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Grafius, Hotchkiss and Thomson Set T&F Records in Reno

by JERRY WOJCIK

Dee Dee Grafius and the weight throwers were the top performers in the first-ever Silver State Masters Classic in Reno, Nev., on Feb. 18.

Grafius, of California, broke the W45-49 indoor world record of 2:24.87 for the 800, set in 1995 by Canadian Judy Warick, with a 2:23.33 on the Bill Cosby banked track in the Reno Livestock Events Center. Grafius also broke her U.S. W45 400 record of 63.91, set here in the 1995 national masters championships, with a 62.55.

The throwers responded with two U.S. indoor records in the weight and four in the superweight. Californians Dick Hotchkiss and Stew Thomson accounted for two records apiece. Hotchkiss broke his M55-59 records of 44-11/4 (14.05) for the 35-lb. weight with a 46-11/4 (14.05), and the superweight (56-lb.) with a 30-23/4 (9.21).

Thomson upped Cliff Blair's M60-64 record of 54-81/4 (16.67) in 1990 to 59-61/4 (18.14) for the 25-lb. weight, and increased the 56-lb. to 8.77. Ken Jansson, M35, with a 39-4 (11.99), and Tim Edwards, M45, with a 25-101/4 (7.88), accounted for the other two superweight records.

About 125 athletes competed in the



Martha Mendenhall, W35, cleared 4-8 in the Silver State Striders Indoor Meet.

Photo by Suzy Hess



Ken Jansson, M35, heaved the superweight (56-lb.) a record 39-4/11.99 in the Silver State Striders Indoor Meet. Photo by Jerry Wojcik

19,000 Run in L. A. Marathon

The 19,000-plus runners who competed in the 11th annual Los Angeles Marathon, March 3, enjoyed clear skies, 60°F temperatures, and thousands of spectators who lined the event's new course.

Rather than begin and end at the L.A. Coliseum, as had been the tradition for the first 10 runnings, the event started and finished in downtown Los Angeles, where the crowds were far greater than in previous years.

Formerly noted as a cheater's paradise, due to the lack of adequate TV monitoring, the marathon's 1996 race placed a plastic timing chip on each runner's shoes to record times more accurately and to prevent cheating.

The starting gun was fired by Los Angeles Mayor Richard Riordan, joined at the starting line by Muhammad Ali, a respected fixture at this event.

In addition to the runners, some 15,000 cyclists and wheelchair participants brought the overall participant total to nearly 35,000.

Costa Rica's Jose Luis Molina was the overall winner in 2:13:23, with Guatemala's Hugo Juarez claiming

37,000 Runners Sign Up for Boston

The 100th Boston Marathon has accepted a record 37,000 pre-entrants for the 100th running of the race, April 15. The field is the biggest in the history of marathon running.

Nearly 10,000 qualified runners sent in applications during the last two weeks of 1995, swelling the number of

From Clarence to Rosie

by HAL HIGDON

From that historic moment on April 19, 1897, when Thomas E. Burke shouted "Go!" to signal the beginning of the Boston Athletic Association Marathon, that race has had its ups and downs – and not only because of hills that can slow a fading marathoner to a walk. With his seven victories, Clarence DeMar stamped his mark on the world's most prestigious 26-mile 385-

Continued on page 12

entrants far beyond the planned 25,000. Consequently, the last open division "lottery" drawing was limited to 1000 names, despite the fact that over 40,000 had submitted applications for the drawing.

Ironically, if Boston does indeed set a record for number of finishers, it may be broken a week later in London, which expects upwards of 39,000 marathoners.

Interest in the race from around the world continues to grow. Many newspapers are carrying updates on the 100th Boston. Both Runner's World and New England Runner have devoted their April issues almost exclusively to the historic race.

The issue of unofficial runners or "bandits" is a concern. With many rejected "lottery" applicants having already made travel and hotel reservations, and hundreds of Boston-area marathoners caught up in the media hype, the desire to participate has exceeded reasonable levels. A front page article in the Boston Herald fea-

Continued on page 15

Masters Shocked by Death of Jim Law

The world of masters track and field was devastated March 10 by the shocking death of one of its superstars – Jim Law of Charlotte, N.C.

Law died of a heart attack while putting on his spikes during a workout on the track at Charlotte Latin School. He had just turned 70 on Feb. 23.

The last person to see him alive was his training partner, Barry Wise.

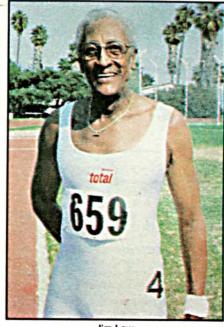
"He was sitting, chatting away, and all of a sudden his head just dropped," Wise said. "I gave him CPR, and so did a doctor who was nearby. The paramedics were there in 10 minutes, but Jim never regained consciousness. He had no pulse. He never knew what hit him."

Law was pronounced dead at Presbyterian Hospital in Matthews, N.C.

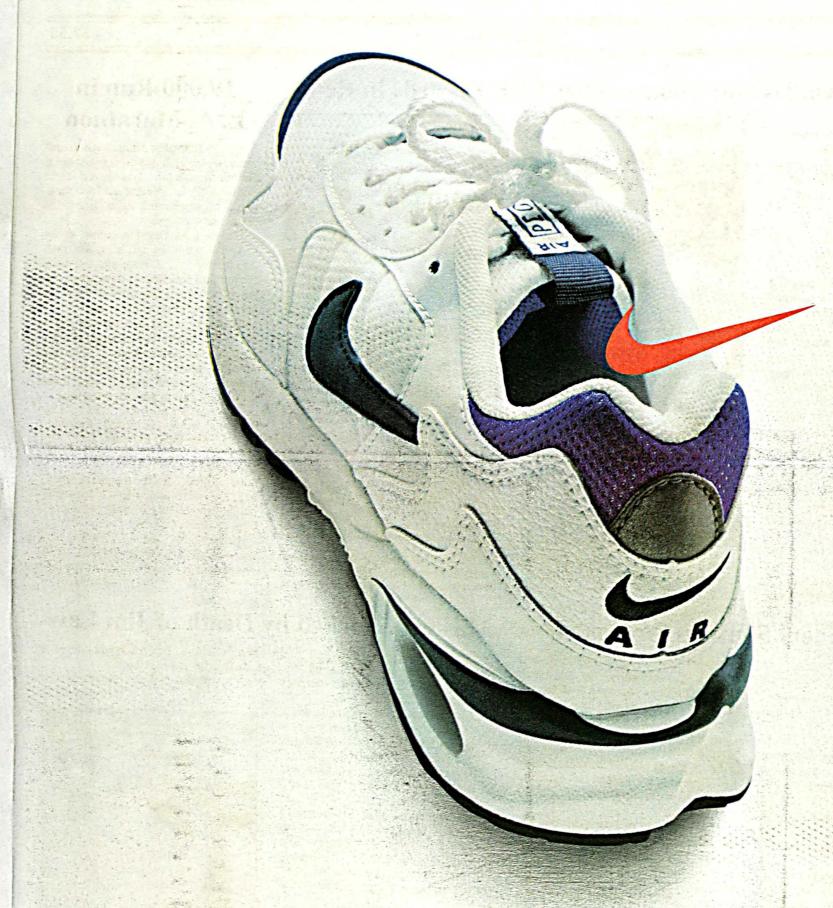
Wise said Law was in top shape and looking forward to setting M70 world and U.S. indoor and outdoor sprint records this season.

"He was strong as a horse," Wise said. "But he'd been complaining of dizzy spells the past few months. He had gone to a doctor, who diagnosed a possible inner-ear infection."

The impact of Law's death on the



im Law Photo by Beverley Lewis



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THE WEIGHT ROOM

Regarding Jerry Wojcik's column on younger women in the throws, here's my contribution:

1. Regarding the sex-segregated structure of athletics (especially in the high schools, which is the first time many women get any coaching) in the U.S., I know that in many countries when you join a track club, there is a coach for throws, one for jumps, etc., but not a coach for men and one for women. Very few women can coach the throws because they learned improperly themselves (and never competed), so their female students never learn to throw either. Of course, the hammer and weight throw have only recently been taken up by women.

2. To be a good weight thrower, you need good technique, which requires expert coaching and a lot of practice, which, in turn, requires a throwing

field, equipment, etc. Contrast this with the boom sport of our generation – road racing – which can be done anywhere and with a minimum of expense.

3. Teaching yourself to throw can be frustrating because you look silly and don't get much in the way of results for quite a while. Also, women of the age group in question probably aren't satisfied to just show up; they expect to compete well. ("Keeping active" is not generally a concern for this age

4. Women don't play football and, for the most part, don't wrestle. And far fewer compete in powerlifting or Olympic weightlifting than do men, which gives them a good background for learning the throws. So, if women do try to get involved, they are already starting from a deficit position.

Meg Ritchie (British Olympian) wrote a pointed article in a recent issue

of Weightlifting USA on why women in general are mediocre in weight throwing and weightlifting. She puts the blame on lowered expectations and silly sex-typing (I guess being strong just isn't feminine to some people). I would add that throwing and throws coaching gets short shrift in general in the track and field world, so people who might have done well go into other sports or other events, or just give it up altogether.

My club (in New York City) has put on clinics from time to time to teach the different throws (and just let people try them); maybe other clubs could do this also. It does bring more people to the throws.

> Sarah Boslaugh New York City

Many thanks for Jerry Wojcik's "Whither Women" column in the February issue on the dearth of masters women in the throwing events. Yes, there's still a stigma associated with a female's size; although as a strength trainer, I'm seeing less of it in the



Charlie Rader, 48, was awarded the 1995 Dr. Robert Watanabe Award for his consistent top performances in the high jump, at the L.A.-Valley Athletic Club dinner in Los Angeles. Del Pickarts, M65, on his right, is a past recipient for his accomplishments in the javelin.

Photo from LAVAC

younger generation than in mine. And, as in football, small-and-good will usually not beat large-and-good. So what? As Wojcik points out, that shouldn't preclude participation for all the other values in throwing.

His mention of the multi-eventers is on target; they demonstrate the rewards of throwing even for the nonspecialist. I'm a multi-eventer myself, and while I'll never be a good thrower, I'm certainly a better athlete for doing the throws. Why not develop an appre-

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Masters in the Olympics?

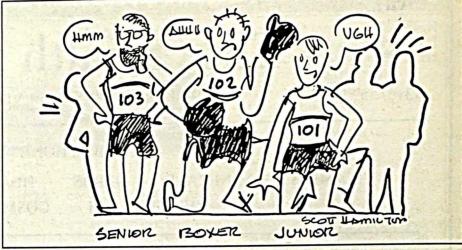
It's good to see more and more events for women in the Olympics, but I still don't understand this whole equality thing. If equality means no separation between men and women in everything else in life, then how can separate events for men and women be justified in sports? Shouldn't the ladies have to compete equally with the men?

Ladies, please don't start clawing away at me now. I'm just trying to make sense out of this and come up with an argument for masters competition in the Olympics. That brings me to question number 2: if Olympic authorities are supposed to strive for equality in gender, why not equality in age? Why is discrimination by sex any worse than discrimination by age? If we are going to have separate marathons for men and women, why not one for masters? With five-year age groups? For men and women, of course.

Logistical Nightmare

I realize that you can carry this argument on until we have five-year age groups in every event in the Olympics, thereby making for a logistical nightmare. I guess even five-year age groups are discriminatory, as a 59-year-old is at a big disadvantage compared to a 55-year-old. It would be much more fair to have one-year age groups; better yet, all people born in 1925 in one division, those born in 1926 in another, etc.

But, recognizing the impossibility and impracticality of such a scenario



doesn't help me understand the validity of legal arguments advanced to further the cause of women in the Olympics, and the invalidity of any such arguments to advance the case for masters competition. Is there a lawyer out there who can explain this? If so, please write. I might add that I've asked a number of lawyer friends and none of them has had an answer.

Legalities aside, it doesn't seem to be asking too much to have one or two masters events in the Olympics, perhaps one endurance contest and one of strength or ability. Think what it would do to promote masters competition, assuming they televised it. Look what the coverage of the 1972 Olympic marathon did for that event. Prior to 1972, the marathon was about as popular as the 50K racewalking event is now.

Keep in mind that we now have a wheelchair mile in the Olympics, or at least we did in one of the last two Olympic Games. That apparently was an attempt to quell arguments of discrimination against the physically handicapped.

Old Geezers

But asking the Olympic authorities to add an event or two for masters would probably meet with a bunch of guffaws. "The old geezers should be home in their rocking chairs," would likely be the reaction. Of course, that reaction would come from a bunch of old geezers who prefer to be involved in the administration and politics of the sport rather than in the participative side. I may very well be wrong, but my stereotype of an Olympic official is that of a 60-ish man with a potbelly and three chins. To promote masters competition would make him look even worse than he does. On the other hand, if everyone wanted to play and no one wanted to administer, we'd have a real problem. That's the very problem we're seeing in road races in

They're already talking about dropping a number of sports from Olympic competition after Atlanta. One of them on the hit list is the modern pentathlon, which includes running, swimming, marksmanship with a pistol, fencing, and horseback riding. The event is supposed to be the all-around test of a foot soldier, but soldiers no longer ride horses or fence. The argument is that the event is antiquated and, therefore, should be dropped.

Outdated Pentathlon

Why not just update the pentathlon? While serving as a battalion physical officer in the Marine Corps 36 years ago, I staged a pentathlon that called for running, swimming, shooting, hand-grenade throwing (for distance and accuracy) and pugil stick fighting (simulated bayonet fighting). Perhaps that is outdated now.

I have an idea for a substitute event that would be for the most part nondiscriminatory. Men and women, old and young, lightweight and heavyweight could all participate. It would be a distance run, maybe 10 miles on a circular course. Here are the rules: men run in one direction, women in the other, both heading around to the same start/finish line. Male contestants would wear boxing gloves. There could be no contact for the first quarter-mile, but after that a contestant could attempt to slow another contestant by engaging in fisticuffs and taking an opponent out of the running.

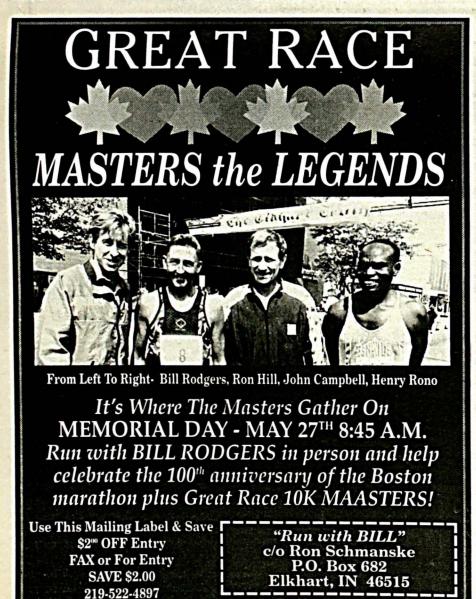
Oxygen Debt

Naturally, the lightweight runners would make every effort to go out fast and escape from the young heavy-weights during the first quarter-mile. The heavyweights would go into oxygen debt trying to keep pace and this would leave them in a weakened condition by the time they actually stopped the lightweights, thereby equalizing things somewhat. While the young heavyweights are taking on the young lightweights, the old guys could sneak by and take the lead. Then it would be a question of whether the surviving combatant in the brawl between the young heavyweight and the young lightweight could catch up.

The old guys would have only sixounce gloves while the young guys would have 12-ounce gloves, thereby further equalizing competition between them should the young catch up with the old.

There would be a no-combat zone between 4.5 miles and 5.5 miles, so the women would want to make every effort to reach that zone to avoid having to do battle with the men as they pass each other. If they don't make it, they are also subject to combat; however, the ladies don't have to wear boxing gloves at all and they are allowed to kick

I really think it would be an interesting event and one promoting equality for all.



Gray Wins Age-Graded 55m in Texas

FORT WORTH, Texas - Courtland Gray won the Dallas Masters T&F Club age-graded 55m dash at the running of the Southwest Conference Track Meet, Feb. 16. The field comprised six masters sprinters ranging in age from 42 to 74, including current and former world and national masters champions.

Participating were Richard Thomas, M40; Gray, M50; Jimmy Weaver, M55; Wayne Bennett, M55; Bob Santine, M60; and Tim Murphy, M70. Using the single-year age-graded tables, the runners were handicapped to create an exciting finish. Gray got a

Reno Meet

Continued from page 1

meet hosted by the Silver State Striders and directed by club member Ray Sibley, who was assisted by Greg Belancio. Bill Bowser, director of the 1995 Reno Championships, served as the officials' coordinator. Ken Adams was the head finish judge.

The primary sponsors were Lockhart Insurance Agency; Saint Mary's HealthFirst; Lemons, Grundy, and Eisenberg law offices; and Western Insurance Specialties, Inc. Additional support was provided by Bonanza Casino and Domino's Pizza, who furnished food for the officials.

good start and caught Murphy a few meters from the finish in 6.47 as Thomas, who finished second (6.66), started to close. Murphy held on for third (6.71), Weaver was fourth (6.72), Bennett, fifth (6.73), and Santine, sixth (6.78).

The close finish validated the agegraded formulas and made it possible to have an exciting race with competitors with a wide range of ages. Comments from the crowd indicated that they were excited by the surprising ability of the runners and by the close finish.

The Dallas club is trying to include similar age-graded races in other major outdoor track meets in the area so that its athletes can participate across a wider range of competition,



The Liberty AC had a banner 1995 in cross-country, winning the 40+ and 50+ team titles at the USATF New England and National 8K meets at Boston's Franklin Park, Pictured after the Nationals are (from I to r) Sue Gustafson (W45 second), Mary Harada (second W60), Debbie Judge, Mardi Reed, Carrie Parsi (first W55), Andrea Hatch, Rita Cecil (W40 first), and Deb Bullerjahn (W45 first). The face in the background belongs to coach Bill Squires. Photo from USATF New England

Raschker, Stookey Star in Southeast Indoor Regionals

by PHIL MULKEY

Philippa Raschker, W45, of Georgia, and Jim Stookey, M65, of Maryland, dominated the USATF Southeast Regional Indoor Masters Championships, Decatur, Ala., Feb. 17. Raschker averaged almost 91% in all of her six wins; Stookey was better than 89% in his five victories.

Raschker's 7.72 and 9.09 in the 55m and 55H scored 94.1% and 93.1%, respectively, on the age-grading tables.

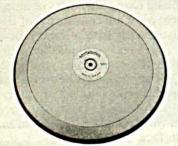
She holds the officially accepted WAVA world 60m indoor world records for both races. Raschker's pole vault of 10-6/3.20 (96.6%) was the best age-graded performance of the

In the triple jump, Stookey had an age-66 U.S. record of 34-61/10.52. His 55m sprint time of 8.07 age-graded out to 93.1%, the third-best performance of the meet. But his 55H effort of 10.19 (89.4%) belies his protestations that, "I'm not really a hurdler."

Gordon Seifert, M65, 1995 world decathlon champion from Birmingham, Ala., had the best overall pentathlon score with 3820 points.

Betty Vosburgh, W60, Atlanta, Ga., the award winner in 1991 for the most outstanding female performer in U.S. masters track and field, returned to the wars, winning four events and clocking a 9.53 in the 55m for an 86.8%

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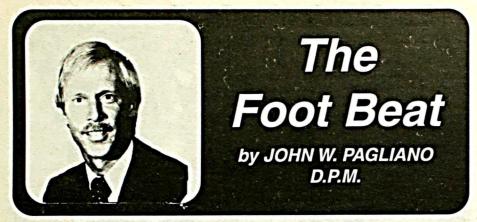
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Masters Running and the Marathon

If you think life has passed you by, or, worse yet, that you're living someone else's life, you can still prove the experts wrong. For those who think of age as a barrier to athletic activity, I encourage you to reconsider and become masters marathoners.

Naturally, the needs of masters marathoners are somewhat different from younger athletes. As masters (age 40 and over), we are no longer as flexible and mobile as we were at 18. As the aging process continues, the collagen and soft tissue structures of the body lose elasticity, and we become tighter and stiffer, and more prone to injury. The times and distances we once were able to accomplish, are no longer as easy and, inevitably, we're a little slower.

However, through a program of mobility and stretching, we can minimize these effects to achieve a higher plane of exertion and competition. In

11:00 a.m. hammer throw and pole vault (50+) discus throw and high jump 1:00 p.m. hammer throw and pole vault (50+)

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preparing to reach your goals, you might benefit from the guidelines below.

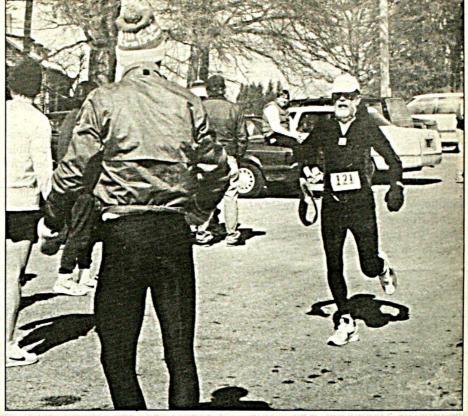
Stretching

It is extremely important to stretch well and warm-up prior to athletic activity. The stiff tendons and joints need to be warmed up and the tendons and muscles need an increase in blood supply. This can all be achieved through a proper stretching program, which will "limber" you up for jogging.

Remember to do slow, easy stretches. Don't bounce up and down. This will only damage your joints. Hold each position for 20 seconds. Allow

shot put and long jump javelin throw (grass runway) and

Sex: M ____ F _



Jerry Ives of the winning masters relay team Washington RC Norwesters, passing the ribbon to teammate Ed Doheny, George Washington Marathon Relay, Greenbelt, Md., Feb. 18. Ives was the first master in the initial 9.4-mile leg with a 62:18.

Photo by George Banker

half an hour for exercise after stretching.

Jogging

• Walk for 5-10 minutes prior to jog-

• Jog comfortably until tired and then walk until recovered. (Run again, walk again, etc. Try to keep this up for 30 minutes.)

• Don't expect to improve each day. Make sure your 30-minute exercise is performed regularly. Consistency is the key. You should attempt to jog 3-5 times a week.

• Run within your capability. If you cannot talk when running, then the pace is too fast. After half an hour of running is achieved, increase 10% per week. Keep to half an hour on "easy" days.

Running

 Uphill running demands shorter and quicker strides. Arms will move faster and may cross the body slightly.
 Bend at the waist. Focus 3-10 feet ahead, depending on the grade.

• Downhill running requires dropping the pelvis back slowly to control speed and slow down. Turn the feet in slightly to provide for a rolling motion. Stay in control.

Technique

- · Keep the head still, but relaxed.
- Keep arms flexed, but don't cross in front of the body. Don't sway the shoulders.
- The pelvis should be tilted slightly upward as one attempts to run "tall."
- Keep your stride short, making sure not to over-stride.
- Run heel to ball of foot. Don't run only on the balls of the feet.

Shoe Selection

• Fit the shoe from heel to toe first. Allow 1/4 inch between the longest toe and the end of the shoe. This will allow for foot swelling.

• Allow for adequate forefoot width. The toes should not press up against the sides of the shoe.

• The heel should fit snugly. There should be very little motion in the heel

•The uppers should be constructed of some type of mesh nylon to allow the foot to "breathe." This will also make cleaning the shoe easier.

• The midsole material should allow for shock absorption and cushioning and should have a thickness of at least 1/2 inch. Most are constructed of EVA or polyurethane with a variety of air bags, gel bags, and plastic shockabsorbing devices.

• The outsole should be constructed of a durable rubber. Indy 500 rubber is considered the best. The type of tread pattern will depend on the type of running surface.

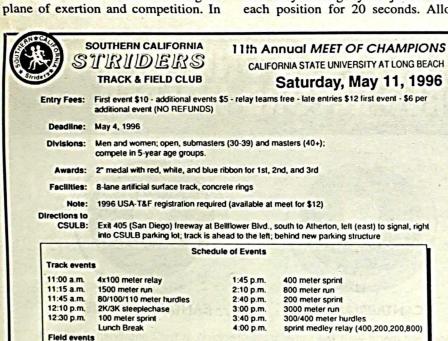
• The heel counter should be constructed of some type of plastic which will stabilize the heel while running. Many types offer an external heel collar which adds stability.

 Substitute your shoe's insole with a commercial product such as Spenco.

• Use a good, high-percentage cotton sock that doesn't bind.

Surface

- Avoid uneven surfaces.
- Run on flat surfaces as much as possible, and avoid the "camber" of the road.
- Asphalt is softer than concrete.
 Avoid consistent running on a concrete surface.
- Don't run from soft to hard surfaces during a training session. Stay on one surface if possible.
- Dirt and close-cut grass afford more shock absorption than concrete.



Entry form (please print)

Make checks payable to Southern California Striders

Waiver—In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against the California State University at Long Beach, the Southern California Striders Track and Field Club, USA-T&F, the meet director and all sponsors of the track & field meet, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from, and while participating in the "Meet Of Champions" held May 11, 1996, at the California State University at Long Beach. I certify that I have no physical defects or injuries that would prevent me from competing in this meet.

1996 USA-T&F No. .

250 Compete in New Jersey Meet

by RICK PINGITORE

Over 250 New Jerseyans and outof-staters participated at Fairleigh Dickinson's Rothman Center, at Hackensack, N.J., in the 19th annual USATF-NJ Submasters & Masters Indoor Championships on Feb. 11.

The event was highlighted by several new meet records, and pending world M80 indoor records of 6:35.4 in the 1500 and 3:26.2 in the 800 for Austin Newman, 80, of Westfield, N.J.

Lois Filreis of Achievements Unlimited International (AUI) set three W65 U.S. marks in the 800 (3:29.7), 1500 (7:02.6), and 3000 (15:27).

North Jersey Masters Track and Field Club won its eighth consecutive Indoor Championship with 219 points. Garden State Athletic Club and Shore Athletic Club finished second and third with 122 and 118 points, respectively. AUI won the submasters title with 74 points. Triathletics finished second with 46 points followed by North Jersey MASTERS with 40 points.



Dixon Hemphill, second M70 (47:09), Vietnam Veterans Memorial 10K, Washington, D.C. Photo by George Banker



Masters qualifiers prior to the start of the 1996 Women's Olympic Trials Marathon, Columbia, S.C., Feb. 10: (I to r) Charlene Soby, Alice Thurau, Honor Fetherston, and Virginia Egger.

Photo from Jim Oaks

Midwest Regionals Draw Good Turnout

The USATF Midwest Regional Masters Indoor Championships held in Glenview, Ill., on March 2, drew a large field of athletes, some of whom used the meet as a warm-up for the Nationals in Greensboro, N.C.

In the sprints, Robert Lloyd won the M50 100m in 26.92 and posted the best time of the day in the 400 with a 59.06. Gerry Krainik took the M40 800 – largest field in the meet – with a 2:13.77.

Jeff Watry, M40, 5.79, Pete Stopoulos, M55, 5.15, and Mel Larsen, M70, 4.73, shared honors in the long jump. Watry also registered the best high jump for M40-and-over

with a 1.78.

Jerry Senters, M45, 12.56, and javelinist Karen Huff, W50, 9.37, recorded shot put bests.

Ed Sell, M45, 7:30.18, and Lynn Tracy, W40, 7:54.50, were 1-2 in the 1500 racewalk.

Clubs Update in May

We will be publishing an updated list of clubs in the May issue. Please submit any additions/corrections by April 5.

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Application Deadline: May 10, 1996



Enter the Zone, A Dietary Road Map

Inter The Zone, a provocative book by Dr. Barry Sears, challenges the carbohydrate orthodoxy that has become a deeply ingrained belief system in America. Though there have been occasional stories of athletes adding more protein to their meals in recent years, Sears' work is unique in suggesting that it is time to look at the accumulating results of the carbohydrate orthodoxy and think anew the needs of the human body.

In the 1992 Olympics, U.S. swimmers on Sears' nutritional program won eight gold medals. In 1992, 1993 and 1994, collegiate swimmers at Stanford swam away with both the and Women's NCAA Championships following his dietary recommendations. Other successes include the Houston Rockets who have won two straight NBA Championships.

Food and Hormones

In the opening chapter of Enter The Zone, Sears describes the Establishment he is challenging. "For the past fifteen years or so, the reigning dietary

'wisdom' - espoused by government nutrition boards, scientific panels and private practitioners alike - has called for diets that are low in fat, low in protein, and high in carbohydrates. This formula has become dominant enough to produce dozens of best-selling variations on the theme and to fill our supermarket shelves with hundreds of low-fat, high-carb products."

With his adversary defined, Sears proceeds to claim that the popular high-carbo, low-protein diet has not only led to the fattening of America, but is counter-productive in achieving

high levels of athletic performance. Using the ABC's of biochemistry, he supports his claims as follows.

After a meal high in carbohydrate, blood sugar levels rise. In response, insulin is released from the pancreas to remove excess sugar from the system which is then stored as fat. In other words, while insulin reduces blood sugar levels, it also locks in the fat in fat cells and so inhibits the body's use of this energy source. As a consequence, carbo eaters often feel weak and hungry within two or three hours of eating and crave more carbohydrates for "quick energy" (the omnipresent Power Bar snack). A new dose of carbohydrate causes blood sugar levels to rise again, and the cycle repeats.

While carbohydrate causes the pancreas to secrete insulin, protein causes the pancreas to secrete a different and opposing hormone called glucagon. When there is adequate dietary protein, glucagon acts to restore blood sugar levels. It stimulates the release of glucose from the liver as well as the release of fat from fat cells for use as energy.

Sears' nutritional program is based on establishing a balance in the secretions of insulin and glucagon. On page 28, he states, "Since insulin drives blood sugar and glucagon restores blood-sugar levels, the communication and ongoing balance of these two hormones is critical for survival.
Remember the release of insulin is stimulated by carbohydrate, especially by high-glycemic carbohydrates like breads and pastas. On the other hand, glucagon is stimulated by protein."

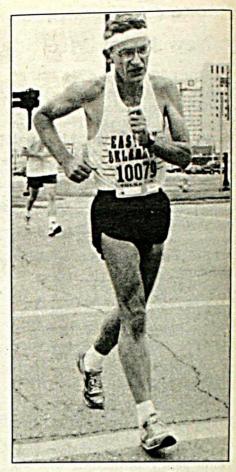
Dietary Balance

To maintain the balance of these hormones, Sears recommends a nutritional system based on a ratio of 30% protein, 30% fat and 40% carbohydrate. His educational thrust is to show us how to regulate our eating within the context of the biochemical responses food initiates in our bodies. It is not enough to be aware of the calories in the proteins, fats and carbohydrates we eat each day. We must also be aware that these basic food groups stimulate the secretion of specific hormones.

According to Sears, these hormonal responses control our energy levels, determine our weight, and regulate the state of our mental and physical health. Looked at this way, the extraordinary power of what we eat becomes evident. By balancing the percentages of protein, fat and carbohydrate in our meals, and by watching the size of our meals (excess calories stimulate excess insulin), we can control the secretion of hormones and their effect on us.

Athlete Studies

Sears offers several scientific studies to support his claim that a high-carbohydrate diet does not improve athletic performance. One of these studies on pages 49 and 50 is of particular interest as it also challenges the belief system about fat. This study was con-



Jim McFadden, M55, Owasso, Okla., shown outdoors here, won the 1500 racewalk (6:47:30), Sooner State Games, Shawnee, Okla., Feb. 3. Photo from Jim McFadden

ducted in 1994 by David Pendergast and his colleagues at the Sports Medicine Institute of the State University of New York at Buffalo. Its purpose was to compare the effects of a high fat diet (150 grams a day) versus a high-carbohydrate diet on the endurance of six elite distance runners.

"Each meal was planned for the athletes and every meal had to be recorded for the researchers by the athletes. Each runner tried each diet for seven days, and at the end of the seventh day, each took an endurance test, running on a treadmill until he reached exhaus-

"The results? The runners on the high-fat diet, the diet with the lowest amount of carbohydrate, had the best endurance time. When the runners were switched to the high-carbohydrate diet with a much lower proteinto-carbohydrate ratio, their endurance dropped by 20 percent, and their maximal oxygen consumption was 10 percent lower. The bottom line of the study: high carbohydrate diets actually limited the performance of these highly trained endurance athletes."

Sears also cites studies conducted at the University of Texas showing that meals containing both protein and carbohydrate are superior to carbohydrate alone in replacing muscle glycogen and promoting the recovery after intensive workouts.

Note: The problems of a high carbohydrate, low fat diet have been chronicled by Ann Louise Gittleman, former director of nutrition at the Pritikin Longevity Center, in her book Beyond Pritikin.

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Athlete's Signature

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6:50		8:25			Pole Vault M-V
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ENTRY FEE.

EVENTS FOR WOMEN:

The Southeastern U.S. Masters, Inc. **Proudly Presents** Our 26th Annual Masters Track and Field Meet May 3, 4 & 5, 1996

NORTH CAROLINA STATE UNIVERSITY (State of the Art - 400 Meter Martin 2000 Track)

RALEIGH, NORTH CAROLINA

Masters, invite all athletes 20 years of age and over to p. The officials and sponsors of the Southeastern Masters, invite all athletes 20 years of age and over to participate in one of the premier Masters Meets in the world. Headquarters will be the Brownestone Hotel. There will be three days of competition featuring pentathlons, weight pentathlon, 5K & 20K walks, team relays and all regular track and field events at the NCSU Campus. A "Jumps" clinic and a "Throws" clinic will be held on Friday at 6:45 pm and at 7 pm respectively on the NCSU Track. In case of inclement weather the clinics will move indoors to the Brownestone Hotel at 7 pm.

Southeastern United States Masters, Inc., Box 590, Raleigh, N.C. 27602. Contact Ray Fulghum or Dale Smith 1919; 831-6640 Monday-Friday 9:00 am-5:00 pm, Eastern Time.

Based upon age on the first day of competition; all events will have a 20 to 29 age group and 5 year age for 30 and older individual athletes. AGE DIVISIONS:

\$11.00 includes first event in track, field or road event, and final results booklet. \$6.00 for each additional event. Relay entries are \$16.00 per team. (Enter on captain's form only). Payment in U.S. dollars by check drawn on a U.S. bank or by International Money Order made payable to Southeastern Masters. In addition, NO REFUNDS AFTER APRIL 28th.

This meet is sanctioned and certified by USATF, and USATF registration is required ior ipants in the Team Relays, foreign athletes and active military). All other participants must will be available at the meet for \$12 to N.C. residents and \$15 if you are an out-of-state. SANCTION & USATE REGISTRATION:

AWARDS:

Additional \$3.00 late fee required for each event if postmarked after April 19, or if received after April 26, 1996. Events may be dropped at any time (no refund). No late entries or changes to track and field events will be accepted after 5 pm. EDT, Tuesday, April 30, 1996. Entries in Saturday's Team Relays and in Sunday's 20K walk close one half hour before race time.

RUNNING SURFACE: All participants must pick up their packets prior to reporting to the first event.
FRIDAY 11:30 am to 8:30 pm at track
SATURDAY 6:15 am to 4:00 pm at track
SUNDAY 6:00 am to 6:30 am starting line
SUNDAY 6:00 am to 6:30 am starting line
Numbers must be worn on fro
3,000 m or longer). PACKET PICKUP:

All events are open to women 20 and over. In some cases, women may compete at the same time as men, but awards will be given in competition with women in the same age group.

SCHEDULE OF EVENTS
(Refer to Packet for Final Time Schedule)

FRIDAY,	FRIDAY, MAY 3: AT NORTH CAROLINA STATE UNIVERSITY (NCSU)					
Event #	Event (Notes 1 & 2)	Start Times	Christian A			
01	WOMEN'S PENTATHLON (100 HH, HJ, Shot, LJ, 800 m) (note e)	12:30 pm	لية رخياناتيها و			
02	MEN'S PENTATHLON (LJ. Javelin, 200 m, Discus & 1500 m) (note e)	12:30 pm				
03	3000 m (Sections will start at 30 minute intervals)	4:00 pm				
04	ALEX ALMASY 5K WALK (Disqualification discussion: 30 min, following completion of final section)	6:00 pm				
ALEX .	"JUMPS" CLINIC — at track	6:45 pm				
	THROWS CLINIC — at track	7:00 pm				

AT NORTH CAROLINA STATE UNIVERSITY (NCSU) SATURDAY, MAY 4: Track Events (Notes 1 & 2 Approx. Time THROWS
WT PENTATHLON I Note 4 & e)
SHOTPUT
HAMMER (Note 5)
DISCUS
JAVELIN (Note 6)
WEIGHT TOSS
HEAVYWEIGHT (Note 7)
JUMPS
POLE VALITY (Note 8) 5000 M RUN STRAIGHT HURDLES (Note 3) 1500 m RUN CURVED HURDLES TEAM RELAYS (Note d) 15 16 17 18 19 20 21 TEAM RELAYS (Note d)

A 4x100 OPEN

B 4x400 OPEN

C 4x400 (A/in. total age 160)

100 m DASH (Note 3)

400 m RUN

STEEPLECHASE POLE VALLT (Note 8) 8:00 am 9:30 am 10:30 am 2:00 pm LONG JUMP
HIGH JUMP (Note 9)
TRIPLE JUMP

RALEIGH CITY STREETS (See Map in Packet) SUNDAY, MAY 5: ALEX ALMASY 20K Race Walk (Note 10) DETACH ENTRY FORM BELOW AND MAIL TO: S RALEIGH, NORTH CAROLINA 27602

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., USATS and their agents, servants, employees, and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said races to be held on May 3, 4 & 5, 1996, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet orticials and/or medical support staff members, I am determined to be unable to safely complete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events.



100 Years of Marathon Highs and Lows

Continued from page 1

yard race, but so, unfortunately, did Rosie Ruiz. Following is a list of Boston Marathon highs and lows:

• 1897 - Harvard Drop-out: Seventeen runners entered the first BAA Marathon. Three no-showed. Harvard's Dick Grant appeared on race day and was granted the final number. Grant ran with the leaders through Wellesley, then lay down under a truck used to sprinkle the dirt roads and asked that the water be turned on. It failed to revive him, so he dropped out of the race. Inadvertently, Grant started the tradition of half-trained local collegians appearing unentered race day and failing to finish.

• 1909 – Phony Runners: The first impostor was not Rosie Ruiz, but, rather, Howard A. Pearce. Quitting at eight miles in 1909, he took a car to near the finish line where he started to run again. Officials halted Pearce before he could cross the line. Pearce claimed he merely was running to the clubhouse to retrieve his clothes, but the Amateur Athletic Union suspended him. Freddy Miller also used a car ride to finish fifth in 1915, but was caught.

• 1914 – Ultimate Sacrifice: Irishborn Jimmy Duffy worked in Toronto as a stonecutter and won the Boston Marathon in 1914. Duffy failed to defend his title, because the following April he was in Belgium fighting with the Canadian Army. Four days after the 1915 marathon, Duffy was dead, killed in battle.

• 1918 - Missing Year: A disgruntled British marathoner has complained that 1996 is merely Boston's 99th marathon and everybody should wait until next year to celebrate. He has a point. In the war year of 1918, most runners were in the U.S. Army or Navy. The BAA replaced the marathon with a relay race over the course for servicemen running in uniform. Fourteen 10-man teams competed, the fastest finishing three minutes slower than the course record. The relay, however, preserved the continuity of the BAA Marathon. Anyone waiting until 1997 for the centennial celebration will be one year late.

• 1924 - Proper Distance: Early Boston marathons were just under 25 miles, the same distance as the 1896 Olympic marathon that provided inspiration for the BAA. Although the Olympic distance was lengthened to

26 miles 385 yards in 1908, Boston didn't change until 1924. The starting line then moved from Ashland into Hopkinton.

• 1926 - Young Runners: Johnny Miles, who was 20 when he won Boston, was not Boston's youngest champion. (That honor belongs to Timmy Ford of Cambridge, who was 18 when he triumphed in 1906.) At age 90, Miles remains Boston's oldest living champion. The Canadian's winning time of 2:25:40 was considered so incredible that officials remeasured the course and found it 176 yards short, thereby invalidating the time for record purposes. Nevertheless, two decades passed before anyone ran faster than Miles at Boston or on any marathon course. When South Korea's Yun Bok Suh ran 2:25:39 at Boston in 1947, it was a new world record.

• 1930 - Boston Bridegroom:
Between 1911 and 1927, Clarence
DeMar won the Boston Marathon six
times. In 1929, he got married at the
age of 40, despite warnings from his
friends that marriage would "ruin him
as a runner." As though to prove them
wrong, DeMar claimed his seventh
victory the following year. DeMar
retired as a marathoner in 1954 at age
65. No other runner has come close to
matching his record at Boston.

• 1936 – Heartbreak Hill: John A. Kelley won Boston twice (1935 and 1945), but is equally famed for seven second-place finishes and the fact that he started Boston an incredible 61 times between 1928 and 1992. In 1936, Kelley caught Tarzan Brown on the final Newton Hill and confidently patted him on the shoulder as he passed. Kelley thought Brown beaten, but the other runner accelerated and Kelley faded to fifth. Later, Boston Globe reporter Jerry Nason described Kelley losing the race on "Heartbreak Hill." The name stuck.

• 1951 – Front Runner: Boston's best-known runner may be Michael Dukakis. The 1988 presidential candidate ran Boston while in high school in 1951, placing 57th with a time of 3:31. Later, as governor of Massachusetts, Dukakis took pride in helping present laurel wreaths to the winners of the Boston Marathon.

• 1957 – BAA's Best: When John J. Kelley won the marathon in 1957, he became the first member of the BAA to do so. No relation to two-time winner John A. Kelley, he was usually

called "Young John" (or "Kelley the Younger") to differentiate him from "Old John" (or "Kelley the Elder"). Young John continues to be called by that name today, even though he is now 65 years old.

• 1958 – Fast Bandits: The fastest individuals to run Boston without numbers probably were Ted Corbitt, Al Confalone and John Lafferty. Until the recent spurt in numbers, runners were required to take physical examinations to enter the marathon. Rejected on race day in 1958 by an overzealous physician, they ran anyway and crossed the finish line sixth, seventh and ninth receiving no credit for doing so.

• 1967 - Jostling Jock: Roberta Gibb became the first woman to run the full distance in 1966, but Kathrine Switzer attained more fame the following year. Because rules prohibited women from competing in long distance races, Roberta's entry was rejected by the BAA. She ran unofficially. In 1967, Kathrine entered as "K.V. Switzer," and thus obtained the number denied Gibb. Angered when he saw Switzer on the course, race official Jock Semple attempted to reclaim Switzer's "illegally obtained" number. Her boyfriend shoved Semple out of the way. Photos of the incident appeared worldwide, accelerating the women's movement. In 1972, after the rules finally were modified, women were welcomed to Boston. Switzer and Semple kissed and made up.

travel eased the route of foreign runners to the Boston Marathon following World War II. Americans found victories difficult to come by. Bill Rodgers reversed that in 1975, claiming the first of his four wins with a course record 2:09:55. So effortless was Rodgers run that he walked several times to sip water and stopped once to tie his shoes.

• 1980 - Tacky Observation:
Boston's most famous impostor was
Rosie Ruiz, who temporarily stole the
glory from Canadian Jacqueline
Gareau by jumping into the race with
one mile to go and crossing the finish
line as the "first woman." It took the
BAA more than a week to disqualify
Ruiz, despite the statement of one
observer who claimed to know instantly she was an impostor, "because of
the cellulite on her legs."

• 1981 - Troubled Times: Until the 1960s, a handful of volunteers organized the Boston Marathon for the few hundred runners who appeared each Patriot's Day. By the 1970s, however, thousands ran. Seeking money to cope with crowded fields, race director Will Cloney enlisted promoter Marshall Medoff, who promised to raise \$400,000. Medoff's contract provided him with a large cut of sponsor money, so the BAA sued to remove Medoff and forced Cloney (involved with the race since the 1940s) to resign. It was a sad time for the Boston Marathon, but it paved the way for the full-time, professional staff that manages the race today.



Ruth Heidrich waves as she crosses the finish line with a W60 first 53:48, 1995 Honolulu Hard Rock Cafe 10K.

Photo by Tesh Teshima

• 1982 - Stolen Shoes: Boston's most exciting race may have been the duel in 1982 between Americans Alberto Salazar (then the world record holder) and Dick Beardsley. They ran shoulder to shoulder for 26 miles before Salazar's sprint prevailed. At a post-race press conference, Beardsley placed his racing shoes on a ledge behind him. He planned to donate them to the church raffle. After Beardsley had returned to his hotel room, the phone rang. His wife Mary took the call. "Tell Dick that he ran a great race," the caller said. "I'm the guy who stole his shoes - and I don't plan to return them!"

• 1990 - Failed Olympians: For nine decades, no Olympic marathon champion had also been able to win Boston. (Joan Benoit had not yet won her Olympic title, when she won Boston in 1979 and 1983.) The most spectacular failure was Ethiopia's Abebe Bekila, the 1960 and 1964 Olympic marathon champion. In 1963, Bekila and countryman Mamo Wolde (who would win the 1968 Olympic marathon) set course records through 20 miles before fading to fifth and 12th. Finally in 1990, Italy's Gelindo Bordin and Portugal's Rosa Mota won Boston, two years after their Olympic victories.

• 1995 – Kenyan Respect: At the 1993 dedication of the statue of John A. Kelley in Newton, Ibrahim Hussein said that when he returned home to Kenya after his third victory, the people didn't want to hear how he won. Hussein said: "They asked about this man named Kelley, who had run Boston 61 times." After Kenyan Cosmas Ndeti crossed the line for his third victory in 1995, he quickly looked out for Kelley, who had ridden in the lead vehicle as Grand Marshall. "My greatest goal is to equal your record of 61 Bostons," Ndeti told Kelley.

(Hal Higdon is author of "Boston: A Century of Running." His weekly columns are available on the Internet at: http://www.halhigdon.com.)

Write On

Continued from page 4

ciation for the aesthetics and challenge of the events? Why miss the fun!

We have a chance to promote throwing to women at meets like the Rocky Mountain Games in Boulder. This is a competently-managed meet with a wide-open welcome to newcomers, and one meet that doesn't short-change the throwers; a good place to try something new. In our local Waterloo Club, it's assumed that whatever one's specialty, he or she will jump into other competitive categories on occasion. You'll pop out some surprises when you encourage this.

Charlotte Carter Austin, Texas

MARATHON TRAINING

A friend who took up running a few years ago wrote this as she approached her first marathon: "Training for this marathon in April feels like a parttime job. When I'm not running then I am sleeping, stretching (which I need to do more of — my hamstrings are very tight), fundraising, or at the massage therapist. My house is dirty, my poor dog is neglected." Wonderfully true and well put!

I'll be carrying the Olympic torch in Phoenix, for the Olympic run. Are any other masters doing it? It would be fun to get in touch with them.

Kati McIntyre 1105 Wood Spur Circle Timberridge Prescott, Arizona 86303

NATIONALS

Thanks for recognizing the starters for the National Masters Championships in East Lansing with the picture in the January issue. However, I should point out that there was one individual missing in that picture. Joanne Grissom, from Indiana, also was a starter at the meet, but travel delays kept her from arriving until shortly after the picture was taken.

Joanne did an excellent job, as did all the members of the crew, and she should be recognized with the others. She was one of only 75 officials (a very small number for a meet of this size) who did whatever was necessary to ensure a quality meet from an officiating standpoint. As Coordinator of Officials for the meet, I was pleased with the many compliments received from the athletes about the quality and professionalism of those officials who worked in East Lansing.

Eric D. Zemper Eugene, Oregon

Note: In last month's Write On, readers were invited to write to Bill Stewart for coaching advice. Please disregard that notice, since Stewart is not permitted to conduct a business while serving his sentence at the federal camp.

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The Weight Room

by JERRY WOJCIK

Inside Out

ecently, several non-throwers mentioned to me that the weightmen seem to be on the muscle, so to speak - a bunch of whining, touchy, hormoneimbalanced, malcontent hotheads. This perception may be somewhat accurate; if so, the throwers reflect behavior of individuals and groups who feel that they are treated as second-class, or, worse, victims.

Throwers feel that they are: 1) often shafted, in terms of facilities, meet schedules, etc., by uninformed, illadvised meet directors, 2) recipients of unreasonable, almost whimsical rules legislated by politically-driven minions in some far-off land, and 3) forced into paradoxical situations, not of their making, that cause them to look like nit-picking bumblers when they seek solutions.

Examples of the first reason were obvious at both major outdoor meets in 1995. An example of the second reason is the recently enforced rule on maximum diameters for lighter-thanopen shots (6k, 5k, 4k). When concerned throwers (Dick Hotchkiss, for one), tried to track down the source of the rule change, nobody seemed to know how it came about; although, the word is that one WAVA official, acting alone, was responsible for the change in specifications.

An example of the third reason goofy situations - is "What to do about indoor meet superweight records when the superweight is thrown outdoors instead of indoors, as it has been, except at Reno in 1995, since the event



Fred Shanaman, 62, first M60 (10.95), weight throw, Hayward Masters Classic, Eugene, Ore. Lance Deal (I), world record holder in the weight and resident of Eugene, helped officiate the event.

Photo by Jerry Wojcik

was added to the indoor championships?"

It's so silly that I hate to expose it for all of the non-throwing world to see. Rarely are we going to find an indoor facility that can handle a 56-lb. weight, despite what prospective championship meet bidders promise us at the USATF conventions. One answer to this vexing problem is to have just one superweight record list, disregarding the inside and outside of things. But, why should some throwers be denied the opportunity to hold two records rather than just one?

Al Fresco Throws

A more logical solution is to allow the meet designation to determine the record for the superweight, not whether it was thrown al fresco, so that we would have national "outdoor" meet records and "indoor" meet records. Some purists disagree. The wind certainly isn't much of a factor; throwers, outdoor at the indoor, could be affected by blowing dust and wet throwing surfaces, I suppose. Regardless, throwers are not responsible for this inanity. I won't even get into the problem of the difference in the indoor weight (35-lb., 25-lb., etc.) designed for throwing on indoor surfaces, and the regular metal weight for throwing outdoors on dirt or grass. Technically, one could argue that the records in Reno (metal weight on dirt) were bogus because the implements were not indoor implements. There is a difference that influences performance, according to some experts. How many angels can dance on the head of a pin?

The lack of consideration and attention given to masters throwers may be a spin-off of treatment shown throwers generally in the U.S. On Saturday, March 2, I planned my whole day around the two-hour telecast of the USATF Indoor Championships in Atlanta, with the hope of seeing the shot and weight events. Lance Deal, a resident of Eugene, holds the worldrecord for the 35-lb. weight at 84-10 (go out on the street and measure that

out, just for perspective). Also, I wanted to see if the producers would pick up on Phil Raschker, 49, in the women's pole vault. What shot? What weight? What Raschker? What happened to tape delay?

Inarticulate Winners

All I saw was about 45 minutes of ads; the mandatory post-race interview with the usual inarticulate winner, rendered even more speechless for lack of breath; and track performances during which the commentators, only a trifle more fluent than the athletes, often spoke about tactical races. Tactics, shmactics! How dull! The lack of imagination was appalling. I know that fitting a live telecast of a track meet in a time frame is probably the toughest job in sports broadcasting and that advertising pays the bills, but the runners' bias that influences track programming in this country was pretty obvious. Track and field needs a Steve Bochco or the SEE crew to liven things

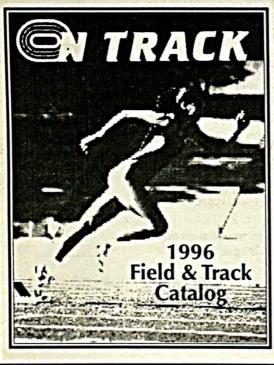
Why can't producers glom onto the fact that Americans love big guys, particularly agile, big guys? The top highlight cut on Sunday nights during the football season is often one of a 290lb. lineman rumbling down the field for a long gain or TD with a recovered fumble or pass interception. TV commentators love it (John Madden goes berserk when it happens), spectators love it, and TV viewers love it.

Where are big, strong men more agile and graceful than when rotating in the throwing circle?

Perhaps it comes down to economics, by which everything in sports today, including the Olympics, seems to be influenced. Sport shoe companies sell a lot more running shoes than they do throwing shoes.

Anyway, Deal won the WT with an 83-71/4. His female counterpart, Dawn Ellerbe, threw the 20-lb. weight 65-1 1/4. John Godina took the SP with a 66-93/4. Connie Price-Smith hit 61-9 to win the women's event. Raschker in the exhibition PV tied for eighth with a 10-10.

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Boston Marathon

Continued from page 1

tured a runner who said: "To say I'm desperate is an understatement." On his plan to run as a bandit, he said: "I dare them to catch me."

The Boston Athletic Association (BAA) has pleaded with unofficial runners to stay away from the start in Hopkinton, Mass. Short of taking drastic measures, the BAA is hoping the spirit of fair play will prevail and the town will only have to deal with the 37,000 official marathoners, a daunting task in itself. So far, the BAA continues to operate under a "one gun" plan. Proposals for a "wave" start have so far been rejected, but may yet be accepted as pressure mounts from the expanding ranks of unofficial runners.

The city of Boston and the town of Hopkinton are gearing up for a huge sporting weekend. The re-designed finish line will feature a post-race celebration. There are no hotel rooms available in the entire city. The Sports and Fitness Expo has expanded to three full days. April 12-14

three full days, April 12-14.

The race will get under way on Patriots Day, Mon. April 15, at Noon EST. Last year's masters winners were Martin Mondragon (MEX, 2:16:29) and Irina Bonderchouk (RUS, 2:43:42). Qualifying times ranged from a low of 3:10 for men 18-34 to 4:20 for women 70-and-up.

The race is the world's oldest and most prestigious annual marathon. The 100th edition is expected to generate \$114 million for the Boston-area economy. According to police estimates, more than 1.5 million spectators will line the 26.2-mile race course.

The 1996 Boston Marathon will include more than 10,000 volunteers who will help coordinate the start, finish, and course logistics; and many also work for months before and after the race.

The total prize purse has been set at \$600,000. BAA's principal sponsor is John Hancock Financial Services. Prize money of \$47,000 is five deep in the masters division (40-and-up). There are no separate five-year age groups or age-graded awards, however.

Race officials estimate as much as a 30- to 35-minute delay before the last batch of runners reaches the starting line. But thanks to the ChampionChip, a tiny computer chip that ties onto a shoelace and electronically records the time a runner steps over the start and

COMING NEXT MONTH

- Results of Indoor Nationals
- 5-Year Age-Group World and USA T&F Records
- · List of Masters Clubs
- Results from Boston

finish lines, officials will know the "net" or "real" time of every participant. The chip must pass over special mats at the start, finish, and halfway points.

"It's the wave of the future," said BAA official, Dave McGillivray. "We used the system for the wheelchair division last year, and it worked without a hitch."

The chip method was introduced in the Berlin Marathon and was used in this year's Las Vegas and Los Angeles marathons. The chip, two inches in diameter, is encased in plastic and weighs almost nothing. One will be given to each runner in the same packet as the bib number. Each chip has a serial number that will have been linked electronically to the bib number.

On the morning of the race, the runner attaches the device to a sneaker. When the runner's foot passes over the starting line, an antenna underneath a mat will send a radio signal to the chip, which will send a signal back to the antenna, which will record the time on a computer disc.

The information on the disc will be transported physically or by modem to the system at the finish line. When the runner crosses the finish line, the same process takes place and the runner's corrected time is computed.

"The timing system has not yet been approved by either USATF or the IAAF, so the official time will still be kept by the clock," said Bob Barnaby, a consultant on the project. "But it's only a matter of time before it's approved."

"It's the future of running," said the BAA's Jack Fleming. "It's what everyone's been waiting for."

The 1996 B.A.A. Marathon Prize Structure

Place	- Men	Women
1.	\$100,000	\$100,000
2	50,000	50,000
3	25,000	25,000
4	17,500	17,500
5	14,500	14,500
6	12,500	12,500
7	9,000	9,000
8	7,400	7,400
9	5,700	5,700
10	4,200	4,200
11	2,600	2,600
12	2,100	2,100
13	1,800	1,800
14	1,700	1,700
15	1,500	1,500
======	**********	#255 500
	\$255,500	\$255,500
Master	s Division	
	Men	Women
1	\$12,000	\$12,000
2	6,000	6,000
3	3,000	3,000
4	1,500	1,500
5	1,000	1,000
=====	\$23,500	\$23,500
Wheeld	hair Division	
	Men	Women
THE REAL PROPERTY.	\$12,000	\$12,000
2	6,000	6,000
3	3,000	3,000
=====	#21 000	
	\$21,000	\$21,000
	GRAND TOTA	L = \$600,000

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- •2000+ finishers in 1995
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- •\$16 entry fee (\$23.00 after April 30) returns
 T-shirt, trunks and bucket full of runner goodies
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Runners at Risk for Fungal Nail Disease

Tearly 40 percent of marathon runners surveyed have signs of fungal toenail infection, according to a new study of more than 4000 runners. More than half (52 percent) of the 4150 runners surveyed at the 1995 New York City Marathon reported that they had experienced toenail trauma including "black toenail" (blood blisters under the nails), loosening, and even loss of toenails, while 39 percent reported signs of fungal toenail infections including yellowish, thick, brittle or hard nails. Of the runners surveyed, 75 percent reported having had normal toenails before beginning the sport.

The survey was conducted at the New York City Marathon Foot Health Clinic, sponsored by Janssen Pharmaceutica, where physicians provided free foot screenings for runners and advised them on topics including proper foot care. Janssen sponsored a similar clinic at the 1996 Los Angeles Marathon.

"Toenail trauma is caused by the constant friction of a runner's toes against their shoes," said Ayne DPM, Chair of Furman.

Sportsmedicine Committee of the Road Runners' Clubs of America. "Many runners lose toenails, particularly after a long race such as a marathon. When new nails grow in, they can often be infected."

High Incidence of Toenail Trauma Toenail trauma, or damage to the

nail, is a leading risk factor for fungal nail disease. While 35 percent of shorter-distance runners (those who run less than 20 miles per week) reported that they experienced toenail trauma, 60

percent of runners who log more than 20 miles weekly experienced the problem. The study also found that the incidence of trauma increased with the age of the runner and number of years spent running.

"This study of runners' foot health is the first of its kind and confirms what many experts have long suspected. Runners should be aware of their high incidence of toenail trauma and of the associated risks including fungal nail disease," said Neil Brody, MD, PhD, author of the study.

'In fact," Dr. Brody continued, "it is important to note that major trauma of the nail is not required to allow fungal organisms to enter. 'Micro' trauma, unnoticed by the athlete, probably accounts for the majority of fungal nail disease.

Signs of Fungal Nail Disease

It is estimated that fungal nail disease affects nearly 11 million people in the United States. The condition causes yellowing of the nail, accumulation of debris under the nail, detachment of the nail plate from the nail bed, and

An overwhelming 39 percent of all runners surveyed reported that they showed signs of toenail fungus including yellowish, thick, brittle nails. The percentage of older runners (age 50+) with these symptoms rose to 49 percent. One-third of those who have run for less than three years reported signs of fungal nail disease, while 44 percent of those who have run for more than 11 years reported the problem.

Lack of Treatment

Despite these athletes' high incidence of trauma and signs of fungal infection, the majority of runners have not sought medical treatment for their condition. Only 17 percent of those reporting problems had pursued treatment.

"For the first time in 35 years, new treatment is available to treat toenail fungus. Those who suspect they have the condition should see a doctor for a definite diagnosis," said Dr. Brody.

New Therapy

Sporanox® (itraconazole capsules) is available to treat fungal nail disease (onychomycosis due to dermatophytes).

"It is the first new therapy in 35 years proven to produce mycological cure in the treatment of fungal nail dissaid Janssen spokesman



Irene Thompson, New York, W40 winner in the 100 (13.21), checks out the information sheet for the age-graded 100 at the 1995 Nationals. This year's Nationals will be held in Spokane, Aug. 15-18. Photo by Suzy Hess

Jennifer Turan. "Clinical studies show

that many patients who receive a short

course of daily treatment from

Sporanox experience significant visi-

ble improvement of fungal toenail

infections." Turan said Sporanox has a favorable safety profile and is well tolerated. "In clinical trials, a temporary or a permanent discontinuation of treatment followed elevated liver enzymes (4 percent), gastrointestinal disorders (4 per-

Sporanox should not be taken with terfenadine (Seldane®), astemizole (Hismanal®), cisapride (Propulsid®) or oral triazolam (Halcion®), Turan

cent) and rash (3 percent)."

"To receive a definitive diagnosis of fungal infection, patients must see their doctors."

Birmingham Track Club Classic Track & Field Meet

May 18, 1996

tain Brook High School (just off 1-459 at Liberty Park exit)

Facilities: Six-Lane Chevron Track, Chevron long jump and pole vault runways. grass javelin runway Age Divisions: Masters (Age 30 and over) men and women will compete in five-year age groups. Open and youth (18

Entry Fees: Entries postmarked by May 9: \$12 first event, \$6 each additional event. \$12 per team for each relay race. Late registration (including day of meet, one,hour prior to event) \$15 first event. S10 each additional.

Lade registration (including day of meet, one,hour prior to event) \$15 first event. \$10 each additional.

Lodging: Holiday Inn (with Airport Transportation) 1-65 South at exit 256. (205) 942-2041.

Awards: Medals to first three places in each age group.

Special Awards: \$100 Knights of Columbus 100 meter dash (age-graded, distance-handicapped; the seven top age-

graded 100 meter runners will compete with \$100 to the winner.) Other awards to be announced. Director: Jeff Tesnow (205) 980-5152

SCHEDULE OF EVENTS

Track Events 10 a.m. 80/100/110 hurdles 11 a.m. 12 p.m. 1500 meters 100 meters 2 p.m. 400 meters 200 meters 3:50 p.m. K of C 100 meters 800 meters 300/400 hurdles 4 p.m. 4:30 p.m. 4:45 p.m. 4x400 Relay 5 p.m. 5000 meters

Field Events

10 a.m. first flight for high jump (women and 60+ men), pole vault, long jump, standing long jump, shot put, discus
FLIGHT ASSIGNMENTS BASED ON FIRST COME BASIS 12 p.m. second flight for high jump (men 30-59), pole vault,

long jump, standing long jump, shot put, discus

I p.m. third flight for high jump (males under 30), pole vault,

long jump, standing long jump, shot put, discus 2 p.m. first flight for javelin and triple jump 3 p.m. second flight for javelin and triple jump

NAME		ENTRY FEES				
	AGESEX	# events x S6 # relays x S12				
TELEPHONE		PLEASE READ AND SIGN: I certify that I have decided to participate in the BTC Classic with full knowledge that being physically fit and sufficiently trained are necessary to prevent injury to myself. My heirs, devisees, executors, administrators, and assigns hereby waive, release, and discharge any and all claims against the Birmingham Track Club, Mountain Brook High School. Holiday Inn agents or repre-				
Events Entered Best Recent Mark or flight preference		sentatives, arising out of my participation in the BTC classic. The Releasor further agrees to abide by all decisions of the Race Committee regarding rule and eligibility requirements. Releasor further agree to release and hold harmless the Birmingham Track Club from any injuries or damages allegedly incurred by rule and eligibility decision made by the Committee.				
3		Signature				

Los Angeles Marathon

Continued from page 1

age 40+ honors in 2:33:36 as the 29th finisher overall.

Ukraine's Lyubov Klochko topped all female finishers in 2:30:30, with L.A. resident Lorraine Gersitz the first W40+ runner in 3:11:50 as the 32nd woman overall.

Several foreign runners, including Molina, used the race to try to qualify for their own countries' Olympic teams.

The race winds through over a dozen ethnic neighborhoods of the

city. It has truly become a genuine civic event, one that brings all factions of an often-divided city together, at least for a day.

"I feel a sense of pride to have been part of the human thread that wove the city together for a few hours," said Elizabeth Stark. "I shall not forget the hundreds of hands I touched along the way, each giving and receiving energy. Each face in the wonderful 26-milelong cheering section - full of wonder and hope - seemed to say what was good about Los Angeles."

Jim Law Dies

Continued from page 1

masters track and field community is comparable to the effect of the death of Jim Fixx on the running community over a decade ago.

Law was one of the prime spokesmen for the National Senior Sports Classic. He traveled around the country giving inspirational speeches to senior and other groups. He was charming and articulate. For the past seven years he was the official spokesperson for Whole Grain Total cereal's "Total Shape-Up" promotion which promotes heathy lifestyles among older people. He even had an agent.

In 1993, he was the first senior presented the Silver Eagle Award by the President's Council on Physical Fitness and Sports. In 1994, he joined Willard Scott and Better Friedan in being recognized by Secretary of Health and Human Services, Donna Shalala, for their many contributions as model older Americans, and honored as ambassadors for heathy aging.

In July, 1991, he set the world M65 400-meter record of 58.79, a mark which still stands. It was the first time in history that a man over age 65 broke the one-minute barrier at 400 meters.

In July, 1993, he set a U.S. M65 200 record of 26.05. He holds the world M65 indoor 200 record (26.92) and U.S. M65 indoor marks at 400 (60.67) and 60 meters (8.14).

Law won the world M65 200-meter championship in Miyazaki, Japan in 1993, adding silver medals in the 100 and 400. He won three silver medals in those events at the World Veterans Championships in Turku, Finland, in 1991.

He won several U.S. national M65 sprint championships, and was voted the outstanding M65 track athlete of the year by USA Track & Field in 1992, 1993 and 1994.

Although he was a sprinter in high school and at Pennsylvania's Lincoln University, he had hung up his spikes until 1986, when he began to get in shape for competition.

"My message to all young folks is to stay in shape," he said then. "My message to older folks is, if you haven't stayed in shape, you can come back. It can be done."

Law received a masters degree in psychology from New York U. in 1949. In 1967, he earned a Ph.D. in psychology from Duke University in Durham, N.C.

In 1949, he was hired by Johnson C. Smith University in Charlotte, where he stayed for 46 years as Professor of Psychology, Chairman of the Department of Psychology, and Vice-President for Academic Affairs. He retired from JCSU in 1965, and was granted the title of Professor Emeritus of Psychology.

Law had a long history of community involvement, including leadership posts at the local and state levels for both the United Way and the Mental Health Association.

Reportedly a heavy smoker until age 58, Law began sprinting in 1984. By age 60, he had reduced his cholesterol level from 322 to 188. In recent years, he had been featured in magazines such as Ebony, Modern Maturity, Sports Illustrated, Prevention, Duke, and Men's Health.

Jack Wood, a friend for eight years, said; "He was a perfect gentleman. I've never heard a disparaging word. Everyone liked him."

Law was supposed to carry the Olympic torch through the Charlotte area this summer.

His sudden death comes as a shock to fitness athletes. As with Fixx and others since, it's a sober reminder that just being in shape is no guarantee of immortality; that regular check-ups and treadmill tests should be part of every older athlete's regimen.

Law leaves behind his wife, Aurelia; his son, Eric; and a host of other relatives and friends from around the world.

A celebration of his life was held on March 14 at the JCSU Church. Internment followed at Forest Lawn West Cemetery. No autopsy was performed.

In lieu of flowers, the family asked that memorials be sent to JCSU to be applied to a fund in Law's name.

Masters Dominate HMRRC Marathon With 5 of Top 6 Places

by PAUL MURRAY

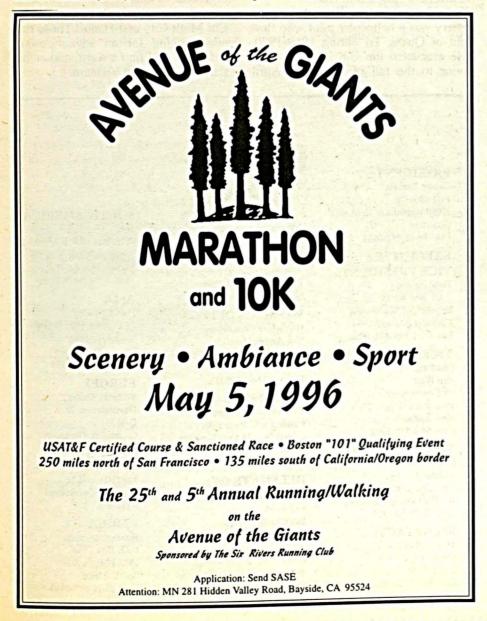
Bruce Glasspole, 43, Pointe Claire, Quebec, finished first overall in the Hudson Mohawk RRC Winter Marathon, Feb. 25. Masters runners dominated the results, capturing five of the top six places.

Winds gusting up to 50 miles per hour slammed runners on the fourloop course around the New York State Office Campus in Albany, and accounted for the winning time of 2:52:20, one of the slowest in the 23year history of the event.

Second masters finisher and third overall was Jim Lofthouse, Ballston Spa, N.Y., with a 3:08:15. The top masters woman was Rosemary Rusin, 52, Florence, Vt., with a 4:00:47. Budd Bettler, Newark, Del., was the M50 victor in 3:10:07. Richard Fedion, North Conway, N.H., was the M60 winner in 4:00:25.

Many entrants decided to retire after fighting the wind for 12 to 20 miles. Only 38 runners completed the full marathon.

The race, organized by HMRRC, was directed by Lori Christina.



ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APR. 1996 ATHLETE (RESIDENCE) ROLLAND AISPACH (SPRINBORO, OH) ATHLETE (RESIDENCE) ROLLAND AISPACH (SPRINBORO, OH) ASSPACH (SPRINBORO, OH) ANSACH (SPRINBORO, OH) AFFICA (1996) ANATOLY BADRANKOY (URS) JAMES BRADLEY (SPRINGFIELD, VA) 4-27-16 60-64 ANATOLY BADRANKOY (URS) 4-26-16 60-64 60



Report from **Britain**

by BRIDGET CUSHEN and MARTIN DUFF

The Southern Area Cross-Country Championships, Luton, March 2, drew 500 masters. Former London Marathon winner Mike Gratton, M40, narrowly triumphed over Stan Owen by one second with a 36:09. Steve Birkin retained his M50 title in a separate race with a 38:07. Laurie O'Hara triumphed in the M60s (42:46). Cathy Boyle, 35, took the women's 7K race with a 28:16 from Anne Turrington, 39, who ran a 28:36.

A record 470 athletes competed in the BVAF Indoor Championships on the superfast 200m track of the National Indoor Arena in Birmingham, March 6. This is the venue for the first European masters and open indoor championships in February 1997. Over a dozen world records were broken, including the M40-44 long jump (7.03, Stan Whitley, 1986) by Barrington Williams with a 7.52, and the W35 triple jump (10.69, Phil Raschker, 1984) by Jenny Brown with a 11.10.

4.00k 4.00k

One of the most exciting races was the M50 1500 when world medalist Reg Phipps (4:12.60 in Buffalo) set a cracking pace but suddenly ran off the track with 600m to go, leaving the reluctant John Potts to do the pacesetting. Malcolm Martin, better known as a road runner, took over and made a long sustained run for home. Potts made his bid with a half a lap to go, but Martin overhauled him in the finishing straight to set a new world indoor record of 4:16.02 (4:17.85, Kenny Baker, 1988).

WAVA/USATE Hurdles and Implements Specifications HURDLES

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Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	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 60-69 0 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39 40-49 ·	400m	.762m 30"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"	10
50-59 60-69 70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
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30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49 50-59	400m	.914m 36" .840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60+	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2¾"	7
RESERVED	AUTO PER LINE	Pariet	IMPLEM	ENTS	4.4. 1 2.14	W. C. L. S. L. S.
AGE Women	SHOT	PUT	DISCUS	HAMMER	JAVELIN	WEIGHT WAVA USATE
30-49 50 plus 60 plus		OOk OOk	1.00k 1.00k	4.00k 3.00k	600gms. 400 gms.	20# 20# 16# 16# 12# 16#
Men 30-49 50-59 60-69	6.0 5.0	(16 lbs.) 00k 00k	2.00k 1.50k 1.00k	7.26k (16 lbs.) 6.00k 5.00k	800 gms. 800 gms. 600 gms.	35# 35# 25# 35# 20# 25#

1.00k

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.

Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.

WAVA weights are used for USATF weight pentathlons.

4.00k

4.00k

600 gms.

25# 25#

16# 12#



SECRETARY:

Smalandsgatan 25



Finishers in the Ho Chi Minh City Marathon and Half-Marathon (I to r): Jack Wells, Bill Moore, Gerry Photo from Jack Wells Berry, and Dick Wilkerson.

Masters Runners Return to Vietnam

by JACK WELLS

Four Vietnam veterans returned to Ho Chi Minh City (Saigon) after two decades to run in the 3rd HCM City Marathon and Half-Marathon, Jan. 21. This race attracts world class runners who compete for a share of \$40,000 in prize money. Bill Rodgers ran in the inaugural race in 1992.

One of the veterans, Dr. Bill Moore, served as a Medical Corps officer with the 1st Battalion, 4th Marines in Quang Tri in 1969, and completed this grueling marathon in 4:13 in spite of the sweltering 85+ degree temperature and shortages of water on the course. Moore then traveled to the northern part of Vietnam to teach orthopedic surgical procedures to the residents, interns and medical students at the University Hospital in Hue.

Retired Marine Colonel Gerry Berry was a helicopter pilot who flew out of Quang Tri during 1969-1970. He evacuated the U.S. Embassy just prior to the fall of Saigon in April

1975. Berry completed the marathon in 4:53.

Retired Marine Lieutenant Colonels Jack Wells and Dick Wilkerson finished the half-marathon in 2:08. Wells served with the 7th Marines in 1968; Wilkerson was on a Navy ship off the coast of Vietnam from 1963-1964.

There were 170 international runners in addition to over 500 Vietnamese runners who participated in both races. The event is covered live on government television and thousands of spectators throughout the city line the streets to watch the race.

The next race will be held in Hanoi in January 1997 where temperatures are at least 10 degrees cooler. Bruce Aitken of Sports Asia Limited is the organizer of this annual international marathon which alternates between Ho Chi Minh City and Hanoi. Those runners looking for an adventuresome challenge will find a warm and enthusiastic welcome in Vietnam.

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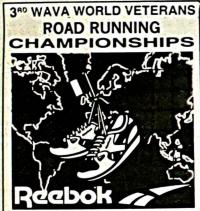
15 C Jalan Haji Salam



Yuki Kaoru, 45, first female overall (75:36), Ichinoseki Half-Marathon, Iwate, Japan. Photo by Tesh Teshima

FIFTEEN YEARS AGO April, 1981

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- East Regionals Lure 200 to Bethlehem, Pa.



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RACES

MAY 5 - Avenue of the Giants Marathon & 10-K, Northwestern, CA. SASE: NMN, 281 Hidden Valley Rd., Bayside, CA 95524.

MAY 27 - Truth/NBD Great Race XVI, 10-K & Half-Marathon, Elkhart, IN. Contact: Ron Schmanske, Adm./Coordinator, P.O. Box #487, 421 S. Second St., Elkhart, IN 46515. (219)294-1661.

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Masters Scene

NATIONAL

- The next three masters national outdoor championships will be run on track surfaces installed by USATF Masters Weight Coordinator Ken Weinbel's company, Martin Surfacing: Spokane-1996, San Jose-1997, and U. of Maine-1998; as a bonus, the WAVA Regional in Eugene will also be on a Weinbel installation. Should be great meets and performances.
- Linda Wallace, a grad student at Central Washington U., is conducting research for a masters thesis: an oral history of women masters T&F athletes, and is looking for women masters who are interested in being interviewed about how competition has impacted their lives. She can be reached at 602 Wenas St., Ellensburg, WA 98926, 509-962-8346, or by email at wallace@cww.edu
- mail at wallace @cwu.edu.

 The caption for the photo on p. 4 of the February issue should have read: Kevin Nance, 41, Chandler, Ariz., M40 winner (11.41) in the 100. 1995 Nationals.
- Phil Raschker, 49, Marietta, GA, in the USATF Open Indoor Championships in Atlanta, March 2, finished tied for eighth in a field of over a dozen much younger competitors in the PV with a 10-10 vault, for a 99.8% age-graded performance. If Raschker can stay ranked in the top 12 female vaulters, she may have a shot at the Olympic Trials. In the 3000 racewalk, Maryanne Torellas, 38, Clinton, CT, edged out current W35-39 U.S. record holder Victoria Herazo, Reno, NV, for second, with a new W35 WR of 13-09.55.
- Despite serving a 30-month sentence in a federal camp for copying some government maps, Bill Stewart, 53, is trying to keep his spirits up. The holder of the indoor U.S. masters mile record (4:11.0, set in 1983) is running 75-85 miles a week. "Although I wouldn't recommend this severe method of total training," he told NMN, "I have been able to record one suitable performance (a 15:58 3-mile run) on my 'C' shaped course, 1000 feet in each direction." Stewart's attorneys are working on his appeal. His "personal pipe dream" is to compete in a mile race near his Ann Arbor, MI, home on August 11.

EAST

• Mary De Nardo (40, 19:54) swept the women's masters field at the NYRRC Valentines 5K Run, Central Park, Feb. 10, as well as taking third

female spot overall. On the men's side, Steven Schallenkamp (41, 16:37) bested the masters men. Age-group stars included John McManus (72, 21:50) and Muriel Merl (70, 27:07).

- On a 30-degree morning in Central Park, Paul Mascall (43, 21:15) and Mary De Nardo led the masters at the NYRRC Snowflake Four Miler, Feb. 18. Mary Nathan (55, 29:07) was the leading lady in her division.
- With the thermometer hovering around 10-degrees, 543 brave souls crossed the finish line at the NYRRC Central Park 20K, Feb. 4.
 Suzanne Rohr (45, 1:29:30) outshone the masters women as fourth woman overall. In the same age-group, Robert Briglio (46, 1:14:48) led the masters men, eighth overall. Kudos also to Ed Preston (75, 1:43:45) and Thelma Wilson (64, 1:50:29).
- For the eighth time, the Washington Running Club took the masters men's title at the 8th Ekiden Marathon Relay, Feb. 18, in Greenbelt, Md. WRC Bobs & Bytes (Jacob Wind/Robert Trost/Robert Rodriguez) covered the distance in 2:49:38.

SOUTHEAST

- At the 6th Annual Pomoco Group/Hampton Coliseum Road Race 5K, Feb. 11, Hampton, Va., Rick Platt (45, 17:01) chewed up the masters men with Laurie Urban (41, 23:21) topping the 40+ women. Guest speaker and 1984 Olympian Ruth Wysocki, 38, ran the race as a training run and clocked in at 17:22. The concurrent half-marathon drew 1066 runners. Hitting paydirt (\$100) were top masters Steve Winchel (40, 1:11:06) and Sue Given (43, 1:27:51). Topping the senior (50+) men and women, Mel Williams (58, 1:24:02) and Betty Dameron (60, 1:58:21) each took home \$50 for their efforts in warm (60°F) and windy weather.
- The first M40+ in the Carolina Marathon (also serving as the Women's Olympic Marathon Trials), Columbia, SC, Feb. 10, reported in the March issue, was Sadot Mendez, 44, Hertsford, NC, in 2:49:47. Masters winners in an adjunct 10K were Dave Kannewurf, 40, Portsmouth, Va, in 31:47, and Carol McLatchle, 44, Houston, TX, in 37:21. Earl Owens, 46, Dunwoody, GA, was second M40+ with an impressive age-graded 89.7% 32:27.
- Steve Gallagher, 40, Winter Park, FL, who broke the U.S. M40-44 record of 8:44.0 for the indoor 3000 at the Dartmouth Meet in January with an 8:43.71, won the Masters Men's Mile in

the Mobil Invitational at George Mason U., Fairfax VA, Feb. 24, by eight seconds with a 4:22.61. David Shafer, Middletown, MD, was second (4:30.97) in the 16-man field.

- The Florida Athletic Club, which brought the world the Postal RW Challenge, starting April 1, now has cast down the gauntlet to throwers with a team throwing challenge to other clubs. The challenge will run from April to October 1, like the RW challenge. For details on both challenges, contact FAC, 3250 Lakeview Blvd., Delray Beach, FL 33445: John Von Rohr (throws), 954-452-9248, and Bob Fine (RW), 407-499-3370, fax 407-495-5054.
- Fin Tomlinson, 41, was the first 40+ in his hometown Charlotte, NC, Observer Marathon, Feb. 17, in 2:51:47. Nonl Nierenberg, 40, of Crownsville, MD, took women's masters laurels in 3:39:25. In the 10K, Earl Owens, 46, Dunwoody, GA, topped all masters in 32:33, with Alendia Vestal, 44, of Brevard, NC, first W40+ in 40:27.

SOUTHWEST

- Tatlana Pozdnyakova, 40, of the Ukraine, ran a sizzling 2:31:03 for an overall female first in the Houston-Tenneco Marathon, Jan. 21. Elena Sipatova, 40, of Russia, was 10th in 2:35:03. Antoni Niemczak, 40, Rochester, NY/Poland, captured the M40+ title in 2:21:46. Mike Dyon, 40, of Canada, finished second in 2:23:34.
- Antoni Niemczak, 40, of Rochester, NY/Poland, and Irina Bondarchouk, 43, Houston, TX/Russia, were masters winners in the Austin Marathon, Feb. 18. Niemczak finished seventh with a 2:25:48; Vladimir Krivoy, 45, Halifax, ME/Ukraine, was tenth in 2:31:00. Bondarchouk was fourth female in 2:50:33, with Joyce Deason, 40, Shreveport, LA, fifth in 2:52:32. Jocelyn Porter, 70, Houston, TX, beat all other W60+, with a 4:49:53.
- Paul Stemmer (41, 32:49), Mobile, AL, and Pam Williams (41, 37:54), Mandeville, LA, won cash prizes as 40+ firsts, Camellia City Classic 10K, Slidell, LA, Feb. 24. Yvonne Lee, 52, Zachary, LA, was second W40+ in 43:43. Elizabeth Van Battum won the W70+ race in 53:48.

WEST

- Richard Flores, 41, Windsor, CA, and Christine Iwahashi, 40, Sacramento, CA, claimed masters wins in the Napa Valley Marathon, run in California's wine country on March 3, Flores finished second overall of 1281 runners with a 2:26:04. Rob Reid (41, 2:27:40), Victoria, BC, and Sean Crom (40, 2:31:29), Reno, NV, were third and fourth overall. Iwahashi, a three-time former race winner, finished seventh in 3:11:42.
- Farley Simon (40, 15:24) was not only first master, but first overall in the Los Alamitos 5K, Los Alamitos, CA, Feb. 24. The women's champ was Lorraine Gersitz (W40, 19:18). Bill Nice, 80, blitzed his division in 24:54. In the accompanying 10K, Danlel Kelly (M45, 34:41) was the man of the hour with Julie Lister (W45, 42:26) leading the 40+ ladies.
- James Robinson, 42, a two-time Olympian, ran a 1:57.2 800 at a Berkeley, CA meet, Feb. 18. Ray Kimble, also 42, triple-jumped 50-11-1/2 (15.53m) at the same meet.

NORTHWEST

 John Hahn (48, 2:48:10), Kirkland, WA, and Sandi Wiebe (46, 3:23:48), Vancouver, WA, turned in 40+ firsts in the Trail's End Marathon, Seaside, OR, March 2. Channing Berthiaume (51, 2:51:04), Tacoma, WA, was second M40+

INTERNATIONAL

- The International Senior Games is a 20-sport festival to be held in Bermuda from April 13-27. The track & field competition will take place from April 14-17. One of the features of the Games is the Elite Mile, which will feature many former Olympians including Jim Ryun (USA), Ron Clarke (AUS), Peter Snell (NZ), and Michel Jazy (FRA). The Games will be featured on a 3-hour prime time ESPN special. For more info, call 1-800-867-5935
- At the XV Veterans Championship in



Mike Bressi, 2nd master (1:13:54), Hampton Coliseum Half-Marathon, Feb. 11.

Photo by Sports 35 Photography/Clay Shaw

Montevideo, Uruguay, Nov. 24-26, a world W40 record in the hammer was set by Ana Franco. Franco let loose a heave of 43.88 to win her division by over 20 meters.

- The Mt. Everest Challenge Marathon, held near Darjeeling, India, was named the "world's most beautiful marathon" by Runner's World in its March, 1996 issue in a five-page feature article. This year's edition is set for Nov. 5-12. It's \$1200 from Darjeeling, with optional shorter races. For a free brochure, call Force 10 at 800-922-1491.
- It may be snowing in the east and flooding in the northwest, but the weather in some places has been kind to racewalkers. Recent new WRs are as follows: W35 3000m Anne Manning (AUS) 12:43.2; W35 5000m Anne Manning 21:45.8; W35 10K Anne Manning 44:28; W65 5000m Jean Albury (AUS) 27:57; M60 30K Max Green (USA) 2:51:36; M50 30K Edward Whiteman (USA) 2:47:35.

OPEN

 A record 11 cities submitted bids for the 2004 Olympics: Athens, Stockholm, Rome, Capetown, Buenos Aires, Istanbul, Rio de Janeiro, Lille (FRA), San Juan (PR), Seville (Spain), and St. Petersburg (Russia).

TEN YEARS AGO April, 1986

- National Masters Indoor T&F Championships Draw 450 to Baton Rouge
- Lew Faxon, M45, First Master in Colonial Half-Marathon in 1:13:14
- Priscilla Welch Garners W40+ Wins in Orange Bowl 10K (33:08) and Gasparilla Distance Classic 15K (50:24)

NOW AVAILABLE

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Schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. 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

August 15-18. 29th annual USATF National Masters Championships, Spokane, Wash. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509-533-3644; fax 509-533-4128.

August 31. USATF National Masters Weight & Superweight Championships, Seattle. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206-932-3923; fax 206-932-3917.

September 14. USATF National Masters Weight Pentathlon Championships, Bozeman, Mont. Bob Sager, meet director, PO Box 89, Wilfall, MT 59086. 406-578-9870.

EAST

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

April 25-27. Penn Relays, Philadelphia. 25th: 200 (W40+), PV (age-graded). 26th: 4x100 (M40+, M50+ & other), 100 (M40, M50, M60+), 4x400 (M50+ & other). 27th: 4x400 (M40+), 100 (M75+). Deadline April 2. Karl Castor, 44 N. Penn St., Hatboro, PA 19040, 215-441-8584, or Peter Taylor, 4014 Hallman St., #3, Fairfax, VA 22030, 703-385-4392.

May 19. NY Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. By phone, Eric Weissbrot, 516-487-1417; Roz Katz, 718-358-6233 (8-10 pm, NY time).

SOUTHEAST

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

April 5-6. Weekend In Valhalla Throws Carnival. USATF-Sanctioned Training Camp, Gibsonville, N.C. Invited guests: Janis Lusis, Brian Oldfield, Yuri Syedikh. Peter Farmer, PO Box 8521, Greensboro, NC 27419; or Jeff Gorski, 1130 Hwy 54 W., Chapel Hill, NC 27516.

April 6. Naples-On-The-Gulf Masters Meet, Naples HS, Fla. Weight Pentathlon, Barron Collier HS, Naples. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 941-597-6870.

April 12-13. Norfolk Invitational Relays, Norfolk St. U., Va. Joe Mack, Masters Coordinator, 804-482-5558. For pre-entry, contact Steve Riddick or Simon Hodnett, 804-683-8801.

April 13. Boca Raton Meet, Boca Raton,

Fla. Bob Fine, Florida AC, 407-499-3370. April 27. Florida AC Meet, Gainesville. Frank Abrams, 528 NW 28th Ave., Gainesville, FL 32609, 904-372-7293.

May 3-5. 26th Southeastern Masters Meet, Raleigh, N.C. Age 20+. Includes pentathlon, weight pentathlon, 5K, 20K walks, jumps and throws clinics. Southeastern Masters, c/o Raleigh Parks and Recreation, P.O. Box 590, Raleigh, NC 27602. Dale Smith: 919-831-6640.

May 11. Atlanta TC Meet, Julia Emmons, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9065; fax 404-364-0708.

May 11. 7th Annual Jacksonville TC Masters Meet, Jacksonville, Fla. Lamar Strother, 1511 South McDuff Ave., Jacksonville FL 32205. 904-388-7860.

May 18. Florida AC State Masters Championships, Orlando. 5K RW Championships. 407-321-8854.

May 18. Birmingham TC Classic. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031.

May 24-25. USATF Southeast Regional Masters Championships, Knoxville, Tenn. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615-483-7743 (eve).

June 1. Nashville TC Masters & Open Meet, Franklin Road Academy, I-65 South & Harding Place. For entry/map, SASE to Nashville TC, 2709 Linmar Ave., #5, Nashville, TN 37215. 615-383-6733.

June 7-8. UNC Meet, open & masters. Chapel Hill, N.C. Kendra McKay, 919-962-5195

June 21. USATF Tennessee Championships, U. of Memphis. Ron King, 3513 Tall Oaks Circle, Memphis TN 38118. 901-365-9647.

MIDWEST

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

June 1. The Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309-755-2655.

June 29. Dayton Track Classic, Welcome Stadium, U. of Dayton. Bob Jones, 513-837-2754.

July 13. Masters Meet, Libertyville, Ill. \$1000 in cash prizes. SASE to Craig Dean, 719 Stonegate Ct., Libertyville IL 60048.

MID-AMERICA

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

May 23. Denver TC Mile & Two Mile Runs, All-City Stadium, 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425 (eve).

June 20. Denver TC Meet, All-City Stadium. 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

June 29. USATF Mid-America Regional Masters Championships, Harrison HS, Colorado Springs. Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80907. 719-471-1650; fax 719-471-1663.

July 25. Denver TC Meet, All-City Stadium, 6 p.m. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

August 31-Sept. 1. Rocky Mt. Games. Nancy Simmons Manson, 518 Quentin St, Aurora, CO 80011. 303-341-7992.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 1. El Paso Senior Games, Texas. 50+. Ray Cox, 915-462-4268.

April 13-24. Dallas Senior Games, Texas. 50+. Carol Lucas, 214-670-6265.

April 25-27. Texas Senior Games, Kerrville. 50+. Karen Tucker, 210-896-4263.

May 12. Ambassador University Masters Invitational, Big Sandy, Texas. Rick Sherrod, 903-636-2161; Laura Radtke, 903-636-2090. Ambassador U., 1 Ambassador Way, Big Sandy, TX 75755. Fax: 903-636-2332.

May 18. Waterloo T&F Championships, Buda, Texas (south of Austin). SASE to Jeff Brower, 7305 Tanbark Cove, Austin, TX 78759. 512-257-1642.

June 1. USATF Southwest Association Open & Masters Meet, Loos Field, Dallas. John Pritchett, PO Box 210496, Dallas, TX 75211-0496. 1-800-30-GO-RUN.

June 7-8. USATF Southern Association Championships, Gonzales, La. Decathlon/heptathlon/weight pent/56-lb. SASE to Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504-644-6930.

June 15. Hill Country Classic Masters Meet, Mason, Texas. Lee Graham, Box 384, Mason, TX 76856. 915-347-5620.

July 20. USATF Southwest Regional Masters Championships, Samuel Clemens HS, Schertz (San Antonio), Texas. Also open athletes. John Head, 2104 Cedar Branch, Garden Ridge, TX 78266. 210-651-5414.

August 10. Texas Masters Championships, U. of Texas-Arlington. Dallas Masters, PO Box 941781, Plano, TX 75382. 214-979-0246.

WEST

Arizona, California, Hawaii, Nevada

April 6. Cougars Invitational, L.A. Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles, CA 90065-3724. 213-257-1285; fax 259-0265. April 13-14. 32nd annual Phoenix Invitational, Arizona State U. From youth through masters. USATF Arizona, Bob Flint, 8436 E. Hubbell St., Scottsdale, AZ 85257. 602-949-1991.

April 13. San Francisco Senior Games. 55+. Lenore Naxon, 415-750-4952.

April 14. Orange Spring Games, Rancho Santiago College, Santa Ana, Calif. 25+. Al Siddons, 714-564-6936.

April 20. KELfield Throws Meet #48, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA. 95060. 408-458-0202.

April 28. Crown Valley Senior Games (50+), Occidental College, Los Angeles. Christel Miller or Cynthia Vaughan, 818-397-406.

May 3-5. Solano County Senior Games. 55+. Gaylord Whitlock, 707-864-0484.

May 4. Arizona Masters Meet, Tempe. 25+. Bob Flint, 8436 East Hubbell,

ON TAP FOR APRIL

TRACK AND FIELD

The Naples-on-the-Gulf Meet opens the month on the 6th in the Sunshine State, where snowbirds can wing east for the Bermuda Senior Games or hang out for a week for the Boca Raton Meet on the 13th; or fly north a day early for the two-day Norfolk Relays in Virginia starting on the 12th; or head west for the Orange Spring Games, Santa Ana, Calif., on the 14th. The final weekend is well-occupied, with the Penn Relays masters events starting on the 25th; Florida AC Meet, Gainesville, the 27th; and the T&F segment of the Crown Valley Senior Games, Los Angeles, the 28th. Other senior games for men and women 50+ or 55+ are sprinkled throughout the schedule.

LONG DISTANCE RUNNING

The 100th running of the Boston Marathon on the 15th overshadows all other races. But for those who look upon tens of thousands of runners with despair, the USATF National Masters 10K Championships, Plainview, Long Island, on the 13th is easily the best alternative. Other races of interest are the Midwest Masters 8K, Omaha, on the 6th; Pearblossom 10 Mile, Medford, Ore., and KNOE 5K, Monroe, La., the 13th; Longest Day Marathon, Brookings, S. Dak., and Trevira Twosome, NYC, on the 20th; and Kentucky Derby Half-Marathon, Louisville, and Big Sur Marathon, Carmel, Calif., the 27th.

RACEWALKING

The 5K Racewalking Team Challenge is a postal start on the 1st and lasts till October. The MAC 15K Championships are slated for the 14th in Central Park, followed by the WAVA North America 10K, La Grange, Ga., on the 19th.

Scottsdale AZ 85257, 602-949-1991, or Cliff McKenzie, 602-777-8503.

May 5. (masters day). Steve Scott Invitational, UC-Irvine. Mac McCormick, 714-586-9942.

May 11. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 619-436-7696.

May 18. Visalia Classic Masters Meet. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

May 18. KELfield Throws Meet #49, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

May 25. USATF Pacific Association Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

Continued on next page

Continued from previous page

May 26. Dan Aldrich Memorial Meet, UC-Irvine. Mac McCormick, 52 Via Athena, Aliso Viejo, CA 92656. 714-586-9942 (eve).

May 30-June 2. California State Senior Games Championships, Sacramento. 50+. Only qualifying site in Calif. for Senior Games Nationals, Tucson, May 1997. Pamela Rhodes, 6005 Folsom Blvd., Sacramento, CA 95819. 916-277-6094 or 800-229-8625 fax 916-277-6074.

June 1. Bruce Jenner Classic, San Jose City College. M40+ 400, 1500/M50+ 200/100 M60+, M70+, women. Bruce Springbett, 408-354-2005; 354-7333.

June 8. USATF Pacific Association Masters Championships, Los Gatos HS, Calif. HT/JT/WT at KELfield, 408-458-0202. SC at West Valley College. Los Gatos AA, Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-9486.

June 9. USATF/SCA Championships, CSU-Long Beach. Marvin Thompson & Hugh Cobb. SASE to L.A. Patriots, 3911 Verdugo Rd., Suite 2, Glassell Park, CA 90065-3724. 213-257-1285.

June 30. Trojan Masters Meet, USC. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744. 818-917-6289. 102110.540@ compuserve.com.

July 6, 20. SCA Series/Grand Prix All-Comers, L.A. Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles, CA 90065-3724. 213-257-1285; fax 259-0265.

July 20. USATF West Regional Masters Championships, Cerritos College (near L.A.). Marvin Thompson & Doug Wells, SASE to L.A. Patriots, 3911 Verdugo Rd., Suite 2, Glassell Park, CA 90065-3724. 213-257-1285.

August 2. SCA Series/Grand Prix Championships, Cerritos College. Norwalk, Calif. Doug Wells, 310-860-2451, x2889.

August 3. USATF West Regional Masters Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

October 5. Club West Masters Meet, Santa Barbara City College. Beverley Lewis or Gordon McClenathen, 310-805-964-3005.

October 27. Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

NORTHWEST

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

May 25. Oregon Senior Olympics, Silverton HS. M&W40+. Silverton RC, Box 783, Silverton, OR 97381. Amy Castle, 541-873-8577; 873-2818.

June 1-2. USATF Alaska Decathlon/ Heptathlon State Championships, Bartlett HS. Team Alaska TC, 907-338-1667.

June 6, 13, 20, 27. Team Alaska Meets, Bartlett HS. 6 p.m. Hotline: 907-338-1667.

June 14-15. Montana Senior Olympics, Billings. 50+. Don Tavolacci, 465 Freedom, Billings, MT 55105.

June 29-30. Hayward Masters Classic, Eugene, Ore. SASE to Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405. 541-342-3113(h); 346-3383(w). Entry forms available this month.

July 11, 18, 25. Team Alaska Meets, Mulcahy Track. 6 pm. Hotline: 907-338-

July 27-28. USATF Oregon Champion-

ships/Portland Masters TC Classic, Mount Hood CC, Gresham. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950; 234-4811.

August 3-4. USATF Northwest Regional Masters Championships, Tacoma, Wash. Ken Weinbel, 4103 Hillcrest Ave., Seattle, WA 09116. 206-932-3923; fax 206-932-3917.

August 3-4. USATF Alaska All-Comers Championships, Mulcahy Track. 9 am. Team Alaska TC Hotline: 907-338-1667.

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

CANADA

June 2. Harry Jerome Meet (Vancouver, B.C.) Masters 400 & Masters Mile. Western Canada's largest meet. Grant Lamothe, 604-856-7381.

June 8-9. Ontario Masters Championships; York U., Toronto.

June 15-16. British Columbia Masters Championships, Langley, B.C. (suburban Vancouver). US masters invited. Grant Lamothe, 604-856-7381; Steve Odwin, 604-739-9009; fax 604-443-8588.

June 15-16. Ontario Masters Championships, M&W 35+/5-year-age groups. York U. 416-699-5818. Doug Smith, 58 Newmarket Ave., Toronto M4C 1V9.

July 20-21. British Columbia Decathlon Championships, Vancouver, B.C. US masters invited. Includes submasters/masters. Grant Lamothe, 604-856-7381.

August 9-11. Canadian Masters Championships, Victoria, B.C. US masters invited. Danny Daniels, 604-656-3669.

INTERNATIONAL

April 5-6. Argentina Veterans Championships, Mar del Plata. Organizing Committee, phone 54-23-79-6894; fax 54-23-74-9139.

April 5-7. Russian Indoor Championships, Moscow. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 4124475.

April 13-27. Senior Games, Bermuda, 50+. Also 10K road race. Senior Games, 460 Summer St., Stamford CT 06901. 800-867-5935.

June 2. Baltics "White Nights" Meet, St. Petersburg. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-8123553906.

June 5-9. Brazilian Veterans Championships, Manaus, Amazonas State. Full schedule for m&w. Organizing Committee, AVAB, fax 048 234-1712.

July 6-13. WAVA Oceania Regional Championships, Papeete, Tahiti. Includes half-marathon/ RWs/X-C. Jim Tobin, 6 Hetley Cres, Napier 4001, New Zealand. Phone/fax +64 6 8445072.

July 19-27. WAVA European Regional Championships, Malmo, Sweden. Europeans only.

August 10-11. BVAF Championships, Exeter (Devon). Winston Thomas, 67A Waterside Rd., Hertfordshire, WD48HE, Great Britain.

August 21-24. WAVA North American Regional Championships, Hayward Field, Eugene, Ore. M&W 30+. 8K X-C/10K Road Racewalk/15K Road Race/pentathlon/weight pentathlon. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989.

Sept. 19-21. WAVA Africa Regional Championships, Namibia.

September 20-22. Russian Championships, Sochi. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-8123553906.

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

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

OPEN

June 14-23. USA Olympic Trials, Atlanta. July 26-August 4. XXVI Olympic Games (T&F dates), Atlanta, Ga.

LONG DISTANCE RUNNING

NATIONAL

April 13. USATF National Masters 10K Championships, Plainview, N.Y. Michael Polansky, 62 Sylvania Ln., Plainview, NY 11803. 516-433-0919.

May 9-12. 39th Annual RRCA National Convention, Knoxville, Tenn. Knoxville TC, 3530 Talahi Gardens, Knoxville, TN 37919. 423-673-8020.

May 11. USATF National Masters 12K Championships (Art Fest River Run), Evansville, Ind. Chuck Whobrey, 1409 Olympic Ct., Evansville, IN 47715. 812-473-2850(h); 424-1647(w).

September 15. USATF National Masters 24 Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419-475-0731.

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

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

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

November 3. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614-459-2547. December 7. USATF National Masters 10K Cross-Country Championships, San Francisco, Calif. Tim Wason. 4475 23rd St. #4, San Francisco, CA 94114. 415-648-1467.

EAST

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

April 6. Run vs. Row 10K/4K RW, Alexandria. SASE to RvR, 611 S. Fairfax St., Alexandria, VA 22314. 703-549-0936. John Bailey, 202-628-7767(w); 703-549-2480(h).

April 15. 100th BAA Boston Marathon. Qualifying by times and application. SASE with 55¢ stamp to Boston AA, PO Box 1996, Hopkinton, MA 01748. April 20. NYRRC Trevira Twosome 10



Dennis Cross took the lead for the winning masters Hartford Track Club in the first leg of the Spiegel Associates Ocean To Sound 50 Mile Relay, Long Island, N.Y.

Photo by Mike Polansky

Mile/Two Mile, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax 212-860-9754.

April 20. Annapolis Gateway Mile. Separate heat for masters w/5-yr. age group awards. SASE to Dan Masterson, 11 King Ct., Annapolis, MD 21401. 410-293-6296.

April 28, Kingston 10K Classic, Kingston Classic, UPO Box 3296, Kingston, NY 12401, 914-679-4099.

May 5. Long Island Marathon. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0248; fax 572-0260.

May 5. Pittsburgh Marathon & 10K. Larry Grollman, Center For Sports Medicine, 4601 Baum Blvd., Pittsburgh, PA 15213. 800-533-UPMC (8762).

May 5. Buffalo Marathon. PO Box 652, Buffalo, NY 14202. 716-837-7223.

May 5. Broad Street 10 Miler, Philadelphia. SASE to Broad St. Run, PO Box 18543, Philadelphia, PA 19129. 215-563-6184.

May 18. Vintage 5-mile Run & 3-mile Walk, Pittsburgh, Penn. 50+. 412-361-5003.

May 26. Vermont City Marathon/Relay. SASE to VT City Marathon, PO Box 152, Burlington, VT 05402-0152. 1-800-880-8149.

June 1. Freihofer's 10K Run For Women, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267; fax 518-273-0647.

SOUTHEAST

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

May 11. Gum Tree 10K, Tupelo. Masters money. Johnny Dye, race director, 1007 Chester Ave., Tupelo, MS 38801. 601-842-2039

July 4. Peachtree 10K, Atlanta. SASE to Peachtree '96, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305 before March 1.

Continued on next page

Continued from previous page

MIDWEST

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

April 21. Glass City Marathon, Toledo. Pat Wagner, 130 Yale Dr., Toledo, OH 43614. 419-385-1072.

April 27. Kentucky Derby Festival Half-Marathon, Louisville. Metro Parks TC, PO Box 36452, Louisville, KY 40233. 1-800-928-FEST.

May 3 (Fri.). Indianapolis Life 500 Festival Mini-Marathon. Masters money, Kurt Jaenicke, Indianapolis Life Insurance Co., PO Box 7161, Indianapolis, IN 46207. 800-246-0331; 317-927-6732.

May 5. Revco-Cleveland Marathon/10K. Linda Beveridge, PO Box 550, Twinsburg, OH 44087.

May 25. Big Boy Classic 20K, Wheeling. Hugh Stobbs, race director, PO Box 808, Wheeling, WV 26003. 614-633-5000.

May 27. Truth/NBD Great Race XVI, 10K & Half-Marathon, Elkhart, Ind. Ron Schmanske, Box 487, Elkhart IN 46515. 219-294-1661.

MID-AMERICA

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

April 6. YMCA Midwest Masters Classic, Omaha. 8K/2 Mile RW. M&W35+. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402-554-8645.

April 20. Longest Day Marathon/Relays/ 10K/5K, Brookings, S. Dak. Dr. C.S. Roberts Jr., 1345 1st St., Brookings, SD 57006. 605-692-2334; fax 697-5396.

April 27. Rite of Spring 10K/2K, Minneapolis. SASE to Get In Gear, P.O. Box 19009, Minneapolis, MN 55419-0009. 612-922-3439.

April 27-28. Kansas City Ekiden Weekend. KCRC, 7201 W. 129th, #300, Overland Park, KS 66213. 913/685-2200(d); 681-8171(e).



Vaughn Kastor, M30, crosses the finish line with a meet record 1:59.6 in the 800, 1995 Visalia Classic Masters Meet in California. This year's meet is scheduled for May 18.

Photo by Glen Williams

May 4. Melpomene Institute 5K (USATF Minnesota Championships), St. Paul. Melpomene Institute, 1010 University Ave., St. Paul, MN 55104. 612-642-1951. May 5. Lincoln Marathon & Half-Marathon. Lincoln TC, 5309 S. 62nd St., Lincoln, NE 68516. 402-423-4519.

May 26. Med-City Relays & Marathon, Rochester, Minn. Med-City, 1417 14th Ave. N.E., Rochester, MN 55906. 507-282-1310.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 13. KNOE '96 5K, Monroe, La. \$400 to 1st M&W40+. KNOE 5K, PO Box 4067, Monroe, LA 71211. David Price, 318-3888.

April 28. NOTC 33rd Anniversary 3 Mile/Mile, New Orleans. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

May 18. The Whirlwind 5K, Tishomingo, Okla. 7:30 pm. Jim Kennedy, 1500 E. Main, Tishomingo, OK 73460. 405-371-2371, X207.

May 18. Bookin Down The Avenue 5K/Mile, New Orleans. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

WEST

Arizona, California, Hawaii, Nevada

April 21. Jimmy Stewart Relay Marathon, Los Angeles. Laurie Andrews, director, 1328 22nd St., Santa Monica, CA 90404. 310-829-8968; fax 315-6167.

April 27. Lake Powell 10K & 4 Mile Walk. Lake Powell 10K, PO Box 3148, Page, AZ 86040.

April 28. Big Sur Marathon, Carmel. William Burleigh, Box 222620, Carmel, CA 93922. 408-625-6226.

May 5. Avenue Of The Giants Marathon/10K, Weott, Calif. SASE to NMN, 281 Hidden Valley Rd., Bayside, CA 95524.

May 11. Hillsea 7.57 Mile, Huntington Beach, Calif. Overall winner chosen by age/sex scoring system. Five-year age divisions start at varied times. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

June 1. Fontana Days Half-Marathon & 5K. City of Fontana, Don Day Center, c/o Barbara Smith, 14501 Live Oak Ave., Fontana, CA 92337. 909-350-6678; 350-6670.

NORTHWEST

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

April 13. Pear Blossom 10 Mile & 5K, Medford, Ore. SASE to Pear Blossom Run, PO Box 146, Medford, OR 97501. Jerry & Zellah Swartsley, 541-535-1205(eve). Medford Visitor's Bureau, 541-772-6293.

May 5. Lilac Bloomsday 12K, Spokane, April 17 deadline. SASE to Bloomsday, PO Box 1511, Spokane, WA 99210. 509-838-1579.

May 19. Capital City Marathon, Olympia. PO Box 1681, Olympia, WA 98507. 360-786-1786.

May 26. Rocky Mountain 50 Mile & Wyoming Marathon, Laramie. Brent Weigner, 3204 Reed Ave., Cheyenne, WY 82001. 307-635-3316.

July 12-13. Mt. Rainier To Pacific Relay. 150 miles/11-person teams. Walk teams (100 miles/7 persons) welcome. PO Box 17086, Seattle, WA 98107. 206-782-6547; fax 206-783-5285.

August 23-25. Hood To Coast Relay, Mt. Hood-Seaside, Ore. 195 miles/12-person teams. 1995 race reached capacity by May. HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626.

INTERNATIONAL

May 5. BVAF 10 Mile Championships, Oswestry, Shropshire. Doug Morris, 011-441-1691-653338.

June 16. BVAF Marathon Championships (with Potteries Marathon, usually 2000+). Don Shelly, 011-441-1782-65734.

June 29-30. 3rd WAVA World Veterans Road Race Championships (10K, 25K) & Roadwalk (20K, 30K), Brugge, Belgium. WVC, Korte Zilverstraat 5, B-8000 Brugge, Belgium.

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

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

RACEWALKING

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

April 14. MAC 15K Racewalk Championships, Central Park, NYC. (Masters divisions in 10-year age groups.) Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317, Stella Cashman.

April 19. WAVA North America 10K/ South Regional & Georgia State 10K Championships, La Grange, Ga. Helen Rice, La Grange Sports Authority, PO Box 2162, La Grange, GA 30240. 706-812-9000.

April 27. National One-Hour Racewalk, Plantation, Fla. FAC-Walkers, 954-791-7076.

May 5. USATF National Masters Men's 25K/Women's 20K RW Championships, Albany, N.Y. Elaine Humphrey, 7048 Suzanne Lane, Schenectady, NY 12303. 518-473-9117.

May 12. Jack Mortland & North Regional RW Championships (5/10/20K), Columbus, Ohio. Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387.

May 12. Empire State Games Qualifier 10K, Central Park, NYC, Howard Jacobson, 2198 Bright Ave., East

DEADLINE

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

Meadows, NY 11554. Lon Wilson, 718-588-0441.

May 19. USATF National Masters Men's 10K RW Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716-875-6341(h), 716-694-7683(w).

May 19. West Regional Championships, (10/20K). Therese Iknoian, 554 Columbia Ave., San Jose, CA 95126.

May 26. Olympic Trials Qualifier/MAC 20K Racewalk Championships, Central Park, NYC. (Masters divisions in 10-year age-groups.) Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317, Stella Cashman.

July 14. MAC 3K RW Championship, Central Park, NYC. Park Racewalkers, USA, 320 East 83rd St., New York, NY 10028. 212-628-1317, Stella Cashman.

August 15-18. USATF National Masters Outdoor RW Championships, 5000 track (m/w), 20K road (m), 10K road (w), Spokane, Wash. See T&F National Schedule.

August 25. USATF 5K Championships & East Regional 5K Championships, Wilkes-Barre, Penn. Jim Wolfe, 220 Lasley Ave., Hanover Industrial Estates, Wilkes-Barre, PA 18706. 717-821-6504(w).

September 2. West Regional 15K Championships, Albuquerque, NM. Audrey Dix, 2301 El Nido Ct., NW, Albuquerque, NM 87104.

September 8. North Regional 1/2 Hour Championships, St. Paul, Minn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660.

September 8. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080.

September 14. USATF National Masters 5K Road RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615-229-4364(w), 615-349-6406(h).

September 22. USATF National Masters 15K RW Championships, Elk Grove Village, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 312-327-4493. September 22. East Regional 10K Road Championships, Atlantic City, NJ. Elliott Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764.

September 28. Alongi International RW Classic, Dearborn Heights, Mich. Wolverine Pacers AC, Roswell Barranco, 3235 Musson Rd., Howell, MI 48843.

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

FIVE YEARS AGO April, 1991

- John Campbell (42, 2:14:33) and Priscilla Welch (46, 2:40:20) Win in Los Angeles Marathon
- Campbell Runs World Masters Best 14:18 in Edison 5K; Warren Utes Sets U.S. M70 5K Mark of 18:13
- Cliff Pauling, 56, Stars in NYC Meet

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

M35-39				M60-64	-7.75		Washington .	W3 Ri
Warren Taylor	Shot Put	51%	06-14-95	Ray Franks	3K RW	16:41.77	07-01-95	Ru
	Discus	50.02	09-03-95	THE RESERVE THE PARTY OF THE PA	100M	13.4	01-21-96	
and the state of t					200M	28.2	01-21-96	
M40-44			AND THE	A LANCE TO				W
Keith Petranek	Pole Vault	13-51	08-12-95	M65-69				Pa
				Alan Cohen	100M	13.8	02-10-96	
M45-49								
Tim Edwards	Hammer	38.5	12-16-95	M75-79			6.34	
Market w	56# Weight	8.34	12-16-95	Anthony Silvidi	1500 RW	9:21	08-06-94	No.
M50-54	2 5 1 5 2			W30-34	M VALUE	Sec. 2-19	k mad	
Duane Thompson	Shot Put	12.44	02-18-96	Paula Warhola	800M	2:26:42	03-01-96	15
Russ White	Javelin	191-2	07-08-95	Problem and the	1500M	4:59.4	03-01-96	١
			The second secon	CARL CARREST CONTRACTOR CONTRACTO				

W35-39		Lagran	1 1000	W55-59			
Ruth Welding	Shot Put	10.69	07-08-95	Glenda Walker	10,000M	47:01	12-09-95
A COUNTY OF THE PARTY OF THE PA	Discus	36.96	07-09-95				
	A PARTY	All and a	DE-TAR	W60-64			
W40-44	25 g g			W60-64 Joan Burguess	High Jump	3-6	01-14-96
Patti Terhune	1500M	5:27,96	03-02-96				
A STATE OF THE STATE OF		Carrier Co		W80-85			
				Bettie MacInnes	High Jump	2-10	07-29-95



U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 11.33 11.67 23.3 24.2 52.5 54.0 11.0 12.0 25.1 12.5 26.0 13.5 28.5 14.0 29.8 16.5 35.8 18.0 39.8 20.0 44.0 105.0 15.0 58.5 65.0 70.0 84.5 3:54 2:01 2:04 2:08 2:13 2:19 2:37 2:49 3:06 4:24 7:03 7:38 26:00 54:30 4:22 4:32 4:53 4:45 5:07 5:02 5:25 18:24 5:24 5:49 19:36 5:47 6:14 21:08 6:22 6:51 23:30 4:11 16:06 17:30 32:11 32:35 33:30 10000 34:45 36:15 38:10 40:30 15.3 16.4 17.75 18.75 18.0 19.0 20.0 18.0 21.0 25.0 30.0 57.6 59.7 62.0 64.4 67.2 48.0 70.6 400H 300H 55.0 60.0 95.0 10:00 10:20 10:55 11:40 12:30 13:20 2K-SC 9:30 10:30 12:00 14:00 16:30 19:30 1.85 1.76 6-3/4 5-9% 1.68 5-6 1.59 5-24 1.50 4-11 3.05 2.80 9-2k 2:55 8-4% 2.05 6-85 1.80 5-11 4-11 13-74 12-94 11-94 10-10 10-0 6.20 5.10 4.40 4.00 3.35 2.65 7.50 6.80 6.10 24-7½ 22-4 20-½ 12.65 11.90 11.15 10.40 13.35 29-25 26-11 39-5 34-15 31-8 12.40 40-84 11.20 36-9 10.80 35-5% 12.00 10.00 6.50 14.10 28-104 25-14 46-34 42-8 39-45 49-105 36.80 31.60 26.40 Discus 44.80 42.60 40.60 40.00 36.40 147-0 139-9 133-2 124-8 131-3 119-5 131-3 120-9 103-8 86-7 70-25 53-2 44.20 41.14 145-0 135-0 36.00 118-1 33.00 108-3 29.00 25.00 22.50 62.00 57.00 52.60 48.00 43.00 203-5 187-0 170-7 157-6 141-1 40.00 35.00 38.50 126-4 131-3 114-10 95-2 62-4 4.00 5.00 35#Wt. 15.00 14.00 13.00 12.00 10.00 9.00 8.00 7.00 6.00 25 Mt. 56 Mt. 9.50 9.00 8.50 8.00 6.00 5.00 11.00 8.00 3.00 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 31"; 70+: 30". 3) Long hurdles: 30-49: 36"; 50-59: 31"; 60+: 30". 4) Shot pdt: 30-49: 7.26k (160); 50-59: 6k; 60-69: 5k; 70+: 4k. 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg. 6) Hammer: 30-49: 7.26k (160); 50-59: 6k; 60-69: 5k; 70+: 4k. 7) Javelin: 30-59: 800g; 60+: 600g. 8) Hetric heights and distances are the standard; feet and inches listed for convenience 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

	U.S. MI	STERS	ALLA	MERIC	AN STAP	DARDS	OF EXCEL	I FNCF F	OR MAS	TERS PA	CE WALK	FDC
			10000		MIT OIM	DANDO	OI ENOLE	LEHOL I	OK MAS	I END NA	OL WALK	LNJ
	1.5K	mile	3k	5k	_ 8k	10k	1 5k	20k	25K	30k	40k	50
30	7:13	7:47	14:50	25:38	4204	52:43	1:21:56	1:52:06	2:24:43	259:15	4:08:45	5:37:3
35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:2
40	7:37	8:21	16:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:4
45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:2
50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:0
55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	2:36:33	5:01:03	6:49:2
60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:4
65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:4
70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:3
75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:2
80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:3
85	13:13	14:15	27:05	46:45	1;15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:1
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140	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	239:47	3:37:53	4:44:4
145	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	246:05	3:46:36	4:56:2
150	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	253:13	3:56:29	5:09:2
155	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:2
160	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:2
165	1:31	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:0
170	9:08	9:50	18:44	32:18	5246	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:5
175	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:5
180	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:1
185	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:5
100	12:41 raded time	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28		5:03:17	6:57:43	9:11:3

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN 45-49 Event 30-34 35-39 40-44 50-54 55-59 60-64 65-69 70-74 75-79 80-84 20.0 14.6 30.3 67.5 15.6 32.5 18.8 21.2 13.8 28.0 15.0 16.2 16.9 17.8 103.3 2:32 2:35 2:40 2:46 2:54 3:05 3:19 3:36 3:56 4:09 4:35 5:19 5:34 5:55 6:26 20:30 21:20 22:16 24:16 19:45 23:12 26:08 28:08 30:08 32:21 41:00 42:40 52:00 56:00 17.2 18.2 15.0 16.5 17.6 18.7 20.2 22.2 25.0 28.0 400H 75.5 79.9 88.8 66.0 72.0 79.0 96.0 1.12 1.42 2-9 4-2 3-11 3-8 3-64 3-44 3-2k 3-04 2-11 2.70 2.40 8-104 7-104 2.10 6-11 1.80 1.50 1.20 3-11 1.10 2-11 3-74 3-3k 2-74 4.60 4.25 3.90 15-1 13-1114 12-94 3.55 11-8 2.85 9-4k 2.35 10-6 8-6k 6-11 9.20 8.60 7.80 7.18 6.40 5.70 5.20 4. 70 4.20 32-10 30-24 28-24 25-74 21-0 18-8% 17-1 15-5 13-94 12-54 8.40 7.70 27-7 25-3% 7.95 26-1 6.50 5.80 19-0% 17-3 33.50 21.50 25.00 15.00 49-2 Jav 19.00 18.00 16.00 129-7 109-11 93-6 82-0 30.0 98-5 26.0 24.0 22.0 20.0 18.0 16.0 15.0 72-2 65-8 52-6 49-2 45-11 22.0 72-2 35.0 32.5 30.0 131-3 114-10 98-5 25.0 82-0 23.0 75-6 20.0 65-8 18.0 59-1 14.0 45-11 12.0 39-5 9.00 8.00 7.00 3.25 3.00 2.75 20 Mt. 10.00 6.00 5.00 4.00 3.50 8.00 7.00 6.00 5.50 5.25 5.00 4.75 100 standards are for automatic time; use standard conversion for h.53d time. Short hurdles: 30-39: 33"; 40+: 30" Shot put: 30-49: 4k; 50+: 3k. Jávelin: 30-49: 600gm; 50+: 400gm. Hammer: 30-49: 4k; 50+: 3k. 3) Shot put: 5) Hammer: 30-49: 4k; 50+: 3k. 6) Metric heights and distances are the standard; feet and inches listed

ALL-AMER	ICAN CERTIFICAT	TE/PATCH
NAME	AG	E-GROUP
ADDRESS	S	EX: M F
CITY	STATE	ZIP
MEET	DATE OF MEE	Т -
MEET SITE	a (att. Feb. att.)	
EVENT:	MARK;	
HURDLE HEIGHT	WEIGHT OF II	MPLEMENT
CERTIFICATE 1. If you have equaled or better completely.	☐ PATCH ed the standard of excellence, p	FRATOUTA

APPLICATION FOR AN

for convenience.

A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
 Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event

3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.

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5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

8.07

8.85

7.72 9.53

M65 Stookey M70 Kennell

W45 Raschker W60 Vosburgh

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to ussue date.

EAST

Finger Lakes RC Indoor Meets

Cornell U., Ithaca,	NY
Dec. '95 - Feb. '95	90
55m John Hurley 58	9.3
Bob Smullens 60 200m Rod Wiltshire 45	10.1
Bob Congdon 40	28.99
Dillon Maier 60 Monika Wiltshire W37	33.65 36.10
Verne Rockcastle 75 Bob Smullens 60	36.40
1500m	40.19
Casey Carlstrom 36 Reinhold Wotawa 46	4:26.1
Herb Engman 50	4:54.8
Kevin Morrisroe 44 Rich Bernstein 43	4:56.9 5:03.1
Bob Dattola 51	5:18.6
Joe Reynolds 51	5:21.8 5:24.8
Lorrie Marnell W34 Jack VanDerzee 46	5:34.8
John McMurry 53	5:52.7 5:56.0
Annette Hanson W33 Phyllis Radke 40	6:05.6 6:12.2
Deb StokesW43 Diane Sherrer W44	6:16.5
James Miner 47	6:48.2 7:58.1
Casey Carlstrom 36	9:30.8
Tom Homeyer 47	10:11.9
Kevin Morrisroe 44 Herb Engman 50	10:30.6 10:36.5
Bob Congdon 40	11:08.1 11:08.5
Bill Bialkie 35	11:09.0
Joe Reynolds 51 Lorrie Marnell W34	11:43.5 11:50.7
Jack VanDerzee 46	12:02.5
Dillon Maier 60	12:44.1
Karen Edgar W31	13:38.1
January 55m	
Johnnie Thomas 42	6.7
Howard MacMillan 69 Nadine LowensteinW50	8.4 8.6
Toni Thomas W41	9.7
Bob Mullens 60	9.8
Johnnie Thomas 42 Rod Wiltshire 45	54.0 55.6
Caleb Rossiter 44	58.9
Bob Congdon 40 Nadine LowensteinW50	65.3 69.4
Jeff Knutson 43	71.7
David Weiss 47 Dillon Maier 60	72.1 76.8
H MacMillan 69 Katy Gottschalk W54	77.1 78.9
Two Mile	The same
Bob Nugent 35 Dan Rohnke 30	9:37.2 9:56.1
Gary Moore 39	9:58.1
Mike Halloran 33 Kevin Morrisroe 44	10:10.2
Tim Ingall 36 Jim Boyle 46	11:18.4
Ben Cardamone 33	11:43.2
David Bowen 43 Bill Bialke 35	11:51.7 11:52.0
Bob Congdon 40	11:54.2
Joe Reynolds 51 David Weiss 47	12:19.2 13:19.7
Jeff Knutson 43 John Hurley 58	13:19.8
Karen Edgar W31	14:30.3
Dillon Maier 60 Sally Rusby 59	14:37.9 15:39.8
February	E DE CONTRACTO
55m Johnnie Thomas 42	6.5
Bob Dattola 51	7.0
Brendan Jackson 36 Irene Thompson 41	7.1 7.61
Dave Patruno 30 Dillon Maier 60	7.62 8.6
200m	A SHARE
Johnnie Thomas 42 Brendan Jackson 36	23.4 25.3
Irene Thompson 41 Jeff Knutson 43	27.8 30.7
Joe Reynolds 51	33.1
Mile Reinhold Wotawa 46	5:06.4
Dave DelFavero 47	5:06.6
Herb Engman 50 Ben Cardamone 33	5:12.1 5:23.9
Kevin Morrisroe 44	5:31.9 5:40.5
Jeff Knutson 43 Larry Smith 51	5:40.5

Harvey Chernosky 50	6:01.1
Joe Reynolds 51	6:10.5
Eric Degen 47	6:28.1
Larry Brooks 44	6:30.2
Dillon Maier 60	6:34.6
John Hurley 58	6:53.9
Diane Sherrer 44	7:08.5
3000m	
Ron Herreid 30	9:50.8
Dave Patruno 30	9:57.1
Frank St Dennis 38	10:06.7
Reinhold Wotawa 46	10:07.5
Brendan Jackson 36	10:19.8
Ben Cardamone 33	10:20.3
Tom Homeyer 47	10:23.7
Kevin Morrisroe 44	10:36.9
John Whitman 41	10:42.1
Jeffrey Juran 39	10:54.0
David Bowen 43	10:56.4
Bob Dattola 51	11:28.7
Jeff Knutson 43	11:41.9
Joe Reynolds 51	12:01.9
Bob Congdon 40	12:02.9
Mark Booth 41	12:09.8
Ron Arno 47	12:57.3
Dillon Maier 60	13:07.3
John Hurley 58	13:17.6

Greater Rochester TC Indoor Meet U. of Rochester, NY; Feb.10

o. or modificater, it	1, 1 60.10
45m M3U R Muylendyk M40 A LaFramboise M50 Chuck LaChiusa W30 DebbieSzatko W40 Karin Gogolsky W50 Barb Stewart	6.11 6.05 6.31 6.99 7.07 7.69
600m	Market
M30 Lab Beach	1:52.8
M40 Tim McMullen	1:32.1
R Messinger	1:34.6
M50 Barry Luke	1:44.5
W30 Debbie Szatko	1:53.1
W40 Karin Gogolsky	2:14.1
G Iovine	2:15.8
3000m	
M30 Dan Rohnke	9:12
B Miller	10:15.9
M40 Tim McMullen	9:09.3
I Knil	10.03 6

3000m	
M30 Dan Rohnke	9:12
B Miller	10:15.9
M40 Tim McMullen	9:09.3
L Krul	10:03.6
M50 Tom Carr	10:34.7
W40 Karin Gogolsky	13:21.1
High Jump	
M40 Ray Panek	4-2
Long Jump	
M30 Rob Meulendyk	17-1
M40 Arm LaFramboise	16-31
W50 Barb Stewart	10-51
Shot Put	
M30 Ken Switnicki	31-1
M40 Gary Tiffany	35-4
W50 Barb Stewart	21-6 3

USATF - NJ Indoor Championships Fairleigh Dickinson U. Hackensack, NJ; Feb. 11

M30 Matt Godbolt Vince Goodman Richard Washington M35 Derek Holloway Dan McNeill Dale Roller	6.7 6.9 7.0 6.9
Richard Washington M35 Derek Holloway Dan McNeill	7.0 6.9
M35 Derek Holloway Dan McNeill	6.9
Den McNeill	
	7.2
	7.4
M40 Ed Brown	7.0
Lerry Ieler	7.1
Mark Garehon	7.3
Tyrone Gordon	7.3
M45 William Corsey	7.1
Jeses Norman	7.3
Nick Paylik	7.4
M50 Denie Wilbeck	8.2
	7.6
	7.9
Dave Connolly Robert Smith	8.1
	7.8
MEO Alex Johnson	8.1
Eavi Mege	8.2
James Duncan	
M65 James Stookey	7.8
Ed Cox	8.1
Tom Delaney	8,3
M70 Oscar Herris	8.5
Frank Brako	8.8
Bob Naylor	8.9
M75 Jim Manno	8.7
Ed Matthews	8.7
Chempion Goldy	9.0
M80 Werren Teehien	11.9
W30 Robin Moore-Robinson	7.4
Ruvinia Kelly	8.1
W35 Cheryl Alston	8.0
Ide Jemes	9.7
W40 Carole Solomon	8.5
Renee Digiscomo	9.3
Jene Perke	9.7
W45 Sharon Warren	8.1
C. Skipper-Clark	8.2
Isebel Stuper	11.4
WSO Merie Groves	11.2
Ellen Stein	12.7
W80 Adrienne Selemini	15.7
55m HH	8.0
	8.0
Tony Clocone	8.6
Tim McMehon	0.0

5:23.9 5:31.9 5:40.5 5:41.3

M40 Frenk Britt	9.2		4134.9
Mark Gershon	9.3	Fred Dedrick Bill Bosmenn	4:51.3
M45 William Sikoraky	9.2	M50 Doug Brown	4151.5
James Dickerson	12.0	Peter Shenno	4156.1
M50 Michael Milove	9.5	Joseph Sinicrop	
MSS Nete Byrd	9.7	M55 Seth Kemineky	5:05.6
Williem Schroeder	10.0	Victor Cruz	5109.3
Robert Smith	11.4	Deve Gerridge	5117.2
M65 James Stockey Tom Delaney	10.0	M60 James Aneshads	ey51 10.1
Jack Lance	11.5	Joseph Breecher Jack Myhan	6:17.3
M70 Oscar Herris	12.0	M70 Frenk Lucienne	6127.0
Frank Brako	13.1	H75 Jim McGilvrey	7156.6
W45 C. Skipper-Clerk	11.9	MBO Austin Newman	6:35.4
200m RUN	PESCA I	W30 Stacey Graham	5121.4
M30 Rohan Elleston	23.5	V	
Lenny Senders	23.8	W35 Mery Olivieri	5116.0
Vincent Goodman	25.0	Merie Andrews	5128.7
M40 Bill Kreiger	25.3	Vivien Hoch	5129.6
Ed Brown	25.5	W40 P. Dickson-Tayl	or 5:24.8
Bruce Clerk	25.8	Wendi Glessmen	6:16.0
M45 Phil Felton	26.1	Barbers Johnson	6137.7
Tim Dickens	27.5	W50 Natelia Grabow Maria Groves	6,12.6
Iven Black	28.1	Manu Chamasta	
M50 Victor Broughet	28.8	Wery Shumeyko W60 Nency Dunleevy	7157.5
MSS Bob O'Brien	28.8	W65 Lois Filreis	7102.6
Robert Smith John MacDonald	29.4	3000m RUN .	7,02.0
M60 Alex Johnson	29.7	M30 Andy Latinceice	0.27 -
Vince Ruffin	30.5	Mike Cennerezzo	10.04.0
James Duncan	32.9	John Lanza	10:44.0
M65 Jemes Stookey	28.4	M35 Rick Pingitore	9:44.0
Ed Cox	30.5		
William Bergen Jr.	31.5	Charles Jewell	10:27.0
M70 Decer Herrie	32.9	M40 Phil Mousin	10:02.5
Lester Wright Sr.	33.6	Dave Hoch	10:22.0
Bob Neylor	33.7	Bob Hyde	10:43.6
M75 Ed Metthews	32.9	M45 Roger Price	9:46.4
Jie Menno	33.1	Bill Bossmenn	10:44.4
Champion Goldy	37.3	Joel Pasternack	11:07.2
W30 Robin Moore-Robinson		MSO Peter Shenno	
Pem Cerr	29.4	Doug Brown Jeff Martin	10:43.1
W35 Cheryl Alston	30.9	M55 Victor Cruz	10:59.5
Alicia Johnson	30.5	Ray Weber	10:54.0
Lies Lafronz	33.9	M60 Mark Maloney	13:13.3
W40 Carole Solomon	31.3		14:08.0
Jene Parke	37.1	M65 Charles Wrixon	15:36.7
W45 Sharon Warren	28.9	W35 Mery Dlivieri	11131.8
C. Skipper-Clerk	33.5	Christine Gordon	11138.5
Ariene Decker	39.1	WAR Inne Bente	12:31.3
W50 Rosalie Ratcliffe	46.9	Wendi Glesemen	12:34.8
W55 Helene Samueleon	57,1 36.8	Nancy Gradow	13:45.1
W80 Adrience Selemini	36.8	W60 Nency Dunleavy	16:01.2
400m RUN	65.2	W65 Loie Filreis	15127.0
M30 Lenny Senders	53.3	1600m RELAY	
Roman Elleston	53.4	M30 unetteched	
Elize Allehebezz	54.8	NJ Masters	
M35 Anselm Lebourne	53.8	M40 Phile Masters	3:57.0
Bernerd Long	56.9	MSO NJ Mesters W30 AUI	4:50.3
Tim McMehon	57.1	NJ Mesters	5:23.2
M40 Bill Kreiger	55.2	MED NJ Mesters	6.22.9
Kerl Cestor	58.0		-
Ron Jackson M45 Jesse Norman	59.3	3200m RELAY M30 Triethletice "A"	0.00 3
M45 Jesse Normen Phil Felton	55.2	Triethletice "B"	10:09.9
Howard Cohen	69.1	M40 NJ Mesters	
MSO Victor Broughet			11:17.8
HOO VICTOR BEGGENEE	66.5	W30 AUI	11:17.8 10:40.7
Andrew Coyle			11:17.8
Andrew Coyle Peul Boggie	66.5 68.8 77.0	W30 AUI W40 AUI	11:17.8 10:40.7 12:36.9
Andrew Coyle Peul Boggie M55 Irwin Heath	66.5 68.8 77.0 60.0	W30 AUI	11:17.8 10:40.7 12:36.9
Andrew Coyle Peul Boggie M55 Irwin Heath Bob O'Brien	66.5 68.8 77.0 60.0 64.2	W40 AUI W40 AUI HIGH JUMP	11:17.8 10:40.7 12:36.9 5'8" 4'6"
Andrew Coyle Paul Boggie M55 Irwin Heath Bob O'Brien John MecDonald	66.5 68.8 77.0 60.0 64.2 66.4	M30 AUI W40 AUI HIGH JUMP M30 Brien Corrigen Ken Moren M40 Den Goie	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8"
Andrew Coyle Peul Boggle M55 Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Peuling	66.5 68.8 77.0 60.0 64.2 66.4 67.4	W3O AUI W4O AUI HIGH JUMP M3O Brien Corrigen Ken Moren M4O Den Gole Mark Gerehon	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 5'0"
Andrew Coyle Peul Boggle MSS Irwin Heath Bob O'Brien John MecDoneld MGO Clifford Peuling Alex Johnson Irein Bernetsin	66.5 68.8 77.0 60.0 64.2 66.4 67.4 67.6	W30 AUI W40 AUI HIGH JUMP W30 Brien Corrigen Ken Moren M40 Den Goie Mark Gerebon Keir Delaney	11: 17.8 10: 40.7 12: 36.9 5'8" 4'6" 5'8" 5'0" 4'0"
Andrew Coyle Peul Boggle MSS Irwin Heath Bob O'Brien John MecDoneld MGO Clifford Peuling Alex Johnson Irein Bernetsin	66.5 68.8 77.0 60.0 64.2 66.4 67.4 67.6	M30 AUI M40 AUI M16H JUMP M30 Brian Corrigan Ken Moren M40 Den Goia Mark Gerahon Keir Delaney M45 Jim Dickerson	11: 17.8 10: 40.7 12: 36.9 5'8" 4'6" 5'0" 4'0" 5'0"
Andrew Coyle Peul Boggle M55 Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Peuling Alex Johnson Irwin Bernetein M65 Williem Bergen Jr.	66.5 68.8 77.0 60.0 64.2 66.4 67.4 67.6 67.8 77.2	M30 AUI M40 AUI MIGH JUMP M30 Brien Corrigen Ken Moren M40 Den Gole Merk Gerehon Keir Delaney M45 Jim Dickerson Iven Black	11: 17.8 10: 40.7 12: 36.9 5'8" 4'6" 5'8" 5'0" 4'0" 5'0"
Andrew Coyle Peul Boggle MSS Irwin Heath Bob O'Brien John MecDoneld MGO Clifford Peuling Alex Johnson Irein Bernetsin	66.5 68.8 77.0 60.0 64.2 66.4 67.4 67.6 67.8 77.2	W30 AUI W40 AUI W16H JUMP W30 Brien Corrigen Ken Moren W40 Den Goie Werk Gerehon Keir Delaney W45 Jim Dickerson Iven Black Ron Salvio	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 5'0" 4'0" 4'10"
Andrew Coyle Peul Boggle M55 Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Pauling Alex Johnson Irwin Bernetein M65 Williem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno	66.5 68.8 77.0 60.0 64.2 66.4 67.4 67.6 67.8 77.2 84.8 78.0	M30 AUI M40 AUI M16H JUMP M30 Brian Corrigan Ken Moren M40 Den Goie Mark Gerahon Keir Delaney M45 Jia Dickerson Ivan Black Ron Salvio M55 Sam Rumford	11:17.8 10:40.7 12:36.9 5'8" 5'8" 5'0" 4'0" 4'10" 4'10" 4'10"
Andrew Coyle Peul Boggle M55 Irwin Heath Bob O'Brien John MacDonald M60 Clifford Peuling Alex Johnson Irwin Bernetein M65 Williem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno M30 Pem Cerr	66.5 68.8 77.0 60.0 64.2 66.4 67.4 67.6 67.8 77.2 84.8 79.0 67.7	M30 AUI M40 AUI H1GH JUMP M30 Brien Corrigen Ken Moren M40 Den Goie Merk Gerehon Keir Delaney M45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Dave Connolly	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 5'0" 4'10" 4'10" 4'10" 4'10" 4'4" 3'10"
Andrew Coyle Peul Boggle M55 Irwin Heath Bob O'Brien John MecDonald M60 Clifford Peuling Alex Johnson Irwin Bernetein M65 Williem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinis Kelly	66.5 68.8 77.0 60.0 64.2 66.4 67.4 67.6 67.8 77.2 84.8 78.0 67.7 71.6	M30 AUI M40 AUI M16H JUMP M30 Brian Corrigan Ken Moren M40 Den Goie Merk Gerahon Keir Delaney M45 Jim Dickerson Iven Black Ron Salvio M55 Sam Rumford John McDoneld Dave Connolly M60 Vince Ruffin	11:17.8 10:40.7 12:36.9 5'8" 5'8" 5'0" 4'0" 5'0" 4'10" 4'10" 4'8" 4'4" 3'10"
Andrew Coyle Peul Boggle M55 Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Pauling Alex Johnson Irwin Bernetein M65 Williem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinis Kelly W35 Alicia Johnson	66.5 68.8 77.0 60.0 64.2 66.4 67.6 67.6 77.8 84.8 79.0 67.7 67.6	M30 AUI M40 AUI M16H JUMP M30 Brien Corrigen Ken Moren M40 Den Goie Merk Gerehon Keit Delaney M45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Dave Connolly	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 4'0" 4'10" 4'10" 4'10" 4'4" 3'10" 4'2"
Andrew Coyle Peul Boggle M55 Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Peuling Alex Johnson Irwin Bernetein M65 Williem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinia Kelly W35 Alicia Johnson Lies Lefrenz	66.5 68.8 77.0 60.0 64.2 66.4 67.6 67.8 77.2 84.8 78.0 67.7 71.6 68.6	M30 AUI M40 AUI H16H JUMP M30 Brien Corrigen Ken Moren M40 Den Goie Merk Gerebon Keir Delaney M45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Dave Connolly M60 Vince Ruffin Jones Cowles Eerl Mags	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 5'0" 4'0" 4'10" 4'10" 4'10" 4'4" 3'10" 4'2"
Andrew Coyle Paul Boggle MS5 Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Pauling Alex Johnson Irwin Bernetein M65 Williem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pam Carr Ruvinia Kelly W35 Alicie Johnson Lise Lafronz W40 P. Dickson-Taylor	66.5 68.8 77.0 64.2 66.4 67.6 67.8 77.2 84.8 79.0 67.7 71.6 68.6 75.9	M30 AUI M40 AUI M16H JUMP M30 Brien Corrigen Ken Moren M40 Den Goie Merk Gerehon Keir Delaney M45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Dave Connolly M60 Vince Ruffin Jones Cowles Eerl Mage M65 Tom Deleney	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 5'0" 4'0" 4'10" 4'10" 4'10" 4'4" 3'10" 4'2" 4'2" 4'0"
Andrew Coyle Paul Boggle M55 Irwin Heath Bob O'Brien John MacDonald M60 Clifford Pauling Alex Johnson Irwin Bernstein M65 Williem Bergen Jr. Charles Wrixon M70 Bob Naylor M75 Jim Menno W30 Pem Cerr Ruvinia Kelly W35 Alicia Johnson Lise Lafronz W40 P. Olokson-Taylor Carole Solomon	66.5 68.8 77.0 60.0 64.2 66.4 67.6 67.8 78.8 79.0 67.7 68.6 75.6 67.9	M30 AUI M40 AUI M16H JUMP M30 Brien Corrigen Ken Moren M40 Den Goie Merk Gerebon Keir Delaney M45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Dave Connolly M60 Vince Ruffin Jones Coeles Earl Mege M65 Tom Delaney M70 Frenk Breko	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 4'0" 4'10" 4'10" 4'4" 3'10" 4'2" 4'0" 3'8" 4'0"
Andrew Coyle Peul Boggle M55 Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Peuling Alex Johnson Irwin Bernetein M65 Williem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinis Kelly W35 Alicis Johnson Lies Lefronz M40 P. Olckeon-Teylor Cerole Solomon Jane Perks	66.5 68.8 77.0 60.0 64.2 67.4 67.6 67.6 67.8 84.8 78.0 67.7 71.6 67.7 71.6 67.7 71.6 67.9 74.1	M30 AUI M40 AUI M16H JUMP M30 Brien Corrigen Ken Moren M40 Den Goie Merk Gerehon Keir Deleney M45 Jim Dickerson Iven Black Ron Selvio M55 Sem Rumford John McDoneld Dave Connolly M60 Vince Ruffin Jones Cowles Eerl Mege M65 Tom Deleney M70 Frenk Brako M30 Leelie Lefronz	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 5'0" 4'10" 4'10" 4'4" 3'10" 4'2" 4'2" 4'0" 3'8" 4'0"
Andrew Coyle Paul Boggle M55 Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Pauling Alex Johnson Irwin Bernetein M65 Milliem Bergen Jr. Charles Wrixon M70 Bob Naylor M75 Jim Menno W30 Pam Carr Ruvinia Kelly W35 Alicia Johnson Lise Lefronz M40 P. Dickson-Taylor Carole Solomon Jene Parks W45 C. Skipper-Clark	66.5 68.8 77.0 60.0 64.2 66.4 67.6 67.8 84.8 78.8 78.8 79.0 71.6 68.6 67.9 74.1 80.0 75.5	W30 AUI W40 AUI W40 JUMP W30 Brien Corrigen Ken Moren W40 Den Goie Merk Gerebon Keir Delaney W45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Dave Connolly W60 Vince Ruffin Jones Cowles Eerl Mege M55 Tom Delaney M70 Frank Brako W30 Leslie Lefronz W35 Cheryl Alston	11: 17.8 10: 40.7 12: 36.9 5'8" 4'6" 5'8" 4'0" 4'10" 4'10" 4'4" 3'10" 4'2" 4'0" 3'8" 4'0" 4'2" 4'0" 4'2"
Andrew Coyle Peul Boggle M55 Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Peuling Alex Johnson Irwin Bernetein M65 Williem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinis Kelly W35 Alicis Johnson Lies Lefronz M40 P. Olckeon-Teylor Cerole Solomon Jane Perks	66.5 68.8 77.0 60.0 64.2 66.4 67.6 67.8 84.8 78.8 78.8 79.0 71.6 68.6 67.9 74.1 80.0 75.5	M30 AUI M40 AUI M16H JUMP M30 Brien Corrigen Ken Moren M40 Den Goie Merk Gerehon Keir Delaney M45 Jim Dickerson Iven Black Ron Selvio M55 Sem Rumford John McDoneld Dave Connolly M60 Vince Ruffin Jones Cowles Eerl Mage M65 Tom Delaney M70 Frank Brako M30 Leslie Lefronz M35 Cheryl Alston W45 C. Skipper-Cleri	11: 17.8 10: 40.7 12: 36.9 5'8" 4'6" 5'8" 4'0" 4'10" 4'10" 4'4" 3'10" 4'2" 4'0" 3'8" 4'0" 4'2" 4'0" 4'2"
Andrew Coyle Peul Boggle M55 Irwin Heath Bob O'Brien John MacDonald M60 Clifford Peuling Alex Johnson Irmin Bernetein M65 Williem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Henno W30 Pem Cerr Ruvinia Kelly W35 Alicia Johnson Lisa Lefronz M40 P. Dickson-Taylor Cerole Solomon Jene Perka W45 C. Skipper-Clark Arlene Decker	66.5 68.8 77.0 60.0 64.2 67.4 67.8 77.2 84.8 79.0 67.7 68.6 67.9 67.7 68.6 67.9 67.9 67.9	W30 AUI W40 AUI H16H JUMP W30 Brien Corrigen Ken Moren M40 Den Goie Merk Gerehon Keir Delaney M45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Dave Connolly M60 Vince Ruffin Jones Coeles Earl Mege M65 Tom Delaney M70 Frenk Breko W30 Leelie Lefronz W35 Cheryl Alston W45 C. Skipper-Clerk	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 5'8" 4'0" 4'10" 4'10" 4'10" 4'2" 4'0" 3'10" 4'2" 3'5" 3'5"
Andrew Coyle Peul Boggle M55 Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Peuling Alex Johnson Irwin Bernetein M55 Williem Bergen Jr. Cherles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinia Kelly W35 Alicia Johnson Lies Lafronz M40 P. Dickson-Teylor Cerole Solomon Jene Perke W45 C. Skipper-Clark Arlene Decker M50 Roselie Retcliffe W55 Helene Semueleon M80 Adrienne Selemini	66.5 68.8 77.0 60.0 64.2 67.4 67.6 67.6 67.8 84.8 79.0 67.7 71.6 67.9 75.6 75.6 75.6	W30 AUI W40 AUI W40 AUI W16H JUMP W30 Brien Corrigen Ken Moren W40 Den Goie Merk Gerehon Keir Delaney W45 Jim Dickerson Iven Black M55 Sem Rumford John McDoneld Dave Connolly M60 Vince Ruffin Jones Cowles Eerl Mege W55 Tom Delaney M70 Frank Brako W30 Leslie Lefronz W35 Cheryl Alston W45 C. Skipper-Clerk LONG JUMP	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 4'0" 4'10" 4'10" 4'10" 4'4" 3'10" 4'2" 4'0" 3'6" 4'10" 6:17
Andrew Coyle Paul Boggle MSS Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Pauling Alex Johnson Irwin Bernetein M65 Milliem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinia Kelly W35 Alicia Johnson Lies Lefronz W40 P. Dickeon-Taylor Cerole Solomon Jene Perke W45 C. Skipper-Clerk Arlene Decker W50 Roselie Retciiffe W55 Helene Samueleon W80 Adrienne Salemini 800m RUN	66.5 68.8 77.0 60.2 66.4 67.6 67.8 77.8 84.8 78.0 67.7 71.6 67.7 71.6 67.7 71.6 67.7 68.6 75.6 67.9 74.1 80.0 75.6 80.0 80.0 80.0 80.0 80.0 80.0 80.0 80	W30 AUI W40 AUI W16H JUMP W30 Brien Corrigen Ken Moren W40 Den Goie Merk Gerehon Keir Delaney W45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Deve Connolly M60 Vince Ruffin Jonse Cosles Earl Mege W45 Tom Delaney W70 Frenk Breko W30 Leslie Lefronz W35 Cheryl Aleton W45 C. Skipper-Cleri LONG JUMP W30 Brien Corrigen Sharn Corrigen	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 4'0" 4'10" 4'10" 4'4" 3'10" 4'2" 4'2" 3'10" 4'2" 3'10" 4'2" 3'10" 4'3"
Andrew Coyle Paul Boggle M55 Irwin Heath Bob O'Brien John MacDonald M60 Clifford Pauling Alex Johnson Irwin Bernstein M65 Williem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Carr Ruvinia Kelly W35 Alicia Johnson Lisa Lafronz W40 P. Dickson-Taylor Carole Solomon Jene Perks W45 C. Skipper-Clark Arlene Decker W50 Roselie Retciiffe W55 Helene Samuelson M80 Adrienne Salemini 800m RUM M30 Charles Jenks	66.5 68.8 77.0 60.0 66.4 67.8 67.8 77.8 78.8 78.8 78.8 77.7 11.6 67.7 71.6 67.9 103.6 103.6 103.6 103.6 103.6	M30 AUI M40 AUI M40 AUI M40 AUI M30 Brien Corrigen Ken Moren M40 Den Goie Merk Gerehon Keir Deleney M45 Jim Dickerson Iven Black Ron Selvio M55 Sem Rumford John McDoneld Dave Connolly M60 Vince Ruffin Jones Cowles Eerl Mage M65 Tom Deleney M70 Frenk Brako M30 Leslie Lefronz M35 Cheryl Alston M45 C. Skipper-Clerk LONG JUMF M30 Brien Corrigen Shawn Carson M35 Devid Stauffer	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 5'0" 4'10" 4'10" 4'10" 4'10" 4'2" 4'2" 4'0" 3'16" 6.17 4.35 5.77
Andrew Coyle Paul Boggle M55 Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Pauling Alex Johnson Irwin Bernetein M55 Milliem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinis Kelly W35 Alicie Johnson Lies Lefronz M40 P. Dickson-Taylor Cerole Solomon Jene Parke W45 C. Skipper-Clark Arlene Decker W50 Roselie Retoliffe W55 Helene Samuelson W80 Adrienne Salemini 800m RUN M30 Charles Jenke Eliza Allshebezz 2:	66.5 68.8 77.0 60.2 664.4 67.6 67.8 77.2 84.8 79.0 77.5 67.9 74.1 80.0 75.5 80.3 82.1 155.4	W30 AUI W40 AUI W40 AUI W50 Brien Corrigen Ken Moren W40 Den Goie Merk Gerehon Keir Delaney W45 Jim Dickerson Iven Black Ron Salvio M55 Sam Rumford John McDoneld Deve Connolly M60 Vince Ruffin Jones Cowles Earl Mage W55 Tom Delaney W70 Frank Brako W30 Leslie Lefronz W35 Cheryl Alston W45 C. Skipper-Clark LONG JUMF M30 Brien Corrigen Shawn Carson W35 Devid Stauffer M30 Brien Corrigen Shawn Carson W35 Oevid Stauffer W40 Ron Jackson	11: 17.8 10: 40.7 12: 36.9 5'8" 4'6" 5'8" 4'0" 4'10" 4'10" 4'10" 4'2" 4'0" 3'10" 4'2" 4'0" 3'10" 4'2" 4'0" 3'5" 5.77
Andrew Coyle Paul Boggle M55 Irwin Heath Bob O'Brien John MacDonald M60 Clifford Pauling Alex Johnson Irwin Bernetein M65 Milliem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinia Kelly W35 Alicia Johnson Lies Lefronz W40 P. Diokeon-Taylor Cerole Bolomon Jene Parks M55 C. Skipper-Clark Arlene Decker W50 Roselia Reteliffe W55 Helene Samuelson W80 Adrienne Salasini 800m RUN M30 Charles Jenke Eliza Allshabezz 2: Adelber Alonso 2	66.5 67.0 60.0 64.2 66.4 67.6 67.8 77.2 84.8 78.0 77.7 68.6 77.7 68.6 75.6 67.9 74.1 80.0 75.5 62.6 103.6 10	W30 AUI W40 AUI W16H JUMP W30 Brien Corrigen Ken Moren W40 Den Goie Merk Gerehon Keir Delaney W45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Deve Connolly M60 Vince Ruffin Jonse Coeles Earl Mege W65 Tom Delaney W70 Frenk Breko W30 Leelie Lefronx W35 Cheryl Alston W45 C. Skipper-Cleri LONG JUMP W30 Brien Corrigen Sham Carson M35 Devid Stauffer W40 Ron Jackson Den Gois	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 4'6" 5'0" 4'10" 4'10" 4'10" 4'10" 4'2" 4'0" 3'10" 4'2" 5'6" 6.17 6.35
Andrew Coyle Peul Boggle M55 Irwin Heath Bob O'Brien John MscDonald M60 Clifford Peuling Alex Johnson Irwin Bernetein M65 Williem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Henno W30 Pem Carr Ruvinia Kelly W35 Alicia Johnson Lisa Lafronz M40 P. Dickson-Taylor Cerole Solomon Jene Parke W45 C. Skipper-Clark Arlene Decker W50 Roselie Retcliffe W55 Helene Semuelson M80 Adrienne Salamini 800m RUN M30 Charles Jenke Eliza Allshabezz 2: Adelber Alonso 2: M55 Guy Gordon 2	66.5 66.5 677.0 60.0 66.4 67.8 67.8 78.8 78.8 78.8 78.8 77.1 67.7 75.6 67.9 74.1 103.6 82.1 103.6 82.1 109.9 120.0 140.0	W30 AUI W40 AUI W40 JUMP W30 Brien Corrigen Ken Moren M40 Den Goie Merk Gerehon Keir Delaney M45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Dave Connolly M60 Vince Ruffin Jones Cowles Eerl Mege M55 Tom Delsney M70 Frank Brako W30 Leslie Lefronz W35 Cheryl Aleton W45 C. Skipper-Cleri LONG JUMP M30 Brien Corrigen Shasn Carson M35 David Steuffer M40 Ron Jackson Den Gois Al Cestero	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 4'0" 4'10" 4'10" 4'4" 3'10" 4'2" 4'0" 3'16" 6.17 4.35 5.77 5.71 5.68
Andrew Coyle Peul Boggle M55 Irwin Heath Bob O'Brien John MscDonald M60 Clifford Peuling Alex Johnson Irwin Bernetein M55 Milliem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Carr Ruvinia Kelly W35 Alicia Johnson Lisa Lafronz M40 P. Dickson-Taylor Cerole Solomon Jene Perke W45 C. Skipper-Clark Arlene Decker W50 Roselie Retcliffe W55 Helene Semueleon M80 Adrienne Salemini 800m RUN M30 Charles Jenke Eliza Allshabezz 2: Adelber Alonso 2 Keyin Horbetiuk 2	66.5 68.8 77.0 60.0 664.4 67.6 67.8 77.8 84.8 79.0 77.5 67.7 74.1 80.0 75.5 80.0 82.1 109.9 109.9 109.9 109.9	M30 AUI M40 AUI M40 AUI M16H JUMP M30 Brien Corrigen Ken Moren M40 Den Goie Merk Gerehon Keir Delaney M45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Dave Connolly M60 Vince Ruffin Jones Cowles Earl Mage M55 Tom Delseney M70 Frank Brako W30 Leslie Lefronz W35 Cheryl Alston W45 C. Skipper-Clark LONG JUMF M30 Brien Corrigen Shawn Carson M35 Devid Stauffer M40 Ron Jackson Den Goie Al Cestero M45 William Corsey Jesse Normen	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 4'6" 5'0" 4'10" 4'10" 4'10" 4'2" 4'2" 4'0" 3'16" 6.17 4.35 5.77 5.71 5.68 5.28 5.45
Andrew Coyle Paul Boggle M55 Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Pauling Alex Johnson Irmin Bernetein M55 Milliem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinis Kelly W35 Alicis Johnson Lies Lefronz M40 P. Olokeon-Taylor Cerole Bolomon Jane Parks M45 C. Skipper-Clerk Arlene Decker W50 Roselis Retoliffe M55 Helene Samuelson M80 Adrienne Selemini 800m RUN M30 Charles Jenke Eliza Allshebsz 2: Adelber Aloneo 2 Kevin Horbatuk 2 Bob Brueh 2 M40 Tony Pleater	66.5 66.5 677.0 604.2 664.4 667.6 677.8 84.8 79.0 677.7 68.6 771.6 67.7 74.1 80.0 82.1 155.4	M30 AUI M40 AUI M40 AUI M16H JUMP M30 Brien Corrigen Ken Moren M40 Den Goie Merk Gerehon Keir Delaney M45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Dave Connolly M60 Vince Ruffin Jones Cowles Earl Mage M55 Tom Delseney M70 Frank Brako W30 Leslie Lefronz W35 Cheryl Alston W45 C. Skipper-Clark LONG JUMF M30 Brien Corrigen Shawn Carson M35 Devid Stauffer M40 Ron Jackson Den Goie Al Cestero M45 William Corsey Jesse Normen	11: 17.8 10: 40.7 12: 36.9 5'8" 4'6" 5'8" 4'0" 4'10" 4'10" 4'10" 4'2" 4'0" 3'10" 4'2" 4'0" 3'10" 4'0" 5'5" 5'77 5.71 5.68 5.45 5.39 5.23
Andrew Coyle Paul Boggle M55 Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Pauling Alex Johnson Irmin Bernetein M55 Milliem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinis Kelly W35 Alicis Johnson Lies Lefronz M40 P. Olokeon-Taylor Cerole Bolomon Jane Parks M45 C. Skipper-Clerk Arlene Decker W50 Roselis Retoliffe M55 Helene Samuelson M80 Adrienne Selemini 800m RUN M30 Charles Jenke Eliza Allshebsz 2: Adelber Aloneo 2 Kevin Horbatuk 2 Bob Brueh 2 M40 Tony Pleater	66.5 66.5 677.0 604.2 664.4 667.6 677.8 84.8 79.0 677.7 68.6 771.6 67.7 74.1 80.0 82.1 155.4	W30 AUI W40 AUI W40 AUI W40 AUI W50 Brien Corrigen Ken Moren W40 Den Goie Merk Gerebon Keir Delaney W45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Dave Connelly M60 Vince Ruffin Jones Cowles Earl Mege M55 Tom Delsney M70 Frank Breko W30 Leslie Lefronz W35 Cheryl Aleton W45 C. Skipper-Clark LONG JUMF M30 Brien Corrigen Sham Cerson M50 Devid Stauffer M40 Ron Jackson Den Goie Al Ceetero M45 William Corsey Jesse Norman Jim Dickerson	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 4'6" 5'0" 4'10" 4'10" 4'10" 4'10" 4'2" 4'0" 3'10" 4'2" 4'0" 3'6" 5.77 5.71 5.68 5.45 5.39 5.23
Andrew Coyle Paul Boggle M55 Irwin Heath Bob O'Brien John MacDonald M60 Clifford Pauling Alex Johnson Irwin Bernetein M65 Milliem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinia Kelly W35 Alicia Johnson Lies Lefronz W40 P. Dickeon-Taylor Cerole Bolomon Jene Parks M45 C. Skipper-Clerk Arlene Decker W50 Roselie Retoliffe W55 Helene Samuelson W80 Adrienne Salesini 800m RUN M30 Charles Jenks Eliza Allshebezz 2: Adelber Alonso 2 M55 Guy Gordon 2 Kevin Horbetiuk Bob Brush M40 Tony Plaster 2 M45 Herold Nolen	66.5 66.5 67.0 664.2 667.6 67.6 67.8 77.8 68.8 79.0 67.7 74.1 82.1 109.9	W30 AUI W40 AUI W40 AUI W40 AUI W50 Brien Corrigen Ken Moren W40 Den Goie Merk Gerebon Keir Delaney W45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Dave Connelly M60 Vince Ruffin Jones Cowles Earl Mege M55 Tom Delsney M70 Frank Breko W30 Leslie Lefronz W35 Cheryl Aleton W45 C. Skipper-Clark LONG JUMF M30 Brien Corrigen Sham Cerson M50 Devid Stauffer M40 Ron Jackson Den Goie Al Ceetero M45 William Corsey Jesse Norman Jim Dickerson	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'0" 4'0" 4'10" 4'10" 4'4" 3'10" 4'2" 4'0" 3'16" 6.17 4.35 5.77 5.71 5.68 5.45 5.23 5.04 4.85
Andrew Coyle Paul Boggle M55 Irwin Heath Bob O'Brien John MacDonald M60 Clifford Pauling Alex Johnson Irmin Bernetein M65 Williem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno M30 Pem Carr Ruvinia Kelly M35 Alicia Johnson Lisa Lafronz M40 P. Dickson-Taylor Carole Solomon Jene Parke M45 C. Skipper-Clark Arlene Decker M50 Roselia Retoliffe M55 Helene Samuelson M80 Adrienne Salemini 800m RUN M30 Charles Jenke Eliza Allshebszz 2: Adelber Alonso M55 Guy Gordon Kevin Horbatiuk Bob Brueh M40 Tony Plester M40 Tony Plester M45 Herold Nolen Fred Dedrick Fred Dedrick	66.5 66.5 67.0 60.0 66.4 67.8 67.8 78.8 78.8 78.8 78.6 77.7 68.6 75.6 67.9 82.6 103.	W30 AUI W40 AUI W40 AUI W40 Brien Corrigen Ken Moren M40 Den Goie Merk Gerehon Keir Delaney M45 Jim Dickerson Ivan Black Ron Salvio M55 Sam Rumford John McDoneld Deve Connolly M60 Vince Ruffin Jones Cowles Eerl Mege M65 Tom Delaney M70 Frenk Breko W30 Leslie Lefronz W35 Cheryl Alston W45 C. Skipper-Clerk LONG JUMF M30 Brien Corrigen Shem Cerson M35 Devid Stauffer M40 Ron Jackson Den Goie Al Cestero M45 William Corsey Jesse Norman Jim Dickerson M50 Mike Milove M55 Bob O'Brien Dave Connolly	11: 17.8 10: 40.7 12: 36.9 5'8" 4'6" 5'8" 4'0" 4'10" 4'10" 4'10" 4'2" 4'0" 3'10" 4'2" 3'10" 5'5.71 5.68 5.45 5.39 5.23 5.04 4.85
Andrew Coyle Peul Boggle M55 Irwin Heath Bob O'Brien John MscDoneld M60 Clifford Peuling Alex Johnson Irwin Bernetein M55 Williem Bergen Jr. Cherles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinia Kelly W35 Alicia Johnson Lies Lafronz M40 P. Dickson-Taylor Cerole Solomon Jene Perke W45 C. Skipper-Clark Arlene Decker M50 Roselia Retcliffe W55 Helene Semueleon M80 Adrienne Selemini 800m RUN M30 Charles Jenke Eliza Allshebezz 2: Adelber Alonso Kevin Horbatiuk Bob Brush 2 M40 Tony Plaster M40 Tony Plaster M40 Tony Plaster M40 Tony Plaster M45 Herold Nolen Fred Dedrick Victor Medina 2	66.5 66.5 67.0 60.0 66.4 67.8 67.8 78.8 78.8 78.8 78.6 77.7 68.6 75.6 67.9 82.6 103.	W30 AUI W40 AUI W40 AUI W16H JUMP W30 Brien Corrigen Ken Moren W40 Den Goie Merk Gerehon Keir Delaney W45 Jim Dickerson Iven Black Ron Salvio M55 Sem Rumford John McDoneld Deve Connolly M60 Vince Ruffin Jonse Coeles Earl Mege W45 Tom Delaney W70 Frank Brako W30 Leslie Lefronz W35 Cheryl Alston W45 C. Skipper-Clark LONG JUMP W30 Brien Corrigen Sham Carson W35 Devid Stauffer W40 Ron Jackson Den Gois Al Cestero W45 William Corsey Jesse Normen Jim Dickerson M50 Mike Milove W55 Bob O'Brien Deve Connolly M60 Vince Ruffin	11:17.8 10:40.7 12:36.9 5'8" 4'6" 5'8" 4'0" 4'10" 4'10" 4'10" 4'10" 4'2" 4'0" 3'10" 4'2" 4'0" 3'10" 5'68 5.77 5.71 5.68 5.28 5.29 5.23 4.85
Andrew Coyle Paul Boggle M55 Irwin Heath Bob O'Brien John MecDoneld M60 Clifford Pauling Alex Johnson Irwin Bernetein M55 Williem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinia Kelly W35 Alicia Johnson Liss Lefronz M40 P. Dickson-Taylor Cerole Solomon Jene Perke W45 C. Skipper-Clark Arlene Decker M50 Roselie Retcliffe W55 Helene Samuelson M80 Adrienne Salamini 800m RUN M30 Charles Jenke Eliza Allshebezz 2: Adelber Alonso Sevin Horbatiuk Bob Brush 2 M45 Herold Nolen Fred Dedrick Victor Medina 2 M50 Kevin Smith John Sammenn	66.5 68.8 67.0 664.2 667.6 67.8 67.8 77.6 67.8 79.0 77.6 67.9 75.6 77.0 67.9 75.6 67.9 75.6 67.9 75.6 67.9 75.6 67.9 75.6 67.9 75.6 67.9 75.6 67.9 75.6 67.9 75.6 75.6 75.6 75.6 75.6 75.6 75.6 75.6	M30 AUI M40 AUI M40 JUMP M30 Brien Corrigen Ken Moren M40 Den Goie Merk Gerehon Keir Delaney M45 Jim Dickerson Ivan Black Ron Salvio M55 Sam Rumford John McDoneld Deve Connolly M60 Vince Ruffin Jones Cowles Eerl Mege M55 Tom Deleney M70 Frank Brako M30 Leslie Lefronz M35 Cheryl Alston M45 C. Skipper-Clerk LONG JUMF M30 Brien Corrigen Shewn Carson M35 Devid Stauffer M40 Ron Jackson Den Goie Al Cestero M45 William Corsey Jesse Norman Jim Dickerson M50 Hike Milove M55 Bob O'Brien Dave Connolly M60 Vince Ruffin	11: 17.8 10: 40.7 12: 36.9 5'8" 4'6" 5'0" 4'0" 4'10" 4'10" 4'10" 4'2" 4'0" 3'10" 4'0" 3'10" 4'0" 3'10" 4'0" 3'10" 4'10" 4'2" 3'10" 4'10" 4'2" 4'10" 4'
Andrew Coyle Paul Boggle M55 Irwin Heath Bob O'Brien John MacDonald M60 Clifford Pauling Alex Johnson Irwin Bernetein M65 Milliem Bergen Jr. Charles Wrixon M70 Bob Neylor M75 Jim Menno W30 Pem Cerr Ruvinia Kelly W35 Alicia Johnson Lies Lefronz W40 P. Diokeon-Taylor Cerole Solomon Jene Parks M45 C. Skipper-Clerk Arlene Decker W50 Roselie Retoliffe W55 Helene Samuelson W80 Adrienne Salesini 800m RUN M30 Charles Jenks Eliza Allshabezz Adelber Alonso 2 Adelber Alonso 2 M55 Guy Gordon Kevin Horbatiuk Bob Brush M40 Tony Plaster M45 Herold Nolen Fred Dedrick Victor Medina M50 Kevin Smith John Saermann Dan Shummyko	66.5 66.5 67.0 664.2 667.4 67.6 67.8 84.8 78.0 67.7 74.6 67.7 74.1 82.1 109.9 120.0 122.3 122.3 122.3 122.3 123.4 123.4 124.9 124.9 127.9 127.9	M30 AUI M40 AUI M40 JUMP M30 Brien Corrigen Ken Moren M40 Den Goie Merk Gerehon Keir Delaney M45 Jim Dickerson Ivan Black Ron Salvio M55 Sam Rumford John McDoneld Deve Connolly M60 Vince Ruffin Jones Cowles Eerl Mege M55 Tom Deleney M70 Frank Brako M30 Leslie Lefronz M35 Cheryl Alston M45 C. Skipper-Clerk LONG JUMF M30 Brien Corrigen Shewn Carson M35 Devid Stauffer M40 Ron Jackson Den Goie Al Cestero M45 William Corsey Jesse Norman Jim Dickerson M50 Hike Milove M55 Bob O'Brien Dave Connolly M60 Vince Ruffin	11: 17.8 10: 40.7 12: 36.9 5'8" 4'6" 5'0" 4'0" 4'10" 4'10" 4'10" 4'2" 4'0" 3'10" 4'0" 3'10" 4'0" 3'10" 4'0" 3'10" 4'10" 4'2" 3'10" 4'10" 4'2" 4'10" 4'
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Irwin Bernetein 67.8	Kerr Deraney
	M45 Jim Dickerson
M65 William Bergen Jr. 77.2	Ivan Black
Charles Wrixon 84.8	Ron Salvio
M70 Bob Neylor 78.8	M55 Sam Rumford
M75 Jim Menno 79.0	
W30 Pem Carr 67.7	John McDoneld
	Dave Connolly
Ruvinia Kelly 71.6	M60 Vince Ruffin
W35 Alicie Johnson 68.6	Jones Cowles
Lisa Lafronz 75.6	Earl Mage
W40 P. Dickson-Taylor 67.9	
#40 11 DICKBOIL-10/101 0/10	M65 Tom Delaney
Cerole Bolomon 74.1	M70 Frank Brako
Jene Perke 80.0	W3D Leelie Lefronz
W45 C. Skipper-Clerk 75.5	W35 Cheryl Aleton
Arlene Decker 82.6	
W50 Roselie Retaliffe 103.6	W45 C. Skipper-Clark
	LOUIS HINE
W55 Helene Samueleon 82.1	LONG JUMP
W80 Adrienne Salemini 155.4	M30 Brien Corrigen
800m RUN	Shewn Careon
M30 Charles Jenks 2:09.9	M35 David Stauffer
	M40 Ron Jackson
Eliza Allshabazz 2:09.9	
Adelber Aloneo 2:20.0	Den Goie
M35 Guy Gordon 2:14.8	Al Cestero
Kevin Horbetiuk 2:17.0	M45 William Corsey
	Jesse Norman
Bob Brush 2:22.3	
M40 Tony Plaster 2:25.2	Jim Dickerson
M45 Herold Nolen 2:22.3	M50 Mike Milove
Fred Dedrick 2:23.4	MSS Bob O'Brien
	Dave Connolly
Victor Medina 2:27.2	
M50 Kevin Smith 2:24.9	M60 Vince Ruffin
John Saarmann 2:34.1	Jim Dungen
Dan Shumeyko 2:37.8	Giorgio Chievelli
M55 Dave Gerridge 2:36.5	M65 James Stookey
Ray Weber 2:58.1	Bill Townsend
Ben Shinlek 3:12.2	Tom Deleney
M60 James Aneshaneley 2:32.4	Tom Deleney
Irwin Bernstein 2:35.8	H70 Decer Herrie
	Jack Doorley
Clifford Pauling 2:40.8	Frenk Breko
M70 Frank Lucianna 3:20.6	
M75 Jim McGilvrey 3:55.3	W30 Ruvindia Kelly
M80 Austin Newmen 3:26.2	W35 Cheryl ALeton
	W40 Carole Solomon
W30 Stacey Graham 2:37.9	W45 C. Skipper-Clerk
Pem Cerr 2:40.7	Through the property and the contract of the c
Kathy Toranay 2:45.3	TRIPLE JUMP
W35 Becky Chan 2:39.1	M30 Brian Corrigan
	M35 Petrick Decosts
Maria Andrews 2:48.4	David Stauffer
W40 P. Dickson-Taylor 2:43.3	
W45 Arlene Decker 3:07.2	M40 Robert Richardson
W50 Eileen Cox 3:00.4	Mark Gershon
	Ron Jeckson
Netelle Grebow 3:07.6	
W55 Helene Semuelson 3:18.1	M45 Iven Black
W65 Lois Filreis 3:29.7	Jim Dickerson
	Ron Selvio
1500m RUN	
M30 Tom Metz 4:24.7	M55 Ed Kent
L.A. Glezer 4:32.8	Bob O'Brien
Grover Prince 4:51.0	M65 James Stookey
M35 KIIBBIM CCCCC	Jack Lance
Guy Gordon 4127.9	George Taylor
Jim Vivelo 4:38.9	M70 Frank Brako
31	
M40 Phil Moueln 4:37.3	H. Seereste
Dave Hoch 4:38.2	Zelig Streuss
Tony Planter 4:48.9	M75 Ed Matthews

M45 Roger Price	4134.9	POLE
Fred Dedrick	4:51.3	M35
Bill Bosmenn	4154.8	M40
M50 Doug Brown	4151.5	H45
Peter Shenno	4156.1	MSO
Joseph Sinicrop	. 5104.5	M65
MSS Sath Kaningky	5:05.6	M70
Victor Cruz	5109.3	W55
Deve Gerridge	5117.2	
M60 James Aneshads	5117.2	SHOT
	C. 47. 3	M30
Joseph Breacher Jack Myhan	6:17.3	
M70 Frank Lucianna	6127.0	M35
M75 Jim McGilvrey	6:30.6	
	7156.6	M40
	6135.4	
W30 Stacey Graham Kathy Toraney		
	5134.1	M45
	5116.0	
Merie Andrews	5128.7	
Vivien Hoch	5129.6	M50
W40 P. Dickson-Tayl	or 5124.8	
Wendi Glesemen	6:16.0	M55
Barbara Johnson		MEO
W60 Netelie Grebow	6, 12,6	
Marie Groves	7128.9	M65
Mary Shumeyko	7157.5	M70
W60 Nancy Dunleavy	8:08.1	M70
W65 Loie Filreis	7102.6	H75
3000m RUN .	The same of the sa	1000
M30 Andy Latinceice	9:27.7	W30
Mike Cennerezzo	10:01.0	W35
John Lenze	10:44.0	W45
M35 Rick Pingitore	9:44.0	1500
Kevin Higgine	10:13.0	H30
Charles Jewell	10:27.0	M40
M40 Phil Mousin	10:02.5	770
Dave Hoch	10:22.0	M45
Bob Hyde	10:43.6	
M45 Roger Price	9:46.4	M50
Bill Bossmann	10:44.4	HOU
Joel Pasternack	11:07.2	M60
M50 Peter Shenno	10:27.7	MOU
Doug Brown	10:43.1	M70
Jeff Mertin	10:59.5	M/U
MSS Victor Cruz	10:54.0	
Ray Weber	13:13.3	M75
	12:11.7	W40
	14:08.0	
M65 Charles Wrixon	15:36.7	W45
W35 Mery Dlivieri	11:31.8	W50
Christine Gordon	44.30 5	W70
W40 Jana Parks	12:31.3	_
Wandi Glasses	12:34.8	
Nancy Grabon	13:45.1	
W60 Nency Dunleavy	16:01.2	
W65 Loie Filreis	15:27.0	7 62
The second secon	.3127.0	
1500m RELAY	DING STATE	
M30 unettached		1 St
NJ Masters		2 D
M40 Phile Mesters	3:57.0	3 C
M50 NJ Mesters	4:50.3	4 B
W30 AUI	4:56.3	5 J:
NJ Masters	5:23.2	
M60 NJ Mesters	6:22.9	6 J
	The same of the same of	7 S

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	POLE VAULT	mark the second
	M35 Joe Pet	rillo 12'0"
	M40 Dan Bol	10'6"
	M45 Ron Sel	
	MSO Jeff TI	
		Taylor 6'0"
1	M70 Jack Do	
'	W55 Medelin	Bost 5'6"
١.	SHOT PUT	
ч	M30 Steve H	ensen 15.27
1	Ken Mor	
۱ (M35 Tony CI	
; I		
: I	Bill Wo	
ı		
i	Rich Mc	
1	Frenk B	ritt 10.61
		Chendler 11.49
2	Bruce H	edendel 11.45
1	Rich Du	nphy 11.39
,	M50 Larry P	
3	Jel Sin	gh 8.55
1	M55 Sem Rum	
۱,	M60 Jones C	
3		Chievelli 8.63
9	M65 Tom Bro	
5 I		
٠l		Covino 11.01
5 I		
	M75 Chemplo	
- 1		Detweiler 5.65
	W30 Leelle	
1	W35 Ide Jem	
3 1	W45 C. 9kip	per-Clerk 7.85
9	1500m WALK	
1	M30 Seen Ro	driquez 8:17.1
	M40 Jack C1	Ifford 7:02.7
- 1	Frankle	
5	M45 Marcus I	Krentz 7:53.3
	Richard	Mille 9:35.7
2	M50 Gery Nu	
١		
ы	M60 Bob Barr	
2	Avrem St	napiro 9:26.9
- 1	M70 John Ner	vett1 8:40.1
-1	Jey Cher	11148.3
1	M75 Tim Dye	9156.0
1	W40 Phyllie	Hensen 8:00.1
١	Kathryn	Davie 11:06.3
۱	W45 Isebel	
1		
1	W50 Ellen S	
	W70 Minne C	herles 11:48.3
1	Calabia - same	processor of the section
١	Masters	Mile, Mobil
ı		tional Meet
1		
1	George	e Mason U.

decige maso				
Fairfax, VA; Feb. 24				
Steve Gallagher	4:22.61			
David Shafer	4:30.97			
Chuck Moeser	4:31.14			
Bruce Hamilton	4:32.85			
Jim Whitnah	4:33.58			
Jeff Stone	4:36.24			
Steve Ruckert	4:37.79			
Steve Giorgis	4:41.68			
	4:44.10			
	4:44.72			
	4:47.02			
	4:47.64			
	4:48.35			
	4:49.84			
	5:06.38			
Bill Gale	5:08.36			
	Fairfax, VA; Fe Steve Gallagher David Shafer Chuck Moeser Bruce Hamilton Jim Whitnah Jeff Stone Steve Ruckert			

SOUTHEAST

Manasota TC Meet Sarasota, FL; Jan. 13

4.56 4.48 4.03 3.88 3.66 3.53 4.59 4.27

11.35m 8.95m 10.91m 10.37m 8.81m 8.73m 8.26m 9.84m 7.63m 5.26m

7.70m 6.35m 4.62m 7.37m

60y	1
60y M40 Bobb Hart	9.21
M75 Nat Heard	11.72
100m	
M40 Bobb Hart	15.49
M45 Sam Maddox	14.65
M75 Nat Heard	15.38
220y	
M40 Bobb Hart	35.8
M75 Nat Heard	41.39
440y	
M50 J C Shenk	63.0
W70 Melanie Paschal	2:02
880y	
M50 J C Shenk	2:37
M70 Melanie Paschal	4:32
Mile	
M30 Mark Opitz	5:25
M35 Scott Porter	5:03
M40 Bobb Hart	9:16
M50 Richard Quevillon	5:29
M55 Jack Knuese	6:19
W70 Melanie Paschal	9:11
Two Mile	10 84
M30 Mark Opitz	13:00
M45 Mark Grimes	14:48
M50 Richard Quevillon	11:28
M55 Richard Jackson	12:06
W40 Kathie Hart	20:33
W55 Karen Knuese	18:26
Shot Put	
M40 T Chioccarelli	34-4
M60 W Ross	30-81
M75 Tom McDermott	30-5
Discus	
M40 T Chioccarelli	91-0
M60 B Barton 1	10-2
M75 Tom McDermott	88-4
Nat Heard	79-8

USATF Southeast Regional Indoor Championships

	Decatur, AL;	Feb, 17
55m	400	Property of the
M30	Hoyle	7.27
M35	Winkel	7.25
M40	Taylor	7.52
M45	McCoy	7.14
M60	Summerlin	7.82

W60 Vosburgh	9.53
200m M35 Winkel	24.73
M40 Reppert	26.58
M65 Stookey	29.86
W35 Ney 300m	33.98
M30 Hoyle	40.40
M40 Reppert	41.31
M60 Wall M70 Kennell	51.69 58.29
400m	
M35 Winkel	55.03
M40 Desosa M70 Johnson	56.42 71.81
W60 Vosburgh	81.97
800m	2.45 40
M40 Hallmack M55 Huggman	2:45.40 2:35.64
was ney	2:36.15
W40 Lowery	3:28.10
Mile M60 Abernaty	5:55.08
W35 Ney	5:39.86
3000m	Total Co.
M60 Abernaty 55mH	12:18.76
M35 Beale	7.90
M40 Hahn	9.30
M65 Stookey W40 Lowery	10.19
W45 Raschker	9.09
High Jump	
M40 Mulkey Jr	4-7
M45 Walker M50 Ewing	4-9 4-11
M60 Mulkey Sr	4-7
M65 Seifert	4-9 .
M70 Johnson W40 Lowery	3-5 4-3
W45 Raschker	4-9
W60 Vosburgh	3-7
Pole Vault M35 Bynum	13-0
M40 Krebes	10-6
M50 Ewing	9-6
M60 Mulkey W45 Raschker	10-0 10-6
Long Jump	
M40 Mulkey Jr M45 Hedendal	16-9 14-1
M60 Mulkey Sr	14-7
M65 Stookey	14-7 15-8
M70 Kennell W40 Lowery	13-7 15-2
W45 Raschker	16-11
W60 Vosburgh Triple Jump	12-5
M40 Mulkey Jr	32-5
M50 Ewing M60 Mulkey Sr	30-8 29-5
M65 Stookey	34-61
M70 Kennell	27-11
W40 Lowery W45 Raschker	28-1 31-5
Shot Put	
M35 Conn	39-8 31-9
M40 Mulkey Jr m45 Hedendal	36-0
M60 Mulkey Sr	41-2
M65 Seifert	30-4 27-0
M70 Johnson W40 Lowery	23-2
W45 Raschker	25-2
Weight Throw	29-9
M35 Conn M40 Mulkey Jr	30-9
M45 Hedendal	38-6
M60 Mulkey Sr Superweight	40-7
M35 Conn	19-5
M40 Mulkey Jr	13-4
MAE Undondal	
M45 Hedendal M60 Mulkey Sr	21-0 14-7

Manasota TC Meet

Sarasota, FL; Feb. 24		
100m		
M30 Brett Lawler	11.80	
M35 Phil Downey	17.07	
M45 Sam Maddox	13.71	
W35 Deirdre Chioccare	1119.73	
200m		
M30 Bret Lawler	24.36	
M35 Phil Downey	32.30	
M45 Sam Maddox	30.30	
400m		
M35 Phil Downey	74.20	
M50 J C Shenk	60.29	
W35 Diane Rollers	76.05	
800m		
M50 J C Shenk	2:34	
M35 Diane Rollers	3:09	
1600m		
M50 Dick Quevillon	5:31	
W30 Teresa Carle	nta	
W35 Diane Roller	6:50	
3200m		
M50 Dick Quevillon	11:34	
Ken Girton	13:39	
W30 Teresa Carle	22:42	
W35 Diane Roller	14:01	
Discus	Inter the	
M40 A Chioccarelli	91-9	
W35 D Chioccarelli	53-4	
Hammer	LATE WE	
M40 A Chioccarelli	148-8	

Continued on next page

Continued from previous page

MIDWEST

USATF Midwest Regional Masters Indoor

Masters Indoor	
Championships Glenview, IL; Marc	
50m M40 Mike Skoflanc	6.65
Tom Rewolinski	6.77
Bob Zahn M45 Terrence Tierney	6.87 7.38
Mike Oliver W30 Karen Jonson	7.49 7.54
W40 Lynn Latoria Leah Rewolinski	7.64 8.52
55in	
M30 Steve Kirwin Kelly Atkinson Scott Thoms	6.96
Scott Thoms M35 Gary Redmond	7.34 7.50
M35 Gary Redmond M50 Jim Lee Robert Lloyd	7.40 7.41
Avital Schurr	7.63
Lynn Smith M55 Dennis Buss	7.71 7.67
Donald Amery George LaBelle	8.15 8.30
M60 Jim Hollensteiner Lou Edelman	8.67
M65 Don Sibigtroth	9.18
M70 Mel Larsen Jack Hipple	8.26 9.05
Ken Yahiro	9.39
M80 Mel Flachs	11.50
Ed Andrysiak W50 Penny Danielson	13.56
Karen Huff	10.76
W55 Janet Amery 200m	12.52
M30 Steve Kirwin M35 Gary Redmond	25.49 27.22
M40 Tom Rewolinski	25.29
Turran Harper Dan Berry	29.37 30.75
Robert Strunc	34.11
M45 Terrence Tierney Mike Oliver	28.68
M50 Robert Lloyd	26.92 28.62
Avital Schurr M55 Dennis Buss	27.43
Donald Amery M60 Fred Biederman	30.33 29.67
Jim Hollensteiner Alfred Dubois	30.87
Lou Edelman M70 Mel Larsen	34.57
Jack Hipple	33.72 42.56
M80 Milo Lightfoot	42.56
Mel Flachs Ed Andrysiak	44.28 52.28
W40 Lynn Latoria	29.51
W50 Penny Danielson	33.17 33.91
W55 Janet Amery W70 Carol Peebles	51.04 49.76
400m	
M35 Nick Coppolillo M40 Turran Harper	64.36 59.83
Dan Winzenried M45 Don Fish	61.49
M50 Robert Lloyd	59.06
Lynn Smith Kingsley Clarke	64.55
M60 Alvin Ravenscroft Alfred Dubois	75.35
Alex White	79.61 80.99
M65 Harry Brown Joe Paleczny	67.87 84.42
M70 Jack Hipple	79.47
M80 Milo Lightfoot Mel Flachs	1:42.86
W35 Sheree Robertson W70 Carol Peebles	66.90 2:11.77
800m	
M30 Steve Simons Robert Fencil	2:13.17
M35 Dick Kennely Fred Hervert	2:10.83
Ben Gorecki Elliott McDonald	2:18.67
M40 Gerry Krainik	2:13.77
Dan Winzenried Turran Harper	2:14.86
Jeff Watry	2:19.99
Dan Kessler M45 Don Fish	2:21.70
Ron Winkler M50 Lynn Smith	2:56.14
M60 Alvin Ravenscraf	t2:46.12
Alfred Dubois Alex White	3:10.06
M65 Harry Brown M70 Henry Kuric W55 Merian Knight	2:49.13
W55 Merian Knight	3:19.97
1500m	
M30 Fencil Robert Jones	4:42.43
M35 Scott Branta	4:24.44
Nick Coppolillo M40 Rick Terhone	5:23.16
Jim Dickey	6:07.46
Steve McFlrov	4:46.56 4:55.86
M50 Carroll DeWeese M60 Alvin Ravenscrof	5:00.55
Alex White	6:43.92

M65 Joe Paleczny M70 Henry Kuric W40 Patty Terh ne W45 Diane Fay W65 Vivian Paleczny		
M30 Robert Fencil Berry Lee	10:09.41 10:37.15	
Nick Coppolillo	9:47.18 11:04.92 11:40.25	
M50 Carrol DeWeese	10:38.82	
M60 AlvinRavenscroft Alex White w45 Diane Fay 55mH M30 Scott Thoms		
M30 Scott Thoms M40 Bob Zahn M55 Bruce Mills George LaBelle M70 Mel Larsen		
Mel Buschman	13.61	
M30 Scott Thoms M35 Peter Glavin M40 Jeff Watry	1.78	
John Valiska M45 Mike Oliver M50 Lynn Smith	1.12	
M50 Lynn Smith Larry Gardner M55 Bruce Mills George LaBelle	1.21	
M60 Lou Edelman M65 Eugene Hess Don Sibigtroth	1.17	
M70 Mel Buschman Mel Larsen M80 Milo Lightfoot W35 Boguslawa Langne	1.12	
Pole Vault M35 Terry Christophe M80 Milo Lightfoot	r 4.11	The same of
Long Jump M35 Gary Redmond M40 Jeff Watry	5.28 5.79	The state of the s
Mike Skoflanc Jay Preston M50 Avital Schurr	5.46 4.94	and the
M55 Pete Stopoulos Bruce Mills Don Amery George LaBelle	5.16 4.22 4.19 4.14	The Contract of
M60 Lou Edelman M65 Don Sibigtroth Eugene Hess	3.40	
M70 Mel Larsen Ken Yahiro Mel Buschman M80 Mel Flachs	4.73 4.10 3.53 2.66	
M35 Boguslawa Langn W50 Penny Danielson W55 Janet Amery	er 4.47	
Triple Jump M40 Mike Skoflanc Jay Preston	11.43 10.97	1000
M50 Donald Amery M55 George LaBelle M60 Lou Edelman	7.70 8.09 7.50	A Page 1
M65 Eugene Hess Don Sibigtroth M70 Mel Buschman Shot Put	7.50 7.79 7.74 6.60	
M40 Larry Readman M45 Jerry Senters Mike Oliver	11.03 12.56 7.22	-
M50 John Hess M55 Steve Cohen Ed Schmidt	10.98 12.30 11.03	0.00
George LaBelle Don Amery M65 Don Sibigtroth	10.13 9.45 8.77	The Party of the P
M70 Mel Larsen Ken Yahiro Mel Buschman	10.73 9.81 9.47	100
Jack Hipple M80 Milo Lightfoot W35 Robin Baumgardr W50 Karen Huff	7.74 7.79 ner 6.50 9.37	
W50 Karen Huff W55 Janet Amery Weight Throw M40 Larry Readman	4.56	
M45 Jerry Senters M55 Don Amery George LaBelle		
Superweight M40 Larry Readman M55 Don Amery	7.72 5.81	
George LaBelle 1500m Racewalk M45 Ed Sell	5.26 7:30.18	
Ron Winkler M55 Robert Brzenk M60 Alfred DuBois	8:03.52 8:29.56 8:26.24	
George O'Kruck M70 Albert Goldman W40 Lynn Tracy	8:26.40 10:16.97 7:54.50	
Deborah Hammen W45 Nancy Goldman Alice Winkler		
W65 Vivian Paleczny	12:10./4	



MID-AMERICA

WIID-AMERICA		
	USATF Minneson door Champions	hips
	hel College, Arde Feb. 24	
	eter Dash	Harris V
M30	John R Allen Donald Peterson	6.96 8.11
M35 M40	Donald J Tarasewicz	z 7.15
M45	Douglas Holmberg Russel Anteronen	7.65 7.77
Nr.	Larry Anderson	8.00
M50	Neil C Bonstrom Randall Cleven	8.75 7.78
M55 M60	George P LaBelle Jim H Peterson	8.37 8.51
200 N	Meter Dash	
M30	John R Allen Patrick Eastman	24.80 26.55
M35	Donald Peterson	29.65
M40	Donald J Tarasewicz Douglas Holmberg	27.50
M45	John Cordes	27.56 28.24
	Russel Anteronen Neil C Bonstrom	31.88
M50 M55	Randall Cleven George P LaBelle	27.47 34.51
M60	Jim H Peterson	31.40
M75 W30	Emil G Balz JoeAnn Jackson	41.32 28.49
400 N	Meter Dash	
M30 M40	John R Allen Douglas Holmberg	54.90 63.80
M45	Douglas Holmberg Shawn Regan	93.24 55.76
M45	John Cordes	60.93
	Russel Anteronen Neil C Bonstroin	66.62 70.63
	Meter Run	
M40	Ben Zhao Tim Zbikowski	2:12.89 2:23.97
M45	John Naslund	2:15.24
M50	Rick Recker Arthur D Maillet	2:28.53 2:52.75
M75	Emil G Balz	3:39.94
W40	Jeannine Naslund	3:21.77
Mile M30	Patrick Eastman	4:58.57
M35	Bobby Paxton Melvin Alvarez	4:52.55 5:09.89
*440	Timothy J Hage	5:09.89 5:21.13 5:27.43
M40	Vince Lucas	5:38.00
M45	Michael Seaman John Naslund	4:40.06 4:59 51
M65 W40	Rogers Anderson	6:21.52
	Jeannine Naslund Mile Run	6:36.9
M40	John Cramer	13:04.36
5000N M30	M Run Scott W Eising	16:41.74
M35	Bobby Paxton	16:00.15
AN PR	Todd Vollstedt	17:05.55 17:16.08
M40	Bob Schneider	16:25.83 16:35.48
	Tom Eisenrich	17:16.00
M45	Larry McDonough	17:33.71 18:00.60
M50	Gregg Wahlstrom	17:51.03
M60	A Larry Brant High Hurdles	19:38.01
M40	Douglas Holmberg	10.70
M55 M60	George P LaBelle Jim H Peterson	10.66 10.50
MG	Allison Bible	12.69
M35	Race Walk Donald Peterson	8:58.11
M35 M40	Gary Westlund	7:40.93
M50	John Cramer DeWayne Walker	9:48.96 8:49.77
	Richard Anderberg	14:29.15
W40 W45	Jeanne Demartino Jodie Olson	10:06.32 8:51.40
Long	Jump	
M30 M40	John R Allen Douglas Holmberg	17-2 14-7 1/2
M55 M60	George P LaBelle Jim H Peterson	12-1 3/4
	A Larry Brant	7-11
W40 Triple		8-2
M30	John R Allen	39-11
M40 M55	Douglas Holinberg George P LaBelle	26-6 24-11
M60	Jim H Peterson	28-2
W40 Shot	Deb A Vestal	18-3
M30	Doug Weimerskirch	
M40	John R Allen Douglas Holmberg	40-1 39-1 3/4
	Timothy V Fuehrer	35-1 3/4
M55 M60	Jim H Peterson	36-10 36-2 3/4
1 - 1	Gene J Lohman	33-5 1/2
	Jump Dougles Holmbara	- 0.55

	Nati	onal M	lasters News	
MID	-AMERI	CA	M60 Tom Langenfeld Jim H Peterson	5-2 4-4
The sales	es de la celu	10 m	Pole Vault	34,4
	TF Minneso Champions		M30 Doug Weimerskire M40 David Ricks	h 13-0
	ollege, Arde		M45 Phillip Johnson	11-0
55 Meter Da	Feb. 24		W35 Jim Noonan W35 Donna Ricks	9-0
M30 John I		6.96 8.11	USATF Colorado In	ndoor
M40 Dona	d J Tarasewic	z 7.15	Championships United States Air F	
	las Holmberg	7.65 7.77	Academy, Colorado	
Larry	Anderson Bonstrom	8.00 8.75	Feb. 25	
M50 Randa	all Cleven	7.78	M30 David Barmer Gerald Owens	6.49 6.58
	e P LaBelle Peterson	8.37 8.51	M40 Stacey Price	7.00
200 Meter D	ash	-	Robert Hahn M45 Jim Dolezel	7.37
M30 John Patric	k Eastman	24.80 26.55	Robb Bong Bill Knipmeyer	7.32 7.34
	ld Peterson ld J Tarasewic	29.65 z 25.04	M50 Walter Gibson Dennis Leczinski	7.54 8.13
Doug	las Holmberg	27.50	M55 Dale Lance	7.43
	Cordes Anteronen	27.56 28.24	Ron Kirkpatrick Ed Arnold	7.99 8.59
	C Bonstrom	31.88 27.47	M60 Bob Santine Ritch White	7.95 8.49
M55 Georg	ge P LaBelle	34.51	M65 Andy Anderson (Jack Greenwood, 69,	8.17
M60 Jim H M75 Emil	l Peterson G Balz	31.40 41.32	takenly listed as M7 ran 8.17)	
W30 JoeAi 400 Meter D		28.49	H J Fischer	9.12
M30 John	R Allen	54.90	M70 Tim Murphy John Davison	8.45 8.59
	las Holmberg las Holmberg	63.80 93.24	M85 Russell Randall W50 Nina Bryant	10.41
M45 Shaw	n Regan	55.76 60.93	200m M30 David Barmer	22.00
	Cordes Anteronen	66.62	M35 Ken Ellis Scott Hall	24.20 26.30
Neil 0 800 Meter R	Bonstroin	70.63	Robert Hahn	25.90
M40 Ben 2	Chao	2:12.89	M45 Fred Collins Jim Dolezel	24.70 25.00
	Zbikowski Naslund	2:23.97 2:15.24	Robb Bong M50 Walt Gibson	25.20 27.10
	Recker	2:28.53	M55 Ron Kirkpatrick Rod VanVelson	26.60 26.70
M50 Arthu M75 Emil	G Balz	2:52.75 3:39.94	Dale Lance	27.50
W40 Jeann Mile Run	ine Naslund	3:21.77	M60 Bob Santine M65 Andy Anderson	29.70 29.20
M30 Patric	The Court Service of the Service Court Service	4:58.57	Jack Greenwood M75 John Davidson	30.60 32.40
Melv	y Paxton in Alvarez	4:52.55 5:09.89	W50 Nina Bryant	36.00
Timo M40 Larry	thy J Hage McDonough	5:21.13 5:27.43	Rick Sherrod Jim Dolezel	56.00 62.70
	e Lucas ael Seaman	5:38.00 4:40.06	M55 Robert Ferrier 800m	78.40
John	Naslund rs Anderson	4:59 51 6:21.52	M30 Mel Petersen	2:03.30
	ine Naslund	6:36.9		2:32.00
Two Mile R M40 John	THE RESERVE TO SHARE THE PARTY OF THE PARTY	13:04.36	M30 Mel Petersen	4:12.30
5000M Run		Tipo II	M35 Chuck DeGarmo M40 Tom Richman	4:38.80
M30 Scott M35 Bobby		16:41.74 16:00.15		4:56.80
Melvi	n Alvarez Vollstedt	17:05.55 17:16.08	55mH	
M40 Bob S	chneider	16:25.83	M35 Ken Ellis Jeff Bilderbeck	7.97
	C Lee Eisenrich	16:35.48 17:16.00	Scott Hall M40 Stacey Price	9.40 8.16
	McDonough L Hall	17:33.71 18:00.60	Robert Hahn M45 Mike Hill	9.27 8.12
M50 Gregg	Wahlstrom	17:51.03	M55 Dale Lance M60 Ritch White	8.76 12.22
M60 A Lar 55M High H		19:38.01	M70 Tim Murphy High Jump	12.64
M40 Doug	las Holmberg	10.70	M45 Tim Edwards	4-4
M60 Jim H	ge P LaBelle I Peterson	10.50	M70 Tim Murphy	3-8 3-6
MG Alliso Mile Race W	n Bible	12.69	M75 Wib Ragland Pole Vault	3-4
M35 Donal	d Peterson	8:58.11	M30 Craig Hagen M35 Jeff Bilderbeck	16-0 11-6
M40 Gary John	Cramer	7:40.93 9:48.96	Rick Logan M50 Clint Brown	8-6
	ayne Walker ard Anderberg		M55 Dale Lance	5-0 12-6
W40 Jeann	e Demartino	10:06.32	M65 Jerry Donley Long Jump	10-0
W45 Jodie Long Jump	Olson	8:51.40		15-111
M30 John	R Allen las Holmberg	17-2 14-7 1/2	Jim Dolezel	18-7 1 16-5 1
M55 Georg	ge P LaBelle	12-1 3/4	M50 Dennis Leczinski	
	Peterson Ty Brant	7-11	Ed Ferrier	13-5 3/- 12-2½
W40 Deb A		8-2	M60 Ritch White M75 John Davidson	9-10 12-3/4
M30 John	R Allen	39-11	Shot Put	- St
	las Holmberg ge P LaBelle	26-6 24-11	M40 Vic Fuhs	50-4 37-1
M60 Jim H W40 Deb	Peterson	28-2 18-3	M45 Tim Edwards	34-11 25-8
Shot Put			M50 Ron Hambrick	40-0
	Weimerskirch R Allen	40-5 1/4	Dennis Leczinski	
M40 Doug	las Holmberg thy V Fuehrer	39-1 3/4	Bob Santine	38-9 32-0
M55 Georg	ge P LaBelle	36-10	John Lyle	25-4 26-0
M60 Jim I Gene	J Lohman	36-2 3/4 33-5 1/2	M70 Frank Bowles	35-6
High Jump		×	Weight Throw M45 Tim Edwards	54-31
Timo	las Holmberg thy V Fuehrer	4-10 4-0	Larry Meyers	36-3 46-5 1
M55 Geor	ge P LaBelle	4-0		28-3/4

	m Racewalk Mike Blanchard	15:43.9
1.Do	Brad Bearsheart	16:28.0
M55	Robert Ferrier	18:35.2
M60	John Lyle	18:55.9
W45	Marianne Martino	16:58.0

	16:28.0
M60 John Lyle	18:55.9
W45 Marianne Martino	
SOUTHWES	T
Sooner State Indoor	Games
Shawnee, OK; Feb	
55m M30 Philip Koons	6.7
Alan Sims	6.8
'Yom Arrington M35 Clifford Shock	8.0 7.0
Roger Davis Brooks Wright	7.3
M40 Colin Williams	6.9
Robert Hahn M45 Jim Dolezel	7.1
Hodge Kirby	7.4
Sam Goodman M50 Courtland Gray	6.9
Ed Jones Charlie Barnhart	7.2
Dan McLendon M55 Jimmy Weaver	7.9 7.6
Dale Lance	7.6
Wayne Bennett M60 Bob Santine	7.7
Glendale Markwel	
	8.5
Sam Taylor M70 Tim Murphy	9.0 8.5
Bob Wingo M75 Bob Warwick Sr	8.8
Doc Bennett	10.5
W40 Cindy Steenberge W50 Nina Bryant	7.6 9.0
W50 Nina Bryant W60 Jean Cobb	10.6
Carolyn Ragozzir	
M35 Cliff Shock Roger Davis	25.8 26.9
Brooks Wright	27.6
M40 Colin Williams Robert Hahn	24.7 26.3
Michael Ariana	26.3
M45 Jim Dolezel Sam Goodman	25.5 27.5
Leonard Hansen J M50 Courtland Gray	r 29.5 24.7
Ed Jones	25.1
Ken Winters M55 Wayne Bennett Jimmy Weaver	28.4 27.4
M60 Lowell Bonifield Hector Cisneros	27.7
Hector Cisneros Bob Santine	29.6 31.0
M65 Jack Pritchard	30.3
Bill Pardue Sam Taylor	31.3
M70 Tim Murphy	31.6 33.7
Bob Wingo M75 Bob Warwick Sr	39.0
W40 Cindy Steenberge W50 Nina Bryant	n 26.7 35.8
M35 Roger Davis	64.8
Brooks Wright	66.4
M40 Colin Williams Michael Ariana	59.1 64.8
Steve Calonkey M45 Rick Sherrod	65.4 58.09
Jim Dolezel	59.15
Dave Deuvall M50 Courtland Gray	72.6 57.58
M55 Wayne Bennett David Renton	70.3 72.8
M60 Hector Cisneros Lowell Bonifield	70.9
M65 Sam Taylor	71.2 81.07
M70 Bob Wingo 800m	82.8
M30 David Jackson M35 Jeff Lindsay	2:15.0
Brooks Wright	2:06.3 2:39.4
M40 James Reppert Steve Calonkey	2:18.0
M45 John Hoke	2:31.8
Leonard Hansen J. M50 Ken Winters	2:48.4
M55 David Penton	2:49.9
M65 Sam Taylor M70 Bob Wingo	3:20.3
M/5 Leo Wade 1500m	3:53.9
M30 David Jackson Steve Million	4:35.4
M35 Jeff Lindsev	5:32.1 4:25.1
Brooks Wright M40 Steve Calonkey	5:17.7 5:09.9
M45 John Hoke Leonard Hansen Ju	5.05 2
M55 Jim McFadden	5:06.5
David Renton M65 Sam Taylor	6:03.8 7:04.6
M75 Leo Wade	8:13.8
55mH M30 Dan Cook	8.5
M35 Ken Ellis M40 Colin Williams	7.75
Neal Combs	7.3 8.1
Robert Hahn M50 Courtland Gray	9.0
Ken Winters	9.1
Henry Clapper M55 Dale Lance	11.0

p	
wo tound Designald	9.6
M60 Lowell Bonifield	10.9
Hector Cisneros	
Glendale Maxwell	12.7
M75 Bob Warwick Sr	13.0
High Jump	
M30 Thomas Garzillo	1.57
M35 Ken Ellis	1.67
MJ5 Ken Ellis	1.32
David Hunt	
M40 Colin Williams M45 Larry McIntyre	1.52
M45 Larry McIntyre	1.57
Jim Dolezel	1.42
Dale Deuvall	1.07
M50 Henry Clapper	1.57
	1.52
Ken Winters	1.37
Tim McGough	
M55 David Renton	1.27
Wayne Skartvedt	1.22
M60 Glendale Maxwell	1.27
M65 Bill Pardue	1.22
M70 Tim Murphy	1.17
	1.16
M75 Doc Bennett Bob Warwick Sr	
Bob Warwick Sr	1.06
Pole Vault	
M30 Tom Garzillo	3.35
M35 Ken Ellis	4.27
Brian Elmore	3.50
M45 Dan Jones t	3.66
Larry McIntyre	3.66
M55 Dale Lance	3.35
David Renton	1.98
M60 Charles Crawford	2.29
M75 Bob Warwick	2.29
W55 Sue Tunnicliff	1.83
Long Jump	
M30 Alan Sims	5.52
Tom Arrington	4.39
M35 Clifford Shock	4.60
David Hunt	4.02
M40 Colin Williams	6.04
Dennis Webb	4.98
Michael Ariana	4.27
M45 Jim Dolezel	5.23
Dale Deuvall	3.43
M50 Ed Jones	5.65
Sam Pfenning	3.66
Charlie Barnhart	
M55 Wayne Skartvedt	4.14
David Renton	3.67
M60 Lowell Bonifield	5.03
Glendale Maxwell	3.78
Charles Crawford	3.63
M75 Doc Bennett	3.17
	3.17
Bob Warwick Sr	3.16
Leo Wade	2.08
W55 Sue Tunnicliff	2.23
W60 Jean Cobb	2.95
Shot Put	
M30 Tom Arrington	12 72
	12.72
M35 Ken Ellis	12.37
M40 Colin Williams	9.75
M50 Sheppard Miers Jr	13.00
Larry Greenwood	12.39
Tim McGough	11.10
M55 Wayne Skartvedt	8.86
M60 Tom Wesselowski	14.75
Wendell Palmer	14.40
David Foerster	12.09
M65 Engel Grow	11.73
M70 A T Richeson	10.65
M75 Scott Herrman	12.67
Bob Warwick Sr	
	7.59
Doc Bennett	7.24
W40 Gisela Otis	11.22
W55 Sue Tunnicliff	7.43
W60 Jean Cobb	6.75
Carolyn Ragozzino	
1500m Page 11:	4.70
1500m Racewalk	The said of the
M45 William Penner	7:37.2
	9:14.0
	6:47.3
1100	
im jorie mvin	8:51.97
Mardi Grae Walaht Da	ntathia
Mardi Gras Weight Per	ntathion
Gonzales, LA; Mar	ch 3

(HT/SP/DT/JT/WT)	
Jeff Baty 41	and L
(156-3 5k/36-518#/129-1	10/-/-)
Ward Landry 60	
(78-3/32-81/85-3/77-1/25	8 3/4)
Milton Brady 62	3147
(94-10/33-11/91-11/91	4/38-3/4)
Paul Adams 63	3015
(87-9/33-4/101-6/85-11/3	35-10)
Robert Due 72	1447
(46-8/22-24/53-9.75/-/2	21-41)

WEST

Hawaii Winter Track Series Kamuela, HI; Jan. 7 - Feb.11

200m	reb. 11
Joy Margerum 34 Marvin Jones 42 Denise Foreman 39	25.74 28.2 28.73
400m Marvin Jones 42 Kevin Kriscivnas 38 Randy V. 45	62.82 64.5 69.56
800m Marvin Jones 42 Kevin Kriscivnas 42	2:31 2:42.2
Karl Kunz 45	5:15.9
Marvin Jones 42	5:27.0
Sharon Vitusek 45 Long Jump	8:49.9
Joy Margerum 34 Discus	17-11
Karl Kunz 45	77-3
Mike DiVitorrio 36	56-5
Continued on nex	t page

M75 Alberto Costa CHI 29:24.5 Continued on next page

	April 1770				Nati	onai N
	Continued from previou		M65 Jim Selby	5:35.90	M80 Bob Boucke	24-5
	California Senior Oly Palm Springs, CA; Fel		Morton Ward James Franklin	5:39.00	Bill Pells	19-1 8-2
	100y	234	M70 Avery Bryant	6:17.00 6:20.60	M85 Guy Sibley W50 Jeane Hallin	16-4
	M50 Don Holder	12.40	Joe Fleischmann	7:13.50	W60 Magdalena Kuehne	26-5.50
	Glenn Jones	13.70	M75 John Roderiquez	8:36.50	Eddie Plewis	18-4
	M55 Bill Knocke Mery Armstrong	11.50 12.40	M80 Robert Kroger Clink Yonaka	7:27.80 9:37.00	Ikuko Fitzhugh W65 Barbara Brandt	11-5
	Maynard Morris	12.70	W50 Cindy Maatarazzo	8:57.10	W70 Wilma Davenport	17-5
	M60 Milton Newton	11.60	M J McMaster	9:27.00	Adele McCormick	16-1
	Dick Glasgow	11.90		10:26.10	Mary Buysse	13-4
	Tony Besase M65 Bob Feaster	12.30 12.50	M50 Fred Lindsley	17:22.1	W75 Alline Witten W80 Natalie Gammey	12-9 8-6.50
	Dick Odom	12.70	Harry Hunt	19:03.7	Discus	8-0.50
	Paul Banbrook	12.90	Stanley Stauble	19:06.5	M50 Louis Jordan	123-9
	M70 Philip Dettmer	15.40	M55 Al Shook	19:33.1	Dennis McCraven	117-10
	Ray Crawford Lawrence Hebert, Jr	15.50 16.90	Ray Hughes William Ingham	20:26.5 20:58.3	Chuck Hann M55 James Hart	103-5 128-7
	M75 John Roderiquez	15.10	M60 Jerry Jefferson	20:46.2	Terry Rowan	91-9
	Clarence Killion	15.30	Earl Davis	21:08.1	Richard Martin	90-9
	Joe Gozzo M80 Clarence Trahan	17.20 15.40	John Harper	22:15.6	M60 Akab Riseb Don Starler	113-8
	Bert Morrow	15.60	M65 Morton Ward Jim Selby	21:03.8	Steve Richmond	98-4 89
	Jerry Wible	17.00	Efrian Sanchez	22:07.3	M65 Harry Hawke	140-5
	W50 Barbara Littlemore	15.80	M70 Gerry Hopkins	22:05.9	Arnie Gaynor	139-11
	Carolyn Ward M J McMaster	17.30 19.50	Robert Bergen Clifford Shine	26:09.7	Robert Hewitt M70 John Rafto	109-1
	W60 Magdalena Kuehne	14.90	M75 Bill Hutchinson	26:17.9	Art Jaago	102-9
	W65 Sumi Onodera-Leona	Bright C. C. C.	Jerry Wachter	29:46.7	Grover Cameron	86-8
	Louise Martin	20.20	Ira Samuels	37:58.0	M75 Mike Castaneda	106-4
	W70 Geneva Gray W75 Gerda Ader	22.00	M80 Robert Kroger Seymour Litt	26:18.3	Dale Buysse	1051
	200m	21.00	Clink Yonaka	36:57.7	Jim Sullenger M80 Clarence Trahan	104-2
	M50 Don Holder	32.50	W50 Carolyn Ward	26:49.9	Bob Boucke	56-10
	M55 Bill Knocke	26.50	Elaine Lopes	29:05.3	M85 Guy Sibley	21-6
	Merv Armstrong	28.50	Carolyn Martin W55 Bonnie Harkins	30:07.9	W50 Jeane Hallin	45-8
	M60 Milton Newton	29.80 26.30	A Derninanda	22:11.5	W60 Eddie Plewis W65 Barbara Brandt	60-3 60-4
	Bill Anderson	29.10	Sigrud McAlister	25:41.1	W70 Adele McCormick	48-1
	Tony Besase	29.60	W60 Kathy Johnson	24:51.1	Wilma Davenport	41-6
	M65 Louis Beadle	29.40	Nancy Olsen	29:15.7	Jeanne Bishop	38-6
	Bob Feaster Paul Bambrook	29.40 30.00	Gayl Baum W65 S Onodera-Leonard	34:18.6 27:08.6	W80 Natalie Gammey 5000m RW	23-7
	M70 Ray Crawford	36.20	Louise Martin	39:11.0	M55 John Backlund	31:33
	Philip Dettmer	36.40	W70 Mary Storey	25:30.0	Bob Daniel	32:32
	M75 Felix Jumonville	32.90	High Jump	WATER MY	Larry Tiffin	40:14
	Clarence Killion John Roderiguez	35.40 36.00	M50 Louis Jordan M55 Terry Rowan	5-3	M60 Lloyd McGuire Max Vanden Brink	31:55 32:12
	M80 Clarence Trahan	36.80	Larry Tiffin	3-8	Bob McCormick	37:02
	Bert Morrow	37.60	Robert Ferrier	3-6	M70 Art Jaago	34:37
	Robert Kroger W50 Carolyn Ward	40.60 41.80	M60 Milton Sullivan Jerry Sullivan	5-2	Gene Beimer Roger Coley	35:43 41:04
	Cindy Matarazzo	44.20	Raymond Fitzhugh	4-8	M75 Jorge Newberry	35:59
	M J McMaster	54.70	M65 Paul Bambrook	4 /	Egon Jonsson	38:14
	W60 Magdalena Kuchne	37.30	Arnold Ray Grant Twitchell	3-10	W50 Darlene Backlund Jeane Hallin	35:20 40:44
	W65 Sumi Onodera-Leona Louise Martin	53.20	M70 Vic Jones	3-10	W55 Nancy Brinkley	32:41
	400m		Philip Dettmer	3-8	Marilyn Champlin	36:24
	M55 Bill Knocke	59.60	Jerry Silsdorf	3-8	W60 Johanna Pool	43:40 47:59
	Jerry Fulton	1:07.70	M75 Mark Henderson Pete Ganahl	3-10	Elviva Ebert W65 Louise Martin	47:59
	Merv Armstrong M60 Bill Anderson	1:09.40	Burl Gist	3-6	Klara Bacher	43:36
	Frank Merino	1:15.40	M80 Bob Boucke	3	W70 Ruby Jonsson	43:09
	M65 Jim Selby	1:07.20	W50 Jeane Hallin	3-2	Rita White W75 Alline Witten	43:46 46:10
	Louis Beadle	1:09.90	W65 Barbara Brandt Long Jump	3-4	10K Road Race	46:10
	Charles Rice	1:12.30	M50 Don Holder	11-11	M50 Stanley Kotanan	41:24
	M70 Avery Bryant M75 Felix Jumnville	1:21.90	M55 Terry Rowan	14-5	Dennis Lockhart	42:05
	Pete Ganahl	1:33.80	Merv Armstrong	13-1.50	Glenn Jones	45:02
	John Roderiquez	1:37.40	Robert Ferrier M60 Raymond Fitzhugh	12-8 14-1	M55 Robert Mullane Gene Rotstein	46:59 54:29
	M80 Robert Kroger Jerry Wible	1:30.20	Tony Besase	14	M60 Wally Ingram	49:55
	Clink Yonaka	2:02.00	Steve Richmond	13-1	Kenneth Allen	59:13
	W50 Carolyn Ward	1:35.40	M70 Philip Dettmer	11-4.50 10-2	Morton Cohen M65 Jim Selby	59:28 46:42
	M J McMaster	2:03.20	Ray Crawford Lawrence Hebert, Jr		James Franklin	47:43
	W65 S Onodera-Leonard 800m	NTA	M75 Mark Henderson	8-11	Jack Penner	51:11
	M50 Stanley Stauble	2:30.50	Art Sherman	7-11	M70 Gerry Hopkins	47:00
	M55 Mike Dunn	2:52.10	M80 Clarence Trahan	11-2.50	Theodore Stillman	1:22:29
	Rod Aylwin	2:52:30	Bill Pells Bob Boucke	7-3 6-4	M75 Bill Hutchinson Ed Fong	57:00 1:07:59
	Norman Haines M60 Jerry Jefferson	2:55.50 2:33.30	W50 Jeane Hallin	7-7	M80 Clink Yonaka	1:17:14
	Earl Davis	2:45.10	W60 Magdalena Kuehne	10-5	W55 Janice Zinniker	1:05:36
	Bill Anderson	2:45.60	Ellen Brannigan	9-1	W60 Nancy Olsen Sabrina Rouse	1:02:50
	M65 Jim Selby Morton Ward	2:42.70 2:46.70	W70 Adele McCormick Shot Put	5-4	Patty Harvey	1:26:47
	Bob Holmes	2:57.40	M50 Dennis McCraven	42-9	and the state of the state of	
1	M70 Avery Bryant	3:09.10	Louis Jordan	37-8	KELfield Throws Seri Santa Cruz, CA; Fe	
	Joe Fleischmann	5:23.90	Chuck Hann	35-3.50 41-5	The same of the sa	distant.
	M75 John Roderiquez M80 Clink Yonaka	4:06.40 4:49.60	M55 James Hart Mike Farris	38-1	Shot Put M40 John Price	35-31
	Robert Kroger	5:23.00	Richard Martin	31-8.50	M45 Gary Kelmenson	35-6½
1	W50 Cindy Matarazzo	4:23.60	M60 Ed Johnson	34-8	M60 Don Hughes 16# Discus	25-4
1	M J McMaster	4:39.80 3:35.50	Raymond Fitzhugh	32-8	M40 John Price	115-4
1	W60 Kathy Johnson	3.33.30	Steve Richmond M65 Amie Gaynor	30-3 38-6	M45 Gary Kelmenson M60 Don Hughes	106-10 80-4
1	M50 Stanley Stauble	5:12.50	Bob Feaster	37-1	Hammer	1
1	Glenn Jones	5:27.70	Grant Twitchell	32-3	M45 G Kelmenson M60 Don Hughes	121-10 73-2
1	M55 Rod Aylwin	5:37.20	M70 Art Jaago	38-4.50	Javelin	
1	Mike Dunn Robert Ferrier	5:48.50 6:04.80	John Rafto Grover Cameron	32-3 31-8.50	M45 G Kelmenson M60 Don Hughes	92-5 57-8
	M60 Jerry Jefferson	5:24.40	M75 Dale Buysse	36-1	35# Weight	
	Armour Black	6:19.30	Mike Castaneda	33-1	M45 G Kelmenson	40-7
	Ray Archibald	6:21.50	Clarence Odell	32-7	M60 Don Hughes	26-6
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Nati	ional M	lasters News		
ke	24-5	25# Weight	10.6	M50 Dennis Duf
y	19-1 8-2	M45 G Kelmenson M60 D Hughes	48-6 36-2	Ben Miller M55 Cliff Gord
llin	16-4	56# Weight M45 G Kelmenson	27-3	M60 Bruce Susc Gordon McC
na Kuehne wis	26-5.50 18-4	M60 D Hughes	16-3	M65 Boyce Jacq
zhugh	11-5	Silver State Indo		W35 Mary Russe W45 DeeDee Gra
Brandt avenport	17-9 17-5	Masters Classic Reno, NV; Feb. 1	4.0	(Judy Warick/2 1500m
cCormick .	16-1	60m	and the	M30 Bill Devin
itten	13-4	M30 Charlie Knight Mike Floyd	7.63	M35 Al Dehling
Sammey	8-6.50	M35 Marty Krulee Noah Levingston	7.21	Nikos Mour M40 Eric Johns
rdan	123-9	Kevin Morning M40 Greg Belancio	7.36	M45 Jim Gorman Wayne Morr
AcCraven	117-10	Mark Quinlan Fred James	7.95 8.04	Douglas St M50 Gene Gilli
ann	103-5 128-7	Gary Heralinger	8.15	M55 Ken Ogden
wan	91-9	Jeff Gallero Charles Missouri	8.25 8.30	M60 G McClenat Ron Ogilvi
Martin eb	90-9 113-8	M45 Riley McHugh Roger Parnell	7.74	M65 Boyce Jacq 3000m
ler	98-4	Thierry Boucquey Glenn Johnson	7.83 7.86	M30 Bill Devin
chmond wke	89 140-5	Robert Zimmerman Lester Derania	8.12	Larry Harr M35 Dan Rusk
ynor	139-11	M50 Tom Bassett	8.48 7.67	M40, Neil Howk
lo	109-1	Roger Assink Dan Durante	7.92 8.09	M45 Jim Gorman Phil Nemir
	101-7	Fred Johnston Bill Probst	8.22	M50 Ewar Gordi
ameron staneda	86-8 106-4	Jeff Unsuld M55 Dennis Glasgow	8.66 8.91	Gene Gilli M55 Ken Ogden
sse	1051	Shig Niizawa	9.41	M60 Derek Maha
Trahan	104-2 66-1	M60 Dick Richards Bobby Thomas	8.00 8.26	G McClenat Ron Ogilui
cke	56-10	Milt Newton M65 Jack Coy	8.46 8.90	4x200m Relay M30-39 Old Guy
ey Ilin	21-6 45-8	Mel Melgosa Fred Gunther	8.97 9.04	M40-49 Older 0
ewis	60-3	Dick Marlin	9.05	Mary and Street
Brandt cCormick	60-4 48-1	M75 A U Ricciardi Konrad Slaughter	11.50 13.66	M40 Fred James
avenport	41-6	W35 Edith Mourtos W45 Pam Zimmerman	10.26	John Ducray M45 J D Eckels
ishop	38-6 23-7	W60 Spyroula Rodenbom W70 Diane Friedman	12.53	Roger Parne James Manon
iammey	23-1	200m	11.97	Ed Baskausi
klund	31:33 32:32	M30 Charles Knight Larry Harris	25.53 25.85	T D Walton High Jump
Tin	40:14	M35 Kevin Morning Noah Levinston	23.43 24.40	M30 Jeff Heltor Todd Risby
Guire den Brink	31:55 32:12	Jose Cabizera M40 Greg Belancio	27.38	M40 Stan Vegar Gary Herrl
Cormick	37:02	Fred James	24.98	Paul Sulli M55 John Stein
mer	34:37 35:43	Charles Missouri Mark Quinlan	27.48 26.31	M60 Nick Newto Jerry Sull
ley	41:04		24.93	W35 Martha Men W50 Jan Condon
wberry isson	35:59 38:14	Roger Parnell Robert Zimmerman	26.08	Shot Put M35 Charles Bl
Backlund Ilin	35:20 40:44	Glen Johnson Phil Nemir	27.15 32.92	M40 Stan Vegar
rinkley	32:41	M50 Tom Bassett	25.02 25.55	John Towns M45 Tim Edward
Champlin Pool	36:24 43:40	Dennis Duffy	26.02	M50 Fred Johns M55 Russ Hodge
bert	47:59	Dennis Glasgon		Dick Hotch John Stein
fartin cher	40:59 43:36	M60 Milton Newton Dick Richards	26.27 26.87	Rasal Terh Shig Niiza
ISSOII	43:09	Bobby Thomas Bruce Susong	26.97 30.37	M60 Stew Thoms
te itten	43:46 46:10	Ron Ogilvie M65 Jack Coy	36.79 28.84	Fred Shana M75 A U Riccia
c	Pagesta.	Fred Gunther	29.07	W40 Joan Strat Weight Throw
Cotanan ockhart	41:24 42:05	M75 Konrad Slaughter	29.92 45.5	M35 Ken Jansso Charles Bl
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Allen Cohen	59:13 59:28	M30 Larry Harris	56.95	M60 Stew Thoms
у	46:42		58.17	(Cliff Blair/5 M65 Ken Weinbe
anklin ner	47:43 51:11	Jose Cabrera M40 Stan Vegar	56.56	M75 A U Riccia
pkins	47.00	Greg Belancio Jeff Gallero	56.66	W40 Joan Strat W50 Suzy Hess
e Stillman	1:22:29 57:00	Charles Missouri Eric Johnson	61.5	Superweight M35 Ken Jansso
- Funda	1:07:59	M45 Riley McHugh	56.48	(Jansson/10.90 Charles Bl
onaka inniker	1:17:14 1:05:36	Robert Zimmerman Wayne Morris	58.48	M35 Tim Edward (Bob Sager/6.3
lsen Rouse	1:02:50	Walter Fus M50 Dennis Duffy	62.1 58.82	M55 Dick Hotel
rvey	1:26:47	Ben Miller Roger Assink	62.0 63.5	(Hotchkiss/9.1 Russ Hodge
ows Ser	les #46		60.7	Rasal Teri
z, CA; Fe	Section 1977 Control	W35 Mary Russell	70.3	M60 Stew Thoms (Len Olson/6.1
Author State	25 21	Edith Mourtos W45 DeeDee Grafius	90.2 AR62.55	Fred Shana
menson	35-3½ 35-6½	(Grafius/63.91/1995) Pam Zimmerman	73.5	W50 Suzy Hess
es 16#	25-4	W60 Spyroula Rodenbom W70 Diane Friedman	2:07.2	INTERN
ce menson	115-4 106-10	800m		State of the State of the Asia
es	80-4	M35 J Herbrechtsmeier Al Dehlinger	:07.23	XV Veterans C
son	121-10		2:16.21	Montevide
es	73-2	M40 Neil Howk	2:15.77	Nov.
ison ies	92-5 57-8	Daniel Cruz	2 - 45 58	M35 Oscar Parra
		wayne rollis	2:11.6	M40 Luis Fagund
nson nes	40-7 26-6	Walter Fus	2:33.0 2:53.0	M45 Luis F Perei M50 ADaSilva

		P	age 27
M50 Dennis Duffy	2:19.28	M55 Zildo Bueno BRA	12.3
Ben Miller	2:26.69	M60 DeAguiarSoar BRA	13.6
M55 Cliff Gordy M60 Bruce Susong	2:20.08	M65 Enrique Luna ARG	14.3
Gordon McClenat M65 Boyce Jacques		M70 W Flores URU M75 Julio Molina CHI	14.2
W35 Mary Russell	2:55.8 2:38.05	M90 Asdrubal Capo URU	26.3
W45 DeeDee Grafius (Judy Warick/2:24.8		W30 Jessi Facelli URU	14.3
1500m	11/ 1333)	W35 Mirtha Bonora URU W40 A Filomena ARG	14.0
M30 Bill Devine Daniel Lucas	4:24.4 4:28.8	W45 S DasGracas BRA	13.3
M35 Al Dehlinger	4:15.7	W50 E Rostagnol URU	15.0
Nikos Mourtos M40 Eric Johnson	4:50.6	W55 Celeste Alves ARG	15.3
M45 Jim Gorman	4:54.2 4:41.3	W60 Alba Lopez ARG W65 Sara Madera URU	16.3 tna
Wayne Morris Douglas Sturm	4:51.6 5:29.9	W75 Dora Carter URU	tna
M50 Gene Gilligan	5:16.1	200m	P PAR
M55 Ken Ogden M60 G McClenathen	5:30.6 6:06.2	M35 Oscar Parra URU M40 Luis Fagundez BRA	24.2
Ron Ogilvie	6:12.0	M45 Raul Faath ARG	24.8
M65 Boyce Jacques 3000m	6:10.4	M50 ADaSilva BRA	26.0
M30 Bill Devine	9:21.99	M55 Zildo Bueno BRA	25.8
Dan Lucas Larry Harris	9:30.35	M60 DeAguiar Soar BRA M65 Enrique Luna ARG	28.0 29.8
M35 Dan Rusk	9:43.00	M70 W Flores URU	31.8
M40, Neil Howk M45 Jim Gorman	10:19.15 9:55.38	M75 Julio Molino CIII	33.5
Phil Nemir	11:01.81	M90 Asdrubal Capo URU W30 Lioi Patricia ARG	58.2 31.5
Doug Sturm M50 Ewar Gordillo	12:39.04	W35 G Bonora URU	29.5
Gene Gilligan	11:11.26	W40 J Bronzatto BRA	30.4
M55 Ken Ogden M60 Derek Mahaffey	11:49.71	W45 R Domelles BRA	30.9
G McClenathen	12:36.63	W50 E Rostagnol URU W55 Celeste Alves ARG	31.5
Ron Oqiluie 4x200m Relay	12:39.98	W60 Alba Lopez ARG	35.3
M30-39 Old Guys (Kn		W65 Sara Madera URU	41.5
M40-49 Older Guys (1:41.6 (Riley)	400m M35 D Albertini ARG	56.5
Maria Maria Maria Maria	1:45.9	M40 A Fernandez ARG	58.5
ong Jump 140 Fred James	5.53	M45 Raul Faath ARG	56.1
John Ducray	4.67	M50 R Bustos ARG M55 Zildo Bueno BRA	59.5
145 J D Eckels Roger Parnell	5.79 5.68	M55 Zildo Bueno BRA M60 S DeAguiar BRA	57.8 1:03.9
James Manor	5.36	M65 Carlos Sacchi ARG	1L04.9
Ed Baskauskas T D Walton	4.85	M70 W Flores URU	
High Jump 430 Jeff Helton	6-6	M75 Julio Molina CHI W35 Nelly Oses ARG	1:17.7
Todd Risby	5-0	W40 R A Gomes BRA	
M40 Stan Vegar Gary Herrlinger	5-8 5-0	W45 P Dornella BRA	
Paul Sullivan	5-0	W50 E Rostagnol URU W55 Celeste Alves ARC	
M55 John Steinman M60 Nick Newton	4-4	W60 Gladis Badin URI	1:45.3
Jerry Sullivan	11 4-8	W65 Sara Madera URI	J 1:41.7
W50 Jan Condon	4-8	M35 Ruben Navarla ARG	2:13.2
Shot Put M35 Charles Black	10.44	M40 C Moledo ARC	
M40 Stan Vegar John Townsend	12.30 11.09	M45 Raul Martinez URU M50 E Carrilho BRA	100
M45 Tim Edwards	9.90	M55 Mario Diaz ARC	
M50 Fred Johnston M55 Russ Hodge	12.08	M60 C Odriozola URU	
Dick Hotchkiss	13.88	M65 Carlos Sacchi ARG M75 A Costa CHI	
John Steinman Rasal Terhune-Yo	10.09 oung 9.50	M80 A DeAssis BRA	
Shig Niizawa	9.21	W35 Nelly Oses ARG W40 R A Gomes BRA	
M60 Stew Thomson Fred Shanaman	13.55	W45 R Pussetto ARG	All and a second
M75 A U Ricciardi	9.01	W50 G Morales URU	3:27.6
W40 Joan Stratton Weight Throw	10.50	W55 Sonia Clair BRA	
M35 Ken Jansson Charles Black	19.31 12.47	W60 M Hochstater BRA W65 Corina Vocos ARG	
M45 'Tim Edwards	12.81	1500m	STATE OF
M55 Dick Hotchkiss (Hotchkiss/44-11 13	AR14.05	M35 R Navarlaz ARG	
Rasal Terhune-Y	11 20	M40 C Moledo ARG	4:53.7
Russ Hodge		M45 W P Alvez RD A	4:26.2
Steve Bloginger	11.02	M45 W P Alvez BRA M50 Oscar Barreto ARG	100
Steve Biddinger M60 Stew Thomson	11.02 6.92 AR18.14	M50 Oscar Barreto ARG M55 L R Rios ARG	4:40.5 4:52.8
	11.02 6.92 AR18.14	M50 Oscar Barreto ARO M55 L R Rios ARO M60 C Odriozola URU	4:40.5 4:52.8 1 5:18.5
M60 Stew Thomson (Cliff Blair/54-8) M65 Ken Weinbel M75 A U Ricciardi	11.02 6.92 AR18.14 16.67/1990) 11.20 7.62	M50 Oscar Barreto ARG M55 L R Rios ARG	4:40.5 4:52.8 5:18.5 5:54.2 6:56.3
M60 Stew Thomson (Cliff Blair/54-8½ M65 Ken Weinbel	11.02 6.92 AR18.14 16.67/1990) 11.20	M50 Oscar Barreto ARG M55 L R Rios ARG M60 C Odriozola M65 Eduardo Verdi M75 Jose Mejuto ARG M80 A DeAssis BRA	4:40.5 4:52.8 5:18.5 5:54.2 6:56.3 9:34.8
M60 Stew Thomson (Cliff Blair/54-8) M65 Ken Weinbel M75 A U Ricciardi W40 Joan Stratton W50 Suzy Hess Superweight	11.02 6.92 AR18.14 16.67/1990) 11.20 7.62 11.73 6.67	M50 Oscar Barreto M55 L R Rios M60 C Odriozola M65 Eduardo Verdi M75 Jose Mejuto M80 A DeAssis W30 Sara Gimenez ARC	4:40.5 4:52.8 5:18.5 5:54.2 6:56.3 9:34.8 7:00.1
M60 Stew Thomson (Cliff Blair/54-8) M65 Ken Weinbel M75 A U Ricciardi W40 Joan Stratton W50 Suzy Hess Superweight M35 Ken Jansson (Jansson/10.90/1995	11.02 6.92 AR18.14 16.67/1990) 11.20 7.62 11.73 6.67 AR11.99	M50 Oscar Barreto ARG M55 L R Rios ARG M60 C Odriozola M65 Eduardo Verdi M75 Jose Mejuto ARG M80 A DeAssis BRA	4:40.5 4:52.8 5:18.5 5:54.2 6:56.3 9:34.8 7:00.1 6:514.2 5:31.5
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M60 Stew Thomson (Cliff Blair/54-8½ M65 Ken Weinbel M75 A U Ricciardi W40 Joan Stratton W50 Suzy Hess Superweight M35 Ken Jansson (Jansson/10.90/1995 Charles Black M35 Tim Edwards (Bob Sager/6.36/199 M55 Dick Hotchkiss (Hotchkiss/9.14/195 Russ Hodge Rasal Terhune-1) Steve Biddinger	11.02 6.92 AR18.14 16.67/1990) 11.20 7.62 11.73 6.67 AR11.99 5) 8.33 AR7.88 95) AR9.21 95) 7.99 Young 6.62 4.78 AR8.77	M50 Oscar Barreto M55 L R Rios M60 C Odriozola M65 Eduardo Verdi M75 Jose Mejuto M80 A DeAssis W30 Sara Gimenez W35 Nelly Oses W40 Rosa Aguiar W45 M Contreras W50 Gloria Morales W55 M D Castro W60 M Hochstater W65 Corina Vocos 3000m W30 Monica Santos W40 Ana Giuffra W45 M Contreras	4:40.5 4:52.8 5:18.5 5:54.2 6:56.3 9:34.8 7:00.1 6:514.2 5:31.5 6:30.6 7:03.4 7:42.1 6:07.7
M60 Stew Thomson (Cliff Blair/54-8½ M65 Ken Weinbel M75 A U Ricciardi W40 Joan Stratton W50 Suzy Hess Superweight M35 Ken Jansson (Jansson/10.90/1995 Charles Black M35 Tim Edwards (Bob Sager/6.36/199 M55 Dick Hotchkiss (Hotchkiss/9.14/199 Russ Hodge Rasal Terhune-1 Steve Biddinger M60 Stew Thomson (Len Olson/6.11/199 Pred Shanaman M65 Ken Weinbel	11.02 6.92 AR18.14 16.67/1990) 11.20 7.62 11.73 6.67 AR11.99 5) 8.33 AR7.88 95) AR9.21 95) 7.99 Young 6.62 4.78 AR8.77 95) 5.81 5.52	M50 Oscar Barreto M55 L R Rios M60 C Odriozola M65 Eduardo Verdi M75 Jose Mejuto M80 A DeAssis W30 Sara Gimenez W35 Nelly Oses W40 Rosa Aguiar W45 M Contreras W60 M Hochstater W65 Corina Vocos 3000m W30 Monica Santos W40 Ana Giuffra W45 M Contreras W50 G Morales URU	4:40.5 4:52.8 5:18.5 5:54.2 6:56.3 9:34.8 7:00.1 6:514.2 5:31.5 6:30.6 7:03.4 7:42.1 6:07.7
M60 Stew Thomson (Cliff Blair/54-8) M65 Ken Weinbel M75 A U Ricciardi W40 Joan Stratton W50 Suzy Hess Superweight M35 Ken Jansson (Jansson/10.90/1995 Charles Black M35 Tim Edwards (Bob Sager/6.36/199 M55 Dick Hotchkiss (Hotchkiss/9.14/199 Russ Hodge Rasal Terhune-1 Steve Biddinger M60 Stew Thomson (Len Olson/6.11/199 Pred Shanaman M65 Ken Weinbel W50 Suzy Hess	11.02 6.92 AR18.14 16.67/1990) 11.20 7.62 11.73 6.67 AR11.99 5) 8.33 AR7.88 95) 7.99 Young 6.62 4.78 AR8.77 95) 5.81 5.52 4.67	M50 Oscar Barreto M55 L R Rios M60 C Odriozola M65 Eduardo Verdi M75 Jose Mejuto M80 A DeAssis W30 Sara Gimenez W35 Nelly Oses W40 Rosa Aguiar W45 M Contreras W60 M Hochstater W65 Corina Vocos 3000m W30 Monica Santos W40 Ana Giuffra W45 M Contreras W50 G Morales URU	4:40.5 4:52.8 4:52.8 5:18.5 5:54.2 6:56.3 9:34.8 7:00.1 6:514.2 5:31.5 6:30.6 7:03.4 7:42.1 6:07.7 6:46.0 13:47.9 12:04.2 6:14:22.4 14:42.2 18:28.7
M60 Stew Thomson (Cliff Blair/54-8½ M65 Ken Weinbel M75 A U Ricciardi W40 Joan Stratton W50 Suzy Hess Superweight M35 Ken Jansson (Jansson/10.90/1995 Charles Black M35 Tim Edwards (Bob Sager/6.36/199 M55 Dick Hotchkiss (Hotchkiss/9.14/199 Russ Hodge Rasal Terhune-1 Steve Biddinger M60 Stew Thomson (Len Olson/6.11/199 Pred Shanaman M65 Ken Weinbel	11.02 6.92 AR18.14 16.67/1990) 11.20 7.62 11.73 6.67 AR11.99 5) 8.33 AR7.88 95) 7.99 Young 6.62 4.78 AR8.77 95) 5.81 5.52 4.67	M50 Oscar Barreto M55 L R Rios M60 C Odriozola M65 Eduardo Verdi M75 Jose Mejuto M80 A DeAssis W30 Sara Gimenez W35 Nelly Oses W40 Rosa Aguiar W45 M Contreras W50 Gloria Morales W55 M D Castro W60 M Hochstater W65 Corina Vocos M40 Ana Giuffra W45 M Contreras W50 G Morales W55 Sonia Peukert W60 M Hochstater W65 Corina Vocos ARC W10 Ana Giuffra W45 M Contreras W50 G Morales W55 Sonia Peukert W60 M Hochstater W65 Corina Vocos ARC	4:40.5 4:52.8 4:52.8 5:18.5 5:54.2 6:56.3 9:34.8 7:00.1 6:514.2 5:31.5 6:30.6 7:03.4 7:42.1 6:07.7 16:46.0 13:47.9 12:04.2 14:09.6 14:42.2 18:28.7 12:50.5
M60 Stew Thomson (Cliff Blair/54-8) M65 Ken Weinbel M75 A U Ricciardi W40 Joan Stratton W50 Suzy Hess Superweight M35 Ken Jansson (Jansson/10.90/1995 Charles Black M35 Tim Edwards (Bob Sager/6.36/199 Russ Hodge Rasal Terhune-1 Steve Biddinger M60 Stew Thomson (Len Olson/6.11/199 Pred Shanaman M65 Ken Weinbel W50 Suzy Hess	11.02 6.92 AR18.14 16.67/1990) 11.20 7.62 11.73 6.67 AR11.99 5) 8.33 AR7.88 95) AR9.21 95) 7.99 Young 6.62 4.78 AR8.77 95) 5.81 5.52 4.67	M50 Oscar Barreto M55 L R Rios M60 C Odriozola M65 Eduardo Verdi M75 Jose Mejuto M80 A DeAssis W30 Sara Gimenez W35 Nelly Oses W40 Rosa Aguiar W45 M Contreras W50 Gloria Morales W55 M D Castro W60 M Hochstater W65 Corina Vocos 3000m W30 Monica Santos W40 Ana Giuffra W45 M Contreras W50 G Morales W55 Sonia Peukert W60 M Hochstater W60 M Hochstater W60 M Hochstater W65 Corina Vocos ARC	4:40.5 4:52.8 5:18.5 5:54.2 6:56.3 9:34.8 7:00.1 6:514.2 5:31.5 6:30.6 7:03.4 7:42.1 6:07.7 7:42.1 6:07.7 12:04.2 14:09.6 14:42.2 18:28.7 12:50.5 13:48.4
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M60 Stew Thomson (Cliff Blair/54-8½ M65 Ken Weinbel M75 A U Ricciardi W40 Joan Stratton W50 Suzy Hess Superweight M35 Ken Jansson (Jansson/10.90/1995 Charles Black M35 Tim Edwards (Bob Sager/6.36/199 M55 Dick Hotchkiss (Hotchkiss/9.14/199 Russ Hodge Rasal Terhune-) Steve Biddinger M60 Stew Thomson (Len Olson/6.11/199 Pred Shanaman M65 Ken Weinbel W50 Suzy Hess INTERNATION XV Veterans Cham "Juan J. Lopez Montevideo, Ur	11.02 6.92 AR18.14 16.67/1990) 11.20 7.62 11.73 6.67 AR11.99 6) 8.33 AR7.88 95) AR9.21 95) 7.99 Young 6.62 4.78 AR8.77 95) 5.81 5.52 4.67 ONAL pionships Testa"	M50 Oscar Barreto M55 L R Rios M60 C Odriozola M65 Eduardo Verdi M75 Jose Mejuto M80 A DeAssis W30 Sara Gimenez W35 Nelly Oses W40 Rosa Aguiar W45 M Contreras W50 Gloria Morales W55 M D Castro W60 M Hochstater W65 Corina Vocos 3000m W30 Monica Santos W40 Ana Giuffra W45 M Contreras W50 G Morales W55 Sonia Peukert W60 M Hochstater W65 Corina Vocos W55 Sonia Peukert W60 M Hochstater W65 Corina Vocos W65 Corina Vocos ARC W65 Corina Vocos	4:40.5 4:52.8 4:52.8 5:18.5 5:54.2 6:56.3 9:34.8 7:00.1 6:514.2 5:31.5 6:530.6 7:03.4 7:42.1 6:07.7 7:42.1 6:07.7 7:42.1 6:07.7 7:42.1 6:07.7 7:42.1 6:07.7 7:42.1 7:42.2 7:42.1 7:42
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M60 Stew Thomson (Cliff Blair/54-8½ M65 Ken Weinbel M75 A U Ricciardi W40 Joan Stratton W50 Suzy Hess Superweight M35 Ken Jansson (Jansson/10,90/1995 Charles Black M35 Tim Edwards (Bob Sager/6,36/199 M55 Dick Hotchkiss (Hotchkiss/9.14/199 Russ Hodge Rasal Terhune-) Steve Biddinger M60 Stew Thomson (Len Olson/6,11/199 Pred Shanaman M55 Ken Weinbel W50 Suzy Hess INTERNATION XV Veterans Cham "Juan J. Lopez Montevideo, Ur Nov. 24 - 2	11.02 6.92 AR18.14 16.67/1990) 11.20 7.62 11.73 6.67 AR11.99 5) 8.33 AR7.88 95) 7.99 Young 6.62 4.78 AR8.77 95) 5.81 5.52 4.67 ONAL pionships Testa" ruguay 16	M50 Oscar Barreto M55 L R Rios M60 C Odriozola M65 Eduardo Verdi M75 Jose Mejuto M80 A DeAssis W30 Sara Gimenez W35 Nelly Oses W40 Rosa Aguiar W45 M Contreras W50 Gloria Morales W55 M D Castro W60 M Hochstater W65 Corina Vocos 3000m W30 Monica Santos W40 Ana Giuffra W45 M Contreras W50 G Morales W55 Sonia Peukert W60 M Hochstater W65 Corina Vocos M50 G Morales W55 Sonia Peukert W60 M Hochstater W65 Corina Vocos M60 M Hochstater W65 Corina Vocos M50 G Morales W55 Sonia Peukert W60 M Hochstater W65 Corina Vocos M60 M Hochstater W65 Corina Vocos	4:40.5 4:52.8 4:52.8 4:52.8 5:18.5 5:54.2 6:56.3 9:34.8 7:00.1 6:514.2 5:31.5 6:30.6 7:03.4 7:42.1 6:07.7 7:42.1 6:07.7 7:42.1 6:07.7 7:42.1 6:07.7 7:42.1 7:42.

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M45 Luis F Pereira BRA

BRA

page 28		National Ma	asters News		April 1990
Continued from previous page	Shot Put	M50 J Louw (Bell) 13.1	The second section is a second section of the second		M45 Jack Porzio 17:50
M80 A DeAssis BRA 34:10.1	M35 A Nazar CHI 6.92	M60 R Cross (Pinel) 13.5	I ONG DISTAN	ICE RESULTS	Lawrence Smith 17:51
10,000m	M40 A Peralta ARG 12.71	M65 A Ridge (Atl) 14.5	the state of the s	A STATE OF THE PARTY OF THE PAR	Peter Gambaccini 18:02
M40 Mario Garcia URU 37:36.1	M45 L Rodriguez URU 8.50	W35 S Salzwedel (Bell) 13.7	Please send results to: Natio	onal Masters News, P.O. Box	M50 Jack Brennan 18:36
M45 W P Alves BRA 32:00.9	M50 Juan Farcilli URU 12.72	W40 N Weideman (Bell) 15.0	50098, Eugene OR 97405. To	keep information current, we	Arthur Weisberg 19:14 Thomas Moore 19:26
M50 Oscar Barreto ARG 35:26.7	M55 Joao DosReis BRA 12.19	W65 J Geldenhuys (Stell) 18.5	generally do not publish resu	ilts more than 4 months old.	Thomas in con-
M55 Mario Diaz ARG 41:15.8	M60 Luis Flores BRA 11.87	200m	Results that are typed (maxin	num 28 spaces/2 1/4" wide) in	M55 James Fillis 19:26 Richard Creditor 19:56
M60 Aldo Garat ARG 42:50.3	M65 A Assimontti URU 6.46	M30 G Fitz (Bell) 23.4	our format receive preference		Alberto Ocampo 20:05
M65 L R Baladin BRA 44:09.3	M70 Jose Julio Cox ARG 9.48	M35 J Nortje (Paarl) 24.7	month prior to ussue date.		M60 Richard Murphy 19:33
M75 Jose Mejuto ARG 51:58.0	M75 F Rochsdatter BRA 7.97 W30 Lucy Aguero PAR 10.20	M40 T Dixon (Tr'Nct) 25.2		- U	Murray Schader 23:24
M80 A D Assis BRA 66:58.0	W30 Lucy Aguero PAR 10.20 W35 Mirta Bonora URU 8.00	M45 D Naude (Bell) 26.7 M50 D O'Donoghue (sanw) 27.2	FACT	M30 Mark Powell 2:11.4	Bernard Goldschmidt 25:22
Short Hurdles	W40 J Bronzatto BRA 9.85	M60 R Cross (Pinel) 28.4	EAST	M35 Robin Wheeless 2:07.4	M65 William Fortune 21:08
M45 Ruben Rossi ARG 19.5	W45 Blanca Reyes URU 8.98	M65 A Ridge (Atl) 29.3	Syracuse University	Tyrone Guiden 2:10.0	Joseph Burns 21:46
M50 G Negueira BRA 19.4 M60 Nilson Leon BRA 23.6	W50 I DosSantos BRA 8.76	W35 S Salzwedel (Bell) 29.0	Noontime Running League	Breck Sleight 2:14.4 Neal Coffey 2:21.5	Jack Haar 22:40
M60 Nilson Leon BRA 23.6 M65 N Hadime BRA 18.4	W55 A K DeRocha BRA 8.32	W65 I Hofmeyr (Bell) 36.1	Manley Field House Track	Neal Coffey 2:21.5 M40 Neil Price 2:41.8	M70 John McManus 21:50
W50 Arlete Nitske BRA 16.5	W60 O Valentino BRA 10.65	400m	Syracuse, NY	M45 Rick Cleary 2:25.0	Sab Koide 24:32
Long Hurdles	W65 L SanMartin URU 6.76	M40 T Dixon (Tr'Net) 55.6	- January 19 -	M50 Larry Nafie 2:25.6	Thomas Gibbons 26:34
M45 C Normando BRA 1:16.9	W70 Sara Rosello URU 6.50	M45 J Allers (Bell) 59.2	10 KILOMETERS	Jeff Straussman 2:38.2	M75 Albert Goldstein 28:40 W30 Linda Helenek 39 20:44
M50 W M Nogueira BRA 1:17.0	W75 M Fleckner CHI 5.09	M50 L Nicholson (Tyg) 1:01.4	Overall:	Doug Frost 3:14.4	W30 Linda Helenek 39 20:44 Diane Lebowitz 36 21:08
M60 S DeAguiar BRA 58.0	Discus M40 A Peralta ARG 40.58	W30 L Fecnstra (Dur) 1:25.5	Robin Wheeless (35) 34:52.0	M55 Jack Ucci 2:36.5	Karen Saltser 32 21:17
4x100m Relay	M45 C A Bordini BRA 20.74	W65 J Geldenhuys (Stell) 1:28.2 800m	Barbara Blaszak (45) 41:12.5	Joe Mautz 2:48.5	W40 Mary DiNardo 19:54
M40-49	M50 Emilio Suarez ARG 40.62	M35 J Nortje (Paarl) 2:11.6	M30 Pat Turley 37:55.0	Phil Rice 3:06.7	Joan Baldassarri 20:34
Zesar/Felipe/Melem/ BRA 51.3 Fagundez	M55 G Piccone URU 40.66	M40 T Dixon (TR'Net) 2:14.2	Ken Mann 38:08.9	M60 Marty Rothenberg 3:07.4	Janet Piez 21:02
M50-59	M60 Luiz Flores BRA 37.08	M45 C Muller (Str) 2:18.4	M35 Robin Wheeless 34:52.0 Neal Coffey 38:08.1	M65 Howard MacMillan 3:01.9 M70 Tom Walnut 3:14.7	W45 Sylvie Kimche 20:15
DaSilva/Bueno/ BRA 50.4	M65 A Assimontti URU 21.82	M50 V O'Donoghue (sanw) 2:16.7	Andy Vogel 43:59.8	Russ More 3:50.3	Judy Harigan 20:49
Nogueira/Viegas	M70 Jose Julio Cox ARG 27.36	M55 S Mostert (Tr'Net) 2:23.0	M40 Terry McConnell 38:14.0	W30 Sara Falso 2:35.3	Mary Spera 23:41
M60-69	M75 F Hochstatter BRA 27.20	W50 M Watt (SS) 2:55.1	M45 Paul Jewell 42:59.0	W35 Cathy McKie 2:37.6	W50 Ann Makoske 22:16
Dos Santos/Leao BRA 55.8	W30 G Espinosa ARG 17.36	W65 J Geldenhuys (Stell) 3:25.8	M50 Larry Nafie 42:20.0	W40 Patti Ford 2:26.9	Wendy Burns 24:00 Margaret Scaglione 25:37
Nakajima/Soares	W40 R DeOliveira BRA 25.02	1500m	M55 John Allen 43:00.0	Karen Stocker-	W55 Patty Parmalee 23:03
W35-44	W45 B Reyes URU 22.08 W50 E D'Andrea BRA 21.48	M45 C Muller (Str) 4:41.4	Joe Mautz 46:09.5	Laquidari 2:46.9	Kathleen Nitschelm 24:02
Rezende/Bronzatto BRA 56.8	W55 A Castro CHI 24.14	M50 A Wilson (For) 5:01.6	Tom Fondy 53:42.0	Irene Thompson 2:52.2	Billie Moten 27:51
Gomes/DasGracas	W60 O Valentino BRA 36.84	M55 S Mostert (Tr'Net) 4:45.5 W30 S Hauman (Paarl) 5:41.3	M70 Tom Walnut 51:07.0	Great Valley Marathon	W60 May Chou 25:49
W45-54 Demeller/Luisa/ BPA 1:01.7	W65 L SanMartin URU 16.26	W35 C Cupido (Pinel) 5:06.6	Russ More 55:22.6	Chambersburg, PA; Jan. 21	Naomi Vogel 27:13
Dornelles/Luisa/ BRA 1:01.7 Nitzeke/DosSantos	W70 Sara Rosello URU 17.00	W40 N Will (Pinel) 5:26.9	M75 Nate White 52:54.8	Overall	Adele Stroh 30:40
W55-64	W75 M Fleckner CHI 12.22	5000m	W30 Betsy Kneale 41:22.0 W45 Barbara Blaszak 41:12.5	Guy Gordon 2:41:57	W65 Dolly Finkelstein 27:57
Cavalli/Penckert/ BRA 1:16.0	Hammer	M30 Q Grey (Trac) 15:59.2	- February 16 -	Tina Gordon 3:13:41	Bertha McGruder 34:29
Santiago/Hochstater	M40 A DeZuane ARG 34.88	M35 P Staruss (Dur) 17:08.2	1500 METERS	M40 John Ausherman 2:45:12 M45 Bob Bauerschmidt 3:25:34	Mariana Merceron 39:31
W70-79	M45 C A Bordini BRA 19.86	M40 C McKinnon (VOB) 17:33.2	Overall:	M50 Budd Bettler 3:07:13	W70 Muriel Merl 27:07
Badin/Pla/Madera URU 1:27.8	M50 E Figueredo URU 36.06	M45 C Muller (Str) 17:14.8	Eric Berntsen (26) 4:08.8	M55 Gary Rhodes 5:04:40	Jozi Neulinger 37:24
Carter	M55 D Beatrici BRA 33.10	M50 T Riddick (For) 19:17.3	Patti Ford (40) 4:56.1	M60 Rich Hause 3:26:10 M65 Roy Elder 4:43:40	Marcella Tobias 43:07
4x400m Relay	M60 Pedro Canto URU 29.26	M55 S Mostert (Tr'Net) 18:10.7	M35 Robin Wheeless 4:16.9	M65 Roy Elder 4:43:40 W40 Carolyn Showalter3:29:50	35th Washington's
M40-49	M65 A Assimontti URU 16.04 M70 Walter Kupper BRA 29.54	M60 L Benning (Pinel) 21:05.3	Brendan Jackson 4:33.2	W45 Rose Malloy 3:55:40	Birthday Marathon
Balabal/Grill/ ARG 4:07.4	M75 E Gundlach CHI 22.32	M70 J Grobbelaar (Tyg) 24:17.1 W30 S Heydenryck (Dur) 21:34.1	Breck Sleight 4:41.4	NYRRC Central Park 20K	Greenbelt, MD; Feb. 18
Fernandez/Faath M50-59	W40 Ana Franco** CHI 43.88	W35 C Cupido (Pinel) 19:30.1	Neal Coffey 4:44.6	Central Park, NYC; Feb. 4	Overall 242.25
Almada/Labraga/ URU 4:31.9	W45 C Gomes BRA 16.20	W40 N Will (Pinel) 19:21.2	Tyrone Guiden 4:51.2	Overall	Tim Dunlap 39 2:43:25 Leann Myhre 38 3:25:54
Martinez/Flores	W50 Arlete Nitske BRA 22.00	W50 M Watt (SS) 20:23.1	Randy Elder 5:03.0 Andy Vogel 5:19.5	Alem Kahsay 23 1:08:49	M40 Mike Clevelan 2:44:50
M60-69	W55 A Castro CHI 28.22 W60 O V Domingo BRA 27.90	Short Hurdles	John Wagner 6:07.8	Jean Chodnicki 36 1:18:51	Vassili Triantos 3:02:36
Soarez/Santos/ BRA 4:51.9	W60 O V Domingo BRA 27.90 W65 L SanMartin URU 22.38	M30 C Herbst (Tyg) 19.5	Bill Nicholson 6:40.8	M40 David Luljak 1:15:53	M45 Robt Bauerschmnidt 3:28:12
DeFreitas/Leon W35-44	W75 M Fleckner CHI 15.38	W40 N Weideman (Bell) 14.1 W65 I Hofmeyr (Bell) 19.4	M40 John Capoccia 4:55.8	Richard Shaver 1:17:46	Tim Brown 3:28:36
Castillo/Madera/ URU 5:51.1	Javelin	Long Hurdles	Kevin Reynolds 4:57.4	William Fisher 1:19:38 M45 Robert Briglio 1:14:48	M50 Budd Bettler 3:05:11
Almeda/Albrieux	M45 Hugo Balzani URU 37.40	M40 A vd Burgh (Paarl) 59.1	David Oja 5:05.9	Jack Porzio 1:17:44	Alan Weiss 3:32:45
W55-64	M50 N Missasia BRA 43.48	M60 L Benning (Pinel) 52.6	Gary Diamond 5:18.0 M45 Paul Jewell 5:32.3	Benoit Jadoul 1:20:56	M55 Bernie Davis 3:24:23
Guerreiro/Peuker BRA 7:14.2	M55 G Piccone URU 38.80	High Jump	M45 Paul Jewell 5:32.3 Bob Micho 5:36.3	M50 Samuel Skinner 1:19:35	Jerome Andersen 4:15:11 M60 Nguyen Quang 3:47:35
Santiago/Agaostatter	M60 Raul Barera URU 38.20	M30 C Herbst (Tyg) 1.65	Don Lake 5:52.2	Jack Brennan 1:21:45	Donald Lang 5:52:59
High Jump	M65 A Assimontti URU 15.62	M45 N Hough (Bell) 1.40	M50 Larry Nafie 5:00.8	William Harvey 1:22:35	M65 Charles Stalzer 4:32:32
M35 H Schaffnel URU 1.60	M70 W Flores URU 25.48	M60 L Benning (Pinel) 1.50	Dick Coleman 5:10.9	M55 Jozef Sofa 1:35:20	M70 Harold Jones 7:09:47
M45 L F Pereira BRA 1.60	M75 F Hochstatter BRA 26.24 W30 Lucy Aguero PAR 40.70	M80 C Nel (SAP) 1.08	John Reynolds 5:22.8	Tony Egan 1:36:33	W40 Doris Hoopes 3:45:37
M50 C Rodrigues BRA 1.45	W35 Mirta Bonora URU 25.66	Long Jump M30 C Herbst (Tyg) 5.96	Allen Drew 5:45.2	Jonathan Jacobs 1:48:45	Aleka Campbell 3:57:44
M55 Hugo Lopez URU 1.30 M60 R L Barrera URU 1.40	W40 J Bronzatto BRA 34.22	M45 B Carnie (Bell) 5.64	Doug Frost 6:45.6	M60 Alfred Finger 1:33:06 Mikhail Papkov 1:37:16	8th Ekiden Marathon
M60 R L Barrera URU 1.40 M65 N Hajime BRA 1.40	W45 G G Rech BRA 27.06	M50 J Louw (Bell) 4.97	M55 Jack Ucci 5:16.3	Mikhail Papkov 1:37:16 Michael Daly 1:41:46	Greenbelt, MD; Feb. 18
M70 P S Gregorio* BRA 1.40	W45 Blanca Reyes URU 22.08	Shot Put	Joe Mautz 5:41.5	M65 Joseph Burns 1:35:44	Masters Men
W30 Lucy Aguero PAR 1.45	W50 J DosSantos BRA 23.24	M30 B Coetzee (sanw) 12.58	Tom Fondy 5:42.2	Krik Kaymin 1:47:58	WRC Bobs & Bytes 2:49:38
W40 M DosSantos BRA 1.05	W55 A Castro CHI 20.20	M45 N Hough (Bell) 10.42	Sam Clemence 5:55.5 John LaGraff 5:56.4	Bill Horowitz 1:52:40	(Jacob Wind/Robert Trost/
W45 M L Rosa BRA 1.10	W60 O Domingos BRA 28.36	M50 R Bosch (Vish) 10.84	Karl Barth 6:02.3	M70 Phil Mongillo 1:50:54	Robert Rodriguez)
W50 Arlete Nitske BRA 1.20	W65 L SanMartin URU 13.82	M60 R Mitchell (Pinel) 11.55	Phil Rice 6:27.1	Sab Koide 1:56:22	WRC Norwesters 2:56:54
W60 Maria Arias ARG 1.10	W70 Sara Rosello URU 13.80 W75 M Fleckner CHI 10.60	M80 C Nel (SAP) 6.83	M60 Fred Schlereth 5:37.4	Frank LaMorte 2:34:05	(Jerry Ives/Ed Doheny/
W65 Nilda Pla URU 1.00	W75 M Fleckner CHI 10.60 5000m RW	W65 S Malherbe (Bell) 7.65 Discus	Marty Fried 6:22.0	M75 Ed Preston 1:43:45	John O'Donnell)
Pole Vault M45 Emilio Paul ARG 2.50	M35 S Buschiazo URU 30:47.3	M30 B Coetzee (sanw) 42.60	M70 Russ More 7:43.9	Wilfredo Rios 2:11:59	Annapolis Striders 3:04:05 (Jim Knaufman/John Fay/
M50 Hector Garcia ARG 2.80	M50 C Espinosa ARG 29:18.0	M45 J Allers (Bell) 32.92	W30 Leatha Damron 5:07.0 W35 Carolyn Eich 5:03.8	Frank Brownstein 3:14:32 W40 Jane Kenney 1:34:58	Bill Egan)
M55 Rodolfo Dias URU 3.00	M55 O Montaner BRA 29.52.9	M50 R Bosch (Vish) 38.13	W35 Carolyn Eich 5:03.8 Cathy McKie 5:20.8	W40 Jane Kenney 1:34:58 Marie Wickham 1:37:49	The state of the s
Long Jump	M60 L C Pacheco BRA 34:03.1	M55 S Johnston (Pinel) 34.92	Ruth Yanai 5:33.2	Asteria Claure 1:43:06	NYRRC Snowflake
M35 Rica do Jogo ARG 5.04	M65 Mario Aguayo CHI 30:29.5	M60 S Mitchell (Pinel) 32.64	Betsy Binkowski 5:46.1	W45 Suzanne Rohr 1:29:30	Four Miler, Central Park
M40 Rene Portillo URU 4.62	W45 Olga Buitrago ARG 29:21.0	M65 A Ridge (Atl) 20.82	W40 Patti Ford 4:56.1	Rita LaBar 1:49:06	NYC; Feb. 18 Overall
M45 Ruben Rossi ARG 5.44	W55 Maria Castro BRA 35.22.6	Hammer A20 B Control (1997)	Karen Stocker-	Laurie Harris 1:51:23	Rachid Razgaoui 28 20:12
M50 Noel Revello URU 4.54	Half-Marathon M35 Jose Ocampo PAR 1:28.01	M30 B Coetzee (sanw) 46.90	Laquidari 5:46.2	W50 Laura Schay 1:42:43	Alicia Kelly 34 22:59
M55 Hugo Lopez URU 4.30 M60 Nilson Leao BRA 4.35	M40 Mario Garcia URU 1:25.14	M50 K Slabber (Celt) 24.90 M80 C Nel (SAP) 19.34	Mary Hartmann 5:47.7	Jillian Lazaridis 1:45:25	M30 Trevor Murray 30 20:16
M65 H Nakajima BRA 4.37	M45 Jose Oliveri URU 1:20.53	W65 S Malherbe (Bell) 23.30	Irene Thompson 6:22.8	Ruth Fairbrother 1:47:52	Michael Trunkes 33 21:14
M70 P Gregorio BRA 3.89	M50 Freddy Vila URU 1:20.59	Javelin 23.30	Diane Sherrer 6:35.7	W55 Judy Savitt 1:47:43	Alfonso Polania 33 21:20
M75 Julio Molina CHI 3.05	M55 P C Renato BRA 1:36.44	M45 N Hough (Bell) 40.24	W55 Estelle Hahn 8:17.9 - February 23 -	Gail Moss 2:04:57	M40 Paul Mascali 21:15
W30 Lucy Aguero PAR 4:05	M60 L Fernandez URU 1:39.53	M50 R Bosch (Vish) 32.48	15 KILOMETERS	Billie Moten 2:12:59 W60 Thelma Wilson 1:50:29	Jaime Palacios 21:26
W35 Ana Rezende BRA 3.28	M65 Eduardo Verdi ARG 1:47.41	M60 R Mitchell (Pinel) 34.08	Overall:	The state of the s	Luis Tipan 21:26
W40 M E Gonzalez URU 3.63	W30 M I Santos ARG 1:58.49	M80 C Nel (SAP) 21.18	K. Wall (age unknown) 58:10.6	Naomi Vogel 2:03:08 Ilona Gardosh 2:20:00	M45 Bob Moritz 22:39
W45 S DasGracas BRA 4.64	W35 Mirta Hyon ARG 1:41.03	W65 A Ackermann (Bell) 19.48	(no female competitors)	W65 Joan Fisher 2:17:20	Luis Guachichulca 23:32 Scott Abercrombie 23:33
W50 E Rostagnol URU 3.86 W55 Maria Deniz URU 2.69	W40 L Villalbna URU 1:58.10 W50 E Fernandez ART 2:10.10	5000m RW	M30 Mark Powell 60:37.2	the state of the s	M50 Samuel Skinner 23:33
W55 Maria Deniz URU 2.69 W60 Maria Arias ARG 3.06	*South American Record	M35 N Ras (Dur) 26:11.4	M35 Neal Coffey 56:42.0	NYRRC Valentine's	Jack Brennan 25:21
W65 Nilda Pla URU 2.68	**World Record	M60 J Hotson (Spart) 29:14.6	Mark Driscoll 71:39.4	5K Run, Central Park, NYC;	Arthur Weisberg 25:27
Triple Jump		W35 O Quintard (Ind) 31:57.9	M45 Paul Jewell 66:59.8	Feb. 10	M55 Pat Cosgrove 24:32
	Veterane-Byeenkoms	W40 E Wolfaardt (Bell) 38:03.9	M50 Larry Nafie 63:29.7	Overall Government 25	Sidney Howard 24:36
M45 Ruben Rossi ARG 11.68	Green Point Stadium	W60 H Rothman (Spart) 31:19.5	M55 Joe Mautz 67:47.1 M70 Tom Walnut 77:11.2	Gerallt Owen 25	Jeremiah O'Connor 25:32
M45 Ruben Rossi ARG 11.68 M50 Noel Revello URU 10.26	Cape Town, South Africa Jan. 27	W65 AVillet (Held H) 35:18.1		Susan Doyle 29 18:28	M60 Witold Bialokur 25:44
	uail. 41	W70 E Johnston (Spart) 39:19.1	Russ More 85:25.6 - February 29 -	M30 Jerry Macari 36 15:50 Stephen Marsalese 30 16:28	William Smith, Jr 30:19
M50 Noel Revello URU 10.26	100m			DICTURED MARSAIRSE 40 16:28 1	
M50 Noel Revello URU 10.26 M55 Hugo Lopez URU 8.54 M60 N Hajime BRA 9.34 M70 G Sebastiao BRA 9.02		A report to the second	800 METERS	Theodora Data and an analysis of the analysis	John Cioffi 31:07
M50 Noel Revello URU 10.26 M55 Hugo Lopez URU 8.54 M60 N Hajime BRA 9.34 M70 G Sebastiao BRA 9.02 W40 F Araya ARG 7.63	100m		800 METERS Overall:	Theodore Peterson 39 17:16	John Cioffi 31:07 M65 William Fortune 27:42
M50 Noel Revello URU 10.26 M55 Hugo Lopez URU 8.54 M60 N Hajime BRA 9.34 M70 G Sebastiao BRA 9.02 W40 F Araya ARG 7.63 W50 I DosSantos BRA 8.00	100m M30 C Herbst (Tyg) 11.3	À	800 METERS Overall: Mike Roux (25) 2:016	Theodore Peterson 39 17:16 M40 Steven Schallenkamp 16:37 Richard Shavel 17:41 Jeff Kisseloff 18:05	John Cioffi 31:07 M65 William Fortune 27:42 Joseph Burns 29:42

April 1996	
Continued from previou	s nage
M70 John McManus	30:37
Pierce Brennan	34:52
Thomas Gibbons	36:35
M75 Albert Goldstein	37:32
W30 Candace Strobach 37	23:38
April Powers 34	23:50
Yumi Ogita 39	24:06
W40 Mary DiNardo	26:15
Kathy Gribbon	26:19
Barbara Anderson	26:30
W45 Suzanne Rohr	26:39
Cheryl Ralya	26:49
Naomi Stanford	27:19
W50 Kate Glynn	29:35
Janell McDyer	29:51
Melanie Benvenue	30:41
W55 Mary Nathan	29:07
Patty Parmalee	30.01
. Helene Samuelson	32:37
W60 May Chou	34:09
Naomi Vogel	36:20
Marie Camardi	37:37
W65 Dolly Finkelstein	41:07
Joan Fisher	41:11
Bertha McGruder W70 Jozi Neulinger	45:22 50:21
Hudson Mohawk Ri Marathon	RC
SUNY- Albany, NY; Fe	h 25
Overall	0. 23
	:52:20
Jean Kerr 37	:54:50
M40 B Glasspole 2	:52:20
Jim Lofthouse 40 3 Stan Shatenstein41	1:08:15
	3:12:0
G C Mangiano 5/ 3	3:34:06
Jim Doyle 55	:52:10
M60 Richard Fedion 624 W40 Cathy Troisi 49	
Pam Christophe 405	5:13:41
Pam Christophe 405 W50 Rosemary Rusin 524	1:00:47
SOUTHEAS	T
Carolina 10K	74641
Columbia, SC; Feb	. 10
Overall	
Jimmy Hearld 27	29:15
May Allison 31	33:46

Columbia, SC; Feb. 10					
Overall					
Jimmy Hearld 27	29:15				
May Allison 31	33:46				
M35 Larry Brock	31:05				
Tom Clow	35:37				
Harry Ash	35:39				
M40 Dave Kannewurf	31:47				
David Geer	32:47 33:26				
Gordon English Jr M45 Earl Owens	33:26				
Lee Fidler	35:30				
Mark Mochon	35:51				
M50 Anson Clapcott	35:17				
Roy Walker	38:05				
Joe Carter	38:43				
M55 James Adams	38:47				
Tony Gee	39:17				
Dean Godwin	40:06				
M60 Moe Buccino 63	41:30				
George Hirsh 61	43:30				
John Thompson 62	43:33				
M70+ Broadus Davis 71					
Bob Wingard 73	57:07				
W35 Janice Addison	38:40				
Judy Walls	38:52				
Janet Muse	41:45				
W40 Carol McLatchie	37:21				
Alendia Vestal	38:59				
Dian Ford	39:05				
W45 Peggy Whitlow	41:33				
Alice Spoonts	44:54				
Chris Hamilton	44:55				
W50 Rosanne Pappas	45:45				
Dee Nelson	47:10				
Pauline Niilend	47:15				
W55 Susie Kluttz	43:49				
Joyce Hodges-Hite					
W60 Mary Purvis 63	56:03				
Ann Knight 61	66:38				
W70+Ellen McCoy 75	59:47				

RRCA Eastern Regional Half-Marathon Hampton, VA; Feb. 11

mampton, va, reb	
Overall	
Sam Wilbur 23	1:06:48
Connie Buckwalter 25	1:21:49
M40 SteveWinchel	1:11:06
Michael Bressi	1:13:54
Michael Fuller	1:14:24
John Ausherman	1:14:58
Patrick Jablonski	1:15:24
Dave Bollinger	1:17:03
Jeff Douglass	1:19:07
M45 Anthony Grier	1:16:59
Tim Sponseller	1:18:46
Herb Tolbert	1:19:37
George Myers	1:23:00
Henry Danver	1:23:25
William Magnan	1:25:18
M50 Ben Dyer	1:24:04
Jack Somberger	1:24:20
Jack Haubert	1:27:13
Michael Brownley	1:27:17
the second secon	

M55 Mel Williams	1:24:02
Robert Wright	1:26:25
Gary Hicks	1:31:17
Richard Berndt	1:31:36
M60 Tom Ray	1:30:42
Bill Spruill	1:33:54
George Beasley, Jr	1:36:32
M65 Neil Wilson	1:41:30
Andrew Polansky	1:47:03
M70 Cokey Daman 77	1:57:51
W40 Sue Given	1:27:51
Cecil Astrop	1:27:57
Nancy Ferris	1:28:57
Linda Gulick	1:33:52
Karen Erb	1:35:28
Kathleen Powell	1:35:29
W45 Karen Mitchell	1:36:44
Peggy Frederick	1:40:01
Karen Butler	1:43:05
W50 JorceBuchanan	2:18:42
Cynthia Branscome	2:30:51
Mary Williams	2:31:19
W55 Pauline Ely	2:16:13
Phyllis Sherrill	2:32:52
W60 Betty Dameron	1:58:21
Alice Wilson	2:02:49
6th Annual Pomo Group/ Hampton	

Coliseum Road Race 5K Hampton, VA; Feb. 11 Overall Pete Gibson 39

Pete G	oson 39	15:50
Ruth W	ysocki 38	17:22
M40 R	ay Cobb	18:43
G	eorge Seward	19:21
N	fichael Hillinch	21:02
M45 R	ick Platt	17:01
L	arry Collier	19:56
V	Villiam Chadim	20:57
	lob Spencer	20:16
L	arry Cutler	20:35
	erry Meekins	20:53
	Chan Robbins	19:39
The state of the s	dward Matthews	21:51
	Villiam Charles	22:17
	im Lyons	23:49
	Richard Derenzis	24:33
	atrick Mendola	26:28
CARL TO THE PARTY OF	aurie Urban	23:21
7 19 19 19 19	iloria Savage-Early	23:27
	eg Murphy	23:31
	oey Burns	20:12
The State of	inny Maxwell	23:49
	andra Turlington	25:34
W50 S	usan Spencer	24:42

27:11 29:58 Lynn Cooper 1996 USA Men's Olympic Trials Marathon, Charlotte, NC;

Susan Helms

Feb. 17				
Olympic Team				
Bob Kempainen	29 2:12:45			
Mark Coogan	29 2:13:05			
Keith Brantly	33 2:13:22			
M35				
Steve Plasencia	OR 2:14:20			
Budd Coates	PA 2:17:26			
Steve Wilson	FL 2:19:58			
Don Janicki	CO 2:21:02			
Mark Curp	MO 2:21:38			
David Steffens	WA 2:21:51			
Jim Hage	MD 2:22:16			
Bob Schwelm	PA 2:22:33			
Jeff Hacker	CA 2:24:48			
Mark Conover	CA 2:31:01			
Chuck Crabb	PA 2:33:28			
Miguel Tibaduiza				
David Barney	AZ 2:37:43			
Tim Jones	CO 2:38:20			
M40				
David Petersen	OR 2:34:33			
Doug Kurtis	MI 2:53:20			

Charlotte Observer Marathon/ NationsBank 10K, Charlotte, NC; Feb. 17 - Marathon -

Men 40-44

10 Hn Tomenson, 41, Chandle	ZOLA
20 Steven Lerner, 40, Glen Allen, VA	2:57:02
27 Thomas Barringer, 42, Charlotte	2:59:10
29 Daniel Kolb. 43, Ringr. VA	2:59:46
54 Jose' Santos, 40, Chartotte	3:07:34
59 Don Burdshardt, 41, Chartotte	3:08:44
63 Michael Sweeney, 40, Cary	3:10:23
	3:12:09
70 Allan Lodger, 44, Marion, SC	
71 Jim Esemen, 40, Spartanburg, SC	
75 Carl Shepard, 42, Enka	2-14-57
86 Henring Jacobsen, 40, Greensboro	3:15:05
87 John Price, 41, Virginia Beach, VA	
90 John Vadnal, 40, Mooreside	3:15:19
94 James Lee, 40, Clyde	3:1010
OS Not know 41 Charlotte	3.10.12
96 Kewn Brown, 40, Canton	. J. 100.24
9R Scott Shook, 41, Hickory	310.43
101 Bnan Freeman, 42, Euclid, OH	3:17:30
104 Tom Martin, 43, Charlotte	3:18:13
407 ha Hour Ad Historick (IK	3:18:42
400 Down Owner 42 Porter Corners, MY.	3:18:43
100 bot Mahou 47 Charlotte	. 3.10.40
113 Goe States 41 Charlotte	520.0
116 William Calum AD Greenshord	32030
110 Tom Arram A3 Ruthrotton	. 3:20.40
120 Edie Goodson, 44, Lincolnton	3:21:05
122 James Pannabecker, 42, Salisbury	3:21:14
1// Alles re Handoes, 42, 3000001	

Nation	al
129 Tom Torkitsen, 40, Matthews 131 Esward Fiye, 43, Kannapols 140 Daniel Latrecque, 40, Chapel MI 143 Robe Little, 42, Prevend 144 Frank Sustran, 42, Rogemood, NJ 150 John Heeft, 44, Cameron 157 Gene Zimmerman, 43, Reenview, MI 161 Richard Lange, 44, Patsburgh, PA 167 M. Kennisson, 40, Groce Oty, PA 184 Bay Griffin, 41, Chapin, SC 185 Rohand Simit, 41, Chapin, SC 186 Rohand Simit, 41, Chapin, SC 186 Rohand Simit, 41, Chapin, SC 186 Rohand Simit, 41, Chapin, SC 196 Do Rega, 40, Districtle 201 A. Passburgh, 44, High Point 195 Do Rega, 40, Districtle 201 A. Passburgh, 40, Hennessen, GA	221
140 Daniel Labrecque, 40, Chapel Hill	23:3
143 Rocke Little, 42, Breverd	235
150 John Merk, 44, Cameron	24:4
161 Richard Lange, 44, Pittsburgh, PA	26:4
167 M. Kenniston, 40, Grove City, PA	1212 1292
185 Richard Smith, 41, Concord	1:29:4
195 Joe Rego, 40, Charlotte	:312
186 Pri McNet, 44, High Port. 195 De Rega, 40, Charlotte 201 A. Passbowski, 40, Kennesser, G.A. 203 John Hall, 41, Charlotte 206 Devd God, 40, Reisegh 211 Devd Cox, 40, Charlotte 214 Hart Lund, 42, Charlotte 216 Steen Loegoy, 41, Harlington, W.A. 223 Anthony Wanner, 40, Coumba, MD. 225 Brand Monat, 41, Butter 236 Mchael Bower, 41, Greensboro 240 Boo Poss, 43, Bernhoood, TN. Men. 45.49	32.5
206 David Golf, 40, Raleigh	3332
214 Kent Lund, 42, Charlotte	342
216 Steven Lovejoy, 41, Huntington, WV 223 Anthony Warner, 40, Columbia, MD	3:35:0 3:35:2
225 Berneri Mitchell, 41, Butter	35.3
240 Bob Ross, 43, Brentwood, TN	37:3
14 Tim Sponseler, 47, Chamersburg, PA 18 Ronald Mentle, 46, Charlotte	53.4 56.3
23 Doc Wess, 47, Staffordsville, VA	57:3
36 Edde Cohn, 45, Matthews	03:1
45 Bob Milan, 46, Greenstoro	1:05:14 1:07:14
51 Grant Oneal, 46, Charlotte	107:1
24 Roger Roarts, 46, Statemete	:08:2
36 Edde Cohn, 45, Matthews 45 Bob Mann, 46, Greenshoro 50 Ken Stocker, 46, Charlotte 51 Grant Oreal, 46, Charlotte 52 Jair Feducid, 48, Winston Salem 56 Da Aley, 47, Charlotte 69 Jood Subon, 49, N. Plaim Beach, R. 82 Sem Underwood, 47, E. Lanning, M. 91 Deed Grader, 49, Greensboro 111 Alan Herns, 45, Charlotte 114 Yeny Ringle, 49, Lanngton, W. 126 Jooke Philbox, 47, Castonia 145 Per Nobel, 49, Sanniey 151 Bill Response, 47, Charlotte 153 Mile Eagle, 45, Charlotte 152 Jim Mannud, 48, Lanngton, W. 154 Deed Griffing, 49, Recebood 170 Eugenie Fritzel, 45, Luthewille, MD 171 Long Deads, 45, Lannelle, N. 174 Loen Hamon, 46, Lincohiton 180 George Meany, 45, Greensle, SC 190 Nelly Hosten, 45, Charlotte 199 Deed Hele, 46, Columba, 90 221 Jim Shyder, 46, Greensle, SC 221 Jim Shyder, 46, Greensle, SC 223 Lorn Thompson, 49, Help Pourt 233 Dougliss Burns, 49, Tegas Chy, SC 238 Lee Wernfold, 47, Sansethe, MM 253 George Rolling, 48, Shelby 260 Deed Back, 46, Charlotte Men 50-54	109:0
82 Sam Underwood, 47, E. Lansing, MI	14:3
111 Alan Helms, 45, Charlotte	200
91 Liber Groot, e. Greenscool 111 Alan Heims, 45, Charlotte 114 Yeny Ringe, 49, Laungton, NY 126 lacke Philabot, 47, Castonia 145 Pet NooteyA, 49, Stantey 151 Bill Ransone, 47, Charlotte 153 Mele Eagle, 45, Charlotte 162 Jim Manuel, 48, Leungton, NA 164 Basel Ring, 49, Rechasod 170 Eugene Frizzel, 45, Luthaville, ND 171 Lorge Owado, 45, Luthaville, ND 174 Lore Harmon, 46, Lincolnton 180 George Neury, 45, Greenfelte, SC 190 Neily Holden, 45, Streakte	1:20:0 1:21:4
145 Pat Klooteyk, 49, Stanley	240
153 Mile Eagle, 45, Charlotte	25:0
162 Jim Manuel, 48, Leangton, VA	1210 1212
170 Eugene Fritzel, 45, Lutherville, MD	27.5
1/1 Lorge UM800, 45, Lamberswee, NJ	282
180 George Meury, 45, Greenville, SC	1:29:0 1:30:2
197 Chuck Looney, 49, Charlotte	315
221 Jim Snyder, 49, Greenville, SC	302 315 32:1 35:2
230 Tom Thompson, 49, High Point	1.36.U
238 Lee Wenhold, 47, Steventville, MN 3 253 George Rolling, 48, Shelby	:37:1
253 George Houre, 48, Shaby	30.0
Men 50-54	No.
49 Peter Warner, 53, Marshall	3:07:0 3:08:3
64 David Daubert, 50, Watertown, MN	3:10:2
118 Bill Craig, 54, Unonia, MI	320
135 Bob Boader, 53, Fayettaville	3:23:1 3:23:3
93 Tim Relly, 50, Charlotte. 118 Bit Crag 54, Luona, M. 135 Bob Bosder, 53, Feyetteville. 137 Jim Halt, 50, Charlotte. 149 Charlot New York, NY. 154 Joseph Claron, 50, Albanta, 64. 147 Bodby Lee, 50, Salebbary. 208 Davel Wee, 52, Charlotte. 210 Schrey Langer, 53, High Point. 237 Richard Casady, 54, East Aurosa, MY. 258 Howard Melpass, 50, Charlo Grobe.	3:24:3
172 David Harrell, 53, Bethesda, MD	3.28.1 3.28.4 3.33.5 3.34.1
177 Bobby Lee, 50, Salisbury	3:28:4 3:33:5
210 Sidney Lenger, 53, High Point	3:34:1
258 Howard Malpass, 50, China Grove	3:39:0

	64 David Daubert, 50, Watertown, MN	3:10:25
	93 Tim Reily, 50, Charlotte	3:15:48
	118 Bill Craig, 54, Livonia, MI	3:20:36
	135 Bob Boader, 53, Fayettaville	3:23:15
	137 Jm Hall, 50, Charlotte	3:23:32
	149 Charles Walt, 51, New York, NY	3-24-36
	154 Joseph Citron, 50, Atlanta, GA	3:25:04
	172 David Harrell, 53, Bethesda, MD	3-28-19
	177 Bobby Lee, 50, Salisbury	3-28-40
		3-33-50
•	210 Schney Lenger, 53, High Point	3-34-10
	237 Richard Cassedy, 54, East Aurora, NY.	3-37-11
	258 Howard Malpass, 50, China Grove	3:39:05
	200 kmm Deel 50 Taxonale	3-43-06
	308 Jimmy Deal, 50, Taylorsville	3-49-33
	392 Philip Anderson, 54, Clawdville, VA	3-50-27
	394 John Cook, 50, Arington, VA	3-50-28
	417 Det Alex 52 Artes	2-52-20
	417 Dick Allen, 53, Arden	2-52-42
	435 Nation Valuation S. Charlette	3.53.40
	484 Jack Hoh, 52, Charlotte	3.57.40
	491 Richard Hudson, 50, Columbia, SC	3.57.40
	493 Robert Calabria, 54, Cary	1.00.40
	520 William Hanton, 53, 51 Hose Quedec,	. 4.00.41
	Men 55-59	
		2-12-22
	80 Larry Barrett, 58, Wichita, KS	2-17-16
	400 DE Zaber SE Chats OH	2-17-22
	100 Bill Zehner, 56, Shelby, 0H	3.11.23
	139 Loyd Hoke, 57, Canover	3.25.50
	159 Stanton Neumann, 57, Lthryle, MO	3.25.30
	219 Les W. Vaugham, 55, Palatine, L	3:33:20

99 Earl Ruston, 57, Columbia, SC	3:17:
100 Bill Zehner, 56, Shelby, OH	3:17:
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