USA 3	8:58.40 2:05.20	78.9% 71.3%	15K R M40 1 Joh 2 Mar		41 USA 51:09.0 otham 40 USA 54:39.0	00 83.39 00 78.09	k o p	eep info	rmatio	n current,	we generally do not	publish res es / 21/4" w	sults mo ide) in o	re than	3 mon	iths
M45 1 Roger Price 2 Ron Ackerman M50 1 Eric Zemper 2 Ed Bagley	47 USA 2	8:58.40 2:05.20 7:17.50	78.9% 71.3%	15K R M40 1 Joh 2 Mar M45 1 Dor	OAD RACE on Stolz rty Higginbo	41 USA 51:09.0	00 83.31 00 78.01	k o p	eep info ld. Resu referenc	rmationalts that e. Dead	n current,	we generally do not d (maximum 28 space e 10th of the month pr Mary Lou Hamm	publish reses / 21/4" wrior to issu	sults mo ide) in o e date.	re than ur form	3 mon	aths eive
M45 1 Roger Price 2 Ron Ackerman M50 1 Eric Zemper 2 Ed Bagley M55 1 Herb Phillips 2 Vern Christensen	47 USA 2 49 USA 3 52 USA 4 56 CAN 3	8:58.40 2:05.20 7:17.50 7:09.00	78.9% 71.3% 63.7% 50.4% 78.9%	15K R M40 1 Joh 2 Mar M45 1 Dor 2 Ric M50 1 Rob	OAD RACE on Stolz rty Higginbo n Ford ck Lloyd bert Jones	41 USA 51:09.0 40 USA 54:39.0 46 USA 02:39.0 49 USA 07:31.0	00 83.33 00 78.03 00 70.63 00 65.53	k o p	eep info old. Resu reference	rmationalis that e. Dead	n current, t are type dline is the	we generally do not d (maximum 28 space 10th of the month pr Mary Lou Hamm Carolyn Richard W50 Barbara Filutze	28:39 28:39 28:39 28:39 29:14 24:11	sults mo ide) in o e date.	re than ur form serrate	3 mon	s 58:06 58:49
M45 1 Roger Price 2 Ron Ackerman M50 1 Eric Zemper 2 Ed Bagley M55 1 Herb Phillips 2 Vern Christensen 3 Charles DesJardins M60	47 USA 2 49 USA 3 52 USA 3 52 USA 4 56 CAN 3 55 CAN 3	8:58.40 2:05.20 7:17.50 7:09.00 31:24.20 37:59.80 48:02.50	78.9% 71.3% 63.7% 50.4% 78.9% 65.2% 51.5%	15K R M40 1 Joh 2 Mar M45 1 Dor 2 Ric M50 1 Rot 2 Ed M55	nn Stolz rty Higginbo n Ford ck Lloyd bert Jones Bagley	41 USA 51:09.0 40 USA 54:39.0 46 USA 02:39.0 49 USA 07:31.0 52 USA 10:20.0 52 USA 25:42.0	00 83.33 00 78.03 00 70.63 00 65.53	Buffa	eep info ld. Resu referenc  EA	rmationality that the Dead	n current, it are type dline is the	we generally do not d (maximum 28 space 10th of the month pr Mary Lou Hamm Carolyn Richard	publish resets / 21/4" writer to issue 28:39 ison 29:14	Mon Ric M55 Dou Gab	serrate h Murra g MacGri	3 mon nat rece Burgos y egor	58:06 58:49 58:10 61:47
M45 1 Roger Price 2 Ron Ackerman M50 1 Eric Zemper 2 Ed Bagley M55 1 Herb Phillips 2 Vern Christensen 3 Charles DesJardins M60 1 Roger Davies 2 Derek Mahaffey	47 USA 2 49 USA 3 52 USA 4 56 CAN 3 55 CAN 3 59 USA 6 61 CAN 62 USA	8:58.40 2:05.20 7:17.50 7:09.00 01:24.20 037:59.80 48:02.50	78.9% 71.3% 63.7% 50.4% 78.9% 65.2% 51.5% 79.2%	15K R M40 1 Joh 2 Mar M45 1 Dor 2 Ric M50 1 Rot 2 Ed M55 1 Mai	nn Stolz cty Higginbo n Ford ck Lloyd bert Jones Bagley rv Rexius ck Anderson	41 USA 51:09.0 40 USA 54:39.0 46 USA 07:31.0 52 USA 10:20.0 52 USA 25:42.0 59 USA 02:40.0 55 USA 05:31.0	00 83.33 00 78.01 00 70.63 00 65.53 00 65.36 00 76.40 00 73.1	Buffa E Overa	eep info ld. Resu reference EA lo Subar Buffalo, N	rmationality that the Dead	n current, it are type dline is the le Chase y 20	we generally do not d (maximum 28 space a 10th of the month pr Mary Lou Hamm Carolyn Richard W50 Barbara Filutze Pat Kunselman Judy Mowery W55 Wendi Hanger	28:39 28:39 28:39 28:39 28:11 27:29 29:18 32:17	Mon Ric M55 Dou Gab Gil M60 Jim	serrate h Murra g MacGri riel Be Emery O'Toolo	3 mon nat rece Burgos y egor rmal	58:06 58:49 58:10 61:47 64:37 65:55
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M45 1 Roger Price 2 Ron Ackerman M50 1 Eric Zemper 2 Ed Bagley M55 1 Herb Phillips 2 Vern Christensen 3 Charles DesJardins M60 1 Roger Davies 2 Derek Mahaffey 3 Ken Ogden	47 USA 2 49 USA 3 52 USA 4 56 CAN 55 CAN 55 CAN 60 USA 60 USA 60 USA 60 USA 67 USA 67 USA	8:58.40 2:05.20 7:17.50 7:09.00 81:24.20 87:59.80 88:02.50 832:43.30 84:38.00 40:14.60	78.9\$ 71.3\$ 63.7\$ 50.4\$ 0 78.9\$ 0 55.2\$ 0 79.2\$ 0 77.8\$ 0 64.4\$ 0 78.7\$ 0 75.7\$	15K R M40 1 John 2 Mar M45 1 Doro 2 Ric M50 1 Roo 2 Ed M55 1 M60 2 Jae 8 M60 2 Joh 3 Ras M60 3 Ras M60 8 John 8 John 9 John 8 John 8 John 8 John 8 John 8 John 8 John 8 John 9 John 10 John	nn Stolz rty Higginbo n Ford ck Lloyd bert Jones Bagley rv Rexius ck Anderson hn Hepner hn-Erik Nil	41 USA 51:09.0 40 USA 54:39.0 46 USA 02:39.0 49 USA 07:31.0 52 USA 10:20.0 52 USA 25:42.0 59 USA 05:31.0 64 USA 03:30.0 64 USA 03:30.0 65 USA 06:09.0 65 USA 06:09.0	00 83.31 00 78.01 00 70.61 00 65.51 00 65.31 00 73.61 00 73.11 00 78.9 00 70.5	Buffa  Covera Chris Liude M40 F	EA lo Subarra Buffalo, N is Fox 37 inila Alex Karel Jir	rmatio olts that e. Dear ST ru 4 Mil NY; July eeef 31	n current, it are type dline is the le Chase y 20	we generally do not d (maximum 28 space e 10th of the month pr Mary Lou Hamm Carolyn Richard W50 Barbara Filutze Pat Kunselman Judy Mowery W55 Wendi Hanger Maureen Dunn	publish reses / 2'/." writer to issu  28:39 28:39 28:39 29:14 27:29 29:18 32:17 33:20	Mon Mon Mos Dou Mos Dou Mos Dou Mos Dou Mos Dou Mos Dou Mos Dou Mos Dou Mos Dou	serrate h Murra g MacGri riel Brery 0'Toold 1 Spencinge Biss Ross	Burgos y egor rmal e er son	58:06 58:49 58:10 61:47 64:37 65:55 66:36
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Robert Ludwig	42:14 43:15
Will Mason M60 Bill Spencer	42:32
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M65 John Fernande	z 40:57
Ray Pockell Ray Willis	47:45 49:47
M70 Doug Blanchar	d 52:25
Bob Hennig	53:58 55:47
Bud Aronson M75 Bob Knowlton	58:27
M80 David Toplon	75:52
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W45 Moira Durnin Deb Bullerjah	41:27 n 42:09
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W50 Susan Gustafs Catherine Far	
Mary Ryczek	47:55
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Sue Reinert Judy Scott W60 Leslie Lowrey Hazel Palmer W65 Marj Rosiello NYRRC Hispanic H Central Park, NY Overall Alem Kahsay 24 Kim Griffin 34 M30 Trevor Murray! Rachid Tbahi 3 Shaen Marcelle M40 Jose Santiago Simon Abella-L Jose Villa 42 M45 Luis Guachichu Robert Briglio Joseph Porcaro M50 Julio Aguirre Thomas McGee Hector Rivera M55 Jack Brennan	72:21 69:08 71:36 66:20 alf-Marathon C; Aug. 11 1:07:50 1:21:10 30 1:09:17 1 1:11:22 :30 1:13:04 1:16:02 .eon 1:16:52 1:22:51 ica 1:20:34 1:20:34 1:20:34 1:21:08 1:22:35 1:26:32 1:26:47 1:28:42
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Sue Reinert Judy Scott W60 Leslie Lowrey Hazel Palmer W65 Marj Rosiello NYRRC Hispanic H Central Park, NY Overall Alem Kahsay 24 Kim Griffin 34 M30 Trevor Murray Rachid Tbahi 3 Shaen Marcelle M40 Jose Santiago Simon Abella-I Jose Villa 42 M45 Luis Guachichu Robert Briglio Joseph Porcaro M50 Julio Aguirre Thomas McGee Hector Rivera M55 Jack Brennan Philmore Brewe Jose Mendez M60 Richard Murphy Frank Dudley	72:21 69:08 71:36 66:20 lalf-Marathon C; Aug. 11 1:07:50 1:21:10 30 1:09:17 1 1:11:22 :30 1:13:04 1:16:02 .eon 1:16:52 1:20:34 1:20:34 1:20:34 1:20:34 1:21:08 1:22:35 1:26:32 1:26:47 1:28:42 er 1:29:15 1:31:05 7 1:28:38 1:34:36
Sue Reinert Judy Scott W60 Leslie Lowrey Hazel Palmer W65 Marj Rosiello NYRRC Hispanic H Central Park, NY Overall Alem Kahsay 24 Kim Griffin 34 M30 Trevor Murray! Rachid Tbahi 3 Shaen Marcelle M40 Jose Santiago Simon Abella-L Jose Villa 42 M45 Luis Guachichu Robert Briglio Joseph Porcaro M50 Julio Aguirre Thomas McGee Hector Rivera M55 Jack Brennan Philmore Brewe Jose Mendez M60 Richard Murphy Frank Dudley Alfred Finger	72:21 69:08 71:36 66:20 (alf-Marathon C; Aug. 11 1:07:50 1:21:10 30 1:09:17 1 1:11:22 2:30 1:13:04 1:16:52 1:22:51 ica 1:20:34 1:20:34 1:21:08 1:22:35 1:26:47 1:28:42 et 1:29:15 1:31:05 7 1:28:38 1:28:38 1:34:36 1:36:05
Sue Reinert Judy Scott W60 Leslie Lowrey Hazel Palmer W65 Marj Rosiello NYRRC Hispanic H Central Park, NY Overall Alem Kahsay 24 Kim Griffin 34 M30 Trevor Murray! Rachid Tbahi 3 Shaen Marcelle M40 Jose Santiago Simon Abella-L Jose Villa 42 M45 Luis Guachichu Robert Briglio Joseph Porcaro M50 Julio Aguirre Thomas McGee Hector Rivera M55 Jack Brennan Philmore Brewe Jose Mendez M60 Richard Murphy Frank Dudley Alfred Finger M65 Joseph Burns	72:21 69:08 71:36 66:20 alf-Marathon C; Aug. 11 1:07:50 1:21:10 30 1:09:17 1 1:11:22 :30 1:13:04 1:16:02 2:20:34 1:20:34 1:20:34 1:20:34 1:20:34 1:20:34 1:20:34 1:20:34 1:20:34 1:20:34 1:20:34 1:20:34 1:21:05 1:28:42 1:26:47 1:28:42 1:29:15 1:31:05 7 1:28:38 1:34:36 1:36:05 1:42:16
Sue Reinert Judy Scott Web Leslie Lowrey Hazel Palmer Web Marj Rosiello NYRRC Hispanic H Central Park, NY Overall Alem Kahsay 24 Kim Griffin 34 M30 Trevor Murray Rachid Tbahi 3 Shaen Marcelle M40 Jose Santiago Simon Abella-I Jose Villa 42 M45 Luis Guachichu Robert Briglio Joseph Porcaro M50 Julio Aguirre Thomas McGee Hector Rivera M55 Jack Brennan Philmore Brewe Jose Mendez M60 Richard Murphy Frank Dudley Alfred Finger M65 Joseph Burns Joseph Simonte William Welsh	72:21 69:08 71:36 66:20 lalf-Marathon C; Aug. 11 1:07:50 1:21:10 30 1:09:17 1:11:22 30 1:13:04 1:16:02 20:01 1:16:52 1:20:34 1:20:34 1:20:34 1:20:34 1:20:34 1:21:08 1:22:35 1:26:47 1:28:42 21 1:28:42 21 1:28:43 21 1:28:4
Sue Reinert Judy Scott W60 Leslie Lowrey Hazel Palmer W65 Marj Rosiello NYRRC Hispanic H Central Park, NY Overall Alem Kahsay 24 Kim Griffin 34 M30 Trevor Murray: Rachid Tbahi 3 Shaen Marcelle M40 Jose Santiago Simon Abella-I Jose Villa 42 M45 Luis Guachichu Robert Briglio Joseph Porcaro M50 Julio Aguirre Thomas McGee Hector Rivera M55 Jack Brennan Philmore Brewe Jose Mendez M60 Richard Murphy Frank Dudley Alfred Finger M65 Joseph Burns Joseph Burns Joseph Simonte William Welsh M70 Phil Mongillo	72:21 69:08 71:36 66:20 lalf-Marathon C; Aug. 11 1:07:50 1:21:10 30 1:09:17 1 1:11:22 :30 1:13:04 1:16:02 1:20:34 1:20:34 1:20:34 1:21:08 1:22:35 1:26:32 1:26:47 1:28:42 er 1:29:15 1:31:05 7 1:28:38 1:34:36 1:36:05 1:42:16 1:50:58 1:50:58 1:56:49 1:47:34
Sue Reinert Judy Scott W60 Leslie Lowrey Hazel Palmer W65 Marj Rosiello NYRRC Hispanic H Central Park, NY Overall Alem Kahsay 24 Kim Griffin 34 M30 Trevor Murray: Rachid Tbahi 3 Shaen Marcelle M40 Jose Santiago Simon Abella-L Jose Villa 42 M45 Luis Guachichu Robert Briglio Joseph Porcaro M50 Julio Aguirre Thomas McGee Hector Rivera M55 Jack Brennan Philmore Brewe Jose Mendez M60 Richard Murphy Frank Dudley Alfred Finger M65 Joseph Burns Joseph Simonte William Welsh M70 Phil Mongillo Frank Mortillo	72:21 69:08 71:36 66:20 lalf-Marathon C; Aug. 11 1:07:50 1:21:10 30 1:09:17 1 1:11:22 2:30 1:13:04 1:16:02 2:20:51 ica 1:20:34 1:20:34 1:21:08 1:22:35 1:26:32 1:26:47 1:28:42 er 1:29:15 7 1:28:42 er 1:29:15 8 1:34:36 1:36:05 1:42:16 1:50:58 1:56:49 1:47:34 1:54:41
Sue Reinert Judy Scott W60 Leslie Lowrey Hazel Palmer W65 Marj Rosiello NYRRC Hispanic H Central Park, NY Overall Alem Kahsay 24 Kim Griffin 34 M30 Trevor Murray: Rachid Tbahi 3 Shaen Marcelle M40 Jose Santiago Simon Abella-I Jose Villa 42 M45 Luis Guachichu Robert Briglio Joseph Porcaro M50 Julio Aguirre Thomas McGee Hector Rivera M55 Jack Brennan Philmore Brewe Jose Mendez M60 Richard Murphy Frank Dudley Alfred Finger M65 Joseph Burns Joseph Burns Joseph Simonte William Welsh M70 Phil Mongillo	72:21 69:08 71:36 66:20 lalf-Marathon C; Aug. 11 1:07:50 1:21:10 30 1:09:17 1 1:11:22 :30 1:13:04 1:16:02 1:20:34 1:20:34 1:20:34 1:21:08 1:22:35 1:26:32 1:26:47 1:28:42 er 1:29:15 1:31:05 7 1:28:38 1:34:36 1:36:05 1:42:16 1:50:58 1:50:58 1:56:49 1:47:34

### 1:46:34 W60 Wen-Shi Yu 1:43:22 Rosa Nales 1:48:39 Sue Medaglia 1:50:16 1:48:39 2:42:22 W65 Toshiko D'Elia Joan Fisher Mariana Merceron W70 Muriel Merl 2:51:52 2:05:16

2:35:55

3:30:10 1:21:44

1:22:50 1:24:43

1:27:30

1:31:40

1:32:02 1:21:18

1:41:20

1:37:17

1:46:34 1:48:24

1:44:32

3:08:07

Mel Freidel

Mary Diver

Marie Wickham W45 Teiko Schultz

W50 Marjorie Kos Carol Johnston

Leah Whipple

**Bonny Omara** 

Chuang Chang W55 Patty Parmalee

Kathleen Nitschelm

Christine Garino

Althea Jureidini

Bernard Needelman W30 Kay Panfile 30

Jean Chodnicki 37

Candace Strobach W40 Kathy Gribbon

# Falmouth 7.1 Miles Falmouth, MA; Aug. 18

A 100 PM
31:36
35:37

M40	Martin Mondragon	34:25
	Garry Henry	34:57
	Ted Jaleta	35:14
M45	Vladimir Krivoy	37:15
	Larry Olsen	37:55
	Jack Fultz	40:01
M50	Marris Johnson	42:50
	Jerry Soloman	44:43
	Jim Bisogni	44:53
M55	Mike Mullo	46:21
	Bill Masterson	48:27
	Fred Zuleger	48:48
M60	Richard Murphy	46:09
	Clay Armstrong	50:46
	Don Bergman	52:34
M65	Joe Fernandez	44:36
	Bob Borglund	47:56
	Bob Hall	53:06
M70	Brad Russell	59:18
	Carlton Mendell	62:20
S. L.	Phil Campbell	66:15
M40	Lorraine Moeller	37:33
	Jane Welzel	40:14
	Sissel Grotenberg	40:38
M45	R StockdaleWoolley	
	Judith Hine	43:44
	Deb Bullerjahn	45:20
M50		48:52
	Anne Tcherepnin	50:50
	Louise Boland	51:41
M55	Catherine Walsh	54:37
	Jane Kellogg	59:31
	Judith Mackay	61:20
M60	Wen-Shi Yu	54:32
	Eliz Jazowski	55:43
M70	Dottie Gray	76:20
MZC	Louise Rossitti	87:59

# New Haven 20K & 5l New Haven, CT; Sept. 2 Overall Joseph Kamau 23 Senoria Clarke 32 M40 Robert O'Hara 58:33

1	Joseph Kamau 23	58:33
1	Senoria Clarke 32	1:09:51
1	M40 Robert O'Hara	1:08:35
1	Ed Sparkowski	1:08:42
1	Steven Calidonna	
1	Vladimir Krivoy	1:09:35
-1	Tim Smith	1:12:41
۱ľ	M50 Bill Borla	1:17:36
١	Alex Silverman	1:17:58
	George Kasierski	1:21:39
	Jack Brennan	1:22:37
	Don Smith	1:22:45
	M60 John Dugdale	1:24:41
	Otto Schaefer	1:24:52
	Geoff Etherington	1:27:23
	Joe Riccio	1:36:27
	M70+John Cahill	1:28:26
6	Phil Mongillo Greg Pepe	1:39:20
	Peter Pantelis	1:44:10
		1:50:53
	Jane Welzel Marge Bellisle	1:14:59
ş,	Kathy Gribbon	1:22:31
-	Charge Vos	1:22:43
1	Sharon Vos W50 Jo Marchetti	
1		1:23:58
1	Marjorie Kos	1:31:30
1	Margaret Fenvesi	1:41:33
1	Judy Savitt	1:42:57
	W60 Wen-Shi Yu	1:37:54
ı	Gloria Brown	1:45:59
	Betty Kelly	1:59:22
	Betty Kelly Pauline Terry	
	Betty Kelly Pauline Terry5K	1:59:22
	Betty Kelly Pauline Terry5K Overall	1:59:22 2:32:52
	Betty Kelly Pauline Terry5K Overall Andrew Cleary 26	1:59:22 2:32:52
The same of the sa	Betty Kelly Pauline Terry5K Overall Andrew Cleary 26 Annie Lamontagne 22	1:59:22 2:32:52 15:17 17:42
The second secon	Betty Kelly Pauline Terry5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson	1:59:22 2:32:52 15:17 17:42 15:59
The state of the s	Betty Kelly Pauline Terry5K Owerall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone	1:59:22 2:32:52 15:17 17:42 15:59 16:29
The state of the s	Betty Kelly Pauline Terry5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46
The state of the s	Betty Kelly Pauline Terry 5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16
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The second secon	Betty Kelly Pauline Terry5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 18:43 19:00
The state of the s	Betty Kelly Pauline Terry 5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Coldman	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 18:43 19:00 19:28
The second secon	Betty Kelly Pauline Terry 5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Coldman Tom Butterfield	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 18:43 19:00 19:28 20:00
The second secon	Betty Kelly Pauline Terry5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Coldman Tom Butterfield Walt Cale	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 18:43 19:00 19:28 20:00 20:37
The state of the s	Betty Kelly Pauline Terry 5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Goldman Tom Butterfield Walt Cale M70+John McManus	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 18:16 20:00 19:28 20:00 20:37 21:24
Charles the second seco	Betty Kelly Pauline Terry 5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Coldman Tom Butterfield Walt Cale M70+John McManus Bill Tribou	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 18:43 19:00 19:28 20:00 20:37 21:24 23:25
The state of the s	Betty Kelly Pauline Terry 5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Goldman Tom Butterfield Walt Cale M70+John McManus Bill Tribou Larry Larkin	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 18:43 19:00 20:37 21:24 23:25 23:37
The state of the s	Betty Kelly Pauline Terry 5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Coldman Tom Butterfield Walt Cale M70+John McManus Bill Tribou Larry Larkin W40 Eileen Troy	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 19:00 19:28 20:00 20:37 21:24 23:25 23:37 18:56
The state of the s	Betty Kelly Pauline Terry 5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Coldman Tom Butterfield Walt Cale M70+John McManus Bill Tribou Larry Larkin W40 Eileen Troy Eliza Sparks	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 18:43 19:00 20:37 21:24 23:25 23:37 18:56 20:26
The same of the sa	Betty Kelly Pauline Terry 5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Coldman Tom Butterfield Walt Cale M70+John McManus Bill Tribou Larry Larkin W40 Eileen Troy Eliza Sparks Barbara Kream	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 18:43 19:00 20:37 21:24 23:25 23:37 18:56 20:26 21:33
THE RESERVE OF THE PROPERTY OF	Betty Kelly Pauline Terry5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadiiana Danny Klein Bob Edmonds M60 Mike Coldman Tom Butterfield Walt Cale M70+John McManus Bill Tribou Larry Larkin W40 Eileen Troy Eliza Sparks Barbara Kream W50 Roberta Brill	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 18:43 19:00 20:37 21:24 23:25 23:37 18:56 20:26 21:33 21:25
THE RESERVE OF THE PROPERTY OF	Betty Kelly Pauline Terry5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Coldman Tom Butterfield Walt Cale M70+John McManus Bill Tribou Larry Larkin W40 Eileen Troy Eliza Sparks Barbara Kream W50 Roberta Brill Jean Poodiack	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 19:00 19:28 20:00 20:37 21:24 23:25 23:37 18:56 20:26 21:33 21:25 21:55
THE PARTY OF THE P	Betty Kelly Pauline Terry 5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Goldman Tom Butterfield Walt Cale M70+John McManus Bill Tribou Larry Larkin W40 Eileen Troy Eliza Sparks Barbara Kream W50 Roberta Brill Jean Poodiack Judith Argazzi	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 18:43 19:00 20:37 21:24 23:25 23:37 18:56 20:26 21:33 21:25 21:55 22:13
THE PARTY OF THE P	Betty Kelly Pauline Terry5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Coldman Tom Butterfield Walt Cale M70+John McManus Bill Tribou Larry Larkin W40 Eileen Troy Eliza Sparks Barbara Kream W50 Roberta Brill Jean Poodiack Judith Argazzi W60 Jeanette Cyr	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 19:00 20:37 21:24 23:25 23:37 18:56 20:26 21:33 21:25 21:55 22:13
THE RESERVE OF THE PARTY OF THE	Betty Kelly Pauline Terry5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Coldman Tom Butterfield Walt Cale M70+John McManus Bill Tribou Larry Larkin W40 Eileen Troy Eliza Sparks Barbara Kream W50 Roberta Brill Jean Poodiack Judith Argazzi W60 Jeanette Cyr Judith Clayton	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 18:43 19:00 20:37 21:24 23:25 23:37 18:56 20:26 21:33 21:25 22:13 25:45
The second secon	Betty Kelly Pauline Terry 5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Goldman Tom Butterfield Walt Cale M70+John McManus Bill Tribou Larry Larkin W40 Eileen Troy Eliza Sparks Barbara Kream W50 Roberta Brill Jean Poodiack Judith Argazzi W60 Jeanette Cyr Judith Clayton Cynthia Peterson	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 18:43 19:00 20:37 21:24 23:25 23:37 18:56 20:26 21:33 21:25 22:13 25:45 26:10 31:13
Charles of the last of the las	Betty Kelly Pauline Terry5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Coldman Tom Butterfield Walt Cale M70+John McManus Bill Tribou Larry Larkin W40 Eileen Troy Eliza Sparks Barbara Kream W50 Roberta Brill Jean Poodiack Judith Argazzi W60 Jeanette Cyr Judith Clayton Cynthia Peterson W70+Adeline Kearney	1:59:22 2:32:52 15:17 17:1742 15:59 16:29 16:46 18:16 18:43 19:00 20:37 21:24 23:25 23:37 18:56 20:26 21:33 21:25 21:35 22:13 25:45 26:10 31:13 29:42
the state of the s	Betty Kelly Pauline Terry 5K Overall Andrew Cleary 26 Annie Lamontagne 22 M40 Al Swenson Don Salamone Mark Clark M50 Mark Guadliana Danny Klein Bob Edmonds M60 Mike Goldman Tom Butterfield Walt Cale M70+John McManus Bill Tribou Larry Larkin W40 Eileen Troy Eliza Sparks Barbara Kream W50 Roberta Brill Jean Poodiack Judith Argazzi W60 Jeanette Cyr Judith Clayton Cynthia Peterson	1:59:22 2:32:52 15:17 17:42 15:59 16:29 16:46 18:16 18:43 19:00 20:37 21:24 23:25 23:37 18:56 20:26 21:33 21:25 22:13 25:45 26:10 31:13

# SOUTHEAST

# Twilight Five 5K

Birmingham, AL; Aug. 3		
Overall		
Eddie Terrell	15:57	
Mary Jo Schmalz	17:43	
M40 Robert Dancey	16:26	
Pete Trump	18:35	
Jeff Chandler	19:09	
Joe Mathews	19:20	
Ken Fortson	19:26	
M45 Ronnie Beard	17:59	
,Terry Rayburn	19:01	
Don Player	19:49	
Joe Kadle	20:40	
Cordon Ladner	20.44	

M50 Roger Quick	20:34
R J Leo	25:17
Mike Atkinson	25:35
John Word	28:22
M55 Sammy Morris	19:17
Butch Goldblatt	23:09
Ninnian McClain	23:42
Pat Mahon	28:03
M60 Rudolph Bate	22:11
Joe Ross	25:04
Peter Kenney	29:37
M65 Roger Richards	23:20
Parker Johnston	23:45
M70+Dan McCarthy	26:34
Herb Johnson	26:39
W40 Ann Eller	22:36
Pam Buck	23:15
Aleath Ruth	25:09
Oxsana Senyk	25:44
Janet Butler	25:45
W45 Mona Fine	20:00
Teresa Moran	24:42
Ellen Cannon	26:46
W50 Agnes Bates	31:41
W55 Barbara Sosebee	29:04

# Run By The River 5K Clarksville, TN; Sept. 7 Overall Lazarus Nyakeraka 21 13:32

Catherine Ndereba 28	15:14
M40 Garry Henry 41	14:33
Antoni Niemczak 40	14:43
Lloyd Stephenson41	14:50
Tom Stevens 40	14:55
Charlie Gray 42	14:59
Zafar Ahmed 40	15:28
Des O'Conner 42	15:35
Gordon Benfield 43	15:37
Tony Pemberton 40	16:09
M50+Jan Frisby 52	16:14
Don Coffman 53	16:55
Anson Clapcott 52	17:22
Bill Olrich 60	17:29
Dave Roeber 50	17:39
Bill Fanning 50	17:53
W40 Alice Thurau 41	17:15
Honor Fetherston41	17:18
T Adams-Schmardt40	
Terry Mahr 47	18:00
Judith Hine 47	18:12
W50+Joan Ottaway 52	18:14
Donna Presley 50	20:35
Nancy Frisillo 53	20:57
Amelia Wallace 54	21:18
	21:10
Vicki Johnson 53	21:2

# MIDWEST

# Parkersburg Half-Marathon

Parkersburg, WV; Aug. 17		
Overall		
Alfredo Vigueras 33	64:00	
Lynn Nelson 34	72:50	
M40 Phillip Rowan	70:58	
Malcom East	70:00	
Jeff Foster	71:30	
Allen Choma	71:36	
Mike Bressi	72:32	
Dan Hyde	75:49	
David Wilson	75:52	
Don Slusser	76:04	
M45 Gary Romesser	68:59	
David Blankenship	78:35	
Dan Giner	79:26	
John Snider	81:50	
John Crabtree Sr	82:06	
M50 Don Coffman	87:03	
Wayne Doehlman Sr	81:24	
Ray Kitchen	86:47	
Joe Donahue	86:50	
Bill Peay	86:52	
M55 Fay Bradley	79:12	
Ron Rohrer	85:11	
Mike Swiney	87:17	
Andrew Sherwood		
M60 Burr Grim	88:29	
Jack Cagot	87:25	
Clay Baker	91:49	
M65 Jim Blount	93:10 95:37	
Larry Dickerson	98:17	
Jack Gough	98:26	
M70+John Cahill 72	91:40	
Lou Lodovico 72	97:25	
W40 Alice Thurau	:50:21	
Eileen Telford	78:47	
Sue Given	87:02	
Janie Wilson	88:14	
Cynthia Baird	93:03	
	95:06	
	84:05	
Claudia Piepenburg		
Linda Ray	96:38	
Mary Mlinarcik W50 Nina Bovio	99:42	
20120	97:42	
Boursely Borns	46:18	
	49:10	
	42:29	
	58:29	
Virginia Farneman2: W60 Wen-Shi Yu 1:	02:45	
	46:28	
Mary Purvis 2: W65 none	02:43	
W70+Margaret Hagant 733	. 27 45	

# W60 Wen-Shi Yu Mary Purvis W65 none W70+Margaret Hagerty732:37:45 Somerset Classic 5K & 10K Troy, MI; Aug. 18 --5K--

16:19

Overall Rick Brauer

Jennifer Eschbacker	18:35
M40 Ron Marinucci	18:51
M50 Paul Wheeler	19:58
M60 Brian Harris	18:28
W40 Maggy Zidar	21:18
W50 Cecelia McBurnie	28:14
W60 Josella Faul	26:54
10K	
Overall	
John Walter	34:13
Elizabeth Storch	39:05
M40 Chuck Block	36:01
M50 Don Kniffen	45:17
M60 Mary Stevenson	50:03
W40 Elizabeth Doyle	43:09
W50 Jan Valade	51:15
W60 Josella Faul	57:19

# Crim 10 Mile Flint, MI; Aug. 24 Overall Joseph Kamau Catherine Ndereba M40 Martin Mondragon Garry Henry Doug Kurtis Charlie Gray Lloyd Stephenson Lanny Doan Larry Baker Paul Barron Tim Emmett Steve Winchel

52:50 49:51 51:27 51:34 51:44 52:16 53:00 53:40 54:06 54:52 54:53

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Terry Elsey	55:31
Charles Block	55:42
Bruce Harrison	58:01
Bob Blunk	58:04
Richard Wallman	58:27
Walter Barnowski	58:38
Tim Bolema	58:54
Earl McWilliams	55:09
Glen Feldpausch	59:35
David Osborn	59:38
M45 Gary Romesser	53:18
Michael McGlynn	57:55
Ken Welsheimer	59:11
John Hunt	59:52
Thomas Hardy	60:09
Timothy Flucs	60:14
Matthew Savage	60:24
David Kenners	60:29
Tyrone Griffin	60:32
John E Scott	61:18
John Newton	61:25
Larry Wojcik	61:31
R P Adomitis Ron Shuster	61:33
Ron Shuster	61:41
Bruce Coffin	62:22
M50 Walt Herrala	56:52
Paul Deladurantave	58:08
Paul Deladurantaye Bill Robson	61:39
Gerard Malaczynski	63:30
Don Harp	64:19
Richard Lampman	64:25
Dale Johnson	64:26
James Schroeder	65:05
John Farah	65:5
James Rillema	66:1
James Webb	66:1
M55 Fay Bradley	59:0
Dwight Dohner	67:2
Ralph Judd	67:2
Herb Burdett	67:4
Richard Wallen Leland Burch	68:0 68:4
	00:4
Lloyd Cox	69:2
Lloyd Cox Kurt Makowski	69:2
Lloyd Cox Kurt Makowski M60 Bill Olrich	69:2 69:4 61:36
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris	69:2 69:4 61:36 63:13
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley	69:2 69:4 61:36 63:13 65:15
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger	69:2 69:4 61:36 63:13 65:15 71:09
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer	69:2 69:4 61:36 63:13 65:15 71:09 72:49
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling	69:2 69:4 61:36 63:13 65:15 71:09 72:49 74:02
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle	69:2 69:4 61:36 63:13 65:15 71:09 72:49 74:02 76:24
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr	69:2 69:4 61:36 63:13 65:15 71:09 72:49 74:02 76:24
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth	69:2 69:4 61:36 63:13 65:15 71:09 72:49 74:02 76:24 76:27
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz	69:2 69:4 61:36 63:13 65:15 71:09 72:49 74:02 76:24 76:27 76:28
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward	69:2 69:4 61:36 63:13 65:15 71:09 74:02 76:24 76:25 76:26 83:12
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence	69:2 69:4 61:36 63:13 65:15 71:09 72:49 74:02 76:24 76:25 83:12 83:16
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes	69:2 69:4 61:36 63:13 65:15 71:09 74:02 76:24 76:24 76:28 83:16 84:01
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence	69:2 69:4 61:36 63:13 65:15 71:09 72:49 74:02 76:24 76:25 83:12 83:16
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74	69:2 69:4 61:36 63:13 65:15 71:09 74:02 76:24 76:25 76:28 83:12 83:16 84:01 69:02
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74	69:2 69:4 61:36 63:13 65:15 71:09 74:02 76:24 76:24 76:28 83:12 83:16 84:01 69:02
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74	69:24 69:44 61:36 63:13 65:15 71:09 72:49 74:02 76:24 76:26 83:12 83:16 84:01 69:02 82:30 85:32 97:25
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74	69:24 69:44 61:36 63:13 65:15 71:09 72:49 74:02 76:24 76:26 83:12 83:16 84:01 69:02 82:30 85:32 97:25
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova	69:2' 69:4' 61:36 63:13 65:15 71:09 72:49 76:24 76:26 83:12 83:16 84:01 69:02 85:32 97:25
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Robert Seward Robert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel	69:2' 69:4' 61:36 63:13 63:13 71:09 72:49 76:24 76:25 76:28 83:12 84:01 69:02 82:10 85:32 97:25 554:46 57:52
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau	69:2' 69:4' 61:36 63:13 65:15' 71:09 72:49 76:26' 76:26' 83:12' 83:12' 84:01 69:02' 82:10' 85:32' 97:25' 54:46' 57:56' 57:56'
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Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Robert Seward Rerbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston	69:2' 69:4' 61:36 63:13 65:15 71:09 76:24 76:24 76:28 83:12 84:01 69:02 82:10 85:32 97:25 554:46 57:52 58:42 59:04 61:32
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston Karen McKeachie	69:24 69:44 61:36 63:13 65:19 71:00 76:22 76:22 76:22 83:12 83:14 83:16 69:02 82:10 85:32 97:25 58:42 66:25 59:04
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston Karen McKeachie Laurel Cihak	69:26 69:34 61:34 61:36 65:15 71:09 76:27 71:48 76:27 71:48 83:16 84:01 69:02 82:10 85:32 97:25 59:44 61:32 66:55 66:28
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston Karen McKeachie Laurel Cihak Betty Newton	69:24 69:44 61:36 63:13 65:15 71:09 76:24 76:27 76:28 83:11 84:01 69:02 82:10 85:32 59:42 66:25 57:52 58:42 66:28 66:28 66:28 66:19
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston Karen McKeachie Laurel Cihak Betty Newton Elizabeth Doyle	69:2 69:4 61:36 61:36 65:15 71:09 76:22 71:49 76:22 71:49 76:22 71:49 76:22 71:49 76:22 71:49 76:22 71:49 76:22 71:49 76:22 71:49 76:22 77:49 76:22 77:49 76:22 77:49 76:22 77:49 76:22 77:49 76:22 77:49 77
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston Karen McKeachie Laurel Cihak Betty Newton Elizabeth Doyle Robyn Frankowicz	69:269:413661:3661:3661:3661:3661:3661:3661:36
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston Karen McKeachie Laurel Cihak Betty Newton Elizabeth Doyle Robyn Frankowicz W45 Theresa Mahr	69:26 69:46 61:36 61:36 65:15 71:09 76:22 76:22 76:22 76:22 76:22 83:11 84:01 69:02 82:10 89:12 55:44 66:28 66:28 66:28 66:43
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston Karen McKeachie Laurel Cihak Betty Newton Elizabeth Doyle Robyn Frankowicz W45 Theresa Mahr Astrid Varga	69:2 69:4 61:36 61:36 65:11 71:09 76:22 71:49 76:22 71:49 76:22 71:49 76:22 71:49 76:22 71:49 76:22 71:49 76:22 77:49 76:22 77:49 76:22 77:49 76:22 77:49 76:22 77:49 76:22 77:49 76:22 77:49 77
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston Karen McKeachie Laurel Cihak Betty Newton Elizabeth Doyle Robyn Frankowicz W45 Theresa Mahr Astrid Varga Ginny Papper	69:26 69:41 61:36 61:36 65:15 71:09 76:27 71:49 76:22 71:49 83:12 83:12 83:12 83:12 83:12 83:12 83:12 83:12 83:12 69:02 69:02 69:03
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Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston Karen McKeachie Laurel Cihak Betty Newton Elizabeth Doyle Robyn Frankowicz W45 Theresa Mahr Astrid Varga Ginny Papper Barbara Heys Lyndall Miller	69:2 69:4 61:36 61:36 65:15 71:09 76:24 74:00 76:22 71:49 76:22 71:49 83:11 83:11 83:11 84:01 68:32 97:25 55:44 66:43 66:43 66:43 66:43 67
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston Karen McKeachie Laurel Cihak Betty Newton Elizabeth Doyle Robyn Frankowicz W45 Theresa Mahr Astrid Varga Ginny Papper Barbara Heys Lyndall Miller Maggy Zidar	69:26 69:46 61:36 61:36 63:13 65:15 71:09 76:24 77:24 76:22 77:24 83:12 83:16 84:01 69:02 82:10 87:25 59:44 66:25 56:26 66:28 66:28 66:28 66:28 66:43 66:43 67:45
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Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston Karen McKeachie Laurel Cihak Betty Newton Elizabeth Doyle Robyn Frankowicz W45 Theresa Mahr Astrid Varga Ginny Papper Barbara Heys Lyndall Miller Maggy Zidar Monica Rushey Teresa Ashworth	69:26 69:41 61:36 61:36 65:15 71:09 76:22 77:25 83:11 83:11 83:11 84:01 69:02 97:25 59:04 66:03 66:03 66:04 66:04 66:04 67:02 67:05
Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston Karen McKeachie Laurel Cihak Betty Newton Elizabeth Doyle Robyn Frankowicz W45 Theresa Mahr Astrid Varga Ginny Papper Barbara Heys Lyndall Miller Maggy Zidar Monica Rushey Teresa Ashworth W50 Nina Bovio	69:26 69:41 61:36 65:15 71:09 76:24 76:22 71:45 83:12 83:16 84:01 69:02 82:10 85:33 97:25 59:04 66:25 66:28 66:28 66:43 66:43 66:43 71:54 72:06 67:31 77:55
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Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70-Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston Karen McKeachie Laurel Cihak Betty Newton Elizabeth Doyle Robyn Frankowicz W45 Theresa Mahr Astrid Varga Ginny Papper Barbara Heys Lyndall Miller Maggy Zidar Monica Rushey Teresa Ashworth W50 Nina Bovio Renee Vettorello	69:26 69:41 61:36 61:36 65:15 71:09 76:22 71:49 76:22 71:49 83:12 83:16 84:01 69:02 88:32 97:25 58:42 59:04 66:25 56:25 66:28 66:28 66:29 77:55 77:52 77:55 77:55 77:55 77:55 77:55
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Lloyd Cox Kurt Makowski M60 Bill Olrich Brian Harris James Matherley William Munger Ralph Palmer Kenneth Ralling Michael Houle John Renaud Jr M65 Carl Ellsworth John Kolmetz Robert Seward Herbert Spence William Hayes M70+Jim Forshee 70 Marlynn Bandlow 74 John Roberts 73 James Parker 74 W40 Tatjana Pozdnyakova Jane Welzel Alice Thureau Janet Takahashi Honor Fetherston Karen McKeachie Laurel Cihak Betty Newton Elizabeth Doyle Robyn Frankowicz W45 Theresa Mahr Astrid Varga Ginny Papper Barbara Heys Lyndall Miller Maggy Zidar Monica Rushey Teresa Ashworth W50 Nina Bovio Renee Vettorello Marilyn Grissom Kathleen Morse Wanda Merrell Carol Santoro Karen Bell	69:269:41663:13665:1571:0976:24776:268776:24776:26883:12688383:126883:126883:126883:126883:126883:126883:126883:126883:12688383:126883:126883:126883:126883:126883:126883:126883:126883:1268833:126883:126883:126883:126883:126883:126883:126883:126883:12688383:12688383:12688383:12688383:12688383:12688383:12688383:1268838383:12688383:1268838383:12688383:12688383838383:12688383838388

W55	Armande Pieschke	82:40
	Janet Wallen	83:38
	Merion Knight	84:55
	Mary Demattia	86:29
	Cathy Detman	27:49
W60	Chris Swanson	90:47
100	Gunveig Janse	91:26
	Katherine Pye	92:36
W65	Lois Gilmore	84:00
	Ruth Hunt	99:48
W70	Barbara Andersen71	96:50
	Pat Milligan 70 2	2:10:15

# America's Finest City Half-

# Marathon San Diego, CA; Aug. 25

1		rall	
١	John	n Kagwe 37	1:03:28
	Mar	i Tanigawa 33	1:13:11
	M40	Brad Ingram	1:13:54
	. 1	Nicolas Hernande	1:14:06
	X Try	Nate Smith III	1:17:07
	ALC: Y	Sal Salmi	1:18:25
	M45	Sam Hajj	1:16:43
	1.07	German Alonso	1:18:50
	200	Adalberto Mendoza	
	100	Bill McDermott	1:21:37
	MSO	Ray Parker	1:24:10
	PDV	Bill Shaw	1:25:34
	15. 5	Terry Cammack	
	MEE		1:27:28
	MOO	Joe Hurtado	1:24:15
	1	Andy Anderson	1:32:58
- /		Jerry Albert	1:33:17
- 1	M60	Larry Dervin	1:35:14
		Warren Osborn	1:35:54
	1	Bob Mangrum	1:37:10
	M65	Bob Vitale	1:47:07
		Cyril Jones	1:48:20
	WIN -	Chuck Boston	1:49:23
	M70	Jim O'Neil	1:36:54
	10.00	Logan McGinness	1:47:46
	7	Ted Horner	1:57:30
	M75	Earl Rippee	2:28:23
	1	Leo Wade	2:34:32
	Mix	Norton Davey	2:48:19
	M80-	Walt Kuetzing 84	2:48:08
Ŀ	W40	Terry AdamsSchmid	1+1-10-55
		Christine Kenned	.1.22.27
		Marina Jones	
	W45	Julie Lister	1:35:26
	443	Pottu Beserbana	
9	11 12	Betty Rosenberg	
	MEO	Joni Shirley	
	W50	Mary Leivers Wendy Watson	1:36:53
	-	Diane Eastman	1:37:56
	W55		1:38:01
=	MOO	Yvette Lavigne Eileen Pue	1:35:26
	46-	Barbara Valastro	1:39:50
-	W60	Wen-Shi Yu	1:41:57
		Fatima Ali	2:06:22
	1	Sally Byrum	2:16:47
	WES	Faith Ramirez	
ř			2:13:44
	- I III	Trud Pietrollungo	2:34:06
1	WZO	Rosemary Ennis	
	W/04	Doris Gordon 70	2:23:59
	0.000	Dorothy Shumway71	3:36:25
1			

# **NORTHWEST**

# **Hood To Coast Relay** Mt. Hood-Seaside, OR; Aug. 23

Aug. 20	
(196 miles/875 teams	of 12)
Overall	
Nike Mambu Baddu	16:39:50
Nike Elite Women	18:49:54
Men's Masters	EN UNIDE!
Pace Setter-To Be Ol	d18:33:12
(Portland, OR)	
Banada Striders	20:15:16
(Lake Oswego, OR)	24 01 36
Nike Masters	20:24:33
(Beaverton, OR)	ST DE VIEW
Team Runners High	20:43:55
(Long Beach, CA)	
EG&G Eastside Stride	20:52:40
(W. Richland, WA)	P. 70. P.
Women's Masters	
Wild Women Do	24:48:49
(Tualatin, OR)	
Heart And Sole	27:36:12
(Gladstone, OR)	22 ber 551
Just For Fun	28:26:02
(Riddle, OR)	
Mixed Masters	
Team Minnesota	21:22:44
(Plymouth, MN)	en Inval
Pace Setter-We Be 40	21:48:38
(Portland, OR)	
Hammering Dinosauers	22:25:28
(Canby, OR)	Will State of

Portland To Coas	t Relay
Portland-Seaside, O	
6126 miles/130 teams	of 8-12)
Leadfoot 1	15:28:40
No Limits Women	18:23:42
Men's Masters	
The Anti-Climatics	15:03:53
(Bothell, WA)	THE REAL PROPERTY.
Walking Teams:	
(300 teams of 12)	
Women's Masters	
Intimidating Recycle	ed25:25:35
(Eugene, OR)	STATE SHE
Bleu By You	27:46:57
(Wilsonville, OR)	
Nike Supremes	28:22:41
(Aloha, OR)	
Mixed Masters	
Cooper Mtn Express	25:29:42
(Aloha, OR)	
Enlightened Soles	25:40:26
(Dant1 3 00)	Marian Indiana

# RACEWALKING

(Portland, OR)
Walking In The Spirit26:42:53
(Gresham, OR)

# East Regional 10K RW Relay

Oliani lonoinpo	AND THE RESERVE
ntral Park, NYC; A	lug. 4
Richard Hills/Frank	1:07.14
LaMorte	
Benno Stein/Rifkhat	56.37
Soultanov	
Bob Barrett/Daniel	1:01.18
Pina	
Holly Hughes/Rhoda	1:05.14
Green	
Maggie Barr/Julie	1:13.35
Ora	
Vivian Lowery/	1:20.15
Queenie Thompson	
	ntral Park, NYC; A Richard Hills/Frank LaMorte Benno Stein/Rifkhat Soultanov Bob Barrett/Daniel Pina Holly Hughes/Rhoda Green Maggie Barr/Julie Ora Vivian Lowery/

# USATF National Masters 5K RW Championships/Sallie Mae Valley Classic Wilkes-Barre, PA; Aug. 25

19:59 21:15

Overall

Timothy Seaman 24 Debbi Lawrence 34

Debbi Lawrence 34	21:15
M40 Curt Sheller	23:09
Howard Rooker	28:49
W40 Phyllis Hansen	26:20
Ann Davin	28:56
Donna Kilgore	34:23
Patricia Arland	41:06
M45 BruceBooth	24:49
Edward Zindell	26:10
Claude Letien	27:27
Patrick McMahon	29:10
John Anthony Albert	29:56
Terry Dougherty	35:52
Edward Walsh	39:29
Joseph Sweeney	39:34
W45 Patricia Weir	28:42
Margie Wolfe	35:48
Bonnie Chocallo	41:22
M50 Jim Carmines	23:02
Ronald Sheilds	26:35
Victor Litwenski	29:03
Bruce Kessler	50:54
W50 Ruby Tolbert	31:56
Merrilynn Kessler	37:13
M55 Frank Masterson	27:49
James McGrath	29:15
Larry Freeman	30:14
Edward Kozden	35:48
John Domanski	35:56
Perry Lee Tolbert	39:28
W55 Carol Hopson	34:02
Josephine Vale	37:39
Phyllis Swire	38:27
Barbara Godlewski	41:36
M60 Arthur Noll	30:10
Robert Davis	34:57
Leonard Stone	39:09
M65 John Starr	28:07
Louis Butera	35:19
Robert Vishneski	35:26
Michael Rossick	42:36
M70 William Flick	28:23
Walter Hawrys	34:02
W70 Shirley Mayer	37:31
Comments of the comments of th	31.31



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Bill Rodgers wears Etonic.

Just coincidence?

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