

NATIONAL MASTERS NEWS

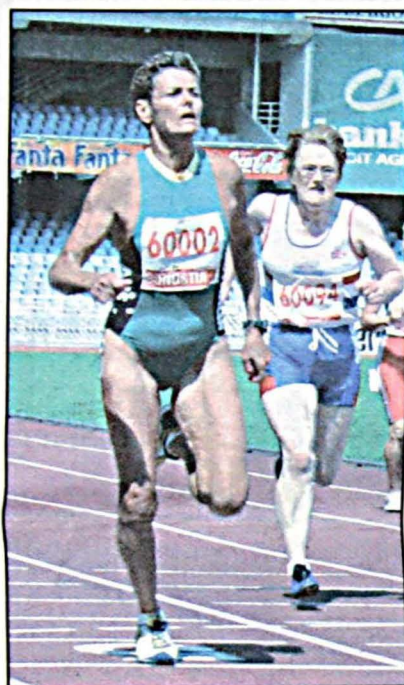
The official world and U.S. publication for masters track & field, long distance running and racewalking

326th Issue

October 2005

\$3.00

6033 Athletes From 91 Nations Compete in 16th World Championships in Spain



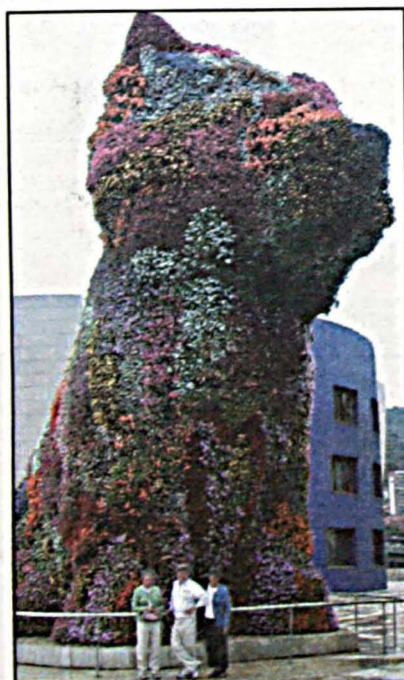
JERRY WOJCIK
Marge Allison, AUS, and Esther Linaker, GBR, in the W60 200. Allison won this race and the 400, 16th WMA World Championships.



SUZY HESS
Finalists in the M55 400 at the 16th WMA World Championships (l to r): Anton Guerenzo, ESP; Charles Allie, USA, first (24.47); Alan Coleman, AUS; Franz Hohl, AUT, second (24.88); Vincenzo Felicetti, ITA, third (25.08); Marion McCoy, USA; Hans Van Bavel, AUS; and Bill Tharpe, USA.



JERRY WOJCIK
Earl Fee, CAN, broke M75 records in the 800 and 300H, 16th WMA World Championships.



JERRY WOJCIK
The floral cat in front of the Guggenheim Museum, Bilbao, dwarfs (l to r): Suzy Hess, Hal Higdon, and his wife, Rose. The Guggenheim was a popular attraction for athletes at the 16th WMA World Championships.

Donostia Hosts WMA Athletes

By **JERRY WOJCIK**
After Spain won the bid for the 16th WMA World Championships, we all thought we were going to San Sebastian. When the 296 U.S. entrants got there, they discovered that they were in Donostia, the Basque name for San Sebastian.

All of the street banners, meet apparel and programs, volunteers' T-shirts, and anything else connected to the meet had "Donostia05" on them, no mention of San Sebastian except from the mouths of WMA officials.

By any appellation, the city lived up to its name. Located on one of the most beautiful beaches in the world, Playa de la Concha, shaped like a perfect sea shell, an inlet on the Bay of Biscay, the city was colorful and vibrant. It is divided by the Urumea River, along which you could stroll on a paseo for almost its entire length in the city.

Parks and boulevards were blooming with flowers. Sidewalks are not just

Continued on page 15

37 Pending Age Records Set

By **JERRY WOJCIK**

Four years after the bid to host the 16th WMA World Championships went to San Sebastian/Donostia, Spain, 6033 masters athletes from 91 countries descended on the city, located in the Basque region of Spain on the Bay of Biscay on the border of France. The 16th Championships opened on Aug. 23 and went through Sept. 3, with two days off.

The track events took place at Anoeta Stadium and the adjacent mini-stadium in the south end of the city, and at Hernani, about a 20-minute shuttle ride from those stadiums.

The opening ceremony was held on Monday, Aug. 22, at 7 p.m. at a velodrome, a few yards from the stadiums. The enclosed arena also served as a warm-up and training area, with changing rooms and physiotherapy. The two stadiums, the velodrome, and the large building used for registration and the athletes' party made up a sports complex that most U.S. cities three times the size of San

Continued on page 16

INSIDE:

- National Weight Meets - p. 8
- Pending Records - p. 15
- WMA Champions - p. 17

PERIODICALS
POSTAGE
PAID AT
EUGENE, OR

90-Year-Old Breaks Seven World Records

By JERRY WOJCIK

Athletes and spectators at the 25th annual Rocky Mountain Masters Games, Colorado St. U., Fort Collins, Sept. 3-4, may have witnessed the finest performance by an athlete in the history of masters track and field.

Don Pellman, 90, Mountain View, Calif., broke one U.S. and seven M90-94 world records, ranging from the 100 to the jumps and throws, all with significantly better marks. In the 100, Pellman, ran a 17.83. The present world record is 18.08 by Koza Haraguchi, JPN, in 2000.

He broke three world records in the jumps, and added the U.S. record for the triple jump. In the high jump, he did a 1.15/3-9 1/4, and in the pole vault 1.83/6-0. The world records are 1.10/3-7 1/4 in the high jump by Kizo Kimura, JPN, 2002, and 1.42/4-7 3/4 in the pole vault, by Vic Younger, AUS, 2003.

Pellman long-jumped 3.26/10-8 1/4 and triple-jumped 6.44/21-1 1/2. The long jump world record is 3.07/10-0 3/4 by Victorio Colo, ITA, in 2002, and the U.S. triple jump record is 5.51/18-1 by Buell Crane in 1990.

In the shot put, Pellman recorded a 9.33/30-7 1/2, some six feet better than the world record 7.59/24-11 by Antonio Fonseca, ITA, in 2004. His pending world record 27.93/91-7 in the discus is 19 feet better than the 22.06/72-4 1/2 by Lamberto Ciccone, ITA, in 1995.

In the javelin, Pellman threw a 22.71/74-6 1/4. The record for the 400g javelin by Kalle Lintinen, FIN, is 21.59/70-10, in 2000.

Pellman holds the M85 national records for the high jump (1.15/3-9 1/4), long jump (3.08/10-1 1/4) and javelin (25.59/83-11).

Other athletes had fine performances. Bud Held, 77, using a borrowed pole and jumping in running shoes, upped his M75 world record of 2.96/9-08 1/2 in 2004 to 3.00/9-10.

Tom Langenfield, 70, high jumped 1.42/4-7 3/4. Ian Percy, 60, back from the WMA World Championships in Spain, outscored everyone else in the weight pentathlon with a 4241.

Thrower Vern Spencer, 70, was honored as the only athlete to compete in all 25 Rocky Mountain Masters Games. □



ED ARNOLD
Don Pellman, 90, Mountain View, Calif., broke one U.S. and seven world records in the Rocky Mountain Masters Games.

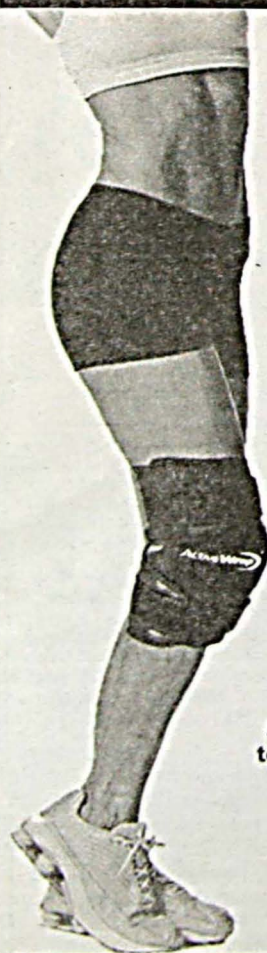


JERRY WOJCIK
Lydia Ritter, GER, winner of the 400, 800 and 1500, 16th WMA World Championships.



ED ARNOLD
Vern Spencer, the only athlete to compete in all 25 Rocky Mountain Masters Games.

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WIND GAUGES

At the USATF West Region Masters Championships in Carson, Calif., July 16-17, there was no working wind gauge for either day. This automatically means that no record could be ratified for the 100, 200, short hurdles, and long jump.

On the first day of the meet, Willie Gault ran a 10.49 100, well under the 10.87 U.S. record by Eddie Hart. On that same day, Nadine O'Connor ran a 13.95 100, just .04 seconds off the U.S. record.

After learning that the wind gauge was not working, Nadine asked the meet director if a wind gauge would be working for the next day, because she was hoping for a record in the 200. Nadine was promised that the wind gauge would be working for the 200.

Arriving at the meet the next day, Nadine asked an official if the wind gauge was ready and was assured that it was.

It was a fine day with an excellent Mondo track, and Nadine felt ready to go. The wind was from the south, which produced a headwind around the curve and a gentle trailing wind down the stretch.

The wind had died down from the previous day and appeared to be within the legal limit.

Nadine got a great start and ran a strong curve. Coming off the curve, she saw her friend Rita Hanscom, W50, only a few yards ahead of her. Rita normally runs the 200 more than a second faster than Nadine, but Nadine felt strong. She stretched out her stride down the straightaway and held onto those few yards.

Nadine had run the race of her life: "the perfect race." She was clocked at 28.62, a full quarter of a second faster than the current world record held by

Brunhilde Hoffmann of Germany.

Excited and amazed at her performance, Nadine asked for the wind reading. At that point, she was told that the wind gauge was still not working. What frustration! How could this happen after all the requests and all the promises?

When asked what happened, the answer was that someone was asked to bring a 9-volt battery to the meet that day on the assumption that the wind gauge battery was dead. The battery turned out to be the wrong size and, in addition, the coverplate was rusted shut. This seemed to be a satisfactory excuse to those in charge.

There is really no satisfactory excuse for not having a working wind gauge at a championship meet and especially after a promise had been made to an athlete.

A wind gauge is a delicate instrument and cannot be assumed to be always in working order. There should be a backup gauge in case the one in use fails during the meet. It should have been checked out before the first day of the meet in time to repair it or get a replacement.

Knowing it was not working and having made a promise to have it ready for the 200 on the second day of the meet and still not have it working or getting a replacement was truly gross negligence.

Wind gauges are rather easy to come by these days. A lot of people who run meets have them and are willing to share them. Both SpringCo and On Track have USATF acceptable ones listed in their catalogues for \$299.

The trailing wind at the time of the race was about the speed of a brisk

Sustainers for October 2005

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

Special thanks this month go to:

Louise Adams
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walk. It is possible that the wind was too strong, but likely it was not. We will never know. It might have been an amazing world record for a 63-year-old, but, because of the cavalier unconcern and disregard of a promise, the opportunity was lost.

Athletes seeking records train hard for years, working and waiting for the right time and place to set a record. When the time arrives and the race is run, it is deeply discouraging and frustrating to lose the record because of failures beyond the control of the athlete.

If the moment is not seized and properly recorded, it is lost forever.

The USATF Masters T&F Committee must find a way to make some changes so that situations like this do not occur in the future.

Bud Held
 Del Rey, California

NATIONALS

Thanks to everyone who helped organize, gave feedback on, and took part in media efforts to get our message out at Nationals in Hawaii. We were happy that there were four regional TV news stories, banner newspaper headlines and photos as the lead on the front of the Sunday sports section, another front page story Monday, other advance and on-site pieces throughout the meet, live major radio finish line interviews of athletes and officials (including Duncan Macdonald, Kathy Martin, Mark Zeug, Trent Lane, Frank Levine, and George Mathews), and dozens of home press stories in athletes' local papers.

Anyone interested in looking at the coverage, which is a wonderful message for the mission of masters track and field, may do so by going on the Internet and clicking on <http://www.weinerpublic.com/20050813.doc>.

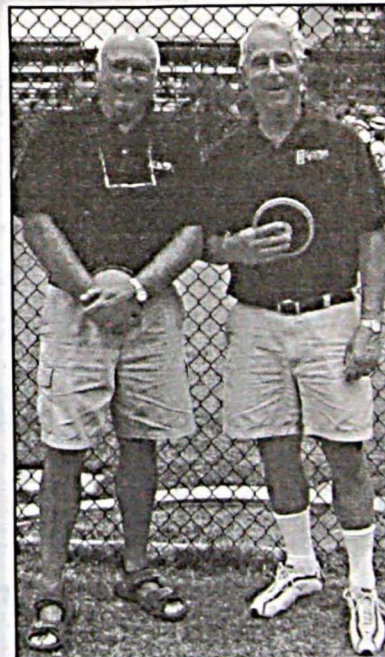
Many thanks to media subcommittee members, and premier masters announcer Peter Taylor, Meet Director Mark Zeug, RWA research/media staff Jon Marcin, USATF staff Jill Geer and Melvin Jackson, Masters T&F officers/athletes Mark Cleary, Becky Sisley, Joy MacDonald, Kathy Martin, Duncan Macdonald, Dave Clingan, Phil Raschker, Ken Stone, Harry Brooks, Sandy Pashkin, George Mathews, and USATF CEO Craig Masback, for invaluable input and assistance in drafting, organizing, and feedback on the media outreach for the meet.

By the way, in the spirit of the August

NMN article by Mike Tymn with notable quotes, I think we need to add what Frank Levine, 91, Norristown, Pa., said to the TV at the meet after winning the 5000, "The basic thing is to run at a pace that you feel you can run forever. You're never too old to do anything." What a wonderful message and messenger!

On another important subject, thanks to Mathews for his foresight in requesting help in locating an expert fundraiser who can be devoted to masters track. I told him I'd help him find such a person and would report back by the December meeting in Jacksonville, so if anyone has any ideas or has professional expertise and wants to help, write me at P.O. Box 28271, Washington, DC 20038-8271.

Bob Weiner
 Chair, Masters
 Media Subcommittee



Discus throwers Neil Saling, M65, and Tom Blackstone, M70, competed together after a 53-year interval, USA National Masters Championships, Honolulu.

As a sophomore at Corvallis High School in Oregon in 1952, I decided that I really did not want to run the 440, so I started experimenting with the discus. At 150 pounds, I was no great prospect, but Tom Blackstone, a senior who was state champion, took me under his wing and gave me some coaching.

Later, we did have one memorable

Continued on page 13

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Sp

Our local running requiring its mem Calif., area. So, going after the team title laughed and rolled our eye

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Symphonic Performa

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Pitching In

We determined tha would run their races; would learn how to thr mer or run hurdles and events that were not hea ed.

We would need as m possible; the crusade to turn-out was on. Eve team was approached.

Most looked at the tr where pain was inflicted ovals," was the refrain though, team camarade and 43 members of the up to make the trip. W

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Speaker's Corner

By Parker White

A Dream Not Too Far

Our local running club, Brooks-Fleet Feet Racing, is geared to road races requiring its members to enter 10 races a year around the Sacramento, Calif., area. So, when our coach, Randy Sturgeon, brought up the idea of going after the team title at the National Masters Track & Field Championships, we laughed and rolled our eyes. It was the ultimate underdog's dream.

True, each year a few of us would head off to the Masters Championships. At Decatur, Ill., in 2004, for instance, we took seventh place with 12 runners. Going from seventh to first would be a leap of astronomical proportion. We would have to beat the perennial champion So Cal Track Club and its roster of stars.

Symphonic Performance

Marty Liquori observed that "Road racing is rock n' roll, but track is Carnegie Hall." We would have to put on a symphony to win.

When Randy brought the subject up to other masters coaches, they scoffed. How do you expect a rabble of road racers to take on the So Cal powerhouse? His answer was "We're a team and we'll have numbers."

He'd done his research. He knew that many events in previous meets were not full. For instance, there were no women in the W55 hammer. There were few steeplechasers. There were few pole vaulters. There were few hurdlers. Also, scoring had changed. Previously, only the top four racers scored. Now, the top six finishers scored. If we had numbers, we had a chance.

Pitching In

We determined that our stars would run their races; the rest of us would learn how to throw the hammer or run hurdles and compete in events that were not heavily populated.

We would need as many racers as possible; the crusade to quadruple the turn-out was on. Everyone on the team was approached.

Most looked at the track as a place where pain was inflicted. "I don't do ovals," was the refrain. In the end, though, team camaraderie prevailed and 43 members of the team signed up to make the trip. We began train-

ing for and entered events like the pentathlon, hammer, javelin, long jump, and even the 5000 racewalk.

August 4th arrived and we were on the rainbow track of the University of Hawaii. Everyone was tense, nervous. We knew we needed everyone's best to achieve our lofty goal.

Taking the Lead

The first race was the women's 5000. One of our stars, Karen "Special K" Jeffers, took off in the lead. She is a front runner who often gets caught near the end of the race. She had developed a staggering lead only to see it chiseled to 10 meters with one lap to go.

She put her head down and took off again. This time she would not be caught. Her win, the team's first gold medal, showed us what was possible. We just had to go to work. We did.

Our team color, orange, was everywhere over the next four days. If we weren't on the track or in a pit, we were cheering each other on. We were a team and, win or lose, we meant to do it together. By the last day, we were ahead by unofficial tally.

Relay Rally

Then came the relays. We fielded 18 teams, taking eight gold, seven silver and three bronze medals. The winning margin was 172 points. We had done it.

As we celebrated that night and regaled each other with tales of personal victories, it seemed that everyone had some unexpected moment of excellence.

We race and thus risk failure. We set goals which may be unattainable, but reach for them nonetheless. It is in this pursuit that we face our limitations and find our greatness.

In Hawaii, we found our greatness in each other. ☐



JERRY WOJCIK
Stephen Peters, M50, GBR, winning the 200, 16th WMA World Championships. Peters also won the 100 and 400.

DEADLINE

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

Send to: *National Masters News, P.O. Box 50098, Eugene, OR 97405*

MAHALO!

A special THANK YOU to all masters athletes who came to Hawaii to Race on A Rainbow. It was great to have you -- you were wonderful guests -- we hope we lived up to your expectations! Please come again!

◆◆◆◆

To all the OFFICIALS who so professionally helped make it an outstanding experience for the athletes -- Mahalo Nui Loa -- Thank you very much!

◆◆◆◆

To George and the USATF Masters Committee, and especially Sandy Pashkin, Mahalo nui loa for your vital assistance!

◆◆◆◆

To USATF, Mahalo for allowing us to host a national championship.

Your Local Organizing Committee
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Third Wind

By MIKE TYMN

There's No Slowing Down Helly Visser

When motorists in Millarville, Alberta, Canada, see Helly Visser striding along the side of the road, they usually honk their horns and give her wide berth. "I am well known here," says Visser, a 71-year-old resident of Millarville, a rural town some 35 miles from Calgary with an elevation of 4500 feet. "Last year, when I broke two world records, they were very proud of me. Some of the members of our ladies group have a regular fitness regimen now. I have talked to schools to encourage fitness and blow their perception of a 70-year-old lady away."

Those world records were 6:43.91 for 1500 and 7:15.68 for the mile. During the Hayward Classic in Eugene, during June this year, she clocked 7:18.36. "If I had known I was so close to last year's record, I would not have let those seconds slip by in the last laps," Visser adds.

When one considers the fact that two-year study of some four-million high school students a few years back revealed that the average high school girl took 9:51 to cover a mile while the average boy took 7:40, Visser's efforts can really be appreciated. I would guess that less than one percent of the girls were under 7:15. Many years ago, I tested a platoon of combat-ready Marines in a mile run and only two or three were able to break seven minutes.

Setting Records

Earlier this year, Visser clocked 9:49.4 for an indoor 2000, an Alberta record, and a 14:53.21 Canadian record for 3000. At the World Masters Games in Edmonton during July, she took gold in the 1500 (6:54.34), 800 (3:30.25), and the 8K cross-country event (46:53).

"Now, it is recovery, speed, maintain distance training, then tapering," Visser said on her return home from Edmonton, as she looked ahead to the World Masters Championships in Spain, where her primary goal was another 1500 world-record. (Visser took silver in 6:44.77 - ed.)

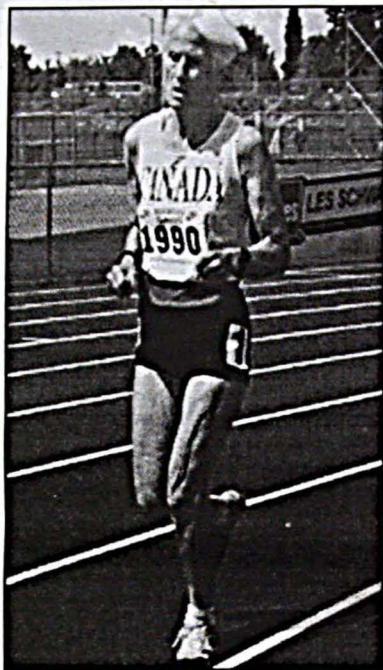
Late Starter

Visser, a retired kindergarten teacher, got into running in 1985, at age 52, and took the usual seven to ten years to fully adapt, as her personal best times were recorded in the 60-64 division. She won that division in the 1500 at the 1995 WAVA world championships in Buffalo with a 5:52.

That race is one of her fondest memories, as four days earlier she found herself in the hospital with heatstroke after taking third in the 10,000 during 94 degree weather. The 1500 was her last chance to show her family back home that the trip was warranted. She recalls the race as being almost effortless.

Highly Motivated

Even though she's been running for 20 years and her times are getting slower, Visser has no problems with motivation. "I'm as motivated as ever," she offers. "It's so much fun to train, to learn, to be with my running friends. At the moment, running is my number one priority besides my family activities and gardening. Having fun is essential for motivation." She adds that the age-graded tables have helped her evaluate her training, set



Helly Visser

goals and put everything in perspective.

Concessions to Aging

To counter the effects of aging, Visser has had to make adjustments. "I maintain two quality training days - intervals and tempos - each week, but I need two rest days now," she explains. "I also have to pay more attention to my nutrition in order to have lots of energy and maintain my running weight at the same time."

She does a lot of stretching, weight training, and cross-training, as well as plyometrics and hill training for stride length. "I guess my motto is, 'If you don't use it, you lose it,' or 'You are as old as you act.'"

Although most of her training is done in Millarville, she frequently travels to Calgary for some quality sessions. "It's good to live in the country, to smell the fresh air, to hear the birds and see storms coming, but to be with a group of masters in Calgary is very beneficial," she continues. "It means more effort, learning, and there are no excuses for not doing the session."

Spiritual Benefits

Visser feels that running has added to her spiritual life. "It's helped me discover the body-mind-spirituality connection," she says. "Now, spirituality is a part of my life. Physical, mental, and spiritual well-being are an integrated whole, and set the course for my life."

She also believes in visualization.

"What I visualize usually just automatically happens, especially in training. It makes your training more effective if you beforehand internalize what the goal is for the session and 'see' yourself doing it."

Goals

Her short-range goal is to simply keep doing what she's been doing - competing and enjoying the camaraderie of the sport.

"I like track competition and especially the bigger events, because you are running with your competitors instead of somewhere all by yourself in a road race, where there are not many people my age."

Her long range goals are "to stay healthy, to run and to have fun, and to keep living my dreams!" □

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

NATIONAL MASTERS NEWS

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



JERRY WOJCIK
John Keston, USA, won the M80 5000, 10,000 and 8K XC, 16th WMA World Championships.

2000 Runners Go To Hell

By RON MARINUCCI

Yes, all you skeptics, there is a Hell. And it's south (345 miles to be precise) of Paradise! It's also about 15 miles northwest of Ann Arbor, Mich., with a population of 266. It has its own post office, ZIP Code 48169, and a bar, the Dam Site Inn on the Huron River.

Hell is also the site of a popular annual road race, whose coveted T-shirt reads "I Ran Thru Hell." This year, almost 2000 runners came for the T-shirts, er, the race - actually two of them, 4.8 miles and 10 miles.

There was a unique mix of runners, from the many high schoolers gearing up for the cross-country season (445 finishers in the 15-19 age-categories) to Joe Thornburg, 88, whose 1:47:05 age-graded to 58:18.

"I Ran Thru Hell" is more than an apt description of the races. Race Director Harrison Hensley marked out a brutal course. He has been known to describe it as "flat" on race flyers, "for wimps and runners from Ohio," the unsuspecting. Runners who finish either race have earned their shirts.

Almost exclusively run on dirt (a lot of sand) back roads, the course has more than a fair share of hills, some long, gradual quad-burners, and others steeper. The hills just keep coming, seemingly every mile.

August in Hell normally means race day temperatures in the 70s and 80s, with high humidity. The dry summers also make those dirt roads very dusty.

This year, runners received a bit (just a bit) of a break. Cloud cover, without rain, helped to keep temperatures from reaching the 80s and recent rains kept down the dust. But the hills and humidity were still there. More than one runner walked back to their cars while "squishing" in their shoes.

In addition to the overall male and female winners, Hensley also presented awards to male and female masters (40+), grandmasters (50+), and seniors (60+) in both races.

Of the 16 winners, seven came from outside the state of Michigan to race. Five-year age-group awards went six deep.

Noteworthy among the masters winners in the 4.8-mile race were Scott Millis, 45, 28:18/age-graded 26:20; Sue Parks, 49, 32:50/28:51; Ed Osborne, 51, 30:18/26:40; and Dan Owens, 61, 34:19/26:57. Jim Forsee's 45:49 age-graded to 29:46 for age-79.

In the longer race, masters who sparkled were David Hess, 40, 1:00:33/58:01; Becky Mincheff, 42, 1:14:50/1:10:53; Doug Kurtis, 53, 1:08:25/1:00:12; Donna Olson, 55, 1:17:31/1:05:19; and Jim Carlton, 62, 1:07:19/54:38.

As runners crossed the finish line, Director Hensley growled, with a sly grin on his face, "Someone has to push you runners." □

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



Runners in the 2005 National Masters Championships, N.Y., will host the 5K XC C

Order sub

WWW.

Runners Need

By CAROLE LAN

On Sunday, Nov. 13, the Columbia Canadian annual U.S. vs. Canada Country Challenge will be held in B.C.

This historical challenge has been held in 1977 in Toronto, and each year since then, from the West Coast to the Northeast, the winning country keeps the Fleischmann Cup trophy.

This year's event will feature masters men and 5.6K in Crescent Park, So. B.C. Registration begins 10:00 a.m.



Lynn Vocolka, W45, in Masters Club Championship, Ore. The Masters 5K scheduled for Oct. 16.



JERRY WOJCIK

Runners in the 2005 National Masters 8K XC Championships, Vancouver, Wash. Saratoga Springs, N.Y., will host the 5K XC Championships on Oct. 16.

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www.nationalmastersnews.com

Runners Needed for U.S./Canada X-C Challenge

By CAROLE LANGENBACH

On Sunday, Nov. 13, the British Columbia Canadians will host the annual U.S. vs. Canada Masters Cross-Country Challenge near White Rock, B.C.

This historical challenge was begun in 1977 in Toronto, and has been held each year since then, alternating from the West Coast to the East Coast. The winning country keeps the perpetual Fleischmann Cup until the next challenge.

This year's event will be an 8K for masters men and 5.6K for women, held in Crescent Park, South Surrey, B.C. Registration begins at 8 a.m. and the

race goes at 9 a.m.

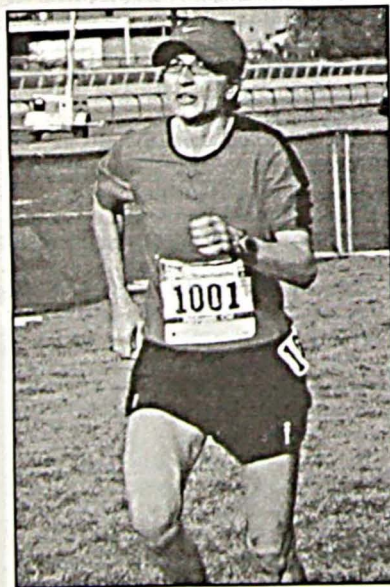
Refreshments will be served after the race at the awards social. The entry fee is \$8 Canadian, plus a surcharge of \$3 for runners who are not USATF members. Remember to bring proof of citizenship for crossing the border (passport or birth certificate).

A special scoring system is in effect for this unique event. Each five-year age division, beginning at age 35 for men and women, is scored separately. The lowest number of runners per country determines how many are scored for that division, but when there are no runners from a country in a division, that team is penalized.

We need Americans to participate in this race.

Usually the host country wins because of poor participation by the visitors. The U.S. has won the last three years. Let's not give this one to the Canadians by default.

To pre-register or get more information, including directions to the race site or carpooling, contact Carole Langenbach in Seattle at 206-433-8868 or pntf@wolfenet.com.



JERRY WOJCIK

Lynn Vocelka, W45, in the 2004 USA National Masters Club Championships 10K, Portland, Ore. The Masters 5K XC Championships are scheduled for Oct. 16, Saratoga Springs, N.Y.

FIVE YEARS AGO October 2000

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 Draw 522 to Canada

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•Seattle Hosts National
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 Monroe County Sports Authority and Niagara USATF



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

Plantar Warts aka Verrucae Plantaris

The plantar wart is one of the most common skin conditions among veteran athletes. It is also one of the most misunderstood. The proper name for the plantar wart is verruca plantaris. It appears as a small, well circumscribed lesion on the sole of the foot, and can be single or form a "mosaic" pattern. Cauliflower-like in appearance, some will have small dark spots.

They can feel quite sore during running and jumping. If they are shaved vigorously, they will bleed, and squeezing from the side causes pain.

Warts are caused by the human papillomavirus, with serotypes 1, 2 and 4 being the most common. They should be differentiated from calluses, keratosis, fibromas, cysts, corns and granulomatous lesions. In most cases, in the sedentary public, they resolve in about a year or so.

Breeding Ground

In the active athlete, they do not resolve quickly. We provide a perfect environment for the virus: hot, sweaty feet, dirty shoes and socks and, if one can believe it, poor foot hygiene.

One can often eliminate these virus infections by the use of any over-the-counter salicylic acid compound, usually a tincture of 17%. Other effective treatments include formaldehyde (laser formalin), silver nitrate, and topical corticosteroids. Topical patches are a little more expensive, but also work

well.

In resistant cases, topical cryotherapy or electrocautery can be used. In extreme cases, they can be excised out under local anesthesia.

Effective Medicine

One very successful treatment regimen has been oral Tagament in children and teens. For some reason Tagament appears to cause a pH change in the skin, which the verruca does not like, and often the lesion is gone within two weeks. Two tablets a day are very effective.

A mixture of topical fluororacil and salicylic acid has also proven effective in treating this condition.

Although not life-threatening, the plantar verruca can spread and become quite painful. It is recommended that the athlete take action immediately after discovery of the lesion, which will reduce the chance of further spreading and the need for painful treatments. □

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

Happy Halloween from the staff at NMN

Young Breaks Record in Weight Championships

By JERRY WOJCIK

SEATTLE, Wash. - Throwers from as far away as Ohio and Florida came to the 11th USA National Masters Weight & Superweight Championships to be held at West Seattle Stadium, on Sept. 10.

The 19 men and four women, ranging in age from 46 to 93, threw, for the second time in the history of the meet, in less than ideal, rainy, chilly conditions.

That didn't deter Carol Young, 65, Marietta, Ga., from breaking the W65 U.S. record for the 12# weight with a 13.04/42-9 1/2. The record is held by Erika Messner at 12.43/40-8 1/2 set in 2001.

Bob Ward, 72, Dallas, Texas, had the farthest throws of the championships, an 18.55/60-10 1/2 with the 16# weight, and 10.22/33-6 1/2 with the 35# superweight.

The best effort with the 56# superweight came from Ray Burton, 49, Aloha, Ore., with a 9.13/29-11 1/2.

Young's weight throw was the best among the women. Joyce Taylor, 55, Molalla, Ore., had the farthest superweight throw, 8.13/26-8 1/4 with the 25#.

After the championships, with better weather, athletes launched into the Ultra Weight Classic, where competi-

tors threw the next three heaviest weights, their five-implement marks being age-graded.

Ray Allen, 58, Berea, Ohio, adding the 98#, 200# and 300# marks to his 35# weight and 56# superweight, scored 4618 points to win the M30-69 division.

Todd Taylor, 58, Molalla, Ore., added those weights to his 25# weight and 56# superweight to score 4576 for second. Tim Edwards, 57, Commerce City, Colo., scored 3924 with the same weight implements for third.

Ward won the M70+ first-place plaque with 5179, the highest total of the meet, based on his marks with the 16#, 35#, 56#, 98#, and 200# weights.

Using the same implements, Pay Carstensen, 73, Spring Hill, Fla., was second (4342), and Doug Tomlinson, 73, Fallbrook, Calif., third (4203).

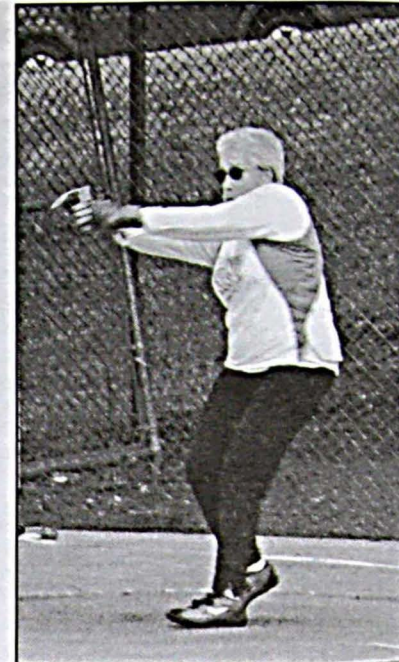
Taylor won the women's division award with a 4278, throwing the 16#, 25#, 35# 56#, and 98# weights.

Young took the second spot with a 3825 (12#, 25#, 35#, 56#, 98#), and Georgia Cutler, 62, Eugene, Ore., was third (3424) with the same implements.

The meet was directed by Ken Weinbel, of the host Seattle Masters AC. Entrants were treated to a buffet luncheon. □



SUZY HESS
 Georgia Cutler broke the U.S. W60 weight pentathlon record with a 3914, USA National Masters Weight Pentathlon Championships.



SUZY HESS
 Carol Young set a U.S. W65 record for the 12# weight with a 13.04/42-9 1/2, USA National Masters Weight and Superweight Championships.

DEADLINE

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

Send to: *National Masters News, P.O. Box 50098, Eugene, OR 97405*

Lewis, Cutler, Jansson, Garrahan Set Records

Texas Hosts Masters Weight Pentathlon

By JERRY WOJCIK

This year's USA National Masters Weight Pentathlon Championships were staged by the Dallas Masters T&F Club and held at the University of Texas-Arlington's Maverick Stadium on Aug. 13.

Fifty men and twelve women made up the field, the men starting at M40 and the women at W45.

The contingent of Texans was bolstered by athletes from New York, Iowa, Louisiana, Oregon, Connecticut, California, Rhode Island, and Kansas.

Oneithe Lewis, 45, broke the W45 world record for the five-phase event (hammer, shot, discus, javelin, weight) with a hefty 5414 over the present record 4960 by Carol Finsrud in 2003. Finsrud, 48, finishing second to Lewis, broke her own record with a 5076.

Lewis scored 1615 points for her 17.88/58-8 with the 20# weight, 1418 for a 47.21/154-11 with the 4k hammer, and 1049 for a 13.51/44-4 with the 4k shot.

Finsrud was over a thousand points in the hammer (1298, 43.70/143-4), discus (1014, 48.48/159-1) and weight (1174, 13.45/44-1.5).

Georgia Cutler, 62, increased the W60 U.S. record of 3914, set in 2000 by Carol Young, to 3943, with big points in the hammer (1035, 35.80/117-5). Mary Hartzler, 56, scored 4257, just below her W55 record 4261 in 2004.

Among the men, Ken Jansson, 47, and William Garrahan, 76, broke U.S. age-group records. Jansson, with 1076 points for a 17.82/58-5.75 throw with the 35#

weight, scored 4071 points. Jim Wetenhall owns the present record of 3903, set in 2001.

Garrahan, with solid points in all five events, totalled 4394, a hundred points better than the record of 4294, held jointly by Hal Wallace and Phil Brusca, set in 2003.

Bob Ward, 72, winner of the M70 division (4881), scored the most points of the men for a single event with 1208 for his 17.90/58-8.75 with the 16# weight.

Beside championship patches and medals, top scorers also collected money prizes from the \$2000 donated by Mark Chapman.

Ward, Jim Gerhardt, M75 second, and Bob Humphreys, M65 winner, won \$300, \$200, and \$100, respectively.

Their female counterparts, Lewis, Finsrud and Hartzler, received the same amounts.

Jim Gerhardt received \$100 as the most improved competitor. Others also shared in the largesse.

The meet T-shirt design featured Roger Conboy of the Dallas TC going through all five weight pentathlon throws in one motion.

Entrants received a 112-page book, *Weight Pentathlon History, 1955-2005*, compiled by Len Olson and Bob Ward. □

(Those interested in purchasing a copy of the book can contact Ward at *Sports Science Network, 11502 Valledale Dr., Dallas, TX 75230; 972-478-4534; cell: 214-783-3984; fax: 972-478-4769; bward@advocare.com.*)



Ag

By AVITAL S.

This is the first column on the effects of aging on masters athletes. We've previously discussed the benefits of competition, the health benefits of exercise, and the hope that our aging athletes can slow down the process.

The tremendous benefits of masters competition, field and LDR, over the years have offered an opportunity to conduct numerous comparisons among masters athletes of similar ages among different age groups. As more of us age, we are assured that our performance, and the effects can be slow.

Aging and the 1

Every masters athlete has the proof of his or her aging in the mirror. The absence of gray hair, added one- or two-year best personal

A group of Finnish athletes, aged age-related velocity and selected male and female determine the role of characteristics in the decline with age (K. Suominen H, *Age-Related Performance in Master Runners, M. Sports & Exercise* 1428, 2003).

They recorded a performance of 70 ft in 40-88, and 33 ft in July 2000 European Championships, Jy

Two high-speed video techniques at 10m intervals during the athlete's videos were analyzed. Peak Performance computer program encodes every frame with a number.

The researchers analyzed velocity, stride length, and time than females. The average rate of decline over the range 5.8% per decade for female

Decline in Vel

In general, male running velocity, stride length, and time than females. The average rate of decline over the range 5.8% per decade for female



Masters Scope

By AVITAL SCHURR

Aging and the Masters Athlete

By AVITAL SCHURR

This is the first in a series of several columns on the effects of aging on masters athletes. We would be lying to ourselves not to admit that, beyond the love of competition, the camaraderie and health benefits our sports provide us, we all hope that our athletic activities will slow down the process of aging.

The tremendous growth in the number of masters competitors, both in track and field and LDR, over the past 25 years has offered an opportunity for scientists to conduct numerous investigations comparing masters athletes to sedentary people of similar ages, or masters athletes among different age groups, or female masters athletes to their male counterparts. As more of these studies are conducted, we are assured of a better understanding of the effects of aging on our performance, and whether or not these effects can be slowed down.

Aging and the 100m Performance

Every masters sprinter will attest that the proof of his or her aging is not necessarily in the mirror or the presence or absence of gray hair. The proof is in the added one- or two-tenths of a second to their best personal time every year.

A group of Finnish scientists investigated age-related differences in the velocity and selected stride parameters in male and female masters sprinters to determine the roles of different stride characteristics in the 100m performance decline with age (Korhonen MT, Mero A, Suominen H, *Age-related differences in 100m performance in male and female master runners*, *Medicine & Science in Sports & Exercise*, Vol. 35, pp 1419-1428, 2003).

They recorded and analyzed the performances of 70 finalists (37 males age 40-88, and 33 females age 35-87) at the July 2000 European Veterans Athletics Championships, Jyväskylä, Finland.

Two high-speed cameras with a panning video technique and distance markers at 10m intervals were used for recording of the athletes' performances. The videos were analyzed with the aid of the Peak Performance analysis system, a computer program that sequentially encodes every frame of the recorded tape with a number.

The researchers measured and analyzed velocity, stride length, stride rate, ground contact time, and flight time during the three phases of the 100m race, acceleration, peak velocity and deceleration.

Decline in Velocity

In general, males exhibited higher running velocity, higher stride rate, larger stride length, and shorter ground contact time than females. No clear gender difference was found in flight time values. The average rate of decline in race velocity over the range of a 50-year period was 5.8% per decade for males and 6.9% per decade for females.

However, this deterioration in velocity was not linear, as some other studies concluded, but rather exponential (greater deterioration with increasing age). Males in the 40-49 age groups reached peak velocity (the fastest 10m sequence) at 45m, while runners in the 80-89 age groups reached their peak velocity at 25m.

In age 50-59 females, the distance to peak velocity was 35m, while 70-89 groups reached their peak velocity in 20m. Both male and female runners showed a clear age-related decline in peak velocity (5.9% for males and 6.0% for females per decade).

Decline in Stride Rate

Runners in all age groups and in both genders reach the maximum or near maximum stride rate between 10-20m. Thereafter, stride rate decreased toward the end of the run.

During acceleration, the stride rate of all male age-group runners, except 80-89, did not differ significantly from each other. However, the oldest group had a significantly slower stride rate than the other age groups.

In contrast to males, females did not show significant differences in stride rate between adjacent age groups.

Decline in Stride Length

The analysis showed age-related differences in stride length even after correcting for runners' height, during all phases of the 100m in both genders. The decline in stride length during peak velocity with advancing age was 4.1% per decade for males and 4.9% per decade for females.

Increase in Ground Contact Time

Ground contact time increased progressively as running velocity decreased with age. In addition, the relative time spent in contact phase, as percent of stride time, increased linearly with age velocity from an average 44% of stride time at 10.4 m/sec (age 40-44) to 61% at 6.4 m/sec (age 85-88) in males. In females, the ground contact time increased from an average of 46% at 8.9 m/sec (age 35-39) to 71% at 5.3 m/sec (age 80-87).

Decrease in Flight Time

Only the oldest age groups (80-89) in both males and females exhibited significant decrease in flight time during peak velocity in comparison with other age groups.

Conclusions

The Finnish researchers have concluded from their study the following:

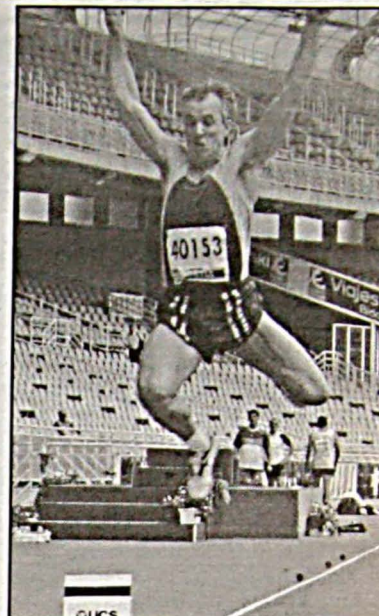
- There is a similar relative decline in velocity in all phases of the run (acceleration, peak velocity and deceleration) with advancing age in elite master sprinters.

- The deterioration of overall 100m performance with age was primarily related to reduction in stride length and increase in ground contact time.

The investigators also mentioned



JERRY WOJCIK
Maite Pasaban Irurtia, W50, ESP, bronze medalist in the javelin (31.75), 16th WMA World Championships.



JERRY WOJCIK
Brian Corrigan, RSA, in the M40 long jump, 16th WMA World Championships.



JERRY WOJCIK
Main entrance to Anoeta Stadium, the primary venue of the 16th WMA World Championships.

some limitations of their study, including unknown genetic or non-physiological factors that could affect the performance of the athletes who participated in the study, or the evaluation of the effect of age on biomechanical parameters that could be complicated by running velocity and height of the runners.

Nevertheless, the insight this study affords into the decline in sprinting ability with advancing age may have implications for the planning of training programs for aging athletes. □

National Masters News

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TEN YEARS AGO

October 1995

- Martin Mondragon (41, 49:30) and Nancy Grayson (45, 60:05) Win in Crim 10 Miler. Ottaway (63:46) Breaks U.S. Record

- At Age 45, Raschker Competes in Pole Vault on USA Team in England

- U.S. Records Broken in Midwest Regionals

Update Your Club Info

An updated list of masters clubs will be published in the November issue. Changes, additions, and deletions to the most recent list, published in June, should be sent to "Clubs," National Masters News, P.O. Box 50098, Eugene, OR 97405; by fax: 541-345-2436; or to manews@aol.com before the October 10 deadline.



Masters Racewalking

By ELAINE WARD

Racewalkers Recount Experiences at Championships – Part I

August was the month of the Nationals in Honolulu, Hawaii, and the World Championships in San Sebastian, Spain. As my last survey of the Indoor Nationals started with the youngest age groups, this report starts with the oldest. There will be many parts to this report as the comments received from those attending these races are varied and very informative. The USA medal count at the World Championships: 8 gold, 7 silver and 5 bronze individual medals; 5 gold, 1 silver and 2 bronze team medals. –ew

Bob Mimm, M80: Worlds: 5K, 4th, 37:11.40; 20K, bronze, 2:52.21.

San Sebastian is beautiful. We had a lovely view of Biscay Bay. The present exchange rate made things a bit expensive except for the reasonably priced, excellent Spanish wines.

The biggest problem was the long distance to the stadium. This may be a growing problem if the number of competitors continues to increase, and sufficient hotel space is not available close to the competition sites. This was a very big problem in Puerto Rico, where there were at least three different competition sites, all very far apart.

This was my worst performance yet in a world meet. I've been unable to gain back the speed ability I had before my fall down a mountain. MRIs show permanent bone and nerve damage. In Spain, however, my problem was just extreme fatigue.

Jet lag never bothered me so much. I only finished the 20K because I was the third member of a team that was going for the team gold. I should have arrived sooner in San Sebastian to acclimate, but my going was a last minute decision because of my displeasure with the U.S. masters program.

Although I am one of about six who have been to all 16 world meets, the "business" surrounding the USA uniform almost kept me from going to Spain. Having to pay \$30 plus the cost of shipping for a shirt that requires us to advertise for Nike is just ridiculous. I'm surprised that Nike would allow this. It could have an adverse effect on them. WMA rules used to simply state that you had to wear a shirt identifying your country in races with team competition. I had no problem with that.

My hope is that in Italy and Finland, the U.S. will let the local organizing committee run the meet and stop requiring us to buy a shirt from a particular running company. In Puerto Rico we started sending a team manager who made up the rules.

One person I know was not allowed to compete in the 5K, because she did not report to the U.S. team manager an hour before the event.

In the 20K I was denied my team medal, because I did not report to the team manager before my race. Such notification was never required in

any previous meet. It is solely the responsibility of the local organizing committee and not a team manager. I can name many U.S. masters who were in Puerto Rico who have no plans to compete in any more world meets.

Bill Moremen, M75: Worlds: 5K, silver, 32:54.90; 20K, 4th, 2:26:24.

Prior to the 5K walks, all competitors had to go to an indoor stadium to receive hip numbers and be led to the track for the start of their race.

After receiving my number, I had a few minutes before the race started. I had already warmed up thoroughly so I decided to spend the time trying to calm down by doing some Tai Chi. I was delighted when a Chinese woman getting ready for her race joined me.

At the start line we were assigned positions very close together. When the gun went off I was boxed in for the first turn. I thought, "This is a terrible start."

Gradually, during the first lap, I managed to pass several walkers until I was in fourth place behind Aguayo Letelier from Chile. He and I finally passed the second man, Daniel Hildebrand, a South African. I was then in third place.

On one turn, Aguayo drifted towards the second lane and I had room to pass him on the inside. The first man, Douglas Fotheringham from Great Britain, was far ahead, but I thought, "If I keep my pace, I will be second."

Rounding the last turn and coming down the final straightaway, I was thinking it was a sure thing as I didn't hear anyone behind me. I was in for a surprise. Suddenly a walker sprinted past me. It was the South African.

At that moment I had a one-second conversation with myself, "Do I want to settle for third, or shall I meet this challenge?" My answer came in the form of a surge of energy and speed that allowed me to inch past him and win second place by two seconds.

Later I had a friendly conversation with this fine competitor. He had already analyzed his race and said, "I started my sprint too soon." Then with a twinkle in his eye he added, "See you in Italy."

Grace Moremen, W70: Worlds: 5K, 9th, 41:39.03; 10K, bronze, 1:25:01.



JERRY WOJCIK
Juan Ramilo Comesana, M40, ESP, overall winner (1:35:55), 20K racewalk, 16th WMA World Championships.



JERRY WOJCIK
Carol Bertino, W55, USA, in the 10K racewalk, 16th WMA World Championships.

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Bill and I have participated in five world games. San Sebastian was perhaps the most exciting for us. Certainly, the seaside city is among the most beautiful we have seen with much history and the cultural richness of the Basque people. Our hosts were warm, friendly, and patient with us.

This "worlds" was unique for me, because I entered a new age group between the first and second races. The rules state that an athlete must compete at the age he or she is when the games open. Therefore, I competed in the W70 division rather than W75.

It was no surprise to me that I came in 9th in the 5K out of a field of 12, although my time of 41:39 was comparable to my best this year.

Before the 10K we put together an American W70 team by borrowing an athlete from W75. My focus in this race was to do my best for the team.

My nearest competitor was a Canadian woman, Ruth Monica Carrier, who had beaten me in the 5K by about 30 seconds. Now, in the 10K I passed her, but she was never far behind and this helped me keep my pace.

We came into the stadium for the finish almost together, but I was able to cross the line a second or two ahead, finishing in 1:25. Afterward, we put our arms around each other's shoulders and she told me that my

number, 70051, was a lucky one. In 1951, she had been "Miss Toronto."

Two surprises awaited me. First, our team did not medal, because of a disqualification. And second, I was judged to have won third place and received the bronze medal. This was in dispute for a while, because another athlete, who finished ahead of me but had "no mark" recorded, insisted that she was eligible.

A committee met and ruled in my favor. The message is clear: "Keep up the pace. You never know what might happen." □

(Thanks to all those who shared their experiences for NMN. I do not have e-mail addresses for many competitors. If you were not contacted by me, please notify me of your email address at narwf@sbcglobal.net. –ew)

FIFTEEN YEARS AGO October 1990

•Coup Attempt in Trinidad Fails to Stop North American Meet

•John Campbell, 41, Runs World Masters 10-Mile Best of 47:55 in Crim

•Asbury Park 10K Draws 4500

Michael

By RON MARINUC
It was a three-day 270-mile relay race, from shores of Lake Huron to reaches of Lake Michigan.

As if the distance was enough, the 10-runner started at 6 a.m., and and trails, sand and stream-crossings awaited.

An online survey of Lakes Relay reveals a took (or kept?) runner northern Lower Peninsula civilization.

Daunting to be sure. Running the relay blind; ally without vision. What Clarkston, Michael Holmes, 48, d with the help of guide Hennessey. Holmes is athlete, able to make out silhouettes, and guide runner for all runs.

A Great Run

"It's a fantastic race. run," enthused the long He and Hennessey w Wolfpack II, a relay team by Runnin' Gear, a local running store. Wolfpack of 70 teams in the GLR.

This was Holmes' first the GLR; Hennessey h but reckons he's run twelve."

They ran, like all 700 legs each day, ranging 10K, a little more than 2 over the three days.

Holmes mused, "I [the teammates] picked some me." Hennessey added us some well-developed seasonal roads. There defined trails," but oc they had were "two trac

Finger Technique

The two runners used calls the "finger techn The guide runner forms his thumb and forefinger runner lightly hooks his fingers in the circle. Th dinat strides, arm mov

Holmes prefers this any other method. It greater feel for turns an guide runner from "j which can lead to disq races.

These two have I together for just about including the marathon the finger technique ha tine.

And, in preparing they did some trail Hennessey's Clarkston that included practice gle-file, needed if the too narrow for side-by

The blind runner ge ing his hands on the s guide. Necessarily, th

Profile

Michael Holmes – Running Blind

By RON MARINUCCI

It was a three-day (July 15-17), 270-mile relay race, from the western shores of Lake Huron to the northern reaches of Lake Michigan.

As if the distance wasn't grueling enough, the 10-runner relay teams started at 6 a.m., and remote roads and trails, sand and ruts, and even stream-crossings awaited them.

An online survey of the Great Lakes Relay reveals a course that took (or kept?) runners far from northern Lower Peninsula Michigan civilization.

Daunting to be sure. Now, imagine running the relay blind; I mean literally without vision. That's exactly what Clarkston, Mich., resident Michael Holmes, 48, did last July, with the help of guide runner Mike Hennessey. Holmes is a B-1 blind athlete, able to make out only shadows and silhouettes, and requires a guide runner for all running.

A Great Run

"It's a fantastic race. It was a great run," enthused the long-time runner. He and Hennessey were part of Wolfpack II, a relay team sponsored by Runnin' Gear, a local specialty running store. Wolfpack II was one of 70 teams in the GLR.

This was Holmes' first attempt at the GLR; Hennessey has lost count, but reckons he's run "close to twelve."

They ran, like all 700 runners, two legs each day, ranging from 5K to 10K, a little more than 25 miles in all over the three days.

Holmes mused, "I think they [his teammates] picked some easy legs for me." Hennessey added, "They gave us some well-developed dirt roads, seasonal roads. There were no real defined trails," but occasionally all they had were "two tracks."

Finger Technique

The two runners used what Holmes calls the "finger technique" to run. The guide runner forms a circle with his thumb and forefinger. The blind runner lightly hooks his baby and ring fingers in the circle. They then coordinate strides, arm movements, etc.

Holmes prefers this to a tether or any other method. It gives him a greater feel for turns and prevents the guide runner from "pulling" him, which can lead to disqualification in races.

These two have been running together for just about five years, including the marathon distance, so the finger technique has become routine.

And, in preparing for the GLR, they did some trail running near Hennessey's Clarkston home. Part of that included practice in running single-file, needed if the trails became too narrow for side-by-side running.

The blind runner gets behind, placing his hands on the shoulders of the guide. Necessarily, this is slow-going

and requires a great deal of care, for example, to avoid tangling runners' feet. But as both runners noted, with some relief, "We didn't need it."

High Praise

Holmes couldn't say enough about his guide runner.

"Mike did a great job guiding me. He took the bad parts and let me have the good ones. We didn't fall once." Hennessey admitted "Sometimes I took the deep sand [on the trails] and he ran on packed sand." He added, "I think we did very well."

"The first day, Friday," Holmes recounted, "was pretty easy. We were ready to go." Then he laughed when he remembered, "Oh, yeah. There were some hills on Friday. On one, I said, 'When's this going to end?'"

"Day two was the toughest," he said. "We woke up and thought, 'Aw, darn.'" He knew this day included his longest leg, a 10K. And, it became hot and humid.

"We heard some thunder on Saturday, but there was no rain. I said, 'If it's going to rain, let it rain now!' But it didn't."

Sticky Conditions

Sunday "was still humid, but not as hot in the morning. We ran in the morning. My legs didn't want to move, but we were running shorter [distances]. I was so glad we didn't have to run in Empire, later in the afternoon. It got hot!"

Holmes noted, with a bit of relief, "We didn't get lost, but a lot did."

"We made a few wrong turns," Hennessey admitted, "but only for a few minutes. [Some runners] got lost for hours." Another check of the maps on the relay Web site makes this easy to understand.

Like other teams, Wolfpack II spent the nights in motels (in Atlanta on Thursday and Friday, and in Grayling on Saturday). Cars and vans dropped off and picked up runners from their legs. They brought water, sports drinks, and gels along with some food, such as fruits, "sweet foods," and "salt foods."

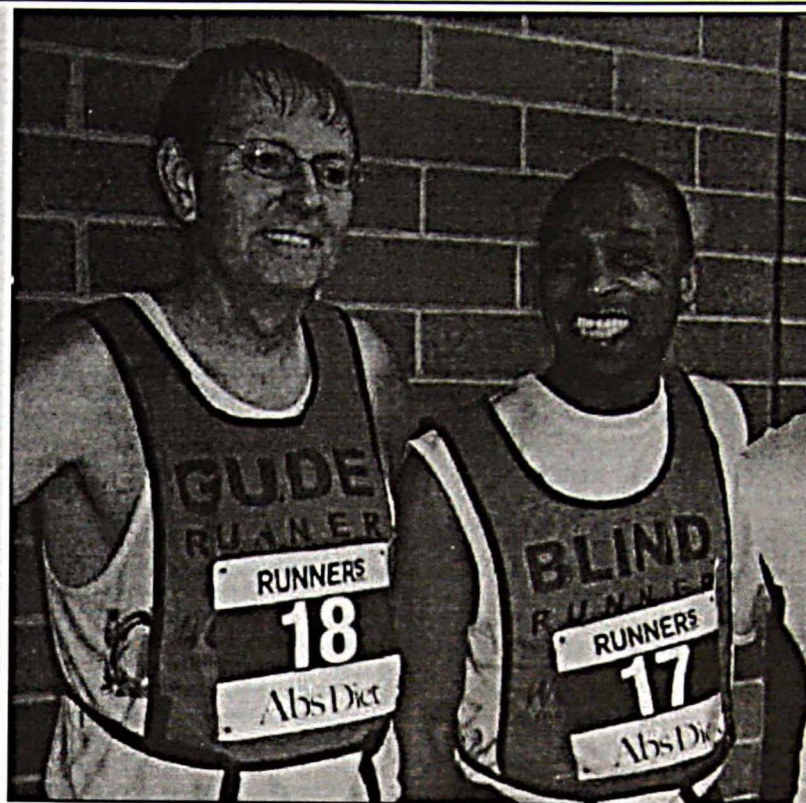
Holmes, according to Hennessey, "didn't eat much during the day," but, he quipped with a chuckle, "Boy, did he eat at night, though!"

Highlights

For Holmes, highlights included the sense of teamwork and camaraderie of the Great Lakes Relay and his fellow runners. "The team was very helpful. They asked what I needed and were very supportive. I loved the support that was out there, even the other teams."

Hennessey also enjoyed "watching the reactions of the other runners. They'd come by and talk to him. The first day, the others would say, 'What are you guys doing out here?' By the third day he was just one of the guys."

Meeting his goals also pleased Holmes. It was satisfying "to get to



Guide runner Mike Hennessey with blind runner Michael Holmes.

your destination where you knew your teammates were waiting."

Often, he ran faster than the times he had planned. Hennessey added, "He did very well. He stayed in the range [of planned times]. I was impressed. He was excited about some of his legs."

The one thing that wasn't quite so pleasant was the wake-up call. "We had to get up at 4:45 every morning," Holmes groaned. "We had to be out there, ready to run, before six o'clock."

Looking Ahead

Holmes, who has been running for about 25 years and has completed six marathons and more than 100 other road and track races, enjoyed the GLR. "It's a good endurance race, and you've got to be in shape for it. It's hard running, but I would love to run it again."

He means business. He already has begun to plan his training for the 2006 relay. □

(Ron Marinucci can be reached at r_marinucci@comcast.net)

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On The Run

By HAL HIGDON

Don't Fall Down!

"Don't fall down!" I heard a British lady so instruct her husband at the World Masters Championships in San Sebastian, Spain, last month. She was younger, maybe in her 60s; he was older, maybe in his 70s, and about to run the cross-country race. Don't fall down! Very basic instructions, particularly on a bumpy course around LaSarte Race Track.

That's a track more often run on by horses than humans. Many European countries have this strange idea about cross-country: Kroze, as the Basques call it. Europeans often run cross-country races around horse tracks. That's good for spectators, since in an 8K race on a 2K track, they get to see the competitors pass five times.

But for those competitors, it makes for a pretty boring race. No hills. No trees. Nothing that could be classified as scenery. No fun. We might as well be running around a 400-meter track.

Practical Advice

Rain earlier in the morning had left pockets of mud in places, and the horse-trod footing was uncertain, which may have prompted the woman to issue her warning. Or maybe she was used to coping with an older husband, who has begun to show his age.

That description pretty much fits me. Of the 15 World Masters Championships held since 1975, I have run all but one. Particularly in the early years, I trained intensively to win gold medals, sometimes logging as much as 100 miles a week.

Modified Approach

Then an aging body caused me to modify my approach. I biked more, swam more, lifted weights more, ran less. I still participated in the worlds every other year, but with lessening intensity. I was content to use the meet as an excuse to travel to exotic destinations and greet old friends.

En route to Spain, we stopped for three nights in Paris during which time I didn't run a step, although we walked all over the City of Lights from Notre Dame to the Eiffel Tower to the Champs d' Elysees.

Run a cross-country race? Okay, that seems less intimidating than

1500 meters on the track.

Unfortunately, at the horse race track you couldn't hide your lack of fitness deep in the woods. Every few kilometers, you were forced to trudge past spectators sitting in the stands. Don't fall down became my goal as much as that of the British husband.

Slow Pace

I had four gold medals back home attesting to my ability once to run fast. At LaSarte, I positioned myself in the back row and started slow, allowing the serious runners to rush ahead.

The field of maybe 100 runners over age 65 strung out in a long line. I contented myself with picking off a runner or two who started too fast. As we circled the track for the last of four laps, I sighted a British runner ahead, maybe the one seen earlier, and focused on catching him. I came close, but failed in that final goal.

Still Vertical

At least nobody at the horse track lost money betting on me. At least I didn't fall down, although my wife later told me that several runners did on the muddy course.

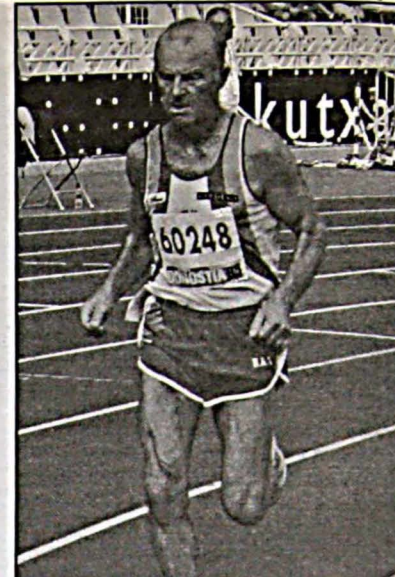
Obligation completed, I began to focus on my next goal: not another race, but rather visiting the Guggenheim Museum in Bilbao. No sense letting sport interfere with sightseeing.

And two years from now when the World Masters reconvene in Italy, I know that I will have a new focus for my running career: Don't fall down. Staying vertical is the ultimate goal if you are a masters runner. □

(Hal Higdon, a Contributing Editor for Runner's World, still holds the American M40 record for the 3000 meter steeplechase, set winning that event at the first World Masters Championships in 1975.)



JERRY WOJCIK
Aurora Perez Gutierrez, ESP, won the W45 800 and 1500, 16th WMA World Championships.



JERRY WOJCIK
Santiago Larzabal Balerdi, M60, ESP, in the 5000, 16th WMA World Championships.

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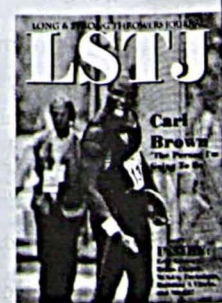
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Write On!

Continued from page 4

AAU meet in Portland competitors were Fortune Gordien. In National Championships Tom and I competed 53 years.

When Tom finished 1952, he enlisted in the for two years. He came State College, where Fox, a sorority sister Mary Bell's father, John time president of Honolulu.

The Fox family has dominium in Honolulu ject of the Nationals came to house us.

In the process, I should come out of meet. His comment to throw this thing for 47 a paper plate."

Neither of us did we had a great cheering

WRONG CH

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Honolulu - not to still trying to figure Gerry Davidson in the ran a lap short - Ed.)

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My legs felt like le half-second slower th before in the Mid-A ships.

Needless to say, I v that meet in 2006.

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PETER T

The Masters Chan were very much announcing of Peter' memory and articula dent.

His comment d finals introduction being a future Hall o Bill was very please

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Write On!

Continued from page 4

AAU meet in Portland where the other competitors were Bob Mathias and Fortune Gordien. In 2005, in the USA National Championships in Honolulu, Tom and I competed together again after 53 years.

When Tom finished high school in 1952, he enlisted in the Army and served for two years. He came back to Oregon State College, where he met Mary Bell Fox, a sorority sister of my wife, Lucy. Mary Bell's father, John Fox, was the long time president of Punahou School in Honolulu.

The Fox family has maintained a condominium in Honolulu, and when the subject of the Nationals came up, they offered to house us.

In the process, I convinced Tom that he should come out of retirement for the meet. His comment to me was, "I haven't thrown this thing for 47 years. It feels like a paper plate."

Neither of us did particularly well, but we had a great cheering section.

*Neil Saling
Portland, Oregon*

WRONG CHAMPION

I was listed as the W75 5000 champion in the chart of champions from the Nationals in Hawaii in the September issue. Would that I could subtract five birthdays, but not so. Having celebrated the big Eight Oh in April, I was the W80 winner.

Honolulu - not to be believed. I am still trying to figure out what happened to Gerry Davidson in the 5000. (*Davidson ran a lap short - Ed.*)

The officials stopped me with two laps to go, but I continued. Happened to me at Hayward in 1994, and I was DQed. I cried for two weeks until my coach, Bob Williams, said, "That's enough!"

*Helen Lachman
Portland, Oregon*

STATE GAMES

I've recently returned from the State Games of America in Colorado Springs, where I competed in the M65 100.

It was a blazing hot 97 degrees, yet the meet directors saw fit to run the youngsters, then all of the females, followed by all of the younger men, and let us older men wait around in the hot, noonday sun for about 40 minutes before we ran.

My legs felt like lead, and I ran a full half-second slower than I had run a week before in the Mid-Atlantic Championships.

Needless to say, I won't be returning to that meet in 2006.

*William Bitner
Norristown, Pennsylvania*

PETER TAYLOR

The Masters Championships in Hawaii were very much enhanced by the announcing of Peter Taylor. His excellent memory and articulate delivery were evident.

His comment during the M75 100 finals introduction about Bill Melville being a future Hall of Famer was true, and Bill was very pleased to hear it.

*Harry Brown
Wauconda, Illinois*

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The Weight Room

By JERRY WOJCIK

From Aloha to Ola, From Hawaii to Spain

Two weeks after Honolulu, I was in Basque Donostia/Spanish San Sebastian. Of the three WMA Championships competition sites – Anoeta Stadium, the adjunct mini-stadium, and the one in Hernani – I competed at Hernani, which was used for the hammer, weight, and weight pentathlon by the older men and women's age groups.

Ever the wag, I at first called it Hernia, but after people kept correcting me, or it didn't go over very well, I dropped it. The track was located in a residential area, mostly apartments, on the outskirts of Hernani, a suburb of Donostia, about a pleasant 20-minute shuttle ride from Anoeta Stadium. The residents of Hernani, I was told, were about 90% Basque and 10% Spanish, while Donostia was about 60% Basque and 40% Spanish.

The Hernani facility serves the local club, which has its club house in a large building next to the track, complete with showers, lavatories, lockers, etc., and is supported by the city of Hernani, local merchants, and the owners of the nearby residences, as far as I could tell from talking to the officials at the site. It is also available for use by other than club members.

If U.S. cities had a concept like this, we wouldn't be concerned about the demise of interest in track and field after high school.

Declaration Procedure

While the declaration process was

pretty rigid at the other sites, demanding that athletes sign in two hours before the event (more on that later), the desk folks at Hernani, probably because the shuttles were several hours apart, told us, "Hey, get here as soon as you can. We'll get you in unless your event has already started."

The field officials didn't speak a lot of English, and I had the usual hassle about wearing just one number. After Frank Lulich, the assistant team manager assigned to Hernani, clarified it, I wore two numbers anyway.

I had signed up for the javelin, held at Anoeta on the 26th, but decided to forego it, spending that day strolling the beaches of Santander, on the north coast of Spain, west of Bilbao. Little did I know that of the 17 entrants, only seven showed up, and based on their marks, I might have been fourth or fifth. It was won by Josef Klok, CZE, with a 33.52. Sid Kiwitt, of the U.S., was bronze medalist with a 29.06.

Close Call

In the weight throw, on the 28th at Hernani, my fifth throw (12.58, my best



John Nespoli, USA, winner of the M50 shot put (15.58), celebrates his victory with Vasilis Maganas (l), GRE, second, and Victor Faschchupkin, RUS, third, 16th WMA World Championships.

throw of the year) was about six inches inside the sector.

For some reason, the ring judge (the same one who gave me flack about the two numbers and was 45 feet away from where it hit) came over and pointed at an old mark right on top of the tape and said that it was my mark. The young man who was toting the weights back to us looked perplexed. I don't think he wanted to countermand the official.

Then the meet referee, with armband and clipboard, came over, and motioned to an official on the other side of the sector who was doing the marking. I looked over and saw that he was about 4-10 and had one good eye. My heart sank. He walked up, looked at me and then at the referee, and pointed to the correct crater. Four days later after the weight pentathlon, I thanked him profusely.

A Tricky Business

Back to the declaration process. I was at the information counter at Anoeta Stadium, when an Australian walked up and asked about declaring for his 9 a.m. weight pentathlon the required two hours prior and was told he could do so on the day before, which was a competition-free day.

He said he was going to take advantage of the day off and travel all day and wouldn't get back until late. What to do?

The woman said that it was the rule in the book. The Aussie became upset and was ready to cancel the weight pentathlon. This also happened to other athletes, I learned later. Maybe it didn't occur a lot, but it shouldn't occur at all.

Texan Carol Finsrud, the W45 thrower, was with us on the Hernani shuttle to declare the day before her competition there, before the Hernani guys, or somebody, saw the light. You go to Spain and waste half a day shuttling to adhere to a rule that's unnecessary. Not right.

The Bottom Line

Let's take a look at this scene. Why do cities such as Donostia/San Sebastian, with tremendous support from their travel and visitors bureaus, bid for WMA World Championships? So that their cit-

izens can take time off from work to watch the meet for ten days? If so, the stands should be packed. No, they bid so that 6000 of us show up and spend lots of money to bolster the economy. It's no secret.

Here's a guy who wants to go to see the sights, perhaps on one of the overpriced tours offered by a local travel agency, spend some money, indulge in the local atmosphere and culture, and do exactly what's expected of him, but it has become a frustration, if not a barrier.

Track people declaring early, I suppose, is essential for lane assignments, size of fields, number of lap counters, etc., but why not let field event athletes declare as they show up? Most will be there an hour or more to warm up. Entry has been closed for months. Nobody is going to come running up as a late entrant as they do in U.S. local meets. Why do we have to be led marching in together like kindergartners walking to a field trip?

Let's Be Realistic

So, you have 25 people in the M60 discus, and six don't show. What's the big deal? The event will be over sooner. You can break them up into reasonably sized groups in five minutes or run them all together as they did in some events at San Sebastian. Forget their given best marks for placement; most are old or exaggerated.

Rules must be followed, but outside of that, what's convenient for the athletes should come into play, particularly at an international meet, when athletes have traveled thousands of miles and spent thousands of dollars to get there.

The people putting international championships together should take a closer look at the declaration process, not just for throwers, but for everybody, to see if it can be, for lack of a better word, modernized. If not, then let's use a little common sense.

On a lighter note, the WMA General Assembly approved the adoption of the 3k hammer and shot for M80+ and the 750g discus for W80+, starting on the first of the year. □

Donostia Play

Continued from page 1

gray cement, but stonew with tile and vivid detail idents are predominantl 80%, and streets, directi maps, and public place Basque and Spanish.

Stepped in history, population of 180,000, a ing athletes museums, an ping, restaurants, and bars, specializing in pint the very best tapas in Sp

On one night, a pro dents holding lighted down the one street in the Vieja, that hadn't been British after the defeat of Vitoria, south of Do Napoleonic Peninsular V 1800s.

If that wasn't enough Bilbao, an hour away Guggenheim Museum famous for its running of French beach towns, not St. Jean de Luc, Bayonn

The competition ve Stadium, the adjoining and Hernani – about 20 shuttle – were the best c in the other WAVA/W ships I've been to. A cious and accessible h soccer team, was well south end of town on se

We stayed in a renta a half-mile walk from and had an opportunity what with the locals. I sion that they didn't kno the championships, alth business owners knew w

Media coverage wa print and television. Ri go downtown, we were on the television screen here had TVs up front) being interviewed. The newspapers had extens photographs on local or letes.

We shopped for gr neighborhood stores, v ones in New York City which, I think the driv could have given New in how to park in a tight cars with no more than space at front and rear, ing the space would be still on both sides.

I saw very few larg many Asian-built cars, ple of Hyundais and Mi didn't see any 20-year two different colored caps that you see in th were plentiful. It was dozens of them parked door. Gasoline is expen

Apartment complex located squares, with kids and benches fo cafe/bar close by on the weather was good, whi the time we were there, square would be filled all ages, playing or o girls and boys in separ

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49-42-02 3058 (fax)
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WOMEN'S REPRESENTATIVE

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Les Oblades 3
La Mont Goda
E-17310 Loret de Mar, Spain
Phone: 34-97-23 65457 (h)
34-97-23 65457 (fax)
marhoer@putput.es

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Dieter Massin
Sedanstrasse 112
D-59227 Ahlen, Germany
Phone: 49-23-82 803280 (h)
49-23-82 2458 (fax)
dieter.massin@t-online.de

OCEANIA

Stan Perkins
106 Silkwood St.
Algerster, Queensland
Australia
Phone: 61-75-56 37523 (h)
Fax: 61-75-56 49733
stanperkins@athletics.org.au

NORTH & CENTRAL AMERICA

Brian Keaveney
426 Valermo Drive
Toronto, M8W 2L9, Canada
Phone: 416-252-7047 (h)
masters@sympatico.ca

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

Donostia Plays Host to WMA Championships

Continued from page 1

gray cement, but stonework, or designed with tile and vivid detail. The area's residents are predominantly Basque, about 80%, and streets, directions, instructions, maps, and public place names are in both Basque and Spanish.

Steeped in history, the city, with a population of 180,000, also offered visiting athletes museums, art galleries, shopping, restaurants, and plenty of small bars, specializing in pintxos, supposedly the very best tapas in Spain.

On one night, a procession of residents holding lighted candles walked down the one street in the old town, Parte Vieja, that hadn't been burned by the British after the defeat of the French in Vitoria, south of Donostia, in the Napoleonic Peninsular Wars of the early 1800s.

If that wasn't enough, you could go to Bilbao, an hour away, to visit the Guggenheim Museum, or Pamplona, famous for its running of the bulls, or the French beach towns, north of the city, of St. Jean de Luc, Bayonne and Biarritz.

The competition venues - Anoeta Stadium, the adjoining mini-stadium, and Hernani - about 20 minutes away by shuttle - were the best of those I've seen in the other WAVA/WMA championships I've been to. Anoeta, the capacious and accessible home of the local soccer team, was well situated at the south end of town on several bus lines.

We stayed in a rental apartment about a half-mile walk from Anoeta Stadium and had an opportunity to mingle somewhat with the locals. I had the impression that they didn't know or care about the championships, although I think the business owners knew we were in town.

Media coverage was good in both print and television. Riding on a bus to go downtown, we were delighted to see on the television screen (the city's buses here had TVs up front) masters athletes being interviewed. The Basque/Spanish newspapers had extensive articles and photographs on local or outstanding athletes.

We shopped for groceries in small neighborhood stores, very much like the ones in New York City. Speaking of which, I think the drivers in Donostia could have given New Yorkers a lesson in how to park in a tight space. We saw cars with no more than a foot or two of space at front and rear, and in the morning the space would be empty with cars still on both sides.

I saw very few large SUVs, and not many Asian-built cars, outside of a couple of Hyundais and Mitsubishi trucks. I didn't see any 20-year-old beaters with two different colored doors and no hub caps that you see in the U.S. Mopeds were plentiful. It was common to see dozens of them parked near an apartment door. Gasoline is expensive in Spain.

Apartment complexes had centrally-located squares, with playgrounds for kids and benches for adults, and a cafe/bar close by on the first floor. If the weather was good, which it was most of the time we were there, in the evening the square would be filled with children of all ages, playing or on bikes, teenage girls and boys in separate groups, adults,

and families with several generations.

Businesses, other than cafes and bars, which never seemed to close, didn't open until nine or ten, then shut down from one to four, and stayed open until eight or so.

Restaurants didn't serve food until 9:00 p.m., which didn't do much for those of us with acid reflux problems. So, we'd stoke up on pintxos until dinner, or let that suffice, eating outside when we could because all of the eateries allowed smoking. Sometimes it got too thick to enjoy a meal even in the best of restaurants.

The noted Basque tradition of food and drink was reflected at the athletes' party on Monday, Aug. 29, held in the building used for registration and serving lunch (which included pitchers of wine) to athletes, conveniently located about 100 yards from the stadium, not some distant place to which we had to be taken by bus as in the past.

Usually a dull affair, where athletes had to stand in line for food and pay for drinks, this one was thought to be the best ever by athletes who had endured others. "It was a blast," said one athlete who had attended previous such affairs.

Before we sat down, we were treated to champagne and fried cheese and shrimp hors d'oeuvres in the foyer. We sat at long tables with table cloths and floral decorations, allowing us to relax and converse easily with those around us.

The meal started with various thinly sliced sausages; then we were served a chicken paella, which included small clams and crawfish, followed by a steak, surprisingly tender although well done, served with roasted red peppers, and ice cream and cake for dessert.

Everyone felt that the best part of the meal was the unlimited bottles of red and rose wines, which most thought were very good, distributed to each group of eight or so diners. One of our friends snuck out a bottle of red to share with those at her lodging.

After the meal, athletes were able to sit down and visit at other tables or dance to a fine jazz duet tenor sax player and pianist who had played throughout the dinner.

A couple of days later, I was told by one of the attendees that she had seen a red wine with the same label for sale in a grocery store for 0.68 Euros, roughly 90 cents a bottle.

I think the Donostia locals spoke more English than they let on. After my weight throw, Frank Lulich, the U.S. assistant team manager at Hernani, and I visited a cafe in an apartment complex near the track, while we waited for the shuttle. When I asked the bartender whether he spoke English, he said, "A little bit." Later, we discovered that he'd lived in Los Angeles for four years, and knew a lot about U.S. culture, including Las Vegas.

Being the only person west of the Rockies who likes anchovies, I was overjoyed to find that the Basques include them in their salads, pitxos and other dishes. The lamb dishes and roasted red peppers were also a hit with me.

Another drawback to the city, other

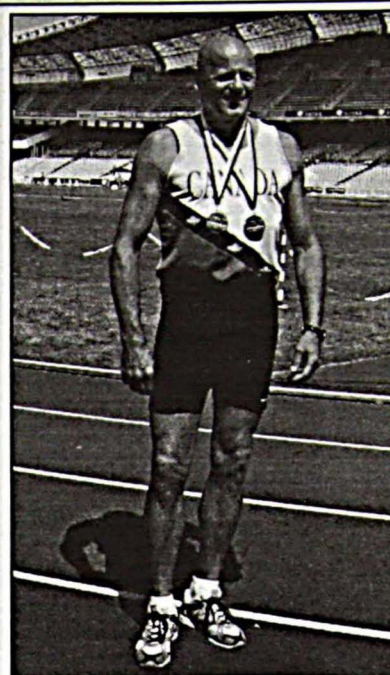
than the smoking, was that its nearness to the water made us, and our clothes in the apartment, feel clammy and damp, despite the warm weather.

If I had to compare Donostia to a U.S. city, it would be San Francisco. The rain in Spain is not mainly on the plain. The area's rainfall, one of the heaviest in all of Spain, keeps everything green. The flora included conifers and deciduous trees, and I saw palm trees and pampas grass.

For a city that relies heavily on tourism, it was relatively clean. I noticed some graffiti, but not much.

In the country outside of the city, most of the residences had red clay tile roofs, a la California mission style. The homes alongside the road to Bilbao, from which we flew in and out of, had almost an Alpine look, in design and their sites on the hills.

Outside of the competition, several of the championships locales I've been to didn't have much of interest for me, and I was ready to leave as soon as possible, but we wanted to stay much longer in Donostia and that part of Spain. Donostia's winning the bid served its purpose. We'd like to go back some day.



SUZY HESS
John Hawkins, CAN, M55 winner of the decathlon (7083), 16th WMA World Championships.

Pending World and U.S. Records

World Records

Event	Age	New Mark	Name	Old Mark	Held By
100	W70	15.08	Margaret Peters NZL	15.16	M. Peters NZL
200	M70	26.84	Hugh Coogan AUS	26.8H	Payton Jordan USA
800	M75	2:36.28	Earl Fee CAN	2:40.0H	Harold Chapson USA
800	W80	3:45.00	Nina Naumenko RUS	3:54.81	Johanna Luther GER
10,000	W75	50:00.93	Melitta Czerwenka-Nagel GER	52:08.73	Nina Naumenko RUS
10,000	W80	58:24.70	Nina Naumenko RUS	58:40.03	Johanna Luther GER
110mH	M45	14.70	Karl Smith JAM	14.7Y	Valbjorn Thorlaksson ISL
80mH	M80	14.75	Melvin Larsen USA	14.91	Juui Tanaka JPN
80mH	W40	11.24	Monica Pellegrinelli SUI	11.25	Leslie Estwick CAN
400mH	W40	59.76	Barbara Gaehling GER	62.08	Maria Sanguos-Espina ESP
300mH	M75	52.91	Earl Fee CAN	56.95	Heinz Krenzer, GER
300mH	W60	51.64	Marg Allison AUS	54.25	Magdalena Tomlinson ESP
300mH	W65	56.86	Rietje Dijkman NED	59.58	R. Dijkman NED
400R	M35	42.62	USA		USA
400R	M70	53.03	Germany	54.69	USA
400R	M80	64.68	Germany	65.75	Japan
400R	W50	53.31	Great Britain	53.39	USA
1600R	M35	3:19.90	USA		
1600R	W50	4:17.60	Great Britain	4:24.92	Australia
HJ	M85	1.21	Emmerich Zensch AUT	1.20	Kimura JPN/Kolhonen FIN
PV	W80	1.40	Johnnye Valien USA		
TJ	M45	14.78	Wolfgang Knabe GER	14.55	Willie Banks USA
DT	W65	37.62	Tamara Danilova RUS	36.11	Sirkka Kauppinen FIN
JT	W70	28.66	Birute Kalediene LTU	28.20	Joan Ogden GBR
WP	M35	3628	Jochen Koppenhoefer GER		Ken Jansson USA
WP	M40	4176	Steve Whyte GBR	3817	Erik Eriksson FIN
WP	M75	5007	Richard Rzehak GER	4652	E. Williams GBR
WP	W65	5574	Evaun Williams GBR	5548	Heather Doherty AUS
WP	W70	5181	Susanne Wissinger GER	4636	Simon Poelman NZL
DECA	M40	8618	Kip Janvrin USA	8269	Phil Mulkey USA
DECA	M60	8440	Rolf Geese GER	8352	Knut Skramstad NOR
DECA	M65	7900	Emil Pawlik USA	7752	Takuro Miura JPN
DECA	M80	6184	Pierre Darrot FRA	4977	Marie Kay AUS
HEPT	W40	5929	Barbara Gaehling GER	5698	Anne Jensen DEN
HEPT	W45	6094	Marie Kay AUS	5481	Betty Vosburgh USA
HEPT	W60	5740	Mari Anne Maier AUT	5589	Asta Larsson SWE
HEPT	W65	5963	Erika Sauer GER	5478	
HEPT	W80	5521	Johnnye Valien USA		

U.S. Records

Event	Age	New Mark	Name	Old Mark	Held By
100m	W70	15.12	Irene Obera	15.72	Audrey Lary
200m	W70	33.65	Irene Obera	33.90	Audrey Lary
400m	M75	67.82	Don Cheek	68.5H	Josiah Packard
400m	M90	1:52.57	Max Springer	2:00.2H	Paul Spangler
5000m	W45	17:33.75	Carmen Ayala-Troncoso	17:45.03	Joan Colman
100mH	M65	15.81	Emil Pawlik	16.30	Jack Greenwood
80mH	W40	11.76	Stephanie Thomas	11.78	Deby Sweezy
2000SC	M60	7:44.23	Steve Prouty	8:00.59	Gale Pfueller
TJ	M45	14.64	Willie Banks	14.55	W. Banks
TJ	W80	4.08	Johnnye Valien		
JT	W80	13.81	Johnnye Valien	13.54	Mary Bowermaster
WP	M75	4301	William Garrahan	4294	Wallace/Brusca
DECA	M80	5912	Fred Hirsimaki	3868	Arling Pitcher
HEPT	W40	3786	Caren Ware	3301	Skipper Clark

16th WMA World Championships

Continued from page 1

Sebastian/Donastia would be proud to have.

As the sponsoring country for the 2003 15th Championships in Puerto Rico, the U.S. squad marched in first. The last country to march into the arena with its flag was host Spain, followed by the Basque flag and athletes. The political point was made, and the locals who filled the arena saved their loudest cheers for the Basque flag.

Germany supplied the second highest number of athletes (681) after Spain (1390). The U.S. contingent numbered 296 entrants (80 women and 216 men), fifth, after France (482) and Great Britain (461).

Age-Group Recored

The 16th Championships yielded 37 pending age-group records, seven by U.S. athletes, who also set 13 national records. In Puerto Rico, the 2700 athletes produced over two dozen world marks; 14 U.S. records were also set.

Several athletes broke two world records. Earl Fee, M75, CAN, added the 800 (2:36.28) and 300H (52.91) to his record collection. Nina Naumenko, W80, RUS, set records in the 800 (3:45.00) and 10,000 (58:24.70). Johnnye Valien, USA, W80, established records for the pole vault (1.40) and heptathlon (5929).

Four decathlon, five heptathlon and five weight pentathlon records were revised.

Six relay records were set, two each by the USA, Germany and Great Britain.

A few athletes had the satisfaction of breaking their own records. Rietje Dijkman, NED, lowered her W65 record for the 300H from 59.58 to 56.86. She also won the 80H, high jump, and triple jump.

For their performances, Dijkman and Earl Fee were invited to attend the IAAF World Final and Gala in Monaco on Sept. 9-10.

The most sensational record by a U.S. athlete came early, in the decathlon, when Kip Janvrin, M40, 2000 Olympian decathlete, broke the existing record of 8269 with 8618. Janvrin later won the 400H in 54.68.

Among the national age-group record breakers were Irene Obera, W70, 100 (15.12) and 200 (33.65); Valien, W80, triple jump (4.08) and javelin (13.81); Emil Pawlik, M65, 100H (15.81) and a world record in the decathlon (7900); Carmen Ayala-Troncoso, W45, 5000, (17:33.75); and Willie Banks, M45, triple jump (14.64).

At a press conference the day before Banks competed, the room was filled with journalists. Banks took a video of the journalists to prove to his family that all of the reporters were there to interview him, he said. The next day, one of the local papers carried a four-page spread on Banks. Before a huge crowd specifically there to watch his triple jump, he lost to Wolfgang Knabe, GER, who broke Banks' world record (14.55) with a 14.78.

Multiple gold winners were plentiful. Erik Eriksson, M80, FIN, Ugo Sansonetti, M85, ITA, Nina Naumenko, W80, RUS, and Olga Kotelko, W85, CAN, each won five events, Naumenko's wins being the most impressive (800, 1500, 5000,

10,000, 8K XC), two with record times. Max Springer, M90, USA, won two races on the track and two jumps.

Other distance runners also showed stamina. Emilio Peron, M60, ESP, Anatoli Prisyazhnyuk, M65, UKR, and John Keston, M80, USA, won the 5000 and 10,000 after winning the 8K XC.

Throwers capitalized on their success in individual events to win the weight pentathlon. Steve Whyte, M40, GBR; Vasilis Maganas, M50, GRE; Kathleen De Wolf, W35, BEL; Carol Finsrud, W45, USA; Evaun Williams, W65, GBR, added the weight pentathlon after their two or three throws wins, with Williams breaking her record of 5548 with a 5574.

Some multiple winners added quality to quantity. Stephen Peters, M50, GBR, survived what seemed like endless heats to win the 100, 200 and 400. All three finals had five runners from Great Britain. Karla Del Grande, W50, CAN, also swept the sprints, not easy to do in an international meet.

The largest number of entrants by event was the 200 with 811 (255 women, 626 men). The discus was the largest throwing event with 491 (173 women, 318 men). The weight throw, in its initial appearance at an outdoor WMA Championships, drew 249 (100 women, 149 men). Altogether, the 6033 entrants (1608 women, 4425 men) entered 12,435 events.

Cross-Country and Marathon

The winners of the 8K XC were Jose Torres Peanilla, M40, ESP, in 25:21, and Nathalie Loubelle, W35, BEL, in 30:03. The only U.S. runners in the division top eight were M50 Kenneth Leinbach, second, 27:32; M80 Keston, first, 40:53; W45 Ayala-Troncoso, first, 30:26; W55 Yoko Eichel, eighth, 38:50; W70 Mary Harada, seventh, 46:10; W75 Nancy Smalley, first, 60:02; and Ruth Anderson, W75, fifth, 77:24. The race was held Tuesday, Aug. 23, at the LaSarte Race-track on a four-lap, 2K circuit.

The USA contingent was able to mount just three 8K XC teams (three top runners scoring). The M65 team, with John Keston, M80, dropping down, finished last of seven teams; the W45 team, headed by W45 winner Carmen Ayala-Troncoso, finished last of five; and the W70 team was second of two for a silver medal.

The marathon, run in temperatures in the 90s on Saturday, Sept. 3, yielded DNFs and slow times. Juan Vasquez Sanchez, M40, ESP, was the overall winner in 2:29:43. Seven of the top M40 eight finishers were from Spain. Maxine McKinnon, W40, GBR, won the women's race in 2:57:15. The only U.S. finisher in the top eight in a division was Sylvia Travaglione, W45, with a 3:37:22.

In an unofficial medal count, the U.S. garnered the second highest number of medals to Germany's first.

U.S. M45s Dominate

The U.S. strength was epitomized in the M45 division, where athletes won ten gold medals: Allan Tissenbaum, 100 and 200; James Chinn, 400; Anselm LeBourne, 800 and 1500; Darrell Gatling, 400H; Bruce McBarnette, high jump; Ken Jansson, weight throw and weight pentathlon; and 4x400 relay.

Continued on page 17



SUZY HESS

Willie Banks greets a roomful of reporters at his press conference, 16th WMA World Championships.

WMA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

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

MEN

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

IMPLEMENTS

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

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

Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.
For all age-groups indoors, 5 hurdles are run.

Donostia Play

Continued from page 16

One of the shining moments of the U.S. was in the M45 800, v (1:57.60), Kevin Paulk (2: Lindsay (2:00.85) took al The U.S. also swept the V walk, held just outside An in the stadium with El (31:16.30), Rita Sinkovek Doris Cassels (31:47.85) g

The injured list read from the Spanish Civil W walking wounded were W55, on crutches after a l heptathlon. Both Valier were less than 100%, Val ankle and Kotelko with a t

Dick Richards, M70, M65 long jump world rec came back in the USA

Gold Medal

Age	Name	Country	Age	Name	Country
M35			M45		
100	Oliveira	NOI	100	Oliveira	NOI
200	Oliveira	SAR	200	Oliveira	SAR
400	Thomas	SAR	400	Thomas	SAR
800	Fitzgerald	OSL	800	Fitzgerald	OSL
1500	Cowlishaw	LIA	1500	Cowlishaw	LIA
5000	Perez	POI	5000	Perez	POI
10,000	September	PEI	10,000	September	PEI
SH	Drummond	ASI	SH	Drummond	ASI
LH	Grant	JAR	LH	Grant	JAR
SC	Rodriguez	LIA	SC	Rodriguez	LIA
HJ	Buzek	SEI	HJ	Buzek	SEI
PV	Camos	HEI	PV	Camos	HEI
LJ	Lacosta	STR	LJ	Lacosta	STR
TJ	Rossiter	ACI	TJ	Rossiter	ACI
SP	Famatzhe	GRI	SP	Famatzhe	GRI
DT	Modrege	KOJ	DT	Modrege	KOJ
HT	Pierrot	WIR	HT	Pierrot	WIR
JT	Krukowski	FIR	JT	Krukowski	FIR
WT	Pierrot	WIR	WT	Pierrot	WIR
DEC	Valette	JAR	DEC	Valette	JAR
WP	Koppenhoefer	WIR	WP	Koppenhoefer	WIR
8K XC	Resende	PEI	8K XC	Resende	PEI
MARA	Aldanondo	SAR	MARA	Aldanondo	SAR
5KRW	Lopez	BRE	5KRW	Lopez	BRE
20KRW	Cartoni	COR	20KRW	Cartoni	COR
400R	USA	ITA	400R	USA	ITA
1600R	USA	FR	1600R	USA	FR
8K XC	GER	ES	8K XC	GER	ES
MARA	ESP	ES	MARA	ESP	ES
RW			RW		

Age	Name	Country	Age	Name	Country
W35			W45		
100	Hogeveen-Smit	LAI	100	Hogeveen-Smit	LAI
200	Daley	LAI	200	Daley	LAI
400	Daley	MIT	400	Daley	MIT
800	Bruck	REL	800	Bruck	REL
1500	Weiss	GRE	1500	Weiss	GRE
5000	Kealy	DEI	5000	Kealy	DEI
10,000	Nealon	SHI	10,000	Nealon	SHI
SH	Thirley	PEI	SH	Thirley	PEI
LH	Finegan	GAR	LH	Finegan	GAR
SC	Weiss	PIC	SC	Weiss	PIC
HJ	Semashko	POL	HJ	Semashko	POL
PV	Hill	STR	PV	Hill	STR
LJ	Deak	ROJ	LJ	Deak	ROJ
TJ	Krepkina	NEI	TJ	Krepkina	NEI
SP	Balser	MUN	SP	Balser	MUN
DT	Margry	KVI	DT	Margry	KVI
HT	De Wolf	CHI	HT	De Wolf	CHI
JT	Fernandez	SCO	JT	Fernandez	SCO
WT	De Wolf	CHI	WT	De Wolf	CHI
HEP	Finegan	GAR	HEP	Finegan	GAR
WP	De Wolf	VAN	WP	De Wolf	VAN
8K XC	Loubelle	DEI	8K XC	Loubelle	DEI
MARA	Insusti	MUN	MARA	Insusti	MUN
5KRW	Illyes	BEL	5KRW	Illyes	BEL
10KRW	Illyes	BEL	10KRW	Illyes	BEL
400R	GER	GAR	400R	GER	GAR
1600R	GER	GAR	1600R	GER	GAR
8K XC	ESP	GAR	8K XC	ESP	GAR
MARA	ESP	ES	MARA	ESP	ES
RW			RW		

Donostia Plays Host to WMA Championships

Continued from page 16

One of the shining moments for the U.S. was in the M45 800, when LeBourne (1:57.60), Kevin Paulk (2:00.23) and Jeff Lindsay (2:00.85) took all three medals. The U.S. also swept the W65 5000 race-walk, held just outside Anoeta and ending in the stadium with Elton Richardson (31:16.30), Rita Sinkovec (31:45.74) and Doris Cassels (31:47.85) going 1-2-3.

The injured list read like casualties from the Spanish Civil War. Among the walking wounded were Phil Raschker, W55, on crutches after a leg injury in the heptathlon. Both Valien and Kotelko were less than 100%, Valien with a bad ankle and Kotelko with a bum shoulder.

Dick Richards, M70, holder of the M65 long jump world record, who staged a comeback in the USA Nationals in

Hawaii, dropped out after finishing sixth in the 100. "I had to withdraw due to injuries (Achilles and knee) becoming increasingly incapacitating; too much stress on the comeback trail," he said. "I was really disheartened not to long jump against the Russian Popov and, of course, not to be able to contest the 4x100 relay. For some consolation my wife, Joy, and I toured Biarritz, Lourdes, Lance Armstrong country in the Pyrenees, and Madrid." Vladimir Popov won the long jump with a 4.86. Richards had jumped 4.97 in Hawaii.

Award Presentations

At Anoeta, awards were given, in some cases four hours after the event, in front of the 100m straightaway facing the stands to what some athletes thought sounded

like an Olympics theme knockoff. The awards at the Hernani site were presented much faster.

As usual, there were problems, starting with the official meet program listing the athletes with numbers that did not agree with those they were issued at registration.

Other glitches occurred in the miscounting of laps in the 5000 and the selection of finalists from the preliminaries in several races.

Some athletes complained that officials weren't following rules or general competition practices.

The word was that the 2000m course loops around Anoeta for the 10K and 20K racewalks had been altered from the original, and more racewalkers should have been disqualified.

But, for those not involved in a bad decision or questionable procedure, the athletes' predominant feeling was that the meet compared favorably to other world

meets they had gone to, probably enhanced by the city's charm and attractions, the high level of competition, and camaraderie.

Of the 20 athletes identified in Miyazaki as having attended all ten WAVA World Championships, eight were competing or in attendance in the 16th WMA: Ron Franklin, GBR; Hari Chandra, SIN; Ruth Anderson, USA, John Dunsford, GBR; Jack Stevens, AUS; Bob Mimm, USA; Bob Fine, USA; and Willy Dunne, IRL.

The closing ceremony was held on Sept. 3, at the main stadium. The turnout by athletes, many of whom had left for home, and spectators was much less than for the opening ceremony.

Those with leftover Euros can save them for the 17th World Championships in Riccione, Italy, 2007, or the 18th Championships in Lahti, Finland, 2009. □

Gold Medalists – 16th WMA World Championships, Donostia/San Sebastian, Spain

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95
100	Oliveira	Noel	Tissenbaum	Peters	McCoy	Sutton	Lenk	Kimmel	Reuter	Larsen	Sansonetti	Mahlo	—
200	Oliveira	Saraceni	Tissenbaum	Peters	Allie	Sutton	Lenk	Coogan	Reuter	Nel	Sansonetti	Mahlo	—
400	Thomas	Saraceni	Chinn	Peters	Allie	Pierce	Scheidt	Coogan	Fee	Nel	Sansonetti	Fonseca	—
800	Fitzgerald	Osland	Lebourne	Rivera	Minting	Barnum	Klaus	Kociszewski	Fee	Tonikka	Delautour	Springer	—
1500	Cowlshaw	Llamas	Lebourne	Dunlop	Tsukanov	Gronhardt	Churcher	Del Castillo	Lora	Tonikka	Pauwels	Springer	—
5000	Perez	Pope	Fernandez	Infestas	Gabrilov	Peron	Pryszazhnyuk	Touza	Lora	Keston	Medina	Olbrechts	—
10,000	September	Pearilla	Hopfner	Infestas	Tsukanov	Peron	Pryszazhnyuk	Touza	Siraziev	Keston	Delautour	Olbrechts	—
SH	Drummond	Ashford	Smith	Kreiner	Tisch	Ferguson	Pawlik	Hedlund	Przyborowski	Larsen	Sansonetti	—	—
LH	Grant	Janvrin	Gatling	Stevenson	Roker	Fruhauf	Klaus	Cornells	Fee	O'Connor	Sansonetti	—	—
SC	Rodriguez	Llamas	Menargues	Rice	McEvilly	Peron	Bradford	Takahara	Matzner	Tamoi	Bulkley	—	—
HJ	Buzek	Segatel	McBarnette	Huijbers	Hawkins	Spielvogel	Albrecht	Kandeydi	Nevrup	Windolf	Zensch	—	—
PV	Camos	Hernandez	Achtelik	Ritte	Johanje	Zbinden	Kurunczi	Guieysse	Donley	Compri	Zensch	—	—
LJ	Lacosta	Straub	Wenk	Nikula	Vera	Taavitsainen	Beckering	Popov	Reuter	Sainio	Lehtimaki	Springer	—
TJ	Rossiter	Ackle	Knabe	Kuppers	Shukevych	Taavitsainen	Backlund	Popov	Levis	Sainio	Lehtimaki	Springer	—
SP	Farnatze	Gyngell	Radzikowski	Nespoli	Krone	Jeremias	Kuhnhold	Speckens	Saarinan	Eriksson	Fischer	Fonseca	Proksch
DT	Modrego	Kovar	Meijdam	Thompson	Wagner	Mohr	Heiler	Edlund	Brandt	Reidinger	Frech	Fonseca	Proksch
HT	Pierrot	Whyte	Gassenbaver	Maganas	Piaczkowski	Viertbauer	Kargol	Vilhauer	Rzehak	Eriksson	Svennevik	Fonseca	—
JT	Krukowski	Fingert	Fernandez	Schaffarzik	Vislavicius	Tuisku	Honkanen	Porokhin	Klok	Eriksson	Lehtimaki	Brandvold	Proksch
WT	Pierrot	Whyte	Jansson	Maganas	Busterud	Mathews	Rzepecki	Vilhauer	Rzehak	Eriksson	Svennevik	Brandvold	—
DEC	Valette	Janvrin	Dupont	Hepperle	Hawkins	Geese	Pawlik	Wenblom	Matsumoto	Bulkley	Darrot	—	—
WP	Koppenhoefer	Whyte	Jansson	Maganas	Piazkowski	Percy	Hansen	Speckens	Rzehak	Eriksson	Svennevik	Brandvold	—
8K XC	Resende	Pearilla	De Grado	Gates	O'Shea	Anderegg	Pryszazhnyuk	Touza	Siraziev	Keston	Pauwels	Olbrechts	—
MARA	Aldanondo	Sanchez	Sanz	Tani	Koch	Dravitzki	Rios	Acquarone	Tjaben	Kivioja	—	—	—
5KRW	Lopez	Brene	Frixon	Ruzzier	Camarena	Frable	Zschesche	Weidner	Fotheringham	Creo	Dorantes	Munoz	—
20KRW	Cartoni	Comesana	Donahoo	Ruzzier	Saint Martin	Frable	Zschesche	Weidner	Fotheringham	Creo	—	—	—
400R	USA	ITA	GBR	GBR	AUS	USA	GER	GER	GER	GER	—	—	—
1600R	USA	FRA	USA	GBR	AUS	USA	GER	GER	GER	GER	—	—	—
8K XC	GER	ESP	ESP	ESP	RUS	ESP	RUS	ESP	GBR	—	—	—	—
MARA	ESP	ESP	ESP	ESP	ESP	ESP	ESP	ITA	—	—	—	—	—

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90
100	Hogeveen-Smit	Lapierre	McClelland	Del Grande	Meier	Linaker	Reichert-Wallou	Peters	Cooper	Valien	Kotelko	Iglesias Y Rocha
200	Daley	Lapierre	McClelland	Del Grande	Meier	Allison	Reichert-Wallou	Peters	Cooper	McLeod-Smith	Ramirez	Iglesias Y Rocha
400	Daley	Mitchell	Beukes	Del Grande	Eriksson	Allison	Ritter	Horne	Hofmeyr	Hutchison	—	—
800	Bruck	Read-Cayton	Gutierrez	De St. Croix	Jensen	Haakensveen	Ritter	Hodapp	Wilson	Naumenko	—	—
1500	Weiss	Grene	Gutierrez	Zentner	Jensen	Michelson	Ritter	Hodapp	Czerw.-Nagel	Naumenko	—	—
5000	Kealy	Debaets	Troncoso	Zentner	Stevenson	Michelson	Bayer	Hodapp	Czerw.-Nagel	Naumenko	Bautista	—
10,000	Nealson	Shevyakova	Bustamante	Pamell	Stevenson	Cruz	Flores	Tian	Czerw.-Nagel	Naumenko	—	—
SH	Thirtey	Pellegrinelli	Muller	Sanguos-Espina	McMahon	Graff	Dijkman	Larsson	Gomberadze	—	—	—
LH	Finegan	Gaehling	Muller	Sanguos-Espina	McMahon	Allison	Dijkman	Mjelde	—	—	—	—
SC	Weiss	Pidgeon	Leonard	Adams	Von Maltzahn	Rocnakova	Martin	Cumming	—	—	—	—
HJ	Semashko	Porter	Mendenhall	Kortbeek	Reinboud	Vogel	Dijkman	Baumann	Happ	Struven	—	—
PV	Hill	Straschewski	Hartigan	Yeomans	Von Maltzahn	Nix	McLennan	—	McDaniels	Valien	—	—
LJ	Deak	Rothman	Kay	Akkerman	Meier	Graff	Hofmann	Larsson	Happ	Valenz	Kotelko	—
TJ	Krepkina	Neviani	Geremias	Kortbeek	Reismann	Graff	Dijkman	Koshikawa	Gomberadze	Valien	Canal	—
SP	Balsler	Mull.-Schmidt	Finsrud	Iranyi	Anderes	Putniene	Danilova	Kofink	Hanssens	Pleuger	Kotelko	—
DT	Margry	Kivisto	Finsrud	Melnikova	Heinrich	Illgen	Danilova	Kofink	Uckel	Kutti	Kotelko	—
HT	De Wolf	Chirol	Duss-Muller	Bellanger	Faldager	Banens	Williams	Schaefer	Carrion	Kutti	Kotelko	—
JT	Fernandez	Scholz	Hartigan	Lavandia	Klimesova	Vogel	Williams	Kalediene	Hanssens	Kutti	—	—
WT	De Wolf	Chirol	Duss-Muller	Kirsch	Van Anholt	Boeker	Williams	Schaefer	Neubert	Lehtovuori	—	—
HEP	Finegan	Gaehling	Kay	Akkerman	Dahler-Stett	Maier	Sauer	Mjelde	—	Valien	—	—
WP	De Wolf	Van Dijk	Finsrud	Jensen	Tomanek	Illgen	Williams	Wissinger	Neubert	Kutti	—	—
8K XC	Loubelle	Debaets	Troncoso	Rantakari	Spronk	Fuente	Flores	Tian	Smalley	Naumenko	—	—
MARA	Insausti	McKinnon	Sebastia	Diaz	Risch	Allebone	Hofmann	Nakatani	—	—	—	—
5KRW	Ilyes	Bettucci	Ventris	Fernandes	Carr	Maeder	Richardson	Spelman	Pagu	Gordon	Benno-Caris	—
10KRW	Ilyes	Bettucci	Ventris	Nell	Carr	Maeder	Richardson	Spelman	Elkins	Gordon	Bautista	—
400R	GER	GER	GBR	GBR	GER	GER	GER	GER	USA	—	—	—
1600R	GER	GBR	GBR	GBR	GER	AUS	GER	RUS	USA	—	—	—
8K XC	ESP	GBR	ESP	GER	RUS	ESP	GER	CHI	—	—	—	—
MARA	ESP	ESP	ESP	ESP	GER	GER	GER	—	—	—	—	—

Masters Scene

NATIONAL

• "Four Minutes," an ESPN2 original movie of Roger Bannister's feat, will be broadcast on Thursday, Oct. 6 at 7:00 pm ET.

EAST

• Age-50+ runners put on an exhibition in the Sprint for the Arts 5K, Roslyn Harbor, NY, Aug. 15, when John Delmaestro, 50, Woodbury, NY, with a fourth-place 17:35, and Kathy Martin, 53, Northport, NY, second-female in 18:25, were masters firsts. Doug Escher, 60, Garden City, NY, won the M60 race in 20:09. First 40+ RWers were Michael Korol, 46, Syosset, NY, 28:43, and Michelle Nusblat, 41, Farmingdale, NY. Proceeds of the Greater LIRC directed meet went to support the Nassau County Museum of Art.

• James Stookey ran an M75 WR 13.62 for the 80H on the second day of the Potomac Valley Games Championships, McLean, VA, Sept. 3-4. Jim Carmine, M60, clocked 58:52 for the 10K RW, well below his meet record 63:18. Evelyn Wright, W65, was the top scorer in the Mark Richards Memorial Pentathlon with 3137.

• Mbarak Hussein, M40, 33:22, and Colleen De Reuck, W40, 37:50, were first masters in the Falmouth 7 Mile, Falmouth, MA, Aug. 7. Gary Romesser won the M50 race (38:38). William Riley, M65, won his race in 47:14. Tatyana Pozdnyakova, W50, was second W40+ (40:10). Joan Samuelson, W40, finished in 40:54.

• Michael Payson, M40, 66:30, and Colleen De Reuck, W40, 68:47, turned in masters wins, New Haven 20K, New Haven, CT, Sept. 5. Kathy Martin, W50, ran an 81:22. Toshiko d'Elia, W75, sped to a 1:58:51.

MIDWEST

• Michael McGee, M40, 81:48, and Ramilia Burangulova, W40, 78:43, were first masters in the News and Sentinel 13.1 Mile, Parkersburg, WV, Aug. 20. Terry McCluskey, M55, flew to an 82:18.

• Paul Aufderberg, M40, in 52:51, and Tatyana Pozdnyakova, W50, in 58:13, nailed down masters wins, Crim Festival of Races 10 Mile, Flint, MI, Aug. 27. Chris Glowacki, M50, 59:26, and Donna Olson, W55, 75:08, took division wins.

• Mike Egle, M40, 54:03, and Jenny Spangler, W40, 57:03, swept to masters firsts, Park Forest Scenic 10 Mile, Park Forest, IL, Sept. 5. Nancy Rollins won the W55 contest in 73:07.

• Carla Greene, 42, Beaver Creek, OH, threw the 600g javelin 42.05 at the Cedarville U. Throwing Classic, Sept. 5, for a W40 US record with the new javelin. The present record (old implement) is 43.58 by Kate Schmidt in 1993. Caryl Senn has a pending 35.96 with the new implement, adopted in 1999. Greene, an Indiana U. grad and 1984 NCAA t&f All-American, uncorked her record toss in the first round.

MID-AMERICA

• Janet Robertz, 45, with a 61:34, logged an overall female first in the Lumberjack Days 10 Mile, Stillwater, MN, July 23. Patrick Billig, 43, took the M40+ contest in 55:08. Jim Groupner, 60, won the M60 title (67:25).

• Gloria Jansen, 58, Edina, MN, 43:43, broke her two-week-old Minnesota state single-age record by more than a minute at the Guidant Heart of the Summer 10K, Lake Nokomis, Minneapolis, Aug. 20 (old record Jansen/44:59/2005). Kevin Haas, 47, St. Louis Park, MN, also set a single-age state record, 32:48 (old record Emmons/33:29/1993).

• Greg Damian, 41, was first overall with a 1:28:29 in the Denver Half-Marathon, Sept. 4. Coreene Hanson,

W40, took the W40+ race (1:49:41).

• Ray Propst, Astoria, OR, upped the US M75 HJ record of 1.32 by Walter Dahlin in 1997 to 1.34, 2005 State Games of America, Colorado Springs, CO.

SOUTHWEST

• Keith Horton, M40, ran a 4:52 in the Fleet Feet Tulsa Mile, Sept. 10. Terri Cassel, W40, was first W40+ (5:24). Grace McCoy was the fastest W55+ (7:42).

WEST

• Shirley Matson broke the age-64 record with an 11th-female 20:35, Susan B. Anthony 5K, Sacramento, CA, Aug. 13. The time, an age-graded 92.8%, bettered her previous record of 20:56 in May.

• Jose Ricardo, 43, South Gate, CA, was first and top age-graded M40+ with a 79.8% 35:42, Jet to Jetty 10K, Los Angeles, Aug. 27. Kathleen Evans, 42, Irvine, CA, was first W40+ in 44:37. Lindsey Folsom, 52, took the W50 race with a 46:20. In the 5K, Hilario Martinez, 42, 17:06, and Lisa Lee, 40, Gardena, CA, 19:02, were masters firsts, but best A-G performers were Catarino Gonzales, 63, M60 winner (19:43; 82.8%) and Linda Webster, 44, Venice, CA, second W40 (19:24; 80.6%).

• Ted Cotti, M40, turned in the best M40+ time with a 55:20, and Debra Powell, W40, nabbed W40+ honors in 63:39, Semana Nautica 15K, Santa Barbara, July 4.

• Bill Bushnell, M40, 4:35, and Jenny Hitchings, W40, 5:29, were the fastest masters, Fleet Feet Davis Mile, Davis, CA, July 10. Shirley Matson, 64, won the W60 race in 6:09.

• Haruko Takeichi, 60, Los Angeles, sliced to a W40+ first with a 20:57, Samurai 5K, held in L.A.'s little Tokyo, Aug. 7. Jose Ricardo, 43, South Gate, CA, won the M40+ contest in 17:34. Margarito Hernandez, 53, Los Angeles, was fifth master in 22:33.

• Rick Dodson, M40, 12:42, and Diane Silva, W40, 15:02, slogged to masters firsts in the Surf Festival 2 Mile Sand Run, Hermosa Beach, CA, Aug. 6. Wendy Watson, W60, ran a 17:51.

NORTHWEST

• Jim Hill, 44, Eugene, OR, 29:49, and Kathy Wilkinson, 46, Billings, MT, 38:33, sped to masters firsts in the Prefontaine Trail Restoration 8K, in Eugene, Sept. 5. Ed Spinney, 52, Eugene, OR, 31:45, and Dan McCormack, 66, Eugene, OR, in 34:54, took division wins. Proceeds of the Oregon TC sponsored event, run on Pre's Trail, went to fund maintenance costs of the 30-year-old path carved out by Steve Prefontaine.

• The M40+ Team Endorphinds squad (20:51.36) and W40+ Tahoe Trail Babes (24:29:16) were first masters teams (12 members/3 legs each) in the Hood to Coast 196 Mile, from Mt. Hood to the coast, Aug. 27. The first 50+ teams were the Aging Heroes men (21:16:02) and Heart N Sole women (31:50:56).

CANADA

• Art Meaney, 61, ran an M60+ course record with a 24th overall 60:51, in the 78th annual Telegram 10 Mile, July 24, St. John's, Newfoundland.

INTERNATIONAL

• WMA President Cesare Beccalli has appointed the following to chair WMA Committees: Rex Harvey, USA, Stadia; Brian Keaveney, CAN, Non-Stadia; Stan Perkins, AUS, Anti-Doping & Medical; Torsten Carlus, SWE, Law & Legislation; Sandy Pashkin, USA, Records; Marina Hoernicke-Gil, ESP, Women's; and Monty Hacker, RSA, Organizational Advisory.



JERRY WOJCIK

Medalists in the M75 weight pentathlon (l to r): Heinz Brandt, GER, second; Richard Rzehak, GER, first (WR 5007); and William Garrahan, USA, third, 16th WMA World Championships.

16th WMA General Assembly Held in Donostia

NCCWMA Meeting
The North, Central America and Caribbean World Masters Athletics Assembly on Aug. 27, was held at Anoeta Stadium offices, Brian Keaveney, CAN, Region President presiding.

Minutes from the Assembly in Dorado, Puerto Rico, in 2004, were amended and accepted.

Executive reports were given by officers and committee chairs, including a report on the 2004 NCCWMA Championships, Dorado, Puerto Rico.

Representatives from Guatemala City, Guatemala, host of the NCCWMA Championships in 2006, gave a report with a slide show, and handed out disks with pertinent information for the Championships to the representatives.

In the election for Regional Representative, George Mathews, USA, and Sandy Pashkin, USA, were nominated. Pashkin won the position in a closed vote, 20 to 8.

Stadia Committee and Hurdles

Later that day, at the Stadia Committee meeting, Rex Harvey, USA, presiding, after several arguments for and against, it was decided that the issue of changes in the hurdle specifications is so complex that an examination of present studies and further research on the masters hurdles will be made over the next two years, the results to be presented in 2007 for resolution.

WMA General Assembly

The WMA General Assembly was held Aug. 30 at the Parque Tecnológico Miramon, San Sebastian. The meeting was presided over by Tom Jordan, Executive Vice-President, who took the role of President/Assembly Chair after President Torsten Carlus resigned his position on Aug. 27.

After credentialed delegates were seated, a motion was made and seconded that delegates of several countries who were not registered be allowed to vote. A 2/3 majority needed, the motion passed and the delegates were seated. The number of eligible voters was 121.

Cesar Moreno Bravo, MEX, WMA Representative to IAAF, announced that one male and one female masters

from the Donostia05 Championships would be honored by the IAAF on Sept. 10.

Clermont-Ferrant, France, bid successfully for the 2008 WMA World Indoor Championships.

The bid for the 2009 Outdoor Championships was won by Lahti, Finland, over Silkeborg/Arhus, Denmark.

In the reports by the elected members of the Executive Committee, Carlus, when asked about his membership on the IMGA Board, said that he was elected on the recommendation of IAAF. He said that WMA has hired Jimmy Thordsen to solicit financial support for WMA.

Rex Harvey, Vice President Stadia, said that he was not pleased with some technical aspects of the San Sebastian meet, such as officiating and results formatting for the Internet.

During Vice President Non-Stadia Ron Bell's report, there was a strong objection by the Japanese delegation to the awarding of the 100K Championships to Argentina, the Japanese delegate claiming a lack of communication in the decision.

Secretary Monty Hacker said that the IAAF is prepared to make some accommodations to WMA doping policy, and that WMA will deal only with M35 and W35 doping violations occurring in WMA meets.

Treasurer Giuseppe Galfetti said that the low attendance in Puerto Rico Stadia and New Zealand Non-Stadia Championships resulted in a loss of revenue, and that for 2005-2006, revenues from San Sebastian and Linz should help financing, as will the addition of the \$50,000 installment of the \$150,000 rights fee.

The balance sheet for the year 2004 showed a deficit of \$48,719.

Carlus, reporting on the World Masters Games, said that proposals to have WMG share profits with WMA, and for WMG to change its dates to even years have been considered.

In the election for WMA offices, Jordan ruled that both Cesare Beccalli,

Continued on page 20

USA track and field otherwise noted. Senior Games open to all age groups with men and women over 18. Entry blanks for national 60 days prior to the event. Eugene, OR 97405.

TRACK &

NATIO

arch 24-26, 2006. US Indoor Championships, Boston, MA. USATF office@usatfne.org; www.usatfne.org. August 3-6, 2006. 39th U.S. Championships, Charlotte, NC. November 30-December 1, 2006. Annual Meeting, Jacksonville, FL. Regency, 904-588-1234.

EAS

Connecticut, Delaware, Maryland, Maine, New Jersey, New York, Pennsylvania, Rhode Island

October 2. Delaware Senior Games Finals, Delaware. 302-736-5698; delawarese.org. January 8 & 22. Potomac Meets, Jefferson Community College, VA. 7:45 pm. 703-218-1234.

SOUTH

Alabama, Florida, Georgia, South Carolina, Tennessee

September 26-October 1. Senior Games Finals, Raleigh, NC. www.ncseniorgames.org. September 29-October 1. Olympics, Waverly, VA. georgiagoldenolympics.org. November 19. The Convention With Indoor UNC-Charlotte, site of Masters Championships. Edwards, 704-588-6885. andfield.org

December 10. Weights Throws Meet, NTC, Cleveland, OH. 7144, x4206; www.usant.org. December 3-11. Florida Championships, Tallahassee. flsports.com

January 21. Winter Meet, Clermont, FL. 352-241-7123. ntc.com

WE

Arizona, California, New Mexico

October 1. Club West Santa Barbara. Gordon, 964-3005; Beverley, 969-6613.

October 15. Arizona Phoenix. Paradise Valley Senior Games.org

October 16. Self-Transcendental Games, CSU-Long Beach. Egger, 310-645-0271; f. October 20-23. Laughlin, NV. Bill Kesler. January 14 & 22. New Comers Meets, Albuquerque. 505-836-3653.

January 26-27. New Mexico & Pentathlon, Albuquerque. 505-836-3653.

NORT

Alaska, Idaho, Utah, Washington

October 3-15. Hagerman Games, St. George, UT. 562-1268; www.seniorgames.org

Schedule

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

TRACK & FIELD

NATIONAL

arch 24-26, 2006. USA National Masters Indoor Championships, Reggie Lewis Center, Boston, MA. USATF-NE, 617-566-7600; office@usatfne.org; www.usatfne.org/masters
 August 3-6, 2006. 39th USA National Masters Championships, Charlotte, NC.
 November 30-December 4. 27th USATF Annual Meeting, Jacksonville, FL. Hyatt Regency, 904-588-1234. www.usatf.org

EAST

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

October 2. Delaware Senior Olympics, Camden. 302-736-5698; delawareseniorgames.org
 January 8 & 22. Potomac Valley TC Indoor Meets, Jefferson Community Center, Arlington, VA. 7:45 pm. 703-218-2726; www.pvtc.org

SOUTHEAST

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

September 26-October 2. North Carolina Senior Games Finals, Raleigh. 919-851-5456; www.ncseniorgames.org
 September 29-October 2. Georgia Golden Olympics, Waner Robbins. 404-657-6644; georgiagoldenolympics.org
 November 19. The Carolinas Throwers Convention With Indoor Running Events, UNC-Charlotte, site of the 2006 National Masters Championships. Includes WP. Gordon Edwards, 704-588-6885; www.carolinastrackandfield.org
 December 10. Weight Pentathlon/Open Throws Meet, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com
 December 3-11. Florida Senior Games State Championships, Tallahassee. 850-488-8347; flsports.com
 January 21. Winter Sun Meet #1, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

October 1. Club West Masters Meet, UC-Santa Barbara. Gordon McClenathen, 805-964-3005; Beverley Lewis, 969-5852; fax: 969-6613.
 October 15. Arizona Senior Olympics, Phoenix. Paradise Valley CC. 602-534-9922; seniorgames.org
 October 16. Self-Transcendence Masters Games, CSU-Long Beach. 40+. Bigalita Egger, 310-645-0271; fax: 645-8618.
 October 20-23. Laughlin Senior Games, Laughlin, NV. Bill Kesgen, 702-298-3413.
 January 14 & 22. New Mexico Indoor All-Comers Meets, Albuquerque. Scott Steffan, 505-836-3653.
 January 26-27. New Mexico Indoor Heptathlon & Pentathlon, Albuquerque. Scott Steffan, 505-836-3653.

NORTHWEST

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

October 3-15. Huntsman World Senior Games, St. George, Utah. M&W 50+. 800-562-1268; www.seniorgames.net

October 15-18. Idaho Senior Games, Boise. Jennifer Thompson, 208-322-7033. x267.

INTERNATIONAL

November 20. Singapore Masters Championships, akannan23@hotmail.com
 November 25-27. South Island Masters Championships, Invercargill, New Zealand. 03 21 58298; evan.macintosh@xtra.co.nz
 December 2-4. North Island Masters Championships, Wellington, New Zealand. 04 477 4914; kath.d@xtra.co.nz
 January 14-21, 2006. 13th Oceania Masters Championships, Christchurch, New Zealand. Canterbury Masters, PO Box 12256, Christchurch, New Zealand; www.omac2006.org.nz; e-mail: bkjago@paradise.net.nz
 March 15-20, 2006. 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006.com/eng
 July 19-30, 2006. European Veterans Athletics Association Championships, Poznan, POL. www.evacs2006.pl
 August 24-27, 2006. NCCWMA Stadia Championships, Guatemala City, Guatemala.
 August 28-September 9, 2007. 17th WMA World Championships, Riccione, Italy. www.riccione.wma2007.org
 March 12-17, 2008. 3rd WMA World Indoor Championships, Clermont-Ferrand, France.
 July-August, 2009. 18th WMA World Championships, Lahti, Finland.

LONG DISTANCE RUNNING

NATIONAL

October 2. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org
 October 16. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usafdir.org
 November 19. USA Fall National XC Championships, Rochester, NY. Masters: M10K & W6K. Bill Quinlisk, 412 Humboldt St., Rochester, NY 14610-1113; 585-482-6371; www.gvh.net/feast-in-the-east
 November 30-December 4. 27th USATF Annual Meeting, Jacksonville, FL. Hyatt Regency, 904-588-1234. www.usatf.org
 February 6-8. Running USA 2006 National Conference for the Running Industry, San Diego, CA. Registration at www.RunningUSA.active.com

EAST

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

October 1. New Hampshire Marathon, 10K & 5K RW, Newfound Lake. 603-744-2150; www.nhmarathon.com
 October 2. Maine Marathon, Half-Marathon & Relay, Portland. 207-741-2084; www.mainemarathon.com
 October 2. Leaf Peepers Half-Marathon & 5K, Waterbury, VT. 802-223-2080; e-mail: teef30@aol.com
 October 2. Army Ten-Miler, Washington, DC. armytenmiler.com
 October 2. USATF-NE Championships/Ollie 5 Mile, Boston. 617-268-1619; www.ollieroadrace.org
 October 2. NYRR Grete's Great Gallop Half-Marathon, NYC. 212-860-4455; www.nyrrc.org
 October 2. Syracuse Festival of Races/5K Men/5K Women, Syracuse, NY. 315-446-6285;

www.festivalofraces.com

October 2. Corning Hospital Wineglass Marathon/Relay, Corning, NY. 607-739-1738; www.wineglassmarathon.com

October 2. Jersey Shore Half-Marathon, Sandy Hook, NJ. www.shoreac.org

October 5 (Wed). Baron Stiegel Mile, Manheim, PA. 717-664-4248.

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

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

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

October 9. GVH XC Invitational Men 8K/ Women 6K, Rochester, NY. 585-720-9252; www.peteglavin.com

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

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

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

October 15. 25th MTC Ultra Marathon 50 Mile & 50K, Portland, ME. 207-741-2084; www.MaineTrackClub.com

October 15. Women's Classic 5K, Allentown, PA. 610-799-4025; www.womens5kclassic.org

October 16. 16th PT8K, Portland, ME. 207-741-2084; www.MaineTrackClub.com

October 16. Mount Desert Island Marathon, Bar Harbor, ME. www.mdmarathon.com

October 16. Staten Island Half-Marathon, NYC. 212-860-4455; www.nyrr.com

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

October 23. BAA Mayor's Cup XC Races, Boston, MA. USATF-NE, 617-566-7600; www.baa.org

October 23. Sports Museum HOF XC 5K, Wappingers Falls, NY. 914-297-7950.

October 29. Seaside 10 mile & 5K, Ocean City, MD. www.ocean.com

October 30. Marine Corps Marathon, Washington, DC. 800-786-8762; www.marine-marathon.com

October 30. Shore AC Open XC Meet 5K, Lakewood, NJ. 732-222-9080; www.shoreac.org

October 30. Cape Cod Marathon, Falmouth, MA. 508-540-6959; www.capecodmarathon.com

November 4. Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlantatrackclub.org

November 6. ING New York City Marathon. 212-860-4455; www.nyrr.com

November 12. Pittsylvania XC Challenge, Frick Park, Pittsburgh, PA. 8K. John Harwick, 724-464-2222.

November 13. Stockade-athon 15K, Central Park, Schenectady, NY. hamletbryans@aol.com

November 20. Philadelphia Marathon & 8K. www.philadelphiamarathon.com

November 24. 69th Manchester 5 Mile, Manchester, CT. Manchester RR, PO Box 211, Manchester, CT 06045-0211; www.manches-terroadrace.com

SOUTHEAST

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

October 1. Women's Distance Festival 5K, Ft. Myers, FL. 239-481-4833; www.ftmyerstrackclub.com

October 1. Marine Corps Half-Marathon, Jacksonville, FL. 1stplacesports.com

October 1. Women's Only 5K, Greensboro, NC. 336-832-6838; www.womenonlyrun.com

October 1. Neptune Festival 8K, Virginia Beach, VA. 757-498-0215.

October 8. Harvest Day 5K, Williamsburg, VA. 757-229-7375; www.colonialrunners.org

October 9. XC Challenge 5K, Virginia Beach, VA. 757-627-RACE.

October 15. National Training Center 5K XC, Clermont, FL. 352-241-7144, x4206; www.usantc.com

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

ON TAP FOR OCTOBER

TRACK AND FIELD

Start the month with a trip to Santa Barbara, CA, for the Club West Meet on the 1st, and after that to St. George, UT, for the Huntsman World Senior Games on the 3rd-15th, and return to Southern California for the Self-Transcendence Games in Long Beach on the 16th. Senior Games/Olympics action is available in Delaware, Arizona, Nevada, and Idaho.

LONG DISTANCE RUNNING

For the umpteenth time, the Twin Cities Marathon will host the USA National Masters Championships, on the 2nd. The USA National Masters 5K XC Championships are set for the 16th in Saratoga Springs, NY. It's marathon month again, with a 26.2 miler going off in Portland, ME, Scranton, PA, Schenectady, NY, Baltimore, MD, Cape Cod, MA, Washington, DC, Akron, OH, Detroit, MI, Arcata, CA, Chicago, IL, Portland, OR, Spokane, WA, Albuquerque, NM, St. George, UT, and San Antonio, TX, to name just a few. For lighter stuff, there are the Army Ten-Miler, Washington, DC, on the 2nd; Tulsa Zoo 10K, on the 8th; Sacramento ZooZoom 10K, on the 16th; and Whiskeytown Trail Runs, Redding, CA, on the 29th. Offerings in XC include races in Rochester, NY, and Fayetteville, AR, on the 9th; Boston, MA, on the 23rd; Sandy, OR, on the 29th; and Lakewood, NJ, on the 30th.

RACEWALKING

The USA National Masters 5K Championships return to Kingsport, TN, on the 8th.

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

October 28-30. South Carolina Run Fest Main St. Mile, 5K, Marathon/Relay, & Half-Marathon, Greenville. 864-271-0092; www.spinrunfest.com

November 5. Food World Senior Bowl Charity 10K, Mobile, AL. 251-473-7223; www.pcpacers.org

November 5. Vulcan Run 10K, Birmingham, AL. 205-879-5344; www.vulcanrun.com

November 12. SunTrust Richmond Marathon, Richmond, VA. 804-673-RACE; www.richmondmarathon.com

November 12. A1A Marathon, Ft. Lauderdale, FL. 888-ESM-SPORTS; A1AMarathon.com

November 19. USATF Florida XC Championships, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com

November 24. Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlantatrackclub.org

December 10. HTC Rocket City Marathon, Huntsville, AL. 256-650-7063; www.runrocketcity.com

MIDWEST

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

October 1. Akron Marathon & Team Relays, Akron, OH. 877-375-2786; www.akronmarathon.org

October 1. Women's 5K, Traverse City, MI. www.tctrackclub.com

October 9. LaSalle Bank Chicago Marathon. 312-904-9800; chicagomarathon.com

October 23. Detroit Free Press/Flagstar Bank Marathon & Half-Marathon. www.detroitfreepressmarathon.com

October 15. Indianapolis Marathon & Half-

Marathon. www.indianapolismarathon.com
October 16. Columbus Marathon, Columbus, OH. 614-421-7866; www.columbusmarathon.com
October 23. Frank Lloyd Wright 5K & 10K, Oak Park, IL. oakparksports.com
October 30. Grand Rapids Marathon & Half-Marathon. 616-293-3145; www.grandrapidsmarathon.com

MID-AMERICA

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

October 1. Roger Maris Home Run 10K, Fargo, ND. 701-234-6620.
October 15. Edmund Fitz 100K, Finland to Duluth, MN. 952-546-7376; sniewinski@aol.com
November 12. USATF Minnesota M/O 5K XC Championships, Apple Valley. USATF MN, 8416 34th Ave N, New Hope, MN 55427; www.usatfminn.org/ccnew.html
November 24. Northwest Athletic Club Arena 5K, Minneapolis. 952-546-5474; podenthal@wellbridge.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 8. 36th Tulsa Zoo Run 10K & 5K. 918-669-6608; tulsazoo.org
October 9. Chile Pepper XC Festival 10K, Fayetteville, AR. 479-521-7766; www.chilepeppercrossfestival.org
October 15. 25th Woolaroc 8K, Bartlesville, OK. 918-333-0900; www.osagehills.org
October 29. Tulsa Run 28. www.tulsarun.com
November 13. San Antonio Marathon & Half-Marathon, San Antonio, TX. 800-447-3379; www.samarathon.org

WEST

Arizona, California, Hawaii, Nevada, New Mexico

October 1. Dirty Dozen 12K, Albuquerque. www.aoadrun.org
October 2. KNBR Bridge to Bridge 12K & 7K, San Francisco. 415-995-6868; www.knbr.com
October 2. Sacramento Marathon & Half-Marathon. 916-300-4331; www.sacramento-marathon.net
October 8. Land Shark 5K & 10K, Sacramento. changeofpace.com
October 9. Lake Tahoe Marathon & Half-Marathon. 530-544-7095; www.laketahoe-marathon.com
October 16. U.S. Half-Marathon, San Francisco. www.runsf.com
October 16. Sacramento ZooZoom 10K. www.rungoldmedal.com
October 16. RAD 8K, Agoura Hills, CA. 866-478-7223; <http://runRAD.com>
October 16. Long Beach International Marathon & Half-Marathon, Long Beach, CA. 562-728-8829, x1; www.runlongbeach.com
October 16. Humboldt Redwoods Marathon, Half-Marathon & 5K, Arcata, CA. www.redwoodsmarathon.org
October 22. Napa Valley Wine Country Marathon & Half-Marathon, Calistoga, CA. 415-868-1829; www.envirosports.com
October 23. Arturo Barrios 5K & 10K, Chula Vista, CA. www.eliteracing.com
October 23. Nike Women's Marathon & Half-Marathon, San Francisco. 866-786-6453; www.nike.com/nikemarathon
October 23. Duke City Marathon & Half-Marathon, Albuquerque. www.dukecitymarathon.com
October 29. Whiskeytown Trail Runs 50K, 30K & 8 Mile, Redding, CA. 530-526-3076; www.sweatrc.com
October 30. Silicon Valley Marathon & Half-Marathon, San Jose, CA. 415-595-3741; www.svmarathon.com
November 12. USATF New Mexico XC Championships, Cuba. www.usatf.org
November 27. Run to the Far Side 5K & 10K, San Francisco. 415-759-2690; www.rhody.com

NORTHWEST

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

October 1. St. George Marathon, St. George, UT.

435-634-5850; www.stgeorgemarathon.com
October 1. See Jane Run 5K, Coos Bay, OR. South Coast RC, 541-267-6329.
October 8. Blue Mountain All Women's Half-Marathon, Missoula, MT. www.bluemountainclinic.com
October 9. Bend Marathon, Bend, OR. 866-702-1110; www.bend-marathon.com
October 9. Portland Marathon. 503-226-1111; www.portlandmarathon.org
October 16. Spokane Marathon, Relay, Half-Marathon, & 5 Mile, Spokane, WA. 509-624-4297; www.brcc.net
October 29. Oregon Grand Prix Series USATF/Willamette XC 8K, Salem, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org
October 30. MacDonald Forest 15K, Corvallis, OR. 541-758-8124; www.proaxis.com/~lacava
November 12. Oregon Grand Prix Series - USATF Grand Prix Finale, Sandy, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org
November 27. Seattle Marathon & Half-Marathon. 206-729-3660; www.seattlemarathon.org

CANADA

October 16. Toronto Marathon, Half-Marathon, 5K, & Relay. www.TorontoMarathon.com
October 16. CMAA 10K Championships, Waterloo, Ontario. 416-252-7047; canadianmastersathletics.com
October 22. Don Farquharson Harriers Relay, Sunnybrook Park, Ontario. 416-252-7047; canadianmastersathletics.com
October 23. Niagara Fallsview Casino Resort International Marathon, Niagara Falls, Ont., CAN. 905-356-9460; www.niagarafallsmarathon.com
November 6. OMTFA 8K XC Championships/CAN-AM East, Sunnybrook Park, Ontario. 416-252-7047; canadianmastersathletics.com
November 13. Canada vs. U.S. 8K XC Challenge, South Surrey, BC, Canada. Carole Langenbach, 206-433-8868; pnf@wolfenet.com

INTERNATIONAL

October 9. BMAF Marathon Championships, Cardiff. www.bmaf.org.uk
October 31. Dublin Marathon, Dublin, IRE. www.dublincitymarathon.ie
October 22. BMAF Cross-Country Relay Championships, Newport. www.bmaf.org.uk
November 20. BMAF 10 Mile Championships, Bishops Stortford, Herts. www.bmaf.org.uk
December 11. WMA World 100K Championships, Bariloche, ARG. Deadline Nov. 25. Phone/fax: +554 294 4434557; www.mundial100k-wma.com.ar
September 23-24, 2006. WMA/WRMA Mountain Running Championships, Saillon, SUI. www.world-masters-athletics.org

RACEWALKING

October 8. USA National Open & Masters 5K RW Championships, Kingsport, TN. Bobby Baker, 423-349-6406; www.usatf.org
November 13. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usatf-ntc.com; e-mail: noonwalk_99@yahoo.com
December 3. USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org
February 12, 2006. USA National Masters/Open 50K RW Championships, Lake Louisa, Clermont, FL. Also South Region Masters 15K RW Championships. 352-241-7144, x4206; www.usatf-ntc.com

TWENTY-FIVE YEARS AGO October 1980

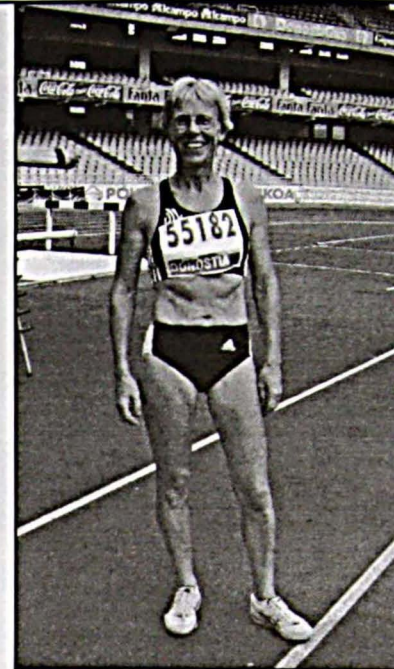
•Toshiko d'Elia Is First Woman 50+ to Break 3:00 (2:57:25) in Marathon

•1200 Compete in World Veterans LDR Championships, Glasgow, Scotland

•3000 Spectators View Pan American T&F Meet in San Juan



JERRY WOJCIK
Robert Minting, GBR, M55 winner in the 800 (2:07.99), 16th WMA World Championships.



SUZY HESS
Hillen Von Maltzahn, GER, W55 winner in the pole vault and steeplechase, 16th WMA World Championships.

WMA General Assembly

Continued from page 18

ITA, and Stan Perkins, AUS, were eligible to run for president. Taken to a vote by the body, Beccalli's eligibility to run for office was approved by a vote of 82 Yes to 39 No. Beccalli was elected by a vote of 66 to 55.

Monty Hacker, RSA, was elected by 73 votes as Executive Vice President in a second ballot over Vadim Marshov (RUS), Winston Thomas (GBR), and Ron Bell (GBR), who was eliminated on the first ballot.

Rex Harvey, USA, was re-elected to the Vice President Stadia position over Jean-Pierre Clamaran-Danzelle, FRA.

Brian Keaveny, CAN, was elected as Vice President Non-Stadia.

Torsten Carlus, who resigned as WMA President on Aug. 27, and Brian Oxley, CAN, were the candidates for secretary.

Questions were raised about Carlus' eligibility to run for this office. Jordan ruled that he was eligible.

His ruling went to a vote by the body, which agreed with Jordan's ruling. Carlus won the office by a vote of 68 to 47 for Oxley.

Friedel Schunk, GER, was elected to the office of Treasurer, and Marina Hoernecke-Gil, ESP, as the Women's Representative, both running unopposed.

Proposals passed by the Assembly included:

• Not more than two members of the Council or any single WMA committee may come from the same affiliate.

• Nomination of a candidate for an office may be made by any WMA affiliate, but must also include nomination by the nominee's affiliate to be valid.

• Athletes holding dual nationality/citizenship may be permitted to change nationality/citizenship, i.e.,

compete for another country, only when a change in the athlete's permanent physical address has occurred. Such change must be reported to the WMA Secretary and Regional Secretary, and shall only be effected once confirmed in writing by both secretaries.

• Mountain running was added as an official WMA World Championships organized by the WMRA.

• A proposal to increase the number of racewalks to three separate events for men and women at a WMA World Championships to a 5000 track, 10K road and 20K road was approved.

• The term of office for any officer shall be an initial term of four years, and thereafter be subject to re-election at the General Assembly at two-year intervals. No person may hold any specific office for more than a maximum of ten years in total.

• The shot put and hammer weight for M80+ was reduced from 4k to 3k. The discus for W80 was reduced in size from 1k to 750g, both changes effective at the first of the year.

Proposals that failed or were withdrawn included:

• The General Assembly shall determine the rights and entry fees for stadia championships, two championships in advance.

• An athlete's age-group shall be decided by his/her year of birth (January 1), not the date of birth.

• The weight may be thrown with either or both hands.

• The 200m (which has been dropped by the IAAF) for men and women shall be included in the events of the WMA Indoor Championships.

The Assembly lasted about 11 hours, coming to order after 9 a.m. and closing after 8 p.m., with two breaks for coffee and an hour for lunch.

Delegates and spectators agreed that Jordan, despite some difficult matters and decisions and with short notice, had handled the Assembly well. □

M35-39
Wayne Bartelme
Barney Borromeo
David Buysse
Jeff Culligan
M40-44
Stuart Pineo
M45-49
Chris Benjamin
Maurice Pointer
Mortimer Sellers
M50-55
Douglas Boehr
Mark Cwiek
Frank Henry
Peter Hirschmann
Gregg Horner
Larry Hyde
Donald Keller
Gary Schmidt
Anthony Torre
Michael Wasp

M55-59
Buzz Gagne

U.S. MASTERS

Event	30-34	35-39	40-44
55	6.8	6.9	7.0
60	7.4	7.55	7.7
100	11.0	11.3	11.6
200	22.4	23.2	23.9
400	51.5	52.5	53.5
800	2:02	2:04	2:06
1500	4:20	4:22	4:24
1 Mile	4:40	4:40	4:40
3000	9:25	9:40	10:00
5000	15:45	16:00	16:15
10000	32:30	32:50	33:10
55H	8.6	8.7	8.8
60H	9.0	9.3	9.6
110H	15.4	16.5	17.6
100H			
80H			
400H	58.0	60.0	62.0
300H			
3K-SC	10:10	10:30	11:00
2K-SC			
HJ	1.90	1.85	1.80
	6-2/4	6-3/4	6-3/4
PV	4.40	4.10	3.80
	14-5/4	13-5/4	12-1/4
LJ	6.50	6.10	5.70
	21-4	20-7/4	19-2/4
TJ	13.20	12.60	11.90
	43-3/4	41-4/4	37-8/4
Shot	14.50	14.02	13.44
	47-7	46-0	44-0
Discus	44.80	42.80	39.50
	147-0	140-5	129-5
Hammer	47.24	44.20	40.00
	155-0	145-0	131-0
Javelin	62.00	56.00	48.00
	203-5	183-9	167-0
35/WL	15.00	14.00	13.00
	49-2/4	45-11/4	42-0
Weight	15.00	14.00	13.20
	49-2/4	45-11/4	43-5/4
Sup.WL	9.50	9.00	8.50
(56#)	31-2	29-6/4	27-10/4
Pent.	2800	2600	2500
Decath.	5500	5250	5250
WL Pent.	2800	2700	2800

Notes: 1) 100 standards are for men
 2) Short hurdles:
 3) Long hurdles:
 4) Shot put:
 5) Discus throw:
 6) Hammer:
 7) Javelin:
 8) Weight:
 9) Superweight:
 10) Pen/Dec/WL Pen:
 11) Metric heights and

U.S. MASTERS ALL-AM

	1.5K	Mile	3K
W30	7:13	7:47	14:50
W35	7:22	8:03	15:18
W40	7:37	8:21	15:53
W45	8:03	8:41	16:32
W50	8:25	9:05	17:15
W55	8:55	9:31	18:05
W60	9:17	10:01	19:01
W65	9:48	10:35	20:06
W70	10:26	11:15	21:22
W75	11:10	12:01	22:51
W80	12:03	12:58	24:41
W85	13:13	14:15	27:05
W90	14:56	16:06	30:36
M30	6:31	7:01	13:21
M35	6:43	7:14	13:47
M40	6:58	7:29	14:16
M45	7:13	7:46	14:47
M50	7:33	8:05	15:23
M55	7:50	8:26	16:04
M60	8:13	8:51	16:50
M65	8:38	9:19	17:43
M70	9:08	9:50	18:44
M75	9:43	10:28	19:55
M80	10:26	11:14	21:22
M85	11:21	12:13	23:14
M90	12:41	13:39	25:58

Age-graded time/8 for mid-p

Table with columns for event name, age group, time, and date. Includes events like M35-39, M40-44, M45-49, M50-55, M55-59.

RECIPIENTS OF ALL-AMERICAN AWARDS

Table listing award recipients with columns for name, event, time, and date. Includes names like Tony Glassman, Tim Wigger, Stefano Waltermann.

Table listing award recipients with columns for name, event, time, and date. Includes names like Ray Guimary, Phil O'Connell, Paul Evans.

U.S. MASTERS ALL-AMERICAN STANDARDS

Large table of standards for men across various events and age groups (30-34 to 90-94).

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"

U.S. MASTERS ALL-AMERICAN STANDARDS

Large table of standards for women across various events and age groups (30-34 to 90-94).

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40-49: 30"; 60+: 27"

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

Table of excellence standards for racewalkers, split into Women and Men sections with columns for event, time, and date.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

Form fields for Name, Age-Group, Address, Sex, City, State, Zip, Meet, Meet Site, Event, Mark, Hurdle Height, Weight of Implement.

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

16th WMA Championships – Donostia/San Sebastian, Spain – Aug. 22 - Sept. 3

100m

M35

1. Ricardo Oliveira	BRA	10.71
2. Terence Stamp	GBR	10.83
3. Chris Millard	GBR	10.99
4. Robert Thomas	USA	11.07
5. Darren Scott	GBR	11.10
6. Jean Michel Nitharum	FRA	11.13
7. Roger Kernbach	SUI	11.13
8. Frans Erasmus	RSA	11.44

M40

1. Anthony Noel	GBR	10.74
2. Enrico Saraceni	ITA	10.79
3. Mark Phills	GBR	10.89
4. Christian Trajkovski	DEN	11.06
5. Marco Ceriani	ITA	11.21
6. Philippe Claudeon	FRA	11.31
7. Philippe Corre	FRA	11.38
8. Giancarlo D' Oro	ITA	11.41

M45

1. Allan Tissenbaum	USA	11.23
2. Val Winslow Barnwell	USA	11.32
3. Patrick Logan	GBR	11.43
4. Thomas Riehm	GER	11.44
5. Bruno Dupuy	FRA	11.52
6. John Wright	GBR	11.68
7. Salvino Tortu	ITA	11.83
8. Dettel Kasper	GER	11.91

M50

1. Stephen Peters	GBR	11.48
2. Kerry Smith	CAN	11.50
3. Thomas Dickson	CAN	11.96
4. Walwyn Franklyn	GBR	12.01
5. Viv Oliver	GBR	12.02
6. John Browne	GBR	12.19
7. Geoffrey Walcott	GBR	12.23
8. Edward Goner	USA	12.28

M55

1. Marion Mccoy, Jr.	USA	12.22
2. Charles Allie	USA	12.24
3. Vladimir V' bostok	SVK	12.26
4. Fernando Campomanes Perez	ESP	12.44
5. Anton Basurko Guereño	ESP	12.50
6. Hans Van Bavel	AUS	12.57
7. Alan Coleman	AUS	12.64
8. Bill Tharpe	USA	12.65

M60

1. Glyn Sutton	GBR	12.05
2. Stephen Robbins	USA	12.26
3. Peter Crombie	AUS	12.38
4. Rodger Pierce	USA	12.43
5. Wilfredo Picorelli	PUR	12.46
6. Neville McIntyre	AUS	12.49
7. Shiro Asamura	JPN	12.50
8. Volker Peitzmeier	GER	12.55

M65

1. Theodor Lenk	GER	13.07
2. John Cooper	AUS	13.11
3. Willi Scheidt	GER	13.17
4. Barrie Kernaghan	AUS	13.19
5. Arno Hamaekers	GER	13.20
6. Hermann Beckering	GER	13.21
7. Tristano Tamaro	ITA	13.32
8. Michael Morris	CAN	13.50

M70

1. Bruno Kimmel	GER	13.20
2. Hugh Coogan	AUS	13.34
3. Armando Roca Garcia	ESP	13.51
4. Rudolf Bockl	GER	13.66
5. Horst Schader	GER	13.76
6. Dick Richards	USA	13.77
7. David Burton	GBR	14.08
8. Jose M. Sanza Agreda	ESP	14.14

M75

1. Wolfgang Reuter	GER	13.71
2. Wilhelm Selzer	GER	14.62
3. George Edwin Cheetham	GBR	14.83
4. Yilmaz Eryasa	USA	14.92
5. Heinz Krenzer	GER	15.68
6. Luis H. Osorio Berrio	COL	15.76
7. Charles Sochor	USA	16.70

M80

1. Melvin Larsen	USA	14.99
2. Hideya Yamazaki	JPN	15.33
3. Hugo A. Delgado Flores	PER	15.34
4. Rudolf Breder	GER	15.40
5. Lucas Nel	RSA	15.56
6. Gerhard Herbst	GER	16.17
7. Horst Albrecht	GER	16.19

M85

1. Ugo Sansonetti	ITA	17.10
2. Frederico Fischer	BRA	17.66
3. Julio Molina Parra	CHI	17.83
4. Valentin Huch More	ESP	18.46
5. Ram L. Sharma Ram Lal Shar	IND	19.05
6. Frederic Tompkins	USA	19.88
7. Heinz Colsmann	GER	20.39
8. Efrain Wachs	ARG	25.80

M90

1. Friedrich Mahlo	GER	20.30
2. Albert Olbrechts	GER	25.22
3. Manuel Gonzalez Muñoz	MEX	37.49
4. Josep Maria Ciurana Roig	ESP	71.30

W35

1. Angelique Hogeveen-smit	NED	12.34
2. Loret Raabe	GER	12.72
3. Simone Noack	GER	12.81

4. Kim Goodwin	GBR	12.95
5. Marta Roccamo	ITA	12.98
6. Jacqueline Bezuidenhout	AUS	13.09
7. Charmaine Du Toit	RSA	13.17
8. Anke Paul	GER	13.38

1. Violette Lapiere	FRA	12.25
2. Gianna Mogentale	AUS	12.69
3. Angelika Grissmer	GER	12.74
4. Julie Money	GBR	12.90
5. Joy Upshaw-margerum	USA	13.09

6. Kirsten Kallmeier-scröde	GER	13.10
7. Jana Frabsova	CZE	13.17
8. Gene Erasmus	RSA	13.21

1. Averil Mcclelland	GBR	13.06
2. Nicole Barilly	FRA	13.23
3. Resi Maerz	GER	13.30
4. Maria Socorro Vega Ramos	PUR	13.39
5. Wendy Dunn	GBR	13.43

6. Cathlene Ronel Beukes	RSA	13.49
7. Petra Kauerhof	GER	13.63
8. Valvanera Guridi Ezquerro	ESP	13.90

1. Karla Del Grande	CAN	13.20
2. Helen Godsell	GBR	13.26
3. Dagmar Fuhrmann	GER	13.27
4. Rita Hanscom	USA	13.32
5. Joylyn Saunders-mullins	GBR	13.65

6. Dorn Jenkins	AUS	13.86
7. Lynne Choate	AUS	14.03
8. Edna Roe	GBR	14.08

1. Ingrid Meier	GER	13.47
2. Valerie Parsons	GBR	13.69
3. Wendy Sheaves	AUS	14.11
4. Gertrude Reismann	GER	14.42
5. Sigrid Goessling	GER	14.46

6. Ann-britt Eriksson	SWE	14.85
7. Hillen Von Maltzahn	GER	14.90
8. Maria Oliva Area Diego	ESP	14.92

1. Esther Linaker	GBR	14.32
2. Valerie June Reeves	AUS	14.57
3. Kathleen Jager	USA	14.60
4. Edith Graff	BEL	14.82
5. Chris Waring	NZL	15.03

6. Doris Gallep	GER	15.26
7. Anne-kathrin Eriksen	GER	15.35
8. Friderun Kuemmerle-vaik	GER	15.40

1. Gerti Reichert-wallou	GER	15.10
2. Edeltraud Strasdas	GER	15.72
3. Rita Blair	RSA	15.92
4. Rosmarie Mahnke	GER	16.08
5. Barbara Jordan	USA	16.28

6. Ingrid Holzknecht	GER	16.47
7. Astrid Nilsson	SWE	17.01
8. Jean Daprano	USA	17.52

1. Margaret Peters	NZL	15.08
2. Irene Obera	USA	15.12
3. Lea Vilpas	FIN	16.65
4. Asta Larsson	SWE	17.22
5. Rosemarie Kreiskott	GER	17.36

6. Erna Baumann	GER	17.69
7. Maret Kutman	EST	18.08
8. Helke Schunk	GER	18.26

1. Ann Cooper	AUS	16.47
2. Isabel Hofmeyr	RSA	17.37
3. Juana M. Rasपालो Rodrigu	PUR	17.70
4. Pastora Londoño	COL	17.99
5. Ernestina Ramirez Garcia	MEX	19.14

6. Patricia Peterson	USA	19.38
7. Shirley Brasher	AUS	22.09

1. Johnnye Valien	USA	20.89
2. Flora Doreen Mcleod-smith	CAN	21.96
3. Margarete Strüven	GER	24.74
4. Beatriz Contreras Avalos	MEX	38.64

1. Olga Kotelko	CAN	22.34
2. Alicia Canal	COL	24.69
3. Modesta Martinez Ramirez	MEX	25.40
4. Maria Ramirez Bautista	MEX	29.56

1. Rosario Iglesias Y Rocha	MEX	57.58
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1. Ricardo Oliveira	BRA	21.93
2. Chris Millard	GBR	22.15
3. Robert Thomas	USA	22.19
4. Darren Scott	GBR	22.21
5. Jean Michel Nitharum	FRA	22.22

6. Massiliano Scarponi	ITA	22.55
7. Tecumseh Peete	USA	22.73
8. Thomas Link	GER	22.80

1. Allan Tissenbaum	USA	22.63
2. Thomas Riehm	GER	22.77
3. Bruno Dupuy	FRA	23.13
4. Val Winslow Barnwell	USA	23.19
5. John Wright	GBR	23.28

6. Ettore Ruggeri	ITA	23.43
7. Paul-emile Chenois	BEL	23.55
8. Salvino Tortu	ITA	23.84

1. Stephen Peters	GBR	23.17
2. Kerry Smith	CAN	23.40
3. Walwyn Franklyn	GBR	24.35
4. Ian Broadhurst	GBR	24.38
5. Viv Oliver	GBR	24.45

6. Ryszard Nowakowski	POL	24.45
7. Thomas Dickson	CAN	24.78
8. Geoffrey Walcott	GBR	24.87

1. Charles Allie	USA	24.47
2. Franz Hohl	AUT	24.88
3. Vincenzo Felicetti	ITA	25.08
4. Marion Mccoy, Jr.	USA	25.09
5. Hans Van Bavel	AUS	25.24

6. Anton Basurko Guereño	ESP	25.36
7. Bill Tharpe	USA	25.43
8. Alan Coleman	AUS	25.84

1. Glyn Sutton	GBR	24.65
2. Stephen Robbins	USA	24.87
3. Peter Crombie	AUS	25.13
4. Rodger Pierce	USA	25.37
5. Neville McIntyre	AUS	25.39

6. Jorma Manninen	FIN	25.67
7. Gerold Schmitt	GER	26.36

1. Theodor Lenk	GER	26.55
2. John Cooper	AUS	26.69
3. Barrie Kernaghan	AUS	26.70
4. Hermann Beckering	GER	26.95
5. Tristano Tamaro	ITA	27.71

6. Sakari Hallia	FIN	27.85
7. David Dunn	CAN	28.11
8. Adolf Nehren	GER	28.15

1. Hugh Coogan	AUS	26.84
2. Horst Schradler	GER	27.50
3. Hans Blöchlinger	SUI	27.91
4. David Burton	GBR	28.19
5. Karl-heinz Newmann	GER	28.31

6. Armando Roca Garcia	ESP	28.36
7. Rudolf Bockl	GER	28.83
8. Kosmas Kapassakalis	GER	30.71

1. Wolfgang Reuter	GER	28.33
2. Don Cheek	USA	29.94
3. George Edwin Cheetham	GBR	31.05
4. Sergio Palma	ITA	33.22
5. Luis H. Osorio Berrio	COL	33.58

6. Heinz Krenzer	GER	33.59
7. Sergio Higuera Gil	MEX	34.55
8. Charles Sochor	USA	35.15

1. Lucas Nel	RSA	32.18
2. Melvin Larsen	USA	32.47
3. Hugo A. Delgado Flores	PER	32.67
4. Gerhard Herbst	GER	33.41
5. Hideya Yamazaki	JPN	34.08

6. Eusebio Rivas Patiño	MEX	34.86
7. Kurt Byggmastar	FIN	35.69

1. Ugo Sansonetti	ITA	36.82
2. Frederico Fischer	BRA	37.01
3. Valentin Huch More	ESP	38.92
4. Frederic Tompkins	USA	41.83
5. Efrain Wachs	ARG	64.70

1. Friedrich Mahlo	GER	43.92
2. Max Springer	USA	50.41
3. Albert Olbrechts	GER	54.83
4. Manuel Gonzalez Muñoz	MEX	84.59

1. Lisa Daley	USA	25.17
2. Simone Noack	GER	25.63
3. Elena Levina	RUS	25.85
4. Loret Raabe	GER	26.27
5. Kim Goodwin	GBR	26.29

6. Marta Roccamo	ITA	26.94
7. Charmaine Du Toit	RSA	27.11
8. Giuseppina Perlino	ITA	27.23

1. Violette Lapiere	FRA	24.84
2. Angelika Grissmer	GER	25.95
3. Joy Upshaw-margerum	USA	25.97
4. Gianna Mogentale	AUS	26.16
5. Rosa Marchi	ITA	26.63

6. Gene Erasmus	RSA	26.80
7. Julie Money	GBR	26.95
8. Sigrid Gutierrez Marin	CRC	27.14

7. Petra Kauerhof	GER	27.37
8. Jane Horder	GBR	27.59

1. Karla Del Grande	CAN	26.74
2. Dagmar Fuhrmann	GER	27.25
3. Caroline Ann Powell	GBR	27.55
4. Helen Godsell	GBR	27.69
5. Rita Hanscom	USA	27.95

6. Edna Roe	GBR	28.28
7. Dorn Jenkins	AUS	28.56
8. Lilly Wizén	SWE	29.05

1. Ingrid Meier	GER	27.85
2. Wendy Sheaves	AUS	28.63
3. Valerie Parsons	GBR	28.89
4. Gertrude Reismann	GER	30.25
5. Ann-britt Eriksson	SWE	30.30

6. Maria Oliva Area Diego	ESP	30.96
7. Mirtha A. Perez Riquelme	CHI	32.33
8. Linda Piff</		

M60			
1. Rodger Pierce	USA	55.96	
2. Larry Barnum	USA	56.42	
3. Peter Crombie	AUS	56.93	
4. Hans-jürgen Fröhau	GER	58.18	
5. Neville McIntyre	AUS	59.61	
6. Terry Bissett	GBR	60.90	
7. Peter Scholz	GER	60.93	
8. Jelle Van Der Schaaf	NED	63.78	
M65			
1. Willi Scheidt	GER	59.46	
2. Barrie Kernaghan	AUS	1:00.18	
3. Willi Klaus	GER	1:00.20	
4. Hans Jürgen Gasper	GER	1:02.66	
5. Adolf Nehren	GER	1:02.70	
6. David Dunn	CAN	1:03.64	
7. Roberto Vaghi	ITA	1:04.14	
8. Anthony Treacher	GBR	1:04.20	
M70			
1. Hugh Coogan	AUS	1:01.29	
2. Karl-heinz Newmann	GER	1:04.92	
3. Kosmas Kapassakalis	GER	1:05.61	
4. Horst Schradler	GER	1:06.02	
5. Horst Hufnagel	GER	1:07.21	
6. Eduard Hänggi	SUI	1:13.30	
M75			
1. Earl Fee	CAN	1:07.67	
2. Don Cheek	USA	1:07.82	
3. Wolfgang Reuter	GER	1:09.88	
4. Unto Mattsson	FIN	1:13.51	
5. Herbert Müller	GER	1:15.43	
6. William Davies	GBR	1:17.28	
7. Luis H. Osorio Berrio	COL	1:21.32	
8. Sergio Palma	ITA	1:38.84	
M80			
1. Lucas Nel	RSA	1:14.20	
2. Yrjö Torikka	FIN	1:17.21	
3. Gerhard Herbst	GER	1:18.13	
4. Ussami Mamoru	BRA	1:31.84	
5. James Sinclair	AUS	1:32.21	
6. Walter M. Guinovart	URU	1:43.14	
M85			
1. Ugo Sansonetti	ITA	1:34.63	
2. Julio Molina Parra	CHI	1:35.09	
3. Emiel Pauwels	BEL	1:42.74	
4. Frederic Tompkins	USA	1:42.83	
5. Etrain Wachs	ARG	2:42.37	
M90			
1. Antonio Antunes Fonseca	BRA	1:48.48	
2. Max Springer	USA	1:52.57	
3. Albert Olbrechts	GER	2:13.47	
4. Manuel Gonzalez Muñoz	MEX	3:40.91	
W35			
1. Lisa Daley	USA	56.03	
2. Elena Levina	RUS	57.34	
3. Simone Noack	GER	57.77	
4. Kim Goodwin	GBR	58.24	
5. Dolores Jimenez Guardado	ESP	1:00.42	
6. Lorett Raabe	GER	1:01.58	
7. Petra Schmidt	GER	1:03.04	
8. Geraldine Finegan	GBR	1:25.17	
W40			
1. Virginia Mitchell	GBR	57.92	
2. Rosa Marchi	ITA	59.64	
3. Gianna Mogentale	AUS	1:01.00	
4. Dolores Hachotte	FRA	1:01.12	
5. Kersti Lepik	EST	1:01.52	
6. Raphaelle Ribere	FRA	1:01.84	
7. Mary Edwards	GBR	1:01.95	
8. Laurie Meloche	CAN	1:03.09	
W45			
1. Cathlene Ronel Beukes	RSA	59.49	
2. Marie Kay	AUS	1:00.11	
3. Averil McClelland	GBR	1:01.25	
4. Petra Kauerhof	GER	1:01.32	
5. Jane Horder	GBR	1:01.68	
6. Tilly Jacobs	NED	1:03.26	
7. Cristine Penn	AUS	1:03.88	
8. Nicole Barilly	FRA	1:09.51	
W50			
1. Karla Del Grande	CAN	59.84	
2. Caroline Ann Powell	GBR	59.87	
3. Elizabeth Alexander	RSA	1:03.13	
4. Joylyn Saunders-mullins	GBR	1:03.36	
5. Lilly Wizén	SWE	1:03.41	
6. Edna Roe	GBR	1:04.18	
7. Barbara Lock	GBR	1:04.58	
8. Dorn Jenkins	AUS	1:07.51	
W55			
1. Ann-britt Eriksson	SWE	1:07.64	
2. Hillen Von Maltzahn	GER	1:09.48	
3. Zdenka Bertrand	FRA	1:11.59	
4. Waltraud Kraehe	GER	1:11.74	
5. Carol Ann Wright	BEL	1:11.75	
6. Linda Pitt	USA	1:14.42	
7. Irene Davey	AUS	1:16.41	
8. Rosa Esquerdo Santacreu	ESP	1:22.02	
W60			
1. Marge Allison	AUS	1:07.55	
2. Oddbjorg Haakensveen	NOR	1:09.87	
3. Riet Jonkers	NED	1:11.00	
4. Chris Waring	NZL	1:12.55	
5. Valerie June Reeves	AUS	1:12.87	
6. Anne Stobaus	AUS	1:13.18	
7. Traude Schliephake	GER	1:14.13	
8. Noreen Mary Parrish	AUS	1:15.20	
W65			
1. Lydia Ritter	GER	1:15.91	
2. Erika Sauer	GER	1:17.87	
3. Jean Daprano	USA	1:18.39	
4. Astrid Nilsson	SWE	1:23.92	
5. Ikuko Suzuki	JPN	1:23.94	
6. Baiba Lejina	LAT	1:24.92	

7. Pilar Pinilla			
COL	1:27.94		
W70			
1. Jean Horne	CAN	1:20.05	
2. Ase Nyland	NOR	1:21.04	
3. Hideko Koshikawa	JPN	1:36.00	
4. Fei-mei Lee Chou	USA	1:41.38	
5. Ragnhild Hanstvedt	NOR	1:45.15	
6. Hermelinda Felix Peñafuri	MEX	1:58.62	
W75			
1. Isabel Hofmeyr	RSA	1:36.12	
2. Marcia Petley	NZL	1:43.40	
3. Patricia Peterson	USA	1:46.50	
4. Sumi Onodera-leonard	USA	1:51.64	
5. Nancy A. Smalley	USA	1:54.98	
W80			
1. Mavis Hutchison	RSA	1:55.81	
2. Johnnye Valien	USA	2:04.49	
3. Louise Adams	USA	2:09.24	
800m			
M35			
1. Neil Fitzgerald	USA	1:59.08	
2. Pablo Marin Gil	ESP	1:59.39	
3. John Nunn	GBR	1:59.86	
4. Aser Pernil Mejias	ESP	2:00.05	
5. Cesar Avellaneda Lopez	ESP	2:00.60	
6. Andrew Keane	AUS	2:01.15	
7. Alfonso Rey Bakaikoa	ESP	2:02.19	
M40			
1. Paul Osland	CAN	2:02.38	
2. Jeronimo Cuervo	ESP	2:02.40	
3. Pascal Faucheux	FRA	2:02.70	
4. Christopher Potter	USA	2:03.47	
5. Ivano Pellegrini	ITA	2:03.63	
6. Tobias Philander	RSA	2:04.02	
7. Fabio Biferali	ITA	2:04.65	
M45			
1. Anselm Lebourne	USA	1:57.60	
2. Kevin Paulk	USA	2:00.23	
3. Jeff Lindsay	USA	2:00.85	
4. Marc Masschelein	BEL	2:01.27	
5. Ken Deevy	IRL	2:01.57	
6. Steve Smith	GBR	2:01.81	
7. Jose M. Moreno Bernabe	ESP	2:02.63	
8. Anthony David O'halloran	IRL	2:04.98	
M50			
1. Jorge L Ortiz Rivera	PUR	2:03.08	
2. Alastair Dunlop	GBR	2:03.14	
3. Gonzalo Mendez Fraguas	ESP	2:03.21	
4. Dave Clingan	USA	2:03.24	
5. David Wilcock	GBR	2:06.50	
6. Joe Gough	IRL	2:07.07	
7. Wolfgang Kreemke	GER	2:07.92	
8. Alexander Kuzovnikov	RUS	2:10.39	
M55			
1. Robert Minting	GBR	2:07.99	
2. Johann Schrödel	GER	2:10.96	
3. Kurt Herbicht	GER	2:11.17	
4. Kevin Solomon	AUS	2:12.31	
5. James Loftus	USA	2:12.71	
6. Fabian Campo Sanchez	ESP	2:13.01	
7. Andre Biaumet	BEL	2:14.80	
8. Peter Lamb	AUS	2:22.50	
M60			
1. Larry Barnum	USA	2:15.28	
2. Reginald Phipps	GBR	2:16.07	
3. Wolfgang Beyer-maidhof	GER	2:17.20	
4. Miguel Angel Diaz Mendez	ESP	2:20.37	
5. Kennet Ivehag	SWE	2:21.12	
6. Ragnar Jakobsen	NOR	2:22.14	
7. Michael Dixon	GBR	2:30.00	
8. Arne Mjelde	NOR	2:30.41	
M65			
1. Willi Klaus	GER	2:23.87	
2. Santiago Auzmendi Aguirre	ESP	2:24.57	
3. Willi Scheidt	GER	2:24.59	
4. Sid Howard	USA	2:24.61	
5. Yury Savenkov	RUS	2:26.26	
6. Federico Diaz Valles	MEX	2:26.67	
7. James Bennett	IRL	2:31.30	
M70			
1. Janusz Kociszewski	POL	2:31.39	
2. David Carr	AUS	2:33.08	
3. Constantino Del Castillo	ESP	2:36.67	
4. Manuel Rosales Touza	ESP	2:46.38	
5. Ari Valdemarsson	NOR	2:46.86	
6. Georgios Theodosiou	GRE	2:54.08	
7. Markus Vyrankoski	FIN	2:56.48	
8. John Seymour	GBR	2:58.35	
M75			
1. Earl Fee	CAN	2:36.28	
2. Francisco Ramirez Lora	MEX	2:44.41	
3. Unto Mattsson	FIN	2:47.20	
4. Carlos Sacchi	ARG	2:54.50	
5. Herbert Müller	GER	2:54.77	
6. Karel Matzner	CZE	3:00.21	
7. Alf Igesund	NOR	3:01.29	
8. Marcos Bermejo Garcia	ESP	3:09.12	
M80			
1. Yrjö Torikka	FIN	3:03.38	
2. Fernando Delgado	CHI	3:07.08	
3. Lucas Nel	RSA	3:12.31	
4. Norman Pearce	AUS	3:19.01	
5. Antonio Tejada Vergara	MEX	3:21.42	
6. Walter Sauerwein	GER	3:23.69	
7. Vicente Huici Zuhiga	ESP	3:33.01	
8. Max Mckay	AUS	3:39.98	
M85			
1. Charles Eric Delatour	NZL	3:39.62	
2. Emiel Pauwels	BEL	3:57.88	
3. Frederic Tompkins	USA	4:42.36	
4. Etrain Wachs	ARG	6:26.31	

M90			
1. Max Springer	USA	4:58.74	
2. Albert Olbrechts	GER	5:31.07	
W35			
1. Simone Brück	GER	2:15.66	
2. Dolores Jimenez Guardado	ESP	2:17.36	
3. Frida Run Thordardottir	ISL	2:18.10	
4. Beatrice Zemek	GER	2:18.40	
5. Geraldine Finegan	GBR	2:22.01	
6. Petra Schmidt	GER	2:22.40	
7. Mascha Kunst	NED	2:25.09	
8. Carme Bes Fuster	ESP	2:28.84	
W40			
1. Sally Read-cayton	GBR	2:16.12	
2. Mary Edwards	GBR	2:18.14	
3. Bernadette White	IRL	2:19.30	
4. René Odendaal	RSA	2:21.06	
5. Nicola Everton	CAN	2:21.10	
6. Florence Rijsbergen Van	NED	2:21.59	
7. Luz M. Dominguez Roman	ESP	2:25.87	
8. Marina Skolota	RUS	2:27.43	
W45			
1. Aurora Perez Gutierrez	ESP	2:23.31	
2. Cristine Penn	AUS	2:23.95	
3. Loretta Rubini	ITA	2:24.84	
4. Irina Chernykh	RUS	2:25.51	
5. Rita Femia	ARG	2:27.65	
6. Maria Del C. Fdez Peñaf MEX		2:28.46	
7. Annette Koop	GER	2:31.66	
8. Christine Pezet Gonnet	FRA	2:32.23	
W50			
1. Maureen De St Croix	CAN	2:21.32	
2. Elizabeth Alexander	RSA	2:21.84	
3. Lidia Zentner	GER	2:22.03	
4. Inger Lise Faengsrud	NOR	2:24.43	
5. Barbara Lock	GBR	2:29.77	
6. Joan Margaret Howe	GBR	2:31.24	
7. Lilly Wizén	SWE	2:31.79	
8. Joyce Barrus	GBR	2:35.60	
W55			
1. Ingerlise.v Jensen	DEN	2:30.02	
2. Agnes Hitchmough	GBR	2:30.34	
3. Waltraud Egger	ITA	2:32.14	
4. Ann-britt Eriksson	SWE	2:42.25	
5. Carol Ann Wright	BEL	2:43.36	
6. Linda Findley	CAN	2:54.38	
7. Brigitte Schwendemann	GER	2:54.84	
8. Antonia Martinez Martinez	ESP	2:55.92	
W60			
1. Oddbjorg Haakensveen	NOR	2:43.57	
2. Marie-louise Michelsohn	USA	2:44.98	
3. Riet Jonkers	NED	2:45.56	
4. Anne Stobaus	AUS	2:51.03	
5. Christiane Jolimet-ruzic	FRA	2:54.60	
6. Anne Lang	AUS	2:55.65	
7. Delka Bakalova	BUL	2:57.08	
8. Danielle Masson	FRA	2:59.35	
W65			
1. Lydia Ritter	GER	2:54.09	
2. Kathleen Stewart	GBR	2:57.91	
3. Jean Daprano	USA	3:07.93	
4. Ikuko Suzuki	JPN	3:14.85	
5. Barbara Saunders	CAN	3:17.66	
6. Baiba Lejina	LAT	3:22.14	
7. Myrian Gomez Ramirez	COL	3:24.86	
8. Felicitas Gonzalez Rodrig	ESP	3:37.30	
W70			
1. Elfriede Hodapp	GER	3:07.37	
2. Jean Horne	CAN	3:10.58	
3. Helena Cornelia Visser	CAN	3:13.70	
4. Zhenlun Tian	CHN	3:15.98	
5. Velta Vitola	LAT	3:29.89	
6. Mary Harada	USA	3:31.98	
7. June Miles	NZL	3:38.93	
8. Yinfeng Lu	CHN	3:40.34	
W75			
1. Thelma Wilson	USA	3:54.41	
2. Marcia Petley	NZL	4:14.50	
3. Sumi Onodera-leonard	USA	4:28.91	
4. Nancy A. Smalley	USA	4:40.00	
5. Shirley Brasher	AUS	4:52.91	
W80			
1. Nina Naumenko	RUS	3:45.00	
2. Mavis Hutchison	RSA	4:34.13	
3. Emilia De Fontan	COL	4:54.87	
4. Louise Adams	USA	4:58.87	
5. Jessie Courau	RSA	5:04.09	
1500m			
M35			
1. David Cowlishaw	GBR	4:01.37	
2. Matt Kinane	GBR	4:03.36	
3. Aser Pernil Mejias	ESP	4:05.62	
4. Neil Fitzgerald	USA	4:07.34	
5. Eamonn Hornibrook	IRL	4:13.09	
6. Alfonso Rey Bakaikoa	ESP	4:17.62	
7. Antonio Masanet Sancho	ESP	4:19.84	
8. Louis Pinto	FRA	4:20.36	
M40			
1. Jesus Borrego Llamas	ESP	3:58.35	
2. Uwe Manns	GER	3:58.63	
3. Peter Hegelbach	USA	4:01.87	
4. Tobias Philander	RSA	4:05.40	
5. Kofi Agyei	GBR	4:05.96	
6. Fabio Biferali	ITA	4:07.10	
7. Thomas Marohn	GER	4:07.82	
8. Valentín Cujejo Gomez	ESP	4:08.62	
M45			
1. Anselm Lebourne	USA	4:01.64	
2. Wilfried Dubois	BEL	4:03.02	
3. Kevin Paulk	USA	4:04.15	
4. Steve Smith	GBR	4:07.16	
5. Anthony David O'halloran	IRL	4:08.35	

3. Waltraud Egger	ITA	5:11.07
4. Lucia Soranzo	ITA	5:20.24
5. Linda Findley	CAN	5:46.13
6. Mary V. Rosado	USA	6:09.92
7. Miloslava Keprtova	CZE	6:22.22
8. Valentina Kudryashova	RUS	6:36.62

W60		
1. Marie-Louise Michelsohn	USA	5:44.79
2. Anne Marie Pruede	FRA	5:47.04
3. Christiane Jolimet-ruzic	FRA	5:47.14
4. Jennifer Allebone	RSA	5:55.77
5. Anne Lang	AUS	5:58.05
6. Delka Bakalova	BUL	6:00.81
7. Danielle Masson	FRA	6:10.60
8. M ^a Jose Gil Gil	ESP	6:15.43

W65		
1. Lydia Ritter	GER	5:55.70
2. Waltraud Bayer	GER	6:00.06
3. Kathleen Stewart	GBR	6:03.70
4. Jean Daprano	USA	6:20.78
5. Pamela Jones	GBR	6:40.28
6. Barbara Saunders	CAN	6:42.09
7. Rosemarie Fiedler	GER	6:46.65
8. Ikuko Suzuki	JPN	7:04.15

W70		
1. Elfriede Hodapp	GER	6:19.41
2. Helena Cornelia Visser	CAN	6:44.77
3. Mary Harada	USA	6:47.36
4. Maria Borovkova	RUS	7:13.41
5. June Miles	NZL	7:18.78

W75		
1. Melitta Czerwenka-nagel	GER	6:49.07
2. Maria Alves	BRA	9:52.53
3. Shirley Brasher	AUS	10:02.34

W80		
1. Nina Naumenko	RUS	7:34.01
2. Mavis Hutchison	RSA	9:58.54
3. Emilia De Fontan	COL	10:01.86

5000m

M35		
1. Jose M. Rodriguez Perez	ESP	14:46.25
2. John September	RSA	15:28.70
3. Francisco J. Arraras Ruiz	ESP	15:39.45
4. Juan Manuel Lopez Sevilla	ESP	16:03.93
5. Steffen Meyer	GER	16:04.47
6. Jose M. Colino Miranda	ESP	16:13.46
7. Pietro Bogazzi	ITA	16:26.59
8. Donovan Wright	RSA	16:27.94

M40		
1. Brian Pope	USA	14:58.28
2. Claude Nohile	FRA	14:59.62
3. David Taylor	GBR	15:01.94
4. Abdel-Iliah Abou El Wal	ITA	15:17.53
5. Greg Hull	GBR	15:29.11
6. John Brown	GBR	15:29.48
7. Alberto Gonzalez	ARG	15:30.08
8. Abdelhatif Talbani	FRA	15:44.09

M45		
1. Benigno Fernandez	ESP	15:23.79
2. Johann Hopfner	GER	15:24.75
3. Guido Potocco	ITA	15:34.97
4. Aivars Strods	LAT	15:36.32
5. Jose A. Diez De Los Rios	ESP	16:13.64
6. Jose D. Peña Puerto	COL	16:15:37.6
7. Alfred Rimensberger	SUI	16:18.30
8. Bill Foster	GBR	16:18.85

M50		
1. Sergio Fernandez Infestas	ESP	15:28.30
2. Nigel Gates	GBR	15:36.27
3. Jerry Kooymans	CAN	15:40.57
4. Kenneth Leinbach	USA	15:56.86
5. Harald Nygaard	NOR	16:14.21
6. Jose Ramirez	COL	16:17.98
7. Nikolay Pushilin	RUS	16:20.86
8. Francisco Requena	ESP	16:22.81

M55		
1. Alexei Gavrilov	RUS	16:39.34
2. Franz Herzog	GER	16:39.38
3. Alexander Tsukanov	RUS	16:41.77
4. Victor Solovoy	UKR	16:48.82
5. Omer Van Noten	BEL	17:00.48
6. Charles Dickinson	GBR	17:06.05
7. Patrick Oshea	IRL	17:07.56
8. Terry Eakin	GBR	17:08.25

M60		
1. Emilio De La Camara Peron	ESP	16:47.89
2. Albert Andereg	SUI	16:48.15
3. Alan Galbraith	NZL	17:14.55
4. Heinz-dieter Cordes	GER	17:30.85
5. Edmund Schlenker	GER	17:56.09
6. Francisco Cano Cano	ESP	18:11.54
7. Andrea Nicolai	ITA	18:17.36
8. Jose L. Bereciartua Jurad	ESP	18:29.88

M65		
1. Anatoliy Prisyazhnyuk	UKR	18:22.23
2. Henry Sandkulla	FIN	18:35.13
3. Armando Aldegalega	POR	18:35.76
4. Werner Mey	GER	18:48.00
5. Alfred Certenais	FRA	18:51.74
6. Ewald Schaffer	AUT	19:00.54
7. Stephen James	GBR	19:11.64
8. Kaspar Scheiber	SUI	19:13.27

M70		
1. Manuel Rosales Touza	ESP	19:09.71
2. Roger Davies	CAN	19:43.33
3. Bruno Baggia	ITA	19:43.82
4. Ivan Osipov	RUS	20:08.98
5. Rudolf Friedbacher	AUT	21:01.25
6. Fernando Carvajal	CHI	21:35.33
7. Ari Valdemarsson	NOR	21:37.60
8. Gury Sitskiy	RUS	21:57.14

M75		
1. Francisco Ramirez Lora	MEX	20:38.19
2. Akhmet Siraziev	RUS	20:44.97
3. Derek Howarth	GBR	21:25.75
4. Ingolf Hadem	NOR	22:25.07
5. Alain Jallas	FRA	22:41.11
6. Nikolay Borzykh	RUS	22:47.13
7. Herbert Müller	GER	23:22.12
8. Alf Igesund	NOR	23:38.77

M80		
1. John Keston	USA	22:39.97
2. Fernando Delgado	CHI	24:33.97
3. Walter Sauerwein	GER	24:40.28
4. Antonio Tejada Vergara	MEX	25:10.62
5. Soichi Tamoi	JPN	25:12.62
6. Herbert Buchwald	GER	26:41.33
7. James Caddy	GBR	27:19.20
8. Josef Imhof	SUI	28:30.63

M85		
1. Julian Bernal Medina	ESP	27:27.42
2. Charles Eric Delautour	NZL	27:27.44
3. Emiel Pauwels	BEL	30:20.71
4. Heinz Colsmann	GER	35:26.44
5. Efrain Wachs	ARG	42:27.60

M90		
1. Albert Olbrechts	GER	38:15.26

W35		
1. Annette Kealy	IRL	17:12.21
2. Joanne King	GBR	17:12.25
3. Nieves Zarza Martinez	ESP	17:20.59
4. Nathalie Loubelle	BEL	17:28.37
5. Nicola Nealon	GBR	17:30.55
6. Lorella Pagliacci	ITA	17:33.26
7. Amada De Jesus Sanchez Ri	ESP	17:40.83
8. Frida Run Thordardottir	ISL	17:46.41

W40		
1. Corine Debaets	BEL	17:14.22
2. Liudmila Shevyakova	RUS	17:28.50
3. Carmel Papworth	AUS	17:29.07
4. Oksana Clerc	FRA	17:31.36
5. Monica P. Regonesi Muran	CHI	17:45.19
6. Clare Pauzers	GBR	17:46.94
7. Madeleine Mackie Scott	GBR	17:50.74
8. Marineide S. Da Nobrega	BRA	17:54.35

W45		
1. Carmen Ayala-troncoso	USA	17:33.75
2. Aurora Perez Gutierrez	ESP	17:49.73
3. Patty Blanchard	CAN	18:14.71
4. Dominique Lázaro Guesde	ESP	18:15.50
5. Martha Orduña	COL	18:48.50
6. M ^a Nieves Morcuende Domin	ESP	19:00.80
7. Charmaine Cupido	RSA	19:23.30
8. Marlis Poenicke	GER	19:42.76

W50		
1. Lidia Zentner	GER	18:01.00
2. Carmel Parnell	IRL	18:09.39
3. Denise Farnham	GBR	18:17.46
4. Helena Rantakari	FIN	19:08.10
5. Bronwen Cardy	AUS	19:09.07
6. Anna Magrethe Trave	NOR	19:10.59
7. Maria Del C. Anguiano Iba	MEX	19:17.45
8. Ma Teresa Lopez Herrera	MEX	19:48.17

W55		
1. Janette Stevenson	GBR	18:35.05
2. Waltraud Egger	ITA	19:13.10
3. Marianne Knapen	NED	19:54.46
4. Lucia Soranzo	ITA	20:06.18
5. Els Raap	NED	20:10.02
6. Ros Tabor	GBR	20:21.83
7. Marianne Spronk	GER	20:27.23
8. Linda Findley	CAN	21:21.97

W60		
1. Marie-Louise Michelsohn	USA	20:12.66
2. Jennifer Allebone	RSA	20:14.16
3. Anne Marie Pruede	FRA	21:22.53
4. Marisa Da Silva Cruz	BRA	21:33.51
5. Pauline Rich	GBR	21:47.81
6. Christiane Jolimet-ruzic	FRA	22:17.34
7. Anita Schneider	GER	22:32.35
8. Gloria Guerrero Gonzalez	ESP	22:51.05

W65		
1. Waltraud Bayer	GER	22:19.43
2. Joaquina Flores	POR	22:33.35
3. Pamela Jones	GBR	23:52.27
4. Martha J. Mendiburo Areva	MEX	24:07.13
5. Rosemarie Fiedler	GER	24:44.76
6. Elfriede Willerts	GER	25:03.52
7. Ikuko Suzuki	JPN	25:35.91
8. Julia Bea Antoranz	ESP	29:45.30

W70		
1. Elfriede Hodapp	GER	23:57.68
2. Zhenlun Tian	CHN	24:05.38
3. Defeng Wang	CHN	24:34.63
4. Margarida Hochstatter	BRA	24:50.75
5. Molly Turner	CAN	24:52.02
6. Mary Harada	USA	25:26.22
7. Rosa M ^a Tena Reales	ESP	25:49.19
8. Velta Vitola	LAT	26:01.86

W75		
1. Melitta Czerwenka-nagel	GER	25:30.08
2. Thelma Wilson	USA	29:25.87
3. Maria Alves	BRA	34:14.12
4. Ruth Angelis	GER	39:39.70

W80		
1. Nina Naumenko	RUS	26:56.10
2. Giuseppina Gurtner	SUI	30:52.83
3. Louise Adams	USA	36:43.16
4. Emilia De Fontan	COL	39:15.61

W85		
1. Maria Ramirez Bautista	MEX	45:22.45

10,000m		
M35		
1. John September	RSA	32:04.33

2. Juan Jesus Casanova Barro	ESP	32:12.79
3. Nestor Quintulen	ARG	32:14.64
4. Manuel Cruz Ortega	ESP	32:29.91
5. Donovan Wright	RSA	33:38.39
6. Ian Johnston	GBR	34:12.95
7. Dario Nuñez	ARG	35:04.34
8. Christian Cleri	FRA	35:27.69

M40		
1. Jose R. Torres Peanilla	ESP	30:15.24
2. Claude Nohile	FRA	30:55.62
3. Vitor Cordeiro	POR	31:03.38
4. Brian Pope	USA	31:05.83
5. Jose Ramon Jami Jami	ECU	32:04.92
6. Jesus Alonso Prieto	ESP	32:36.86
7. Miguel Angel Encina Jimen	ESP	32:51.53
8. Michael Trunkes	USA	32:57.85

M45		
1. Johann Hopfner	GER	32:13.00
2. Jose D. Peña Puerto	COL	32:21.87
3. Diego Garcia Perez	ESP	33:35.74
4. Gilles Convert	FRA	34:15.31
5. Joaquin Exposito Martinez	ESP	34:27.65
6. Marino Mateos Lobato	ESP	34:50.55
7. C. Abaurrea Turrillas	ESP	35:03.68
8. Manuel Lopez Molero	ESP	35:20.54

M50		
1. Sergio Fernandez Infestas	ESP	32:35.10
2. Nigel Gates	GBR	32:53.80
3. Jerry Kooymans	CAN	33:15.64
4. Francisco Requena	ESP	34:21.79
5. Jose Ramirez	COL	34:00.00
6. Johann Quehenberger	AUT	34:29.19
7. Raymond Wilson	AUS	34:41.30
8. Alberto Sanz Llorente	ESP	35:06.27

M55		
1. Alexander Tsukanov	RUS	35:22.19
2. Alexei Gavrilov	RUS	35:23.15
3. Wolfgang Ahrens	GER	35:44.78
4. Omer Van Noten	BEL	35:54.75
5. Charles Dickinson	GBR	36:49.03
6. Anatoly Romanov	RUS	36:49.07
7. Carlos Soler	COL	36:49.09
8. Rufino Chavez Condori	BOL	36:51.51

M60		
1. Emilio De La Camara Peron	ESP	34:50.54
2. Albert Andereg	SUI	35:22.63
3. Alan Galbraith	NZL	35:49.10
4. Andrea Nicolai	ITA	37:54.61
5. John Sheridan	IRL	38:35.45
6. Angel M. Martinez Cartage	PUR	38:45.02
7. Michele Bassi	ITA	38:46.41
8. Francisco Fernandes	POR	38:49.53

M65		
1. Anatoliy Prisyazhnyuk	UKR	37:42.73
2. Armando Aldegalega	POR	38:29.89
3. Henry Sandkulla	FIN	38:36.25
4. Stephen James	GBR	39:24.73
5. Einari Vainikka	FIN	39:54.73
6. Anna Kaspar Scheiber	SUI	40:17.74
7. Guilherme Teotonio Jacint	POR	41:30.79
8. Vicente Wilson Vaquer	ESP	41:35.72

M70		
1. Manuel Rosales Touza	ESP	39:45.53
2. Kunio Ichikawa	JPN	42:20.20
3. Ivan Osipov	RUS	42:57.30
4. Bruno Baggia	ITA	43:11.28
5. Rudolf Friedbacher	AUT	43:39.31
6. Gury Sitskiy	RUS	44:16.13
7. Valder Jusilo	EST	46:54.57
8. Waldomiro Minhoni	BRA	47:08.51

M75		
1. Akhmet Siraziev	RUS	42:34.44
2. Derek Howarth	GBR	45:53.61
3. Ingolf Hadem	NOR	46:00.90
4. Ricardo Bueno Cofiño	ESP	47:28.66
5. Nikolay Borzykh	RUS	48:04.06
6. Manuel De La Cruz Perez	ESP	50:55.89
7. Stanley Gawler	NZL	51:11.15
8. Aquilino Soto Mendez	ESP	53:41.09

M80		
1. John Keston	USA	47:42.27
2. Walter Sauerwein	GER	53:50.76
3. Soichi Tamoi	JPN	53:51.52
4. Herbert Buchwald	GER	54:01.01
5. James Caddy	GBR	57:06.75
6. Juvenal Perez	ARG	1:06:10.40
7. James Johnston	GBR	1:20:19.23

M85		
1. Charles Eric Delautour	NZL	58:59.60
2. Heinz Colsmann	GER	1:14:04.07
3. Efrain Wachs	ARG	1:38:29.31

M90		
1. Albert Olbrechts		

M75		
1. Jerzy Przyborowski	POL	15.62
2. Ariel Standen Levis	CHI	16.13
3. Charles Sochor	USA	16.80
4. Erik Holo	NOR	18.23
5. Silvano Pierucci	ITA	19.35
6. Svein Olav Høilo	NOR	19.47
M80		
1. Melvin Larsen	USA	14.75
2. Horst Albrecht	GER	17.15
3. Kurt Byggmastar	FIN	19.63
4. Axel Magnusson	SWE	20.23
M85		
1. Ugo Sansonetti	ITA	21.11
W40		
1. Monica Pellegrinelli	SUI	11.24
2. Stephanie Thomas	USA	11.76
3. Joy Upshaw-Margerum	USA	12.01
4. Wendy Laing	GBR	12.05
5. Lioubov Stoliar	RUS	12.17
6. Charmaine Johnson	GBR	12.40
7. Marina Sugak	LTU	12.87
W45		
1. Christine Müller	SUI	11.74
2. Manddy Laing	GBR	11.92
3. Gaye Clarke	GBR	12.40
4. Jocelyn Harwood	GBR	12.58
5. Maria R. Escribano Checa	ESP	13.19
6. Sabine Preuss	GER	13.36
7. Hazel Barker	GBR	13.41
8. Esca Chandler Taljaard	RSA	13.44
W50		
1. Maria Jesus Sanguos Espiñ	ESP	13.04
2. Simonetta Martelli	ITA	13.89
3. Anne Wainwright	GBR	14.65
4. Jocelyne Pater	BEL	15.42
5. Marcela Gheorghiu	ROM	16.41
6. Eva Stadler	GER	16.44
7. Marie Claire Lazzarini	FRA	16.68
8. Romelia E. Ojeda De Pinto	VEN	18.59
W55		
1. Emily McMahon	GBR	13.73
2. Jean Fail	GBR	13.74
3. Waltraud Kraehe	GER	14.38
4. Zdenka Bertrand	FRA	14.63
5. Wilma Perkins	AUS	14.66
6. Margartha Dähler - Stett	SUI	14.81
7. Ana Clara Goldmann	ARG	16.26
W60		
1. Edith Graff	BEL	14.03
2. Friderun Kuemmerle-vaik	GER	14.20
3. Riet Jonkers	NED	15.10
4. Helgard Houben	GER	16.12
W65		
1. Rietje Dijkman	NED	14.84
2. Erika Sauer	GER	16.52
3. Barbara Jordan	USA	17.18
4. Amparo Reina	COL	19.05
5. Brigitte Schmidt	GER	20.81
6. Sylvie Ah-kang	MRI	21.86
7. Tokiko Ichigaki	JPN	33.91
W70		
1. Asta Larsson	SWE	18.00
2. Hideko Koshikawa	JPN	18.29
3. Toshie Kikuchi	BRA	23.75
W75		
1. Kaleriya Gomberadze	RUS	20.97
110mH		
M35		
1. Don Drummond	USA	14.80
2. Manuel Bello-cano	ESP	15.78
3. Michael Schieke	GER	15.87
4. Joannis Kerasidis	GRE	15.95
5. German Bercovitz Alvarez	ESP	19.84
6. Daniele Manca	ITA	20.43
M40		
1. David Ashford	USA	14.00
2. Dexter Mccloud	USA	14.62
3. Marin Garrigues	FRA	15.25
4. Serge Beckers	BEL	15.33
5. Des Wilkinson	GBR	15.48
6. Roberto Amerio	ITA	15.70
7. Francesco Onofri	ITA	15.93
M45		
1. Karl Smith	JAM	14.70
2. Alfred Philip Burgos	AHO	15.68
3. Thierry Cabalier	FRA	16.15
4. Marc Patry	FRA	16.15
5. Michael Coker	GBR	16.87
6. Alain Le Mouellic	FRA	17.10
7. Tennyson James	GBR	17.96
300mH		
M60		
1. Hans-jürgen Frühauf	GER	46.20
2. Maurice Callaghan	NZL	47.62
3. Włodzimierz Kostró	POL	47.91
4. Troels Troelsen	DEN	48.55
5. Walter Bauer	GER	48.62
6. Jelle Van Der Schaaf	NED	48.68
7. Frederick Bush	GBR	48.69
M65		
1. Willi Klaus	GER	48.13
2. Michael Stevenson	AUS	48.67
3. Ronald Kirkpatrick	USA	50.06
4. Emil Pawlik	USA	50.45
5. Romeo Huwiler	SUI	52.75
6. Klaus Heidinger	GER	53.02
7. Torbjørn Mong	NOR	54.64
8. Yury Sarayev	RUS	53.02
M70		
1. François Corneils	BEL	53.76

2. Bertil Hedstrom	SWE	54.74
3. Peter Field	GBR	55.07
4. Gordon Daborn	GBR	56.85
5. Ahti Vilpas	FIN	57.22
6. Gunther W. Urban	GER	1:00.67
7. Lars-Åke Hedlund	SWE	1:05.23
8. Pavel Tosnar	CZE	1:10.21
M75		
1. Earl Fee	CAN	52.91
2. Jerzy Przyborowski	POL	59.97
3. Erik Holo	NOR	1:01.26
4. Ariel Standen Levis	CHI	1:02.84
5. Heinz Krenzer	GER	1:03.03
6. Karl Schumacher	GER	1:17.04
7. Charles Sochor	USA	1:24.48
M80		
1. Frederick O' Connor	AUS	1:08.63
2. Kurt Byggmastar	FIN	1:09.14
3. Ussami Mamoru	BRA	1:17.06
4. Josep Cladellas Rovira	ESP	1:22.53
M85		
1. Ugo Sansonetti	ITA	1:27.13
W50		
1. Maria Jesus Sanguos Espiñ	ESP	49.81
2. Joyceline Pater	BEL	56.34
3. Bjørn Reknes	NOR	56.90
4. Marie Claire Lazzarini	FRA	58.30
5. Marcela Gheorghiu	ROM	58.31
6. Judi Stafford	GBR	59.38
7. Colette Ruineau	FRA	1:11.40
W55		
1. Emily McMahon	GBR	52.54
2. Waltraud Kraehe	GER	54.60
3. Wilma Perkins	AUS	55.23
4. Mirtha A. Perez Riquelme	CHI	59.12
W60		
1. Marge Allison	AUS	51.64
2. Oddbjørn Haakensveen	NOR	53.40
3. Riet Jonkers	NED	55.21
4. Frances Harrys	AUS	1:06.32
W65		
1. Rietje Dijkman	NED	56.96
2. Erika Sauer	GER	57.47
3. Barbara Jordan	USA	1:06.33
4. Amparo Reina	COL	1:10.21
5. Sylvie Ah-kang	MRI	1:23.19
W70		
1. Gerd Mjelle	NOR	1:26.90
400mH		
M35		
1. Chris Grant	JAM	53.71
2. Don Drummond	USA	54.32
3. Andreas Schulze	GER	55.20
4. Andrew Gill	GBR	56.64
5. Peter Rabenseifner	GER	58.07
6. Dietmar Weber	GER	59.16
7. Juan Luis Alvarez Herrero	ESP	1:01.28
8. Claudio Lucchesi	ITA	1:05.34
M40		
1. Kip Janvrin	USA	54.68
2. Getulio Echeandia	PUR	56.43
3. Jonathan Tilt	GBR	57.21
4. Neil Tunstall	GBR	57.33
5. Roberto Amerio	ITA	57.67
6. Frederic Peroni	ITA	58.58
7. Frederic Hulbert	FRA	58.75
8. Andreas Oppe	GER	58.76
M45		
1. Darnell Gatling	USA	57.46
2. Tony Mitchell	GBR	58.20
3. Martin Bürkle	GER	58.86
4. Manuel Blanco Muñoz	ESP	59.10
5. Patrick Braems	BEL	1:00.30
6. Jeff Brower	USA	1:00.87
7. Michael Coker	GBR	1:02.24
8. Lutz Herrmann	GER	1:03.01
M50		
1. Robert Stevenson	GBR	58.92
2. Herbert Kreiner	AUT	59.47
3. Ian Broadhurst	GBR	1:01.20
4. Fernando Melguizo Jimenez	ESP	1:03.01
5. Roy Buchanan	GBR	1:04.46
6. Claudio Rapaccioni	ITA	1:07.70
7. D.J.I. Gaminì Weerasinghe	SRI	1:14.00
M55		
1. Anthony Paul Roker	GBR	1:02.92
2. Tony Wells	GBR	1:06.29
3. Ludvik Toman	CZE	1:06.39
4. Pedro Negeliskii	BRA	1:07.93
5. Antonio Montaruli	ITA	1:08.52
6. Jürgen Hacker	GER	1:11.00
7. Jesus Gajate Manzanar	ESP	1:14.21
Andrew Webb	GBR	1:10.54
W35		
1. Geraldine Finegan	GBR	1:04.21
2. Elma Muros Posadas	PHI	1:04.48
3. Barbara Ferrarini	ITA	1:04.54
4. Wanda I Velazquez Roman	PUR	1:07.07
5. Carme Bes Fuster	ESP	1:08.28
6. Djamila Louza	FRA	1:08.64
7. Angie Alstrachen	GBR	1:12.09
8. Montse Fontarnau Rovira	ESP	1:13.07
W40		
1. Barbara Gaebling	GER	59.76
2. Virginia Mitchell	GBR	1:04.22
3. Kersti Lepik	EST	1:09.31
4. Evelyn Heinrich	GER	1:10.17
5. Snezana Stancetic	SCG	1:12.76
6. Caren Ware	USA	1:14.21
7. Oriana Gonzalez Nufez	CHI	1:14.81
8. Emmanuelle Dermenghem	FRA	1:19.00

W45		
1. Christine Müller	SUI	1:04.63
2. Jane Horder	GBR	1:06.13
3. Esca Chandler Taljaard	RSA	1:11.62
4. Rosanna Rosati	ITA	1:16.75
5. Elisabeth Henn	GER	1:19.14
6. M'caridad Ranera Montiel	ESP	1:20.02
7. Teresa May	GBR	1:21.25
8. Yovka Nyagolova	BUL	1:31.70
2000m Steeplechase		
M60		
1. Emilio De La Camara Peron	ESP	7:07.04
2. Josef Kutnohorsky	AUT	7:32.89
3. Frederick Bush	GBR	7:42.78
4. Steve Prouty	USA	7:44.23
5. Arie Van Tol	NED	7:57.44
6. Luis Samaniego Ugarte	ESP	7:58.05
7. Michael Dixon	GBR	7:58.17
8. Jan Stuczynski	POL	8:07.69
M65		
1. Alan Bradford	AUS	7:49.92
2. Ewald Schaffer	AUT	7:56.00
3. Klaus Keilmann	GER	7:58.57
4. Anatoly Blakitny	RUS	7:59.90
5. Willi Klaus	GER	8:11.22
6. Aksel Roste	NOR	8:31.19
7. Manuel Navarro Serrano	ESP	9:35.49
M70		
1. Ryosuke Takahara	JPN	8:28.09
2. Francisco Vicente	POR	8:34.58
3. Kunio Ichikawa	JPN	8:46.48
4. Horacio Cabito	ARG	10:27.83
M75		
1. Karel Matzner	CZE	9:48.12
2. Hector Mein	NZL	10:15.25
3. Martino Cuder	ITA	10:28.62
4. Luis Humberto Torres Rosa	PUR	11:18.60
5. Charles Sochor	USA	13:32.41
6. Jiri Soukup	CZE	13:50.10
7. József László Bejő	HUN	16:43.61
M80		
1. Soichi Tamoi	JPN	10:16.21
2. Max Mckay	AUS	12:04.49
3. Jose Maria Garin Iraola	ESP	12:52.97
4. Nick Corish	IRL	13:54.11
M85		
1. Daniel Bulkley	USA	15:53.89
W35		
1. Annette Weiss	GER	6:57.21
2. Geraldine Finegan	GBR	7:53.54
3. Francesca Ragnetti	ITA	7:59.52
4. Fiona Lampkin	GBR	8:07.26
5. Krasimira Chahova	BUL	8:10.34
6. Angie Alstrachen	GBR	8:25.74
7. Isabelle Giraud	FRA	9:49.74
W40		
1. Jane Pidgeon	GBR	7:16.49
2. Marie Claude Bodilis-Ioaie	FRA	7:27.27
3. Jeanine Overveld Van NED	NED	7:53.02
4. Cristina Marques Gonzalez	ESP	8:15.87
5. Montserrat Casoliva Carod	ESP	8:33.61
6. Daniela Escalante	ARG	9:34.90
W45		
1. Julie Leonard	SWE	7:27.19
2. Loretta Rubini	ITA	7:42.71
3. Irina Mozharova	RUS	7:54.00
4. Isabel Bielsa Caceres	ESP	7:57.90
5. Manuela Martinez Gonzalez	ESP	8:04.58
6. Elisabeth Henn	GER	8:05.34
7. Karen Gillum-green	NZL	8:09.88
8. Silvia Costa	ARG	8:47.58
W50		
1. Victoria Adams	NZL	8:28.12
2. Nanci Sweazey	CAN	8:55.35
3. Katharyn Mary Heagney	AUS	9:02.06
4. Bjørn Reknes	NOR	9:11.40
5. Anne Darby	GBR	9:18.57
W55		
1. Hillen Von Maltzahn	GER	8:48.81
2. Anezka Janeckova	CZE	9:20.56
3. Irene Davey	AUS	9:48.79
4. Mary V. Rosado	USA	10:23.63
5. Valentina Kudryashova	RUS	10:54.11
W60		
1. Miloslava Rocnakova	CZE	10:04.17
2. Frances Harrys	AUS	10:46.04
3. Lynne Schickert	AUS	14:59.33
W65		
1. Anne Martin	GBR	10:39.70
W70		
1. Dawn Leonie Cumming	NZL	11:42.64
2. Hideko Koshikawa	JPN	14:34.17
3000m Steeplechase		
M35		
1. Xavier Sanchez Rodriguez	ESP	10:03.99
2. Steffen Meyer	GER	10:15.60
3. Francisco J. Beneyto Abad	ESP	11:09.11
4. Francisco J. Elcoro Candi	ESP	11:38.29
5. Francesc Salgado Romera	ESP	11:56.06
6. Urs Peter	SUI	13:37.31
M40		
1. Jesus Borrego Llamas	ESP	9:30.11
2. Jordi Bello Sarasa	ESP	9:34.38
3. Tobias Philander	RSA	9:39.88
4. Mariano Morandi	ITA	9:55.24
5. Angus Henderson	GBR	9:59.08
6. Theo Peeters	NED	10:03.36
7. Jose A. Salceda Martin	ESP	10:06.70
8. Johan Norberg	SWE	10:32.40

M45		
1. Ramon Ramon Menargues	ESP	9:39.86
2. Cesar Perez Rodriguez	ESP	9:45.91
3. Francisco Del Rio Alvarez	ESP	9:57.41
4. Chris Ireland	GBR	10:13.19
5. Christian Breeck	GER	10:20.68
6. Andrew Fox	GBR	10:23.48
7. Dickie Wythe	GBR	10:45.70
8. Mariano Sanchez De La Flo	ESP	10:51.08
M50		
1. Sean Rice	RSA	10:29.12
2. Harald Nygaard	NOR	10:32.06
3. Martin Van Der Hoorn	NED	10:34.92
4. Victor Zhemchugov	RUS	10:46.61
5. Luis R. Fernandez Suarez	ESP	10:53.52
6. Nikolay Chumakov	RUS	10:57.05
7. Francisco Aragón Muñoz	ESP	11:03.51
8. Jaroslav Krsek	CZE	11:04.23
M55		
1. Martin Mc Evilly	IRL	10:58.88
2. Harald Odegard	NOR	11:04.88
3. Milan Kotnik	SLO	11:29.90
4. Valery Aristov	RUS	11:32.39
5. Domingos Manuel Moreira	POR	11:53.46
6. Josef Konrad	GER	12:02.15
7. Juan Manuel Citoula Perez	ESP	12:17.23
8. Gregorio Corrales Atienza	ESP	13:02.40
4x100 Relay		
M35		
1. United States Of Ameri	USA	42.62
2. Great Brita	GBR	43.47
3. Germa	GER	43.64
4. Ita	ITA	44.67
M40		
1. Ita	ITA	42.57
2. Germa	GER	44.13
3. Puerto Ri	PUR	44.94
4. Great Brita	GBR	45.53
5. United States Of Ameri	USA	45.75
6. Russian Federati	RUS	46.44
7. Spa	ESP	49.75
M45		
1. Great Brita	GBR	44.22
2. United States Of Ameri	USA	44.43
3. Fran	FRA	44.67
4. Germa	GER	45.03
5. Spa	ESP	47.81
M50		
1. Great Brita	GBR	46.07
2. Spa	ESP	47.50
3. Germa	GER	48.92
4. Puerto Ri	PUR	50.09
5. Austral	AUS	51.49
M55		
1. Austral	AUS	48.27
2. Germa	GER	49.66
3. Great Brita	GBR	49.9

W55	1. Germa GER 55.44	2. Ita ITA 1:04.05	3. Fran FRA 1:08.63	4. Austral AUS 1:09.69	
W60	1. Germa GER 1:00.00	2. Austral AUS 1:01.77	3. United States Of Ameri USA 1:13.22	4. Mexi MEX 1:22.51	
W65	1. Germa GER 1:02.16	2. Colomb COL 1:13.23	3. United States Of Ameri USA 1:13.77	4. Great Brita GBR 1:13.88	
W70	1. Germa GER 1:09.93	2. Russian Federati RUS 1:20.09	3. Mexi MEX 1:32.30	4. Cana CAN 1:33.55	
W75	1. United States Of Ameri USA 1:24.88				
4x400 Relay					
M35	1. United States Of Ameri USA 3:19.90	2. Germa GER 3:27.98	3. Spa ESP 3:28.58	4. Great Brita GBR 3:34.06	
M40	1. Fran FRA 3:25.05	2. Ita ITA 3:26.18	3. Germa GER 3:28.53	4. Great Brita GBR 3:34.10	
M45	1. United States Of Ameri USA 3:29.38	2. Great Brita GBR 3:31.02	3. Fran FRA 3:37.75	4. Germa GER 3:38.16	
M50	1. Great Brita GBR 3:43.36	2. Germa GER 3:49.41	3. Spa ESP 3:53.47	4. Fran FRA 3:58.94	
M55	1. Austral AUS 3:49.33	2. Great Brita GBR 3:56.28	3. Fran FRA 3:59.48	4. Germa GER 4:01.01	
M60	1. United States Of Ameri USA 3:58.49	2. Germa GER 4:00.73	3. Austral AUS 4:12.89	4. Great Brita GBR 4:23.39	
M65	1. Germa GER 4:09.29	2. Austral AUS 4:14.67	3. Great Brita GBR 4:36.14	4. Spa ESP 4:40.33	
M70	1. Germa GER 4:37.40	2. Great Brita GBR 5:16.33	3. Argenti ARG 9:16.07		
M75	1. Germa GER 5:11.60	2. Great Brita GBR 6:12.90			
M80	1. Germa GER 6:40.92	2. Finla FIN 7:43.95			
W35	1. Germa GER 4:01.49	2. Ita ITA 4:02.58	3. Great Brita GBR 4:04.13	4. Spa ESP 4:17.46	
W40	1. Great Brita GBR 4:06.70	2. Austral AUS 4:16.98	3. Spa ESP 4:21.72	4. Cana CAN 4:30.16	
W45	1. Great Brita GBR 4:10.61	2. South Afri RSA 4:23.38	3. Germa GER 4:24.01	4. Spa ESP 4:29.19	
W50	1. Great Brita GBR 4:17.60	2. Swed SWE 4:32.97	3. Austral AUS 4:58.88		
W55	1. Germa GER 4:53.52	2. Austral AUS 5:43.30	3. Russian Federati RUS 5:55.10		
W60	1. Austral AUS 4:59.82	2. Germa GER 5:23.89	3. United States Of Ameri USA 6:14.73	4. Jap JPN 6:35.17	
W65	1. Germa GER 5:24.69	2. Colomb COL 6:16.88	3. Great Brita GBR 6:24.64		
W70	1. Russian Federati RUS 7:31.43				
W75	1. United States Of Ameri USA 8:35.60				
High Jump					
M35	1. Michal Buzek CZE 1.93	2. Oleg Mysikov USA 1.90	3. Jean-luc Julemont BEL 1.84	4. Dimitar Toychev BUL 1.84	
M40	1. Marco Segatel ITA 1.99	2. Christophe Fontaney FRA 1.96	3. Thomas Vanzandt USA 1.96	4. Remco Tournier NED 1.90	
M45	1. Bruce McBarrette USA 1.96	2. Patrick Andre FRA 1.93	3. András Vörös HUN 1.87	4. Felix Fluck SUI 1.75	
M50	1. Jan Huijbers NED 1.81	2. Leonardo Habegger SUI 1.75	3. Peter Wolna GER 1.75	4. Dariusz Bednarski POL 1.69	
M55	1. John Hawkins CAN 1.66	2. Hans-theo Nieder GER 1.66	3. Hans-jürgen Ramacher GER 1.63	4. Charlie Rader USA 1.60	
M60	1. Gunther Spielvogel GER 1.60	2. Branko Vivod Franc SLO 1.54	3. Norman Frable USA 1.54	4. Gunnar Ekstedt SWE 1.51	
M65	1. Hermann Albrecht GER 1.54	2. Carl-erik Sarndal SWE 1.54	3. Daniel Fernandez Gonzalez ESP 1.51	4. Emil Pawlik USA 1.48	
M70	1. Dr. Hikmet Kandeydi TUR 1.42	2. Lambert Vandeboosch BEL 1.42	3. Gilbert Van Der Linden BEL 1.42	4. Gustav Stahle GER 1.42	
M75	1. Nils-beril Nevrup SWE 1.30	2. Jerzy Przyborowski POL 1.27	3. Albert Stoppel AUT 1.24	4. Jerry Donley USA 1.21	
M80	1. Gerhard Windolf GER 1.21	2. Siegfried Monzien GER 1.18	3. Amelio Compri ITA 1.18	4. Havard Lund NOR 1.15	
M85	1. Emmerich Zensch AUT 1.21				
W35	1. Elena Semashko RUS 1.69	2. Sabine Rahn GER 1.69	3. Isabelle Giraud FRA 1.51	4. Patricia Nadal Alvarez ESP 1.51	
W40	1. Patricia Porter USA 1.69				
W45	1. Wendy Laing GBR 1.69	2. Patsy Kolhorn-aeulemans NED 1.57	3. Marie Edith Simonet FRA 1.27		
W50	1. Janine Kortbeek NED 1.48	2. Pam Garvey GBR 1.33	3. Cornelia Peiz GER 1.18		
W55	1. Weia Reinboud NED 1.41	2. Waltraud Kraehe GER 1.33	3. Hillen Von Maltzahn GER 1.27	4. Margarita Dähler - Stett SUI 1.27	
W60	1. Renate Vogel GER 1.36	2. Edith Graff BEL 1.33	3. Mari Anne Maier AUT 1.27	4. Marg Radcliffe CAN 1.21	
W65	1. Rietje Dijkman NED 1.30	2. Christiane Schmalbruch GER 1.27	3. Brigitte Schmidt GER 1.06	4. Luzgarda Rondon Melendez PUR 0.85	
W70	1. Erna Baumann GER 1.09	2. Elsa Enarsson SWE 1.09	3. Christel Donley USA 1.09	4. Ingrid Junge GER 1.03	
W75	1. Christa Happ GER 1.09	2. Leonore Mcdaniels USA 1.06	3. Isabel Hofmeyr RSA 1.03	4. Kaleriya Gomberadze RUS 0.97	
W80	1. Margarete Strüven GER 0.94	2. Johnnye Valien USA 0.91	3. Flora Doreen Mcleod-smith CAN 0.85		
Pole Vault					
M35	1. Ignasi Anguera Camos ESP 4.00	2. Julien Fossat FRA 3.80	3. Michael Talke GER 3.80	4. Jordi Llado Abella ESP 3.80	
M40	1. Francisco J. Hernandez Ri ESP 4.60	2. Paul Babits USA 4.60	3. Emerson Obiena PHI 4.50	4. Martin Hillebrecht GER 4.40	
M45	1. Alfréd Achteik GER 4.50	2. Chris Duhon USA 4.40	3. Allan Leiper GBR 4.00	4. Stephan Mathieu GER 3.80	
M50	1. Wolfgang Ritte GER 4.25	2. Ernő Makó HUN 4.00	3. Rolf Nucklies GER 3.90	4. Klaus-peter Neuendorf GER 3.20	
M55	1. Fleming Johanje DEN 3.90	2. Matti Kilpeläinen USA 3.80	3. Karel Fiedler CZE 3.70	4. Bogdan Markowski GER 3.60	
M60	1. Walter Zbinden SUI 3.20	2. Glyn Sutton GBR 3.20	3. Nikolay Leshchenko RUS 3.00	4. Kyosti Poutiainen FIN 2.80	
M65	1. John Howe GBR 2.80	2. Leonardo Salvarrey Sara URU 2.80	3. Robert Garnier FRA 2.60	4. Francois Poncin FRA 2.60	
M70	1. Rene Rauscher FRA 2.60	2. Jose Augusto Elias POR 2.60			
M75	1. Walter Zbinden SUI 3.20	2. Glyn Sutton GBR 3.20	3. Nikolay Leshchenko RUS 3.00	4. Kyosti Poutiainen FIN 2.80	
M80	1. John Howe GBR 2.80	2. Leonardo Salvarrey Sara URU 2.80	3. Robert Garnier FRA 2.60	4. Francois Poncin FRA 2.60	
M85	1. Rene Rauscher FRA 2.60	2. Jose Augusto Elias POR 2.60			
M90	1. Max Springer W35 1.40				
W35	1. Irie Hill GBR 3.70	2. Christina Ziemann GER 3.20	3. Anke Paul GER 2.70	4. Patricia Nadal Alvarez ESP 2.50	
W40	1. Dawn Hartigan AUS 3.30	2. Carla Forcellini ITA 3.20	3. Brigitte Van de Kamp-linneb NED 3.20	4. Silvia Jander GER 2.80	
W45	1. Anke Straszewski GER 2.90	2. Silvia Anzinger AUT 2.60			
W50	1. Sue Yeomans GBR 2.70	2. Ute Ritte GER 2.70	3. Rita Hanscom USA 2.40		
W55	1. Hillen Von Maltzahn GER 2.60	2. Karin Förster GER 2.50	3. Wilma Perkins AUS 2.50	4. Dagmar Widmann GER 1.90	
W60	1. Diethild Nix GER 2.20	2. Kathleen Jager USA 2.00	3. Margaret Coombe GBR 1.90		
W65	1. Dorothy Mc Lennan IRL 2.00				
W70	1. Leonore Mcdaniels USA 1.40				
W75	1. Johnnye Valien USA 1.40				
Long Jump					
M35	1. Sabier Les Lacosta ESP 6.77	2. Giorgio Federici ITA 6.74	3. Eduardo Calleja Hernandez ESP 6.63	4. Eric Herman BEL 6.57	
M40	1. Jean-luc Julemont BEL 6.38	2. Markus Vinatzer ITA 6.17	3. Raul Arceo Alonzo MEX 5.95	4. Roman Knapik GER 5.89	
M45	1. Thomas Straub GER 6.64	2. Andreas Schlindwein GER 6.49	3. Kent Nygren SWE 6.35	4. Laurent Saviard FRA 6.28	
M50	1. Gilles Silard FRA 6.26	2. Brian Corrigan RSA 6.10	3. Franco Menotti ITA 6.03	4. Trevor Sinclair GBR 6.03	
M55	1. Reiner Wenk GER 6.83	2. Igor Gavenciac SVK 6.31	3. Trevor Wade GBR 6.13	4. Jürgen Wörner GER 6.08	
M60	1. William Long USA 6.04	2. Sergey Grishin RUS 5.85	3. Zoltán Takács HUN 5.56	4. Giancarlo Ballico ITA 5.44	
M65	1. Jouko Nikula FIN 6.10	2. Gojko Banjevic SCG 6.01	3. Jordan Yanev BUL 5.91	4. Jordi Vila Viñas ESP 5.83	
M70	1. Jesus M. Heras Terrazas ESP 5.75	2. Jose F Ruiz Ramos PUR 5.61	3. Ludger Ammerich GER 5.54	4. Valery Zvezdkin RUS 5.39	
M75	1. Jorge Paez Vera ESP 5.89	2. Heinz Wondra GER 5.50	3. Pekka Kovisto FIN 5.39	4. Vladimir V'bostok SVK 5.33	
M80	1. Vladimir Popov 2. Robert Hewitt 3. Heinrich Amort 4. Angel Joaniquet Ibarz 5. Gunther W. Urban 6. John Evans 7. Herbert Häde 8. Benjamin Jimenez M85 1. Wolfgang Reuter 2. Albert Stoppel 3. Matti Järvinen 4. Luis Lagos Baeza 5. Michio Kobayashi 6. Sharma P L Sharma 7. Willy Willems 8. Erhard Dippel M80 1. Aatos Sainio 2. Melvin Larsen 3. Horst Albrecht 4. Rudolf Breder 5. Victor Sanchez Mendonça 6. Axel Magnusson 7. Jaime Asensio Ballesteros M85 1. Aate Lehtimäki 2. Ugo Sansonetti 3. Emmerich Zensch 4. Julio Molina Parra 5. Ram L. Sharma Ram L. 6. Armando Estañol Dorado 7. Efrain Wachs M90 1. Max Springer W35 1. Katalin Deák Dr. 2. Valentyna Krepinkina 3. Barbara Ferrarini 4. Luisa Giudici 5. Catherine Goddard 6. Susanna Tellini 7. Christina Ziemann 8. Pilar Sanchez Rosales W40 1. Kimberley Rothman 2. Kirsten Kallmeier-schröder 3. Marianna Biskup 4. Joy Upshaw-margerum 5. Wendy Laing 6. Renate Keller 7. Charmaine Johnson 8. Reeth Abraham W45 1. Marie Kay 2. Catherine Seillac 3. Mandy Laing 4. Loles Vives Jorba 5. Carla Forcellini 6. Susanne Kjeldgard Heide 7. Gayne Clarke 8. Janice Hardcastle W50 1. Anja Akkerman 2. Angelika Benzing 3. Arny Heidarsdottir 4. Martine Leroy 5. Helga Schübler 6. Ute Ritte 7. Valentina Maklakova 8. Anne Wainwright W55 1. Ingrid Meier 2. Margarita Dähler - Stett 3. Gertrude Reismann 4. Anne Hunter 5. Wilma Perkins 6. Hillen Von Maltzahn 7. Kristina Hanke 8. Dagmar Widmann W60 1. Edith Graff 2. Mari Anne Maier 3. Anne-kathrin Eriksen 4. Jacqueline Wladika 5. Eleni Gkouzia 6. Kathleen Jager 7. Elke Timm 8. Herborg Ninni Blaks				

3. Margarethe Tomanek	BEL	10.72
4. Jarmila Klimesova	CZE	10.72
5. Gertrud Heinrich	GER	10.62
6. Inge Faldager	DEN	10.28
7. Ana Clara Goldmann	ARG	10.18
8. Mercia Ferreira	RSA	10.11

W60		
1. Jadvyga Putiniene	LTU	11.98
2. Mari Anne Maier	AUT	11.68
3. Karin Ilgen	GER	11.07
4. Hella Boeker	GER	10.11
5. Mary Thomas	AUS	9.94
6. Erika Springmann	GER	9.68
7. Elvi Korjus	EST	9.19
8. Adelheid Graber	SUI	8.92

W65		
1. Tamara Danilova	RUS	11.75
2. Evaun Williams	GBR	10.58
3. Charlotte Fuhrmann	GER	8.40
4. Doris S. Herrera Bahamond	CHI	8.29
5. Mary Roman	USA	8.27
6. Ingrid Holzknecht	GER	8.20
7. Matti Kern	GER	8.18
8. Agnes Häde	GER	7.98

W70		
1. Sigrun Kofink	GER	10.37
2. Susanne Wissinger	GER	9.34
3. Jutta Schaefer	GER	8.82
4. Almut Brömmel	GER	8.69
5. Elisabeth Dwenger	GER	8.41
6. Galina Kovalenskaya	RUS	8.41
7. Györfy M. Török Sándorné	HUN	8.37
8. Asta Satsi	EST	7.67

W75		
1. Rachel Hanssens	BEL	7.68
2. Marianne Neubert	GER	7.17
3. Hilja Bakhoff	EST	7.10
4. Christiane Wippersteg	GER	7.03
5. Justine Schirmer	GER	6.27
6. Helga Schneider	GER	6.15
7. Christa Happ	GER	6.11
8. Milena Carrion Aravena	CHI	5.97

W80		
1. Ilse Pleuger	GER	6.60
2. Nora Kutti	EST	6.12
3. Johnnye Valien	USA	5.86
4. Victoriana Muñoz Rodrigue	ESP	5.80
5. Margarete Strüven	GER	5.04
6. Helga Lange	GER	4.97
7. Flora Doreen Mcleod-smith	CAN	4.59
8. Ethel Ospina	COL	4.56

W85		
1. Olga Kotelko	CAN	5.05
Discus		
M35		
1. Jose I. Pardo Modrego	ESP	43.90
2. Carlos Garcia Rodriguez	ESP	42.40
3. Deon Wagner	NZL	39.38
4. Sven Hermann Suhling	GER	35.64
5. Jose L. Torre Gastañaga	ESP	34.87
6. Robert Ruess	AUT	33.98
7. Srdan Petric	CRO	33.84
8. Maurizio Stevenazzi	ITA	32.13

M40		
1. Stanislav Kovar	CZE	50.90
2. Mieczyslaw Szpak	POL	47.81
3. Kevin Brown	GBR	47.02
4. Stuart Gyngell	AUS	46.18
5. Steve Whyte	GBR	45.47
6. Michel Marino	FRA	42.54
7. Francisco Gomez	ARG	38.79
8. Abraham Botes	RSA	38.45

M45		
1. Piet Meijdam	NED	50.62
2. Harry Kuhn	GER	45.08
3. Mariusz Gurzeda	POL	44.61
4. Sylvain Ephimenco	FRA	43.87
5. Charles Ronigkeit	GER	43.66
6. Domingo Sanchez Salicio	ESP	43.46
7. Jean Pierre Melynas	FRA	41.37
8. Ricardo Castillo Laca	ESP	38.21

M50		
1. Neville Thompson	GBR	55.51
2. Gejza Valent	CZE	54.77
3. Sandor Katona	FRA	52.70
4. Lothar Pongratz	GER	50.23
5. Veini Holopainen	FIN	43.83
6. John Nespoli	USA	41.80
7. Dieter Kassner	GER	41.23
8. Jose Carlos Calzada Puert	ESP	40.25

M55		
1. Alwin Wagner	GER	50.63
2. Tadeusz Laska	POL	48.56
3. Thomas Fahy	USA	47.77
4. Neil Griffin	GBR	47.14
5. Joran Westberg	SWE	42.09
6. Kestutis Vislavičius	LTU	41.94
7. Bengt Nilsson	SWE	40.58
8. Leszek Bobrzyk	POL	39.98

M60		
1. Felix Mohr	GER	49.63
2. Heinz Harre	AUT	49.00
3. Julio Calvo Redondo	ESP	48.69
4. Joan Josep Arnau Gavalda	ESP	48.49
5. Ray Green	AUS	47.91
6. Alfred Abein	GER	47.72
7. Attila Dr. Jeremiás	HUN	46.95
8. Knut Dahle	NOR	41.10

M65		
1. Roland Heiler	GER	50.26
2. Klaus Albers	GER	50.12

3. Svein Hytten	NOR	44.95
4. Kurt Riep	GER	43.95
5. Johann Hansen	GER	42.71
6. Bernd Rehpenning	GER	41.83
7. Sergio Manganeli	ITA	40.65
8. Wolfgang Sass	GER	40.48

M70		
1. Osten Edlund	SWE	43.74
2. Peter Speckens	GER	43.58
3. Ladislav Petrovic	SVK	41.11
4. Tarald Rui	NOR	38.75
5. Antanas Cerniauskas	LTU	38.52
6. Arnost Boldan	CZE	38.01
7. Pedro Agirregomez.	ESP	35.68
8. Lambert Vandebosch	BEL	35.60

M75		
1. Heinz Brandt	GER	37.99
2. Richard Rzehak	GER	33.58
3. Jaroslav Hanus	GBR	29.88
4. Manfred Rittweger	GER	29.14
5. Luis Lagos Baeza	CHI	28.13
6. Matti Jarvinen	FIN	27.00
7. M Vedat Dinler	TUR	26.28
8. Stojan Stankovic	SCG	21.10

M80		
1. Walter Reidinger Dr.	AUT	26.34
2. Pierre Darrot	FRA	24.73
3. Havard Lund	NOR	23.88
4. Josep Busoms Domenech	ESP	23.03
5. Marcel Batby	FRA	22.48
6. Paul Nobbe	GER	22.29
7. Jacob Stein	USA	20.56
8. Gilberto Santiago Jované	PAN	19.92

M85		
1. Philipp Frech	GER	27.71
2. Frederico Fischer	BRA	23.79
3. Erling Svennevik	NOR	20.76
4. Alois Meier	GER	19.34
5. Idolf Sandahl	SWE	18.87
6. Frederico Hochstatter	BRA	15.77

M90		
1. Antonio Antunes Fonseca	BRA	20.58
2. Mario Riboni	ITA	19.35
3. Torgeir Brandvold	NOR	18.09
4. Anton Polgar	GER	12.66
M95		
1. Alfred Proksch	AUT	10.53

W35		
1. Sylvie Margry	FRA	44.00
2. Sigrid Balsar	GER	42.17
3. Silke Stolt	GER	40.60
4. M* Luisa Lafuente Reig	ESP	39.48
5. Judit Horváth	HUN	34.47
6. Jane Camilla Thrush	GBR	33.50
7. Sabine Scheffer	GER	32.52
8. Daniela Lachat	SUI	32.21

W40		
1. Jaana Kivisto	FIN	42.44
2. Marie Christine Albertini	FRA	40.03
3. Cornelia Hodel	SUI	38.62
4. Ingrid Van Dijk	NED	38.45
5. Jannet Van Noord	NED	36.63
6. Claudine Chirol	FRA	36.56
7. Carmen Grell	GER	35.58
8. Ulrike Gille	GER	33.64

W45		
1. Carol Finsrud	USA	48.65
2. Ulrike Engelhardt	GER	37.73
3. Claire Cameron	GBR	36.56
4. Tine Schenkels	NED	34.46
5. Sharon Gibbins	AUS	31.14
6. Susanne Masabacka	FIN	29.71
7. Carola Petersen	GER	28.80
8. Elisabete Lopes Cardoso	POR	28.70

W50		
1. Svetlana Melnikova	RUS	33.70
2. Christine Schultz	AUS	31.98
3. Lone Sorensen	DEN	31.42
4. Jutta Neumann	GER	29.76
5. Margit Irányi	HUN	27.95
6. Mariana Lengyel Ionescu	ROM	27.82
7. Beatrice Simpson	GBR	22.58
8. Monique Avril	FRA	22.38

W55		
1. Gertrud Heinrich	GER	35.42
2. Margarethe Tomanek	BEL	35.00
3. Edith Anderes	SUI	34.47
4. Annie Van Anholt	NED	32.75
5. Inge Faldager	DEN	32.12
6. Jolande Brassler	NED	30.00
7. Mána Magyar	HUN	28.96
8. Luodmila Zheleznova	RUS	28.18

W60		
1. Karin Ilgen	GER	31.74
2. Hella Boeker	GER	30.00
3. Eva Poláková	SVK	28.32
4. Adelheid Graber	SUI	24.45
5. Jana Rzepecka	RSA	24.05
6. Marita Horn	GER	23.39
7. Georgia Cutler	USA	22.07
8. Mary Thomas	AUS	21.17

W65		
1. Tamara Danilova	RUS	37.62
2. Evaun Williams	GBR	28.65
3. Helvi Erikson	EST	26.60
4. Ingrid Holzknecht	GER	25.38
5. Carole Derrien	GBR	22.00
6. Maria Kern	GER	20.66
7. Charlotte Fuhrmann	GER	20.65
8. Agnes Häde	GER	17.53

W70		
1. Sigrun Kofink	GER	25.57

2. Susanne Wissinger	GER	25.56
3. Jutta Schaefer	GER	24.44
4. Almut Brömmel	GER	24.35
5. Asta Satsi	EST	22.75
6. Elisabeth Dwenger	GER	21.90
7. Ruth Baumann	GER	20.71
8. Galina Kovalenskaya	RUS	20.17

W75		
1. Ruth Uckel	GER	18.61
2. Hilja Bakhoff	EST	18.33
3. Milena Carrion Aravena	CHI	17.88
4. Rachel Hanssens	BEL	17.58
5. Marianne Neubert	GER	17.11
6. Helga Schneider	GER	16.41
7. Christa Happ	GER	16.25
8. Justine Schirmer	GER	15.54

W80		
1. Nora Kutti	EST	16.48
2. Ilse Pleuger	GER	16.16
3. Margarete Strüven	GER	12.57
4. Victoriana Muñoz Rodrigue	ESP	12.50
5. Flora Doreen Mcleod-smith	CAN	11.06
6. Helga Lange	GER	10.88
7. Ethel Ospina	COL	10.21
8. Olena Chub	UKR	8.59

W85		
1. Olga Kotelko	CAN	12.72
2. Margaretha Nyberg	SWE	7.62

Hammer		
M35		
1. Andreas Pierrot	GER	48.25
2. Sven Hermann Suhling	GER	46.67
3. Johnny Andersen	DEN	40.99
4. Deon Wagner	NZL	37.24
5. Jose Manuel Ballesteros M	ESP	29.63

M40		
1. Steve Whyte	GBR	55.45
2. Jose Luis Velasco Gonzalz	ESP	52.69
3. Stephan Frey	GER	50.00
4. Jose Antonio Villacampa C	ESP	47.72
5. Russel Payne	GBR	46.31
6. Eric De Smedt	FRA	45.39
7. Jose Angel Gonzalez Romer	ESP	44.69
8. David Burrell	GBR	44.14

M45		
1. Gottfried Gassenbaver	AUT	55.13
2. Nigel Winchcombe	GBR	53.52
3. Kenneth Jansson	USA	53.19
4. Valerij Schütz	GER	52.10
5. Per Sabroe	DEN	48.96
6. Lucien Nolubeau	FRA	47.76
7. Hartmut Nuschke	GER	47.72
8. Victor Manuel Llevot Cala	ESP	42.77

M50		
1. Vasilis Maganas	GRE	56.95
2. Lajos Bözsa	HUN	54.41
3. Jose Javier Sobera Garcia	ESP	51.41
4. Jean Claude Pellissard	FRA	49.84
5. Thomas Meyer	USA	49.40
6. Basie Koen	RSA	49.09
7. Marc Lecomte	FRA	47.46
8. Marius Bester	RSA	44.07

M55		
1. Andrzej Piackowski	POL	56.47
2. Arild Busterud	NOR	55.56
3. Florian Kulczynski	POL	54.16
4. Ramon Estapiña Fernandez	ESP	47.95
5. Roger Schneider	SUI	47.75
6. Peter Droz	SLO	47.20
7. Jorge Grave	POR	44.03
8. Michel Montesquit	FRA	41.95

M60		
1. Heimo Viertbauer	AUT	55.23
2. Ryszard Krzesinski	POL	54.13
3. Flemming Rasmussen -Iiske	DEN	52.70
4. George Mathews	USA	52.51
5. Knud Vedtmann Hansen	DEN	42.99
6. Peter Hackenschmidt	SWE	41.66
7. Alain La Trivicic	FRA	41.42
8. Eric Barker	GBR	40.93

M65		
1. Antoni Kargol	POL	49.55
2. William Gentleman	GBR	49.15
3. Hermann Albrecht	GER	48.97
4. Wolfgang Sass	GER	45.08
5. Svein Hytten	NOR	43.63
6. Andrzej Rzepecki	RSA	42.64
7. Vladimir Horak	CZE	41.79
8. Lawrence Devlin	NZL	41.41

M70		
1. Waldemar Lylhauer	GER	51.65
2. Mykhaylo Lytvynenko	UKR	44.13
3. Ilmari Tuomela	FIN	43.64
4. Arnost Boldan	CZE	41.67
5. Raimo Leino	FIN	41.65
6. Zdenek Benek	CZE	39.74
7. Jose Maria Sanza Agreda	ESP	39.60
8. Matti Rehula	FIN	39.42

M75		
1. Richard Rzehak	GER	43.01
2. Heinz Brandt	GER	39.03
3. Raymond Lamora	FRA	36.03
4. Manfred Rittweger	GER	35.96
5. Leo Saarinen	FIN	32.20
6. Matti Jarvinen	FIN	32.01
7. Antonio Ruiz De Lezana Sa	ESP	31.55
8. Gerald Wojcik	USA	29.11

M80		
1. Erik Eriksson	FIN	31.73
2. Jerzy Krawczyk	POL	28.75
3. Vaito Mäkelä	FIN	26.44

4. Marcel Batby	FRA	24.97
5. Jacob Stein	USA	18.33
6. Raul Fernando Moya Videla	CHI	16.11

M85		
1. Erling Svennevik	NOR	22.74
2. Alois Meier	GER	20.48
3. Frederico Fischer	BRA	19.77
4. Aate Lehtimäki	FIN	16.25

M90		
1. Antonio Antunes Fonseca	BRA	20.70
2. Torgeir Brandvold	NOR	14.70
3. Anton Polgar	GER	

4. Jacques Jacquelin	FRA	59.18
5. Pierre Laborde	FRA	56.67
6. Michael Albert	GER	56.41
7. Anders Walther	SWE	54.44
8. Fernando Gubinielli	ARG	54.18
M45		
1. Luis Nogueira Fernandez	ESP	61.65
2. Gawie Louw	RSA	59.34
3. Jörg-andreas Winkelhausen	GER	53.38
4. Sylvain Ephimenco	FRA	51.92
5. Felix Alonso Muñoz	ESP	49.89
6. Michael Janusey	USA	49.42
7. Raul Rios Aguaslimpias	COL	48.75
8. Gerhard Lasser	AUT	47.60
M50		
1. Josef Schaffarzik	GER	60.76
2. Walter Kühndel	GER	57.08
3. Jonas Linkis	LTU	56.49
4. Michael Finkbeiner	CAN	49.85
5. Alexander Prostunkin	RUS	48.52
6. Manuel Suarez Garcia	ESP	45.95
7. Ottmar Strattner	GER	45.00
8. Henry Zerbian	GER	44.52
M55		
1. Kestutis Vislavicius	LTU	50.14
2. Bob Banens	AUS	47.33
3. Bob Powers	USA	46.79
4. Juergen Dannenberg	GER	44.79
5. Dick Richardson	USA	44.66
6. Marcel Bergnes	FRA	43.21
7. Alexander Bykov	RUS	43.10
8. Helmut Hessert	GER	42.91
M60		
1. Kauko Tuisku	FIN	57.74
2. Josef Kolar	CZE	48.06
3. Ivan Malaleev	RUS	46.30
4. Torben Soderberg	DEN	45.90
5. Julien Cazan	FRA	44.61
6. Antal Hegedus	HUN	43.57
7. Ashley Stewart Fox	GBR	42.79
8. Jean Jacques Giardino	FRA	41.47
M65		
1. Kalevi Honkanen	FIN	52.07
2. Dietrich Hoffman	GER	44.43
3. Hartmut Kossel	GER	41.75
4. Helmut Goreis	AUT	39.57
5. Frank Illuzzi	USA	38.61
6. Siegbert Gnath	GER	38.32
7. George Eccles	GBR	35.97
8. Reiner Rose	GER	35.65
M70		
1. Vladimir Porokhin	RUS	45.95
2. Antanas Cerniauskas	LTU	42.51
3. Michal Drohomirecki	POL	42.48
4. Manfred Hoffmann	GER	41.98
5. Aki Itkonen	FIN	40.96
6. Emilio Galindo Dandan	MEX	38.16
7. Manfred Kern	GER	37.11
8. Marko Sluga	SLO	36.28
M75		
1. Josef Klok	CZE	33.52
2. Sharma P.L. Sharma	IND	32.65
3. Sidney Kwiit	USA	29.06
4. Zenichi Matsumoto	JPN	25.86
5. Douglas Richardson	USA	24.53
6. Hans Franke	GER	22.65
7. Bruce Campbell	AUS	20.80
M80		
1. Erik Eriksson	FIN	32.91
2. Gilberto Santiago Jované	PAN	27.48
3. Havarud Lund	NOR	25.07
4. Walter Reidingen Dr.	AUT	23.64
5. Ussami Mamoru	BRA	21.62
6. Hugh Gallagher	IRL	18.36
7. Jose Maria Anton Vicario	ESP	15.28
8. Jacob Stein	USA	13.03
M85		
1. Aate Lehtimäki	FIN	24.90
2. Frederico Fischer	BRA	19.20
3. Erling Svennevik	NOR	17.22
4. Alois Meier	GER	14.46
M90		
1. Torgeir Brandvold	NOR	17.91
2. Antonio Antunes Fonseca	BRA	17.71
3. Anton Polgar	GER	13.09
M95		
1. Alfred Proksch	AUT	5.17
W35		
1. Idola Mariezcurrena F.	ESP	46.36
2. Dace Jursiene	LTU	40.64
3. Dagmar Imme	GER	39.74
4. Basna Billaud	FRA	36.63
5. Jelena Tarasova	LAT	36.06
6. Sabine Scheffler	GER	36.04
7. Despina Stoykova	BUL	34.47
8. Norma Bruce	GBR	31.90
W40		
1. Karen Scholz	GER	46.17
2. Susanne Strohm	GER	43.97
3. Ursula Thirtey	GER	43.55
4. Carmen Grell	GER	39.08
5. Caroline Garratt	GBR	35.78
6. Birgitt Pieper	GER	30.53
7. Hilde Muis	BEL	29.17
8. Tiit Pärnik	EST	26.65
W45		
1. Dawn Hartigan	AUS	33.03
2. Alexandra Adleková	CZE	31.79
3. Carol Finsrud	USA	31.59
4. Sonja Ojeda	VEN	29.88
5. Evelina Cotes Freyte	COL	27.20
6. Barbara Schlosser	GER	26.28

7. Elke Vater	GER	25.64
8. Sharon Gibbins	AUS	20.02
W50		
1. Erlinda Lavandia	PHI	36.88
2. Anne Kirstine Jensen	DEN	33.73
3. Maite Pasaban Iruiria	ESP	31.75
4. Gill Dobson	GBR	30.69
5. Anja Akkerman	NED	29.67
6. Ana P. Ferreira Martinho	POR	28.82
7. Irene Drayss-bitsch	GER	26.26
8. Vilma Thompson	GBR	25.87
W55		
1. Jarmila Klimesova	CZE	34.34
2. Magda Franckx	BEL	30.07
3. Brigita Forsu	LAT	28.74
4. Weia Reinbound	NED	28.69
5. Kristina Hanke	GER	26.96
6. Milvi Vendla	EST	25.67
7. Zunilda M. Aranda Contrer	CHI	25.50
8. Mercia Ferreira	RSA	24.26
W60		
1. Renate Vogel	GER	37.21
2. Jadvyga Putiniene	LTU	33.54
3. Mary Thomas	AUS	32.66
4. Karin Ilgen	GER	30.63
5. Éva Kertészné Szentesi	HUN	29.72
6. Marg Radcliffe	CAN	27.56
7. Adelheid Graber	SUI	27.01
8. Maria Teresa Rizzo G.	GUA	25.61
W65		
1. Evaun Williams	GBR	35.74
2. Charlotte Fuhrmann	GER	26.05
3. Helvi Erikson	EST	24.37
4. Becky Sisley	USA	22.35
5. Doris S. Herrera Bahamond	CHI	22.34
6. Etelvina Pacheco	COL	18.79
7. Agnes Häde	GER	18.53
8. Eva Stelzer	GER	17.35
W70		
1. Birute Kalediene	LTU	28.66
2. Sigrun Kofink	GER	27.40
3. Christel Donley	USA	24.70
4. Almut Brömmel	GER	23.65
5. Susanne Wissingner	GER	22.44
6. Josefina Garcia De Schult	VEN	21.89
7. Galina Kovalenskaya	RUS	17.02
8. Juana Rosa Balbontin	CHI	16.14
W75		
1. Rachel Hanssens	BEL	21.04
2. Christa Happ	GER	18.02
3. Christiane Wippersteg	GER	17.27
4. Hilja Bakhoff	EST	16.28
5. Anna Flaibani	ITA	12.78
6. Ivy Thompson M	PAN	11.27
7. Shirley Dietrich	USA	9.20
W80		
1. Nora Kutti	EST	15.92
2. Johnnye Valien	USA	13.81
3. Victoriana Muñoz Rodrigue	ESP	10.72
4. Flora Doreen Mcleod-smith	CAN	10.03
5. Ethel Ospina	COL	8.88
6. Olena Chub	UKR	8.31

Weight Throw

M35		
1. Andreas Pierrot	GER	13.42
2. Deon Wagner	NZL	11.90
M40		
1. Steve Whyte	GBR	16.19
2. David Burrell	GBR	14.81
3. Stephan Frey	GER	14.81
4. Stuart Gyngell	AUS	14.20
5. Abraham Botes	RSA	12.75
6. Andrey Fedychashin	RUS	11.37
7. Francois De Wit	RSA	9.83
M45		
1. Kenneth Jansson	USA	16.98
2. Valerij Schütz	GER	15.58
3. Hartmut Nuschke	GER	14.06
4. Lawrence Schrader	USA	13.72
5. Per Sabroe	DEN	13.12
6. Gintaras Pridotkas	LTU	12.74
7. Henryk Radzikowski	POL	11.83
8. Reinhard Hentze	GER	11.80
M50		
1. Vasilis Maganas	GRE	21.54
2. Basie Koen	RSA	17.92
3. Marius Bester	RSA	16.04
4. Marc Lecomte	FRA	15.69
5. András Laszlo	SWE	15.33
6. Wojciech Strelczuk	POL	14.92
7. Jaak Turro	EST	14.57
8. Jerzy Jurkowski	POL	14.07
M55		
1. Arild Busterud	NOR	19.70
2. Andrzej Piaczkowski	POL	18.98
3. Florian Kulczynski	POL	17.72
4. Jorge Garcia	POR	15.76
5. Joran Westberg	SWE	15.03
6. Bob Banens	AUS	14.46
7. Paivo Nómnik	EST	14.33
8. Jostein Myrvang	NOR	14.12
M60		
1. George Mathews	USA	19.84
2. Ryszard Krzesinski	POL	19.65
3. Heimo Viertbauer	AUT	19.65
4. Flemming Rasmussen -fiske	DEN	18.79
5. Kevin Bradley	NZL	16.91
6. Godfrey Leak	GBR	15.83
7. Ray Green	AUS	15.52
8. Knud Vødtmann Hansen	DEN	15.11

M65		
1. Andrzej Rzepecki	RSA	17.38
2. Gerhard Bruckhaus	GER	16.85
3. Hermann Albrecht	GER	16.76
4. Antoni Kargol	POL	16.14
5. Heinz Janson	GER	16.12
6. Lawrence Devlin	NZL	15.91
7. Klaus Albers	GER	15.53
8. William Gentleman	GBR	15.51
M70		
1. Waldemar Villhauer	GER	19.00
2. Raimo Leino	FIN	18.08
3. Peter Speckens	GER	17.30
4. Ilmari Tuomela	FIN	16.57
5. Werner Erben	GER	16.16
6. Arnost Boldan	CZE	15.34
7. Matti Rehula	FIN	15.15
8. Manfred Kern	GER	14.96
M75		
1. Richard Rzehak	GER	17.40
2. Heinz Brandt	GER	15.56
3. Matti Jarvinen	FIN	13.93
4. Manfred Rittweger	GER	13.25
5. Leo Saarinen	FIN	12.62
6. Gerald Wojcik	USA	12.58
7. Jaroslav Hanus	GBR	11.52
8. Hans Joachim Kirsch	AUS	9.10
M80		
1. Erik Eriksson	FIN	14.56
2. Havarud Lund	NOR	12.88
3. Valto Mäkelä	FIN	12.00
4. Jerzy Krawczyk	POL	11.39
5. Marcel Batby	FRA	10.23
6. Jacob Stein	USA	8.32
M85		
1. Erling Svennevik	NOR	11.68
2. Alois Meier	GER	9.76
3. Aate Lehtimäki	FIN	9.36
M90		
1. Torgeir Brandvold	NOR	9.00
2. Mario Riboni	ITA	7.10
3. Anton Polgar	GER	6.47
W35		
1. Kathleen De Wolf	BEL	14.01
2. Jane Camilla Thrush	GBR	12.44
3. Ingrid Vos	BEL	11.43
4. Maria Letizia Bartolozzi	ITA	11.43
5. Isabelle Giraud	FRA	8.60
W40		
1. Claudine Chiro	FRA	15.23
2. Cornelia Hodel	SUI	14.90
3. Ingrid Van Dijk	NED	14.08
4. Janet Smith	GBR	13.68
5. Edi Th Hermuth	AUT	12.17
6. Ulrike Gille	GER	10.20
7. Linda Bagge	DEN	10.00
8. Alison George	GBR	9.68
W45		
1. Margrith Duss - Müller	SUI	15.26
2. Carol Finsrud	USA	13.77
3. Ulrike Engelhardt	GER	11.98
4. Alexandra Adlerova	CZE	11.30
5. Sharon Gibbins	AUS	11.10
6. Paola Melotti	ITA	10.77
7. Elke Vater	GER	10.64
8. Siv Karlström	FIN	10.39
W50		
1. Elisabeth Kirsch	AUS	13.60
2. Annie Bellanger	FRA	13.36
3. Lone Sorensen	DEN	13.36
4. Jutta Neumann	GER	13.33
5. Merja Henriksson	FIN	12.74
6. Christine Schultz	AUS	11.96
7. Anne Kirstine Jensen	DEN	11.74
8. Beatrice Simpson	GBR	10.90
W55		
1. Annie Van Anholt	NED	14.94
2. Margarethe Tomanek	BEL	14.32
3. Inge Faldager	DEN	13.82
4. Kathryn Teresa Glass	AUS	11.80
5. Rosemarie Alexander	GBR	11.39
6. Heidi Lore Ambratis	GER	10.92
7. Liz Mcblain	CAN	10.65
8. Judith Coram	AUS	10.32
W60		
1. Hella Boeker	GER	14.49
2. Janice Banens	AUS	14.10
3. Brunella Del Giudice	ITA	13.31
4. Irma Kirshofs	GER	12.64
5. Georgia Cutler	USA	12.48
6. Terttu Bylina	FIN	12.35
7. Brigitte Lange	GER	12.08
8. Grete-maren Myklestad	NOR	10.99
W65		
1. Evaun Williams	GBR	14.03
2. Helvi Erikson	EST	13.36
3. Irma Niemi Pynttari	FIN	12.01
4. Brigitte Schmid	GER	11.67
5. Carole Derrien	GBR	10.38
6. Maria Kern	GER	10.09
7. Mary Roman	USA	9.90
8. Julia G. Bellin Gan	NAM	8.63
W70		
1. Jutta Schaefer	GER	13.66
2. Sigrun Kofink	GER	11.93
3. Susanne Wissingner	GER	11.45
4. Almut Brömmel	GER	10.43
5. Valerie Worrell	AUS	10.09
6. Annemarie Scholten	GER	9.77
7. Elisabeth Dwenger	GER	9.74
8. Ingrid Junge	GER	9.28

W75		
1. Marianne Neubert	GER	10.12
2. Justine Schirmer	GER	9.59
3. Rachel Hanssens	BEL	9.33
4. Hilja Bakhoff	EST	8.74
5. Shirley Brasher	AUS	5.35
W80		
1. Anna-liisa Lehtovuori	FIN	7.46
2. Nora Kutti	EST	6.10
Weight Pentathlon		
M35		
1. Jochen Koppenhoefer	GER	3628
2. Sven Hermann Suhling	GER	2897
3. Deon Wagner	NZL	2793
4. Luis Lagas Cobos	ESP	2421
5. Adamo Fiorenza	ITA	2347
6. Jose Luis Torre Gastañaga	ESP	2253
7. Stephane Kelkal	FRA	1186
M40		
1. Steve Whyte	GBR	4176
2. Stuart Gyngell	AUS	3650
3. Michael Albert	GER	3364
4. Andrey Fedychashin	RUS	3253
5. Andrew Turner	GBR	3240
6. Jan Luckmann	GER	3092
7. Abraham Botes	RSA	2991
8. David Burrell	GBR	2962
M45		
1. Kenneth Jansson	USA	3843
2. Piet Meijdam	NED	3784
3. Karl-jorgen Hoff	NOR	3705
4. Sylvain Ephimenco	FRA	3700
5. Valerij Schütz	GER	3534
6. Jean Pierre Melynas	FRA	3493
7. Per Sabroe	DEN	3148
8. Hartmut Nuschke	GER	3115
M50		
1. Vasilis Maganas	GRE	4036
2. Michael Small	GBR	3951
3. Dieter Kassner	GER	3523
4. Marius Bester	RSA	3485
5. Lembit Talpsepp	EST	3347
6. Waclaw Krankowski	POL	3256
7. Walter Kühndel	GER	3215
8. Mathys G Du Plessis	RSA	2916
M55		
1. Andrzej Piaczkowski	POL	4254
2. Neil Griffin	GBR	4213
3. Florian Kulczynski	POL	4007
4. Kestutis Vislavicius	LTU	3888
5. Bob Banens	AUS	3812
6. Jan Roodt	RSA	3786
7. Teijo Pynnönen	FIN	3781
8. Jorge Grave	POR	3630
M60		
1. Ian Percy	GBR	4223
2. George Mathews	USA	4130
3. Marek Glowacki	CAN	4109
4. Ray Green	AUS	4032
5. Peter Hackenschmidt	SWE	3918
6. Ryszard Krzesinski	POL	3903
7. Jens Lauk	GER	3671
8. Knut Dahle	NOR	

3. Jane Camilla Thrush	GBR	3121
4. Maria Letizia Bartolozzi	ITA	3025
5. Ingrid Vos	BEL	2730
6. Isabelle Giraud	FRA	2152
7. Maria Luisa Ortiz Lopez	PUR	1643
W40		
1. Ingrid Van Dijk	NED	4072
2. Cornelia Hodel	SUI	3860
3. Susanne Strohm	GER	3689
4. Edi Th Hermuth	AUT	3534
5. Corinne Ruffel	FRA	3384
6. Janet Smith	GBR	3375
7. Ulrike Gille	GER	2896
8. Linda Bagge	DEN	2773
W45		
1. Carol Finsrud	USA	4911
2. Margrith Duss - Müller	SUI	4660
3. Ulrike Engelhardt	GER	4543
4. Sharon Gibbins	AUS	3618
5. Elke Vater	GER	3398
6. Alexandra Adlekova	CZE	3387
7. Siv Karlström	FIN	3292
8. Susanne Masabacka	FIN	2968
W50		
1. Anne Kirstine Jensen	DEN	4153
2. Elisabeth Kirsch	AUS	3953
3. Annie Bellanger	FRA	3786
4. Christine Schultz	AUS	3664
5. Jutta Neumann	GER	3486
6. Lone Sorensen	DEN	3468
7. Margit Irányi	HUN	3402
8. Vilma Thompson	GBR	3240
W55		
1. Margarethe Tomanek	BEL	4589
2. Inge Faldager	DEN	4131
3. Annie Van Anholt	NED	4015
4. Kathryn Teresa Glass	AUS	3828
5. Jarmila Klimesova	CZE	3438
6. Heideleine Ambratis	GER	3313
7. Maria Magyar	HUN	3307
8. Judith Coram	AUS	2959
W60		
1. Karin Illgen	GER	4274
2. Hella Boeker	GER	4091
3. Georgia Cutler	USA	3907
4. Janice Banens	AUS	3891
5. Mary Thomas	AUS	3729
6. Irma Kirchhofs	GER	3539
7. Grete-maren Myklestad	NOR	3425
8. Brunella Del Giudice	ITA	3261
W65		
1. Evaun Williams	GBR	5574
2. Helvi Erikson	EST	4965
3. Ingrid Holzkech	GER	3927
4. Brigitte Schmidt	GER	3556
5. Maria Kern	GER	3466
6. Carole Derrien	GBR	3392
7. Doris Susie Herrera Baham	CHI	3361
8. Agnes Häde	GER	3000
W70		
1. Susanne Wissinger	GER	5181
2. Sigrun Kofink	GER	5087
3. Jutta Schaefer	GER	4794
4. Almut Brömmel	GER	4464
5. Ingrid Junge	GER	4034
6. Valerie Worell	AUS	3934
7. Elisabeth Dwenger	GER	3750
8. Berta Tischlinger	AUT	3719
W75		
1. Marianne Neubert	GER	4535
2. Rachel Hanssens	BEL	4435
3. Justine Schirmer	GER	3941
4. Maria Lidia San Martin	C URU	3338
5. Anna Flaibani	ITA	3018
W80		
1. Nora Kutti	EST	3706
2. Flora Doreen Mcleod-smith	CAN	2948
Heptathlon		
W35		
1. Geraldine Finegan	GBR	4663
2. Dagmar Imme	GER	4637
3. Catherine Goddard	GBR	4158
4. Anke Paul	GER	4157
5. Patricia Nadal Alvarez	ESP	3810
6. Ana Portales Martinez	ESP	3671
7. Kornelia Wrzesniok	GER	3541
8. Brigitte Demeyer	FRA	3396
W40		
1. Barbara Gaebling	GER	5929
2. Wendy Laing	GBR	5649
3. Charmaine Johnson	GBR	5209
4. Sabine De Wachter	BEL	4429
5. Esther Kolbe	SUI	4380
6. Evelyn Heinrich	GER	4218
7. Caren Ware	USA	3786
8. Jana Thierfelder	GER	3728
W45		
1. Marie Kay	AUS	6094
2. Manny Laing	GBR	5686
3. Sigrid Boese	GER	5064
4. Susanne Kjeldgard Hedlage	DEN	4780
5. Sabine Preuss	GER	4736
6. Hazel Barker	GBR	4682
7. Rosanna Rosati	ITA	4546
8. Elke Grahnert	GER	3951
W50		
1. Anja Akkerman	NED	5439
2. Gill Dobson	GBR	4463
3. Anne Wainwright	GBR	4200
4. Eva Stadler	GER	3651
5. Cornelia Pelz	GER	3417

6. Joyceline Pater	BEL	3371
7. Helena Pires De Carvalho	POR	1833
W55		
1. Margarita Dähler - Stett	SUI	5525
2. Phil Raschker	USA	4813
3. Wilma Perkins	AUS	3160
W60		
1. Mari Anne Maier	AUT	5740
2. Jacqueline Wladika	AUT	4083
3. Eleni Gkouzia	GRE	3871
4. Grete-maren Myklestad	NOR	3589
5. Karin Mathes	GER	3143
W65		
1. Erika Sauer	GER	5963
2. Dorothy Mc Lennan	IRL	2713
W70		
1. Gerd Mjelde	NOR	4173
2. Ragnhild Hanstvedt	NOR	3816
3. Christel Donley	USA	3229
W80		
1. Johnnye Valien	USA	5521
Decathlon		
M35		
1. Patrick J.J. Valette	FRA	6788
2. Franz Hofer	GER	5817
3. Aniceto Diaz Rodriguez	ESP	5585
4. Stephan Koenig	GER	4912
5. Michael Edringer	GER	4438
6. Laurent Kovacs	FRA	4216
7. Michal Buzek	CZE	3955
8. Jordi Pierola Laimon	ESP	3799
M40		
1. Kip Janvrin	USA	8618
2. John Hoyt	USA	6929
3. Aivar Koiduste	EST	6369
4. Jose C. Bolopo De Los Moz	ESP	6180
5. Rori Mcwade	ZIM	6080
6. Robert Lawson	USA	5917
7. Wan Bakx	NED	5864
8. Richard John	ZIM	5842
M45		
1. Franck Dupont	FRA	6821
2. Uwe Turk-noack	GER	6820
3. Saulius Svitlanis	LTU	6552
4. Stephan Mathieu	GER	6483
5. Allan Leiper	GBR	6302
6. Patrick Braems	BEL	6066
7. Udo Laub	GER	5983
8. Marc Donnadieu	FRA	5903
M50		
1. Roland Hepperle	GER	7344
2. Steve Kemp	USA	6991
3. Reidar Zapf-gilje	CAN	6727
4. Klaus-peter Neuendorf	GER	6718
5. Vasilis Adreadis	GRE	5797
6. Werner Elstrodt	GER	5620
7. Georgios Sdongos	GRE	5551
8. Christian Wanfermez	FRA	5363
M55		
1. John Hawkins	CAN	7083
2. Stefan Hallgrimsson	ISL	6983
3. Sven Jorgensen	DEN	6431
4. John Charton	GBR	6304
5. Valdis Cela	LAT	6201
6. Bernardino Uribe Santana	CHI	6134
7. Roger Peyskens	BEL	6042
8. Jean Claude Deremy	FRA	5532
M60		
1. Rolf Geese	GER	8440
2. Nikolay Leshchenko	RUS	6191
3. Horst Schaefer	GER	6124
4. Hartmut Pauli	GER	5560
5. Guido Riquelme	CHI	5470
6. Hans-jürgen Kolbow	GER	5323
7. Kjell Jonnum	NOR	5135
8. Jean Claude Chaumont	FRA	5036
M65		
1. Emil Pawlik	USA	7900
2. Willi Klaus	GER	7419
3. Kjartan Solvberg	NOR	6675
4. Rob Mc Gregor	NZL	6424
5. Gerd Zempel	GER	6414
6. Klaus Heidinger	GER	6255
7. Vladimir Lushchikov	RUS	6175
8. Ulrich Wochnowski	GER	5978
M70		
1. Lars Wennblom	SWE	7602
2. Pavel Tosnar	CZE	7356
3. Robert Hewitt	USA	6983
4. Dr. Hikmet Kandeydi	TUR	6871
5. David Burton	GBR	6700
6. Maximiliano Wong Moran	MEX	5761
7. Rolf Merten	GER	5746
8. Manfred Konopka	GER	5615
M75		
1. Zenichi Matsumoto	JPN	4589
2. Norman James Carter	GBR	4126
3. Karl Schumacher	GER	3998
4. Silvano Pierucci	ITA	3332
M80		
1. Pierre Darrot	FRA	6184
2. Karl Porep	GER	6149
3. Frederick Hirsimaki	USA	5912
4. Frederick O' Connor	AUS	5737
5. Walter Reidinger Dr.	AUT	5391
6. Federico Zufiga Lazo	PER	4698
7. Kenji Ishimitsu	JPN	3344
8. Max Mckay	AUS	3280
M85		
1. Daniel Bulkley	USA	4169

5000m Racewalk		
M35		
1. Leonardo Toro Lopez	ESP	22:08.30
2. Antonio Vico Prieto	ESP	29:13.42
3. Emmanuel Tardi	FRA	32:11.74
4. Anatoli A. Pryhtski	BLR	32:11.74
M40		
1. Sergio A. Gutierrez Brene	CRC	21:59.46
2. Juan L. Ramilo Comesaña	ESP	22:07.64
3. Izak Nel	RSA	22:24.43
4. Michael Schneider	GER	22:28.19
5. Christophe Cousin	FRA	22:39.38
6. Ferenc Major	HUN	23:01.94
7. Julio C. De Andres Sanz	ESP	23:17.56
8. Olexandr Zhornyak	UKR	23:33.18
M45		
1. Jean Michel Frixon	FRA	22:52.36
2. Mark Donahoo	AUS	23:15.88
3. Sergey Systerov	RUS	23:39.64
4. Thierry Chartier	FRA	23:43.48
5. Michel Baboin	FRA	25:02.93
6. Luis Abadias Palacin	ESP	25:47.29
7. Jean Lamas	FRA	25:50.65
8. Serge Marvingt	FRA	25:55.68
M50		
1. Fabio Ruzzier	SLO	23:52.40
2. Gerald Dragomir	CAN	24:02.68
3. Fabian Monna	COL	24:09.67
4. David Ciccone	USA	24:16.58
5. Nicholas Silvester	GBR	24:49.06
6. Roberto Cervi	ITA	25:08.27
7. Patrice Brochot	FRA	25:19.70
8. Christian Seguin	FRA	25:21.94
M55		
1. Jose Luis Lopez Camarena	MEX	23:06.02
2. Jean Pierre Saint Martin	FRA	24:20.61
3. Ludwig Nielstelberke Mag	AUT	25:20.88
4. Bernard Binggeli	SUI	25:36.47
5. Jean Pierre Pin	FRA	26:33.56
6. Michel Schneider	SUI	26:45.34
7. Johann Siegle	AUT	27:10.56
8. Luigi Giannuzzi	ITA	27:32.50
M60		
1. Norman Frible	USA	26:17.99
2. Thomas Kok	MAS	26:23.67
3. Anthony King	IRL	26:31.64
4. Vladimir Karlov	RUS	27:14.88
5. Bill Purves	HKG	27:20.34
6. Sergio Garcia Giraldo	COL	28:03.91
7. Constant Briere	FRA	28:06.25
8. Ian Richardson	AUS	28:27.47
M65		
1. Dieter Zschiesche	GER	26:32.10
2. Zigurds Irbe	LAT	26:32.17
3. Paul Ray Johnson	USA	26:32.58
4. Aglya Kuchumov	RUS	26:33.46
5. Ants Palmar	EST	26:37.27
6. Jan Bialous	POL	26:47.98
7. Dario I. Ramirez Castella	COL	26:51.27
8. Murray Dickinson	AUS	27:11.86
M70		
1. Gerhard Weidner	GER	27:51.55
2. John Jack Bray	USA	28:05.45
3. Carlos Olivares Cambra	ESP	30:17.92
4. Santos Uribe Amilibia	ESP	30:23.34
5. Stuart Summerhayes	CAN	31:00.04
6. Mieczyslaw Rutyna	POL	31:24.91
7. Giancarlo Parodi	ITA	32:21.53
8. Carlos Acosta	USA	32:39.25
M75		
1. Douglas Fotheringham	GBR	30:47.25
2. William Moremen	USA	32:54.90
3. Daniel Hildebrand	RSA	32:56.27
4. Mario Del C. Aguayo	Lete CHI	33:52.41
5. Otto Schwab	GER	33:52.47
6. Shinichi Saijo	JPN	33:59.06
7. Yongxiang Li	CHN	35:30.05
8. Ryszard Nawrocki	USA	37:11.57
M80		
1. Len Creo	GBR	34:10.17
2. Gerhard Herbst	GER	34:10.85
3. Don Whyte	AUS	34:25.69
4. Robert Mimm	USA	37:11.40
5. John Levinsohn	USA	42:33.54
6. Adriano Do Rosario Gomes	POR	43:30.71
7. Jussi Karjalainen	FIN	44:59.47
8. Jack Fitzgerald	GBR	45:00.88
M85		
1. Armando Español Dorantes	MEX	38:39.60
2. Troy E. Grove	USA	1:17:02.75
M90		
1. Manuel Gonzalez Muñoz	MEX	1:03:50.46
W35		
1. Ildikó Illyés	HUN	25:10.44
2. Gabriela Winkler	AUT	25:35.47
3. Hanne Liland	NOR	26:40.64
4. Jenny Coromoto Acuña Leal	VEN	27:27.95
5. Marie Jose Alverne	FRA	28:37.66
6. Angeliq Rall	NAM	29:49.69
7. Ana L. Mosqueda Palacios	VEN	30:08.54
8. Julie Bellfield	GBR	30:37.16
W40		
1. Paola Bettucci	ITA	25:32.41
2. Sylvie Chartier	FRA	25:37.14
3. Carmen Garcia Frontons	ESP	25:53.14
4. Corinne Dols	FRA	27:27.87
5. Claudine Houssaye	FRA	28:10.39
6. Natalii Terenteva	RUS	28:28.44
7. Marie Jose Henin	FRA	29:30.93
8. Ana Maria Serra Dopido	ESP	30:14.34
W45		
1. Lynette Ventris	AUS	24:00.68

2. Marie Francoise Picard	FRA	26:24.08
3. Rosa E. Vazquez Garcia	MEX	26:40.64
4. Katharine Cashman	CAN	26:49.08
5. Robin King	AUS	27:11.93
6. Beatriz Robles Valle	MEX	27:27.29
7. Montserrat Sirolla Obre	ESP	28:42.41
8. Veronique Cochereau	FRA	2

W60	1. Heidi Maeder SUI 1:01:41.00	2. Waltraud Seiler GER 1:01:51.00	3. Pirjo Karete FIN 1:03:12.00	4. Jolene Steigerwalt USA 1:04:11.00	5. Ursula Herrendoerfer GER 1:04:55.00	6. Johanna De Petra Rigney ITA 1:05:50.00	7. Hatsue Matsumoto JPN 1:07:54.00	8. Marilyn Chute CAN 1:09:57.00
W65	1. Elton Richardson USA 1:05:51.00	2. Joan Christensen CAN 1:07:27.00	3. Rita Sinkovec USA 1:08:11.00	4. Doris Cassels USA 1:09:21.00	5. Nobuyo Nishimura JPN 1:09:26.00	6. Jeannie Mckeigan CAN 1:09:59.00	7. Gudrun Frey GER 1:10:55.00	8. Rosa Girards GER 1:12:34.00
W70	1. Maureen Spelman GBR 1:07:16.00	2. June-marie Provost CAN 1:09:45.00	3. Ruth Monica Carrier CAN 1:25:01.00	4. Grace Moremen USA 1:25:01.00	5. Juana Ramos Lopez MEX 1:26:44.00			
W75	1. Claire Elkins USA 1:23:52.00	2. Elena Pagu ROM 1:27:53.00	3. Xenia Nicolaev MDA 1:28:01.00	4. Nellija Lapina LAT 1:33:23.00				
W80	1. Miriam Gordon USA 1:18:01.00	2. Mavis Hutchison RSA 1:29:28.00						
W85	1. Maria Ramirez Bautista MEX 1:37:36.00							
20K Racewalk								
M35	1. Bernardo Cartoni ITA 1:41:58.00	2. Denis Franke GER 1:43:24.00	3. Anatoli A. Pryhotski BLR 1:47:33.00	4. Jesus Gonzalez Chabrera ESP 1:51:56.00	5. Emmanuel Tardi FRA 2:23:31.00			
M40	1. Juan L. Ramilo Comesaña ESP 1:35:55.00	2. Sergio A. Gutierrez Brene CRC 1:36:34.00	3. Michael Schneider GER 1:39:44.00	4. Jordi Ballesteros Simon ESP 1:43:08.00	5. Olexandr Zhornyak UKR 1:44:05.00	6. Dick Gnauck GER 1:44:46.00	7. Julio A. Marinas Salvador ESP 1:45:00.00	8. Laurent Ferrachat FRA 1:46:16.00
M45	1. Mark Donahoo AUS 1:42:37.00	2. Adan Mendez Montiel MEX 1:44:22.00	3. Rogiero P. Batista Filipe POR 1:45:25.00	4. Mikhail Kisselev RUS 1:47:25.00	5. Sergey Systerov RUS 1:47:43.00	6. Alberto Medina USA 1:51:46.00	7. Javier Quilez Lazaro ESP 1:52:11.00	8. Luis Abadiaz Palacin ESP 1:52:40.00
M50	1. Fabio Ruzzier SLO 1:41:19.00	2. Ignacio Melo Valls ESP 1:45:58.00	3. Alfons Schwarz GER 1:47:58.00	4. Uriel J. Barrera Villa CHI 1:47:59.00	5. Roberto Cervi ITA 1:49:40.00	6. Nicholas Silvester GBR 1:50:54.00	7. Gerald Dragomir CAN 1:53:02.00	8. David Ciccone USA 1:53:32.00
M55	1. Jean Pierre Saint Martin FRA 1:49:17.00	2. Jose Alfonso Ferreira FRA 1:51:56.00	3. Roby Ponzio SUI 1:52:56.00	4. Ludwig Nielstelberke Mag AUT 1:53:32.00	5. Johann Siegle AUT 1:56:00.00	6. Michel Schneider SUI 1:56:23.00	7. Bernard Binggeli SUI 1:59:42.00	8. Rafael A. Henriquez Salaz CHI 2:02:51.00
M60	1. Norman Frable USA 2:01:07.00	2. Edoardo Sorrenti USA 2:02:03.00	3. Thomas Kok MAS 2:02:06.00	4. Pierre Jacquet FRA 2:04:16.00	5. Bill Purves HKG 2:05:35.00	6. Gary Null USA 2:06:47.00	7. Sergio Garcia Giraldo COL 2:07:16.00	8. Detlef Thrun GER 2:08:14.00
M65	1. Dieter Zschiesche GER 1:54:03.00	2. Dario I. Ramirez Castilla COL 1:56:58.00	3. Aglya Kuchumov RUS 1:59:37.00	4. Edmund Shillabear GBR 2:00:14.00	5. Guilherme Teotonio Jacint POR 2:00:46.00	6. Murray Dickinson AUS 2:01:15.00	7. Zigurds Irbe LAT 2:05:20.00	8. Juris Dadzis LAT 2:06:13.00
M70	1. Gerhard Weidner GER 1:59:24.00	2. John Jack Bray USA 2:09:44.00	3. Mieczyslaw Rutyna POL 2:11:29.00	4. Stuart Summerhayes CAN 2:13:55.00	5. Santos Uribe Amilibia ESP 2:13:57.00	6. Carlos Olivares Cambra ESP 2:16:36.00	7. Carlos Acosta USA 2:17:22.00	8. John.e.w Payn GBR 2:22:12.00
M75	1. Douglas Fotheringham GBR 2:17:37.00	2. Daniel Hildebrand RSA 2:23:55.00	3. Otto Schwab GER 2:25:59.00	4. William Moremen USA 2:26:24.00	5. Mario Del C. Aguayo Lete CHI 2:28:01.00	6. Gregorio Angulo Rivera PUR 2:33:44.00	7. Ryszard Nawrocki USA 2:40:20.00	

M80	1. Shinichi Saijo JPN 2:56:32.00							
M85	1. Len Creo GBR 2:34:11.00	2. Don Whyte AUS 2:35:14.00	3. Robert Mimm USA 2:52:21.00					
8K X-C								
M35	1. Antonio Da Costa Resende POR 26:03.00	2. Nestor Quintulen ARG 26:53.00	3. Cecilio Javier Pardo Tapi ESP 26:59.00	4. Eoin Brady IRL 27:19.00	5. Donovan Wright RSA 28:23.00	6. Steffen Meyer GER 28:41.00	7. Pietro Bogazzi ITA 29:16.00	8. Francisco J. Beneyto Abad ESP 29:22.00
M40	1. Jose R. Torres Peanilla ESP 25:21.00	2. David Taylor GBR 25:44.00	3. Vitor Cordeiro POR 26:45.00	4. Jesus Alonso Prieto ESP 26:47.00	5. Greg Hull GBR 26:50.00	6. Daniel Moore GBR 26:52.00	7. Jose Ramon Jami Jami ECU 26:53.00	8. Miguel Angel Encina Jimen ESP 27:17.00
M45	1. Jesus De Grado De Grado ESP 26:10.00	2. Johann Hopfner GER 26:13.00	3. Benigno Fernandez ESP 26:29.00	4. Alexei Ioudine RUS 26:45.00	5. Joaquin Exposito Martinez ESP 27:04.00	6. Juan Mari Garin Ibarbia ESP 27:12.00	7. Santiago Sanchez Muñoz ESP 27:50.00	8. Jose Eduardo P. Costa POR 27:55.00
M50	1. Nigel Gates GBR 27:19.00	2. Kenneth Leinbach USA 27:32.00	3. Jose Ramirez COL 27:52.00	4. Sean Rice RSA 28:10.00	5. Fernando Diaz Perez ESP 28:15.00	6. Ivan Golob SLO 28:17.00	7. Gerard Tortajada Bosque ESP 28:22.00	8. Nikolay Pushilin RUS 28:29.00
M55	1. Patrick O'Shea IRL 28:47.00	2. Alexei Gavrilov RUS 28:48.00	3. Valeriy Aristov RUS 29:00.00	4. Alexander Tsukanov RUS 29:12.00	5. Franz Herzog GER 29:13.00	6. Omer Van Noten BEL 29:27.00	7. Rudolf Pletzer GER 29:32.00	8. Milan Kotnik SLO 29:36.00
M60	1. Albert Anderegg SUI 29:21.00	2. Emilio De La Camara Peron ESP 29:28.00	3. Max Kevin Dravitzki NZL 29:50.00	4. Fernando Fernandez Gaitan ESP 29:56.00	5. Alan Galbraith NZL 29:59.00	6. Edmund Schlenker GER 30:38.00	7. Jim Langford AUS 30:49.00	8. Milan Arroyo Ceron MEX 31:12.00
M65	1. Anatoliy Prisyazhnyuk UKR 32:08.00	2. Stephen James GBR 32:25.00	3. Henry Sandkulla FIN 32:30.00	4. Armando Aldegalega POR 32:37.00	5. Kaspar Scheiber SUI 32:49.00	6. Jose Antonio Saiz Perez ESP 33:32.00	7. Einari Vainikka FIN 33:41.00	8. Yury Savenkov RUS 33:50.00
M70	1. Manuel Rosales Touza ESP 33:10.00	2. Kunio Ichikawa JPN 34:45.00	3. Enrique Moreno Martinez ESP 35:17.00	4. Ivan Osipov RUS 35:25.00	5. Gury Sitskiy RUS 36:20.00	6. Francisco Vicente POR 36:32.00	7. Rudolf Friedbacher AUT 36:45.00	8. Ari Valdemarsson NOR 36:49.00
M75	1. Akhmet Siraziev RUS 35:39.00	2. Derek Howarth GBR 37:12.00	3. Ricardo Bueno Cofiño ESP 38:18.00	4. Karel Matzner CZE 42:16.00	5. Nikolay Borzykh RUS 42:31.00	6. Stanley Gawler NZL 42:38.00	7. Hector Mein NZL 43:22.00	8. Otto Schwab GER 45:22.00
M80	1. John Keston USA 40:53.00	2. Walter Sauerwein GER 45:00.00	3. Antonio Tajada Vergara MEX 45:30.00	4. James Caddy GBR 46:01.00	5. Herbert Buchwald GER 47:22.00	6. Juvenal Perez ARG 52:53.00	7. Olli Kivioja FIN 54:24.00	8. Nick Corish IRL 57:10.00
M85	1. Emiel Pauwels BEL 54:35.00	2. Etrain Wachs ARG 1:22:29.00						
M90	1. Albert Olbrechts GER 1:08:58.00							
W35	1. Nathalie Loubelle BEL 30:03.00	2. Nieves Zarza Martinez ESP 30:32.00	3. Loretta Pagliacci ITA 30:36.00	4. Teresa Nunes POR 30:37.00	5. Nicola Nealon GBR 31:01.00	6. Anja Falkenberg GER 32:34.00	7. Alicia Olazabal Donato ESP 32:48.00	8. Susana Muñoz Quezada CHI 32:57.00
W40	1. Corine Debaets BEL 30:04.00							

2. Ludmila Shevyakova RUS 30:24.00	3. Isabelle Dassonville FRA 31:05.00	4. Sharon Coyne GBR 31:09.00	5. Soledad Castro Soliño ESP 31:22.00	6. Vitorina Mourato POR 32:26.00	7. Rosa Talavera Garcia ESP 32:39.00	8. Jane Pidgeon GBR 32:50.00		
W45	1. Carmen Ayala-troncoco USA 30:26.00	2. Carmen Aacho Bustamante ESP 30:51.00	3. Martha Orduña COL 33:35.00	4. Loretta Rubini ITA 33:45.00	5. Marlis Poenicke GER 33:55.00	6. Charmaine Cupido RSA 34:24.00	7. Lourdes Alonso Rosas ESP 35:17.00	8. Elisabeth Henn GER 35:48.00
W50	1. Helena Rantakari FIN 33:32.00	2. Bronwen Cardy AUS 34:03.00	3. Anna Magrethe Trave NOR 34:18.00	4. Petra Schultz GER 34:51.00	5. Paula Schoeffmann GER 35:34.00	6. Laila Ceika LAT 35:56.00	7. Jozica Siftar SLO 36:24.00	8. Octavie Hendricks BEL 36:33.00
W55	1. Marianne Sprong GER 34:55.00	2. Els Raap NED 35:16.00	3. Ros Tabor GBR 35:49.00	4. Aliya Semenova RUS 36:34.00	5. Linda Findley CAN 37:13.00	6. Susanne Waru NZL 37:45.00	7. Brigitte Schwendemann GER 38:43.00	8. Yoko Eichel USA 38:50.00
W60	1. Camila Bravo Fuente ESP 36:47.00	2. Marisa Da Silva Cruz BRA 37:54.00	3. Pauline Rich GBR 38:31.00	4. Anita Schneider GER 39:11.00	5. Heidelore Bensch GER 40:08.00	6. Gloria Guerrero Gonzalez ESP 40:35.00	7. Miloslava Rocnakova CZE 41:09.00	8. Christiane Schieferdecker GER 41:43.00
W65	1. Joaquina Flores POR 38:48.00	2. Waltraud Bayer GER 40:04.00	3. Pamela Jones GBR 40:58.00	4. Eila Mansfield GBR 44:14.00	5. Martha J. Mendiburo Areva MEX 44:36.00	6. Joan Christensen CAN 44:53.00	7. Eilfriede Willerts GER 45:26.00	8. Jan Fleming NZL 46:21.00
W70	1. Zhenlun Tian CHN 42:00.00	2. Defeng Wang CHN 42:33.00	3. Margarida Hochstatter BRA 44:43.00	4. Helena Cornelia Visser CAN 44:56.00	5. Rosa M* Tena Reales ESP 45:16.00	6. Velta Vitola LAT 46:01.00	7. Mary Harada USA 46:10.00	8. Yinfeng Lu CHN 46:19.00
W75	1. Nancy A. Smalley USA 1:00:02.00	2. Shirley Brasher AUS 1:03:21.00	3. Maria Alves BRA 1:09:00.00	4. Lydia Frei SUI 1:13:46.00	5. Ruth Anderson USA 1:17:24.00			
W80	1. Nina Naumenko RUS 50:43.00							
Marathon								
M35	1. Sabino Aranaga Aldanondo ESP 2:34:23.00	2. Donovan Wright RSA 2:35:43.00	3. Jose Angel Iglesias Bucet ESP 2:47:35.00	4. Luis M. Urizar Otamendi ESP 2:49:55.00	5. Alberto Manzaneras Elias ESP 2:56:08.00	6. Juan Mari Ruiz Alberca ESP 2:58:34.00	7. Iñigo Lazcano Ule ESP 2:59:39.00	8. Jesus De Leon Villalba ESP 3:01:14.00
M40	1. Juan Vazquez Sanchez ESP 2:29:43.00	2. Antonio Miranda Ordoñez ESP 2:35:44.00	3. Jacinto Anton Rodrigo ESP 2:35:55.00	4. Abelardo Martínez Sanchez ESP 2:37:00.00	5. Rolf Schwabe GER 2:39:18.00	6. Ricardo Veleda Prieto ESP 2:41:11.00	7. Jose Angel Bravo Garcia ESP 2:41:30.00	8. Juan A. Legorburu Aranbur ESP 2:42:14.00
M45	1. Gerardo Gomez Sanz ESP 2:35:21.00	2. Federico Nogara ITA 2:37:38.00	3. Alexei Ioudine RUS 2:40:47.00	4. Alvaro Diez Gutierrez ESP 2:44:09.00	5. Manuel Delgado Criado ESP 2:45:19.00	6. philippe Vaxelaire FRA 2:47:18.00	7. Jesus M. Salazar Ayestara ESP 2:47:53.00	8. Alfred Rimensberger SUI 2:50:12.00
M50	1. Yoshio Tani JPN 2:40:59.00	2. Mario Aguilera ARG 2:42:13.00	3. Ivan Golob SLO 2:43:38.00	4. Santiago Fuertes Ferreras ESP 2:48:07.00	5. Tapio Tikkanen FIN 2:50:53.00	6. Juan C. Gonzalez Molina ESP 2:54:05.00	7. Jesus M. Lazaro Gallardo ESP 2:54:45.00	8. Vladimir Nagowizyn GER 2:54:56.00
M55	1. Günter Koch GER 2:47:15.00	2. Wolfgang Ahrens GER 2:50:15.00	3. Luis Galiano Bernabe ESP 2:52:53.00	4. Felix Hernando Nieto ESP 2:53:15.00	5. Alberto Perez Alvarez ESP 2:59:25.00			

6. Michael Spragg GBR 3:00:48.00	7. Vicente Fajardo Cansino ESP 3:01:06.00	8. Jose L. Merodio Vazquez ESP 3:10:05.00						
M60	1. Max Kevin Dravitzki NZL 2:54:34.00	2. Gregorio Ascacibar Soría ESP 3:02:09.00	3. Michele Bassi ITA 3:06:06.00	4. Jose Molero Membrilla ESP 3:15:40.00	5. Vladimir Malych RUS 3:18:58.00	6. Ravil Migranov RUS 3:21:40.00	7. Manuel Alfredo Ribeiro POR 3:26:46.00	8. Markku Tunturi FIN 3:31:26.00
M65	1. Hernan Barreneche Rios COL 2:58:19.00	2. Anatoliy Prisyazhnyuk UKR 2:59:49.00	3. Friedrich Holst GER 3:13:14.00	4. Arsenio Gomez Alcalá ESP 3:14:18.00	5. Evgeny Zhukov RUS 3:15:06.00	6. Jose Antonio Saiz Perez ESP 3:19:28.00	7. Kurt Plessner GER 3:20:03.00	8. Vladimir Nadbakh-kiedesa RUS 3:22:09.00
M70	1. Luciano Acquarone ITA 3:19:27.00	2. Manuel Rosales Touza ESP 3:24:25.00	3. Ivan Osipov RUS 4:00:01.00	4. Ernest Compte Guma ESP 4:10:01.00	5. Ricardo Fidel ARG 4:18:04.00	6. Waldomiro Minihoni BRA 4:19:06.00	7. Valder Jusilo EST 4:21:43.00	8. Paolo Coen ITA 4:22:26.00
M75	1. Manfred Tjaben GER 4:07:50.00	2. Arturo Rivas Martinez ESP 4:32:27.00	3. Ildelfonso Leon Ortega ESP 5:28:56.00	4. Erhard Zippies GER 5:40:42.00	5. Bruce Campbell AUS 6:04:08.00			
M80	1. Olli Kivioja FIN 5:25:51.00							
W35	1. Leire Elosegui Insausti ESP 2:58:21.00	2. Ana Alutiz Hernandez ESP 3:04:50.00	3. Maria J. Trenado Del Cast ESP 3:07:40.00	4. Isabel Dumall Puertolas ESP 3:17:53.00	5. Esther Yago Villalba ESP 3:19:36.00	6. Aleida Zarraga Zarraga VEN 3:27:54.00	7. Francisca Lombardo Orihue ESP 3:35:53.00	8. Teresa Corral Marcos ESP 3:40:47.00
W40	1. Maxine McKinnon GBR 2:57:15.00	2. Anneli Sodergard SWE 3:13:31.00	3. Piedad Rodriguez Arranz ESP 3:13:47.00	4. Eva Maria Esnaola Agesta ESP 3:17:05.00	5. Joelle Conan FRA 3:22:14.00	6. M. Dolores Benitez Caball ESP 3:35:35.00	7. Anna King IRL 3:38:36.00	8. Rosana Navarro Rivas ESP 3:38:42.00
W45	1. Julia Gadea Sebastia ESP 3:07:05.00	2. Angelika Hofmann GER 3:18:19.00	3. Mari Carmen Iriarte Romo ESP 3:28:37.00	4. M* Gonzalez Campo ESP 3:30:02.00	5. Sylvia Travaglione USA 3:37:22.00	6. Irma Garcia De Calderon MEX 3:43:37.00	7. Fatima Gonzalez Corujo ESP 3:46:37.00	8. Carmen Perez Gudín ESP 3:47:55.00
W50	1. Luisa Ines Rivas Diaz CHI 3:10:22.00	2. Nadia Dal Ben ITA 3:12:25.00	3. Laila Ceika LAT 3:27:41.00	4. Jozica Siftar SLO 3:39:08.00	5. Sara I. Gutierrez Jara COL 3:46:03.00	6. Milagros Diez Paunero ESP 4:04:24.00	7. Aurora Alvarez Ordas ESP 4:19:51.00	8. Curmen Camacho Cortes PUR 4:22:11.00
W55	1. Karin Risch GER 3:18:53.00	2. Ingrid Koal GER 3:25:28.00	3. Vera Nystad NOR 3:41:03.00	4. Rosario Gesto Gonzalez ESP 3:41:11.00	5. Fernanda Oiarra Unsain ESP 3:52:50.00	6. Eilfriede Pawlikowski GER 3:53:32.00	7. Mirtha Vallejos ARG 3:54:07.00	8. Monique Bauters BEL 4:03:15.00
W60	1. Jennifer Allebone RSA 3:30:38.00	2. Hilda Steinke GER 3:39:51.00	3. Satsuko Suzuki JPN 3:52:31.00	4. Patricia Kingsep CAN 4:03:17.00	5. Johanna De Petra Rigney ITA 4:17:37.00	6. Marta Sarco ARG 4:36:52.00	7. Bärbel Kullmann GER 4:39:10.00	8. Helga Rother GER 4:40:33.00
W65	1. Renate Hofmann GER 4:10:33.00	2. Eila Mansfield GBR 4:15:40.00	3. Eilfriede Willerts GER 4:26:17.00	4. Edilia Camargo PAN 5:49:03.00	5. Janina Rosinska POL 6:16:20.00			
W70	1. Mitico Nakatani BRA 4:57:55.00	2. Erika Krüger GER 4:59:44.00	3. Albertina Zufiga Catalan CHI 5:11:38.00	4. Kazimira Luznik SLO 5:17:35.00				

NMN
www.nationalmastersnews.com

TRACK & FIELD RESULTS

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

NATIONAL

National Master's Weight Pentathlon, Maverick Stadium, Arlington, Texas; Aug. 13

Main table for National Master's Weight Pentathlon, Aug. 13. Columns: Points, HT, SP, DT, JT, WT. Rows include M40, M42, M44, M41, M47, M48, M47, M47, M50, M53, M51, M50.

Main table for National Master's Weight Pentathlon, Aug. 13. Columns: Points, HT, SP, DT, JT, WT. Rows include M52, M50, M55, M57, M59, M57, M56, M60, M62, M62, M63, M63, M65, M69, M66, M66.

Table for National Master's Weight & Superweight Championships, Seattle, WA; Sept. Columns: Name, Unattached status, Age-Graded Mark, Age-Graded Percent. Rows include DNF Chuck Polizzi, DNF Dick Hotchkiss, M70, M72, M73, M73, M74, M76, M76, M76, M75, M78, M75, M79, M79, M76, M75, M75, M75, M75, M75, M75.

Table with columns: Points, HT, SP, DT, JT, WT. Lists athletes like DNF Chuck Polizzi, DNF Dick Hotchkiss, M70 Bob Ward, etc. with their respective scores.

Table with columns: Points, HT, SP, DT, JT, WT. Lists athletes like M85 Hugh Hackett, M45 Oneitha Lewis, W45 Carol Finsrud, etc. with their respective scores.

USA National Masters Weight & Superweight Championships Seattle, WA; Sept. 10. Lists athletes and their scores for various weight classes.

Weight Throw. Lists athletes like Ray Burton, Jeff Crothers, etc. with their scores.

Superweight. Lists athletes like M45 Ray Burton, M50 Richard Watson, etc. with their scores.

EAST PVTc All-Comers Meet McLean, VA; July 9

100m. Lists athletes like M30 Adam Alderton, M35 Marddy Humphrey, etc. with their scores.

Mile. Lists athletes like M35 D. MacIntyre, M40 Alan Thatcher, etc. with their scores.

300mH. Lists athletes like M50 Erik Green, M65 Bob Paulen, etc. with their scores.

Table with 2 columns: Name and Time. Includes events like Hammer, Javelin, Weight Throw, 3000m Racewalk, and Mile Racewalk.

Philadelphia Masters Meet, Plymouth Meeting PA; July 12

Table with 2 columns: Name and Time. Lists various track and field events and participants.

800m

Table with 2 columns: Name and Time. Lists participants and times for the 800m event.

3000m

Table with 2 columns: Name and Time. Lists participants and times for the 3000m event.

Table with 2 columns: Name and Time. Includes events like High Jump, Pole Vault, Shot Put, Discus, and Javelin.

Summer Series #3 Mitchel Park, Long Island NY; July 21

Table with 2 columns: Name and Time. Lists participants and times for the Summer Series #3 meet.

PVTC All-Comers Meet McLean, VA; July 23

Table with 2 columns: Name and Time. Lists participants and times for the PVTC All-Comers Meet.

PVTC All-Comers Meet McLean, VA; Aug. 6

Table with 2 columns: Name and Time. Lists participants and times for the PVTC All-Comers Meet.

Table with 2 columns: Name and Time. Includes events like High Jump, Shot Put, Hammer, and Mile Racewalk.

Summer Series #4 Central Moriches HS Long Island, NY Aug. 4

Table with 2 columns: Name and Time. Lists participants and times for the Summer Series #4 meet.

PVTC All-Comers Meet McLean, VA; Aug. 6

Table with 2 columns: Name and Time. Lists participants and times for the PVTC All-Comers Meet.

PVTC All-Comers Meet McLean, VA; Aug. 6

Table with 2 columns: Name and Time. Lists participants and times for the PVTC All-Comers Meet.

Table with 2 columns: Name and Time. Includes events like High Jump, Shot Put, Hammer, and Mile Racewalk.

Summer Series #5 Sagem North HS, Long Island, NY; Aug. 11

Table with 2 columns: Name and Time. Lists participants and times for the Summer Series #5 meet.

Summer Series #5 Sagem North HS, Long Island, NY; Aug. 11

Table with 2 columns: Name and Time. Lists participants and times for the Summer Series #5 meet.

PVTC All-Comers Meet McLean, VA; Aug. 20

Table with 2 columns: Name and Time. Lists participants and times for the PVTC All-Comers Meet.

Table with 2 columns: Name and Time. Includes events like High Jump, Shot Put, Hammer, and Mile Racewalk.

Summer Series #5 Sagem North HS, Long Island, NY; Aug. 11

Table with 2 columns: Name and Time. Lists participants and times for the Summer Series #5 meet.

Summer Series #5 Sagem North HS, Long Island, NY; Aug. 11

Table with 2 columns: Name and Time. Lists participants and times for the Summer Series #5 meet.

PVTC All-Comers Meet McLean, VA; Aug. 20

Table with 2 columns: Name and Time. Lists participants and times for the PVTC All-Comers Meet.

Table with 2 columns: Name and Time. Includes events like High Jump, Shot Put, Hammer, and Mile Racewalk.

Summer Series #5 Sagem North HS, Long Island, NY; Aug. 11

Table with 2 columns: Name and Time. Lists participants and times for the Summer Series #5 meet.

Summer Series #5 Sagem North HS, Long Island, NY; Aug. 11

Table with 2 columns: Name and Time. Lists participants and times for the Summer Series #5 meet.

PVTC All-Comers Meet McLean, VA; Aug. 20

Table with 2 columns: Name and Time. Lists participants and times for the PVTC All-Comers Meet.

Table with 2 columns: Name and Time. Includes events like High Jump, Shot Put, Hammer, and Mile Racewalk.

Summer Series #5 Sagem North HS, Long Island, NY; Aug. 11

Table with 2 columns: Name and Time. Lists participants and times for the Summer Series #5 meet.

Summer Series #5 Sagem North HS, Long Island, NY; Aug. 11

Table with 2 columns: Name and Time. Lists participants and times for the Summer Series #5 meet.

PVTC All-Comers Meet McLean, VA; Aug. 20

Table with 2 columns: Name and Time. Lists participants and times for the PVTC All-Comers Meet.

*Meet Record 100m M30 Chris Davis 11.61

Table of track and field results for various events including High Jump, Long Jump, Shot Put, and Javelin, listing athletes like Bob Paulen, James Barr, and James O'Malley with their respective times and distances.

Table of track and field results for events such as Weight Throw, Shot Put (16#), Shot Put (6k), Shot Put (5k), Hammer (6k), and Hammer (5k), featuring athletes like Jim Sedlacko, Warren Taylor, and Steve Grabosky.

Table of track and field results for events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, and 10,000m Racewalk, listing athletes like Don Filkins, M50 John Piggott, and M60 Carl Wallin.

Table of track and field results for events such as Shot Put, Hammer, Weight Throw, and Javelin, listing athletes like M45 Wyatt Cutchins, M40 John Piggott, and M50 Steve Chantry.

Table of track and field results for events including High Jump, Long Jump, Shot Put, Javelin, Discus, and Shot Put, listing athletes like M75 Ed Failor, M45 Pat Nicholson, and M40 Todd Davis.

Table of track and field results for events such as 5000m RW, 1500m RW, 50m, and 100m, listing athletes like M55 Robert Shires, M60 William Graham, and M30 Tom Green.

Table of track and field results for events including Shot Put (16#), Shot Put (6k), Shot Put (5k), Hammer (6k), and Hammer (5k), listing athletes like M50 Don Filkins and M60 Bob Mead.

Table of track and field results for events such as Shot Put (16#), Shot Put (6k), Shot Put (5k), Hammer (6k), and Hammer (5k), listing athletes like M50 Don Filkins and M60 Bob Mead.

Table of track and field results for events including Walsingham Meet #1, Walsingham Meet #2, and 100m, listing athletes like M40 Bob Hinkle and M50 Steve Chantry.

Table of track and field results for events such as Shot Put, Hammer, Weight Throw, and Javelin, listing athletes like M45 Pat Nicholson and M40 John Piggott.

Table of track and field results for events including High Jump, Long Jump, Shot Put, Javelin, Discus, and Shot Put, listing athletes like M75 Ed Failor and M45 Pat Nicholson.

Table of track and field results for events such as 5000m RW, 1500m RW, 50m, and 100m, listing athletes like M55 Robert Shires and M60 William Graham.

MID-AMERICA

Blair Meet Blair, NE; July 31

Table of track and field results for the Blair Meet, listing athletes like M30 Henry Johnson and M50 Scott Marshall.

SOUTHEAST

Walsingham Meet #1 Williamsburg, VA; July 7

Table of track and field results for the Walsingham Meet #1, listing athletes like M40 Bob Hinkle and M50 Steve Chantry.

Walsingham Meet #2 Williamsburg, VA; July 21

Table of track and field results for the Walsingham Meet #2, listing athletes like M45 Steve Coenen and M50 Bob Cedrone.

Rocky Mountain Masters Games, Fort Collins, CO Sept. 3-4

Table of track and field results for the Rocky Mountain Masters Games, listing athletes like M30 George Nichols and M35 Robert Whitaker.

Table of race results for Northwest section, including names like Tim Kellogg, M50 Ric Rojas, and various distances such as 6:44.45, 5:23.43, etc.

Table of race results for Northwest section, including names like (Fonseca/7.59/2004), W45 Vicki Check, and various distances such as 7.15, 8.11, etc.

Table of race results for Northwest section, including names like M45 Scott Copeland, M50 Carl Cody, and various distances such as 5.28, 4.77, etc.

Table of race results for Northwest section, including names like M65 Darrel Short, M80 George Butchko, and various distances such as 15.59, 19.90, etc.

Table of race results for Northwest section, including names like M40 Jim Bogus, M50 Stacey Price, and various distances such as 10:05.9, 14.99, etc.

Table of race results for Northwest section, including names like M30 Gene Bridgewater, M35 Jeff Culligan, and various distances such as 3.81, 3.96, etc.

Table of race results for Rocky Mountain Masters Games Weight Pentathlon, including names like M55 Bob Maltby, M60 Ian Percy, and various distances such as 25.52 / 10.47, etc.

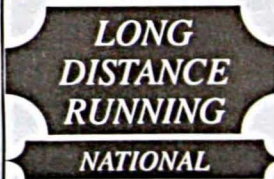
Table of race results for Rocky Mountain Masters Games Weight Pentathlon, including names like M45 Scott Copeland, M50 David Ortman, and various distances such as 24.00, 25.03, etc.

Table of race results for Rocky Mountain Masters Games Weight Pentathlon, including names like M45 Scott Copeland, M50 David Ortman, and various distances such as 24.00, 25.03, etc.

Table of race results for Rocky Mountain Masters Games Weight Pentathlon, including names like M45 Scott Copeland, M50 David Ortman, and various distances such as 24.00, 25.03, etc.

Table of race results for Rocky Mountain Masters Games Weight Pentathlon, including names like M45 Scott Copeland, M50 David Ortman, and various distances such as 24.00, 25.03, etc.

Table of race results for Seattle Masters AC Ultra Weight Classic, including names like M40-49, M45-49, and various distances such as 2418, 1769, etc.



U.S. 100M Championships Sylvania, OH; Sept. 11-12 (1.1 mile loop course)

Table of race results for U.S. 100M Championships, including names like Steve Peterson, Rebecca Johnson, and various times such as 14:28:37, 15:41:50, etc.

Table of race results for Overall section, including names like Chris Barnard, Victoria McParland, and various names and times.

Falmouth Road Falmouth, MA

Table of race results for Overall section, including names like Gilbert Okari, Lornah Kiplagat, and various names and times.

Overall

Table of race results for Overall section, including names like Steve Boyd, Dennis Simon, Salvatore Bett, and various names and times.

EAST

Take Back the Night 5K
Olney, MD; Aug. 2

Overall

Chris Barnard	17:04
Victoria McParland	19:15
M40 Ted Poulos	18:55
M45 Joe Abernathy	17:33
M50 Ken Umbarger	19:33
M55 William Scott	21:57
M60 David Johnson	22:26
M65 Bill Sollers	25:44
M70 Jack McMahon	27:53
M75 Philip Zenchoff	37:44
M85 Alvin Guttag	57:28
W40 Anchor Leslie	23:02
W45 Judy Goffi	29:48
W50 Maria Dummann	36:19
W60 Dee Nelson	25:09
W65 Lois Dicker	35:50

Falmouth Road Race 7M
Falmouth, MA; Aug. 7

Overall

Gilbert Okari	31:59
Lornah Kiplagat	36:09
M40 Mbarak Hussein	33:22
Steve Boyd	35:12
Dennis Simonaitis	35:20
Salvatore Bettiol	36:40
Jason Cakouros	37:11
Wayne Levy	37:45
O Gonzalez Barreto	38:36
Kenneth Gartner	39:45
M50 Gary Romesser	38:38
Glenn Diamond	44:01
Kevin Coen	44:02
Larry Poirier	44:02
Mark Uliasz	45:12
Paul Moysse	45:55
Felismino Almeida	46:25
Joseph Dunn	46:33
M60 Richard Connor	52:48
Richard Molloy	53:22
Arthur Baggeor	54:32
D Cowperthwaite	55:33
Alex Whiteside	56:31
Joe Noonan	56:41
William McLeod	57:09
Brian Shacter	57:54
M65 William Riley	47:14
Richie Williams	58:15
Bill Masterson	59:23
Richard Hill	59:31
Richard Paglia	59:45
Robert Gusmini	1:00:41
Chet Coates	1:02:52
James Falzone	1:04:11
M70 Don Murray	1:01:36
James Hines	1:04:06
Walter Mularz	1:04:34
Eric Seiff	1:06:39
John Cioffi	1:10:35
Patrick Brennan	1:14:09
Arthur Valley Sr.	1:14:43
James Brady	1:16:15
M75 Paul Woodberry	1:16:33
Robert Riley	1:33:05
Harry Pars	1:50:44
M80 Sab Koide	1:16:49
W40 Colleen De Reuck	37:50
Joan Samuelson	40:54
Mimi Fallon	42:03
Tatiana Titova	43:46
Sarah Nixon	45:09
Stephanie Hodge	46:48
Lynne Schuler	47:54
Lisa Daly	48:57
W50 T Pozdnyakova	40:10
Marge Bellisle	46:03
Sharon Vos	47:03
M Pendergast	52:52
Deirdre Bird	53:27
Mary Douvadjian	53:44
Susie Manning	54:22
Rita Patterson	56:00
W60 Christine Tattersall	59:22
G Papavasiliou	1:02:42
Arlene Zengo	1:03:38
Linda Mullin	1:05:47
Agnes Howell	1:06:04
Phyllis Depaolo	1:08:06
Mary Scherr	1:08:32
Jennie Fierstein	1:08:34
W65 Nancy Clifford	1:07:24
Elizabeth Davis	1:09:30
Madeleine Marken	1:09:35
Linda Dalton	1:10:20
Doris Darling	1:10:26
Helen Barnes	1:11:03
Judy Savitt	1:13:14
Sonya Driscoll	1:20:03
W70 Doris Beatty	1:21:58
Janet Newell	1:32:53
Lucy Duffy	1:36:31
Nancy Wilson	1:48:40
W75 Susan Wilson	1:23:37

Joyce Supple	1:37:00
Shirley Simmers	1:42:40
W80 Dottie Gray	1:44:00
Louise Rossetti	1:55:23

Lynbrook 5K
Bethesda, MD; Aug. 14

Overall

Joe Racine	27	17:03
Toni Marie Diegoli	26	20:42
M40 Ted Poulos	17:55	
M45 Paul Rapavi	20:06	
M50 Paul Ryan	20:18	
M55 Jay Wind	21:38	
M60 John Haubert	22:20	
M65 Roland Elliott	31:22	
M70 Robert Gurtler	30:38	
M85 Alvin Guttag	1:24:22	
W40 Linda Powell	31:58	
W45 Sharyn Gordon	38:11	
W50 Susan Aaronson	25:19	
W55 Leslie Stanfield	28:04	
W60 Jeanette Novak	39:11	
W65 Tami Graf	32:48	

Sprint for the Arts 5K
Roslyn Harbor, NY
Aug. 15

Overall

Thomas Heinz	32	17:07
Katie Ddicamillo	18	17:36
M35 Pat McCloskey	18:15	
M40 Daniel Himmel	18:47	
Wayne Unholzer	19:07	
Wm Laderer	19:31	
M45 David Miles	18:27	
Paul Bonanni	19:31	
Howard Kaufman	19:48	
M50 John Delmaestro	17:35	
Gary Klein	19:12	
Frank Notarstefano	20:03	
M55 Joseph Salow	23:45	
Wm Halperin	24:45	
Joseph Mitola	25:07	
M60 Doug Escher	20:09	
Dan Badalament	22:04	
M65 Mel Cowgill	22:18	
Joe Gallagher	27:00	
M70 Geza Feld	25:44	
Harry Irwin	26:11	
M75 Bert Jablon	28:36	
M80+George Dennis	81	38:00
Bill Benson	86	40:01
W35 K Callahan-Fodor	19:13	
W40 Michelle Labiento	20:16	
Susan Murray	20:18	
Carolyn Dornstaude	21:33	
W45 Lisa Bergtraum	22:25	
Evelyn Kenigsberg	23:23	
Eve Nebenhaus	23:56	
W50 Kathy Martin	18:25	
Linda Ottaviano	23:05	
W55 Eileen Hession	25:18	
Sherry Bellonin	29:01	
W60 Madeline Nintz	30:31	
Joan Ackerman	32:32	

Women Running Wild 5K
Osterville, MA, Aug. 28

Overall

Claudia Camargo	W30	17:32
W35 Amy Hotchkiss	21:52	
W40 Sarah Nixon	18:54	
Julie Moore	20:17	
Kristin Porell	21:01	
W45 Susan Lowry	21:44	
Claire McManus	21:50	
Kathleen Thomas	22:29	
W50 Mary Peabody	21:22	
Theresa McKee	22:52	
Janet Kelly	23:47	
W60 Martha Edwards	27:59	
Nancy Clifford	28:04	
Clare Lund	29:35	
W70+Patricia Burke	37:07	
Lucy Duffy	37:27	
Nancy Wilson	41:56	

NYRR Half-Marathon
Grand Prix: Manhattan
Central Park, NYC
Aug. 28

Overall

Abraham Assafa	33	1:06:41
Leteyesus Berhe	27	1:19:32
M40 Antonio Martinez	1:17:58	
M45 Wierslaw Perszke	1:13:42	
M50 Jose Santiago	1:21:56	
M55 Inkul Yoo	1:27:33	
M60 John Samsel	1:30:59	
M65 Jose Mendez	1:49:00	
M70 Alfred Finger	1:44:51	
M75 George Marr	2:23:47	
M80 Sab Koide	2:30:53	
W40 Corinna Cortes	1:34:35	
W45 Beth Moras	1:34:13	
W50 Sharon Vos	1:29:22	
W55 Diane Burnett	1:59:00	
W60 Marylyn Patrick	1:48:26	

W65 Phyllis Roth	2:31:20
W70 Joy Rose	2:28:18
W75 Bertha McGruder	2:55:38

NYRR Henry Isola Cross-Country Classic 4-Miles
Van Cortlandt Park, Bronx
NYC; Sept. 4

Overall

John Henwood	33	20:03
Kate Irvin	26	25:07
M40 Jose Tacuri	25:09	
M45 Jerry Macari	23:37	
M50 John Lombardi	26:55	
M55 Julio Aguirre	26:36	
M60 Dennis Brewer	29:20	
M65 Egidio Bernardo	33:16	
M70 Eric Seiff	34:56	
W40 Shrlia Qiu	35:12	
W45 Betty Clark	31:46	
W50 Joan Baldassarri	30:53	
W55 Cathy Stewart	43:55	
W65 Edith Jones	39:02	

43rd Annual Labor Day 5M
Bangor, ME; Sept. 5

Overall

Judson Cake	28	25:30
Cassie Hintz	17	29:36
M35 Peter Keeney	30:26	
M40 Glendon Rand	29:45	
Chris Jones	30:09	
Peter Cannon	32:06	
M45 Brian Hubbell	30:40	
Larry Deaus	31:44	
Bob Snow	32:54	
M50 Austin Townsend Jr.	31:17	
David Jeffrey	33:38	
Lee Martin	35:02	
M55 J Esty-Kendall	31:09	
Chris' Almy	32:43	
Dennis Beers	34:45	
M60 Gary Larson	34:49	
John Tjepkema	37:07	
David Wilson	40:28	
M65 Dick Storch	40:20	
Denny Morrill	48:27	
Charles Tanzosh	1:12:20	
M75 Charles Clapper	1:11:33	
W35 Patsy Craig	34:54	
W40 Margaret Jones	35:25	
Mary Parsons	35:48	
Nichi Farnham	38:39	
W45 Janie Smith	36:54	
Dawn Pelletier	41:11	
Cindy Buck	41:39	
M75 Marilyn Hintz	36:05	
Sheila Hodges	37:53	
Donnaje Pohlman	45:43	
W55 Robin Emery	43:35	
Peg Engloff	51:58	
W60 Rene Collins	47:11	
Katherine Wilson	50:02	

New Haven 20K
New Haven, CT; Sept. 5

Overall

Abdi Abdirahim	26	58:42
Blake Russell	30	1:06:43
M35 CARLOS MARTINS	1:06:36	
M40 MICHAEL PAYSON	1:06:30	
DARREN DE REUCK	1:09:07	
LEONARDO MOYA	1:10:13	
M45 FRANK TIROLETTO	1:14:20	
JOSEPH PUPOLO	1:15:43	
KEVIN SKEHAN	1:16:20	
M50 BOB MCCUSKER	1:15:30	
JACK MCSHANE	1:18:35	
DENNIS BARONE	1:18:41	
M55 DENNIS O'BRIEN	1:18:03	
MITCHELL GARNER	1:20:07	
TIM SMITH	1:20:23	
M60 ALEX SILVERMAN	1:25:50	
JOHN COURTMANCHE	1:27:39	
ARTHUR WEISBERG	1:31:47	
M65 ED O'CONNELL	1:36:00	
PETER MADDEN	1:36:22	
JIM SYRACUSE	1:39:59	
M70 JOE RICCIO	1:58:56	
FERNANDO RUIZ	2:12:07	
BOB GOODMAN	2:21:32	
M75 DON KRUEGER	2:02:43	
PETER PANTELIS	2:19:15	
AL CHAMEIDES	2:21:05	
M80+SAB KOIDE	81	2:19:15
HERMAN BERSHTEIN	2:43:03	
W35 SUZY SCHUMACHER	1:16:28	
W40 COLLEEN DE REUCK	1:08:47	
MARY LYNN CURRIER	1:16:29	
KERRY ARSENAULT	1:18:32	
W45 MAUREEN BURNS	1:23:36	
MARGARET COFFEY	1:27:09	
EMMY STOCKER	1:29:12	
W50 KATHRYN MARTIN	1:21:22	
SHARON VOS	1:24:03	
LINDA JENNINGS	1:29:20	
W55 JANET VOELPERT	1:44:12	
LINDY OLEWINE	1:44:41	
JUNE NORMAN	1:47:37	

W60 CAROL KANE	1:36:29
JO MARCHETTI	1:44:29
EILEEN HOLZMAN	1:46:28
W70 WEN-SHI YU	2:06:30
JEANNETTE CYR	2:15:34
W75 TOSHIKO DELIA	1:58:51

NYRR ING New York City
Marathon Tune-Up 18
Miles, Central Park, NYC
Sept. 10

Overall

John Henwood	33	1:37:20
Kathleen Coughlin	37	1:58:22
M40 Antonio Martinez	1:48:14	
M45 Peter Allen	1:50:05	
M50 Americo Ceballos	1:57:53	
M55 Roy Fraser	2:05:01	
M60 Douglas Escher	2:08:14	
M65 Roland Ratmeyer	2:27:00	
M70 Alfred Finger	2:26:08	
M75 Francisco Vidal	3:53:24	
M80 Sab Koide	3:30:34	
W40 Christina Blisky	2:06:41	
W45 Beth Moras	2:07:39	
W50 Chihiro Yamauchi	2:11:03	
W55 Teresa Otto	2:32:01	
W60 M Greeley Walsh	3:36:26	
W65 Fritz Paine	3:35:06	
W70 Joy Rose	3:18:49	
W75 Bertha McGruder	3:41:17	

CVS/Downtown 5K
Providence, RI; Sept. 11

Overall

MOHAMED AMYN	29	13:44
OLGA KRAVTSOVA	24	15:43
M60 ERIC W MORSE	40	15:10
WAYNE LEVY	40	15:38
N. BOUTHILLIER	40	16:04
W. 40		16:43
BRUCE DAVIE	42	16:47
MARTIN TIGHE	47	16:56
ROBERT ROSS	42	17:19
JOHN WILBUR	41	17:21
PAUL FENDLER	49	17:30
MICHAEL ARPIN	43	17:37
M50 JOHN BARBOUR	51	16:32
S. CALIDONNA	50	17:03
JERRY LEARNED	57	18:05
R. MANDEVILLE	51	18:40
STEVE CONNOLLY	50	18:42
R. ENGLAND	51	18:49
JOHN BRENNAN	50	18:56
STEVE BRUNERO	50	19:01
JOHN FITCH	53	19:06
TOM DERDERIAN	56	19:21
M60 M. SCHUMACHER	60	18:23
JACK THORNHILL	63	19:22
BOB SUTTON	60	20:06
JOE DROGAN	62	20:32
HARRY CARTER	68	20:55
G. KASIERSKI	63	21:58
WILLIAM A MYERS	65	22:38
BLAINE LAWSON	63	24:02
J. ROCCABELLO	61	24:13
FRED ZULEGER III	67	24:32
M70+JOE FERNANDEZ	76	23:07
DENNIS BRANHAM	75	23:36
JOHN MCGOWAN	72	25:28
HENRY WOLSTAT	71	30:26
MONROE ALLEN	75	31:00
R. MAHONEY	78	32:06
JOSEPH MULLEN	72	33:32
C. MAYNARD	70	38:41
W40 Z WIECIORKOWSKA	42	17:39
MARIA SERVIN	43	17:47
ANNE MACKLAY	45	19:16
ANNE HIRD	46	19:31
M. BOUDREAU	43	19:52
GRACE JENSEN	42	20:57
PATRICIA SYLVIA	45	21:47
M. NORTON	41	21:53
TERESA A HODGE	40	22:11
SUSAN KENT	40	22:27
W50 MARGE BELLISLE	50	18:59
EILEEN TROY	51	20:19
DEIRDRE BIRD	54	21:52
KATHY CASHMAN	50	22:59
DIANE GAGLIONE	50	23:53
C. TROISE	54	23:54
JAN MCLAUGHLIN	50	24:14
N. DIBARTOLO	52	25:02
KATHY KOVACS	53	27:11
C. M BELL	55	27:12
W60 M-L MICHELSON	63	20:46
SARA MATZKIN	64	23:35
WENDYBURBANK	62	24:04
DORIS B DARLING	65	28:29
MARJ RADIN	60	30:18
K. KELLEY	64	35:45
JOANNE LIPPERT	64	36:00
VENUS BARCOTT	61	37:32
P. BENKIRON	67	38:35
GLENNY EKNO	65	40:54
W70+L. BRANHAM	72	44:00
E. PERDUE	70	46:54
HELEN ANDRADE	71	

Alevtina Ivanova 30	53:34
M35 Joseph Koeh	48:23
M40 Paul Aufdemberg	52:51
David Watkins	58:23
John Niven	1:01:02
Bill Courtney	1:01:05
David Sievert	1:01:15
M45 Bryan Alfonso	59:31
Joe Patrick	1:00:00
Dave Furey	1:01:47
Kenneth Stebbins	1:01:50
Timothy Emmett	1:02:02
M50 Chris Glowacki	59:26
Doug Kurtis	1:02:31
John Tarkowski	1:02:35
Gary Rizzo	1:02:47
Stan Ford	1:03:15
M55 Bruce Watson	1:03:52
Tim Flues	1:06:35
David J Vanker	1:06:37
Thomas Harbaugh	1:09:11
Ronald Ruffin	1:09:41
M60 Doug Goodhue	1:03:11
Gerard Malaczynski	1:04:28
James Carlton	1:05:59
John W Farah	1:09:53
Allan Taverner	1:14:12
M65 Fay Bradley	1:11:50
Richard Wallen	1:18:32
James Matherley	1:19:13
Stan Curtis	1:20:40
Dwight Dehner	1:21:02
M70 Bob Daly	1:21:21
Kenneth Isherwood	1:32:53
Herman Graham	1:35:38
Bobby Crim	1:39:58
Darrell Mcke	1:40:08
M75 Jerry Jchncock	1:22:08
John G Kolmetz	1:32:22
Jim Forshee	1:40:10
William Hayes	1:42:47
John H Tanzer	1:48:34
W35 Wendy Gualtieri	1:05:04
W40 R. Burangulova	57:51
Tatiana Titova	1:02:04
Lisa Veneziano	1:06:51
Karen Kemmis	1:07:18
Julie Winter	1:07:53
M45 Laurie Decker	1:09:38
Peggy Zeeb	1:10:24
Laura Maslar	1:13:05
Cindy K Teus	1:14:01
Kim Rummeler	1:14:41
M50 T. Pozdnyakova	58:13
Jackie Blair	1:12:42
Karen Jo White	1:17:54
Melinda Chee	1:18:28
Elizabeth Cuevas	1:18:33
M55 Donna Olson	1:15:08
Grace Harrison	1:16:00
Maggy Zidar	1:18:03
Susan Szczesny	1:22:21
Nina Bovio	1:29:27
M60 Sharon Dolan	1:17:14
Karen J Bell	1:29:36
Kathryn Dehner	1:36:57
Janet Wallen	1:37:21
Marilyn Brown	1:40:03
M65 Ellen S Nitz	1:29:21
M. Isaacson	1:33:24
Cathy Detman	1:36:06
Merion Knight	1:38:01
Francine Bangs	1:46:56
Katherine Pye	1:38:33
Chris Swanson	1:53:14
Betty Dunlap	2:18:42
M75 Belen M Dziwura	2:30:48

Charleston Distance Run 15M, Charleston, WV Sept. 3

Overall	
Francis Bowen 31	1:15:31
Ramila Burangulova 44	1:30:52
M35 Gideon Mutisya	1:20:25
M40 Chris Chatin	1:29:35
Jim Severino	1:31:52
Mark Robinson	1:38:04
M45 Glenn Baldwin	1:31:08
Joe Patrick	1:33:14
Mike Boyer	1:33:35
M50 Michael Barr	1:36:04
Jeffrey Seaman	1:47:46
Gwain Noga	1:48:18
M55 Terry McCluskey	1:31:22
Alan Poc	1:32:02
Doc Weiss	1:40:08
M60 Sam Scipio	1:54:22
Arnold Stewart	1:58:07
Rick Brown	1:58:17
M65 Walter Seamon	1:48:59
Richard Finney	2:08:25
*Richard Albaugh	2:21:03
M70 John Hall	2:05:05
Vic Ware	2:41:19
Denis Dirscherl	3:01:31
W35 S. Graham-Gray	1:33:48
W40 R. Burangulov	1:30:52
Debbi Kilp-Morris	1:32:13
Tammy Slusser	1:34:27
W45 Sharon Marks	1:49:39

Shelley Ralston	1:52:36
Roxane Carte	1:56:51
W50 Beth Howell	1:57:43
Mindy Patrick	2:07:36
Lori Bennett	2:14:03
W55 Donna Akers	2:27:18
Keiko Buckner	2:33:12
Shirley Sirois	2:37:29
W60 Kimlien Trenbath	2:33:00
W65 Maureen Tarpey	2:40:49

Park Forest Scenic 10M Park Forest, IL; Sept. 5

Overall	
Alene Reta 23	47:24
Tatyana Chulakh 23	55:37
M35 Kim Gillard	49:09
M40 Mike D Egle	54:03
Gordon Sanders	54:35
Bruce W Hall	55:18
Keith Bruch	58:02
Mike Ruggio	58:10
M45 Dave Bussard	58:22
Mike Yuhasz	59:48
Andy Leonard	1:01:06
Barry Brandt	1:01:13
Gary Beck	1:01:53
M50 Les Myers	58:20
Sam Cortes	59:16
David Ahner	1:01:16
Paul Kmiecik	1:02:49
Laureano Galan	1:04:30
M55 Merlin J Anderson	1:05:09
Jim Raymond	1:06:28
Geoff Wilson	1:06:28
M60 Dick Morgan	1:13:09
Efren Beltran	1:13:12
Paul E Perry	1:14:22
M65 Rick Brodine	1:18:15
Joe Arnold	1:19:48
John Quinton	1:21:39
M70 David K Sullivan	1:30:43
George B Suter	1:30:52
Carl V Hays	1:37:58
M75 Dick Lamer Mayer	1:48:19
Bob Gand	2:16:54
Stuart Gootnick	2:19:52
M80 Robert Mckeague	1:26:47
W35 Heather May	58:17
W40 Jenny A Spangler	57:03
Patty L Murray	58:37
A. Thomas-Elder	1:02:49
Terra Masier	1:10:25
Maureen Hansen	1:11:21
W45 Laura Kennedy	1:06:01
Mary S Krause	1:11:24
Diane Gallagher	1:14:47
Shana Bemmer	1:17:41
Carol Pratt	1:17:45
W50 Jan Tedrowe	1:15:12
Mary Moss	1:16:26
Mary Mulcrone	1:17:35
Kaori Maeshima	1:18:09
Maureen Mikulski	1:25:28
W55 Nancy Rollins	1:13:07
Isola Metz	1:23:14
S. Sztot-Gallaher	1:29:02
W60 Joanne Kaeding	1:31:29
Yang A Lee	1:50:40
Amy E Read	1:51:23
W65 Doris Schertz	1:27:23
Mary Jane Pratt	1:33:29
Eeva H Kallio	1:39:47
W80 K. McDonough	2:25:17

MID-AMERICA Leading Ladies Marathon Spearfish, SD Aug. 14

Overall	
Tracy Stewart 26	2:57:17
W35 Kelli Wilson	3:33:05
W40 C. Lewandowski	3:17:19
Karen Plucinski	3:21:56
Rebecca Wright	3:27:19
W45 LeAnn Vette	3:28:59
Deborah Lazaroff	3:43:22
Deb Robinson	3:49:04
W50 Amy Yanni	3:19:38
Lorna Squyer	3:49:07
P. Dlugokinski	4:22:39
W55 Karen Cummins	4:00:43
Mary Munter	4:04:39
Hammie Farrokhi	4:21:48
W60 Barbara Schulz	4:25:38
Joan Mulvihill	4:52:47
Sandy Berger	5:05:09
W65 Cynthia Walker	5:16:48

Guidant Heart of Summer 10K, Lake Nokomis, MN Aug. 20

Overall	
Mathew Chesang 23	29:17
Katie McGregor 27	32:17
M35 Peter Terrell	37:32
M40 Carl Clochon	39:19
Rick Larsen	40:27

Jan Seppala	41:06
Paul Hoffman	41:39
Mark Nystrom	43:48
M45 Kevin Haas	32:48
Mike Summers	35:51
Bobby Paxton	36:07
Mark Myers	38:37
Mark Wirt	40:08
M50 Mark Leduc	39:25
Paul Grosso	42:05
Jay Walsh	43:24
John Hokanson	43:39
James Doelle	44:30
M55 Jerry Beutel	37:23
Micahael Seaman	38:54
Arland Braaten-Lee	43:32
Don Mathieu	44:32
Kenneth Beck	49:49
M60 Jim Graupner	39:00
Philip Holm	54:43
David Holterhaus	1:06:59
M65 Pat Brown	54:38
M70 Dale Urbain	48:31
M75 Zeno Boehmer	59:15
W35 Sylvia Mosqueda	33:15
W40 Colleen De Reuck	32:53
Bonnie Sons	36:39
Laurie Hanscom	39:41
Sue Burton	41:48
Megan Hashizume	47:00
W45 Janet Robertz	36:15
Pam Weier	39:58
Amy Bergeron	44:07
Nancy O'Neill	46:26
Kathy Morrow	52:10
W50 Andriette Wickstrom	43:58
Betty Tomerlin	54:21
Nancy Husnik	54:48
Kristine Storvick	55:54
Karen Berg	1:01:32
W55 Gloria Jansen	43:43
Francine Lepage	48:42
Kathryn Benhardus	52:36
Rayne West	53:34
Carol Klitzki	55:02
W60 Sandra Dalquist	52:35
Margi Miller	56:33
W65 Judy Cronen	51:02
Doris Urbain	58:04

U.S. Half-Marathon Denver, CO; Sept. 4

Overall	
GREG DAMIAN 41	1:28:29
JENA POHLE 24	1:31:00
M35 RICHARD CURRAN	1:39:43
M40 STEVE SHANDRO	1:29:07
ARTHUR SCHINAGEL	1:37:56
GREG MARTINO	1:39:06
M45 JAY SURVIL	1:35:52
CHARLES SCHULTZ	1:35:45
DAVID SMITH	1:45:14
M50 FRANC RODRIGUEZ	1:49:12
JAMES DOWDELL	1:49:34
RICHARD PARK	1:52:50
M55 JAMES GRANT	2:23:19
ALFRED JIRON	2:48:35
M60 BOB ALBRIGHT	2:29:09
M65 CHARLES WESTLEY	2:05:23
M70 PATRICK BUHR	3:26:24
W35 VICKI MEIER	1:45:42
W40 COREENE HANSON	1:49:41
RENAE HOTZ	1:57:28
MAREN DIERCKS	2:01:13
W45 ARCIA LOOMIS	2:01:18
LAURA MAKAREWICZ	2:15:08
LADY MOSKOWITZ	2:15:41
W50 JANET HECK DOYLE	1:59:53
KAREN GALLA	2:20:43
KATHY SIEVERING	2:41:58
W55 DEBORAH CUERDEN	2:04:47
CAROL LYNDELL	2:07:27
JULIE WILETS	2:31:22
W60 NANCY LUTHER	2:47:32
JANET ELLIS	2:47:32
FERN OLINER	3:07:48

Dick Beardsley Half-Marathon, Detroit Lakes, MN; Sept. 10

Overall	
Michael Benchina 22	1:13:47
Carrie Tollefson 28	1:22:01
M35 Eric Pegors	1:27:47
M40 John Ofstedal	1:17:03
Kirt Goetzke	1:19:35
Keith Berndt	1:23:39
Doug Kugos	1:27:58
Gerry Falier	1:28:03
M45 Jim Melnyk	1:22:16
Steve Windels	1:25:01
Dick Beardsley	1:27:12
John Everett	1:34:19
Jerry Rick	1:35:10
M50 Larry Bethel	1:30:41
Bob Kovell	1:33:31
Dave Grotzke	1:33:54
Tom Silverberg	1:35:54
Wayne Stout	1:40:13
M55 Wayne Walvatne	1:31:49

Don Kirby	1:36:51
Mike Wheeler	1:39:24
Tom Literski	1:42:54
Bob Tapson	1:53:03
M60 Dale Summers	1:35:41
John Germ	1:45:30
Severin Blenkush	1:49:04
Larry McNichols	1:55:35
Robert Kern	1:56:06
M65 Ed Rousseau	1:48:20
David Evans	2:20:46
Leo Lloyd	2:30:38
Ron Briggs	2:46:51
M70 Alvin Uecker	1:59:08
Roger Aiken	2:38:42
W35 Margaret Warfield	1:46:45
W40 Delores Kleinjan	1:44:31
Maryjo Leighton	1:45:32
Michele Peterson	1:49:22
Lisa Hines	1:49:38
Kathleen Rausch	1:50:29
W45 Ann Dolence	1:41:10
Jennifer Johnson	1:48:05
Brenda Kerbaugh	1:52:00
Ann Mcconn	1:54:27
Jan Hawkins	1:55:41
W50 Becky Williams	1:46:47
Becky Swanson	1:51:49
Pat Egeberg	1:53:52
Pat Macnabb	1:59:42
Susan Imbarato	2:05:02
W55 Cyndy Simer	1:57:23
Diane Norlin	2:00:13
Marian Steffes	2:11:20
Susan Julien	2:13:08
Judy Jacobs	2:20:19
W60 Cheri Bergien	2:20:34
Lynn Glesne	2:45:31
W65 Bonnie Mcelwee	1:56:06
Mavis Anderson	3:00:49
W75 Joy Johnson 78	2:38:56

SOUTHWEST

Fleet Feet Tulsa Mile Tulsa, OK; Sept. 10

Overall	
Burt McLachlan 34	4:37
Jenny Paul 26	5:16
M35 Wes Hollander	5:17
M40 Keith Horton	4:52
Tom Lam	5:06
Tom Bennett	5:20
M45 Mike Dettler	5:25
Rik Clement	5:50
Darryl Stillson	5:59
M50 Ben Thorman	5:21
Steve Calonkey	5:41
Ken Cassel	5:46
M55 John Wennerstrom	5:58
Paul Cox	6:11
Stanley Groom	6:28
M60 D.R. Cromer	6:42
M65 Andy Hogan	6:54
M70 Lloyd McGuire	9:59
M75 Paul Morrow	8:17
W35 Danielle Brunworth	7:04
W40 Terri Cassel	5:24
Julie Donelson	5:27
Bill Henry	6:59
Jenny Boissenin	8:21
Ann Batcheler	11:34
W45 Vicki Lehenbauer	7:17
Debbie Widuch	8:29
W50 Ann Miracle	6:42
Benita Duncan	8:25
Tracey Wilson	10:19
Cheryl Ruhmann	10:30
Gaylen Howe	10:53
W55 Grace McCoy	7:42

WEST

Semana Nautica 15K Santa Barbara, CA; July 4

Overall	
Rusty Snow 35	48:15
Annie Tuth 25	57:10
M35 Rusty Snow	48:15
M40 Ted Cotti	53:15
Fred Mellon	55:35
Timothy Smith	56:48
Martin Pattison	58:00
Tim Townsend	58:31
Javier Cruz	1:00:00
M45 Shigy Suzuki	55:20
Fred Maggiore	59:48
Christopher Tracy	1:00:49
Joseph Hilton	1:01:31
Mike Cage	1:02:18
M50 Gregg Horner	54:11
Jon Lewis	1:07:28
Pat Devaney	1:08:46
Mike Rouhas	1:10:10
Pat Yochum	1:12:18
M55 Joe Kelley	1:02:17
David Groom	1:03:56
Gary Maxwell	1:04:05

Gary Milliken	1:06:01
Russ Jones	1:06:50
M60 Robin Tallaferro	1:00:46
Vic Birtalan	1:05:28
Gary Clancy	1:19:35
M65 Abel Reyes	1:19:51
Patrick Higgins	1:20:52
Al Gurwitz	1:27:13
M70+Richard Shobe	1:17:47
Don Graves	1:26:40
Charles Rockwell	1:53:22
W35 Suzy Kisylia	1:03:39
W40 Debra Powell	1:03:08
Romy Suzuki	1:06:07
Amy Bigelow	1:06:37
Gina Fennell	1:07:45
Jill Ireland	1:09:09
W45 Karen Kunz	1:05:46
Karen Beerman	1:12:18
Linda Cheresh	1:16:58
Cherie Topper	1:16:59
Valerie Powdrell	1:22:39
W50 Cathy Kennedy	1:14:10
Arlene Lewis	1:14:31
Marcella Young	1:21:14
Debra J-Robinson	1:26:04
Fran Thayer	1:27:41
W55 Gail Ward	1:18:25
Paulette Posch	1:20:58
Gretchen Folks	1:31:36
Maria Perkins	1:44:15
Stephanie Welch	1:49:38
W60 Claire Johnson	1:22:28

Table with columns for event name, athlete name, and time. Includes events like M75 Bob Koch, W35 Suzy Schumacher, W40 Susan Loken, etc.

Table with columns for event name, athlete name, and time. Includes events like Jane Ball, Lisa Mikkelsen, Patricia Zertias, etc.

Table with columns for event name, athlete name, and time. Includes events like M40+ Team Endorphinds, Dead Jocks, Big Dogs, etc.

Table with columns for event name, athlete name, and time. Includes events like Bill Barmore, M55 John Hahn, Martin Goldsmith, etc.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - OCTOBER 2005

Table with columns for Athlete Name (Residence), Birth Date, Age, and Group. Lists various athletes and their details.

Golden Gate Headlands 50K, Sausalito, CA Aug. 27

Table with columns for Overall, athlete name, and time. Lists participants like Dave Mackey, Julie Udchachon, M35 Daniel Salazar, etc.

Jet to Jetty 5K & 10K Los Angeles, CA Aug. 27

Table with columns for Overall, athlete name, and time. Lists participants like Joe Nitti 39, Cossette Smith 24, M40 Hilario Martinez, etc.

Prefontaine Trail Restoration 8K Eugene, OR; Sept. 5

Table with columns for Overall, athlete name, and time. Lists participants like Matt Barnhart 19, Natalie Flindt 27, M35 Chris Yorges, etc.

RACEWALKING USATF/MAC 3K RW Championships, Central Park, NYC; Aug. 28

Table with columns for Overall, athlete name, and time. Lists participants like Leo Romero 22, Dana Vered 17, M30 Jussi Koski, etc.

NORTHWEST

Hood To Coast Relay 196M, Greater Portland OR; Aug. 27

Table with columns for Overall, athlete name, and time. Lists participants like Drew Wartenburg 35, Ashley Feaver 28, M35 Drew Wartenburg, etc.

Bank to Bay 10K Tacoma, WA; Sept. 11

Table with columns for Overall, athlete name, and time. Lists participants like Drew Wartenburg 35, Ashley Feaver 28, M35 Drew Wartenburg, etc.

Union Road RW Championships, Fielding New Zealand; Sept. 3

Table with columns for 10K, athlete name, and time. Lists participants like Eric Kemsley 52:26, Malcolm Taylor 56:44, etc.

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Compiled by Pete Mundie pmundie@juno.com

IT'S THE SAME 26.2 MILES. BUT EVERY MARATHONER FACES SOMETHING DIFFERENT.



CRACKING 2:30:00

First 5 miles, I'm a ball of nervous energy. Don't go out too fast. By 8, I've got my rhythm. Stick close to the figure in front of me. Once I round Damen and head back, I'm really on my toes. Chasing the fastest guys in my club. Checking my watch. With a new all-time best firmly in my sights.



901

- Lightweight
- Responsive
- A fast, efficient ride for elite runners chasing elite times
- Available in men's and women's models



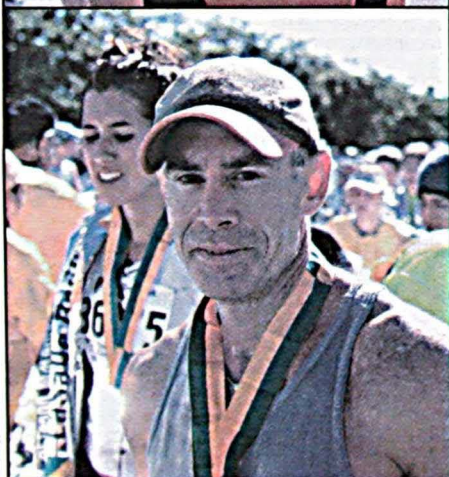
BEATING RUNNERS HALF MY AGE

Still have butterflies at the start. Legs feel heavy for the first few. I reach 15 miles with relative ease. But once I hit 20, the head games really start. I load up on water and PowerGel®. The crowd swells. Before I know it, I'm approaching the promised land. Faster than expected. Tough as always. Reminded why I run every year.



1060

- Comfort
- Cushioning
- A soft, stable ride for veteran legs
- Available in men's and women's models



REACHING THE FINISH LINE

It's shoulder to shoulder until we cross Chicago Avenue. The first miles are a blur. My longest race until now was a half-marathon. I'm in new territory. At mile 20, legs wobble, determination doesn't. Up Michigan Avenue, sun on my face, pulled to finish my first marathon strong by what feels like a million cheering strangers.



719

- Stable
- Responsive
- Forgiving, protective ride for novice marathoners
- Available in men's and women's models

At New Balance, we know every runner is driven by something different. That's why we're proud to have sponsored The LaSalle Bank Chicago Marathon since 1997. Because whether you're aiming for a world-class time or your first time, Chicago offers every runner a very personal challenge to chase. newbalance.com

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