

# NATIONAL MASTERS NEWS

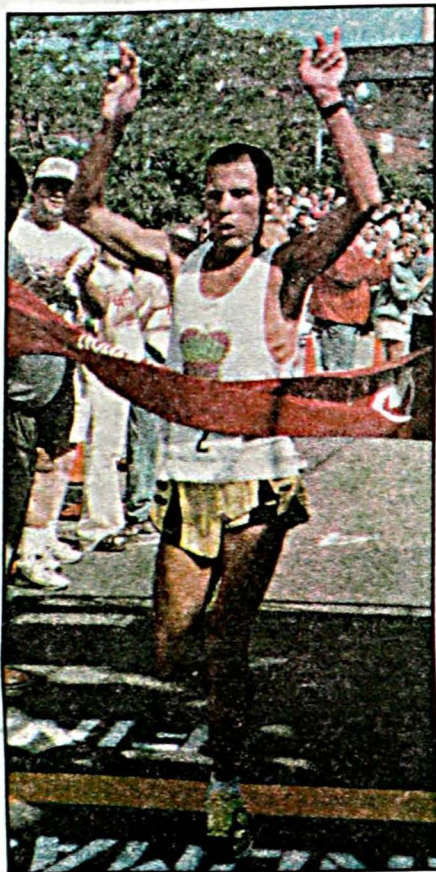
The official world and U.S. publication for masters track & field, long distance running and racewalking

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## Kuznetsov Repeats as Russian Masters Dominate at Grandma's



JEFF FREY

Andrey Kuznetsov, 41, first master (2:16:26), Grandma's Marathon, Duluth, Minn., June 19.

by JERRY WOJCIK

Russian marathoners Andrey Kuznetsov, 41, and Marina Beljeva, 40, won the masters titles with international-class performances in the 23rd annual Grandma's Marathon on June 19 in Duluth, Minn.

Kuznetsov defended his title with an eighth overall 2:16:26, an age-graded 95.2%. Last year, he finished second overall with a masters course record 2:14:12. Beljeva was seventh woman with a 2:38:17, an age-graded 90.0%.

The next masters men behind Kuznetsov were Timothy Schmid, 41, Kansas City, Mo., with a 2:28:19, and Bob Whetham, M45 winner, with a 2:35:34. Fedor Ryjov, 39, also of Russia, was third overall in 2:13:32.

Bev Docherty, 41, St. Paul, Minn., last year's masters winner (2:46:02) bettered her 1998 time in finishing second to Beljeva in 2:42:06. Gillian Horovitz, 44, NYC, in 2:44:07, was third.

Jared Mondry achieved one of the best masters performances with an M55 victory in 2:46:21. Myra Rhodes broke the event's W65 division record with a 3:44:14.

A record 8450 people registered for the race, and 6113 finished. Forty-five

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SUZY HESS

Members of the Maryland Masters Track Club who competed in the Hayward Masters Classic, Eugene, Ore., June 19-20: (rear, l to r) James Stookey, M65, Bill Bergen, M70, and Bill Walsh, M50; (front, l to r) Evelyn Wright, W60, Audrey Lary, W65, Mary Stookey, W65, and Helen Schley, W70. The four women scored 154 points to win the Women's Team Trophy.

## Record 330 at Hayward Meet

by JERRY WOJCIK

For its 19th annual meeting, the Hayward Classic Masters Meet drew a record 330 entrants – 245 men and 85 women – to fabled Hayward Field on the campus of the U. of Oregon, Eugene, June 19-20, where open athletes competed on the same site a week later at the USATF National Championships. The Hayward numbers were bolstered by 63 open athletes who competed in selected events, offered as tune-ups for the Nationals.

Although the bulk of competitors were Oregonians or from adjoining states, others came from as far away as Massachusetts, Florida, and Hawaii. Residents of Eugene set three age-

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## National Masters Championships Are Going to Disney World

The 32nd annual USATF National Masters Championships will be held in Orlando, Fla., hosted by Disney's Wide World of Sports, Inc., on Aug. 26-29. Entry deadline is Aug. 6 for the early entry fee and a guarantee that confirmation of entry and instructions will be mailed to you. No entries will be accepted after Aug. 16. Registration

and payment for relays will take place on site. (The entry form appeared in the May, June and July issues of NMN.)

The Championships are open to men and women age 30-and-over, who will compete in five-year age groups from 30-34 to 95+. There are no qualifying standards except to be at least age 30.

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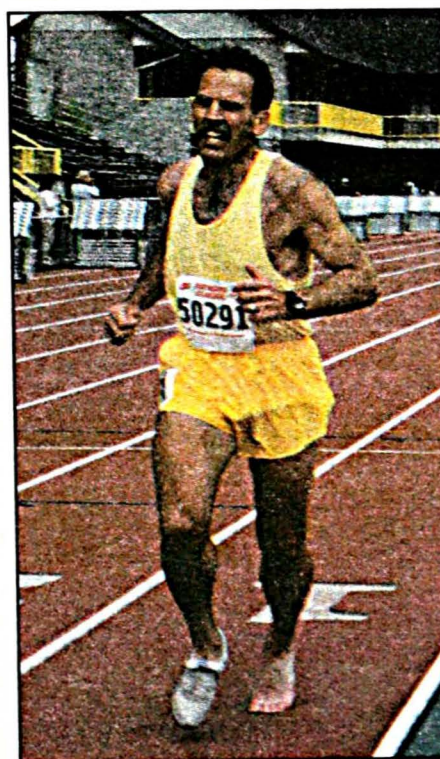
## Pawlik, Raschker Shine in National Decathlon/Heptathlon

by REX HARVEY

The 28th annual USATF National Masters Decathlon/Heptathlon Championships were held in Grass Valley, Calif., over the July 4th weekend at the fine facility at Nevada Union H.S. in this historic gold mining town set among the beautiful pines of the Sierra Nevada.

Dick Hotchkiss, despite recent repeated and most unfortunate personal circumstances, did an excellent job of organizing and conducting the meet. Forty-two men and four women competed for titles, along with four additional guest athletes, the second largest field in the last four years, and

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SUZY HESS

Larry Norris, M50, finishing the steeplechase (13:20.61) after stopping to remove a shoe that had come apart, Hayward Masters Classic, Eugene, Ore., June 19-20.

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# NATIONAL MASTERS NEWS

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# LDR Report



by **JERRY CROCKETT**,  
USATF Masters LDR  
Chairman

## Miles o' Smiles

It's the start of a new year for me, and certainly this is a busy and exciting time for Masters LDR as well as LDR in general – world records by U.S. runners; a new and meaningful group of race directors uniting to form Running USA; a new step in LDR training for masters, initiated by the Adirondack Association, in conjunction with the U.S. Olympic Training Center and Masters LDR; and other noteworthy items to be covered in the near future.

The onslaught on U.S. and world records since the establishment of the Indy Life Series continues this year with John Tuttle having a phenomenal year, even besting many of our leading open runners while carrying on a heavy racing schedule with a full-time job and a family to raise. The competition has certainly been upgraded by the continuing racing careers of such elites as Tuttle, Ruth Wysocki, Steve Plasencia, and Carmen Troncoso, to name only a few, plus the return of such legends as Dick Buerkle and new citizen Priscilla Welch and the emergence of former local-only runners like Jack Nelson and June Machala. Along with the continued success of outstanding veterans like Joan Ottaway, Gary Romesser, Craig Young, and many others (it really takes a lot of nerve to start mentioning names), Masters LDR competition is in great shape.

### Training Workshop

John Underwood, George Regan and the Adirondack Association are collaborating with the U.S. Olympic Training Center at Lake Placid and USATF Masters LDR to present a workshop on the unique aspects of smart and meaningful training for older runners. This will be on the Labor Day weekend (see ad on this page). Only 100 people can be accommodated and it will be on a first-come basis.

The keynote speaker will be Dr. Hannu Holappa, Physiology Test Chief at the Finnish Sports Institute. A quali-

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MASTERS LDR CLINIC 1999

# USA TRACK & FIELD

## MASTERS

### LDR CLINIC

**U.S. Olympic Training Center  
Lake Placid, New York  
September 3-6, 1999**

Hosted By USATF Adirondack Association

**Purpose:** to offer masters distance runners the opportunity to learn the most recent methods of training, from top level masters athletes, coaches and sport science professionals.

#### Friday September 3

2:00 PM Check-in and Registration  
(Reception Area of USOTC)  
5:30 PM Introduction and Welcome  
6:00 PM Orientation  
7:00 PM Physiology of training and racing  
for Masters Distance Runners  
8:00 PM Training Patterns  
9:00 PM Elite Training

#### Saturday September 4

9:00-10:30 AM Morning Training  
1:30-2:30 PM Training Lecture Round  
Table Discussion  
3:00-5:00 PM Afternoon Training  
7:00-8:30 PM Evening Lecture  
9:00 PM Masters Athlete Social

#### Sunday September 5

9:00-10:30 AM Morning Training  
1:30-2:30 PM Training Lecture Round  
Table Discussion  
3:00-5:00 PM Afternoon Training  
7:00-9:00 PM Evening Lecture

#### Monday September 6

9:00-10:30 AM Morning Training  
11:00-12:00 PM Wrap up Training Lecture  
Depart by 2:00 PM

\*Schedule subject to changes

Fee includes accommodations for 3 nights at the Olympic Training Center. Meals include elite athlete menu from dinner Friday until breakfast Monday.

### INSTRUCTORS

**RUSS EBBETS \* HANNU HOLAPPA\* \* RUTH WYSOCKI  
JOHN UNDERWOOD \* JERRY CROCKETT**

\*Physiology test chief at Kuortane Sports Institute, the training center of the Finnish Track and Field Federation. Educated at the University of Jyväskylä his specialty is endurance testing and programming of endurance training. He is currently coaching international level Finnish Masters runners.

#### Topics:

Physiological Decline, VO<sub>2</sub>, Ventilation, Max Heart Rate, Cardiac Output, Lactate Max, Lactate Removal, Recovery, Hormone Levels.  
Rest Days vs. recovery days, what's better?  
Flexibility, elasticity, balance, coordination, training, efficiency in muscles, sloppy running-bad form, high speed efficiency, low speed efficiency, economy, energy sparing effect.



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☐ Please send me more details about the Masters LDR Clinic

Pre-registration is Required For All Participants

Registration Fee: \$250 Until August 20, 1999

Late Registration Fee: \$275 After August 20, 1999

Mail registration & make checks payable to:

**USATF Adirondack**  
233-4th Street • Troy, NY, 12180  
E-mail: [usatfadir@aol.com](mailto:usatfadir@aol.com)  
518-273-5552





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

### LOS ANGELES MARATHON

This year Simon Bor set a new course record of 2:09:25 in the Los Angeles Marathon. The second-place finisher in the M70-74 age group also set some sort of record – he was disqualified for the fourth time. His first disqualification was in the 1988 marathon when he finished in 2:34:35. The first-place finisher in this year's M70-74 age group was also disqualified.

To my knowledge, no official results have been published, so other changes may still be in the works. I certainly hope so, since I protested several age-group results.

The Bay to Breakers 12K seems to be having similar problems with their age-group winners. While reading the results in the July NMN, my attention immediately focused on the ages and times of the M50, M60, and M70 winners. All three set U.S. age-group records. I seriously doubt that USATF will recognize these times as records.

The winner of the M50-59 Bay to Breakers 12K appears as Brian Springenberg, age 55, in the July issue of NMN. Last March, he completed the Los Angeles Marathon in 2:34:32, finishing 10th in the M30-34 age group.

Patrick Devine  
Rancho Palos Verdes, California

### HAYWARD CLASSIC

I recently had the pleasure of competing at the Hayward Classic in Eugene, Ore. Since returning to track

& field five years ago, I have competed in several well-run meets, but few compare to Hayward.

Competing at historic Hayward Field is always a treat. The Oregon Track Club obviously takes pride in putting on a first-rate meet. The officials were friendly and professional, the atmosphere was cordial and relaxed.

Based on my conversations with other athletes who were at the meet, the Hayward Classic can count on considerable word-of-mouth promotion and a growth trend for years to come.

Roger Parnell  
Gridley, California

### T&F SUPPORTER

Please don't let a few bad apples spoil the bunch, Ken Weinbel. I expect many from the silent majority are a lot like me – appreciative that someone like you is out there carrying the load. The efforts of you and your team of volunteers are immensely appreciated. I apologize that I haven't thought to thank you before the whiners got to you.

Thanks for all of the time and effort you put into keeping the program going from at least one very appreciative part-time athlete.

David Speaks  
North Carolina

### RULES CHANGE

Re the proposed long hurdle change (June NMN), the "masters committee" reportedly met to discuss this. But who

is the committee? When do they meet?

Rules change proposals should be brought before the entire masters movement before they are moved so far along.

Courtland Gray  
Dallas, Texas

(As you know, USA Track & Field is the U.S. governing body for track & field, long distance running and race-walking. Each December, USATF holds its annual convention. USATF is divided into youth, open, masters and other committees. Each meets to propose rule changes, elect officers, set policy, choose championship sites, etc. Anyone is welcome to participate in those meetings.

Last year's convention was held in Orlando. This year's will be in Los Angeles. The "masters committee" is further divided into the masters T&F and LDR committees. These two hold informal meetings throughout the year. One such meeting was held by the T&F committee at the Indoor Nationals this year in Boston, where the hurdle rule change was discussed.

It should have been proposed in Orlando, but the proposers didn't realize it had any support until Boston. It was mentioned in June's NMN and drew nine replies, all of which appeared in the July issue. Perhaps the rule change will be defeated by WAVA delegates in England due to short notice; then it can be debated in more detail during the next two years. But the WAVA delegates have a good feel for what their athletes want, and may be able to make a reasoned decision in Gateshead.

To get the subject on the Gateshead agenda, it had to be proposed by a national affiliate. If WAVA approves the rule change for world championships, the rule will not go into effect for USATF competition until approved



Al Puma, founder and organizer of the older age-groups in the NYRR Fifth Avenue Mile, turns 70 on Oct. 3 and is a candidate for a position on the NYRR Board of Directors.

by delegates at the Los Angeles convention. – Ed.)

### HOT WEATHER

Do you like hot weather for the National Masters T&F Championships? The average high in Orlando in August is 92 degrees. Reportedly, Orlando (Disney) was the only bidder for the 1999 meet.

In 2001, the Nationals will be held in Baton Rouge, La., where the average July high is 91 degrees.

Who chose a hot time of year? Did masters have a voice in selecting the date? Will those who chose the dates be participants? Are hot-weather championships in the best interests of masters athletes?

Reed Quinn  
Leesburg, Florida

(Yes, Orlando was the only bidder for the 1999 championships. Baton Rouge was chosen by delegates (mainly masters athletes) at the USATF Convention last year. Delegates encouraged meet organizers to schedule events in the evening hours when the weather is cooler. – Ed.)

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CZZMN

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

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Joseph Hehn  
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Dick Lipsey  
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New South Wales, Australia



## Long Island Dash Season Heats Up

by MAURY DEAN

Though Michiganders consider the 5K a prelude to the heftier-distance race, Long Islanders hammer the short stuff all spring and summer. Maybe it's the suburban sprawl and the problem with race permits, but our 10Ks, 12Ks, and half-marathons of yesteryear have munched the dust. So, today we fly. Three jiffy miles and whoosh, the finish line.

Via Mike Polansky and wife, Sue, and the Greater Long Island RC, a gung-ho new Grand Prix has overtaken Long Island, and despite ten-year age groups, seems to be drawing the swiftest afoot for a cluster of quick races.

The Westbury-Carle Place Spring Sprint 5K, Westbury, N.Y., May 22, was won overall by new master Alan Kilfoyle, 40, in a jetset 16:13, followed by John DelMaestro's PR 16:47 at age 44, and 6'4" Jim Walsh, just months from 50, in a super 17:08. Patty Zebersky, 43, stunned the field with a second overall 19:49 on a toasty, flat, sunny course to lead the masters.

The 50+ winners included 52-year-old David Schneider's two second victory over a 56-year-old, and an incredible distaff showdown: Mary Anne Goldman, 52, outspeeding in 21:55, Nancy Tischler, 54, 22:33, and Bohemia TC phenom Marie-Louise Michelson, 57, 22:55.

The Floral Park Youth Council 5K, Floral Park, N.Y., May 30, featured a half-mile romp next to Belmont Race Track, where Charismatic broke a foreleg trying for the Triple Crown. With ankle snap grass, ultra-cushy sand and blast furnace heat, I was lucky enough only to stub my toe (well, it turned purple, but wasn't a stress fracture).

The big masters news was John Williams' blazing 16:07 overall win at age 42, overshadowing John DiCamillo, 43, sixth in 17:19. Anne Garger, 41, 22:21, and Suzanne Schoen, 41, 23:05, were fourth and fifth overall.

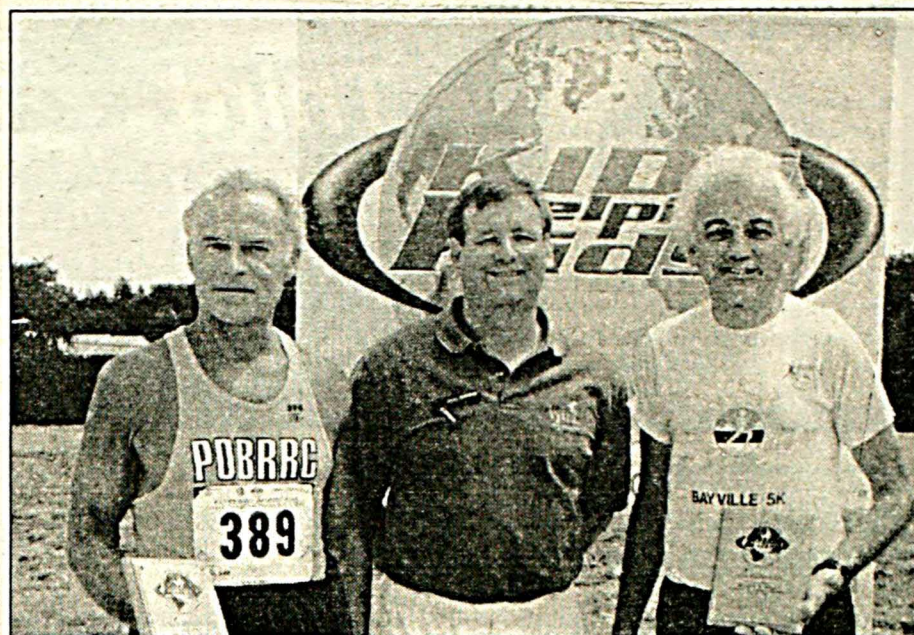
At the Safe Child - Healthy Child 5K, Big Jim Walsh blasted an incredible third-overall of 300 with a 16:53. At age 49, that's Top-20 stuff in the U.S. M50-54 zone.

So spring and summer on Long Island mean the same ol' 3.1 mile dash, for better or worse. In my only try at a

four-miler since March, my time was chopped by a chip. David Katz's courses are legendary for proficiency, accuracy, and punctuality. Lately, he's gone to the computer chip, which, of course, I forgot, leaving it in the trunk of my '77 Lincoln, "The Titanic."

Knowing I'd be DQ'ed without it, I hotfooted the course in about 24:15, sped past the finish line outside the ropes, hustled back to my car, popped the trunk, grabbed the bag, sprinted back to the finish line (fumbling for the chip I never found), dragged the whole bag over the finish line through the chutes, and officially finished in 25:55, a one-minute-forty-second penalty. Somehow, I lucked out and won some shiny hardware anyhow.

So, unless you want to be a chip off the ol' blockhead like I was, remember your chip or park your clunker near the start. □



MIKE POLANSKY

Tom Delancey (c), vice-president of title sponsor Vytra Health Plans, Vytra Kids Helping Kids 5K, Plainview, N.Y., June 20, with M55 award winners Dan Badalament (l), first (19:32) and Warren Steinert, second (20:36).

## New Jersey to Host National 5K Cross-Country

by MADELINE BOST

Holmdel, N.J., will be the site of the USATF National Masters 5K Cross-Country Championship on Sunday, Nov. 21. Respected as one of the finest high school cross-country courses in the east, Holmdel is a true testing ground for cross-country runners.

The start is a long grade on grass up to a dirt path, which climbs to the highest elevation in the park. While it is important to have a fast start in order to be in good position when the field narrows, runners have to hold something back for the infamous Bowl in the record mile.

The Bowl portion of the course follows the outer edge of a hillside meadow. Runners will have a speedy descent into the Bowl, followed by a challenging climb back up and out. The final mile takes the runners into a wooded path that drops down to another meadow for a fast finish over grass.

Five races will be held for the meet - M40, M50, M60+, W40+, and an additional heat for open runners with an alumni team division for former high school cross-country runners.

New Jersey masters clubs are looking forward to competing against teams from across the country. The

Raritan Valley Road Runners, whose M50 team took the gold in that division at the 5K in Rochester, N.Y., last fall and then another at the 10K at Walt Disney World in December, will be looking to take the gold again on their

home turf.

For more information, look in the September issue of the *National Masters News*, or call the USATF-NJ office at 732-296-0006. E-mail is [usatfnj@aol.com](mailto:usatfnj@aol.com). □

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## Grandma's Marathon

Continued from page 1

runners were under 2:30; 292 under 3:00; and 2802 under 4:00.

An elite field produced the closest finish in the history of the race as the first four men crossed the finish line within 20 seconds. Kenyan Andrew Musuva, 29, won in 2:13:21. Elena Makolova, 31, of Belarus, won the women's race with a course record 2:29:12.

Thirty-nine U.S. athletes achieved qualifying times for the Olympic

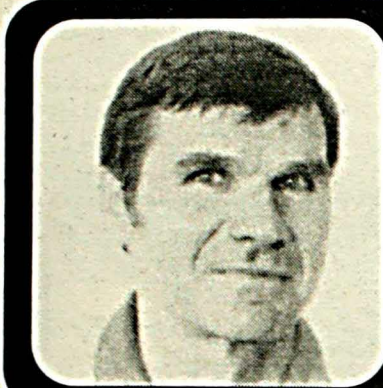
Marathon Trials, including Docherty, W40 Janice Ettle (2:46:39) and W40 Diana Fitzpatrick (2:47:09), who met the "B" standard qualifying time of 2:50 for women.

The temperature at the start of the race was 53 degrees. Winds were light and variable with an overcast sky.

Presenting sponsors of the race and supporting events were Norwest Bank Duluth and Target Stores.

Grandma's Marathon in 2000 will be held June 17. □





## Third Wind

by MIKE TYMN

### Embracing Death on the Run

**I**n the last analysis, it is our conception of death which decides our answers to all questions that life puts to us.—Dag Hammarskjöld

There was a time when I would have died for a good run. Now, however, I run to assure a good death. I started consciously practicing death about 10 years ago, but I have come to realize that I began unconsciously practicing it when I took up distance running back in 1956.

There are more and more books these days that talk about practicing death. "Every day you can practice dying," writes Elizabeth Lesser in *The New American Spirituality*, just recently released. "You can find countless ways to 'die before death'."

#### Nature of Mind

In *The Tibetan Book of Living and Dying*, Sogyal Rinpoche devotes an entire chapter to practices for dying. "No one can die fearlessly and in complete security until they have truly realized the nature of mind," Rinpoche writes in his 1994 book. "For only this realization, deepened over years of sustained practice, can keep the mind stable during the molten chaos of the process of death."

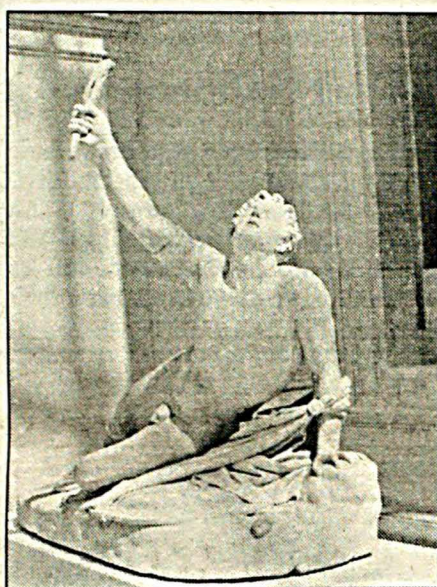
But none of this is new. Back in 1912, in *The Drama of Love and Death*, Edward Carpenter, in a chapter on the art of dying, wrote: "It is difficult to obtain the needed practice (for dying), yet even so one may with perseverance get some approach to doing so." As Carpenter saw it, practicing death allows one "to go through this great change with some degree of satisfaction, command, and intelligence."

Michel de Montaigne, the 16th Century French philosopher, was really into practicing death. "To practice death is to practice freedom," he wrote. "A man who has learned how to die has unlearned how to be a slave. Knowing how to die gives us freedom from subjection and constraint."

#### Ultimate Practice

Distance running has to be one of the best ways to practice death. "To play like this with pain that is unbearable, yet is being borne, to summon up the presence of death itself, is to become a highwire artist at some lofty place in human existence, one who balances precariously and triumphantly on the edge of unknown possibilities," is the way sports philosopher George Leonard put it in his classic book, *The Ultimate Athlete*.

The runner who pushes his or her limits to the maximum is straddling the line between life and death. I can recall many races in which the body seemed on the verge of expiring — the heart



MIKE TYMN

The final breaths of the marathon runner of ancient Greece.

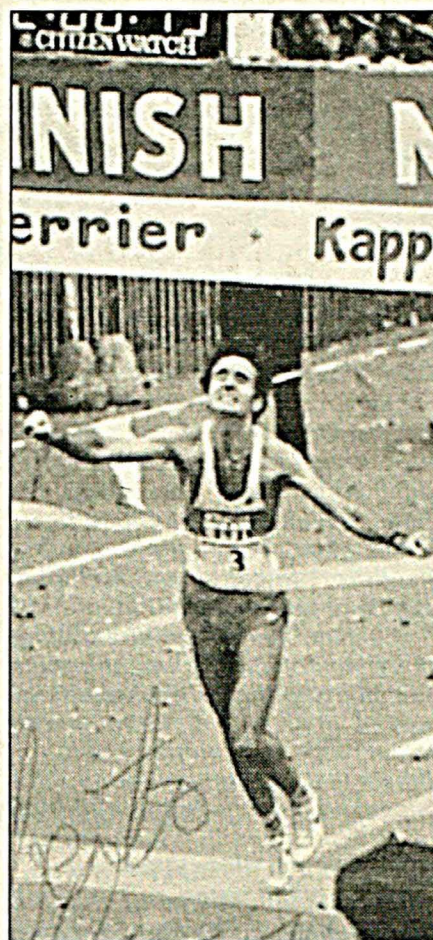
pushed to its capacity and threatening to rebel, the lungs near bursting, the rest of the body depleted of all life-giving sustenance, the mind in despair at such voluntary insanity.

Check the accompanying photo of Alberto Salazar breaking the tape in the 1981 New York City Marathon. Does he not appear to be emulating The Master crucified? Isn't it somewhat typical of an all-out finish? Visualize the photo of Roger Bannister crossing the finish line in the first sub-4 minute mile, or Sebastian Coe, arms outstretched and face contorted in anguish, edging Jurgen Straub and Steve Ovett in the 1980 Olympic 1500.

#### Hidden Benefit

While it is probable that most runners have never thought about this hidden benefit of running, I suspect that if a study were done the researchers would find that runners die much more gracefully than non-runners. All that practice, even if in the subconscious, should manifest itself at the time of transition from this plane.

Does all this sound a bit strange, morbid, and fatalistic? It does to my wife and it would have seemed that way to me not too many years ago, before I started vigorously reading about death,



Alberto Salazar "dies" at the finish as if being crucified.

understanding it, practicing it, embracing it. Now I find it the most interesting, most intriguing, most invigorating, most inspiring, most illuminating of subjects. It used to be that I felt guilty if I missed a day of running. Now, I don't mind it anywhere near as much as missing a day of practicing death.

Sick! Sick! Sick! some may react. The average person — whether or not he or she believes in the survival of consciousness — is apt to say that anyone who is preoccupied with death is wasting this lifetime. He should be making the most of the present. I fully agree. What escapes most people is the paradox involved here. By learning about death, by practicing it, by embracing it, we can live much more enjoyable and fulfilling lives.

#### Hidden Treasure

"The purpose of focusing on death is not to become a sad sack," says Lesser. "Eventually, we want to end up at the party. But we can't joyfully participate in life without studying death." She goes on to point out that "way down in the darkness you find a hidden treasure — your own timeless and eternal soul — and you emerge empowered and healed."

The eminent Swiss psychiatrist Carl Jung theorized that the root of all unhappiness in people over 40 is the fear of death. "Death is indeed a fearful piece of brutality," Jung wrote. "There is no sense in pretending otherwise. It is brutal not only as a physical event, but far more so psychically." But Jung recognized the paradox. "From another point of view, death appears as a joyful event," he continued. "In the light of eternity, it is a wedding, a *mysterium coniunctionis*. The soul attains, as it were, its missing half. It achieves

wholeness."

The way to defeat death, the philosophers who drink deep from the source of all wisdom tell us, is to meet it head on. "Let us deprive death of its strangeness," said de Montaigne. "Let us frequent it. Let us get used to it. Let us have nothing more often in mind than death. At every instant, let us evoke it in our imagination under all aspects... Let us wait for it everywhere."

#### Sage Advice

I have followed de Montaigne's advice and have no doubt as to its wisdom. Since embracing death, I have enjoyed life more than ever. I have found the "hidden treasure" of which Lesser speaks. There is one significant conflict relative to running, though. Embracing death means to a very large degree subduing the ego. In doing that, one loses his interest in winning and is not inclined to push himself as much as is required for competitive success. Practicing death brought an end to my racing days.

Meditation is the most common way to practice death, although there are different kinds of meditation. You can meditate on the run or while reading a book, especially a metaphysical book. "To practice dying is to watch yourself carefully and compassionately in the midst of change," says Lesser. She suggests that we meet death with openness and relaxed curiosity.

As I see it, the major obstacle to embracing death is the inability of the vast majority of people to visualize what comes after death. Orthodox religion has failed to provide us with a true understanding of other dimensions of reality. It has used metaphors and similes to give us nothing more than a heaven with clouds and winged angels with harps and a hell with fire and brimstone. The fact is that there is a wealth of credible metaphysical material available on this subject. Let the skeptic, hung up on his ego while awaiting obliteration, scoff at that statement. Let the fundamentalist gasp in horror at the suggestion, which he believes must surely be inspired by Satan.

#### Avoiding Reality

No matter how much is written about practicing death, people will continue to hide from it, just as they did when de Montaigne wrote: "They come and they go and they trot and they dance, and never a word about death. All well and good. Yet when death does come — to them, their wives, their children, their friends — catching them unaware and unprepared, then what storms of passion overwhelm them, what cries, what fury, what despair!"

Perhaps the most valuable lesson of running relative to death is the experience that immediately follows that all-out effort, the one in which the runner collapses at the finish line. "I felt suddenly and gloriously free of the burden of athletic ambition that I had been carrying for years," is the way Roger Bannister put it after breaking the four-minute barrier in 1954.

"No words could be invented for such supreme happiness, eclipsing all other feelings." □





## Track and Field Report

by **KEN WEINBEL**,  
Chairman, Masters T&F

### Championships Venue Q&A

**Q:** Are we going to have a National Outdoor Championships in Orlando this August?

**A:** Yes, it was never in doubt.

**Q:** Why are we going to Orlando during the month of August when it is usually very hot?

**A:** The Masters Committee voted to accept the bid from Disney World and on that date.

**Q:** Why didn't the committee consider having the meet in the cooler weather of the fall?

**A:** Good question. It never became an issue for consideration inasmuch as the championships have always been held in the summer months when college facilities and dorm space are available. However, that was not even a consideration in the Orlando case.

**Q:** Why hasn't Disney released an event time schedule?

**A:** Disney contends that they were waiting for entry close to determine the number of contestants to establish and release a final schedule. (Note: this is common practice, it is seldom we know the final schedule in advance of the meet date.)

**Q:** Why is it difficult to make contact with Disney personnel to make inquiries?

**A:** Disney World has made many changes in administrative personnel. It

was almost impossible to maintain an accurate contact roster, especially as it became nearer to the Championships date.

**Q:** Can we expect a well-run meet in Orlando?

**A:** The Orlando facilities are excellent, and we will have the Masters Championships Meet Committee overseeing and helping conduct the meet process. Our personnel, led by Scott Thornsley, are very capable. Providing they do not experience some unforeseen happenings, I am confident for a successful meet. Athletes can help the cause by being cooperative with positive attitudes.

**Q:** Why are we going to Baton Rouge, La., another hot climate venue, in 2001?

**A:** We voted to accept their bid at the last convention.

### Need Back Issues?

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Send to:  
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P.O. Box 50098, Eugene, OR 97405

**Q:** I ordered a 1998 Rankings Book and have not received it. When will I get it?

**A:** In the past, rankings books were available at the indoor championships. This year, Jack Lance, outdoor rankings coordinator, was unable to get the data to press on time, thus the delay. The *National Masters News* will assist in completing the compilation of data and printing of the book, which will be sent to everybody who has ordered it as soon as possible. □

### FIFTEEN YEARS AGO August 1984

- Ed Burke, 44, Makes Olympics, but Al Oerter, 47, Doesn't
- Shirley Matson Ends Cindy Dalrymple's 75-Race Masters Winning Streak in Peachtree 10K (35:59 to 36:05)
- Parry O'Brien Breaks Shot and Discus WRs
- Irene Obera Sets Two W50 Sprint WRs

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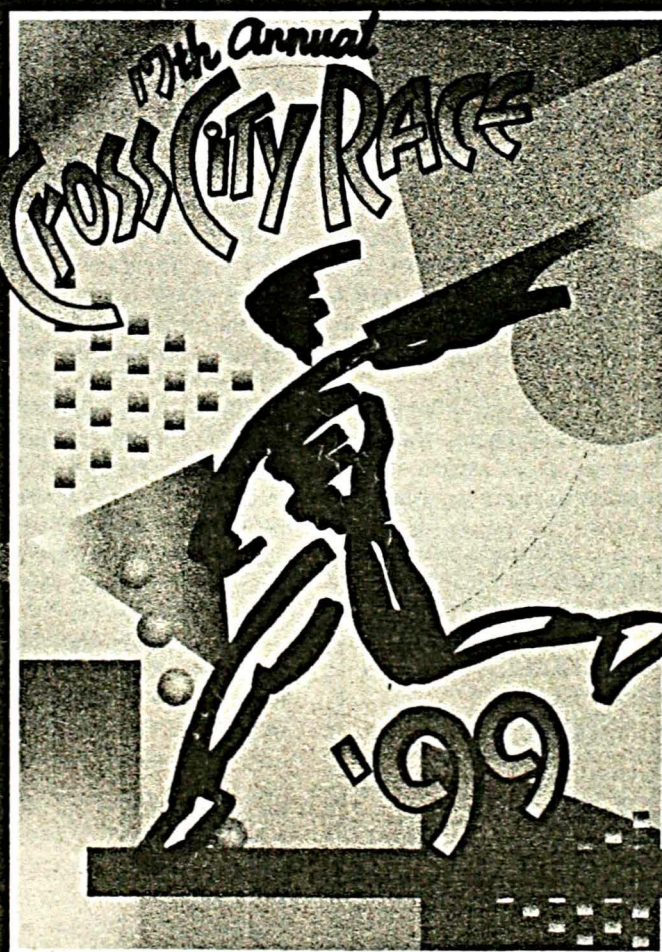
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## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Pros and Cons of Anti-Inflammatory Medication

**Q.** Is it a good idea or bad idea to take doctor-prescribed anti-inflammatory pills? I'm told the pills reduce the swelling, but do they mask the problems? What about side effects? Should other pills like Zantac or Tagamet also be taken to minimize side effects from the anti-inflammatory pills? And, if so, what about side effects from the Zantac?

**A.** Athletic performance can be enhanced by a variety of drugs. One of the more common varieties is the anti-inflammatories. These are not performance-enhancing drugs but therapeutic when combined with rest.

Non-steroidal anti-inflammatory drugs (NSAID) have become quite popular among athletes over the past several years. They not only reduce swelling, but have analgesic properties also. They are effective in reducing pain as well as swelling. Most are related to aspirin and work by inhibiting prostaglandin synthesis.

What this means is when tissue damage occurs, usually from over-training or pulling a large muscle group, prostaglandins are produced by the body. They cause pain, swelling, redness and heat. NSAID can inhibit these

prostaglandins and help modify the inflammatory response, thus enhancing the healing process and return to activity.

#### Adverse Effects

This sounds fine, but one must remember that the effect of NSAID is indiscriminate and the anti-inflammatory effect will take place throughout the body. The most common adverse effect is gastric upset which could lead to nausea and vomiting. Other effects include kidney damage, inhibition of platelet function and prolonged bleeding times.

Among athletes, one should use the NSAID with some caution. We usually recommend NSAID to increase healing time coupled with rest. We do not recommend taking anti-inflammatory medication to enhance athletic activity. As we all know, we can run through a myriad of problems while taking anti-inflammatory medications.

On a practical note, can an athlete take NSAID and continue training and competing? While most do, we cannot advocate this as it will mask problems at times and the athlete may not even realize they are injured.

There are dozens of anti-inflammatories on the market. Probably the most effective and safest is aspirin. Some forms are coated so as not to irritate the

stomach. Naproxen is now over-the-counter, as are Aleve and Anaprox.

#### Not FDA-Approved

DMSO is an interesting chemical solvent derived from wood processing. It is a very popular medication in Europe, but is not easily found in the U.S. It is not FDA-approved for human medical use. It is a topical medication that is rapidly absorbed through the skin and can also be used to transport other medications such as local anesthetics and steroids. It has its own unique effects, such as providing analgesia by blocking nerves, and serving as an anti-inflamma-

tory, muscle relaxant, vasodilator and bacterial growth suppressant.

The drawback is that it may take impurities through the skin. It also can cause redness, itching and a garlic-like taste in the mouth.

In Europe it is a popular and very effective anti-inflammatory. □

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

### Farmington Founders Festival Doubles Field

by RON MARINUCCI

FARMINGTON HILLS, Michigan – The fifth annual Founders Festival of Races was held in relatively cool temperatures (60s), with plenty of sunshine and a brisk north wind on July 10.

The weather combined with the enthusiastic effort of first-time race director Chuck Block – a masters age-group whiz – to nearly double the number of participants from 1998. Last year, about 150 runners did the four-miler. This year's number of finishers was 254. Toss in 30 walkers and ...

Masters runner-up Maggy Zidar (28:27), who had run three races the previous Fourth of July weekend, summed up the newcomers' feelings: "It's my first time here. It's a nice race. The course was beautiful."

The loop course had a couple of short, sharp hills, but most of it was a

long, very gradual upgrade, followed by an equally long, gradual downhill along the Founders Festival parade route. Early parade spectators provided welcome encouragement to runners.

Block was using the Festival of Races as a stepping stone for "a little non-profit corporation, Michigan Running Foundation. I want to see if we can start giving some scholarships to school kids." He plans to direct more races.

The masters winner was 40-year-old Max Anthouard (22:52). A Farmington Hills firefighter, Anthouard fought fires in his native France for 15 years. After the race, he had to hurry to be in the parade. John Desenberg, 65, posted a fine 33:33.

The masters women were paced by Martha Ritchie (27:54), a familiar face at awards ceremonies at local masters races. □

### Obera Sets World Record in Los Gatos

by JERRY WOJCIK

Irene Obera broke the W65 world record for the 100 with a pending 14.24 in the Los Gatos Classic, Los Gatos, Calif., June 12. The present record of 14.7 (hand-timed) was set by Shirley Peterson of New Zealand in 1994.

Obera, who joined the W65 ranks on Dec. 7, 1998, ran the 200 in a hand-timed 31.1. The 200 record is 31.38 by Peterson in 1994. No hand-times recorded after May 1, 1994 (world) or Jan. 1, 1991 (U.S.) for races of 400 or less are considered for five-year, age-group records.

Obera holds the W60 400 world record (67.84) and U.S. records for the W55 100 (13.84) and 200 (28.48), and W60 100 (13.91) and 200 (29.57).

In other action at Los Gatos High School, Kevin Morning, M40, took firsts in the 100 (11.02), 200 (22.2), and long jump (6.51), all event bests in the meet, which included open competitors. In the middle distances, Dennis Duffy, M55, had winning performances with a 59.4 400 and a 2:18.5 800. Peter Grimes, M40, ran the 400H in 54.8.

The field events saw Paul Sinatra, M35, vaulting 4.73. Lad Pataki, M50, had notable wins in the shot put (16.42) and discus (51.76) as did Cherrie Sherrard, W60, in the shot (9.98) and discus (20.57).

The W40 Joy's Lady Sprinters squad outran the W30 Joy's Lady Sprinters quartet, 66.5 to 67.4.

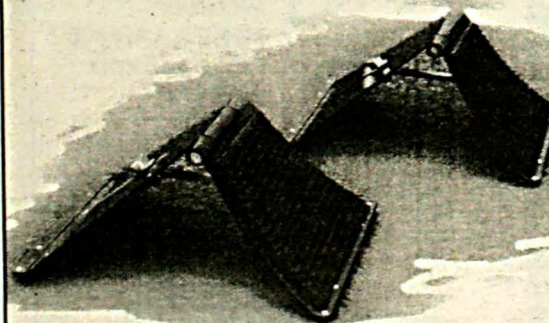
In the 5000 racewalk, Bill Penner, M50, was first overall (27:09.1), and Jo Ann Nedelco, W55, second (28:04.8).

As in the past, the meet drew top open competitors, including several warming up for the Nationals held in Eugene, Ore., June 24-27. Hammer thrower Kevin McMahon, who threw 284-2 at Los Gatos, was second (246-0) to Lance Deal (263-7) at Eugene. Stacy Draglia, who vaulted 14-5 1/4 at Los Gatos, won the national championships with a meet record 14-7 1/2. □

### FIVE YEARS AGO August 1994

- Doug Kurtis (42, 2:19:46) Third in Grandma's Marathon; Sharlet Gilbert (43, 2:44:51) Qualifies for 1996 Olympic Marathon Trials
- Harold Morioka (M50 400, 51.70) and Ross Carter (M80 SP, 40-3) Break WRs in Hayward Meet

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# PROFILE

## Dave Kanners – Ultra-running with Penguins

by RON MARINUCCI

Last February, Dave Kanners took ultrarunning to its extreme: he completed a race in Antarctica. Yes, Antarctica, land of icebergs, penguins, blizzards, glaciers, and the South Pole.

Kanners said that 125 to 140 people from more than a dozen countries ran what was dubbed "The Last Marathon." This was actually the third such event held on Antarctica, the first coming in 1995. The marathon was so-named because of a casual remark, made a few years ago, that Antarctica was the only continent without a marathon; it would be the "last" continent to hold one.

Officially the Antarctica Marathon, it was sponsored by the Boston-based Marathon Tours, noted for its marathon travel packages to London, Berlin, Amsterdam, New York, Boston, etc. All runners completed the race, a remarkable 100% finish rate.

### Kept on Going

But Kanners, a 52-year-old from Rochester, Mich., and six others went a step farther; actually quite a few steps farther. At 26.2 miles, they stopped for a quick sandwich and drink, and then continued on, running another loop to complete the "First Ever Artigas Adventure 50K," an ultramarathon. Measured later by Bart Yasso of *Runner's World*, the course was a bit longer than 50K, 33 miles total. Kanners finished first – after a 14th place marathon finish – making him the first ever ultramarathoner on Antarctica.

"It was a race, yes, but it wasn't really a race. It was an experience," he explained. "Half of the people carried cameras while running."

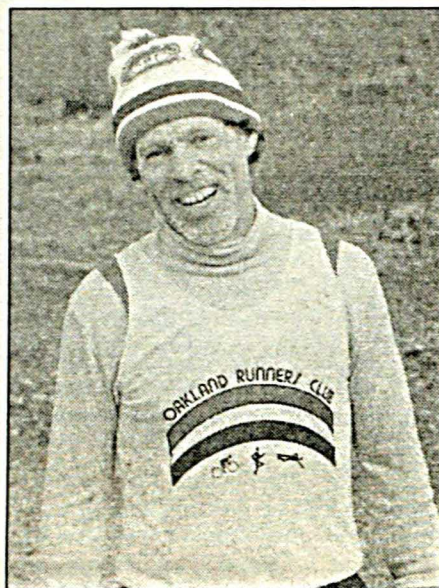
Antarctica, of course, is a land of extreme weather. Just how much so can be seen in a couple of books that Kanners recommended to me – *Endurance* by F.A. Worsley, and *The Endurance* by Caroline Alexander. When Lord Shackleton recruited a crew, he put out an advertisement that read: "Men wanted for hazardous journey . . . Safe return doubtful."

But, relatively, race day was "fairly pleasant," said Kanners. "When the runners arrived, it was the summer season, with 20 hours of sunshine a day, clouds permitting. Marathon day was 'overcast and 35 degrees . . . certainly better than we could expect in Michigan in February.' He chuckled that the runners 'got in some warm weather training.' That's one way to look at it.

### An Ill Wind

Although the sun broke through the overcast later in the day, "a steady 35- to 40-mile-per-hour wind did take its toll. Several of us were pretty used up by the wind."

"The entire course," he remarked, "was much more to the liking of ultrarunners, because of the constant hills, numerous stretches of mud, several small stream crossings, and, of course, the glacier and rock piles." The route



Dave Kanners

climbed to 1000 feet, with great panoramas of the nearby bay, icebergs afloat.

Penguins were evident everywhere, but Kanners recalled the skuas. "Skuas are very aggressive birds, a little larger than a pigeon. They attack the penguins with their beaks. They will also go after people, but they're not as aggressive with people. Some runners had to keep them away by waving their arms while running."

None of them made runs at Kanners, but "an Antarctic tern came after me a couple of times," he said. "It was diving at my hat." No doubt it just wanted a keepsake from the race.

On the course were four research stations, from Uruguay, Russia, China and Chile. Some personnel from the bases ran the marathon or an accompanying half-marathon, too. And the bases "even took the time to get our passport stamped . . . while we ran!"

### Scenic Beauty

"I've been to quite a few places," Kanners reminisced, "and this is the most beautiful place I've ever been."

Marathons and ultras, even in Antarctica, are not the only extreme activities Kanners counts among his experiences. "I'm obsessed with doing the best I can do," he explained. "I raced cars from 1966 to 1977, professionally, drag racing. In 1975, I started racing motorcycles, motocross."

He began running to help his drag racing and motocross. They "require a



Dave Kanners with an audience of penguins in Antarctica.

great amount of strength and endurance. I got the idea that running would help my endurance. I began to run to increase it. It worked."

"I put in hard weeks and hard training." In August 1979, at age 32, he entered his first road race. He has since qualified for and run Boston twice, in 1981 and 1982.

### What Next?

Then, he conceded, "I leveled off. I told myself, 'You're not going to get any faster. What can I do now?' I went into triathlons for a few years. Then I

moved into ultramarathons – 13, 14, 15 ultras. I've won four now," including the Antarctica. He's also a competitive cyclist and stairclimber.

But don't think that "The Last Marathon" was the last thing Kanners plans to do. He still has other goals, more than three dozen, ranging from places to see, books to read, and athletic feats to attempt. They're all written down and, odds are, Kanners will achieve them all. □

(Ron Marinucci can be reached by e-mail at [RMarin6424@aol.com](mailto:RMarin6424@aol.com))

## 1999 USATF NATIONAL MASTERS 8K CROSS-COUNTRY CHAMPIONSHIPS

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# Masters Racewalking

by ELAINE WARD

## Maryanne Torrellas – A Natural Winner (Part I)

**B**etween 1983 and 1989, Maryanne Torrellas represented the United States in 19 international meets, including the World Games and the precursor of the Women's World Cup – the Eschborn Cup. On March 17, she competed at the Masters Indoor Championships in Boston in W40. In a close and exciting race with Lynn Brubaker, Maryanne set a pending 3000 meter American Record with a time of 13:46.73.

**EW:** How did you become a race-walker?

**MT:** When I was in high school, I was a runner. I had one of the top times for the 880 and was offered many college scholarships. I went to St. Johns University in New York and continued to concentrate on the middle distance but raced up to a marathon. However, my foot couldn't take the pounding. I kept getting stress fractures and never really hit my supposed potential.

I tried racewalking when I was recovering from one of my injuries. My cousin, Peter Timmons, was a good national class racewalker. I learned how to racewalk from him and gained a great deal of respect for the event watching him compete in 1978-79.

When my foot got better, I went back to running. But I had gotten a taste of racewalking and liked it. I didn't again until after I was married and had my first child. I did my first race, a 10K, in January 1983. My time was absolutely horrible at around 68 minutes. I was also quite heavy after my first child.

After a few months, I qualified for



STACEY CROLL  
Kim Miller, second W35 (29:14.40) in the 5000m racewalk, Hayward Masters Classic, Eugene, Ore., June 19-20.

the Nationals by the skin of my teeth. The qualifying time was 56:00 and I walked 55:58. At the Nationals, I walked 52:00. I exceeded my greatest expectations and finished fourth. This finish entitled me to go to Sweden for Swedish Walk Week in July. I set a couple of American records there in the one mile and in the 3000 meters. That spurred me on.

### A Natural Racewalker

**EW:** If you began competing seriously in January of 1983 and were making records in July just six months later, you must have been a natural to the sport.

**MT:** I had my running background and I wasn't smart enough to know



STACEY CROLL  
Bob Novak, M50 winner in the 5000 racewalk (26:28.14), Hayward Masters Classic, Eugene, Ore., June 19-20.

who I shouldn't beat. I was in a race with Ann Johannsen, and it was only when the race was over that I found out she was a world champion.

**EW:** I remember seeing you compete in the Los Angeles Times Indoor Meet. Did you set any indoor records?

**MT:** I love the shorter, faster races. I set a world best for 1500 meters (6:01) at the Vitalis Games in New Jersey in a battle with Ann Peel of Canada. In fact, Ann came on the inside and pushed me out to the third lane. So I battled back by beating her.

### Physical Limitation

**EW:** After setting an American record at the Indoor Championships, are you planning to become active in masters racewalking?

**MT:** I do not consider myself competitive any more. I have a heart valve defect. I can train to a fairly high level, but I cannot race like I used to. I tend to pass out and that is not very advantageous for racing. That is what happened to me in the 1996 Olympic Trials.

I was just discovering what I had, and I didn't quite know all the ramifications. I went down on the course several times. A sort of primitive athlete mentality took over and I just had to finish that race. I think I knew it would be my last big race.

**EW:** What actually happens?

**MT:** It is a bit complicated. But I wasn't born with a mitral valve. I acquired one. As far as the doctors can tell, under certain conditions it interferes with my heart's rhythm and causes my heartbeat to go from 190 to 230. Something like atrial fibrillation.

Right now, I can race if I keep with-

in certain limits. Oddly enough, I can race pretty quick for a short distance. That is what helped me at the masters indoor meet with Lynn. I also can go long and slow and do a 40K event, but going above threshold for more than 15 minutes is when the problem seems to kick in.

That is why I am now focusing my energy on coaching and training my club.

### Stretching Away Tightness

**EW:** How do you help those with bent knee problems?

**MT:** This is where stretching comes in. If people can stand up and straighten their knees, then anatomically they can have straight knees when they are racewalking. What happens to cause a bent knee may simply be tight muscles. Stretching the hamstrings, the gastroc muscles and the glutes is very important for them.

However, a good stretching program that works for one person might not work for another. Static stretching may be good for one person, P&F may be good for another, and active isolated for another.

**EW:** As a massage therapist, can you tell by watching athletes what kind of stretching would benefit them or do they have to discover it on their own?

**MT:** A process of both. I have a hands on coaching technique. I can sometimes see or feel the tight muscles and will suggest a stretch to see if it works.

### Knotty Problems

**EW:** Do you find many masters with little, hard knots in their muscles?

**MT:** You don't have to be older for that. If you have had micro tears in your legs in any of the muscles and you don't address them by stretching or massage or some other type of therapy, they tend to get gristly. That's the only way I can describe it. It takes a lot of work to get them loose. Cross-fiber friction helps, particularly up at the hamstring attachment at the ischial tuberosity.

I put together a stretching and strengthening program for the hamstrings. I have a few people doing it and I want to see if it really helps injury or prevents further injury.

Think of how most athletes strengthen their hamstrings. They will do hamstring curls, lying on their stomachs, curling up their legs. Now, think of how the hamstring is used in racewalking. It is in full extension and it is being used almost in an isometric way.

Why don't we strengthen it in the way it is being used? For example, tie an elastic band to a couch or heavy table, loop the other end around your heel and pull your leg back.

I know that this idea is out there, but it occurred to me a long time ago. I asked myself why I was doing hamstring curls when it wasn't the way I used my hamstrings. It only makes sense to stretch and strengthen your muscles the way you use them. □

(Next month, in Part II, Maryanne discusses strategy and massage therapy.)

**The North American Racewalking Foundation has a new video:**

## How to Walk Faster

Tips From the Pros. It features Coach Enrique Peña, Jefferson Perez (20K gold medalist in the Atlanta Olympics) and a group of masters athletes aged 40-78, training at the ARCO Olympic Training Center.

It also addresses ways of strengthening the primary muscles as they are used in racewalking.

The video, and a manual with a similar title, will be available October 1. For information, call 626-441-5459.





## Training Advice

### Payton Jordan's Sprinting Techniques – Part I

(Payton Jordan, 82, is one of the top masters sprinters in the world. He holds six world age-group records: M70 100 (12.91), M70 200 (26.8), M75 100 (13.4), M75 200 (28.14), M80 100 (14.35), and M80 200 (30.89). He is a member of the Track Coaches Hall of Fame, was head coach at Stanford from 1957-1979, and was coach of the USA 1968 Olympic team.)

He periodically gives free seminars for coaches and fellow masters athletes. The following two-part series is taken from three of those seminars: 1) at the annual banquet of the Southern California Striders a few years ago; 2) at the Nike World Masters Games last year in Eugene; and 3) at the 1998 USATF Level 1 Coaching School in Menlo, Calif.

At the Nike World Games, Jordan held the attention of about 100 athletes for nearly two hours on the Hayward Field track, spicing his comments with actual running techniques, speed drills, and flexibility exercises on the track.

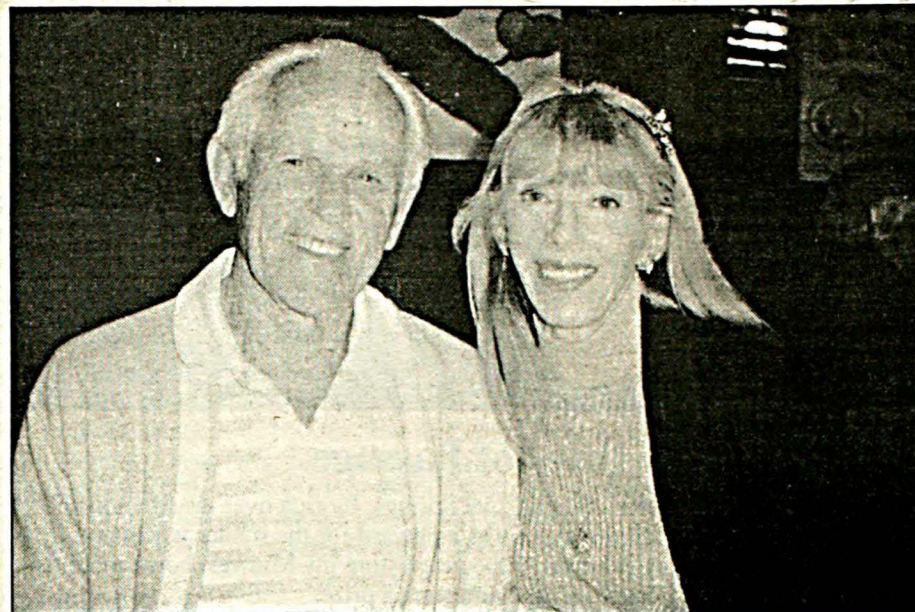
At the coaching school, Matt Lydum, the track coach of San Francisco State University took notes and condensed Jordan's comments into an article for *Track & Field Coaches Review*, much of which appears here. – Ed.)

**T**he goal of sprinting is to run faster, not harder. Athletes who can maintain loose and fluid, yet technically correct, form have an advantage over tight and restricted sprinters.

Contact by your foot on the track should be *reactive*. Your foot is like a bouncing ball on the track. Energy should be absorbed, stored, and expended rapidly and efficiently through your foot.

Power will come from your legs. However, this power won't be properly used unless your feet and ankles are tough, quick and elastic.

It's essential that you achieve full extension of your grounded foot, leg



Payton Jordan is welcomed to Santa Barbara's Club West by president Beverley Lewis. Jordan, who owns the 100m world record from the M70 division to the M80, recently moved to Santa Barbara with his wife, Marge, and although he has announced his retirement from track, is scouting the local beaches and parks for places to run that are easy on his legs. Club West hopes that its newest member will be in competition at its annual meet on Oct. 3 at Santa Barbara City College.

and hip. After full extension of your ground contact foot, your foot and lower leg should recover very close to your hamstring and gluteus.

This "tight-heel" recovery will facilitate a quick, natural and fluid return of the leg and foot to the front of the body. You should imagine the heel of your free leg is pushing your knee forward as it travels under your buttocks.

Proper posture and a loose, elastic hip carriage enhance speed of your free leg recovery.

#### Push Hard With Contact Foot

You should never reach with your free leg to gain in stride length. Rather, you should push hard off the track with your contact foot to attain proper stride length. The height of your knee is not important. It is simply a result of an effective natural and aggressive stroke and push-off. Tight heel recovery will translate smoothly into another powerful, yet fluid, stroke cycle. It is important to keep your stride natural, with neither an overly aggressive knee lift nor an overreaching stride pattern.

A successful sprinter is loose and relaxed. You should hold your thumbs loosely against the outside of your index fingers. This will encourage a state of relaxation in your entire arm and upper body. Loose hands will help you maintain freedom of your arms and upper body.

Your arms should swing freely and quickly from your shoulders. Many runners bring their shoulders up at some point in a race or workout. This interferes with the overall freedom of the body.

#### Turn the Animal Loose

The great Australian distance coach Percy Cerutti once said man has become so mechanical he has lost his animal instincts. Moving your arms with natural freedom is an opportunity to help "turn the animal loose."

Your face, too, should be loose and relaxed. Maintain a loose jaw and a non-focusing eye. As loose hands will help to relax your shoulders, so will

relaxed eyes help to loosen your face.

The chest should lead you to the finish line. You should lean while maintaining an in-line posture.

Other arm drills include "arm quickies." This is a drill you should do often, on and off the track. It is a quick, explosive and fluid burst of arm strokes. Do the drill periodically in front of a mirror so you can tell if you are raising your shoulders or tightening your face while your arms are going as fast as possible.

You want to train to run as fast as possible. When running at absolute speed, you must be relaxed and in fluid motion. It doesn't count if you stay loose and fluid at a 70% effort. You must have a vibrant, free and easy running form at your maximum speed. Your purpose is to train your nervous system to operate at a certain tempo. This tempo must be fast.

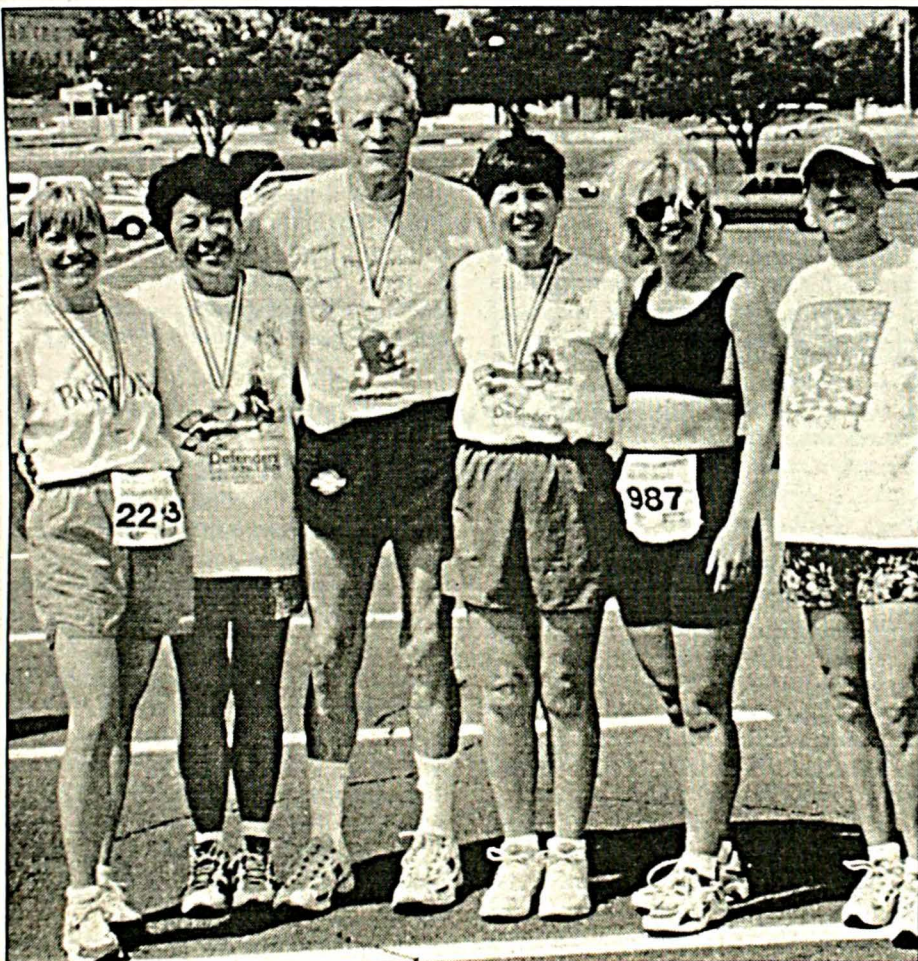
#### Speed First, Then Endurance

Speed must precede speed endurance. You should learn to run fast, and then learn to hold that speed over distance. Speed can be developed by running repeats of 30, 50, or 70 meters at or near full speed.

Running up hills and running stadium steps can develop necessary sprint strength. You should also devote attention to developing your abdominal muscles. Pay attention to the obliques and hip flexors. If you lose the obliques, you will lose it all. Posture, stability and the ability to efficiently transfer power from your upper body to your legs all depend on this muscle group.

A wide variety of abdominal exercises should be implemented into your training regimen. Bent-leg sit-ups with your knees held apart are good. If your stomach sticks out farther than your chest, you will have trouble. You should have pronounced definition and bulk in your hip region. □

(Next month Jordan talks about how to get out of the blocks fast, training as a war on aging, and developing motivation.)



GEROGE BANKER

Finishers at the Defenders 10 Mile, Arlington, Va., May 23 (l to r): Mary Ellen Gonyea, second W50 (82:04); Margie Hinton, third W50 (84:52); Dixon Hemphill, first M55 (79:41); Kathy Lewis, first W55 (79:43); Jessica Cash, W35 (81:58); and Dee Reeb, W30 (84:52).





## On The Run

by HAL HIGDON

### Rites of Passage

**D**riving to a 5K race in Green Cove Springs, Florida over the Memorial Day weekend, I wondered if there was an award for the runner who came from the farthest distance. I entered the race listing my Midwest home more than a thousand miles away, thus I might claim such a prize.

But I was driving to the race from a second home only a few dozen miles away, thus would need to yield to a more eligible candidate.

If such a traveler's trophy was available, I failed to find out. I arrived 20 minutes before the start, obtained my number, rushed to the line, ran the race, grabbed something to drink, then ungraciously left before the awards ceremony.

I should have lingered and met some of the Florida runners, but my wife Rose and I had too many activities scheduled that weekend. We had to buy pots, pans, glasses, towels, linens, mat-

tresses, a TV set and VCR, plus take her sister Marion to the airport and two of our grandkids to the zoo. The 5K race served as a brief interlude in the midst of all those activities, but nevertheless marked an important rite of passage in my life as I switched from being a Chicago area runner to a Florida runner.

Well, not entirely.

We had just purchased a home in Florida, occupying it for the first time that weekend, but it was only a second

home. We're not planning to abandon the house we've occupied for 35 years in Long Beach, Indiana, but we do plan to spend more time in our new second home in Ponte Vedra Beach, a suburb of Jacksonville, Florida.

#### Reviving Lost Talent

Thus, the passage. Rose and I are at a point in our lives, where we are facing many changes – in fact, have already begun to make many of those changes. Several years ago, I (selfishly) convinced her to retire from her job as schoolteacher so she could spend more time with me. Rose likes to tell friends, "Hal will never retire. He likes writing too much." That's only partly true. I've certainly shifted the focus of my writing in recent years, eliminating work for most magazines other than *Runner's World*. I've begun to give more attention to a lost talent. I worked as a cartoonist before switching to journalism and recently have begun to sell some of my paintings.

The acquisition of a second home marks an important rite of passage for us.

We had been considering for several years establishing a winter *pied-a-terre*, where we could get away when the cold winds blew. Don't misunderstand me: I love skiing and plan to continue that activity. What I don't like is shoveling snow and having to bundle up to run outdoors over icy ground.

When one of our sons recently moved his family from Portland, Oregon to Jacksonville, Florida, we decided to find a place nearby. Luring me was the fact that Jacksonville has one of the world's greatest running beaches. Flat and bouncy, I figured it would add five years to my running life because of diminished impact.

Many of us go through different passages in our lives and in our running careers. We go to school, we get a job, we get married, we start a family, we watch our children go through passages in their lives, we retire and watch benevolently as a third generation begins its passages.

Most of the younger runners who sign up for my marathon training class in Chicago achieve a passage from non-athlete to athlete. A first marathon is a

*mammoth* rite of passage. In my running life, I went from being a school jock to an elite athlete to a semi-retired runner (in my mid-30s), when I discovered I could no longer match stride with younger and faster runners.

#### New Lease on Running.

Then the masters movement came along and reinvigorated my running life, allowing me to move from age group to age group, in five-year mini-rites of passage, and still be competitive, even into my 60s.

But lately I have lost a bit of my competitive fire, finding that I enjoy much more Sunday training runs with friends in the Indiana Dunes or workouts on the Chicago lakefront with members of my training class. New runners jogging along with me in a 10:00 pace group sometimes ask, "Doesn't it bother you to run this slow?" My response is, "I love it!" Running at any pace is fun. Not running is not fun.

The 5K in Green Cove Springs certainly was fun. Even as limited a celebrity status as I possess carries with it a certain penalty. I can't always relax; at running events, I have a feeling of constantly being "on stage." But at Green Cove Springs, nobody knew that a writer from *Runner's World* was among them. Standing anonymously on the starting line, I could simply blend into the pack and race.

The course began in a small park, followed a route past stately homes beside the St. John's River, twisted back through town and eventually finished near where we had started. I had feared that running a race in Florida near the start of summer would prove hot and unpleasant, but the temperature at race time was in the low 70s, quite comfortable. Having fled the snowbelt, I certainly shouldn't complain about the heat.

Rose and I look forward to enjoying our new second home in Ponte Vedra Beach and making new friends, in and out of the running world. We have made another rite of passage. □

(Hal Higdon is a Senior Writer for *Runner's World*. Check out his training schedules on: [www.halhigdon.com](http://www.halhigdon.com).)

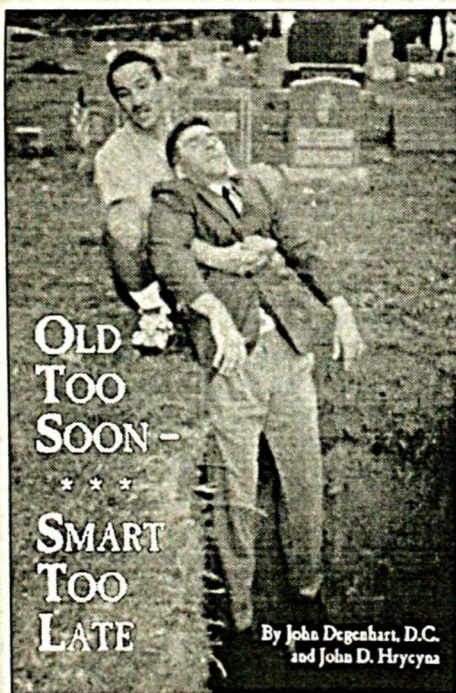
## NEW BOOK WILL HELP TO KEEP YOU YOUNG!

**A**s we age, we must fight harder than ever to stay young by keeping our weight down and making time to exercise. Yet, how many of us find it harder to stay motivated to be a good dad, a loving husband, and still find time to keep in shape?

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**E**xercise and nutrition are a big part of living a long life, but what about the missing magic ingredients not included in so many training schedules? New PRs or the perfect training plan or routine doesn't guarantee the constant "alive feeling" of well-being or robust living into your 80s or 90s and beyond.

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## Crown Valley Senior Meet Features Sprinters, Throwers

by JERRY WOJCIK

The Crown Valley Senior Olympics at Occidental College, Los Angeles, June 6, was highlighted by strong fields in the sprints and throws.

Kenny Dennis, M60, won the 50m (6.9), 100 (12.6), and 200 (26.4), as did James Selby, M70, 50 (7.6), 100 (14.8), and 200 (30.0), who also had wins in the 800 and 1500.

Kathy Bergen, W55, won the 50 (7.5) and 100 (14.3), but lost the 200 to Kemisole Solwazi, 31.2 to 29.2. Solwazi won the 400 (67.5), for which she holds the U.S. W55 record (65.29).

In the M50 throws contests, Mike Deller with a 44-9 took the shot put gold from John Casler (42-9); Casler won the discus throw with a solid 165-

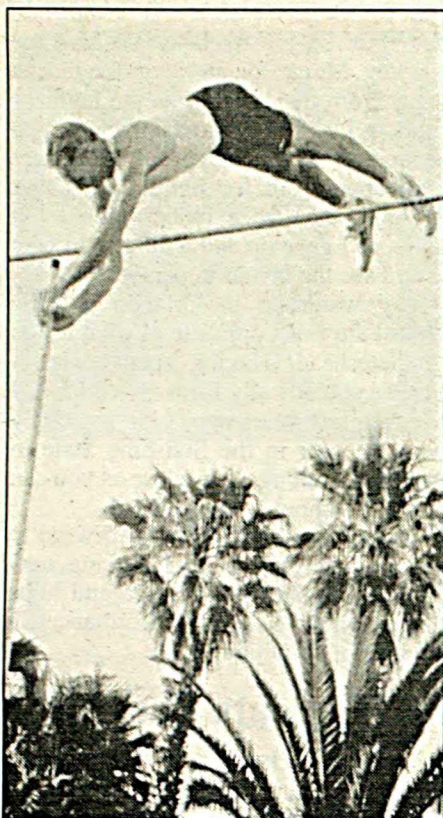
10. Joe Marino won the M60 discus with a 156-10.

La Tanya Glass won the W50 shot contest (32-3). Connie Sarver took the W55 discus (76-6) and javelin (83-5).

In the racewalks, Carol Ferris, 63, recorded the fastest times in the women's 1500 (9:31.6) and 5000 (34:12.5). Carl Acosta, 65, posted the top performance in the 1500 (8:35.4). Robert Mimm, 74, was Mr. Consistency with an age-graded 84.8% 8:49.7 in the 1500 and an 84.9% 31:09.5 in the 5000.

The meet was directed by Christel Miller. Peter Clentzos served as track & field coordinator. Cynthia Vaughn was the Senior Olympics Coordinator for the Pasadena Senior Center. □





RON MORRIS

Paul Sinatra, 37, topped the masters field (16-6) in the Santa Barbara Beach Pole Vault Championships, June 19.

## Rankings Book On Hold

The 1998 Masters Track & Field Rankings Book has not yet been delivered to the NMN office from Jack Lance, Masters Outdoor Rankings Coordinator. Orders already sent to us will be filled as soon as the book is received by NMN. However, we ask that readers who have not yet ordered the book hold off until we announce it is in our hands. ☐

## COMING NEXT MONTH

- Results of World Veterans Championships in England
- Note: The NMN staff will be in England covering the World Championships, so the September issue may be late. The issue will be mailed no later than August 31 and hopefully sooner. Thank you in advance for your patience.

## NOTICE

### LOST:

Results of 1st U.S. Masters T&F Championships Held in July 1968, San Diego, California.

### IF FOUND:

Contact David Pain  
5643 Campanile Way  
San Diego California, 92115  
(619) 582-3816  
FAX (619) 582-5769

# PUBLICATIONS ORDER FORM

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### Masters Age Records (1999 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1998. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

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### Masters Track & Field Rankings (1998)

Men's and women's 1998 U.S. outdoor track & field 5-year age group rankings, 52 pages. 125-deep in some events. Compiled by Jack Lance, USATF Masters T&F Rankings Chairman. \$7.00.

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### McMahon Family Trust Masters Track & Field Indoor Rankings (1999)

Same as above, except indoor rankings for 1998. 4 pages. \$1.50.

\$

### Masters Age-Graded Tables

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

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### Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 1999; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

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### Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of January 1, 1999 (world) and December 4, 1998 (USA). 4 pages. \$1.00.

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### Competition Rules for Athletics (1999 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

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### USATF Directory (1999/2000)

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.

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### USATF Governance Handbook (1998)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00

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### IAAF Scoring Tables

Official world scoring tables for men's and women's combined-event competitions. \$12.00.

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### IAAF Handbook

1998/1999 rules and regulations handbook. \$15.00.

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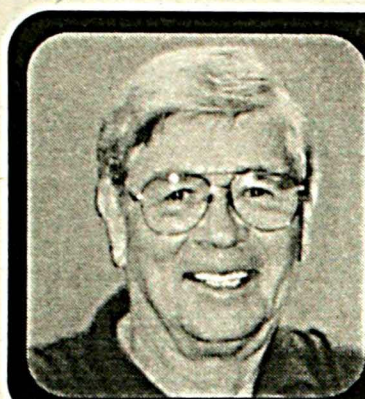
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## The Weight Room

by JERRY WOJCIK

### I'm Gonna to Love It, Come Rain or Come Shine

**B**y the time most readers start on this issue, I'll be in Gateshead for the WAVA Championships, probably grousing about the weather and wishing I were in Orlando, basking in the heat. By the time other readers finish this issue, I'll be in Orlando for the National Championships, grousing about the weather and wishing I were in Gateshead, enjoying cool temperatures in the high 60s.

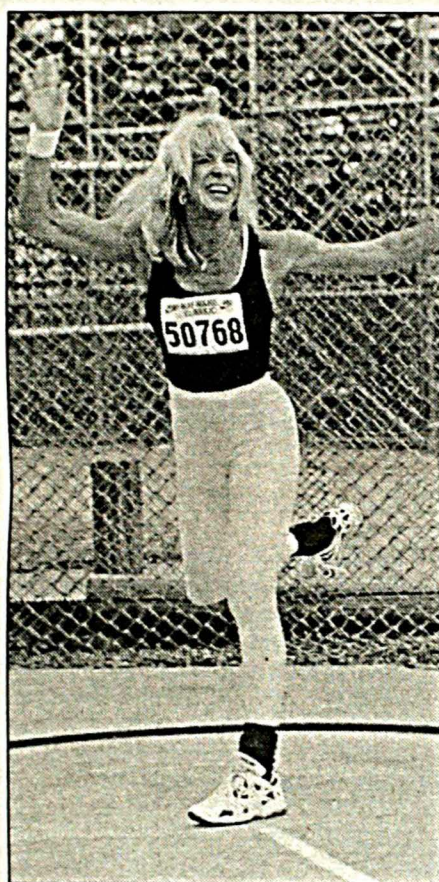
As a Valley boy, I think the touted 68 degree average temperature in August in Gateshead may be a trifle chilly for me, so I'm planning on packing a few items to provide warmth, like flannel-lined jeans and thermal underwear. And gloves and a wool ski hat, of course. It hasn't helped that my co-workers have alluded to rain and cold mists in that part of England. Why wouldn't they? We live in Western Oregon and are experts in rain, mist, and overcast.

I've signed up for the hammer and weight pentathlon in Gateshead. There are 34 of us in the hammer, the largest age group in the event. I have a good shot at not making the finals (unless it's so cold that everybody else withdraws) and figure I'll be about 24th, even on a good day.

#### Top 50, Guaranteed

There are 29 of us in the M65 weight pentathlon, so I'm pretty sure I'll finish in the top 50 there. Based on my experience in Buffalo four years ago and what I've heard from weight pentathletes who competed in Durban in 1997, I'm planning on being done with it about a week before Labor Day, or at least, that's what I told my cat. It's nobody's fault, just the nature of the event.

I've been working out somewhat for the weight pentathlon, doing a practice one about every two weeks at Hayward Field here in Eugene, complete with only one warm-up (just like the real



SUZY HESS

Evelyn Wright, W60, Maryland Masters TC, scoring points in the hammer to help her women's team to take the Women's Team Trophy, Hayward Masters Classic, Eugene, Ore., June 19-20.

thing), three throws per implement, accurate micro-measurements, and age-graded calculations for points. I was planning to wait two hours between events to get a feel for the genuine article, but the first time out, campus security kicked me out for loitering. So far, the practices seem to be paying off, even though I drop about 50 points from my starting score of about 3100 each time I work out. But I know what I'm doing wrong now and should make considerable progress by Gateshead to recoup my losses.

#### Frozen Computer

At Orlando, I've entered only the hammer, which is listed for both Day 1 and Day 2 in the entry form. They must be confusing it with a weight pentathlon. I can't tell from the rather small picture of the track & field facility on the entry form whether the event will be

contested on the track infield or some Mickey Mouse patch of grass blocks away from the stadium as the hammer often is. I tried going to the track & field section of the Disney web at disney-worldsports.com for more details, but my computer froze twice when I got there, so I gave up and will have to wait until I see the layout in person.

My wardrobe in Orlando will be almost the exact opposite of what it was in Gateshead. Having spent time in Florida sporadically from my childhood to just a few years ago, I know exactly what to wear in the Sunshine State in August - nothing, or as close as you can get to it without being arrested.

In any case, I'm looking forward to meeting old friends and making new ones in England and Florida and hope that we all have superb performances in the best of conditions □

### Portland Masters Classic Repeats Success

by DON KANE

The 30th annual Portland Masters Classic meet, sponsored by the Portland Masters Track Club and the Briarwood Inn, was held in almost perfect weather at Mt. Hood Community College, Gresham, Ore., June 12-13. Meet Director Jim Puckett and many volunteers ran the meet like clockwork. The only flaw noted was a short period in the middle of the day Saturday, when a bright summer sun became uncomfortably hot. Puckett fixed this by ordering a light cloud cover by about 2 p.m., thus returning conditions to ideal.

Ross Carter, Eugene, Ore., broke the M85 shot put world record of 8.49/27-10 $\frac{1}{4}$  by Lamberto Cicconi, with a 10.40/34-1 $\frac{1}{2}$  mark, an age-graded 100+ performance, and the discus world record of 27.12/89-0, also by Cicconi, with a 30.40/99-9. Becky Sisley, of Eugene, broke the W60 world record of 2.10/6-10 $\frac{1}{4}$  for the pole vault with a 2.35/7-8 $\frac{1}{2}$ .

A remarkable 54 meet records were set, testifying to the strength of the field. PMTC members contributed 16 of the meet records. Ivy Granstrom, the blind W85 runner from Canada, set four new records in distances ranging from the 100 to the 5K.

Camille Jampolsky, 34, posted the best age-graded performance among the women with an 89.3% 1.75 high jump, which was the best of the day and edged out the M30 men by 0.02m.

Paul Edens, 58, ran the top A-G time in the sprints with a 94.3% 12.35 in the 100 and won the 200 with a 91.3% 25.87. Also over the international class 90% level were Dan McCormack, 60, with a 4:44.12 1500 (90.8%), and Dave Walter, with a 54.78 400 (93.1%).

Caroline Cooney, W50, had an outstanding meet, with firsts in the 100, 200, high jump, and long jump, a meet record 3.60.

Todd Taylor, M50, was first overall in the hammer with a 48.40 and won the 35-lb. weight throw with a 12.90. Bob Lawson, M60, set a meet record 13.08 with the 25-lb. weight.

A new feature was added this year - a relaxing, enjoyable reception on Saturday night, sponsored by PMTC at

the Briarwood Inn, a new hotel near the college. □



JIM SCHLEWITZ

Bob Lawson, second in the M60 discus (137-2), Portland Masters Classic, Gresham, Ore., June 12-13.

### Melvin Flachs

Melvin Flachs, 84, Davenport, Iowa, died June 17 at the Davenport Medical Center. Flachs was an active masters competitor in the sprints and jumps and a member of the Midwest Masters Track Club, who had competed in nine events in a meet the week before.

Flachs was born Dec. 13, 1914, in Bellville, Ill. He married Erma Budde in 1938 in Quincy, Ill. He retired in 1981 after 15 years as redistribution manager at the Rock Island Arsenal.

Flachs will be remembered as very supportive of other athletes and an inspiration to younger masters.

Survivors include his wife, a daughter, a son, three grandchildren, and four great-grandchildren. Flachs was buried in Quincy Memorial Park, with a full military service. □

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## NSGA Report

by DAVID F. HULL, JR.  
NSGA President & CEO

### An Introduction to the National Senior Games Association

**I**t is my pleasure to be writing an article for *National Masters News*. For years, I have admired USATF and, in particular, the Masters Committee of USATF. Over the last 12 months, I have met with several representatives including Ken Weinbel, Rex Harvey, Jerry Crockett, and Charles DesJardins, as well as Al Sheahan, editor of NMN. I am most pleased with these new associations and impressed with the leadership of the Masters Committee of the USATF.

Some of you are already familiar with the National Senior Games Association (NSGA) and some of you are just beginning to understand our mission. After the NSGA article in the June 1999 issue of NMN, a number of readers contacted our headquarters inquiring about membership, state games, and the 1999 National Senior Games - The Senior Olympics. For those of you who are curious about what we can offer to you as a track and field athlete, we welcome your calls.

#### Not-for-Profit

As you may know, the National Senior Games Association is a not-for-profit organization, founded in 1985 in St. Louis, Missouri. The NSGA is a community-based member organization of the United States Olympic Committee and, with a seat on the USOC's board of directors, serves as one of the USOC's official arms to the seniors' population.

The NSGA is dedicated to "promoting healthy lifestyles for seniors through education, fitness and sports." We are the national organization that sanctions and coordinates the efforts of senior games organizations across the country - in 49 states (except Alaska) and the District of Columbia. Over 250,000 senior athletes compete annually in close to 250 competitions throughout the United States.

The NSGA governs the Summer National Senior Games - The Senior Olympics, held every two years and the Winter National Senior Games - The Senior Olympics, held every intervening two years. The 1999 Summer National Senior Games - The Senior Olympics will be held in Orlando, Florida. Over 12,400 athletes have registered for the event, making it the largest recurring multi-sport event in the country. The 2001 Summer Games will be in Baton Rouge, La., and plans for the 2000 and 2002 Winter Games in Lake Placid, New York, are unfolding.

#### Global Walk

In the quest to promote healthy lifestyles for seniors, the NSGA is collaborating with the World Health and Pan American Health organizations, as well as the United Nations to promote



National  
Senior Games  
Association

healthy aging throughout the country and world. The United Nations, World Health and Pan American Health organizations are promoting in 1999 the International Years of Older Persons and Healthy Aging by sponsoring a Walk Around the World on October 2, 1999.

To help lead this effort, the NSGA has established the goal of Senior Olympians walking 25,000 miles throughout 1999, the equivalent of walking around the world. The official certification of the number of miles walked will be presented at the Celebration of Athletes at the 1999 Summer National Senior Games - The Senior Olympics in the Citrus Bowl in Orlando, Florida on October 24, 1999.

#### Never Too Late

Given the aging of America, the NSGA is committed to providing athletic, recreational, and educational opportunities for seniors interested in learning about healthy lifestyles. For we all know that "it is never too late" to exercise and become its beneficiary.

For more information, call us at (225)925-5678 or visit us online at [www.nsga.com](http://www.nsga.com). □

(David Hull is president and CEO of the National Senior Games Association. He is retired from Louisiana State University after serving in a number of academic and administrative capacities. A civic activist and experienced fund raiser, Dave has been involved with the senior games movement from many different perspectives.)

### Petranoff, Matthews Place in Nationals at Eugene

Javelin thrower Tom Petranoff, 41, and racewalker Jonathan Matthews, 42, placed in the top three in the USATF National Open Championships held at Hayward Field, Eugene, Ore., June 23-26.

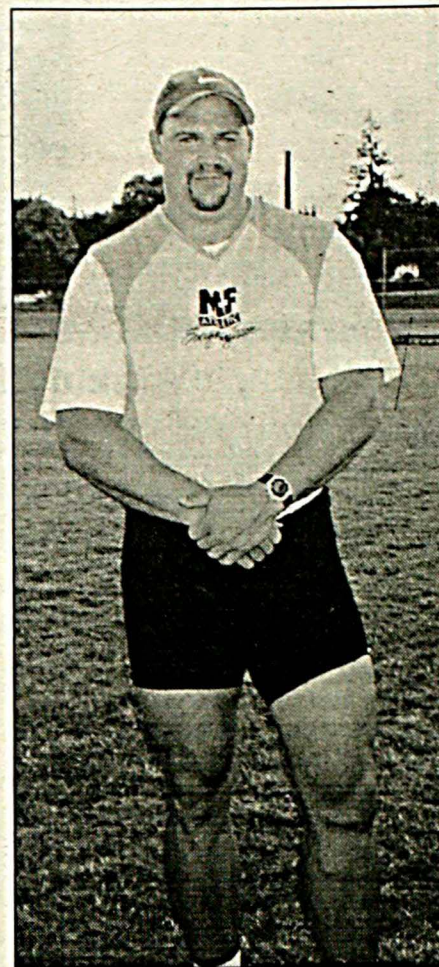
Petranoff, the former world record holder with both the "old rules" and "new rules" javelin, finished second with a 246-9. He was a 1984 and 1988 Olympian and U.S. champion twice before being declared ineligible for competing in a series of meets in apartheid South Africa.

Petranoff became eligible to compete in the U.S. last year and won the M40 javelin at the 1998 Masters Nationals in Orono, Me., with a world-record 250-0. His mark of 246-9 in the Open Championships is not too far off his 244-0 in the 1998 Nike Games at Hayward a week after the masters championships. On June 13 this year, Petranoff threw a 252-4 in the Kitchener Meet in Toronto, breaking the meet record.

"I've had a great career," Petranoff said after the open championships. "I think I'll make the Olympic team next year. I hope I'm an inspiration to the other throwers to come out and give it a shot."

Matthews, featured in Elaine Ward's recent racewalk columns in the *National Masters News*, took third with a 1:24:50 in the 20K, held on a

Continued on page 20



SUZY HESS

Judd Logan, 39, third (239-10) in the hammer, USATF Open Championships, Eugene, Ore., June 24-27.



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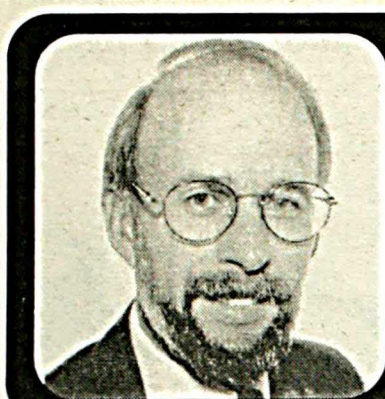
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## False Start

by DAVID E. ORTMAN

### "Walking Billboards!"

Welcome back from WAVA Gateshead. If the past is any indication, the meet was great. How was the T-shirt? Not so hot? Why is this? A track & field T-shirt should instantly convey Track & Field at a distance of at least a good triple jump. It should be a Track & Field beacon, not just a souvenir to throw into the closet. I dug out my collection of T&F T-shirts and, sad to say, most of them will stay in the closet.

For example, the words "Track & Field" on the 1992 (Spokane) National Masters Championship T-shirt are a quarter inch high. A quarter inch! Maybe you need letters that small on a sports bra, but not on a T-shirt. In fact, on only one of my T-shirts are the words "Track & Field" more than an inch high. Only if you were trying to hide the sport would you do this.

#### Symbol Improvement Needed

Maybe this is WAVA's problem. WAVA's 1996 North and Central American and Caribbean Region Masters Championships T-shirt didn't have the words Track and Field on it at all. I never bothered to buy a WAVA T-shirt from the 1995 World Championships in Buffalo because they mostly had a picture of, guess what, a buffalo on the front. Same with the 1998 (Orono, Me.) National T-shirts, which carried a big picture of a moose. Couldn't the moose or buffalo have at least been throwing the javelin or something?

Frankly, the standard USATF T-shirt is not much better. The NBA markets itself with a basketball. The NFL markets itself with a football, Major league baseball markets itself with a baseball. USATF markets itself with... a triangle. It looks like a red, white and blue yield sign. For Pete's sake, what event is a triangle?

So listen up folks. Here are some basic T&F T-shirt 101s:

- "Track & Field" should at least be an inch and a half high.
- Ovals are nice. Eight lane ovals are even nicer.
- Try to incorporate both a running/throwing theme. After all it's a track & field meet, not just a track meet.

#### Design Improvement Needed

Another T-shirt design problem is when you have a neat Track & Field T-shirt to wear and scare off the competition, and there is no place to pin your number without covering up some awesome design. So how about incorporating a box to pin your number into. When you're not competing, the box could contain some useful advice in the following order:

- 1) FINISH
- 2) PR
- 3) WIN

If you think you've got a smashing Track & Field T-shirt that just screams Track & Field, take a good close-up picture, scan it into a .jpg or .gif file and e-mail it to me as an attachment (deo@igc.org). Or if you can spare the picture, mail it and I'll scan it (7043 22nd Ave. N.W., Seattle, WA 98117). We'll post the best examples on a website and let you know when and where. □

(David E. Ortmann, M45, wishes everyone well at Gateshead, as his 1999 track season has been wiped out by a nasty case of plantar fasciitis.)



Daniel Wojcik, M40, overall winner of the 3000 (9:58.90) and Paul Heitzman, M65 winner, Hayward Masters Classic, Eugene, Ore., June 19-20.



JERRY WOJCIK

George Lyden (l) won the M50 100 (12.53); Roger Parnell (c) was second (12.66); Clyde Hundley, fifth (12.94), Hayward Masters Classic, Eugene, Ore., June 19-20.

### Hayward Classic

Continued from page 1

group records in the field events. Ross Carter, who owns the M75 and M80 shot put records, broke the M85 mark of 8.40/27-6 $\frac{1}{4}$  for the shot with a 10.42/34-2 $\frac{1}{4}$ , and the discus record of 27.12/89-0 with a 30.38/99-8. Both present records are held by Lamberto Cicconi of Italy, set in 1990. Becky Sisley increased the present pole vault record held by Dorothy McLennan, Great Britain, of 2.10/6-10 $\frac{1}{4}$ , set in 1996, to 2.20/7-2 $\frac{1}{2}$ .

Audrey Lary returned to Maryland with three pending U.S. W65 records. She ran the 200 in 32.98 to better Pat Peterson's 33.21 in 1992, and the 400 in 79.75, lowering Sumi Leonard's 79.96 set in 1995. Lary triple-jumped 7.89/25-10 $\frac{1}{4}$  to break Leonore McDaniels' 7.87/25-10 in 1993.

The stars in the sprints were Harold Morioka, M55, and Californian Benny Rosales, M40. Morioka broke M55 Canadian records in the 100 (12.08), 200 (24.55), and 400 (53.61). Rosales recorded the fastest times of the meet in the 100 (11.41), 200 (23.23), and 400 (51.93).

Dave Walter, 54, in a field of ten M50 400m runners, the largest in any event in the meet, won with a U.S. single-age record 53.49.

Dan McCormack, 60, won the Age-Graded Masters Mile with a 91.1% 5:05.56. His award was presented to him by Geoff Hughes, meet director, at the Saturday evening reception in the meet headquarters Phoenix Hotel. McCormack also won the M60 800, with an A-G 91.4%.

Tom Cushman, 45, was the standout in the 5000 with a 16:18.61. Robert Towne, 48, and Larry Pine, 45, were separated by an electronic tick at the finish of the 10,000, Towne winning in 34:54.69 to Pine's 34:55.73.

Jerry Cash, 50, produced a second

double in the high jump (1.62/5-3 $\frac{1}{4}$ ) and pole vault (4.15/13-7 $\frac{1}{4}$ ). Tom Gauge, 56, dominated the throws, topped by a 50-6 with the 35-lb. weight. Cathryn Cole-Dow, 38, hit the 31-9 $\frac{1}{4}$  mark with the 4kg. shot.

Competitors ranged in age from 30-87. There were 277 entries in the field events and 140 in the track events. In one heat of the men's 400, competitors got a chance to run with Maria Mutola, the 1998 top-ranked 800 runner in the world from Mozambique who lives and trains in Eugene.

Besides the lure of competing at Hayward Field, the meet featured a team competition for the men's, women's, and combined team trophies. Last Year, the Maryland Masters women with just two entrants - Audrey Lary, then 60, and W65 Mary Alice Stookey - placed second with 52 points. This year, they brought Evelyn Wright, W60, and Helen Schley, W70, and the four scored 154 points to take the women's high-point trophy from the Oregon TC Masters women (135).

The Oregon TC Masters won the men's trophy with a 162 over the Portland Masters TC (69) and the combined trophy, 297 to Maryland's 202. Scoring was based on the best age-graded performances by event, starting at 10 points for 1st; 8 for 2nd; 6 for 3rd; 4 for 4th; 2 for 5th; and 1 for 6th.

Major sponsors were Pacific Continental Bank; Duncan and Brown, Real Estate Analysts; SportHill; and Oregon Track Equipment. As is usual for this meet, officials and volunteers from the Oregon TC and the community were in great abundance.

Next year, in addition to being the site for the Hayward Classic, Hayward Field will be the locale for the USATF National Masters Championships, Aug. 10-13. □



## Relay Record Erased in SCA Meet at Oxy

A 4x200 M60-69 quartet were the stars at the USATF Southern California Association Championships, Occidental College, Los Angeles, June 19. Harold Tolson, 61, Frank Hollier, 63, Gary Sims, 61, and Dick Richards, 64, ran a world M60 record 1:45.23 to better the old M60 WR of 1:47.1 by the Midwest Masters T&F Club in 1992.

Other athletes had first-class perfor-

mances as well. Jason Meisler, M40, with a 1.77/5-9¼, and Charlie Rader, M50, 1.67/5-5¼, starred in the high jump.

Mike Deller won the M50 discus throw and hit a 170-10 mark with the hammer. Arnie Gaynor took the M70 shot put contest with a 13.61/44-8.

"All said," commented a hurdler, "a well-run meet with plenty of officials." □

## New Olympic Center to Host San Diego Meet

The Chuck McMahon Memorial Masters Track and Field Meet will be held on Sat., Sept. 18 at the new ARCO Olympic Training Center in Chula Vista, Calif., just southeast of San Diego.

The meet is part of the San Diego Senior Sports Festival – the Senior Olympics – and will be open to anyone age 40 or over.

The facility is the first U.S. Olympic training venue to be master-planned and built from the ground up. It has served thousands of athletes since opening in June, 1995.

The 150-acre year-round training facility was a gift to the U.S. Olympic Committee from the San Diego National Sports Training Foundation. This group of dedicated business and

community leaders and volunteers raised the funds to build the center. As a result of their efforts, the ARCO/OTC has eight Olympic venues: archery, rowing, canoe/kayak, soccer, field hockey, cycling, tennis, and track & field.

To educate the public on the Olympic movement, the center offers complimentary tours of the facility, Monday through Saturday, beginning at 9 a.m., with the last tour at 3:30 p.m., and on Sundays from noon to 3:30 p.m. Guests can view a video documenting Olympic history or shop at the Olympic Spirit Store for a selection of Olympic merchandise.

For free tour info, call 1-888-OLYTOUR or 619-482-6103.

An entry form for the meet is on page 40. □

## Bob Backus

Bob Backus, a popular and influential thrower, died June 30 at age 73. He was a resident of Duxbury, Mass. Backus was an Olympian and world-record holder in the weights.

Backus served with the Army Air Corps in World War II, and graduated from Tufts University in 1952. In the 1952 Olympics in Helsinki, he represented the U.S. in the hammer. He later held world records for the 35-lb. and 56-lb. weights. He won several national championships and competed for the New York Athletic Club.

Backus owned dozens of world and U.S. single-age records for the hammer and the weights. At age 50, he threw the hammer 186-4 for the U.S. age record. His best recorded throw with the 35-lb. weight was 67-9 at age 40. At age 52, he threw the 35-lb. weight 65-0, placing third in the open National TAC meet at Madison Square Garden. His best mark with the 56-lb. weight was 45-6. He holds world records for that weight for every year from age 49 through 57.

Backus was a school teacher by profession and, afterward, a successful gym owner.

Stew Thomson, an M65 thrower, who trained and competed with Backus, said, "He was one of the first, along with Otis Chandler of the Los Angeles Times family, to recognize that weight training could benefit other sports. With great dedication during the 1950s, he built himself up from a skinny 6 foot-5 inch kid who weighed 160 pounds to a massive man of 285

pounds. He had jobs with the New York Yankees and the Boston football team and was amazed at how little the professionals understood what could be gained from weight training.

"I used to write Bob that track was for our fun and we are not to sacrifice ourselves to it, but he would write back, 'No, Stewie, this is war.'"

Thomson feels that Backus had a vision of the heroic. "He was a fighter who strove to do his very best, yet always did this within a framework of good sportsmanship and gentlemanly behavior. He was very positive and was as assuring that others could do well as that he could do well. He really was the father of weight throwing.

"Later in life, he was not successful economically and had troubled family relationships. But, as few others have, he gave all of himself to our sport. Unfortunately, a part of this was an interest in performance enhancing drugs in his later career. Bob was an honest man, and when he confessed this, but also stated that all his earlier accomplishments were done clean, I believed him on both accounts."

In tribute to Backus, Thomson says, "To quote Shakespeare, 'The elements were so mixed within him that humanity can look up to nature and say, this was a man.'"

A memorial for Backus was held on July 7 at Hanover, Mass. Those in attendance included throwers Harold Connolly, Bill McWilliams, Dave Post, Carl Wallin, and Bob Otrando. Backus was buried on Thursday, July 8. □



Southern California sprinters who set a pending M60-69 record of 1:45:23 for the 4x200, USATF SCA Championships, Los Angeles, June 12, (l to r): Dick Richards, 64, Gary Sims, 61, Frank Hollier, 63, and Harold Tolson, 61. The present record is 1:47.1 set in 1992 by the Midwest Masters T&F Club.

## National Decathlon/Heptathlon

Continued from page 1

especially encouraging in the number and spirit of the M35 competitors.

Phil Raschker, 52, Marietta, Ga., dominated the female competition, as she set a world record of 6469 points in the heptathlon, surpassing her previous record from the 1997 WAVA Championships, Durban, South Africa, which had gone unrecognized because of a missing wind reading in the long jump. Sporting the results of a new Achilles tendon operation, a new sponsor's uniform, and a new enthusiasm, she set four championship meet records, which included three events age-graded above 92%.

Emil Pawlik, 60, Jackson, Miss., was the unquestioned star in the men's competition. With hard work and perseverance, Pawlik has overcome several assorted injuries in recent years and even in recent months. His score of 8178 age-graded points makes him the second-best 60-year-old ever in the world behind Phil Mulkey. Pawlik's

total included meet records in the high jump and hurdles, where he had an age-graded 93%.

Long-time decathlete Tom Thorne, 55, of Missouri, with a lot of hard work under his belt (or I should say, not under his belt), won his first ever national championship with a fine 6868. Dan Bulkley, 82, of Oregon, scored 6470 for the second-best M80 decathlon performance ever in the world, setting three championships records.

For Saturday night, Hotchkiss arranged for a barbecue on the field for the athletes, officials, and guests, which not only was a pleasant social get-together, but also served as a short business meeting.

The camaraderie of the competitors, the facility, the genuine concern of the administrators and officials to put on a good meet, and the ambiance of surroundings at the geological suture of the Smartville Block, all made for an enjoyable and memorable competition. □

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### Good Posture = Good Health

**S**tanding up straight can boost both physical and mental health. "Structure affects internal organs," said Dr. Kari Rollins, medical director of the Wellness Center. "Slump, and your lungs can't breathe easily. Slouch, and it slows circulation. Poor circulation to the brain makes it difficult to think." She said poor posture also puts more stress on the joints and causes people to look older, heavier and more tired.

"Walk like you're a little proud," Rollins continued. "Hold that chest up and out. You look thinner, taller and prouder."

#### Magnesium Loss

Early findings suggest that distance runners may experience declines in bodily magnesium concentrations that put them at possible risk for cramping and decreased muscle performance.

The study suggests runners may benefit from magnesium supplementation, said a team led by Dr. Alan Buchman of the U. of Texas Health Science Center in Houston.

In the study of 26 marathon runners, levels of magnesium in the blood and urine dropped significantly during the run. However, Buchman cautioned that more research is needed before he would recommend taking the supplements.

#### Controversial Supplement

Androstenedione, the controversial weight-training supplement used by Mark McGwire of the St. Louis Cardinals, does not increase muscle strength but could cause enlarged breasts, cancer and heart disease, says a study in the *Journal of the American Medical Association*.

Those taking andro also had a 12% drop in their HDL (good cholesterol).

Researchers with Iowa State U. led by Doug King, studied 19 men, aged 19 to 29. Nine took andro. Ten took a placebo. The study found the supplement did not increase the male hormone testosterone, but led to higher levels of the female hormone estrogen in the blood.

#### Benefits of Yogurt

The results of two studies show that people who ate about seven ounces of yogurt each day reduced their total levels of cholesterol by nearly three percent. Such a drop means a decrease of six to nine percent in heart-disease risk, according to Dr. James Anderson of the VA Medical Center in Lexington, Ky., author of both studies.

#### Tomatoes vs. Cancer

A study reported in the *Journal of the National Cancer Institute* found there are now enough data to show "that high consumers of tomatoes and tomato products are at substantially decreased risk of numerous cancers." The study analyzed 72 past studies that had examined the link between various cancers and the consumption of tomato-based products. In all, 57 of the 72 studies linked tomato intake with a reduced risk of cancer, said Edward Giovannucci of Harvard Medical School.

#### Brain Cell Growth

Adults grow new brain cells, even in their 60s and 70s, said Dr. Ira Black, head of neuroscience and cell biology at the Robert Wood Johnson Medical School in Piscataway, N.J. □



JERRY WOJCIK

Lew Thorne, winning the M60 200 (27.76), with Bob Golly (1), second (28.62) and Paul Stepan, third (29.34), Hayward Masters Classic, Eugene, Ore., June 19-20.

### Two U.S. Records Set at West Regionals

by JERRY WOJCIK

The USATF West Regional Masters Championships at University of California - San Diego, June 19, produced two pending U.S. age-group records by Leland McPhie, 85. McPhie increased the M85 long jump record of 9-1 to 9-3 1/4, and added six inches to the shot put record with a 26-11 1/4 with the 4kg. implement.

Buell Crane holds the present 9-1 long jump record, set in 1985. Leon

Joslin set the current shot put record of 26-5 1/4 in 1997.

In action on the track, M60 sprinters held the hottest contests. Harold Tolson, 61, won the 100 with an age-graded 96.0% 12.38 over Kenny Dennis, 62, who posted a better performance with a 96.2% 12.46, and Dick Richards, 64, who ran a 94.6% 12.86. Tolson also won the 200 race, with a 95.8% 25.22, with Richards running a 95.8% 26.04, and Dennis, third in 26.06.

Kevin Morning also ran international-class times, winning the 100 in 11.08 and 200 in 22.31, both marks age-grading at 94.5%.

Jim Selby, 70, continued his season victory streaks with multiple firsts, topped by a 91.3% 2:34.95 in the 800 and a 5:45.31 1500 - the U.S. M70 record is 5:42.2. Maria Murphy, 40, won both the 800 (2:19.52) and 1500 (4:45.84) in competitive fields.

Phil Fehlen, 63, won the M60 high jump with a 5-5; Charlie Rader, 51, won the M50 contest with a 5-8 1/4.

Arnie Gaynor, 71, M70 shot put world-record holder at 48-5 1/4, finished with a 42-8 1/4 and a 140-10 in the discus. Ralph Fruguglietti, 44, topped all other shot putters, with a 49-1 1/2 with the 16# shot.

Lorraine Tucker, 52, hit the 33-7 1/4 mark with the shot and 81-2 with the discus.

Larry Stuart, 61, led the 25 javelin throwers who made up the largest field in the throws with a 212-2, three inches short of his M60 world record 212-5.

Meet Director Ed Oleata had enough energy left to win the M60 shot put with a 41-5. □



JERRY WOJCIK

Eugene Driver, winner of the M45 200 (24.24) and 400 (56.53), Dan Aldrich Memorial Meet, Irvine, Calif., May 30.

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## Randolph Classic Breaks a Barrier

by MADELINE BOST

The Garden State Athletic Club Randolph Classic Track & Field Meet at Randolph, N.J., June 27, broke new ground in a unique partnership with the United States Corporate Athletic Association (USCAA). The Classic hosted a meet for the USCAA within the Classic. Many USCAA athletes competed in the regular track events and were scored along with the other athletes. In addition, they were scored by their own organization to determine their places in the USCAA meet.

Two relays were sandwiched into the schedule to comply with USCAA requirements. One was a five-person medley with distances ranging from 200 to 800 meters.

As far as can be determined, this was the first time in the country that a USCAA meet has partnered with another meet. The advantages are obvious to any who have tried to put on a full track meet. In 1998 the USCAA meet was planned for June 13 at Lehigh University with substantial rent for the facility and a lot of hard work by the meet organizers, according to Rich Alexander, who competed for the AT&T team. Then Mother Nature threw a punch that wiped out the meet.

"We got rained out," said Alexander, who won the M35 high jump with a 6-4 leap. "The rain was so bad we had to cancel the meet."

Of course, rain falls in Randolph, too, and is out of anyone's control. However, none fell this year, and the athletes were blessed with sparkling blue skies. The real advantage for both organizations was to have a well-attended meet.

Three hundred athletes entered the event, including many children for which the meet holds three special youth events. Open athletes have been included in the past two years, which made the Classic a perfect fit for the USCAA needs.

Sprinters had a field day with several fine performances. Larry Colbert, 62, Glenarden, Md., took home three

golds with age-graded performances all above 90%, with the best coming in the 400 when he finished in an A-G 92.3% 59.19.

Joe Johnson, 54, Florence, N.J., topped the sprinters age grading with his 12.09 in the 100, a 93.8%. Other top sprinters included Tom Jones, 45, who ran an 11.71 100 and a 23.39 200.

On the women's side, Audrey Lary, 65, Frederick, Md., earned three golds and showed her heels to several younger women in the 100 when she ran a 15.62.

In the middle distances, it was the 50-year-olds who shone. Keith Small, 54, Newark, N.J., hit 2:21.11 in the 800 and Roger Price, 50, Piscataway, N.J., finished the mile in 4:58.18. Both times graded at 85.5%.

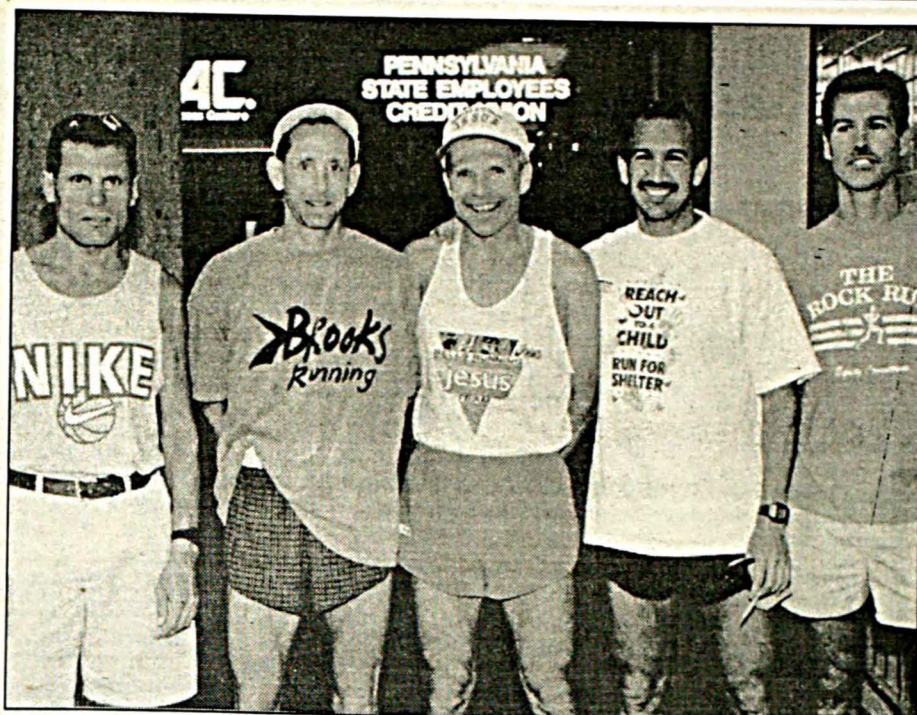
In the long jump, Rick Choppa, 40, of Latham, N.Y., did 18-6, and James Stookey, 69, Dickerson, Md., leaped 15-1. Stookey took home another gold for his 32-6 triple jump.

Terry Shuman, 53, Lancaster, Pa., threw the discus 152-0, to take home the gold in his division. Tom Neilson, 46, East Brunswick, N.J., lofted the javelin 182-7.

Plans are already under way for another joint meet in June 2000. □

### TEN YEARS AGO August 1989

- Dan Sekerak (M40, 51:29) and Marie Burleson (W40, 60:22) First in National 15K in Ohio
- National Senior Olympics Draws 3396 to St. Louis
- Waigwa, Drake Win in Utica 5K
- Stahl Top Master (2:18:43) at Grandma's Marathon



Top masters in the I.O. Silver Capitol 5000, Harrisburg, Pa., June 12 (l to r): Audrey Kuznetsov, 14:29; Tom Stevens, 14:54; Doug Bell, 15:26; Jim Hage, 15:37, and Terry Permar.

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, AUG. 1999

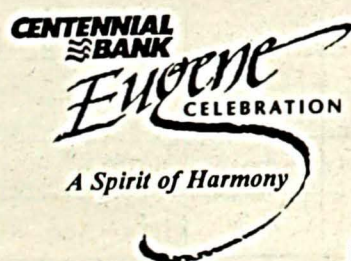
ATHLETE (RESIDENCE)	BIRTHDATE	AGE	GROUP
MICHAEL ACKLEY (CARMICHAEL, CA)	8-24-44	55	55-59
MARK BODLEY (LOS BANOS, CA)	1-15-34	65	65-69
JIM BROWN (SAN FRANCISCO, CA)	1-14-36	63	60-64
GEORGE BUCK (AUS)	1-18-14	85	85-89
NEEL BUELL (VILLA PARK, CA)	2-23-14	85	85-89
GARY CARR (US)	1-3-44	55	55-59
ANTHONY CASTRO (LA CANADA, CA)	1-3-44	55	55-59
WILLIAM COCKE (NASHVILLE, TN)	1-1-33	66	65-69
PHILIP CONLEY (WOODSIDE, CA)	1-1-33	66	65-69
DONALD DROZD (US)	1-1-33	66	65-69
RAFAEL FORTUN (CUBA)	1-1-33	66	65-69
JACK GRAY (TX)	1-1-33	66	65-69
LEIF GUNDERSRUD (NOR)	1-1-33	66	65-69
ERKKI HAAPALAINEN (FIN)	1-1-33	66	65-69
ALBERT HALL (MA)	1-1-33	66	65-69
DARREL HORN (LAFAYETTE, CA)	1-1-33	66	65-69
IAN HUME (CAN)	1-1-33	66	65-69
RON JONES (GB)	1-1-33	66	65-69
TOM KEMPE (BARTLESVILLE, OK)	1-1-33	66	65-69
MARTIN LEGETT (AUSTIN, TX)	1-1-33	66	65-69
WALTER LONG (EAST LANSING, MI)	1-1-33	66	65-69
K. F. MAIER (WG)	1-1-33	66	65-69
KENNETH MCCONNELL (US)	1-1-33	66	65-69
MOHAMMED NAWAZ (PAK)	1-1-33	66	65-69
HAROLD NIEBEL (KENSINGTON, MD)	1-1-33	66	65-69
LEIF ONSHUS (NOR)	1-1-33	66	65-69
HANS OVERLAND (NOR)	1-1-33	66	65-69
CLIFFORD PAULING (BRONX, NY)	1-1-33	66	65-69
JIM PETERSON (AITKIN, MN)	1-1-33	66	65-69
GORDON POWELL (HOLLY HILL, FL)	1-1-33	66	65-69
ED REINER (SAN DIEGO, CA)	1-1-33	66	65-69
WOLFGANG K. REUTER (GER)	1-1-33	66	65-69
TOM VON RUDEN (CA)	1-1-33	66	65-69
CHRISTOPHER THOMPSON (US)	1-1-33	66	65-69
HOMER VANGELDER (SANTA ROSA, CA)	1-1-33	66	65-69
AIMO VIROLAINEN (FIN)	1-1-33	66	65-69
W. J. SELDON (SAN ANTONIO, TEX)	1-1-33	66	65-69
JOAN ARSENAULT (ELKTON, OR)	1-1-33	66	65-69
MADLINE BOST (IRONIA, NJ)	1-1-33	66	65-69
RUDY BURR (HONOLULU)	1-1-33	66	65-69
HELEN DICK (LOS ANGELES)	1-1-33	66	65-69
SYLVIA DOUGLAS (COLLEGE PLACE, WA)	1-1-33	66	65-69
REIKO DUBA (GLENDALE, CA)	1-1-33	66	65-69
JANICE GERVAIS (SAN DIEGO, CA)	1-1-33	66	65-69
MARY HAINES (NEWINGTON, CT)	1-1-33	66	65-69
ANN KAHL (ORLANDO, FL)	1-1-33	66	65-69
HELENE LAURENT (SAN DIEGO, CA)	1-1-33	66	65-69
PAT MARTIN (TUCSON, AZ)	1-1-33	66	65-69
CINDY MCELWAIN (HARVARD, MA)	1-1-33	66	65-69
BEVERLY NOLAN (BRUNSWICK, ME)	1-1-33	66	65-69
BLANCH PAINE (WATERTOWN, MA)	1-1-33	66	65-69
DAWN RUSSELL (SPRINGFIELD, OR)	1-1-33	66	65-69
MARY SMITH (PORTLAND, OR)	1-1-33	66	65-69
SANDRA STEPP (ARCATA, CA)	1-1-33	66	65-69
DOROTHY THOMAS (FRESNO, CA)	1-1-33	66	65-69
ANGELINE TRANHAM (HALTON CITY, TEX)	1-1-33	66	65-69
SILVANA ACQUARONE (ITA)	1-1-33	66	65-69
LAURA AGUILAR (MEX)	1-1-33	66	65-69
ERNA BAUMAN (GER)	1-1-33	66	65-69
ANGELA BEADNALL (GBR)	1-1-33	66	65-69
GISELA BLADH (SWE)	1-1-33	66	65-69
DORLY BRECHBUEHL (CAN)	1-1-33	66	65-69
LAUREL FRAWLEY (AUS)	1-1-33	66	65-69
RUTH FRITH (AUS)	1-1-33	66	65-69
ELIZABETH HAULE (GER)	1-1-33	66	65-69
BRUNHILDE HOFFMANN (GER)	1-1-33	66	65-69
INGERLISE JENSEN (DEN)	1-1-33	66	65-69
CARMEN KARG (RUS)	1-1-33	66	65-69
ANNETT LAAJOKI (AUS)	1-1-33	66	65-69
OTILLIE NITSCHKE (GER)	1-1-33	66	65-69
BERNARDINE PORTENSKI (NZL)	1-1-33	66	65-69
ROSEMARIE WENZELER (GER)	1-1-33	66	65-69
ILZE WICKSELL (RSA)	1-1-33	66	65-69
JEAN WILLS (GBR)	1-1-33	66	65-69
MARGARET YATES (NZL)	1-1-33	66	65-69

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

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JERRY WOJCIK

Chuck Sochor, winning the M70 300H (54.73), 1998 National Masters Championships. The 1999 championships will be held in Orlando, Aug. 26-29.

## Petranoff, Matthews Place in Nationals at Eugene

Continued from page 15

one-kilometer course Saturday morning on Agate Street, where famed Hayward Field is located on the U. of Oregon campus.

"I knew I couldn't compete with those two guys in front," Matthews said. "This is my all-time PR, and I'm going to be 43-years-old in two days. I broke the masters records in the 10K, 15K, and 20K, and I just feel really good."

Other competitors in Eugene, on the

brink of becoming age-40 masters, include hammer thrower Judd Logan, 39, two-time Olympian and former U.S. record holder, who finished third with a 239-10, and 800 specialist Johnny Gray, 39.

Gray qualified for the finals by finishing third in his semi-final heat (1:47.62) on Friday, commenting, "Saving energy." He finished fourth in the finals on Sunday with a 1:46.62. He still holds the U.S. record of 1:42.60 set in 1985. □

## MASTERS COACHING/TRAINING

Name/Organization	Location/Site	Events	Contact	Name/Organization	Location/Site	Events	Contact
Progressive Training Team	U. of South Florida Tampa, FL	LD	C-Dror Vaknin 813-971-7627	SBAA	Santa Barbara, CA	MD, LD	C-Jim Triplett 805-967-1986
AT&T/Lucent NJ Runners	Bernards HS or Morristown HS 5:30 p.m. Hunterdon Central Reg. HS; Flemington, NJ	S	Joe Hehn 908-782-8287 (H) 908-221-7270 (W)	Bob Schul Racing Team	Dayton, Ohio	MD, LD	C-Rich Davis 937-885-4683 Bob Schul 937-293-7935
Terry Jessup	Dallas-S.M.U.	MD, LD	C-214-526-5318	Ladislav Filip	Eugene, OR	Gen. Fitness	C-Ladislav 541-687-1262
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493	MC 2 Athletics	Trinity College, Hartford, CT Wed., 4-6 p.m. Sun., 8-10 a.m.	S, MD, LD	C-Sam McClendon 860-985-1170
Robert Vaughn	Dallas-S.M.U.	MD, LD	C-214-820-7800	Cal Coast Track Club	Irvine, CA	LD, MD, S	C-Bill Sumner Rick Herr 949-476-7076
Kyle Heffner	McKinney, TX	MD, LD	C-972-562-2776	Young At Heart Racing	Colorado Springs, CO	MD, LD	C-Craig Young 719-630-8197 cyoung@comcast.net
Leo Davis	West LA College, Culver City, CA	S, H	C-Leo 909- 595-9674	Ric Rojas Running	Boulder, CO	LD	Ric Rojas 303-444- 7276 ricrojas@ aol.com www.ric rojasrunning.com
Ross Dunton, SCS	1520 Woodstock Drive Sevierville, TN 37862	S, F, MD, LD	C-Ross Dunton 423-774-0023 coachr880@ worldnet.att.net	Judy Heller	Portland, OR	RW	C-Judy Heller 503-282-1677 erofit@aol.com
Fred Husted, Riverside TC	Riverside, CA	S, PV, F	C-Fred 909- 369-0761	Paul Anthony-Schmitz	940 Rutland Dr. #306 Lincoln, NE 68512	MD, LD	C-Paul Anthony- Schmitz 402-423-6895
Mac McCormick	UC Irvine, CA	S, H, F, PV, TH	L-Mac 714-586-9942	Desert Valley Rockets Cathedral City, CA	Cathedral City HS	All T&F	C-Sam Jackson 760-770-0100 #102 pager 833-3420
George Mehale	CSU-Long Beach, CA	S, MD, S,F	C-George 310-498-8405	Western PA Track Club	Moon Township HS Pittsburgh, PA	S, MD, LD	C-Anthony Boerio 412-734-1091
Dave Rodda	CSU-Long Beach, CA	S, F, MD, TH	C-Dave 310-866- 9771 x2400 (work)	Ink Runs Ltd.	Greensboro, NC	LD/SF	C-Terry VanNatta 336-275-8464 inkruns@usa.net
Laszlo Tabori SFV TC	Mon, Wed, Sat - Culver City Tu, TH - Burbank, CA	MD, LD	C-Laszlo, 818- 556-1563 (work)	Tony Carter	Clearwater, FL	S, F	C-Tony Carter 727-804-2825
Wilbur "Moose" Thompson	Long Beach, CA	TH	C-Moose 310-596-0360	Running Unlimited	Blaine/Bellingham, WA	MD, LD	C-Diane Palmason 360-332-2077 dpalmason@msn.com
Elaine Ward	Pasadena, CA	RW	C-818-577-2264	Dixon Hemphill	Fairfax, VA	MD, LD	703-250-9277
Pat Connelly	Birmingham H.S.-Tue Santa Monica HS - Wed	MD, LD	C-818-994-0682 (home)	Jerry Hiatt	Seabreeze HS Daytona Beach, FL Tuesdays A.M.	MD, LD	Jerry Hiatt 904-255-1279 donna@totcon.com
Hawaii Masters TC	U of Hawaii-Manoa Sunday - 9 a.m.-11 a.m.	S, TH, F	C	The "Fast Program"	Boca Raton, FL	S, MD, LD	Bill Welle, Site Director 561-977-982
Club West	Santa Barbara CC Santa Barbara, CA	MD, LD	C-Drew Sutcliffe 805-687-7863	San Diego Panthers TC	San Diego, CA	T, F	James King Randy Thompson 619-475-5252
St. Louis Masters	Parkway South HS	S, MD, LD, J, F, H	L-Gordon Reiter 314-230-9120	Mark Miller	Ruidoso, New Mexico	S, LJ, TJ	Mark Miller 505-258-3921 helishot@trailnet.com
J. "Moose" Miller	Southington, CT	TH	C-860-621-3128	Training Mng. Systems	Los Gatos, CA	TH	Lad Pataki 1-800-553-2188 science@patakitms.com
Powerline Sports	YMCA-Central El Paso, TX	MD LD, S,F	C-David Jackson 915-533-3941	Tim Graf	Joliet Jr. College Fri. 4:30 p.m., Joliet, IL	S	Tim Graf tvgraf@msn.com
John Tansley	Canyon Del Oro H.S. Tucson, AZ	TH, J	C-520-825-2595	Mike DeWitt	Parkside Athletic Club	RW	Mike DeWitt 414-551-0142
So. Cal Track Club	Mission Viejo, CA Trabuco Hills H.S.	S, MD, LD, TH, F	C-Mark Cleary 714-589-0242				
River City Track Club	Sacramento, CA	T&F	C-Mike Holzgang 916-489-7881				
Tom Craig	Oakland, CA	MD	C-510-633-1161				
Personal Best Program	Reston, VA	LD	703-742-7856 Dr. Ron Kulik; Dr. Neil McLaughlin				
Ft. Steilacoom RC	Tacoma, Wash., Thu 5:30 p.m. Steilacoom HS (April through Oct.)	LD, MD, S	L-Ron Dimmerman 253-582-8188				
Eugene RC	Multiple Sites - Eugene, OR	MD, LD	Cathie Twomey Bellamy 541-343-4841				
Racewalking	Kentfield, CA	RW	C-Jack Bray 415-461-6843				

C=Coach; L=Led by experienced athlete or volunteer of informal group; S=sprints (100-400m); MD=middle distance (800-5K); LD=long distance (5K-marathon); TH=throws; J=javelin; F=field events; H=hurdles. NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that's training together, informally or formally, send the info to NMN, P.O. Box 50098, Eugene OR 97405.



## Athletes' List Creates Internet Debate

Long-time masters observers wondered whether it was an erupting scandal or much ado about nothing.

It started innocently enough around June 15 with a request for the list of U.S. athletes competing in Gateshead, England, at the WAVA World Championships.

Ken Stone, a masters hurdler who works for the *San Diego Tribune*, wanted to do a story for the paper on local athletes who would be going to Gateshead.

He asked Sandy Pashkin, the USA team manager, for the list.

Pashkin refused to turn over the list. "WAVA doesn't want the lists of athletes released," she told Stone and others. "The Gateshead Organizing Committee wants to make a profit selling programs."

Stone and others pointed out that other nations routinely publish the names of WAVA participants in their national publications. The Finns and Canadians had already done so.

Torsten Carlus, president of WAVA, said, "Of course WAVA does not prohibit affiliates from releasing lists of their competitors."

On June 19, Stone so reported all this on his masters website along with an unsubstantiated allegation from an "anonymous source" that Pashkin was withholding the names for personal reasons.

Stone asked his website readers to "write to Pashkin and insist she im-

mediately release information on all USA entrants to WAVA."

All hell then broke loose on the Internet.

Courtland Gray, an M55 hurdler from Dallas, wrote: "I have tried to obtain a list of USA participants in Gateshead to possibly get some people together for some social events and to coordinate travel opportunities. I am incensed and appalled at the arrogance demonstrated by our team manager over this simple request."

San Diego's David Pain, the founder of the masters T&F program, wrote: "Entry lists to worldwide competition should be available to all and could be put to good use in publicizing local masters' participation in their local press. A classic example is 86-year-old Bert Morrow, who appeared on the Rosie O'Donnell national TV show. As a result, her company is sponsoring Bert, a companion and photographer to chronicle his efforts in Gateshead for airing on a future show. Most masters could use the boost a local press release would generate."

Had the list been available, NMN would have published it in its July World Championships Preview edition.

Pashkin, who has done a good job as USA Team Manager for 12 years and was voted Outstanding Masters T&F Administrator-of-the-Year in 1995, denied she was withholding the names for any reason other than she



Competitors head for the finish line in the Ambleside Masters Mile, West Vancouver, B.C., Canada, June 5.

didn't feel she had the authority to do so, since she was acting as a representative of the Masters T&F Committee of USA Track and Field.

But Ken Weinbel, Masters T&F Chairman, said he had earlier asked Pashkin to release the list as soon as it

was available.

Finally, on July 7, Pashkin released names and ages (but no home towns or events) of Gateshead participants to USATF, which posted the list on its website. □

— Al Sheahen

## Top-Class Performances in Brugge

by MARTIN DUFF  
of *Athletics Weekly*

There were plenty of superior performances in the European Veterans Road Championships that returned to Brugge, Belgium, on a warm weekend, June 26-27, for contention in the



LEO BENNING

Magdalena Tomlinson, first W55 (9:43.51) in the 2000m steeplechase, 1999 South Africa Championships.

10K, half-marathon, and 30K race-walk for men and 20K for women.

Spain's Francisco Guerra Gonzalez, 41, won the half-marathon in 66:08 from Britain's new veteran Robin Nash (67:40). Germany's Hans Hopfner, 42, won the 10K in 30:14 from Toronto World Champion Nigel Gates, who took the M45 in 30:19.

Belgium's Omer Van Noten, 52, was again successful in both the half-marathon (72:52) and 10K (33:06). Emiel Pauwels, M80+, of Belgium, ran the 10K in 48:56, with half of the finishers behind him.

In the half-marathon, Silvia Lencina-Altamirano, W35, made it a Spanish double when she retained her title in 78:22. Ute Jenke, W35, of Germany, won the women's 10K in 35:56, but Scotland's Janette Stevenson, 50, beat all of the W40s and W45s to win her section in 36:25, a new British Best. Toronto world W60 champion Myfanwy Loudon returned after three years to win the W65s in another British best of 44:20.

The walks provided a demonstration of high international standards by Heidi Maeder, of Switzerland, in the women's 20K. The 55-year-old represented her country in the World Cup walks in April at Mezidon. Her first-overall time here of 1:56:49, she said, was slowed by the heat.

Roberto Cervi, 46, won the men's 30K for Italy in 2:31:38. □

## WAVA/USATF Hurdles and Implements Specifications

### HURDLES

#### WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

#### MEN

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

### IMPLEMENTS

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

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)

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

WAVA weights are used for USATF weight pentathlons.



# Masters Scene

## NATIONAL

• Omitted from the McMahon Family Trust 1999 Indoor Rankings in the July issue were triple jump M85: 1. **James Elliott** 5.48, and 2. **Harold Massle** 3.38. In the M55 rankings for the 60mH, **Courtland Gray** with an 8.64, ranked second, should replace **Roger Williams**, 8.1h, listed first.

• **Cindy Keeler**, 41, Lake Worth, FL, top woman master in the 1998 Boston Marathon (2:39:49), has been selected as a member of the USA women's marathon team for the 7th IAAF World Championships in Seville, Spain, Aug. 20-29. The other four members are all age 35+: **Mary-Lynn Currier**, 35, **Cindy James**, 39, **Linda Somers-Smith**, 38, and **Maria Trujillo de Rios**, 39.

## EAST

• **Don Di Donato**, 41, Hicksville, NY, bested the 500+ field in the Kids Helping Kids 5K, Plainview, L.I., with an overall first 15:36. **Anna Thornhill**, NYC, at age 58, was the W40+ winner and ninth-female in 20:50. **Jay Hidebrand**, 50, Bayside, NY, won a close M50 race with an 18:49, holding off **Joe Brennan**, 50, Shirley, NY, 18:51, and **Denis Brazil**, 52, Hewlett, NY, 18:55. Proceeds from the race, conducted by the Greater Long Island RC, were earmarked for the

Kids Helping Kids program to help children with extraordinary health needs.

• **Andrey Kuznetsov**, M40, with a sixth-place 14:29, and **Lee DiPietro**, W40, with a seventh-woman 17:38, galloped to masters firsts in the I.O. Silver 5K, Harrisburg, PA, June 12. **Tom Stevens**, M40, was second M40+ in 14:54.

• **Robert Marion**, 41, Annapolis, MD, sailed to a first overall in 32:46 in the Governor's Bay Bridge 10K, Annapolis, May 2. **Robert Drysdale**, 41, Oxford, MD, was fourth overall in 34:00. **Mary Ann Leon**, 43, Vienna, VA, placed fifth-woman in 39:37. **Deborah Butterworth**, 61, Washington, DC, placed 40th of 1016 females, with a 45:55.

• **Craig Young**, 41, with an age-graded 91.5% 30:41, and **Ruth Wysocki**, 42, with an A-G 89.4% 35:30, scampered to masters wins in the Shelter Island 10K, L.I., NY, June 12. **Amilcar Duarte**, 41, 38:52, and **Donna Hurely**, 41, 38:32, were runners-up. **Kathy Martin**, 47, 39:17, was third W40+.

• **Maury Dean**, 56, Patchogue, L.I., had a run of wins with masters firsts in the Runday 5K, June 5, in 17:52; Father's Day 5K, June 19, in 18:15; and Lake Ronkonkoma 4 Mile, June 26, in 23:56. Masters women's firsts were: Runday 5K, **Lois Polesky**, 45, Merrick, NY, in a second-place female 22:21; **Jan Levine**, 41, Wanamassa, NY, in the Father's Day 5K, with a third-place female 20:32; and **Nancy Katz-Johnson**, 40, Smithtown, NY, in the 4 mile with a 27:48.

## LDR Report

Continued from page 3

ty runner himself, Holappa has been coaching national and international runners (including masters) for a number of years, as well as studying parameters related to the aging process. Other scheduled topics are: structure, balance and muscle maintenance by Dr. Russ Ebbets; periodicity and cycle-patterns for masters by John Underwood; motivation and competition by four-time Olympian Ruth Wysocki; effort-based training and heart monitor usage by long-time coach Roy Benson; and speed development by your masters LDR chair. I guarantee the wonderful facilities, food, and running venues will really turn you on.

### And They're Off...

Running USA is off and...running. This group, conceived by several race directors and partially sponsored by USATF, is attempting to meld the var-

ious components of LDR into cooperating, smooth-functioning, yet independent, entities to raise the level of interest in LDR in the U.S. to the point where quality running and training is available to all who would desire it.

By design, the chairs of Men's, Women's and Masters LDR sit on the executive committee to provide information from the runners' standpoint to the race directors. Steve Edwards, ably assisted by his wife, Joy, is executive director. Basil and Linda Honickman and Ryan Lamppa are responsible for the communications elements. Already, the interest in sponsorship is gaining ground and hopefully a cornerstone sponsor is in the near future.

### Top-Flight Snowbird

In case you have not met our dynamic championships coordinator, John Boyle, you have missed a treat.

A valued member of the Masters LDR Executive Committee, John is a Bostonian, who became a permanent "snowbird" at a very early age by migrating to Florida and becoming not only a top-flight age-group runner and a much-in-demand race director and promoter, but also a college cross-country coach.

He is a very open, positive, pragmatic person, who strives for quality in every endeavor he undertakes. If all his multi-faceted activities detract from his coordination responsibilities or our championship program, it is certainly not evident to me. While his personal competition may not be as important as it once was, when he gets down to his fighting weight of 108, he can be mighty tough. □

## TWENTY YEARS AGO August 1979

• **Women Break 14 U.S. Age-Division Records in West Regionals**, Santa Ana, Calif.

• **Ernie Billups Breaks U.S. Records in the 800 and 1500 at Nationals in Gresham**

• **Herb Lorenz (M40, 65:54) and Trudy Rapp (W40, 80:07) First in National Masters 20K in D.C.**

• **Diana Fitzpatrick**, 41, captured the W40+ title with an 18:01, Vytra Women's Long Island 5K Championships, Farmingdale, NY, July 10. **Jean Chodnicki**, 40, NYC, was second (18:16). **Kathy Martin**, 47, Northport, NY, was best W40+ performer with an 18:20.

• **Tatyana Pozdnyakova**, 44, of the Ukraine, was the first master with a 17th-place 33:45, Avon Running Global Championships 10K, Central Park, NYC, May 22. Her time equaled an age-graded 95.6%, the best performance in the race. **Jane Welzel**, 44, Fort Collins, CO, took second W40+ in 36:42, an A-G 87.9%. **Lee DiPietro**, 41, Ruxton, MD, was third in 37:49. Age-group winners included **Anna Thornhill**, 58, NYC, 42:45, and **Hedy Marque**, 81, Alexandria, VA, 62:01. The race was culmination of the Avon Running Circuit, held in conjunction with the Road Runners Club of America, which last year had 50,000 women participating. This year's championships offered \$50,000 in prize money for the top 10 overall and first three masters. The overall winner, **Tegla Laroupe**, 26, of Kenya, won \$15,000.

• **Ivan Black**, 50, NYC, and **Srotaswini Klandt**, 60, NYC, won top performer honors at the Sri Chinmoy Masters Games, South Jamaica, NY, May 29. This was Black's fourth time as best male athlete in the meet, and Klandt's second time as best female. Black included a 10.79 TJ in his wins, and Klandt had 11 firsts.

## SOUTHEAST

• **John Tuttle**, 40, Douglasville, GA, with a 30:15, and **Carmen Troncoso**, 40, Austin, TX, with a 34:54, captured masters wins and \$1500 each, Peachtree 10K, Atlanta, GA, July 4. **Craig Young**, 42, Colorado Springs, Colo., 30:58, and **Ruth Wysocki**, 42, off the pace by 10 seconds with a 35:04, were runners-up, worth \$1000 apiece. Wysocki took some consolation with the best W40+ age-graded performance at 90.5%. **Richard Buerkle**, 52, Atlanta, took that honor among the M40+ with a 93.6% 32:38. Top masters shared \$7000 in prize money.

• **Phil Mulkey**, 66, Atlanta, GA, bettered the U.S. M65 SP record of 44:4 1/2 held by **Wendell Palmer**, with a 44:6 (A-G 94.3%), Atlanta TC Masters Meet, June 12. Mulkey adds this to his indoor record of 44:8 1/4 in the 1999 Championships at Boston, which erased **Len Olsen's** 42:9 in 1997.

• **Philippa Raschker**, 52, vaulted 3.11/10-2 1/2 (A-G 98.4%) at the Atlanta All-Corners Meet, June 8, to top her world record 10-2 in 1997. At the June 12th Atlanta TC Championships, Raschker ran an A-G 94.7% 12.80 for the 80H, just .12 off her WR at the WAVA Championships in Durban.

• **Carlos Vera**, of Virginia, triple jumped 32-4 1/4, Southeastern Masters Meet, Raleigh, NC, May 7-9, to break the M70 U.S. record of 31-11 1/2 by **Ed Lukens** in 1993.

• **Chris Fox**, M40, 4:14, and **Kim Burns**, W40, 5:47, scored victories over the masters fields, Loudoun Street Mile, Winchester, VA, June 26. **Chuck Moeser**, M45, was second M40+ in 4:14. Race Director **Kathy Smart** won the W55 race in 7:21. Masters shared \$2000 in prize money.

## MIDWEST

Husband and wife javelin throwers, **Charley Greene**, 42, with a 190-7 toss, and **Carla Greene**, 37, 137-5, took firsts in the Yellow Springs HS, OH, Homecoming Classic, July 2.

• The W80 U.S. record in the 100 was demolished by **Mary Bowermaster** who flew to an 18.59 finish in the Southwest Senior Olympics, Cincinnati, Ohio, May 15. This erased **Polly Clarke's** mark of 19.32 set in 1992.

## MID-AMERICA

• In the first fully age-graded race ever held in Kansas, **Paul Heitzman**, 68, topped the male list overall with an A-G 14:48 for his actual time of 19:39, worth \$300, Sunflower Classic 5K, Wichita, June 26. **Carolyn Buckner**, 61, led the female list with a 17:52/22:52, also worth \$300.

**Jeff Berven**, 52, 15:00/17:04, and **Brenda Underhill**, 39, 17:56/18:41, collected \$200 apiece for second-best A-G. First actual-time masters were **Bob McNaney**, M40, 16:21, and **Barb Holzman**, W45, 20:44.

## WEST

• **Paul Sinatra**, 37, soared the highest with a 16-6 in the masters section of the Santa Barbara Beach Pole Vault Championships, June 19-20. First M50+ was **Paul Heglar**, 51, who tied for 10th with a 13-0. First M60+ was **John Steinman**, 62, with a 19th place 9-6. On Saturday, the meet drew 150 vaulters, including masters. On Sunday in the elite division, **Tracy Dragila**, the top female vaulter in the U.S., cleared 15-3/4, a U.S. record, to win \$100,000 offered to any woman who broke through the 15-foot barrier.

• **Christel Miller**, president of the USATF Southern California Association, announced her retirement, effective Dec. 31, 1999. **Jim Selby** and **Mark Cleary** have expressed an interest in the position.

• **Steve Scott**, 43, won the overall title in the Keep L.A. Running 10K Run in 32:32 at Playa Del Rey, Calif., July 11.

• **Phillip Nicholls**, 40, of Canada, 70:05, and **Carol Richardson**, 47, Laguna Niguel, CA, 84:54, blazed to masters wins, Fontana Days Half-Marathon, Fontana, CA, June 5. In the adjunct 5K, **Nolan Shaheed**, 49, Placentia, CA, 14:44, and **Sandy Robbins**, 47, Apple Valley, CA, 18:06, galloped to masters firsts. **Jesus Orendain**, 57, Los Angeles, 26:12, and **Suzanne Synalgriffe**, 58, Riverside, CA, 29:15, scorched to masters wins in the 5K racewalk.

## NORTHWEST

• **Becky Sisley**, Northwest Regional Coordinator, established the goal of having sponsors for all events in the 2000 Regional Championships in Bozeman by this year's regional meet in Seattle, July 17-18. Bozeman will host the first-ever regionals held east of Seattle, Portland, or Eugene, and will require a 2000-mile trip for many athletes. Next August, ten days after Bozeman, the region will be host to the National Masters Championships in Eugene.

• **Mark Bentley**, M40, sped to the M40+ win (2:47:51), and **Trish Motyl-Hruby**, W40, captured the W40+ race (3:31:32), Capital City Marathon, Olympia, WA, May 16. **Bob Hill**, 81, finished his fourth marathon in 6:21:26. **Denise Foote**, W40, was female winner overall (81:43) in the half-marathon. **Mark Billett**, M45, left his M40+ opposition behind with a 75:03.

• **Marty Higginbotham**, 43, Lander, WY, 34:12, and **Lisa Schneider**, 40, Salt Lake City, UT, 40:57, posted masters wins and 12th places overall, Salt Lake City Classic 10K, Salt Lake City, UT, June 5. In the shorter 5K, **Paul Pilkington**, 40, Roy, UT, highlighted the masters portion with a second place overall in 15:46. **Gloria Zuroff**, 42, Silverpeak, NV, 24:26, chalked up a masters first.

## CANADA

• The world's largest street mile for masters took place in the Ambleside Masters Mile, West Vancouver, BC, on June 5 with 127 finishers. The event, part of West Vancouver Community Day, is run on a closed-off course within a parade, and is completely age-graded. **Betty Jean McHugh**, 71, was the A-G winner with a 91.7% 6:49. **Dave Reed**, 44, the overall winner with a 4:26 on a windy day was second A-G (91.5%). **Debbie Erkes**, 43, was first W40+ in 5:10.

## INTERNATIONAL

• **A. Vassiliev**, M40, of Russia, in 2:29:25, and **A. Rodriguez**, W35, of Spain, with a 2:35:29, took masters firsts in the Rotterdam Marathon, April 18. Second M40+, **A. Beneens**, M40, of Belgium, was four seconds behind Vassiliev.

• **Glen Grant**, M45, ran a 4:00.68 in a meet in Nastola, Finland, June 20. The M45 WR is 4:00.53 by **Ken Sparks** in 1990.



# Schedule

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

## TRACK & FIELD

### NATIONAL

**August 26-29.** 32nd annual USATF National Masters Championships, Orlando, Fla. Disney Wide World of Sports, PO Box 692349, Orlando, FL 32869-2349. Contact: Sports Event Coordinator, 407-938-3441.

**September 18.** USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917.

**October 20-29.** National Senior Games - Senior Olympics, Orlando, Fla. National Senior Games Association, 3032 Old Forge Dr., Baton Rouge, LA 70808. 225-925-5678; fax: 216-7552.

**March 24-26, 2000.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass.

**July 14-23, 2000.** USA Olympic Trials, Sacramento, Calif. 2000 T&F Trials, PO Box 511, Sacramento, CA 95812. 877-873-9690. www.sacsports.com.

**August 10-13, 2000.** 33rd annual USATF National Masters Championships, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440.

### EAST

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

**August 11.** Philadelphia Masters Developmental Meet, Germantown Academy, Fort Washington, Pa. 6-8 pm. Bill Krieger, 215-722-8859(eve); Tom Yunker, 610-828-4672(eve).

**August 14.** USATF East Regional Masters Championships, Springfield College, Springfield, Mass. USATF New England, 617-566-7600; email: masterstf@USATFNE.org.

**August 20-22.** Granite State Senior Games, Laconia, N.H. Out-of-state welcome. Aug. 1 deadline. GSSG, 610 Front St., Suite B, Manchester, NH 03102-2610. 603-622-9041.

**August 22.** Philadelphia Masters Championships Meet, Germantown Academy, Fort Washington, Pa. 9:30 am. See Aug. 11.

**September 4-5.** Potomac Valley TC Games, Alexandria, Va. PVTC, 3515 Slate Mills Rd., Sperrville, VA 22740. 540-547-4355; corrallo@erols.com

**September 4-29.** Maine Senior Games, Portland. Anita Chandler, 207-775-6503.

**September 15.** Green Mountain Senior Games, Green Mountain College,

Vermont. Ardis Smith, 802-824-6521.

**September 23-25.** Maryland Senior Olympics, Towson. No out-of-state. Phil Adams, 410-830-4456.

**October 2-10.** Delaware Senior Olympics, Dover. No out-of-state. Peggy Yaeger, 302-736-5698.

### SOUTHEAST

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

**August 11 (Wed.).** Time Trials Meet, Nashville, Tenn. 6:30 pm. 100/800/300/200/mile/3000, in that order. 615-383-6733; email: rbrady@mail.state.tn.us.

**September 22-25.** Georgia Golden Olympics, Robins AF Base. Aug. 1 deadline. Vicki Pilgrim, 404-657-6644.

**September 28-October 3.** North Carolina Senior Games, Raleigh. No out-of-state. Cindy Trumbower, 919-851-5456.

**November 30-December 5.** Florida Senior Games State Championships, Kissimmee/St. Cloud. Laura Hallam, 407-943-7992.

### MIDWEST

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

**August 15.** Sprint Pentathlon (50, 100, 400, 200, 300), Oak Forest HS, Oak Forest, Ill. Must run all 5 races. Gerry Krainik, 15124 Hillside Ave., Oak Forest, IL 60452. 708-687-2124; email: jkraini9@idt.net.

**September 15-25.** Wisconsin Senior Olympics, Milwaukee. Helen Ramon, 414-821-4444; fax: 821-4445; email: aging@execpc.com.

**September 16-19, 22-26.** Illinois Senior Olympics, Springfield. Sandy Holste, 217-789-2284.

**September 22-26.** Kentucky Senior Games, Elizabethtown. Ruth Hudson, 502-765-2175, 800-437-0092.

**September 25.** Wisconsin Senior Games, Milwaukee. Mary Byers, 6946 N. Ardora Ave., Milwaukee, WI 53209. 414-352-2258.

### MID-AMERICA

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

**August 1.** 21st Century Ageless Games, U. of Minnesota. Rachel Lyga, 122-NE 63 1/2 Way, Twin Cities, MN 55432.

**August 3-8.** Rocky Mountain Games, Greeley, Colo. Sheri Lobmeyer, 970-453-2461.

**August 19-22.** Nebraska Senior Olympics, Kearney. Scott Hayden, 208-237-4644.

**September 4-5.** Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, PO Box 889, Lake Crystal, MN 56055; Tim Edwards, 303-315-9107; Sue Norton, 303-443-2695.

**September 9-12.** South Dakota Senior Games, Sioux Falls. 50+. Al Weisbecker, Exec. Dir., SDSGA, 403 E. 7th, Dell Rapids, SD 57022. 605-428-3807; email: weisones@wans.net.

**September 23-26.** Kansas Senior Olympics, Topeka. Limited events. Deadline w/o extra fee, Aug. 20. Kansas SO, 1534 SW Clay, Topeka, KS 66604. 785-368-3798.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**August 14.** 1st annual Cat Spring Grunt, Cat Spring (70 miles w. of Houston), Texas. Throwers meet. Swimming & BBQ to follow. Cheryl Mellenthin/Mark Chapman, Rt. 1, Box 65, Cat Spring, TX 78933. 409-732-5591.

**September 16-19.** Arkansas Senior Olympics, Hot Springs. Gail Ezelle, Exec. Director, PO Box 3377, Hot Springs, AR 71913. 501-321-1441; fax: 321-4161.

**September 16-22.** Oklahoma Senior Olympics, Tulsa. Dana Brown, 918-596-7866.

**September 20-26.** Scott and White Texas Senior Games, Temple. James Garcia, 254-298-5720.

**September 24-October 3.** Louisiana Senior Games, Baton Rouge. No out-of-state. Butch Gipson, 504-925-1748.

### WEST

Arizona, California, Hawaii, Nevada

**August 4-8.** Prescott Senior Olympic Games. Cathy Casalegno, PO Box 2059, Prescott, AZ 86302. 502-445-5291.

**August 7.** Paul Sinatra's Pole Vault Competition, Vacaville, Calif. Y/O/M (m & w). USATF registration required. 707-645-8555; fax: 645-0550; email: prsport1@aol.com.

**August 14.** Nevada Masters Classic, Mojave H.S., Las Vegas. Al McDaniels, 702-895-4179.

**August 14-22.** Orange County Senior Games. T&F on 21st. 949-499-7202. (See entry form in June issue, p. 7.)

**August 21.** KelField Throws Series Meet #75, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com.

**September 15-19.** Flagstaff Senior Olympics. Carole Mandino, NAU Box 15063, Flagstaff, AZ 86011. 520-523-6584.

**September 18.** Eddie's Pole Vault Competition, Vacaville, Calif. Y/O/M (m & w). USATF registration required. 707-645-8555; fax: 645-0550; email: prsport1@aol.com.

**September 18.** Chuck McMahon Memorial Meet, ARCO Olympic Center, Chula Vista (south of San Diego), Calif. M&W40+. Racewalks, 7:30 am; Running & Field Events, 10:00 am. San Diego Senior Sports Festival, 619-282-4350; fax: 282-4321. David Pain, T&F Commissioner, 619-3316(h); fax: 582-5769; email: DpainTF@aol.com.

**September 25.** KelField Throws Series Meet #76, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com.

**September 30-October 11.** Nevada Senior Games, Las Vegas. Dr. Roger Owen, 702-242-1590.

**October 3.** Club West Meet, Santa Barbara Comm. College, Calif. Gordon McClen-

## ON TAP FOR AUGUST

### TRACK AND FIELD

The XIII WAVA Championships continue through the 8th in Gateshead, England. Following that, the Disney Wide World of Sports track & field complex in Orlando hosts the 32nd annual USATF National Masters Championships on the 26th-29th. Before that, the East Regionals take place in Springfield, Mass., on the 14th. For other action before, during, and after the WAVA and Orlando meets, check the T&F Schedule.

### LONG DISTANCE RUNNING

The Crim Festival of Races 10 Mile, Flint, Mich., is also an Indy Life Circuit event. Races of interest include the Peoples Beach to Beacon 10K, Cape Elizabeth, Me., on the 7th; Falmouth 7.1 Mile, Mass., and America's Finest City Half-Marathon, San Diego, on the 15th; Parkersburg Half-Marathon, W. Va., on the 21st, and Pike's Peak Run-Up and Marathon, Colo., on the 21st-22nd; Hood to Coast Relay, Mt. Hood to Seaside, Ore., on the 27th-28th, and Maggie Valley Moonlight 8K, N.C., on the 28th; and the Annapolis 10 Mile, Md., and Silver State Marathon, Reno, Nev., on the 29th.

### RACEWALKING

In Orlando, national championships will be contested in the 5000 on the track on the 27th, and in the women's 10K and men's 20K on the roads on the 29th. □

then, PO Box 99, Goleta, CA 93116-1099. 805-964-3005. Beverley Lewis, 805-969-5851(h); 805-452-5020 (cell); fax: 969-6613.

**October 9.** KelField Throws Series Meet #77, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com.

**October 11-23.** Huntsman Senior Games, St. George, Utah. Kathie Thayne or Nancy Colarossi, 435-674-0550, 800-562-1268.

**October 17.** Sri Chinmoy Masters Meet,

Continued on next page

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Continued from previous page

Cal State Long Beach. 40+. Bigalita Egger, 6199 Canterbury Dr., #202, Culver City, CA 90230. 310-645-0271.

**October 23.** Roger's Pole Vault Competition, San Ramon HS, Daville, Calif. USATF card required. 707-645-8555; fax: 645-0550; email: prsport@aol.com.

**November 26-30.** Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805; email: zeug@lava.net.

### NORTHWEST

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

**August 12-15.** Washington Senior Games, Spokane. Lisbeth Naber, 360-438-5458.

**September 8-12.** Idaho Senior Games, Boise. Karin Hoffer-Boles, 800-859-0324; email: aaa3@cyberhighway.net.

### INTERNATIONAL

**July 29-August 8.** XIII World Veterans Athletics Championships, Gateshead, England. XIII WAVA Championships, PO Box 18, Gateshead NE8 IEA, England. Phone: 44-191-443-3301 and 3302; Fax: 44-191-443-3303

**August 14.** Irish Veterans Athletics Championships, Tullamore, County Offaly (60 miles west of Dublin). B.L.E., 11 Prospect Rd., Glasnevin, Dublin 9, Ireland. Martin Kelly, 353-1-235-2364; Fax: 353-1-235-2726. (Entry form in April issue.)

**November 20-23.** Japan International Masters Championships, Kumamoto. 1-1 Tetorihoncho, Kumamoto City, 860-8601, Japan. Fax: 096-328-2959.

**September 15-October 1, 2000.** Olympic Games, Sydney, Australia. Cartan Tours, 1334 Parkview Ave., #210, Manhattan Beach, CA 90266. 800-818-1998; fax: 310-546-8433. www.cartan.com.

## LONG DISTANCE RUNNING

### NATIONAL

**August 28.** Crim Festival Of Races 10 Mile/Indy Life Circuit Race, Flint, Mich. Anne Gault, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-7130.

**September 5, 12, 19, 25.** Reebok 5K National Challenge. Denver, 5th; Boston, 12th; Chicago, New Jersey, Los Angeles, 19th; Dallas, 25th. 610-967-7797.

**September 11.** Riverfest Run By The River 5K/Indy Life Circuit Race, Clarksville, Tenn. Joe Huber, Events & More, PO Box 3899, Clarksville, TN 37043. 615-647-3855.

**September 18-19.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. 973-898-1261.

**October 3.** USATF National Masters Championships/Twin Cities Marathon/Indy Life Circuit Race (1.5 x points), Minneapolis/St. Paul, Minn. Theresa Wynne, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 17.** USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Rd., Louisville, KY 40205. 502-459-6820.

**October 30.** Tulsa Run 15K/Indy Life Circuit Race, Tulsa, Okla. Jack Wing, PO

Box 1319, Tulsa, OK 74101-1319. 918-587-8786. Entry deadline June 19.

**October 31.** Avon Running National 10K Championships, Cincinnati. 212-282-5350; email: avonrunning@avon.com.

**November 21.** USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. USATF-NJ, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006.

### EAST

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

**August 1.** Green Mountain 10K, Killington, Vt. The Summit Lodge, Box 119, Killington, VT 05751. 802-422-3535; out-of-state: 800-635-6343.

**August 1.** Gold Medal Camp Alumni 8K Cross-Country, California, Pa. Alumni 8K, 48A Morris St., Clymer, PA 15728. 724-254-2369.

**August 3.** Yankee Homecoming 10 Mile & 3 Mile, Newburyport, Mass. SASE to YHR, PO Box 366, Newburyport, MA 01950.

**August 7.** NYRRC Manhattan Half-Marathon, Central Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

**August 7.** Peoples Beach To Beacon 10K, Cape Elizabeth, Me. Entries close at 4000. 888-480-6940.

**August 14.** Bridge Of Flowers 10K & 2 Mile, Shelburne Falls, Mass. SASE to McCusker's Market, 3 Bridge St., Shelburne Falls, MA 01370. 413-625-9411; email: mccusker@crocker.com.

**August 15.** Falmouth 7.1 Mile Road Race, Falmouth, Mass. 508-540-7000; email: falmouth@aol.com.

**August 15.** NYRRC Roosevelt Island 10K, Roosevelt Island, NYC. See Aug. 7.

**August 21.** Eamonn Coghlan 5K, Belmont Race Track, N.Y. 212-686-1210.

**August 29.** Annapolis 10 Mile, Annapolis, Md. 410-268-1165.

**September 6.** New Haven 20K, New Haven, Conn. John Bysiewicz, 203-481-5933; email: jbsports@javanet.com.

**September 9.** American Heart Association Wall Street 5K, Manhattan, N.Y. 6:30 pm. 212-860-4455.

**September 11.** Goodloe Byron Memorial Run, Mt. Saint Mary's College, Emmitsburg, Md. 301-473-7868.

**September 12.** Eriesistible Marathon, Erie, Pa. Rick Godzwa, PO Box 8311, Erie, PA 16505. 814-456-0621; fax: 459-8381.

**September 12.** Brewery Exchange 5K/USATF NE Championships, Lowell, Mass. 617-566-7600; email: usatfne@ix.netcom.com.

**September 18.** The Great Cow Harbor 10K, Northport, N.Y. SASE to GCH 10K, Inc., PO Box 41, Northport, NY 11768.

**September 19.** Harvard Pilgrim 5K, Providence, R.I. HP 5K, PO Box 1940, East Greenwich, RI 02818. 401-331-4034, x43365; fax: 294-9925.

**September 19.** Dutchess County Marathon, Fishkill, N.Y. Irvin Miller, 11 Manor Dr., Poughkeepsie, NY 12603. 914-471-0777.

**September 19.** Philadelphia Distance Run Half-Marathon & 5K. 610-526-9188.

**September 25.** Fifth Avenue Mile, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

**September 26.** Falling Leaves 5K/RRCA Championships, Utica, N.Y. Jim Stasaitis,

315-797-4949 (weekdays).

**September 26.** Ocean To Sound 50 Mile Relay, Jones Beach State Park, Wantagh, N.Y. 8 runners - 5-7 miles each. Alan End, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7649.

**September 26.** Bowling Green Classic 10K/Men's Oopen Championships, Bowling Green, Ky. 502-782-3600.

**September 26.** Richard S. Caliguiri Great Race 10K & 5K, Pittsburgh, Pa. 412-255-2493.

**September 26.** Rockland Half-Marathon/RRCA State Championships, Orangeburg, N.Y. Tappan Zee Sports Booster Club, PO Box 249, Orangeburg, NY 10962. Shelly Morgan, race coordinator, 914-359-5425.

**October 1-2.** Reach The Beach 200 Mile Relay, Lincoln to Hampton, N.H. RTB Relay, 32 Chester Ave., Waltham, MA 02453. 508-881-4505.

**October 2.** New Hampshire Marathon, Bristol. Fred MacLean, PO Box 6, Bristol, NH 03222. 603-744-2649.

**October 3.** Wineglass Marathon, Corning, N.Y. WM, PO Box 117, Corning, NY 14830. 800-3352, x65; email: Bill Tay@aol.com.

**October 3.** Ro-Jacks 8K/USATF NE Championships, Attleboro, Mass. 617-566-7600; email: usatfne@ix.netcom.com.

**October 9.** Greater Hartford Marathon, Half-Marathon, & 5K. GHM, 119 Hebron Ave., Glastonbury, CT 06033. 860-652-8866; fax: 652-8145.

**October 10.** Army 10 Miler, Washington, D.C. SASE to Army 10 Miler, 103 Third Ave., Bldg. 48, Ft. McNair, DC 20319.

**October 11.** Tufts 10K for Women/USATF Open Championship, Boston, Mass. 888-767-RACE.

**October 16.** Oyster Festival 5K, Roosevelt Memorial Park, Oyster Bay, N.Y. Mike Polansky, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646.

**October 16.** Avon RRCA Women's 5K Series, Mt. Lebanon, Pa. RRCA 5K, 348 Morris St., Clymer, PA 15728. John Harwick, 724-254-2369.

**October 17.** Mohawk Hudson River Marathon/USATF Adirondack Championships, Schenectady-Albany, N.Y. MHRM, PO Box 4146, Albany, NY 12204. 518-435-4500.

**October 17.** Bay State Marathon, Half-Marathon, and Merrimack River 5K, Lowell, Mass. SASE to BayState, 26 Groton St., Pepperell, MA 01463. Email: BayState@empire.net.

**October 24.** Marine Corps Marathon, Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 800-RUN-USMC; fax: 703-784-2265; email: marathon@quantico.usmc.mil

**October 31.** Cape Cod Marathon/USATF NE Marathon Championships & Marathon Relay, Falmouth, Mass. SASE to CCM, Box 699, West Falmouth, MA 02574. 508-540-6959; email: marathon@cape.com.

**October 31.** Sweetwood Halloween Scamper 5K Cross-Country, Williamstown, Mass. 11:30 am. M&W50+ only. Matteson Associates, 359 Main St., Bennington, VT 05201-2173. 802-447-2566.

**November 7.** New York City Marathon. NYRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455; www.nyrrc.org.

**November 14.** Ocean State Marathon, Warwick to Providence, R.I. SASE to OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; fax: 885-3188.

**November 21.** Philadelphia Marathon, Pa. 215-685-0054.

### SOUTHEAST

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

**August 14.** Dinosaur Dash 5K, Fernbank Museum of Natural History, Atlanta, Ga. 404-843-2257.

**August 28.** The Atlanta Mile, Centennial Olympic Park, Atlanta, Ga. 404-845-3690.

**August 28.** Maggie Valley Moonlight Race 8K, Maggie Valley, N.C. MVMR, 262 Leroy George Dr., Clyde, NC 28721. Hotline: 828-452-8241.

**September 6.** U.S. 10K Classic, Cobb, Ga. 770-431-0100.

**September 25.** Virginia Ten & Four Miler, Lynchburg. Sports Capital of Va., c/o Chris Ellis, P.O. Box 2027, Lynchburg, VA 24501. 800-732-5821.

**October 16.** Southtrust Running Festival 10 Mile & 5K, St. Petersburg, Fla. PO Box 66252, St. Pete Beach, FL 33736. 727-363-7866; fax: 360-9710; email: run\_florida@msn.com.

**October 17.** Atlantic City Marathon, Atlantic City, N.J. 609-601-1786.

**November 13.** Richmond Marathon & 5 Miler, Richmond, Va. 804-673-RACE.

**November 25.** Atlanta Marathon & Half-Marathon. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.

**November 25.** Outback Distance Classic Half-Marathon & 5K, Jacksonville. Jacksonville Classic, 3853 Baymeadows Rd., Jacksonville, FL 32217. Hotline: 904-739-1917.

**December 11.** Rocket City Marathon, Huntsville, Ala. Huntsville, TC, 1001 Opp Reynolds Rd., Toney, AL 35773-7443.

### MIDWEST

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

**August 14.** State Street Mile/USATF Illinois Championships, Rockford. Bob Sharp, 815-963-2171.

**August 21.** Parkersburg Half-Marathon, Parkersburg, W. Va. 304-424-2786.

**August 22.** Abe's Amble 10K/USATF Illinois Championships, Springfield. John Hartnett, 217-787-4400.

**September 4.** Charleston 15 Mile & 5K. Charleston Distance Run, PO Box 2749, Charleston, WV 25330. 304-348-6464.

**September 6.** Park Forest 10 Mile/USATF Illinois Championships. 708-748-2005.

**September 12.** Chicago Half-Marathon/USATF Illinois Championships. Dillon Productions, 773-929-5978.

**September 18.** United States Air Force Marathon, Wright-Patterson AFB, Ohio. 937-257-4350; 800-467-1823.

**September 26.** Fox Cities Marathon, Appleton, Wisc. 920-830-7259.

**October 10.** Frank Lloyd Wright 5K/USATF Illinois Championships. Greg Evans, 708-383-0002.

**October 16.** Bowling Green 10K, Bowling, Ky. Rick Kelley, 502-782-3660.

**October 17.** Detroit Marathon, Detroit, Mich. DM, James Minella, Book Tower, 1249 Washington Blvd., Ste. 2700, Detroit, MI 48226. 313-393-7749.

**October 24.** Chicago Marathon/USATF Illinois Championships. CM, PO Box 5709, Chicago, IL 60680. 312-243-0003; 888-243-3344.

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**MID-AMERICA**Colorado, Iowa, Kansas, Minnesota,  
Missouri, New Mexico, N. Dakota, Nebraska,  
S. Dakota

**August 7.** Sedalia Women's Distance Festival, Sedalia, Mo. Kent Lang, 4030 Par 4 Dr., Sedalia, MO 65301. 660-824-0274.

**August 15.** USATF Minnesota Masters 15K Championships, Minneapolis. Barb Leininger, 5115 Park Ave., Minneapolis, MN 55417. 612-881-3740.

**August 21-22.** Pike's Peak Run-Up & Marathon, Colorado Springs. Dave Zehrer, PO Box 38235, Colorado Springs, CO 80937. 719-473-2625.

**September 6.** Heart Of America Marathon, Columbia, Mo. SASE to Joe Duncan, 2980 Maple Bluff Dr., Columbia, MO 65203. 314-445-2684.

**September 11.** Dick Beardsley Half-Marathon & 5K, Detroit Lakes, Minn. 800-542-3992.

**September 18.** The Great Escape Run, 10K, Ft. Leavenworth, Kans. Capt. Eric Barres or Sgt. 1st Class Ronnie Hamlin, U.S. Disciplinary Barracks, 300 McPherson Ave., Ft. Leavenworth, KS 66027-1363. 919-684-5542.

**September 26.** Duke City Marathon, Albuquerque, N.M. 505-880-1414.

**October 2.** 37th annual Jackrabbit 15 (15.2 Miles) & Relays, Brookings, S. Dak. Chad Witt, Wellness Director, SDSU, PO Box 2820, Brookings, SD 57007. 605-688-5386.

**October 16.** Tulsa Zoo 10K & 5K, Tulsa, Okla. 918-669-6635.

**October 17.** Wichita Marathon. Prize money for open & age-graded masters. WM, Box 782050 Wichita, KS 67278.

**October 17.** St. Louis Marathon. SLTR, 2385 Hampton Ave., St. Louis, MO 63139. 314-781-3926.

**October 17.** Omaha Marathon. Peak Performance, 519 N. 78th, Omaha, NE 68114. 402-398-9807.

**October 23.** 4th annual Hobo Day 5K, Brookings, S. Dak. Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058.

**SOUTHWEST**Arkansas, Louisiana, Mississippi,  
Oklahoma, Texas

**November 7.** San Antonio Marathon. Marathon, 1123 Navarro, San Antonio, TX 78205. Entry forms: 210-246-9652.

**WEST**

Arizona, California, Hawaii, Nevada

**August 15.** America's Finest City Half-Marathon, San Diego, Calif. 619-297-3901.

**August 29.** Silver State Marathon, Reno, Nev. Ski Pisarski, 2358 Camelot Way, Reno, NV 89509. 702-849-0419.

**September 2.** Sunset In The Park 2.8 Mile & 4.8 Mile Cross-Country Race, Huntington Beach. 6 pm. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**September 12.** 17th annual Cross City Race 10K Run, 10K Wheelchair, 2-Mile Run & Walk, 2-Mile Wheelchair. Masters prize money. 559-650-3220. On-line form and registration: [www.fresnofair.com](http://www.fresnofair.com).

**September 25.** Health Expo For Girls At Risk 5K Run/Walk, Rose Bowl, Pasadena, Calif. Reiko Duba, 411 W. Sugar Loaf Dr., Palmdale, CA 93551. 661-265-6593; email: W2Promo@aol.com.

**October 3.** Sacramento Marathon,

Sacramento, Calif. SM, PO Box 995, Dixon, CA 95620. 707-678-5005.

**October 9.** South Gate Scholarship 5K & 10K, South Gate, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**October 10.** Lake Tahoe Marathon, Half-Marathon, 10K, & 5K, Lake Tahoe, Calif. 530-544-7095.

**October 16.** Big Sur Trail Marathon, Big Sur, Calif. BSTM, Enviro-Sports, PO Box 1040, Stinson Beach, CA 94970. 415-868-1829.

**October 17.** Humboldt Redwoods Marathon, Weott, Calif. HRM, PO Box 4989, Arcata, CA 95518. 707-443-2553.

**October 23.** Balboa 5K Run For The Arts, Newport, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**October 29-31.** Silicon Valley Marathon & Y2K Kinetic Festival, San Jose, Calif. 831-477-0965.

**November 7.** Santa Clarita Marathon and Half-Marathon, Santa Clarita, Calif. 888-823-3455.

**November 13.** Helen Klein 50 Mile, Sacramento, Calif. Greg Soderlund, 916-929-7858.

**November 28.** Run To The Far Side XV, San Francisco, Calif. 415-759-2690.

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

**August 7.** McChesney Memorial 10K, Mohawk HS, Marcola, Ore. Mohawk Valley RR, 1550 Q St., Apt. 63, Springfield, OR 97477.

**August 27-28.** Hood To Coast Relay, Mt. Hood to Seaside, Ore. 12-person/195 miles. Also shorter Portland To Coast Walk Relay. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; email: [htcrelay@teleport.com](mailto:htcrelay@teleport.com)

**September 18.** Prefontaine Memorial 10K, Coos Bay, Ore.

**September 18.** Churchill Challenge 5K Cross-Country, Laurelwood Golf Course, Eugene. Churchill 5K CC, 1850 Bailey Hill Rd., Eugene, OR 97405. 541-344-9741.

**September 19.** Eugene Celebration 20K, 10K, & 2K. Dave McJunkin, 132 E. Broadway, Suite 103, Eugene, OR 97401. 541-681-4108; fax: 541-681-4113.

**October 2.** St. George Marathon. Leisure Services, 86 S. Main St., St. George, UT 84770. 435-634-5850.

**October 3.** Portland Marathon, Portland, Ore. SASE to PM, PO Box 4040, Beaverton OR 97076. 503-226-1111.

**November 28.** Seattle Marathon, Wash. 404-231-9065.

**DEADLINE**

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

**RACEWALKING**

**August 27.** USATF National Masters 5000 (track) RW Championships, Orlando, Fla.

**August 29.** USATF National Masters Men's 20K & Women's 10K RW Championships, Orlando, Fla.

**August 29.** Cincinnati Walking Club 5K (Ohio 5K Championships), Cincinnati, Ohio. Spring Grove Cemetery & Arboretum. Ralph Dehner, 513-674-1179.

**September 11.** Chicago Walkers/Illinois State Championships. Diane Graham-Henry, 773-327-4493.

**September 18.** Chuck McMahon Memorial Meet, ARCO Olympic Center, Chula Vista (south of San Diego), Calif. M&W40+. 1500, 3000, 5000 racewalks starting at 7:00 am. See T&F above.

**September 19.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

**September 25.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6406.

**October 3.** USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-566-7600.

**October 9.** South Florida 1-Hour Postal Walk, Plantation City Central Park. FAC Walkers, Kay Cella, 954-572-4392.

**October 23.** Bob Fine International 5K, Tradewinds Park, Coconut Creek, Fla. FAC Walkers, Rosie Sidelko, 954-349-1984.

**October 30.** Annual Jack Blackburn Walks (Ohio 50K & 100K Championships). Vince Peters, 937-767-7424.

**November 13.** USATF National Masters Men's 10K RW Championships, Ft. Lauderdale, Fla. John Fredericks, 10825 Mystic Circle, #303, Orlando, FL 32836. 407-238-9688.

**SITES OF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS**

1	1968	San Diego
2	1969	San Diego
3	1970	San Diego
4	1971	San Diego
5	1972	San Diego
6	1973	San Diego
7	1974	Gresham, OR
8	1975	White Plains, NY
9	1976	Gresham, OR
10	1977	Naperville, IL
11	1978	Atlanta, GA
12	1979	Gresham, OR
13	1980	Philadelphia, PA
14	1981	Los Gatos, CA
15	1982	Wichita, KS
16	1983	Houston, TX
17	1984	Eugene, OR
18	1985	Indianapolis, IN
19	1986	New York City
20	1987	Springfield, OR
21	1988	Orlando, FL
22	1989	San Diego
23	1990	Indianapolis, IN
24	1991	Naperville, IL
25	1992	Spokane, WA
26	1993	Provo, UT
27	1994	Eugene, OR
28	1995	E. Lansing, MI
29	1996	Spokane, WA
30	1997	San Jose, CA
31	1998	Orono, ME
32	1999	Orlando, FL
33	2000	Eugene, OR
34	2001	Baton Rouge, LA

**Disney Championships**

Continued from page 1

USATF membership is necessary and may be acquired at the site. Medals will be awarded to the top three in each division. Foreign athletes compete as guests but do not displace U.S. citizens and are entitled to the same awards.

Meet management will provide throwing implements and starting blocks. Competitors must provide their own pole vault poles and may bring their own throwing implements.

In addition to the traditional track & field events, a pentathlon for men and women will be contested on Thursday. Regional relays are listed as the final track event on Saturday. On Sunday, division winners in the 100m will be invited to compete in separate races for men and women in the Age-Graded 100m, in which competitors are given staggered starting positions according to their ages.

Besides Walt Disney World, the Orlando area and Central Florida offer a vast number of sights and attractions. Cape Canaveral is an hour's drive to the eastern coast on the Atlantic. The beach cities on the Gulf of Mexico are a few hours away to the west.

The catalog of things to do and see in the area is too long to list here. Your best bet is to visit the brochure stand in your hotel lobby or the visitor's desk. Better yet, go to the Disney web site at <http://www.disneyworldsports.com> before you leave home. □

**DISTANCES TO BE RUN IN AGE-GRADED RACES**

Age	Men	Women	Age	Men	Women
30	100.0	100.0	66	79.7	76.7
31	100.0	100.0	67	79.0	75.9
32	100.0	100.0	68	78.3	75.1
33	100.0	99.7	69	77.6	74.3
34	99.3	99.0	70	76.9	73.6
35	98.6	98.2	71	76.1	72.7
36	98.0	97.5	72	75.3	71.8
37	97.4	96.8	73	74.5	71.0
38	96.7	96.0	74	73.7	70.1
39	96.1	95.3	75	73.0	69.2
40	95.4	94.6	76	72.1	68.3
41	94.8	93.9	77	71.2	67.3
42	94.2	93.2	78	70.4	66.4
43	93.6	92.5	79	69.5	65.4
44	92.9	91.8	80	68.6	64.5
45	92.3	91.1	81	67.7	63.5
46	91.7	90.4	82	66.7	62.4
47	91.1	89.7	83	65.8	61.4
48	90.5	89.0	84	64.8	60.4
49	89.9	88.3	85	63.9	59.3
50	89.3	87.6	86	62.8	58.2
51	88.7	87.0	87	61.8	57.1
52	88.1	86.3	88	60.8	56.0
53	87.6	85.6	89	59.7	54.9
54	87.0	85.0	90	58.7	53.7
55	86.4	84.3	91	57.6	52.6
56	85.8	83.7	92	56.4	51.3
57	85.2	83.0	93	55.3	50.1
58	84.7	82.4	94	54.2	48.9
59	84.1	81.7	95	53.1	47.7
60	83.5	81.0	96	51.8	46.4
61	82.9	80.3	97	50.6	45.1
62	82.3	79.6	98	49.4	43.8
63	81.6	78.9	99	48.2	42.5
64	81.0	78.2	100	47.0	41.2
65	80.4	77.5			



# RECIPIENTS OF ALL-AMERICAN AWARDS

**M30-34**  
Joe Gwin 110hh 15.4 6-13-99

**M40-44**  
Bob Blackburn 60m 7.61 2-15-98  
60hh 9.32 2-15-98  
Rick Easley 400 53.85 3-28-98  
James McFarlane Mile 4:42 6-6-99  
Clay Miner TJ 38-3/4 6-27-99  
Raymond Sipperly mile 4:54.11 3-26, 28-99

**M45-49**  
Jimmie Jones 55m 7.05 1-30-99  
Charles Lutz 1500 4:28.73 5-29-99  
400 1:06.73 5-29-99  
Bill Mathis 60m 7.75 3-22-97  
55m 7.0 12-29-98

Nathan Robinson JT 52.40 6-6-99  
Richard Watson WP 34.16 7-25-98  
JT 50.04 7-30-98  
P 2633 7-30-98  
JT 50.16 8-02-98  
JT 168-0 8-15-98  
WT 42-3 1/4 8-15-98  
SW 26-6 1/2 8-15-98  
WP 3514 8-15-98  
JT 49.42 8-21-98  
WP 3334 8-21-98

**M50-54**  
Harry Bruner Mile 4:53.28 5-28-99  
Jack Romancic DT 43.06 6-12-99  
Steve Saner SP 13.32 6-12-99  
Dennis Schmitt LJ 17-1 1/4 6-12-99

**M55-59**  
Buster Byrnes WT 9.16 3-26, 28-99  
SWT 5.72 3-26, 28-99  
John Clifford 60m 8.32 3-27, 29-99  
John Lang JT 46.46 5-31-98  
Ty Nelson Dec. 5082 7-4-99  
Charles Quarelli JT 41.38 6-20-99  
Troy Scoggins 55m 7.7 6-30-99

**M60-64**  
William Eisenhart JT 135-4 5-23-99  
DT 138-0 5-23-99  
LJ 15-1 6-5-99  
Al Mathis 3000 12:08.32 6-19-99  
Paul Robillia PV 9 6-5-99  
Rodger Young

**M65-69**  
Morren Greenburg 100 12.08 6-13-99  
Robert Reid 100 13.63 5-27, 31-98

**M75-79**  
Lloyd Young Mile 6:37.84 2-27-99

**W45-49**  
Tish Roberts 3K RW 15:27.06 3-27-99  
3K RW 16:19 6-13-99  
Debbie Topham Mile RW 8:39 4-11-99

**W50-54**  
Lorraine Vall 400 1:16.64 7-30, 8-2-98

**W55-59**  
Suzanne Franco 5K 23:44 4-25-99  
10K 48:56 5-23-99

**W70-74**  
Pat Osmon WP 2602 8-21-98

## U.S. MASTERS ALL-AMERICAN STANDARDS

### FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	10:20	10:35	10:40	11:00	11:30	12:00	12:30	13:00	14:45	17:00	20:00	23:00	26:00
5000	16:00	16:20	16:20	17:10	17:30	19:00	20:00	21:30	24:30	27:30	31:00	34:00	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
6-2 1/2	6-7/8	5-9/16	5-6	5-3	4-11	4-9	4-6	4-1/4	3-9/16	3-3/4	2-7/8		
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
14-5 1/2	13-5 1/2	12-11 1/2	12-1 1/2	11-7 1/2	10-8	8-10 1/2	8-4 1/2	7-6 1/2	6-6 1/2	5-10 1/2	4-3 1/2		
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
21-4	20-7/8	19-2 1/2	18-4 1/2	17-8 1/2	16-1	14-9 1/2	13-9 1/2	12-5 1/2	10-11 1/2	9-4 1/2	7-2 1/2		
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
43-3 1/2	41-4 1/2	37-8 1/2	35-5 1/2	34-1 1/2	31-2	29-2 1/2	26-11	22-10	21-4	19-6	18-1		
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8 1/2	36-1 1/2	29-6	26-3	19-8 1/2		
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2 1/2	50-0		
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/2	56-0		
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0		
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
49-2 1/2	45-11 1/2	42-8	39-4 1/2	32-9 1/2	29-6 1/2				19-8 1/2	16-5	13-1 1/2	9-10	
25#Wt.						11.50	10.00	9.00	7.30	5.30	4.50		
37-6 1/2	32-9 1/2	29-6 1/2	23-11 1/2	17-4 1/2	14-9 1/2								
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
31-2	29-6 1/2	27-10 1/2	26-5	19-8 1/2	16-5	14-9	13-1 1/2	11-5 1/2	9-10	8-2 1/2	6-6 1/2		
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
2) Short hurdles: 30-49: 33"; 50-59: 36"; 60-69: 33"; 70+: 30"  
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"  
4) Shot put: 30-49: 7.26k (16#); 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 (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
7) Javelin: 30-49: 800g; 60+: 600g  
8) Metric heights and distances are the standard; feet and inches listed for convenience.  
9) Pen/Dec/Wt.Pent: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

### WOMEN

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	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	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	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	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	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	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	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	8:49:28
W80	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	9:47:35
W85	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	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
MEN												
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

Age-graded time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).

## U.S. MASTERS ALL-AMERICAN STANDARDS

### FOR WOMEN



# 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 3 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 issue date.

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## NATIONAL

### USATF National Masters Decathlon/Heptathlon Championships Nevada Union High School, Grass Valley, CA; July 3-4

DECATHLON	Points	100	LJ	SP	HJ	400	HURDLE	DT	PV	JT	1500
M30											
1 Rod Wilcox	12.21	5.89m	8.98m	1.87m	58.31	17.23	28.83m	3.10m	39.84m	5:31.31	
Edmonds, WA	wi+2.0	wi+3.8	29'05.50	6'01.50		wi-0.7	94'07.00	10'02.00	130'08.00		
Age: 33	5013	(610)	(563)	(425)	(714)	(472)	(574)	(441)	(381)	(440)	(393)
M35											
1 Doug Porter	12.41	5.59m	10.64m	1.75m	58.03	18.25	34.16m	3.90m	47.71m	5:20.69	
Seattle, WA	wi+2.0	wi+2.0	34'11.00	5'08.75		wi-0.7	112'01.00	12'09.50	150'56.00		
Age: 37	5769	(603)	(561)	(524)	(687)	(550)	(545)	(546)	(668)	(608)	(477)
2 Chuck Gaudette	12.52	5.85m	11.30m	1.75m	62.53	19.21	37.78m	3.61m	48.90m	5:13.60	
Anaheim, CA	wi+2.0	wi+3.3	37'01.00	5'08.75		wi-0.7	123'11.00	11'10.00	160'05.00		
Age: 38	5650	(584)	(621)	(564)	(687)	(392)	(458)	(620)	(581)	(628)	(515)
3 George Patterson	11.88	5.42m	9.22m	1.72m	55.98	18.00	34.96m	2.80m	38.05m	5:16.09	
Granite Bay, CA	wi+2.0	wi+3.5	30'03.00	5'07.75		wi-0.7	114'08.00	9'02.25	124'10.00		
Age: 38	5406	(707)	(523)	(439)	(661)	(628)	(570)	(563)	(357)	(456)	(502)
4 Scott Martin	12.03	5.32m	10.64m	1.63m	56.39	16.81	30.65m	2.80m	42.10m	5:39.94	
Chico, CA	wi+2.0	wi+1.2	34'11.00	5'04.25		wi-0.7	100'07.00	9'02.25	138'01.00		
Age: 37	5320	(677)	(502)	(524)	(577)	(613)	(692)	(477)	(357)	(520)	(381)
5 Mike Collins	13.42	4.36m	10.91m	1.63m	61.42	21.45	37.19m	3.70m	38.90m	5:50.29	
Auburn, CA	wi+2.0	wi+3.1	35'09.50	5'04.25		wi-0.7	122'00.00				
Age: 39	3972	(428)	(306)	(540)	(577)	(429)	(282)	(607)	(0)	(469)	(334)
6 Ryan Robertson	12.61	3.20m	9.73m	1.60m	69.79	26.26	30.48m	2.80m	36.43m	5:08.44	
East Menasha, WI	wi+2.0	wi-1.2	31'11.25	5'03.00		wi-0.71	00'00.00	9'02.25	119'06.00		
Age: 39	3740	(567)	(112)	(469)	(552)	(190)	(44)	(474)	(357)	(431)	(544)
7 Steve Degner	11.59	6.15m	11.02m	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
Palo Alto, CA	wi+2.0	wi+1.7	36'02.00								
Age: 36	2003	(765)	(691)	(547)	(0)	(0)	(0)	(0)	(0)	(0)	(0)
M40											
1 Jeff Watry	12.69	5.48m	11.23m	1.78m	59.39	17.73	32.94m	3.40m	39.28m	5:21.39	
Paddock Lake, WI	wi+1.6	wi+3.6	36'10.25	5'10.00		wi+0.51	08'01.00	11'01.75	128'10.00		
Age: 44	6090	(629)	(624)	(600)	(813)	(569)	(673)	(523)	(590)	(536)	(533)
2 Don Dwight	12.41	5.66m	10.23m	1.48m	59.83	20.05	29.20m	2.50m	34.02m	5:59.03	
Turlock, CA	wi+1.6	wi+5.7	33'06.75	4'10.25		wi+0.5	95'09.00	8'02.50	101'07.00		
Age: 42	4988	(681)	(668)	(536)	(520)	(553)	(459)	(449)	(326)	(446)	(350)
3 Andrew Becker	12.99	5.17m	6.18m	1.45m	61.59	20.03	19.11m	2.20m	24.74m	5:23.31	
Ventura, CA	wi+1.6	wi+3.7	20'03.50	4'09.00		wi+0.5	62'08.00	7'02.50	81'02.00		
Age: 44	4156	(574)	(548)	(281)	(488)	(491)	(461)	(255)	(246)	(289)	(523)
4 Greg Rodson	14.51	3.72m	6.30m	1.10m	DNS	DNS	DNS	DNS	2.90m	DNS	DNS
Covelo, CA	wi+1.6	wi-0.6	20'08.00	3'07.25				9'06.25			
Age: 42	1510	(334)	(237)	(288)	(212)	(0)	(0)	(0)	(439)	(0)	(0)
M45											
1 Russell Jacquet-hoe	12.32	5.34m	7.72m	1.47m	56.45	17.49	25.32m	3.30m	37.04m	5:28.23	
Seattle, WA	wi+0.9	wi+2.8	25'04.00	4'09.75		wi+0.8	03'01.00	10'10.00	121'06.00		
Age: 46	6192	(778)	(682)	(432)	(585)	(760)	(780)	(420)	(634)	(561)	(560)
2 David Perrin	12.35	5.35m	10.44m	1.53m	66.51	16.81	32.29m	3.00m	48.50m	7:04.42	
LaVerne, CA	wi+0.9	wi+0.6	34'03.00	5'00.25		wi+0.8105	11'00.00	9'10.00	159'01.00		
Age: 45	6028	(771)	(684)	(626)	(644)	(402)	(852)	(570)	(533)	(784)	(162)
3 Alan Russell	12.45	5.17m	9.51m	1.60m	55.40	19.42	34.02m	3.50m	36.04m	5:08.31	
Amer, IA	wi+0.9	POUL	31'02.50	5'03.00		wi+0.8111	07'00.00	11'05.75	118'03.00		
Age: 49	5948	(753)	(0)	(560)	(714)	(803)	(592)	(609)	(705)	(542)	(670)
4 Mark Salzman	13.85	5.34m	11.08m	1.69m	68.64	19.02	34.75m	3.70m	38.64m	7:39.63	
University Place, W	wi+0.9	wi+1.6	36'04.25	5'06.50		wi+0.8114	00'00.00	12'01.50	126'09.00		
Age: 47	5707	(504)	(682)	(672)	(813)	(339)	(629)	(625)	(778)	(592)	(73)
5 Kelly Neares	13.31	4.77m	8.95m	1.53m	66.65	21.48	25.91m	3.40m	28.08m	6:22.11	
Webb City, MO	wi+0.9	wi+1.5	29'04.50	5'00.25		wi+0.8	85'00.00	11'01.75	92'01.00		
Age: 45	4913	(595)	(531)	(520)	(644)	(398)	(420)	(432)	(671)	(392)	(310)
6 Mitch Farberstein	14.19	3.93m	10.90m	1.29m	70.00	22.70	34.54m	2.90m	DNS	DNS	DNS
Phoenixville, PA	wi+0.9	wi+2.5	35'09.25	4'02.75		wi+0.8113	04'00.00	9'06.25			
Age: 48	3604	(451)	(332)	(659)	(411)	(302)	(328)	(620)	(501)	(0)	(0)
M50											
1 Gordon Reiter	13.39	4.72m	8.42m	1.49m	60.16	20.45	27.63m	2.50m	29.20m	5:07.42	
Ballwin, MO	wi+2.1	wi+1.3	27'07.50	4'10.50		wi+0.5	90'08.00	8'02.50	95'09.00		
Age: 53	5628	(659)	(604)	(490)	(687)	(697)	(389)	(461)	(431)	(467)	(743)
2 Dick Clintworth	14.01	4.92m	9.91m	1.49m	66.65	20.78	27.75m	3.60m	29.30m	6:08.43	
Olympia, WA	wi+2.1	wi+3.3	32'06.25	4'10.50		wi+0.5	91'00.00	11'09.75	96'01.00		
Age: 52	5532	(552)	(661)	(597)	(687)	(472)	(363)	(463)	(837)	(469)	(431)
3 Tom Light	14.05	4.41m	9.38m	1.58m	66.31	19.61	25.98m	3.00m	31.56m	6:00.30	
Chugiak, AK	wi+2.1	wi+2.1	30'09.25	5'02.25		wi-0.5	85'03.00	9'10.00	103'06.00		
Age: 51	5367	(547)	(519)	(559)	(785)	(483)	(458)	(426)	(606)	(516)	(468)
4 Rex Harvey	14.04	4.88m	12.58m	1.52m	123.00	21.81	38.78m	3.23m	40.96m	7:19.29	
Mentor, OH	wi+2.1	wi+0.7	41'03.25	4'11.75		wi-0.5127	03'00.00	10'07.00	134'04.00		
Age: 52	5357	(549)	(648)	(792)	(714)	(88)	(288)	(702)	(693)	(715)	(168)
5 Tom Tesche	13.43	4.48m	11.43m	FAIL	69.55	18.46	31.35m	2.60m	34.42m	6:46.11	
Fort Wright, KY	wi+2.1	wi+2.1	37'06.00			wi-0.5102	10'00.00	8'06.25	121'11.00		
Age: 52	4699	(651)	(537)	(708)	(0)	(384)	(562)	(540)	(464)	(576)	(277)
6 Mike Holzgang	13.65	4.65m	11.45m	1.49m	66.15	19.66	29.09m	DNS	DNS	DNS	DNS
Sacramento, CA	wi+2.1	wi+3.6	37'06.75	4'10.50		wi+0.5	95'05.00				
Age: 51	4027	(614)	(584)	(709)	(687)	(488)	(454)	(491)	(0)	(0)	(0)
M55											
1 Tom Thorne	13.19	5.03m	10.90m	1.59m	65.02	17.08	29.31m	2.80m	36.38m	6:39.65	
Neosho, MO	wi-0.3	wi-0.5	35'09.25	5'02.50		wi-0.4	96'02.00	9'02.25	119'04.00		
Age: 56	6868	(797)	(707)	(760)	(896)	(609)	(795)	(568)	(609)	(694)	(366)
2 Grant Lamothe	14.13	4.61m	10.68m	1.39m	65.09	22.10	27.43m	1.85m	31.28m	6:28.21	
Langley, BC	wi-0.3	wi+1.9	35'00.50	4'06.75		wi-0.4	90'00.00	6'00.75	102'07.00		
Age: 55	5402	(610)	(664)	(742)	(653)	(606)	(348)	(523)	(268)	(575)	(413)
3 Ty Nelson	14.51	4.51m	8.95m	1.39m	68.51	29.71	22.73m	2.65m	29.46m	5:39.38	
Dixon, CA	wi-0.3	wi+1.2	29'04.50	4'06.75		wi-0.4	74'07.00	8'08.25	96'08.00		
Age: 57	5082	(549)	(632)	(602)	(653)	(495)	(14)	(412)	(549)	(533)	(643)
4 Jerry McBride	14.65	4.18m	11.38m	1.27m	121.28	21.64	27.28m	2.70m	31.76m	8:04.14	
Van Buren, AR	wi-0.3	wi+2.4	37'04.00	4'02.00		wi-0.4	89'06.00	8'10.25	104'02.00		
Age: 58	4720	(527)	(535)	(800)	(528)	(172)	(382)	(520)	(568)	(586)	(102)
5 Fred Dilleuth	13.95	4.02m	9.48m	1.33m	76.76	DNS	DNS	DNS	DNS	DNS	DNS
Fremont, CA	wi-0.3	wi-4.4	31'01.25	4'04.25							
Age: 57	2636	(639)	(490)	(645)	(593)	(269)	(0)	(0)	(0)	(0)	(0)
M60											
1 Emil Pavlik	13.05	5.18m	10.40m	1.60m	64.65	15.44	42.35m	3.15m	35.10m	6:20.45	
Jackson, MS	wi-1.3	wi+2.3	34'01.50	5'03.00		wi-1.3138	11'00.00	10'04.00	115'02.00		
Age: 60	8178	(981)	(734)	(1021)	(716)	(1002)	(815)	(843)	(675)	(524)	
2 John Parks	13.63	4.42m	9.06m	1.36m	66.84	17.69	29.32m	2.75m	34.48m	6:53.12	
Mountain View, CA	wi-1.3	wi+3.1	29'08.75	4'05.50		wi-1.3	96'02.00	9'00.25	113'01.00		
Age: 60	6433	(776)	(700)	(623)	(705)	(641)	(755)	(519)	(668)	(660)	(386)
3 Ray Fitzhugh	15.51	4.28m	9.98m	1.39m	79.29	22.41	33.35m	2.65m	29.44m	DNS	DNS
Irvine, CA	wi-1.3	wi+0.7	32'09.00	4'06.75		wi-1.3109	05'00.00	8'08.25	96'07.00		
Age: 64	4978	(475)	(655)	(700)	(740)	(287)	(348)	(609)	(623)	(541)	(0)
4 David Servis						DNS	24.77m		24.72m	DNS	DNS
Centerville, OH							81'03.00		81'01.00		
Age: 60	851	(0)	(0)	(0)	(0)	(0)	(0)	(419)	(0)	(432)	(0)
M65											
1 Bill Jankovitch	14.56	4.21m	9.08m	1.21m	72.53	20.82	33.15m	2.55m	28.60m	6:56.85	
Racine, WI	wi-0.6	wi+2.4	29'09.								



Continued from previous page

W60 Srotaswini Klandt	44.57
W65 Sulochana Kallai	46.81
<b>400m</b>	
M40 Val Barnwell	53.90
Sheldon Plowright	56.52
M45 Rockdale Hudson	1:01.13
Graham Smith	1:02.46
M50 Bhashwar Hart	1:01.42
Shakshat Flowers	1:02.52
M55 David Rosenthal	1:03.21
Julio Marin	1:03.42
M60 Joe Roche	1:17.50
M65 Irwin Bernstein	1:08.66
M75 Y M Naci	1:26.54
W40 L Clark-Feaster	1:10.91
Antana Locs	1:22.83
W45 Nayana Nein	1:45.61
W50 Skipper Clark	1:19.33
Natalia Boiko	1:51.96
W60 S Klandt	1:46.71
Tatiana Valueva	2:20.44
W65 Sulochana Kallai	1:55.59
<b>800m</b>	
M40 R Sipperly	2:14.48
Michael Glasgow	2:19.75
M45 Anthony Baker	2:29.47
Graham Smith	2:35.94
M50 Victor Diaz	2:21.82
Keith Small	2:25.94
M60 Joe Roche	2:59.66
M65 Irwin Bernstein	2:40.82
M75 John McManus	3:03.03
William Benson	3:37.14
W40 Atana Locs	3:02.73
Saudamini Siegrist	3:32.29
W45 Nayana Hein	4:20.78
Miriam Teran	4:38.93
W50 Ann Makoske	2:56.17
W60 S Klandt	4:09.95
Rosemary Asiaghi	4:56.81
W65 Sulochana Kallai	4:42.06
W70 Yuko Ito	7:50.20
<b>1 Mile</b>	
M40 Vincent Morton	5:10.40
Arthur Richards	5:15.05
M45 Peter Lovett	5:38.00
Anthony Baker	6:04.20
M50 Victor Diaz	5:22.92
Ben Grundstein	5:33.09
M60 Joe Roche	6:40.66
M75 William Benson	8:27.38
W40 Antana Locs	6:41.30
Saudamini Siegrist	7:57.44
W45 Nirjhari DeLong	7:11.40
W50 K Pederson	9:23.51
W60 S Klandt	9:42.53
R Asiaghi	10:48.21
W65 Sulochana Kallai	10:24.19
<b>3000m</b>	
W40 S Siegrist	14:24.72
Nolina Gauthier	18:45.21
W45 Nirjhari DeLong	13:52.10
Sutushti Lang	14:22.10
W50 Natalia Boiko	17:11.09
W60 S Klandt	17:48.09
W65 Sulochana Kallai	18:32.39
<b>5000m</b>	
M40 Arthur Richards	17:26.66
Vincent Morton	17:45.10
M45 Peter Lovett	19:45.56
V Gauthier	20:17.23
M50 Edward James	20:48.96
Pulak Viscardi	20:50.04
M65 Jose Rodriguez	23:06.68
Alk Chameides	25:57.11
<b>High Jump</b>	
M45 Ferdinand Hague	4-8
Kodana Nathan	4-8
M50 Ivan Black	4-8
Rudra Tamm	3-11
M65 Arthur Kearney	3-11
W40 Antana Locs	2-11
W45 Miriam Teran	3-4
W60 S Klandt	3-3
<b>Long Jump</b>	
M45 Kodana Nathan	4.52
Ferdinand Hague	4.24
M50 Ivan Black	5.05
Rudra Tamm	3.53
M55 Julio Marin	3.76
David Rosenthal	3.37
M75 Hillar Saareste	2.77
W40 Mira Baum	2.11
Nolina Gauthier	2.10

W45 Pranika Baum	3.09
Miriam Teran	2.35
W60 S Klandt	2.32
W65 Sulochana Kallai	2.05
W70 Martha Horiuchi	1.50
<b>Triple Jump</b>	
M45 Ferdinand Hague	9.41
M50 Ivan Black	10.79
Adhiratha Keefe	6.94
M55 Julio Marin	8.14
David Rosenthal	7.14
M75 Hillar Saareste	6.24
<b>Shot Put</b>	
M40 Scott Bull	11.54
Anugata Bach	7.28
M45 Dennis Hansen	12.37
Prakash Jennings	9.12
M50 Rich Dunphy	10.67
Adhiratha Keefe	8.09
M55 August Kauffman	12.06
Julio Marin	8.89
M65 Meemo Maasik	10.48
T Pogashar	8.13
W40 B Savage	5.88
Mira Bulj	5.28
W45 Bonnie Cook	6.90
Pranika Baum	6.38
W50 Skipper Clark	8.74
W60 S Klandt	5.96
Chameli Herdes	3.58
W65 Sulochana Kallai	4.24
W75 Pearl Auerbach	5.26
<b>Discus</b>	
M40 Scott Bull	37.37
M45 Gregor Knauer	18.19
M50 Frank Monroe	32.64
Rich Dunphy	27.55
M60 Russell Van Pert	32.09
M65 Meemo Maasik	31.35
Nils Parma	28.91
W40 Pranika Baum	19.30
Chetana Hein	18.39
W50 Skipper Clark	22.41
W60 S Klandt	12.31
Chameli Herdes	7.52
W65 Sulochana Kallai	12.00
W75 Pearl Auerbach	13.51
<b>Javelin</b>	
M40 Scott Bull	41.55
M45 Dennis Hansen	32.45
Gregor Knauer	15.91
M50 Miaciej Banka	33.67
Ivan Black	30.12
M65 Arthur Kearney	31.35
Meemo Maasik	30.05
W40 Diksha Arturi	18.28
W45 Chetana Hein	18.62
W50 Skipper Clark	18.95
Kalpita Lawless	10.15
W60 Namrata Moses	9.83
S Klandt	9.54
W65 Sulochana Kallai	8.23
W75 Pearl Auerbach	12.02
<b>1 Mile RW</b>	
M40 Trishul Chems	10:17.13
M45 Utpal Marshall	8:43.20
Gregor Knauer	10:17.78
M50 Rudra Tamm	9:45.62
Adhiratha Keefe	10:05.68
M65 Frank Sullivan	10:22.55
W40 Antana Locs	10:33.83
S Siegrist	11:55.15
W45 Nirjhari DeLong	10:23.07
Sutushti Lang	13:09.31
W50 M LaPlant	12:48.42
Dhirata Ferency	13:33.07
W55 Thelma Link	12:21.13
W60 S Klandt	12:31.91
R Asiaghi	13:38.62
W65 S Kallai	14:30.52
W70 S Alaimo	15:40.92
<b>Potomac Valley TC Meet</b>	
<b>Alexandria, VA; May 30</b>	
<b>100m</b>	
M30 David Jackson	10.10
M35 Jeff Gold	10.40
M45 Bob Bouen	11.60
M50 Mike McDaniel	12.60
M60 Larry Colbert	13.40
M65 Don McCarten	18.10
M70 Fred Everhart	14.50
W75 Carla Convery	23.90
<b>200m</b>	
M30 David Jackson	20.90
M35 Darryl Bryant	25.60

M45 Bob Bouen	24.30
M60 Larry Colbert	26.80
W75 Carla Convery	53.40
<b>400m</b>	
M30 Yonco Mermersky	54.40
M35 George Ridley	50.70
M40 Herbert Roper	56.80
M45 Bob Bouen	56.50
M50 Bob Weiner	1:15.40
M60 Larry Colbert	58.90
M65 Don McCarten	1:22.50
<b>800m</b>	
M35 Warren Chappell	3:06.00
M60 Rolland Elliott	3:10.30
<b>1 Mile</b>	
M30 Alex Grant	5:07.30
M35 Ted Poulos	4:47.60
M45 David Webster	5:03.80
M50 Paul Garner	5:49.30
M55 Jim Verdier	6:08.70
M60 Roland Hill	5:57.40
W30 Susan Rizzieri	5:41.10
W60 Tami Graf	7:31.30
<b>3000m</b>	
M30 Paul Olweny	9:25.70
M35 Ted Poulos	9:22.10
M40 Mac Allen	9:46.90
M45 J J Wind	10:49.60
M60 Joe Broderick	16:15.90
M65 James Keat	12:56.60
W35 Win Rincon	11:30.70
W60 Tami Graf	14:56.90
<b>High Jump</b>	
M70 Fred Everhart	4
W40 Denise Gray	3-10
<b>Long Jump</b>	
M50 David Shields	4.73
M70 Fred Everhart	3.95
W75 Carla Convery	1.90
<b>Shot Put</b>	
M30 Tonyo Sylvester	58-10
M50 Joe DeStefano	38-4
M55 Daniel Folk	28-6
M60 M Rademacher	34-2
M70 Fred Everhart	30-1
<b>Discus</b>	
M30 Daemon Dartouzos	117-11
M40 Garry Crago	105-7
M50 Joe DeStefano	127-3
M55 Norman Johnson	109-5
M60 Bill Smith	149-4
M70 Fred Everhart	79-5
W45 Cathy Johnson	56-6
W75 Carla Convery	29-9
<b>Javelin</b>	
M45 Ken Freund	69-1
M50 J Bookin-Weiner	117
M55 Russ White	172-1
M60 M Rademacher	127
W75 Carla Convery	37-1
<b>Weight Throw</b>	
M50 J Bookin-Weiner	37-5
M55 Mike Valle	30-6
<b>1600m RW</b>	
M50 John Gersh	9:37.60
M55 Michael Schwed	10:28.70
M60 Joe Broderick	10:35.50
W30 Susan Rizzieri	10:35.40
<b>3000m RW</b>	
M50 John Gersh	18:14.10
M55 Victor Litwinski	17:37.00
W55 Lois Dicker	18:17.60
W70 Terry Hamilton	23:01.20
<b>Connecticut Senior Summer Games</b>	
<b>Southington, CT; June 4-6</b>	
<b>High Jump</b>	
M50 T Kalinowski	4-4
M55 P Byrne	4-6
M60 J McDonald	4-6
M65 J Duncan	4
M70 D Wilson	3-8
M80 I Hume	3-4
W60 A Flynn	3-4
W65 D Bemis	3-2
W75 D Berlepsch	2-10
<b>Long Jump</b>	
M50 T Kalinowski	16
M55 P Byrne	16-6
M65 J Duncan	13-10
M70 K Trembley	4-1
M75 R Jones	9-4.25
M80 L Dyer	9-3.50
W55 M Oppenheimer	8-7
W60 T Kenny	8-10

W65 A Hicks	7-10
W70 A McGowan	7-4
W75 D Berlepsch	3-10
<b>Shot Put</b>	
M50 K Staley	41-7
M55 A Kaufman	38
M60 A Brooks	39-11
M65 P Xanthopoulos	34-10
M70 K Yrembley	31-10
M80 L Dyer	29-10
W50 P Hayes	19-7
W60 A Flynn	26-11
W65 A Hicks	23-8.50
W70 D Berlepsch	16-7
<b>Discus</b>	
M50 M Kalinowski	130-6
M55 A Brooks	29-11
M65 P Xanthopoulos	126-2
M70 R Malone	98-6
M80 D Hume	71-10
W50 P Hayes	45-8
W55 J Scott	54-4
W60 A Flynn	77-4
W65 A Hicks	76-11
W70 Z Zetts	40-4
W75 L Berlepsch	38-8
<b>Javelin</b>	
M60 D Camp	124-2
W50 P Hayes	48-1
W55 M Oppenheimer	48-4
W60 A Flynn	61
W65 A Hicks	65-9
W70 A McGowan	48-8
W75 D Berlepsch	47-4
W80 M Haines	21-4
<b>5K</b>	
M50 P Rzasz	22:26
M55 B Borla	17:33
M60 J Levasseur	20:30
M65 B Davidson	23:25
M70 P Mongello	24:53
M80 H Walton	29:45
W50 J Romayko	28:21
W55 J Scott	30:30
W60 M Sasiela	30:22
W65 E Kelly	27:07
W70 A Kearney	34:09
W75 M Charles	42:54
W80 M Haines	49:34
<b>MAC Masters Meet</b>	
<b>Queens, NYC; June 13</b>	
<b>100m</b>	
M35 Jim Reilly	11.5
M40 Steve Shager	12.6
M45 Dennis Brown	12.3
M50 Edward James	13.6
M55 Richard Jones	12.7
M65 Lloyd Williams	15.0
W35 Denise Jones	16.2
<b>200m</b>	
M35 Jim Reilly	23.8
M40 Steve Shager	23.8
M45 Rich Lapp	25.3
M50 Ed James	28.4
M55 Rich Jones	27.2
M65 Lloyd Williams	33.5
W35 Rene Sterett	28.1
W40 Clark Feaslen	29.5
<b>400m</b>	
M35 Jim Reilly	53.2
M40 Steve Shager	55.6
M50 Greg McColl	1:20.1
M55 Dave Rosenthal	1:25.8
M60 Rich Rizzo	57.9
W35 Denise Jones	1:23.7
<b>800m</b>	
M40 Joseph Gonzales	2:22.8
M50 Edward James	2:45.7
<b>1500m</b>	
M35 R Gottlieb	5:17.8
M50 Greg McColl	7:02.9
M55 Seth Kaminsky	5:10.1
M75 Bill Benson	7:34.7
<b>Long Jump</b>	
M55 Julio Marin	4.36
M60 Ed Kent	4.38
M75 Hillar Saareste	2.81
W35 Carly Senn	4.69
<b>Triple Jump</b>	
M35 Rich Lapp	11.48
M55 Dave Rosenthal	6.99
M60 Ed Kent	8.64
M65 Tom Talbott	5.77
M75 Hillar Saareste	6.37

<b>Shot Put</b>	
M40 Charles Penna	12.24
M50 Greg MacColl	7.34
M55 Julio Marin	9.99
M60 Ezzat Pashai	10.90
M65 Lucius Ware	10.37
W35 Deborah Ecklund	7.02
W45 Barbara McCuen	6.10
W55 Joyce Bahr	7.24
W65 Dolores Faber	6.54
<b>Discus</b>	
M40 Charles Penna	39.37
M50 Dewitt Davies	38.87
M55 C J Cuddy	27.34
M60 Ezzat Pashai	39.54
M65 Lucius Ware	30.28
W35 Deborah Ecklund	21.44
W45 Barbara McCuen	18.69
W55 Joyce Bahr	20.89
W65 Dolores Faber	15.87
<b>Hammer</b>	
M50 Dewitt Davies	40.49
M55 Carl Levine	24.03
M60 Ezzat Pashai	28.79
W35 Deborah Ecklund	17.81
W45 Barbara McCuen	20.73
W55 Joyce Bahr	20.15
W65 Dolores Faber	23.53
<b>Javelin</b>	
M55 Ed Fox	39.58
M60 Ezzat Pashai	49.58
M65 Robert Youngs	42.96
W35 V Bertesa	41.72
W45 Barbara McCuen	16.42
W55 Joyce Bahr	17.40
W65 Dolores Faber	15.76
<b>Weight Throw</b>	
M55 Carl Levine	6.95
M60 Kurt Krastin	6.32
M65 Lucius Ware	6.34
W35 Deborah Ecklund	3.93
<b>Ocean State Senior Olympics</b>	
<b>Providence, RI; June 20</b>	
<b>100m</b>	
M45 Neil Steinberg	11.9
M50 John Donahue	15.3
M55 Roger Pierce	12.2
M60 Tom Ranuga	12.8
M65 Bill Wright	13.0
M70 Richard Klein	16.3
M75 Bert Anger	19.5
M80 Angelo Oliver	18.4
W50 Joyce Galien	17.2
W55 Judy Scott	20.1
W65 Ann Morris	16.8
W70 Patricia McGee	24.5
W75 Ann McGowan	21.5
<b>200m</b>	
M40 Victor Pricolo	29.3
M45 Neil Steinberg	24.0
M50 Lawrence Bailey	27.3
M55 Roger Pierce	25.1
M60 Tom Ranuga	27.6
M65 Bill Wright	27.9
M70 Richard Klein	35.3
M75 Bert Anger	40.8
M80 Paul Rylander	42.0
W50 Joyce Galien	35.9
W55 Judy Scott	41.5
W65 Ann Morris	36.9
W70 Patricia McGee	1:02.02
W75 Ann McGowan	51.0
<b>400m</b>	
M40 Victor Pricolo	1:05.3
M45 Tom Cunningham	57.3



Continued from previous page

M45 Tom Jones	23.39	<b>Short Hurdles</b>	
Francis Schiro	24.72	M40 Tim McMahon	17.05
Charles Lempat	25.34	M50 Ken Brinker	14.80
Phil Sikora	27.46	M65 Jim Stookey	17.58
Rockdale Hudson	27.13	W45 Shelby Keeling	18.87
M50 Joe Johnson	26.09	<b>High Jump</b>	
Sekhoth Flowers	26.85	M35 Rich Alexander	6-4
Ivan Black	28.56	M40 Bill Brown	5-4
M55 Glenn Schmehl	27.91	M45 David Friedman	4-2
Dan Fox	31.80	M50 Ron Salvio	4-8
M60 Larry Colbert	26.76	Jim O'Brien	4-6
Nate Byrd	28.52	M55 Bill Urban	4-2
Lawrence Harvey	28.68	Jerry Sullivan	4
M65 James Stookey	29.01	M65 James Stookey	4-8
Al Johnson	32.07	M70 Paul Barndt	4
Giorgio Chiavelli	33.39	Tom Delaney	4
M70 William Barker	33.81	M80 Charlie Irwin	3-6
Larry Greco	33.92	W45 Shelley Keeling	3-3
M75 Jim Manno	34.62	<b>Pole Vault</b>	
W30 Althea Morris	25.14	M35 D Littlefield	14
W40 Renee Di Giacomo	33.16	M50 Ron Salvio	8-6
W50 Norma Jones	34.51	M55 Jeff Tindall	10
W65 Audrey Lary	33.00	M70 Jack Doorlay	6
<b>400m</b>		<b>Long Jump</b>	
M30 Rohan Elleston	52.37	M40 Rick Choppa	18-6
J Einreinhofer	58.60	M45 Mike Garrity	14-6
D Einreinhofer	1:00.63	David Friedman	13-1
M40 Archie Glaspy	51.48	M50 Jesse Nitkowski	15-6
Charles Pleasant	1:00.96	Jim O'Brien	14-2
M45 Ed Gonera	52.15	M55 David Rosenthal	11-7
Francis Schiro	54.24	M60 K M Thomas	12-9
Tom Jones	54.27	M65 James Stookey	15-1
Larry Zwill	1:00.06	Giorgio Chiavelli	11-4
Rockdale Hudson	1:02.13	M70 Tom Delaney	12-2
M50 Joe Johnson	58.51	Jack Doorlay	8-3
Jesse Nitkowski	59.01	M80 Charlie Irwin	9
Sekhoth Flowers	1:05.85	W30 Dawn Best	13-3
M55 Glenn Schmehl	1:02.70	<b>Triple Jump</b>	
Dave Rosenthal	1:21.22	M30 Anthony Williams	50
M60 Larry Colbert	59.19	M35 Donald Hardy	44-7
Lawrence Harvey	1:04.51	M45 David Friedman	28-1
M65 Al Johnson	1:16.06	M50 Ivan Black	36-3
W30 Althea Morris	56.62	Jesse Nitkowski	30-1
W65 Audrey Lary	1:17.94	Ron Salvio	28-9
<b>800m</b>		M55 David Rosenthal	24
M30 Rohan Elleston	2:16.30	M60 K M Thomaas	22-3
John Einreinhofer	2:31.82	M65 James Stookey	32-6
M40 Gary Cox	2:23.31	M70 Tom Delaney	26-3
Tom Waldron	2:24.83	M75 Hillar Saareste	20-2
Brian Barry	2:41.61	M80 Charlie Irwin	21-10
M45 Tony Plaster	2:10.17	W65 Audrey Lary	25-7
M50 Keith Small	2:21.11	<b>Shot Put</b>	
Bill Index	2:38.46	M35 William Taylor	50-3
M55 Dave Gerridge	2:28.57	Thom Lanzalotto	42-7
M65 Irwin Bernstein	2:45.37	M40 Dennis Linden	42-10.5
W30 Dawn Best	2:31.10	Tony Ciccone	41-5
Carolyn Mecaluso	2:45.18	M45 Michael Kalnas	31-8
Diane Bernstein	3:04.14	Michael Garrity	27-4
W45 Sue Wharton	2:45.45	James Mazza	27-2
Mary Rosado	3:08.68	M50 Craig Shumaker	51-7
<b>Mile</b>		Dennis Chandler	43-10
M35 Mark McKenzie	4:35.27	Terry Shuman	39
M40 Glenn McIsaac	4:37.63	Rich Dunphy	35
Bryan Stahley	4:46.72	Daniel Folk	29-5
Ray Sipperly	4:56.59	M55 Joseph Kalnas	35-10
Kevin Higgins	5:05.64	Bill Urban	32-8
M45 Gary Wallace	5:03.27	Carl Levine	27-8
Joe Sikora	5:20.42	Jerry Sullivan	27
Steve Lee	5:43.18	W60 W Eisenhardt	39-9
Dave Friedman	6:55.49	M65 Len Olson	39-4
Anthony Marazzo	7:09.38	Roy Feick	38-6
M50 Roger Price	4:58.18	Lucius Ware	31-10
M55 Mike O'Brien	6:18.42	M70 Paul Parndt	28-5
Robert Fiorini	7:34.48	William Bergen	28-5
M60 Sid Howard	5:23.87	M75 Charles Covino	34-9
W45 Sherry Brosnahan	6:20.23	Charlie Irwin	24-8
Mary Rosado	6:37.96	W35 Oneithea Lewis	47
<b>5000m</b>		W55 Rozlyn Katz	25-2
M30 Mike Gross	17:36.15	W65 Audrey Lary	25-6
Craig Fischberg	17:44.18	<b>Discus</b>	
Oliver Coudert	23:27.77	M30 Herb Rodriguez	149-2
M35 Manuel Pereira	16:52.56	M35 Warren Taylor	153-8
M Rauchwerk	22:47.52	Thom Lanzalotto	130-7
Matt Runo	24:08.25	M40 D von Linden	145-8
M40 Steve Jansson	19:17.64	Tony Ciccone	128-6
Tim Omaggio	22:25.33	John Kalnas	125-4
M45 Steve Kohorst	17:54.09	M45 Jim Mazza	94-9
Dave King	19:04.30	Robert Palermo	53-9
Steve Lee	19:55.05	M50 Terry Shuman	152
Ralph Green	21:52.82	Craig Shumaker	150-5
M55 Pat Cosgrove	19:22.77	Frank Monroe	121-1
J Guttenberger	21:23.25	Dennis Chandler	116-5
A Oliveiri	21:49.87	Daniel Folk	101-9
M85 Dudley Healy	36:00.75	M65 Ray Feick	111-4

W35 Karen Fox	23:57.00	<b>Short Hurdles</b>		M40 Tim McMahon	17.05	M50 Ken Brinker	14.80	M65 Jim Stookey	17.58	W45 Shelby Keeling	18.87	<b>High Jump</b>		M35 Rich Alexander	6-4	M40 Bill Brown	5-4	M45 David Friedman	4-2	M50 Ron Salvio	4-8	Jim O'Brien	4-6	M55 Bill Urban	4-2	Jerry Sullivan	4	M65 James Stookey	4-8	M70 Paul Barndt	4	Tom Delaney	4	M80 Charlie Irwin	3-6	W45 Shelley Keeling	3-3	<b>Pole Vault</b>		M35 D Littlefield	14	M50 Ron Salvio	8-6	M55 Jeff Tindall	10	M70 Jack Doorlay	6	<b>Long Jump</b>		M40 Rick Choppa	18-6	M45 Mike Garrity	14-6	David Friedman	13-1	M50 Jesse Nitkowski	15-6	Jim O'Brien	14-2	M55 David Rosenthal	11-7	M60 K M Thomas	12-9	M65 James Stookey	15-1	Giorgio Chiavelli	11-4	M70 Tom Delaney	12-2	Jack Doorlay	8-3	M80 Charlie Irwin	9	W30 Dawn Best	13-3	<b>Triple Jump</b>		M30 Anthony Williams	50	M35 Donald Hardy	44-7	M45 David Friedman	28-1	M50 Ivan Black	36-3	Jesse Nitkowski	30-1	Ron Salvio	28-9	M55 David Rosenthal	24	M60 K M Thomas	22-3	M65 James Stookey	32-6	M70 Tom Delaney	26-3	M75 Hillar Saareste	20-2	M80 Charlie Irwin	21-10	W65 Audrey Lary	25-7	<b>Shot Put</b>		M35 William Taylor	50-3	Thom Lanzalotto	42-7	M40 Dennis Linden	42-10.5	Tony Ciccone	41-5	M45 Michael Kalnas	31-8	Michael Garrity	27-4	James Mazza	27-2	M50 Craig Shumaker	51-7	Dennis Chandler	43-10	Terry Shuman	39	Rich Dunphy	35	Daniel Folk	29-5	M55 Joseph Kalnas	35-10	Bill Urban	32-8	Carl Levine	27-8	Jerry Sullivan	27	W60 W Eisenhardt	39-9	M65 Len Olson	39-4	Roy Feick	38-6	Lucius Ware	31-10	M70 Paul Parndt	28-5	William Bergen	28-5	M75 Charles Covino	34-9	Charlie Irwin	24-8	W35 Oneitha Lewis	47	W55 Rozlyn Katz	25-2	W65 Audrey Lary	25-6	<b>Discus</b>		M30 Herb Rodriguez	149-2	M35 Warren Taylor	153-8	Thom Lanzalotto	130-7	M40 D von Linden	145-8	Tony Ciccone	128-6	John Kalnas	125-4	M45 Jim Mazza	94-9	Robert Palermo	53-9	M50 Terry Shuman	152	Craig Shumaker	150-5	Frank Monroe	121-1	Dennis Chandler	116-5	Daniel Folk	101-9	M65 Ray Feick	111-4
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Quinto Biagioni	109-11	Pete Barken	109-5	Lucius Ware	100-10	Giorgio Chiavelli	100-8	M70 Paul Barndt	93-9	William Bergen	92-5	Manny Herscher	78-6	M75 Charles Covino	86-4	M80 Charlie Irwin	76-6	Eugene Brandford	54-9	W35 Oneitha Lewis	136-10	W40 R Di Giacomo	72-11	W55 Rozlyn Katz	67	W60 John Youngs	63-6	W65 Audrey Lary	75-1	<b>Javelin</b>		M30 Bob Luciano	183-9	M35 Daniel Alonzo	187-11	Richard Cetlin	152-5	Glen Metcalfe	98-9	M40 R V Biagioni	146-4	Bill Poole	140-2	M45 Tom Nelson	182-7	Dave Friedman	47-7	M50 Dennis Chandler	150-9	M55 John Lang	139	Edward Fox	133-1	Bill Urban	115-1	Jerry Sullivan	86-4	Carl Levine	79-6	M60 Bill Eisenhart	142-2	Frank Illuzzi	137-1	M65 Robert Youngs	143-9	Ray Feick	116-10	Len Olson	110-1	Lucius Ware	93-7	Pete Barker	90-7	M70 Jack Doorley	66-5	M80 Charlie Irwin	60-5	W35 Oneitha Lewis	94-4	W40 R Di Giacomo	76-9	W55 Rozlyn Katz	54-9	W60 John Youngs	60-4	<b>Weight Throw</b>		M50 Terry Shuman	37-4	Dennis Chandler	31-7	Daniel Folk	22-6	M55 Carl Levine	20-9	M65 Ray Feick	48-9	Lucius Ware	30-10	W35 Oneitha Lewis	41	W55 Rozlyn Katz	30-2	<b>1500m RW</b>		M55 Manny Eisner	7:54.38	John Molendyk	9:46.81	Tony Higgins	11:21.19	M65 Dave Romansky	7:11.32	M70 John Nervetti	9:35.05	W45 S Brosnahan	7:45.64	W50 Donna Certrulo	8:21.08	W55 Janet Higbie	8:37.32	W65 Mary Stookey	11:33.22	<b>Chelmsford June Twilight Throws Series Chelmsford, MA</b>		<b>Shot Put</b>		M40 Dave Tolson	40-11.25	Bob Cedrone	38-2	Paul Phelan	31-0	M45 Carmen Letizia	38-10.75	Jim Queeney	29-4	M50 JerryBookinWeinr	40-0.25	M50 Dave Tousignant	35-3	W35 Barbara Smith	33-0	<b>Discus</b>		M40 Dave Tolson	125-0	Bob Cedrone	111-4	M45 Carmen Letizia	98-5	Jim Queeney	70-9	M50 JerryBookinWeinr	137-3	Dave Tousignant	122-5	M55 Jim Chamberas	108-10	W65 Marcia Crooks	59-8	<b>Hammer</b>		M40 Bob Cedrone	147-1	Dave Tolson	114-5	Paul Phelan	74-4	M45 Carmen Letizia	103-4	M50 JerryBookinWeinr	125-7	Dave Tousignant	106-9	Neil Rich	80-4	M55 Carl Wallin	140-0	M55 Jim Chamberas	100-10	W65 Amy Hicks	79-8	<b>Javelin</b>		M40 Dave Tolson	146-3	Paul Phelan	96-6
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Bob Cedrone	77-2	M45 Jim Queeney	111-1	Carmen Letizia	88-8	M50 JerryBookinWeinr	106-10	Neil Rich	86-4	Dave Tousignant	72-0	M55 Carl Wallin	112-7	W65 Amy Hicks	69-0	Marcia Crooks	49-7	<b>Weight Throw</b>		M40 Bob Cedrone	47-2.5	Dave Tolson	41-0	M45 Carmen Letizia	31-10	M50 JerryBookinWeinr	34-5	Dave Tousignant	30-4.75	M55 Carl Wallin	46-1.5	W65 Amy Hicks	24-8.5	Marcia Crooks	23-2	<b>Reipas AC Meet Fitchburg, MA; July 4</b>		<b>Shot Put</b>		M45 Carl Reichard	33-6	M50 JerryBookinWeinr	39-1	Dave Tousignant	31-9	<b>Discus</b>		M30 Bill Cotter	125-7	M45 Carl Reichard	92-10	Ed Daniel	90-5	M50 JerryBookinWeinr	134-5	Dave Tousignant	106-6	M55 Jim Chamberas	104-10	<b>Hammer</b>		M30 Bill Cotter	130-7	M45 Carl Reichard	139-10	Ed Daniel	90-5	M50 JerryBookinWeinr	126-8	<b>Javelin</b>		M40 Eric Lami	161-10	M50 JerryBookinWeinr	111-6	Paul Parulis	102-5	M65 Bob Youngs	138-8	<b>35# Weight</b>		M30 Bill Cotter	43-6	M45 Carl Reichard	42-6	Ed Daniel	27-8	M50 JerryBookinWeinr	39-0	Dave Tousignant	28-5	<b>SOUTHEAST Jacksonville TC Masters Meet Jacksonville, FL; May 8</b>		<b>100m</b>		Orlando Mathews	35	11.07	Cleve Smith	49	11.27	Kevin Marbury	43	11.28	John Roberts	41	11.58	Ezra Abdullah	47	11.95	Gary McClendon	52	12.91	John Anoka	79	16.03	<b>200m</b>		Orlando Mathews	23.02	Cleve Smith	23.76	Kevin Marbury	43	23.89	Ezra Abdullah	47	23.99	Lionel Bonck	58	28.21	John Anoka	79	34.96	<b>400m</b>		Len Ferman	35	58.87	Lionel Bonck	60.77	John Anoka	81.01	<b>800m</b>		Gary Williams	35	2:15.3	Len Ferman	2:37.5	Don McMahon	41	2:52.6	<b>Mile</b>		Gary Williams	5:06.7	Tony Barlow	42	5:35	John Pitman	60	5:37	Don McMahon	6:05	Mary Conely	44	7:49	<b>110mH 39"</b>		John Roberts	41	14.83	<b>High Jump</b>		John Compton	36	5-6	<b>Long Jump</b>		Cleve Smith	19-6	Ezra Abdullah	17-1	Eddie Carter	46	16-10.5	John Anoka	12-1.5	<b>Discus</b>		Bob Hume	50	143-5	<b>Javelin</b>		Ezra Abdullah	47	101-0	<b>Sunshine Games Kissimmee, FL; June 12</b>		<b>100m</b>		M50 Jon Davis	13.27	M60 John McClure	15.22	M65 Hal Oliver	14.66	M70 Les Rudy	15.94	M75 John Anoka	16.22
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W50 Susan Hill	17.93	<b>200m</b>		M40 Norman McPherson	26.56	M50 Jon Davis	27.73	M60 Joe Shanahan	34.37	M70 Ray Charnes	42.41	M75 John Anoka	34.92	W50 Susan Hill	39.70	<b>400m</b>		M45 Charles Smith	55.04	M50 Eric Hill	67.60	M55 Lionel Bonck	63.42	M70 Ray Charnes	1:40.67	M75 John Anoka	81.57	W55 Willy Moolenaar	81.53	<b>800m</b>		M55 J C Shenk	2:40.1	M65 Martin Quinn	3:35.3	M80 Gordon Johnson	3:54.1	W55 Willy Moolenaar	3:14.0	<b>1500m</b>		M55 Victor Rosario	6:18.9	M65 Martin Quinn	6:42.1	M80 Gordon Johnson	7:30.7	W55 Willy Moolenaar	6:53.3	<b>3000m</b>		M50 Dan Healy	10:19.4	M65 Martin Quinn	14:16.8	M80 Gordon Johnson	16:24.3	<b>100mH</b>		M50 Eric Hill	19.43	<b>High Jump</b>		M60 Larry Judd	1.37	M70 Les Rudy	1.17	M80 Brud Cleveland	1.07	<b>Pole Vault</b>		M70 Les Rudy	1.98	<b>Long Jump</b>		M30 Leon Webb	6.30	M40 Norm McPherson	4.64	M50 Eric Hill	4.60	M60 Larry Judd	4.45	M70 Les Rudy	4.13	M75 John Anoka	3.22	M80 Brud Cleveland	2.90	<b>Triple Jump</b>		M40 Jose Ortiz	10.55	M60 Larry Judd	9.12	<b>Shot Put</b>		M40 Jose Ortiz	13.05	M50 Mike Foster	10.02	M55 Laurence Morrell	9.86	M60 Larry Judd	9.56	M65 Pay Carstensen	10.74	M80 Brud Cleveland	7.28	W50 Susan Hill	5.03	<b>Discus</b>		M40 Jose Ortiz	32.10	M50 Armand LaFramboise	34.54	M55 Laurence Morrell	29.80	M60 Larry Judd	29.88	M65 Pay Carstensen	29.88	M80 Brud Cleveland	19.26	W50 Susan Hill	14.74	<b>Hammer</b>		M45 Gary England	43.98	M50 Mike Foster	27.78	M55 Laurence Morrell	23.88	M65 Pay Carstensen	37.55	<b>Javelin</b>		M40 Jose Ortiz	43.27	M50 Gary Lane	44.80	M60 Armando Pietry	38.50	M65 Ahmet Ardamar	26.93	W50 Susan Hill	13.20	<b>1500m Racewalk</b>		M65 Ted Sager	8:42.6	M75 B John Ross	11:06.3	W35 Lisa Sonntag	7:22.8	W70 Pepper Davis	11:21.6	<b>3000m Racewalk</b>		M65 Ted Sager	17:17.6	M70 Eugene Nowell	22:50.1	M75 B John Ross	22:36.5	M80 Louie Aiello	24:56.1	W35 Lisa Sonntag	14:55.5	W70 Pepper Davis	22:41.2	<b>Atlanta TC Meet Atlanta, GA; June 12</b>		<b>100m</b>		M30 Calvin Simons	11.18	Vince Martin	11.22	Francis Jones	11.96	M35 Marco Belisario	10.89	Paul Brown	11.12	Donald Hardy	11.53	M40 Chuck Hunter	11.56	T J Lester	11.96	Kevin Marbury	11.98	M45 Bill Collins	11.05	Thomas Jones	11.45	Anthony Searles	12.11	M50 John Hartfield	12.17
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Alvin Seale	12.65	Anthony McClendon	12.99	M55 Lem Hewes	14.54	Jim Shoaf	14.87	M60 Marion Harrison	12.57	Jack Hunter	15.02	<b>200m</b>		M30 Calvin Simons	22.82	Josh Willis	23.74	Francis Jones	25.45	M35 Elvis Forde	22.54	Paul Brown	22.63	Adolphus Bethune	24.12	M40 Billy Johnson	23.58	Chuck Hunter	23.95	Kevin Marbury	24.85	M45 Bill Collins	22.98	Thomas Jones	23.64	Anthony Searles	24.94	M50 John Hartfield	24.65	Alvin Seale	25.84	Anthony McClendon	26.56	M55 Lem Hewes	29.82	M60 Marion Harrison	25.66	Cliff Pauling	33.13	M70 Bill Daprano	30.84	W35 Felicia Anderson	26.60	Deb Szatko Ghidin	29.49	W55 Ann Carter	36.36	<b>800m</b>		M30 Thomas Brooks	2:03.80	M35 John Allen	2:06.40	Jim Dean	2:40.40	M40 Eddie Stone	2:07.10	Mickey McCauley	2:12.60	Bernard Gant	2:25.80	M45 Kevin Kelly	2:17.40	M50 Don Burkett	2:38.54	M55 Joel Dubow	2:36.90	James Huffman	2:41.40	M60 Adrian Craven	2:58.20	M65 Casey Jones	2:41.30	Ross Dunton	3:02.90	W30 Dawn Best	2:28.60	W35 Deb Szatko Ghidin	2:29.80	W45 Brenda Stephens	2:57.30	W60 Adrian Craven	2:58.20	<b>1500m</b>		M50 James Moore	7:45.14	M55 Joel Dubow	5:28.35	M60 John Pitman	5:00.67	M65 Jim Hite	6:28.83	Ross Dunton	6:31.77	W40 Brenda McGovern	5:38.75	Cathy Blair	8:05.22	W60 Joyce Hodges Hite	6:53.74	<b>5000m</b>		M35 Jim Bitsko	17:03	Christian Jensrud	17:25	M40 Michael Anderson	16:57	D J Van Fossan	18:45	M45 Phil Sparling	17:05	Thomas Shinnick	18:05	M55 Jim Watkins	19:03	Andrew Sherwood	20:35	M60 Louis Johnson	23:12	M65 Jim Hite	23:47	W30 Amanda Saltin	24:20	W35 Karen Kennington	19:36	W40 Raylann Hughes	22:55	W50 Susan Houlton	25:47	W60 Joyce Hodges Hite	26:26	Delores Cross	27:52	<b>Short Hurdles</b>		M30 Don Drummond	14.66	Josh Willis	15.22	Francis Jones	18.27	M35 Jerry Edmondson	16.20	M40 John Roberts	15.17	W30 Gail Devers	13.06	W45 Linda Lowrey	16.13	W50 Phil Rascher	12.80	<b>Long Hurdles</b>		M30 Don Drummond	56.22	Matt Murphy	68.92	M35 Jerry Edmondson	61.34	M40 Paul Lundy	71.32	M50 Don Burkett	79.64	M60 Sammy White	51.09	M65 James Stookey	52.71	Josh Culbreath	54.89	John Schreiber	59.68	W30 Dawn Best	79.21	<b>4x100m Relay</b>		M30 Murphy One	51.96	M35 GSC Express	46.42	M40 Atlanta TC	44.40	Houston Elite	45.07	<b>High Jump</b>		M35 Edmund Miller	1.72	M40 Glenn Reid	1.37	M50 James Sauer	1.72	Henry Jordan	1.57
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Johnnie Dye	1.47
M55 Charles Futch	1.42
Mike Valle	1.22
M60 Sammy White	1.52
Louis Vodopya	1.27
Jerry Rouse tie	1.27
Jack Gilmore	1.27
M65 Phil Mulkey	1.42
M70 Ed Holmes	1.27
<b>Pole Vault</b>	
M30 Jack Norris	4.04
M35 Tom Bynum	4.04
M40 James Fountain	4.10
Hal Fairbanks	3.50
M50 Johnnie Dye	3.65
Henry Jordan	3.50
Ron Kimball	2.90
M55 Will Eubanks	2.75
M60 Joseph Griffin	2.60
Jerry Rouse	2.45
Jack Gilmore	2.15
M65 Phil Mulkey	2.90
W50 Phil Raschker	2.10
<b>Discus</b>	
M40 Mike Van Winkel	45.88
Bryan Stewart	37.02
M45 Paul Fredrick	33.64
M50 Bob Green	36.56
Ron Kimball	32.16
Carlton Mott	28.70
M55 Mike Valle	36.86
Tom Russell	31.84
Peter Fickenger	27.60
M60 William Gramely	41.38
Sammy White	37.14
Jack Hunter	36.58
M65 Phil Mulkey	43.62
M70 Ed Holmes	28.46
Rich Bergenback	23.84
Jim Dykes	23.28
M75 Floyd Simmons	27.66
W40 Julie Smith	12.98
W55 Carol Stricklin	17.32
W75 Audrey Bergenback	10.90
<b>Hammer</b>	
W40 Julie Smith	18.90
M40 Bryan Stewart	32.30
M50 Carlton Mott	33.40
M55 Mike Valle	39.46
Peter Fickenger	36.74
M60 Tim Twomey	42.44
M70 Rich Bergenback	32.48
(results received incomplete from ATC)	

#### Nashville Striders/Nashville TC/Don Brady Memorial Meet Nashville, TN; June 26

<b>100m</b>	
M30 Bob Thomas	11.1
Francis Jones	nta
M35 Bob Harris	11.5
M40 Chuck Hunter	11.4
M45 Marion McCoy	11.6
Ellis Mayfield	12.1
M50 Tony Cooper	12.6
Grady Cash	13.1
M55 Roger Koonsma	12.5
Don Lamb	13.0
M60 Cliff Pauling	15.7
M70 Bill Daprano	14.1
M80 Earl Wentz	18.9
<b>200m</b>	
M30 Bob Thomas	22.5
Francis Jones	23.9
M35 Bob Harris	23.2
Rodney Clark	23.9
M40 Marion McCoy	24.1
Ellis Mayfield	24.4
M50 Grady Cash	27.1
Jim Woosley	30.2
M60 Jim Mathis	27.6
Cliff Pauling	31.9
W35 Beverly Conner	30.7
<b>400m</b>	
M30 Bob Thomas	49.1
M35 John Allen	53.6
Robert Harris	54.9
M40 Steve Winkel	54.7
M45 Bill Cheadle	58.0
M50 Jim Montmarquet	56.1
Tony Cooper	58.9
M55 Roger Koonsma	59.5
M60 Jim Mathis	63.3
M65 Fred Lovelace	85.9
M70 Bill Daprano	75.0
W35 Susan Lemgreth	76.6
<b>800m</b>	
M30 Dan Bond	2:42.1
M35 John Allen	2:02.7
Mark Carver	2:03.0
M45 Dave Amster	2:18.1
Bob Duncan	2:32.6

M55 Jim Huffman	2:37.5
M60 Cliff Pauling	2:59.7
M65 George Spero	3:08.7
<b>1500m</b>	
M35 Mark Carver	4:27.9
Mark Pierret	4:37.7
M45 David Amster	4:48.9
M50 Gordon Terwilliger	4:43.2
W35 Susan Lemgreth	5:55.3
<b>3000m</b>	
M30 Eric Legros	8:56.7
Curt Arthur	9:03.1
M35 Mark Pierret	9:48.7
Jay Perry	10:46.1
M50 Gordon Terwilliger	9:51.8
W35 Susan Lemgreth	12:29.0
<b>100mH</b>	
M50 Jim Woosley	20.5
<b>Long Hurdles</b>	
M45 Bill Cheadle	61.5
<b>High Jump</b>	
M35 Cliff Lemgreth	1.52
M40 Gary Pirsch	1.70
M45 Mike Walker	1.32
M60 Lou Vodopya	1.27
M65 George Spero	1.17

<b>Long Jump</b>	
M40 Gary Pirsch	4.64
M45 Taylor Wetherbee	5.52
<b>Shot Put</b>	
M40 Frank Broadus	9.89
Gary Pirsch	9.23
M45 Jim Accardi	10.93
M50 Will Shipley	6.38
M55 Roger Koonsma	9.58
M60 Greg Vaughn	13.14
Lou Vodopya	9.41
<b>Discus</b>	
M65 C Green	10.30
<b>Hammer</b>	
M35 John Allen	29.58
M40 L Schrader	32.57
Steve Winkel	32.65
M45 Jim Accardi	29.42
P Campbell	25.29
M50 Will Shipley	11.61
M55 Roger Koonsma	34.70
M60 G Vaughn	32.84
M65 C Green	35.94
<b>Javelin</b>	
M40 Steve Winkel	52.44
Chris Clark	52.22
M45 Phil Campbell	34.70
M50 Jack Castner	30.66
M55 Roger Koonsma	36.62
<b>3000m Racewalk</b>	
M40 Will Weldon	15:32.3
M50 Will Shipley	24:49.7
M60 Fred Lovelace	19:02.3

### MIDWEST

#### Southwest Ohio Senior Olympics Cincinnati; May 15

<b>100m</b>	
M50 Douglas Holland	13.5
M55 Caleb Brown	12.7
M60 Paul Hamilton	13.7
M65 Don Lucha	13.2
M70 Chuck Sochor	14.3
M75 Jack Hipple	16.4
M80 Rafael Paparinov	24.4
M85 Elmer Bockelmann	29.3
W55 M J Eimermacher	35.7
W75 Mary Holland	17.8
W55 M J Eimermacher	16.2
W65 Betty Neal	17.1
W75 Mary Holland	17.8
W80 Mary Bowermaster	*18.6
*AR (Polly Clarke/19.32/1992)	
<b>200m</b>	
M50 Douglas Holland	29.1
M55 Gary Miller	33.6
M60 Paul Hamilton	31.9
M65 Don Lucha	28.5
M70 Chuck Sochor	29.9
M75 Jack Hipple	34.8
M80 George Purden	52.1
W55 M J Eimermacher	35.7
W75 Mary Holland	42.5
W80 E Yeomans	1:15.0
<b>400m</b>	
M50 Douglas Holland	1:09
M55 Gary Miller	1:18
M60 Paul Hamilton	1:08
M65 Don Lucha	1:10
M70 Chuck Sochor	1:12
M75 Jack Hipple	1:23
M80 Rafael Paparinov	3:11
M85 Eugene Keller	1:52
W55 M J Eimermacher	1:31

W65 Betsy Hall	1:32
W75 Mary Holland	1:44
W80 Ernestine Yeomans	2:47
<b>800m</b>	
M55 Gary Miller	2:42
M60 Paul Hamilton	2:26
M65 Erwin Wunder	3:09
M70 James Beal	2:39
M75 Clifford Dornette	3:39
M80 Rafael Paparinov	7:20
M80 Eugene Keller	4:10
W65 Betsy Hall	3:37
W80 Ernestine Yeomans	6:29
<b>1500m</b>	
M50 Larry Hadley	5:54
M55 Gary Miller	5:30
M60 Paul Hamilton	5:19
M65 Erwin Wunder	6:38
M70 James Beal	5:31
M75 Clifford Dornette	7:37
M80 Rafael Paparinov	14:01
M85 Eugene Keller	8:15
W65 Betsy Hall	7:06
W80 Ernestine Yeomans	11:33
<b>High Jump</b>	
M50 Robert Juett	4-10
M55 Robert Shoemaker	3-6
M60 Robert Cole	4
M65 Thomas Phillips	4-2
M70 Richard Soller	4
M75 Russell Pflum	3-6
M80 Rafael Paparinov	3-2
<b>Long Jump</b>	
M50 Nicholas Hahn	9-5
M55 Gary Miller	11
M60 Boyd Martin	12-3
M65 Don Lucha	15
M70 Chuck Sochor	13
M75 Fred Ponder	10-8
M85 John Burik	5-6
W65 Betty Neal	9-5
W70 Mary Holland	9-6
W80 Mary Bowermaster	8-3
<b>Shot Put</b>	
M50 Douglas Holland	35-3
M60 Bradley Ankerstar	33-2.50
M65 Pete Augsburg	34-9
M70 Raymond Brown	33
M75 Art Holland	27-7
M80 Francis Bowdon	19-11
M85 Hans Rosenberg	22-9
W65 Betty Neal	24-10
W75 Marge Bowdon	19-5.50
W80 Mary Bowermaster	20-5.50
W85 Ellen Brown	12-3

<b>Discus</b>	
M50 Douglas Holland	99-10
M60 Bradley Ankerstar	100-3
M65 Thomas Phillips	107-5
M70 Harry Bolia	77-8
M75 Russell Pflum	86-3
M80 Charles Lukens	59-7
M85 Hans Rosenberg	60-10
W65 Betty Neal	62
W75 Marge Bowdon	41-8
W80 Mary Bowermaster	40-9
W85 Ellen Brown	30-6
<b>Javelin</b>	
M50 Douglas Holland	91-4
M55 Gary Vaught	74-3
M60 Robert Cole	66
M65 John Murray	117-4
M70 Raymond Brown	66-3
M75 Fred Ponder	78-8
M80 Andy Jones	66-10
W65 Betty Neal	66
W75 Mary Holland	41-5
W80 Mary Bowermaster	43-7
W85 Ellen Brown	27-6
<b>5K Road Race</b>	
M55 Gary Miller	20:12
M60 Paul Hamilton	19:27
M65 Erwin Wunder	27:39
M75 Clifford Dornette	29:01
W55 M J Eimermacher	26:39
W65 Betsy Hall	25:45
W80 Ernestine Yeomans	45:22
<b>10K Road Race</b>	
M55 John Eimermacher	48:30
M65 William Workman	54:50
M75 Clifford Dornette	59:22
M85 Eugene Keller	1:03:01
<b>5K RW</b>	
M50 Bill Whipp	31:25
M55 Paul Hammer	26:41

M80 Hugh Yeomans	47:07
W60 Marlene Lesch	46:28
W70 Jean Katt	45:10
<b>10K RW</b>	
M65 Galvin Koon	1:08:52
W50 Barbara Whipp	1:13:01
W55 Miriam Jackobs	1:16:41

#### Parkland College Masters Meet Champaign, IL; June 26

<b>100m</b>	
M30 Marlen Gallimore	11.6
M35 Kent Powers	11.3
M40 Andrew Mason	11.9
M45 Mike Skoflanc	11.6
M50 Wayne Roosevelt	13.5
M60 Darrell Huey	14.1
W60 Janet Amery	22.8

<b>200m</b>	
M30 Marlen Gallimore	24.7
M40 Andrew Mason	25.4
M45 Paul Gordon	26.2
M55 Kinsley Clarke	30.3
M60 Darrell Huey	31.2
W60 Janet Amery	52.1
<b>400m</b>	
M45 Paul Gordon	55.1
M50 Wayne Roosevelt	1:04.0
M55 Kinsley Clarke	1:04.2
M60 Darrell Huey	1:10.3
W55 Lynne Ingells	1:19.3

<b>800m</b>	
M40 Scott Caldwell	2:11.1
M60 Charles Kennedy	3:10.5
W30 Susan Dun	3:25.8
<b>1500m</b>	
W30 Susan Dun	7:50.3
<b>3000m</b>	
M40 James Acklin	9:20.5
M60 Charles Kennedy	12:58.6
W30 Patty Cutsinger	14:58.5

<b>Short Hurdles</b>	
M40 Ken Drollinger	18.9
M45 David Perrin	16.4
M60 Bruce Mills	19.4
<b>Long Hurdles</b>	
M60 Bruce Mills	56.8
<b>High Jump</b>	
M35 Kent Powers	1.68
M40 Kenneth Drollinger	1.83
M45 David Perrin	1.55
M60 Bruce Mills	1.27
<b>Pole Vault</b>	
M40 Kenneth Drollinger	3.65
M50 Don Angleri	2.59

<b>Long Jump</b>	
M35 Kent Powers	6.30
M40 Kenneth Drollinger	5.37
M45 Mike Skoflanc	5.77
W60 Janet Amery	2.11

<b>Triple Jump</b>	
M35 Kent Powers	12.78
M45 Mike Skoflanc	11.05
<b>Shot Put</b>	
M45 David Perrin	10.44
M50 Loren Robertson	13.90
M60 Stephen Cohen	12.89
M65 Jim Barnhart	8.91
W55 Jane Mills	6.70
W60 Janet Amery	4.32
<b>Discus</b>	
M45 David Perrin	30.65
M50 Jack Romansic	41.82
M60 Stephen Cohen	43.26
M65 Jim Barnhart	25.76
W60 Janet Amery	8.97

<b>Hammer</b>	
M50 Jack Romansic	34.02
M60 Don Amery	28.86
M65 Jerry England	33.41
<b>Javelin</b>	
M45 David Perrin	46.35
M50 Jack Romansic	31.64
M60 James Mills	36.60
M65 Jim Barnhart	19.96
W55 Jane Mills	12.23
<b>Weight Throw</b>	
M50 Jack Romansic	9.46
M60 Don Amery	8.29
M65 Jim Barnhart	5.90



### MID-AMERICA

#### USATF Minnesota Championships National Sports Center, Blaine June 13

<b>100m</b>	
M30 Joe Gwin	11.71
M35 Scott Sommers	12.13
M40 Steven Geringer	13.40
M45 Randy Benson	12.18
M50 Paul Montgomery	12.68
M55 Harvey Johnson	16.61
M60 George LaBelle	14.73
<b>200m</b>	
M30 Joe Gwin	23.54
M35 Scott Sommers	25.22
Scott Eide	25.22
M45 Randy Benson	24.86
M50 Paul Montgomery	25.58
M60 George LaBelle	33.40
W45 Jeanne DeMartino	38.97

<b>800m</b>	
M45 Shawn Regan	2:19.78
<b>1500m</b>	
M40 Howard Morris	5:04.38
M45 Tim Zbikowski	5:00.37
M60 Dan Conway	4:56.75
W45 Jeanne DeMartino	6:22.72
W50 Carol Kiltzke	6:51.52

<b>5000m</b>	
M30 Michael Peck	16:25.77
M55 Harvey Johnson	22:53.26
<b>Short Hurdles</b>	
M30 Joe Gwin	15.39
M35 Scott Marshall	15.80
M55 Richard Ashland	18.80
M60 George LaBelle	18.97
<b>5000m Racewalk</b>	
M40 Donald Peterson	33:27.26
M55 David Bickel	31:44.84
W30 Lori Peterson	34:02.89
W35 Leticia Borgen	36:06.95
W45 Linda Rayburn	44:01.28

<b>High Jump</b>	
M40 Kevin McLaughlin	5-7
M45 Valery Snezhko	5-4
M50 Dale Deuval	4-2
M55 Richard Ashland	4-6
M60 Tom Langenfeld	5-0
<b>Pole Vault</b>	
M35 Douglas Novak	13-1.5
M40 Rolf Lund	11-0
M45 John Lund	11-0
M50 Philip Johnson	11-0
<b>Long Jump</b>	
M40 Steven Geringer	14-1.5
M45 Paul Stevens	10-5
M50 Russ Anteronen	13-9
M55 Richard Ashland	13-8.5
M60 Jim Peterson	13-7.5

<b>Triple Jump</b>	
M45 Paul Stevens	28-4
M50 Dale Deuval	26-6
M60 Jim Peterson	27-8
<b>Shot Put</b>	
M50 Dale Deuval	28-10
M55 Richard Ashland	35-4.75
M60 George LaBelle	34-9.25
M65 Earl Luse	33-3

<b>Discus</b>	
M40 Peter Sandberg	89-6
M55 Richard Ashland	134-2
M60 Jim Peterson	116-3
M65 Gene Lohman	105-9
<b>Javelin</b>	
M50 Dale Deuval	119-1
M55 Richard Ashland	94-5
M60 George LaBelle	106-0
M65 Gene Lohman	80-1

#### BD Track Club Meet Urbandale, IA; June 26

<b>100m</b>	
M30 Jeff Yale	11.29
M35 Jeff Alaimo	12.02
M45 Jack Witmer	14.07
M55 Berry Engebretsen	12.95
M60 Ed Killin	16.65
M75 Mel Larsen	1



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Dennis Robinson	30.75
M50 Bill Forsyth	34.77
M55 Clyde Gossert	32.28
M60 Harold Crater	35.95
Ross Aragon	32.61
Robert Painter	31.91
Arlan Wieland	28.60
M65 Floyd Riddle	39.26
Larry Marsh	38.56
M70 Edwin Johnson	26.72
M75 Lee Hirst	22.60
Robert Broadbent	18.67
W75 Winn Averbuck	13.08
<b>Javelin</b>	
M40 Jeff Bilderbeck	43.04
M50 Bill Forsyth	41.08
M60 Ross Aragon	31.90
Bob Weeks	31.80
Harold Crater	31.20
M65 Larry Marsh	36.78
Floyd Riddle	29.66
M70 Chet Warwick	20.44
Kay Tinnin	15.72
M75 Lee Hirst	21.28
Robert Broadbent	16.24
W75 Winn Averbuck	14.02
<b>Hammer</b>	
M25 Erik Probstfield	60.42
M45 Dennis Robinson	25.08
M60 Arlan Wieland	14.48
M65 Larry Marsh	32.40
W30 Charnia Parrish	20.80
W65 Judy Fetherston	26.34
<b>Long Jump</b>	
M60 Robert Painter	3.23
M70 Chet Warwick	3.30
W45 Deb Vestal	2.51
W75 Winn Averbuck	1.41
<b>Triple Jump</b>	
W45 Deb Vestal	5.95
<b>High Jump</b>	
M50 Bill Forsyth	1.42
M60 Robert Painter	1.32
Arlan Wieland	1.32
M70 Chet Warwick	1.27
M75 Bill Chivvis	1.22
<b>Pole Vault</b>	
M40 Jeff Bilderbeck	3.66
M45 Larry Jessee	4.80
Brad Winter	4.42
M75 Bill Chivvis	2.20
W30 Alison Jessee	4.00

**SOUTHWEST**

Kerrville Senior Games

Kerrville TX; May 1

50M

M50 Clint Harris	7.13
Lorian Dove	7.17
Oscar Avila	7.40
M55 Don Denson	6.79
Troy Scroggins	6.96
Jerry Wright	8.29
M60 Wayne Bennett	6.96
Robert Kocot	7.38
Jesse Mesa	7.62
M65 Joe Summerlin	7.31
Bill Wareham	7.67
Bill Morris	8.07
M70 Wilford Scott	7.54
Jack Gilbert	8.74
Edward Smith	10.09
M75 Sam Patterson	8.24
Adolph Hoffman	8.46
Bob Wingo	8.57
M80 Joe Henderson	10.79
Clement Mowen	18.50
M85 Everett Williams	10.45
Ernest Nero	13.92
M95 Jack Fournier	34.35
W50 Carolyn McCormack	8.29
Peggy Stewart	8.50
Mary Ann Holloway	8.59
W55 Mary Gilbert	10.20
W60 Joan Sutton	8.88
Jean Stewart	12.24
W70 Treasure Cary	10.64
W75 Nita Henderson	10.67
<b>100M</b>	
M50 Ed Jones	13.89
Lorian Dove	13.98
William Wutke	14.83
M55 Don Denson	12.63
James Cawley	13.52
Al Harrison	14.02

M60 Wayne Bennett	13.25
Jesse Mesa	14.62
Jim Pedersen	14.63
M65 Joe Summerlin	13.86
Bill Wareham	15.08
Bill Morris	18.24
M70 Wilford Scott	14.21
Jack Gilbert	16.79
John Callison	19.72
M75 Sam Patterson	15.99
Bob Wingo	16.71
Adolph Hoffman	17.62
M80 Joe Henderson	21.13
Clement Mowen	26.30
M85 Everett Williams	22.70
Ernest Nero	26.02
W50 Carolyn McCormack	15.88
Mary Ann Holloway	16.88
Nancy Malone	17.56
W60 Janice Cunningham	16.84
Marion Coffee	17.45
Joan Sutton	17.73
W70 Treasure Cary	22.24
W75 Nita Henderson	23.04
<b>200M</b>	
M50 Clint Harris	28.57
William Wutke	30.45
M55 Don Denson	25.95
Al Harrison	28.88
M60 Wayne Bennett	26.49
Mack Stewart	27.07
Jim Pedersen	30.77
M65 Joe Summerlin	28.16
Bill Wareham	31.84
M70 Wilford Scott	28.35
Jack Gilbert	38.16
Robert Blakely	50.71
M75 Sam Patterson	34.21
M80 Joe Henderson	55.31
M85 Everett Williams	56.13
W50 Carolyn McCormack	33.35
Peggy Stewart	35.06
Nancy Malone	38.95
W60 Janice Cunningham	35.00
Joan Sutton	37.43
Marion Coffee	38.76
W70 Treasure Cary	48.38
W85 Kate Kendrick	1:50.28
<b>400M</b>	
M50 James Hensley	1:03.51
Clint Harris	1:04.02
William Wutke	1:30.62
M55 Don Denson	1:04.35
Gerald Roy	1:04.96
Al Harrison	1:06.74
M60 Mack Stewart	1:00.82
Wayne Bennett	1:06.47
M70 Jack Gilbert	1:36.30
Robert Blakely	2:14.83
M75 Bob Wingo	1:27.36
W50 Peggy Stewart	1:22.44
Nancy Malone	1:46.69
W60 Marion Coffee	1:39.74
<b>800M</b>	
M50 William Wutke	2:58.25
M55 Gerald Roy	2:22.49
Lloyd Rust	2:38.64
Troy Scroggins	2:43.41
M60 Mack Stewart	2:21.75
Robert Kocot	2:53.54
M65 Ray Baldwin	3:23.55
M70 Robert Blakely	4:53.10
M75 Bob Wingo	3:47.42
Adrien Pronovost	4:39.27
W65 Beverly Avery	3:51.14
<b>1500M</b>	
M50 William Wutke	7:11.69
M55 Gerald Roy	4:58.98
Troy Scroggins	5:58.60
M60 Sonny Heath	6:41.86
M65 Ray Baldwin	7:00.39
M70 Robert Blakely	10:05.46
M75 Adrien Pronovost	10:02.38
W65 Beverly Avery	7:28.59
<b>5000M</b>	
M50 Louis Allred	19:04
M55 Robert Harder	23:03
M60 Bill Mitchell	19:18
Vardy Vincent	23:27
Dennis McNamara	23:35
M65 Mel Roach	23:24
Jim Fancher	24:15
Arnold Lachner	26.21
M70 Bob Butler	29.45
Robert Blakely	37.27
M75 John Avery	30:55
Richard Parsons	35:15
W50 Sue Gibson	31:02
W60 Sarah Hartman	32:06
W65 Beverly Avery	26:04
W75 Wanda Hall	35:54

<b>High Jump</b>	
M50 James Hensley	4-10
David Middour	4-0
M55 James Cawley	5-0
Jerry Wright	4-4
M60 David Melber	4-4
Pete Hopcus	4-0
Phillip Johnson	4-0
M65 Bobby Crabb	4-4
J Watkins	4-2
Bill Morris	4-0
M70 Roy Morgan	4-0
Louis Youngblood	3-10
Robert Hosea	3-8
M75 Adolph Hoffman	3-8
Bob Wingo	3-6
Glen Crain	3-4
M85 Everett Williams	2-3
Ernest Nero	2-2
W60 Loretta Watson	3-8
Shelly Whitlock	3-6
Mary Bradford	3-0
W70 Ruth Seeger	3-0
<b>Long Jump</b>	
M50 Ed Jones	18-1.5
David Middour	12-5.5
M55 James Cawley	16-6
Jerry Wright	13-7
Troy Scroggins	12-10.5
M60 David Melber	13-11
Jim Pedersen	13-6
Robert Kocot	13-1.5
M65 Bill Wareham	11-4.5
Bill Morris	11-0
Al Perez	10-10
M70 Roy Morgan	11-10.5
Jack Gilbert	11-10
Robert Hosea	9-3
M75 Adolph Hoffman	11-1
Glen Crain	9-3
Bob Wingo	9-1.5
M85 Everett Williams	6-8
Ernest Nero	4-4
W50 Pamela Monroe	7-4
W60 Loretta Watson	8-11.5
Jean Stewart	4-10
W65 Karen Tedder	7-11
W75 Pearl Holloway	6-5.5
<b>Shot Put</b>	
M50 Jimmy Salazar	40-7.5
Lorian Dove	34-7
Dean Garner	34-5
M55 John Coniff	41-4.75
Mark Chapman	37-6
Charles Good	34-1.75
M60 John Cantrell	42-7.75
Harold Crater	41-10
Dean Hesse	34-7
M65 Engel Grow	33-0.25
Jim Carney	28-5
M70 Jim Gerhardt	41-7
Val Smith	31-4.25
Doug Cochran	29-8
M75 Ross Morris	30-9.25
Adolph Hoffman	28-4.75
Robert Woolfolk	24-4.5
M85 Everett Williams	21-9
Ernest Nero	19-7.25
W50 Nancy Malone	26-2.5
Pamela Monroe	19-1.75
W60 Loretta Watson	26-9.5
Shelly Whitlock	20-11
W65 Jessie Mae Johnson	17-0.75
W70 Ruth Seeger	18-6.25
Mary Gilbert	11-1.5
W75 Pearl Holloway	15-6
<b>Discus</b>	
M50 Fred Perry	138-7
Jimmy Salazar	138-5
Dean Garner	107-1
M55 John Coniff	129-10
Mark Chapman	110-9
James Cawley	100-9
M60 Dean Hesse	129-1
Harold Crater	127-11
Howard Zingg	125-8
John Lindsay	123-1
M65 Jim Carney	101-9
Bill Morris	94-1
M70 Jim Gerhardt	138-10
Roy Morgan	124-6
Doug Cochran	107-4
M75 Adolph Hoffman	95-4
Ross Morris	76-9
Robert Woolfolk	68-3
Adrien Pronovost	54-7
M85 Everett Williams	50-7
Ernest Nero	44-1
W50 Nancy Malone	81-2
Pamela Monroe	44-10
W60 Loretta Watson	68-6
Sylvia Brooks	53-5

Shelly Whitlock	51-8
W65 Jessie Mae Johnson	36-9
W70 Ruth Seeger	48-8
Mary Gilbert	30-4
W75 Pearl Holloway	38-4
<b>Javelin</b>	
M50 Gil Mason	104-6
David Middour	94-5
M55 John Coniff	110-1
Mark Chapman	104-8
Charles Good	91-7
M60 John Cantrell	97-1
John Lindsay	94-7
Howard Zingg	93-4
M65 Skip Meneely	101-0
Bill Morris	87-2
Engel Grow	84-2
M70 Val Smith	98-6
Doug Cochran	91-11
Robert Hosea	80-11
M75 Adolph Hoffman	81-0
Robert Woolfolk	61-0
Glen Crain	49-2
M85 Everett Williams	41-4
W50 Nancy Malone	77-11
W60 Loretta Watson	62-7
Sylvia Brooks	59-6
Mary Bradford	49-9
W70 Ruth Seeger	58-4
Viola Brainard	44-1
Mary Gilbert	18-4

**Louisiana Games**  
New Orleans, June 11

<b>100m</b>	
M30 Lloyd Collins	11.47
M35 Randolph Scott	12.12
M40 Lance Madison	12.29
M45 Walden Curry	12.74
M50 Danny Thiel	12.48
M55 Hans Gordon	13.31
M60 Frank Fouchi	14.18
M65 Frank Newman	14.67
M70 Louis Rieck	14.00
M75 Frank Knaus	18.80
W30 Lisa Gordon	14.75
W35 Terra Boyd	14.52
W40 Beulah Jackson	15.54
<b>200m</b>	
M30 Lloyd Collins	23.41
M35 Kevin Lendo	15.16
M40 Warren Bolds	25.40
M45 Walden Curry	26.14
M50 Danny Thiel	26.38
M55 Hans Gordon	27.65
W35 Terra Boyd	31.90
W40 Beulah Jackson	36.61
<b>400m</b>	
M30 Billy Ward	1:00.30
M40 Robert Fluker	1:00.01
M45 Gary Rudick	57.74
M50 Danny Thiel	56.99
M55 Alonzo Jones	1:02.30
W40 Beulah Jackson	1:24.95
<b>800m</b>	
M45 Dortie Moore	2:16.69
M50 Roger Brown	2:29.71
M65 C Wimberley	2:32.33
W40 Petra Munro	2:49.99
<b>1500m</b>	
M45 Denis Tallini	5:07.03
M50 Roger Brown	5:02.27
M80 John Boots	7:18.40
W40 Petra Munro	5:38.74
<b>High Jump</b>	
M40 John Henning	4-6
M50 Robert Baker	4-8
M55 Wayne Ory	3-4
M60 Frank Fouchi	4-2
M65 Jerry Lyons	4-2
M70 Bill Noonan	3-6
M75 Frank Knaus	3-6
M50 Wiley Monceaux	39.66
M60 Don North	38.98
M65 Paul Adams	31.14
M75 Robert Dew	13.84
<b>Hammer</b>	
M40 Jeff Baty	38.96
M50 Vince Breaux	27.82
M55 Harold Landry	24.74
M60 Don North	29.84
M65 Milton Brady	26.50
<b>Pole Vault</b>	
M40 Kevin Trosclair	10
M45 Bill Batherson	11
M50 Robert Manard	11-8
M65 Paul Adams	7
M70 Bill Noonan	4

<b>Long Jump</b>	
M35 Kevin Lendo	20-7.50
M40 Warren Bolds	14-2.75
M50 Rober Baker	16-4
M55 Frank Fouchi	12-4
M65 Charles Jones	12-11
M70 Bill Noonan	9-5
M75 Frank Knaus	8.50
W30 Lisa Gordon	12-3.50
W35 Terra Boyd	12-11
W40 Beulah Jackson	9
<b>Triple Jump</b>	
M30 Lotfi Khaida	49-10.75
M35 Kevin Lendo	40-9
M50 Robert Baker	33-6.50
M60 Frank Fouchi	26-4
W35 Terra Boyd	24-6
<b>Shot Put</b>	
M40 Jeff Baty	12.14
M45 Harold Bourgeois	10.50
M50 Wiley Monceaux	11.54
M55 Harold Landry	9.90
M60 Don Gunther	10.68
M65 Milton Brady	9.04
M75 Robert Dew	6.08
<b>Discus</b>	
M40 Robert Navarre	48.58
M45 Horace Derry	33.62

**Hill Country Classic**  
Masters Meet  
Mason, TX; June 12

<b>100m</b>	
M30 Ray Duarte	13.78
M35 Junebug Duarte	13.92
M35 Van Eisenbach	13.15
Russ Jones	13.33
M40 Fred Porter, Jr	10.99
Lindy Raney	11.24
M45 Will McHone	12.56
Sergio Angulo	13.01
M50 Richard Winfred	13.18
Clint Harris	13.58
M55 Don Denson	12.57
Jim Cawley	13.41
M60 Wayne Bennet	12.97
Roy Eisenbach	13.59
W40 Cindy Steenbergen	12.51
Pamela Booton	14.80
W50 Carolyn McCormack	15.54
Melinda Harris	16.81
W60 Marion Carney	16.83
<b>200m</b>	
M30 Tay Duarte	28.98
David Hernandez	29.60
M35 Russ Jones	27.90
M40 Fred Porter, Jr	22.56
Lindy Raney	23.60
M45 Will McHone	25.57
M50 Richard Winford	27.47
Clint Harris	28.34
M55 Don Denson	26.75
Jim McCoy	31.34
M60 Wayne Bennett	26.84
John Head	27.79
M65 Lowell Bonfield	28.62
W40 Cindy Steenbergen	25.97
Pam Booton	33.23
W50 Melinda Harris	38.25
<b>400m</b>	
M35 Van Eisenbach	1:02.95
Russ Jones	1:03.95
M40 Julio Reyes	52.26
Donald Gibson	59.55
M45 Rick Easley	53.50
Larry Mandarino	58.91
M50 Richard Winford	1:07.00
M55 Troy Scoggins	1:07.45
M60 Roy Eisenbach	1:20.29
W40 Cindy Steenbergen	1:04.00
<b>800m</b>	
M30 Will Reid	2:20.69
M35 Juan Mendoza	2:15.15
Art Hernandez	2:53.73
M40 Julio Reyes	2:03.55
Donald Gibson	2



Continued from previous page

**Hammer**

M40 Steve Patridge	144-3
David Bolles	114-10
M45 Jay Smith	69-8
M75 Ross Morris	85-3
Adrien Pronovost	59-9
W40 C Mellenthin	57-5
<b>35# Weight Throw</b>	
M40 Steve Patridge	39-6
David Bolles	33-6
M45 Jay Smith	20-8
M50 John Gonzales	24-8
M55 Mark Chapman	27-11
W40 C Mellenthin	13-5
<b>25# Weight Throw</b>	
M40 Steve Bolles	42-1
David Bolles	37-3
M50 John Gonzales	33-7
M55 Mark Chapman	35-10
M60 Howard Zingg	32-5
M65 Skip Meenely	25-4
M75 Ross Morris	24-5
Adrien Pronovost	18-8
W40 Cheryl Mellenthin	16-7
W60 Loretta Watson	23-1
<b>16# Weight Throw</b>	
M60 Howard Zingg	43-8
M75 Ross Morris	34-4

**WEST**

**Southern California Striders  
Meet  
Long Beach, May 8**

<b>100m</b>	
M30 Geo Onyenyeonwu	11.14
M35 Al Ros	11.24
M40 Dray Hargrove	11.85
M45 David Perrin	11.99
M50 Dale Herring	12.79
M55 Doug Smith	12.35
M60 Dick Richards	12.33
M65 Sam Flory	14.28
M70 Bill Platt	14.48
M80 Clarence Trahan	18.50
M85 Tony Castro	18.91
W40 Wanda Snell	12.93
W45 Donna Settles	nta
W50 Lynn Naftel	14.10
W55 Kimi Solwazi	14.21
W65 Magdalena Kuehne	17.72
<b>200m</b>	
M30 Geo Onyenyeonwu	23.52
M35 Kettrell Berry	22.61
M40 James Williams	25.38
M45 Eugene Driver	25.88
M50 Lee Fitzgerald	27.12
M55 Bill Knocke	25.96
M60 Harold Tolson	25.69
M65 Sam Flory	29.57
M70 Bill Platt	30.40
M85 Bert Morrow	42.30
W40 Diane Heil	29.78
W45 Tina Bowman	30.44
W50 Lynn Naftel	30.05
W55 Kimi Solwazi	29.73
W70 Sumi Ono Leonard	38.36
<b>400m</b>	
M30 Brian Gore	54.70
M35 Dave Massa	56.41
M45 Bill Fitzpatrick	61.68
M50 Joe Perry	62.59
M55 Ron Salupo	60.39
M70 Lou Beadle	78.95
W40 Michele Freeman	74.95
W45 Tina Bowman	68.99
W50 Lynn Naftel	68.72
W55 Kimi Solwazi	70.35
W60 Jeanne Hoagland	77.17
W70 Sumi Ono Leonard	90.35
<b>800m</b>	
M30 Tony Saxon	2:04.00
M35 Allen McDuffie	1:58.70
M40 Angelo DeCollibus	2:06.56
M50 Lee Fitzgerald	2:15.36
M60 Jon Barkman	2:57.77
M70 Frank Sanchez	2:55.43
W40 Marie Murphy	2:30.37
W50 Lynn Naftel	2:41.18
<b>1500m</b>	
M40 Angelo DeCollibus	4:19.83
M45 Hugo Velasquez	4:50.83
M50 Rick Muth	5:20.50
M55 Ron Salupo	5:06.90
M65 Bob Culling	5:28.40
M70 Frank Sanchez	6:08.88
W40 Marie Murphy	4:56.46
W45 Karen Davis	8:15.30
W60 Jeanne Hoagland	6:06.57

<b>3000m</b>	
M40 Angelo DeCollibus	9:38.71
M65 Bob Cullint	12:00.32
M70 Gunnar Linde	12:06.87
<b>5000m</b>	
M35 Steve Moreno	19:56.10
M45 Steve Kellmyer	19:23.10
W40 Yayoi Lin	19:29.10
<b>Short Hurdles</b>	
M45 David Perrin	16.08
M55 Walt Butler	17.18
M65 Phil Johnson	36.80
M85 Bert Morrow	23.15
<b>Long Hurdles</b>	
M30 Gred Doud	62.76
M40 Andy Hecker	70.35
M65 Phil Johnson	63.60
<b>Pole Vault</b>	
M35 Greg Charles	13-0
M40 Bill Halvelson	16-4.75
M70 Bob Holmes	7-1
M75 Don Roser	7-1
<b>Long Jump</b>	
M30 Randy Thompson	3.78
M35 Lavell Davenport	6.12
M45 John Tomaschik	5.16
M50 Angel Cachinero	5.36
W65 Magdalena Kuehne	3.21
W70 Johnnie Valien	3.07
<b>Triple Jump</b>	
M35 Lavell Davenport	14.05
M40 Andy Hecker	10.02
M50 Angel Cachinero	10.88
M60 Alvin Henry	10.29
M75 Charles Mercurio	6.60
W65 Magdalena Kuehne	6.97
W70 Johnnie Valien	5.44
<b>Shot Put (ft &amp; in)</b>	
M45 Bill Gardner	46-8
M50 John Casler	42-1
M60 Hal Smith	44-4
W40 Karen Vaughn	29-5
W50 LaTanya Glass	31-9
W55 Hattie Perry	20-11
W70 Johnnie Valien	23-4
<b>Discus</b>	
M40 Fouts Williams	24.20
M50 John Casler	50.68
M55 Mac McCormick	34.92
M60 Joe Marino	47.40
M65 Ahmet Ardaman	32.10
M70 Don Hegberg	40.34
M75 Don Roser	26.82
M80 Clarence Trahan	18.40
M85 Pete Allen	18.24
<b>Hammer</b>	
M50 David Smith	32.58
M60 Frank Carl	35.78
<b>Javelin</b>	
M35 Paul Stephens	31.34
M45 David Perrin	48.36
M50 Larry Lloyd	32.98
M55 Terry Rowan	27.91
M60 Ray Fitzhugh	28.74
M65 Ahmet Ardaman	26.95
M70 Bill Platt	34.37
M75 Donald Roser	29.10
W35 Elaine Iba	28.32
W40 Karen Vaughn	24.14
<b>Grand Canyon State Games Tucson, AZ; June 5</b>	
<b>100m</b>	
M40 Malcomm Owens	12.88
W45 Trevor Wells	12.26
M50 Gary Wittwer	14.98
M55 Antonio Chavez	13.84
M60 Fred Kjer	13.52
M65 Budd Hamilton	16.27
M80 Paul Hall	21.85
<b>200m</b>	
M40 Malcomm Owens	24.35
M45 Trevor Wells	25.58
M55 Antonio Chavez	28.18
M60 Fred Kjer	27.86
M65 Budd Hamilton	35.88
M80 Paul Hall	47.86
<b>400m</b>	
M45 Will Jefferson	1:14.81
M55 Antonio Chavez	1:03.14
M60 Fred Kjer	1:02.69
<b>800m</b>	
M40 Jim Hershberger	2:16.64
M45 Neil Hawk	2:88.17
M55 Dick Upton	2:33.94
M60 Cliff Bedell	2:35.82
<b>1500m</b>	
M40 Doyle Scott	5:88.26
M60 Joel Gonzalez	5:42.28
<b>5000m</b>	
M40 Doyle Scott	18:39.72

M45 John Morris	19:17.31
M60 Paul Robillia	12:44.57
<b>Short Hurdles</b>	
M40 Bill Burt	19.18
M45 Stanley Jones	20.68
M55 Bob Osterhoudt	16.62
M65 Dave Douglass	21.27
<b>Long Hurdles</b>	
M45 Pat Fahy	1:85.44
<b>High Jump</b>	
M40 Bill Burt	1.75
M45 Richard Watson	1.42
M55 Larry Lones	1.21
M60 Donald Judd	1.14
M65 Dave Douglass	1.21
M80 Roy Clark	.91
<b>Pole Vault</b>	
M40 Henry Barela	4.35
M50 Gary Wittwer	2.98
M55 Larry Jones	2.75
<b>Long Jump</b>	
M60 Donald Judd	3.44
M65 Dave Douglass	4.03
M80 Paul Hall	2.00
<b>Triple Jump</b>	
M50 Gary Wittwer	8.68
M60 Bob Delfs	6.11
<b>Shot Put</b>	
M40 Jeff Crothers	11.81
M45 Michael Shiaras	12.96
M50 Ronald Travis	11.99
M55 Duane Thompson	12.86
M60 James Burke	13.45
M65 Budd Hamilton	7.86
M80 Roy Clark	7.10
<b>Discus</b>	
M40 John Selkirk	35.85
M45 Michael Shiaras	32.12
M55 Bob Osterhoudt	34.93
M60 James Burke	45.19
M65 Dave Douglass	31.86
M80 Roy Clark	22.05
<b>Hammer</b>	
M40 Jeff Crothers	36.88
M45 Richard Watson	34.28
M50 Ronald Travis	29.92
M55 Bob Osterhoudt	41.88
M65 Dave Douglass	30.11
<b>Javelin</b>	
M40 John Selkirk	26.44
M45 Richard Watson	49.43
M55 C Quarelli	48.25
M60 Bob Delfs	17.55
M65 Dave Douglass	24.12
<b>3000m RW</b>	
M65 Cliff Elkins	19:43.46
M80 Roy Clark	26:09.88
<b>Crown Valley Senior Olympics Los Angeles, CA; June 6</b>	
<b>50m</b>	
M50 Dale Herring	6.7
M55 Doug Smith	6.7
M60 Kenny Dennis	6.9
M65 Ed Thibon	8.0
M70 James Selby	7.6
M75 Frank Benedict	8.4
W55 Kathy Bergen	7.5
W65 Louise Martin	13.1
W70 Johnnie Valien	9.5
W75 Phyllis Benedict	11.6
<b>100m</b>	
M50 Dale Herring	12.5
Rob Farber	12.8
M55 Doug Smith	12.3
M60 Terry Cannon	12.0
Gary Miller	10-0
M65 Robert Hamms	7-0
M75 Donald Roser	7-0
W70 Johnnie Valien	4-0
<b>Long Jump</b>	
M50 Rob Farber	16-0.5
M55 Duane Holmes	13-11
James Kholos	12-3.25
M60 Roger Tsuda	16-4
Bob Newberger	15-3.75
M65 Robert Hamms	10-1.5
Ed Thibon	10-1.25
M70 Taki Nagao	11-4.25
M75 Tom Patsalis	11-11.25
W65 Louise Martin	5-9.5
W70 Johnnie Valien	9-10
<b>Shot Put</b>	
M50 Mike Deller	44-9
John Casler	42-9
M55 Dennis McCraven	39-0.5
Tom Davidson	34-9
M60 Doug Cronin	35-10.75
Clarence Treat	35-3
M65 Fred Lochner	32-9
Howard Waite	31-3.5
M70 Charlie Sarver	36-10.25
Barney Phillips	25-3.25
M75 Ed Chynoweth	34-6.5
Frank Benedict	26-1.25
M80 Roland Ortmeier	22-0.25
W50 LaTanya Glass	32-3
W55 Connie Sarver	29-1.75
Hattie Perry	22-2.5

Ed Thibon	32.9
M70 James Selby	30.0
Louis Beadle	30.3
M75 Felix Jumonville	35.1
Frank Benedict	35.2
M85 Anthony Castro	42.3
W50 Lynn Naftel	28.9
W55 Kemisole Solwazi	29.2
Kathy Bergen	31.2
W60 Jeanne Hoagland	36.1
W70 Johnnie Valien	40.2
W75 Gerry Davidson	50.6
<b>400m</b>	
M55 Ronald Salupo	59.0
John Miller	66.6
M60 Anthony D'Amico	89.4
M70 James Selby	67.9
Louis Beadle	72.1
M75 Felix Jumonville	93.6
M80 Vincent Malizia	1:44.4
W50 Lynn Naftel	71.3
W55 Kemisole Salwazi	67.5
W60 Patricia Willis	1:59.2
W75 Gerry Davidson	1:52.5
<b>800m</b>	
M50 Augustin Medina	2:29.2
Chuck Woo	2:38.8
M55 Jerry Hackett	2:26.8
M65 Ray Archibald	3:09.8
M70 James Selby	2:41.6
Efrain Sanchez	2:51.0
M80 Vincent Malizia	3:58.4
W50 Yoko Eichel	2:48.8
Lynn Naftel	2:51.8
W55 Lynn Lund	4:30.0
Mary Jane McMaster	4:31.4
W60 Jeanne Hoagland	3:01.1
W75 Gerry Davidson	4:15.4
<b>1500m</b>	
M50 Augustin Medina	4:57.8
M55 David Rusher	5:22.7
M60 George DeCottes	5:27.4
M65 Ray Archibald	6:18.9
M70 Efrain Sanchez	6:08.7
M80 Vincent Malizia	7:37.6
W50 Yoko Eichel	5:50.2
<b>5000m</b>	
M50 Augustin Medina	19:54.8
M55 Victor Gonzalez	21:19.2
M60 Larry Tiffin	43:54.1
M65 Ray Archibald	24:36.8
Van Aposian	25:44.0
M70 James Selby	23:35.8
M80 Vincent Malizia	29:53.1
W75 Phyllis Benedict	36:01.6
<b>High Jump</b>	
M50 Charlie Rader	5-6
Robert Pozzi	5-4
M55 James Kholos	3-10
M60 Davie Perry	5-0
John Steinman	4-8
Jerry Sullivan	4-8
M65 Robert Hamms	3-6
M70 Farrell Belliston	3-6
M75 Donald Roser	3-8
W60 Christel Miller	3-8
W70 Johnnie Valien	3-0
<b>Pole Vault</b>	
M50 Dan Borrey	13-1.5
M60 Terry Cannon	12-0
Gary Miller	10-0
M65 Robert Hamms	7-0
M75 Donald Roser	7-0
W70 Johnnie Valien	4-0
<b>Long Jump</b>	
M50 Rob Farber	16-0.5
M55 Duane Holmes	13-11
James Kholos	12-3.25
M60 Roger Tsuda	16-4
Bob Newberger	15-3.75
M65 Robert Hamms	10-1.5
Ed Thibon	10-1.25
M70 Taki Nagao	11-4.25
M75 Tom Patsalis	11-11.25
W65 Louise Martin	5-9.5
W70 Johnnie Valien	9-10
<b>Shot Put</b>	
M50 Mike Deller	44-9
John Casler	42-9
M55 Dennis McCraven	39-0.5
Tom Davidson	34-9
M60 Doug Cronin	35-10.75
Clarence Treat	35-3
M65 Fred Lochner	32-9
Howard Waite	31-3.5
M70 Charlie Sarver	36-10.25
Barney Phillips	25-3.25
M75 Ed Chynoweth	34-6.5
Frank Benedict	26-1.25
M80 Roland Ortmeier	22-0.25
W50 LaTanya Glass	32-3
W55 Connie Sarver	29-1.75
Hattie Perry	22-2.5

W60 Neatsa Foster	18-0.25
W70 Johnnie Valien	21-11.5
W75 Wilma Davenport	18-1.75
<b>Discus</b>	
M50 John Casler	165-10
Mike Deller	149-6
M55 Mike Woodward	133-9
Kurt Slocum	94-10
M60 Joe Marino	156-10
Doug Cronin	124-8
M65 Fred Lochner	107-3
Howard Waite	96-1
M70 Charlie Sarver	91-9
M75 Donald Roser	98-0
M80 Roland Ortmeier	65-2
W50 LaTanya Glass	47-8
W55 Connie Sarver	76-8
W60 Neatsa Foster	40-0
W65 Ellen Brannigan	59-5
W75 Wilma Davenport	41-6
Jeanne Bishop	37-0
<b>Javelin</b>	
M50 Dale Herring	103-3
Larry Lloyd	99-10
M55 Duane Holmes	122-2
M60 Larry Tiffin	85-0
M65 Grant Cotter	66-2
M70 Allen Trefry	110-10
M75 Donald Rosen	103-2
M80 Roland Ortmeier	51-9
W55 Connie Sarver	83-5
Kathy Bergen	64-3
W60 Neatsa Foster	35-6
W65 Ellen Brannigan	50-11
W70 Johnnie Valien	51-3
W75 Jeanne Bishop	37-3
<b>1500m Racewalk</b>	
M50 Ed Bouldin	7:54.7
M55 Jesus Orendain	7:34.3
Jay Dash	8:58.6
M60 Barry Liker	10:07.7
M65 Carl Acosta	8:35.4
Leon Glazman	8:55.3
M70 Robert Mimm	8:49.7
Frank Chesak	10:43.2
M75 Noritake Masashi	9:39.7
Bob Davidson	14:44.5
W55 Lynne Lund	12:17.5
W60 Carol Ferris	9:31.6
Patricia Willis	10:36.4



Continued from previous page

<b>4x100m Relay</b>	
M30 The Sharks	52.6
W30 Joy's Lady Sprinters	67.4
(Quist/Loeb/Smith/Everett)	
W40 Joy's Lady Sprinters	66.5
(Ruth/Cramer/Bogart/Anthony)	
<b>4x400m Relay</b>	
W30 Joy's Lady Sprinters	6:09.2
<b>High Jump</b>	
M35 Rand Crippen	1.78
M40 Mike Hates	1.73
M45 Ben Del Villar	1.58
M50 Paul Heglar	1.68
Gary Wuest	1.43
W Wood	0.61
M55 Don Dvorak	1.43
M60 John Steinman	1.37
S Richmond	1.32
M75 Jim Johnson	1.04
W65 Marjorie Moore	0.97
<b>Pole Vault</b>	
M30 John Bagatelos	4.12
M35 Paul Sinatra	4.73
J D Wells	4.27
Steve Degner	3.66
M40 Wilson Soohoo	3.97
M50 Paul Heglar	3.97
M60 John Steinman	2.90
John Sparks	2.59
M75 Jim Johnson	2.14
<b>Long Jump</b>	
M35 T Duncan	6.07
Rand Crippen	5.21
M40 Kevin Morning	6.51
Steve Piersol	5.13
M45 M Valentine	5.16
M50 Gary Wuest	3.89
W Wood	0.97
M55 Don Dvorak	4.98
M60 Bill Kelley	4.85
S Richmond	4.16
O Legend	3.76
M75 Jim Johnson	3.23
W40 Carol Ruth	2.90
W45 Joyce Anthony	3.51
W65 Marjorie Moore	2.80
<b>Triple Jump</b>	
M35 Rand Crippen	10.38
M60 Bill Kelley	9.14
Steve Richmond	8.94
O Legend	7.23
<b>Shot Put</b>	
M30 Craig Murray	10.82
M40 Eric Hodgdon	12.14
M45 Gary Kelmenson	10.25
Frank Demby	8.64
M50 Lad Pataki	16.42
Gary Wuest	10.90
M55 Bill Starkey	10.27
M60 Gene Thacker	13.39
Don Hughes	8.64
M65 George Whiting	10.57
M75 Ed Chynoweth	10.80
W60 Cherrie Sherrard	9.98
<b>Discus</b>	
M35 Paul Quirke	48.14
John Garvey	39.82
M40 Steve Regan	39.32
Steve Piersol	31.80
M45 Gary Kelmenson	31.38
M50 Lad Pataki	51.76
Al Abono	27.60
M55 Ron Mickle	43.68
Bill Starkey	27.58
M60 Gene Thacker	35.62
John Steinman	32.20
O Legend	26.82
M65 Geo Whiting	37.84
M70 L Toscano	24.71
W60 Cherrie Sherrard	20.57
W70 Shirley Dietderich	15.60
<b>Hammer</b>	
M30 Mike Henry	63.68
M35 M Martinez	43.38
M40 Mike Venning	41.98
M45 Gary Kelmenson	37.54
M50 Dave McKenzie	59.18
<b>Javelin</b>	
M40 John Hansen	54.55
Steve Piersol	36.52
M50 Robert Powers	46.80
Lad Pataki	42.73
Gary Wuest	28.03
Bill Starkey	22.50
W70 Shirley Dietderich	16.43
<b>Weight Throw</b>	
M30 Craig Murray	19.49
M40 Eric Hodgdon	11.63
M45 Gary Kelmenson	12.23
<b>Superweight</b>	
M30 Craig Murray	7.45
M45 Gary Kelmenson	8.18

M60 Don Hughes	5.99
<b>5000m Racewalk</b>	
M50 Bill Penner	27:09.1
M55 Stu Kinney	31:20.9
M60 James Fisher	33:56.3
M65 Ralph Wheeler	39:55.4
M70 Jon Borset	38:13.1
W40 Lorrie Leiker	37:55.1
W50 Carolyn Nash	37:01.7
W55 Jo Ann Nedelco	28:04.8

### USATF SCA Championships Occidental College Los Angeles, CA; June 12

<b>100m</b>	
M30 Mahasse Cornelius	10.51
Brian Gore	12.23
M35 Al Ros	10.91
Frank Strong	11.27
M40 Wayne Iba	11.81
M45 Johnny Williams	12.01
Eugene Driver	12.20
Bob Richardson	12.29
M50 Lance Pierce	13.84
Dan Girling	14.33
M55 Bill Knocke	12.94
Charlie Loftis	13.54
Tony Craddock	13.55
M60 Harold Tolson	12.35
Ken Dennis	12.59
Frank Hollier	13.23
Gary Sims	13.23
M65 Sam Flory	14.29
Frank Kishi	15.32
M70 Rodney Brown	14.40
Al Escobosa	14.52
Jim Selby	14.94
M80 Tony Castro	18.91
W30 Tammy Mack	18.52
W35 Elaine Iba	13.96
W40 Wanda Snell	13.14
Sylvia Hoss	14.01
Michele Freeman	14.71
W50 Latanya Glass	16.83
W55 Mary McMasters	24.02
W60 Pat Willis	22.28
W70 SumiOnodLeonard	17.75
<b>200m</b>	
M30 Vaughn Castor	23.4
M35 Al Ros	22.3
M40 Chip Everage	28.1
Ken Stone	29.6
M45 Eugene Driver	23.7
Johnny Williams	24.2
Bob Richardson	24.5
M50 Lee Fitzgerald	26.3
M55 Bill Knocke	26.0
Alan Levin	26.8
Charlie Loftis	27.3
M60 Harold Tolson	25.1
Ken Dennis	26.8
Maynard Morris	30.5
M65 Sam Flory	29.2
Frank Kishi	31.9
M70 Rodney Brown	29.4
Jim Selby	30.2
Al Escobosa	30.4
W35 Elaine Iba	28.8
W40 Wanda Snell	26.7
Sylvia Hoss	28.6
Michele Freeman	29.9
W45 Tina Bowman	30.1
W50 Latanya Glass	35.0
W55 Mary McMasters	53.2
W60 Pat Willis	50.1
W65 Magdalena Kuehne	38.3
W70 SumiOnodLeonard	37.6
<b>400m</b>	
M30 Vaughn Castor	51.36
M35 Darryl Smith	58.38
Joe Gilboy	59.45
M40 Peter Mogg	53.65
Angelo Decolibus	56.41
Jimmy Bonilla	56.61
M45 Steve Kloch	59.13
Greg Lash	60.58
Mark Johnson	63.36
M50 Joe Perry	61.73
Tom O'Keefe	64.87
M55 Simeon Baldwin	60.07
Al Levin	60.15
Charlie Loftis	71.86
M60 Ray Fitzhugh	77.23
M70 Rodney Brown	67.03
Jim Selby	68.93
Al Escobosa	73.38
W40 Diane Heil	63.02
Mary Murphy	65.62
Marianne Fullove	68.04
W45 Tina Bowman	67.71
W50 Gloria Lockhart	80.61
W55 Mary McMasters	1:55.89

<b>800m</b>	
M30 Brian Gore	2:20.68
Phil Hernandez	2:12.39
Greg Daud	2:15.83
M35 Darryl Smith	2:07.40
Galen Morton	2:08.65
M40 Peter Mogg	2:01.23
Angelo Decolibus	2:04.32
Mark Cleary	2:08.65
M45 Nolan Shaheed	2:02.36
M50 Lee Fitzgerald	2:12.46
Gary Hall	2:20.80
Graeme Shirley	2:29.44
M55 Simeon Baldwin	2:18.38
Jerry Hackett	2:23.77
M70 Jim Selby	2:39.18
Efrain Sanchez	2:51.10
W35 Lisa Kealy	2:31.80
W40 Marie Murphy	2:21.46
Marianne Fullove	2:35.40
Debbie Barazza	2:35.99
W50 Joni Shirley	2:41.19
Yoko Eichel	2:50.85
W55 Mary McMasters	4:07.56
<b>1500m</b>	
M35 Sal Fernandez	4:43.63
M40 Mark Cleary	4:28.32
Jeff Wong	4:28.48
Frank Baegemon	4:40.40
M45 Nolan Shaheed	4:26.39
Gary Foltz	4:32.38
Hugo Velazquez	4:48.43
M50 Gary Hall	4:59.66
M65 Bob Culling	5:38.45
Bill O'Donnell	6:04.63
M70 Efrain Sanchez	6:01.51
W35 Lisa Kealy	5:20.15
W40 Marie Murphy	4:49.62
Debbie Barazza	5:21.49
Marianne Fullove	5:30.17
W45 Karen Davis	8:29.11
W50 Joni Shirley	5:33.10
Yoko Eichel	5:46.41
<b>5000m</b>	
M55 Ralph Montanez	22:54.1
M65 Bob Culling	21:56.6
M70 Gunnar Linde	21:06.8
Pete Mundle	31:01.3

<b>Short Hurdles</b>	
M45 David Perrin	17.0
M50 Sheridan Groves	16.5
M70 Richard Warren	17.7
<b>Long Hurdles</b>	
M30 Greg David	61.25
M40 Ken Stone	75.39
M50 Sheridan Groves	68.08
W45 Tina Bowman	75.42
<b>4x200m Relay</b>	
M60 Team So Calif WR1:45.23	
(Harold Tolson/Frank Hollier/Gary Sims/Dick Richards)	
<b>High Jump</b>	
(1.47/1.19/192)	
M40 J Meisler	1.77
K Stone	1.47
M45 D Perrin	1.47
M50 C Rader	1.67
R Pozzi	1.62
M60 D Perry	1.52
J Sullivan	1.42
R Fitzhugh	1.32
M70 R Warren	1.22
M80 J Damski	1.07
W40 K Vaughn	1.32
W70 J Valien	0.97

<b>Pole Vault</b>	
M35 L Hill	3.96
G Charles	3.66
M55 M Connely	3.35
M60 T Cannon	3.66
G Miller	3.50
R Fitzhugh	2.59
M65 M Mora	1.83
M75 D Roser	2.13
W70 J Valien	1.52
<b>Long Jump</b>	
M45 D Perrin	5.12
M50 C Flowers	5.15
M60 D Richards	5.37
A Henry	4.99
M70 R Warren	3.74
W35 E Iba	4.74
M McKendall	3.11
W65 M Kuehn	3.15
W70 J Valien	3.23
<b>Triple Jump</b>	
M35 L Davenport	14.08
M60 A Henry	10.78
M80 J Damski	6.62
W35 E Iba	8.82
W65 M Kuehne	7.14
<b>Shot Put</b>	
M40 R Fruguglietti	14.45
J Kerman	14.30

M45 B Gardner	14.13
D Perrin	10.64
J Cordes	9.85
M50 M Deller	13.32
G Knox	12.59
L Lloyd	8.12
M55 D McCraven	11.97
M60 C Treat	10.77
A Rosen	10.57
R Eldridge	10.08
R Fitzhugh	10.03
M70 A Gaynor	13.61
D Hegberg	11.59
M80 R Ortmayer	6.59
W40 K Vaughn	8.92
W55 P Hunter	7.30
P Hattie	6.44
W70 J Valien	6.63
<b>Discus</b>	
M40 Fruguglietti	47.07
J Bory	32.75
M45 R Reabold	36.37
J Cordes	30.14
M50 M Deller	45.60
G Knox	42.61
D Borrey	40.10
L Lloyd	25.49
M60 J Marino	45.14
A Rosen	37.91
C Treat	37.29
M70 D Hegberg	40.04
A Gaynor	37.44
M80 R Ortmayer	20.37
W50 Latanya Glass	13.79
<b>Hammer</b>	
M50 M Deller	52.09
L Lloyd	25.12
M60 F Hunter	30.75
W Cassidy	20.76
W55 P Hunter	18.91
<b>Javelin</b>	
M45 D Perrin	44.52
V McGarry	39.68
M50 R Rook	35.98
D Herring	29.22
L Lloyd	27.34
M60 L Stuart	62.56
F Hunter	31.90
M65 C Coutts	32.54
M75 D Roser	29.42
M80 R Ortmayer	14.52
W30 T Nolan	15.30
Percy Bojador	25.12
W40 K Vaughn	23.80
K Herring	15.30
W55 P Hunter	19.70

### USATF West Regional Championships UC-San Diego, June 19

<b>100m</b>	
M35 Eric Dixon	12.34
M40 Kevin Morning	11.08
Rowland Salsai	11.59
Mike Corrin	11.85
Ron Walter	11.89
M45 Steve Klock	12.43
Bob Richardson	13.12
Bill McNeal	14.22
M50 Norbert Payton	11.70
Herman Castille	12.70
Dan Girling	14.38
Bill Millar	22.34
M55 Doug Smith	12.38
David Naylor	12.60
Bill Knocke	12.83
Diethart Reichardt	12.88
M60 Harold Tolson	12.38
Kenny Dennis	12.46
Dick Richard	12.86
Gary Sims	13.30
M65 Frank Kishi	18.21
M70 Jim Selby	14.68
Joe Welch	18.59
M75 Bob Davidson	20.47
M85 Tony Castro	19.31
Bert Morrow	19.29
W30 Tammy Mack	18.99
W35 Elaine Iba	13.71
W40 Nancy Lonhart	13.33
Sylvia Hoss	14.07
Michele Freeman	14.75
Catherine Herring	16.02
W50 Lynn Naftel	14.43
Avril Naylor	14.51
W70 Shirley Dieterich	24.86
<b>200m</b>	
M35 Eric Dixon	25.54
M40 Kevin Morning	22.31
Ronald Walter	24.06
Calvin Caster	25.85
Richard Holman	28.58
M45 Eugene Driver	24.33

Bob Richardson	25.47
Phil Gnesin	28.58
M50 Norbert Payton	24.73
Herman Castille	25.77
Lee Fitzgerald	27.28
M55 Doug Smith	25.48
Bill Knock	25.97
David Naylor	26.02
Diethart Reichardt	27.04
M60 Harold Tolson	25.22
Dick Richard	26.04
Kenny Dennis	26.06
M65 Sam Flory	29.69
Benson Ford	39.33
M70 Jim Selby	31.14
Milo Sather	35.15
Joe Welch	39.07
M85 Tony Castro	40.40
Bert Morrow	42.19
W30 Tammy Mack	37.24
W35 Elaine Iba	29.16
W40 Sylvia Hoss	29.10
Michele Freeman	30.46
Carla Hoppie	33.15
Kathy Herring	33.38
W45 Tina Bowman	30.26
W50 Lynn Naftel	29.97
W70 Shirley Dietderich	46.12
W75 Gerry Davidson	48.96
<b>400m</b>	
M35 Joe Gilboy	60.01
M40 Vince Alloway	54.09
Brian Saunders	60.33
Richard Holman	63.75
M45 Eugene Driver	55.94
Steve Klock	57.48
Philip Gnesin	63.60
M50 Herman Castille	57.55
M55 Alan Levine	60.28
M70 Jim Selby	61.10
W40 Diane Heil	64.43
Valerie St James	70.30
Debbie Selby	88.86
W45 Tina Bowman	67.24
W50 Lynn Naftel	68.10
W60 Jeanne Hoagland	77.68
W70 SumiOnodLeonard	1:46.04
W75 Gerry Davidson	1:49.74
<b>800m</b>	
M30 Benjamin Crouch	2:09.60
M35 Allen McDuffries	2:01.27
Galen Morton	2:05.53
Percy Bojador	2:06.50
Darryl Smith	2:07.74
M40 Richard Burns	2:03.15
Steve Terrell	2:05.12
Mark Cleary	2:07.30
Angelo Colibis	2:10.07
M45 Nolan Shaheed	2:01.29
M50 Lee Fitzgerald	2:13.90
Graeme Shirley	2:25.09
Ron Rook	2:37.72
M55 Sim Baldwin	2:21.31
M70 Jim Selby	2:34.95
Efrain Sanchez	2:50.46
Bob Holmes	3:01.22
W35 Toya Morris	2:17.52
Lisa Kealy	2:32.14



Continued from previous page

M45 Vern McGarry	38.06
John Williams	37.20
M50 Ron Rook	39.54
Gary Wuest	31.84
Dale Herring	30.42
Larry Lloyd	27.88
M55 Duane Holmes	36.80
M60 Larry Stuart	64.68
Fred Hunter	29.56
M65 Chuck Coutts	31.88
M70 Don Hegberg	23.10
M80 Jerry Siefert	20.76
M85 Leland McPhie	18.84
W30 Tammy Mack	19.06
W35 Elaine Iba	24.89
W40 Karen Vaughn	24.56
Allison McCormick	23.24
Carla Hoppie	22.40
W45 Tina Bowman	21.48
W50 Lorraine Tucker	27.20
W55 Pat Hunter	20.44
W70 Shirley Dietderich	15.34
<b>Pentathlon</b>	
M40 Fouts Williams	18.79
M45 Mike Cour	2330
M55 Terry Rowan	2764
M60 Ray Fitzhugh	2176
W35 Carla Hoppie	2806
<b>5000m Racewalk</b>	
M75 Bob Davidson	35:50.0

### Santa Barbara Beach Pole Vault Championships

Santa Barbara, CA; June 19-20

<b>Elite Division</b>	
Nick Hysong	19-0.25
Stacy Dragila	15-.75

### Masters

1 Paul Sinatra	37	16-6
2 Marcus Nichols	24	16-0
2 Charles Brown	43	16-0
4 Bill Singhose	32	16-0
5 Greg Woepse	42	15-0
6 Bill Halverson	42	15-0
7 Jeff Kingstad	46	14-0
8 Mike Hogan	45	14-0
9 Ron Barela	42	14-0
10 Paul Heglar	51	13-0
11 Steve Gorman	47	13-0
12 Doff Berle	36	12-6
13 Bruce Hotelling	55	11-6
14 Tim Knappen	50	10-6
15 Mardon Connolly	57	10-0
16 Johnston Ewing	54	10-0
17 John Arbogast	41	9-6
17 Ron Misner	42	9-6
19 John Steinman	62	9-6

### KelField Throws Series #73

Santa Cruz, CA; June 26

<b>Shot Put</b>	
M30 Paul Quirk	50-10.75
M45 Gary Kelmenson	34-4.5
M50 Ladislav Pataki	55-4
<b>Discus</b>	
M30 Paul Quirk	159-1
M45 Gary Kelmenson	109-8
M50 Ladislav Pataki	182-5
<b>Hammer</b>	
M30 Paul Quirk	144-7
M45 Gary Kelmenson	126-2
M50 Ladislav Pataki	174-1
M60 Don Hughes	98-6
<b>Javelin</b>	
M30 Craig Murray	122-7
M45 Gary Kelmenson	97-0
M50 Ladislav Pataki	141-3
<b>Weight Throw</b>	
M30 Craig Murray	43-3
M45 Gary Kelmenson	43-3
<b>56# Weight</b>	
M30 Craig Murray	27-11.5
M45 Gary Kelmenson	27-8
M60 Don Hughes	21-1

### Mark Grubi Memorial Seniors Classic

Union City, CA; July 3

<b>100m</b>	
M40 Benito Rosales	11.21
M50 George Lyden	12.21
Ray Yeck	13.03
M55 David Naylor	12.79
Curtis Thomas	14.15
M60 Martyn Adamson	12.48
M65 Ben River	13.52
M70 Vern Regier	14.25
Ed Manougian	15.61
M75 Walter Dahlin	17.18
Peter Murtos	21.39
W40 Maureen Everett	15.26
W45 Sharlet Gilbert	17.04

W50 Avril Naylor	14.51
Nancy Nevin	17.48
W55 Kem Solwazi	14.64
W60 Lucille Ligon	15.95
W65 Irene Obera	14.38
Marjorie Moore	19.03
<b>200m</b>	
M40 Calvin Carter	25.5h
M45 F Verduzco	27.6h
M50 Matt Pruitt	NTA
Roger Parnell	NTA
M55 Alan Levine	NTA
David Naylor	NTA
M60 Robert Fuller	29.02
M65 Ben River	29.77
Marvin Smoller	30.75
M70 Vern Regier	32.10
Ed Manougian	33.20
M75 Pete Murtos	49.96
W40 Maureen Everett	NTA
W50 Nancy Nevin	NTA
W65 Irene Obera	NTA
<b>400m</b>	
M40 Peter Grimes	51.96
Nikos Mourtos	55.93
M45 F Verduzco	1:00.28
M50 Matt Pruitt	58.76
David Pogue	1:00.88
M55 Dennis Duffy	57.53
Alan Levine	59.53
M60 Martyn Adamson	59.90
Robert Fuller	1:04.69

### 1500m

M40 Nikos Mourtos	5:06.2h
M50 Gary Hall	5:07.7h
W65 Barbara Robben	7:59.9h

### High Jump

M40 Mike Hatjes	5-6
Pete Grimes	5-2
M45 Ed Baskauskas	5
Ben del Villar	5
M50 Gary Wuest	4-5
Richard Noble	3-8
M60 Phil Fehlen	5-4
John Steinman	5
M75 Jim Johnson	3-4
Walter Dahlin	4
W50 Nancy Nevin	3-6
<b>Pole Vault</b>	
M30 John Bagatelos	13
M40 Wilson Soohoo	13
M50 Bruce Hotelling	12
M60 John Steinman	10
M75 Jim Johnson	7

### Long Jump

M35 L Davenport	20-10.50
M40 Peter Grimes	19.75
Steve Piersol	18-2.50
M50 Roger Parnell	19-5.75
Angel Cachinero	17-2.50
M55 Don Dvorak	15-8
John Caudell	10-7
M60 Steve Richmond	14-1.25
M75 Jim Johnson	10-2
W50 Nancy Nevin	9-11.50
W65 Marjorie Moore	7-8
<b>Triple Jump</b>	
M35 L Davenport	48-9.50
M50 James Manor	32-2
A Cachinero	31-2.50

### Shot Put

M33 Craig Murray	36-1
M45 Gary Kelmenson	33-1
M50 Lad Pataki	55.75
Gary Wuest	34-3
M55 Bill Starkey	35-6
Rich Noble	32-5
M65 George Whitting	36-2
M70 Louis Toscano	19-2
M75 Ed Chynoweth	35-2.50
W50 Avril Naylor	25-6
W55 Kathy Noble	21-6.50
W60 C Sherrard	32-7.50
Lucille Ligon	29-9

### Discus

M40 Steve Piersol	112-7
M45 Gary Kelmenson	104-7
M50 Lad Pataki	187-6
Al Abono	116
M65 George Whiting	120-9
M70 Louis Toscano	64-3
W60 Cherrie Sherrard	74-6
Lucille Ligon	64-8
W70 S Dietderich	53-5
<b>Javelin</b>	
M30 John Bagatelos	139-4

M40 Steve Piersol	117-11
M45 Ed Baskauskas	132-3
M50 Bob Powers	150-1
M55 Dick Upton	112-7
Gary Wuest	97-9
W45 Pat Brukett	62-6
W70 Shirley Dietderich	51
<b>35# Weight Throw</b>	
M30 Craig Murray	33-4
M45 Gary Kelmenson	42-2
W50 Lad Pataki	45-9
<b>56# Weight Throw</b>	
M30 Craig Murray	23-9
M45 Gary Kelmenson	26-3
M50 Lad Pataki	32-10
<b>5K Run</b>	
M50 Steve Sidney	17:50.5
lamar Turner	21:01.5
M55 Dale Nelson	28:19.1
W45 Sharlet Gilbert	22:03.7
W65 Barbara Robben	28:00.0
<b>5K RW</b>	
M50 Shoja Torabian	27:02
M65 Jack Bray	27:04
M70 Robert Eisner	30:42
Rex Dietderich	35:01
M75 John Levinsohn	37:03
W40 Virginia Fong	31:31
W55 Marjorie Garner	32:33
Doris Cassels	32:14

### NORTHWEST

### Oregon Senior Olympics

Silverton; May 29

<b>100m</b>	
M40 Naim Hason	11.98
M45 Gene Iwen	12.70
M50 Dave Walter	12.22
M55 Paul Edens	12.54
M60 Bob Golly	13.76
M65 Jack Coy	14.12
M70 William Platts	13.99
M75 Bill Bronson	16.98
W40 Caroline Cooney	16.78
M55 Rose Schlewitz	18.11
M75 Jane Brown	24.54
M80 Irene Crain	37.62
<b>200m</b>	
M40 Naim Hason	24.69
M45 Gene Iwen	25.86
M50 Jeff Scholler	25.83
M55 Paul Edens	35.97
M60 Bob Golly	28.76
M65 Jack Coy	29.77
M70 William Platts	29.71
W40 Nancy Lunt	35.50
W50 Jean Moule	48.72
W55 Laura Stepan	47.43
W75 Jane Brown	55.38
W80 Irene Crain	1:18.39
<b>400m</b>	
M40 Naim Hason	54.84
M45 Gene Iwen	58.54
M50 Dave Walter	55.73
M60 Dan McCormack	1:02.59
M70 Don Anhorn	1:44.99
W40 Laura Schwartz	1:13.98
W50 Julia Goin	2:08.38
W75 Jane Brown	2:25.98
<b>800m</b>	
M40 Lance Podolski	2:03.14
M45 Jim Hiebart	2:14.08
M50 Larry Norris	2:16.36
M55 Bob Ryan	3:20.94
M60 Dan McCormack	2:16.02
M65 Jack Keener	3:01.78
W40 Laura Schwartz	2:56.27
W65 Susan Means	3:49.60
<b>1500m</b>	
M45 Larry Pine	4:45.87
M50 Greg Jacog	5:17.13
M55 Steve Cole	5:41.83
M65 Jack Keener	6:22.35
W50 Janet Jordan	5:52.67
W55 Laura Stepan	8:24.62
W65 Suzi McLeod	6:43.07
W80 Amy Castle	13:39.00
<b>3000m</b>	
M40 Charlie Sturman	9:54.20
M45 Larry Pine	9:54.95
M50 Ron Ackerman	10:50.43
M65 Jack Keener	13:51.06
M70 Don Anhorn	18:20.19
W50 Janet Jordan	12:31.56
W70 Helen lackman	20:03.34

<b>High Jump</b>	
M40 Jim Collins	4-8
M45 Bill Spaet	4-10
M50 Frank Lulich	4-8
M55 Jay Edwards	4-6
M60 David Thomas	4-6
M65 Keith Carr	4-4
M70 Vince Sempromio	4-2
M75 Gilbert Young	3-10
W50 Caroline Cooney	3-8
<b>Pole Vault</b>	
M45 Kameron Mitchell	8-6
M50 Dick Clintworth	11-6
M60 Bob Golly	7-6
M65 Loren Swanson	8
M70 John Cleveland	8
<b>Long Jump</b>	
M40 Bob Blackburn	17-4.25
M45 Gene Iwen	17-8
M55 Dick Rex	15-1.75
M60 Pete LaBorge	13-5
M65 John Cauldwell	11-10.25
M70 William Platts	13-3.50
M75 Bill Bronson	10
W50 Caroline Cooney	10-8.50
<b>Triple Jump</b>	
M40 Allen Geertz	32-8
M45 Bill Spaet	35-10.50
M50 David Smith	25-10.50
M55 Jay Edwards	21-5
M60 Ira Ramjoo	26-6
M70 Denny Sullivan	25-9
M50 Janet Moule	20-3.75

<b>Shot Put</b>	
M40 Doug Ellingson	38-5
M45 Patrick Ellsberg	36-3
M50 Chuck Chapin	44-4.75
M55 Luigi Schiavo	24.25
M60 Bob Lawson	39-9.25
M65 Walter Badorek	37-10.75
M70 Vince Sampronio	38-9.25
M75 Myron Dover	28
W40 Cheryl Nelson	28-6
W45 Kathleen Smith	18-6
W50 Patricia Wright	28
W55 Julia Goin	12-10
W70 Patricia Osmon	19-10.75
W75 Melanie Reske	18-9
<b>Discus</b>	
M40 Tony Valley	63-6
M45 Patrick Ellsberg	102
M50 Chuck Chapin	151-10
M55 Luigi Schiavo	91-1
M60 Bob Lawson	151-11
M65 Walter Badorek	129-6
M75 Myron Dover	83-11
W45 Kathleen Smith	33-5
M55 Jean Moule	62-7
M70 Patricia Osmon	35-2
M75 Melanie Reske	39-2

<b>Javelin</b>	
M40 Bob Blackburn	91-2
M45 Bill Spaet	161-10
M50 Robert Rice	136-4
M55 Jay Edwards	103-4
M60 Bob Lawson	137-1
M65 Tom Allison	104-8
M70 William Platts	120-7
M75 Bill Bronson	95-2
W50 Pat Wright	83-5
W55 Rose Schlewitz	59-7
W70 Patricia Osmon	43-7

<b>1500m RW</b>	
M45 Joseph Elmore	11:12.53
M75 Joseph Mallon	11:49.24
W45 Marilyn Andal	11:55.84

<b>2000m RW</b>	
M55 George Opsahi	12:02
M60 Frederick Seewerker	12:24
M75 Harry Gillis	14:49
W55 Kaye Duncan	13:47
W60 Anne Whitaker	13:27
W65 Peg Peters	13:40
W75 Jane Brown	16:02

<b>5 Mile Road Race</b>	
M40 Jerome Annen	34:30.8
M45 Terry Froemming	30:42.2
M50 John Postlethwait	30:51.5
M55 Harry Keefe	47:51.0
M65 Donn Kirk	44:46.0
M70 Jack McGoldrick	40:39.8
M75 Carroll Quimby	45:31.9
W40 Julie Fitzgerald	49:47.9
W50 Jill Ward	43:39.4
W55 Shannon Allison	50:51.4

### Portland Masters Classic

Gresham, OR; June 12-13

<b>100m</b>	
M30 Art Anderson	10.99
M35 Roosevelt Roby	11.49
M40 Michael Waller	11.46
Naim Hasan	12.19
Dwayne Barchso	12.56
Terry Dove	13.76
M45 John Wells	12.22
Mark Lesniak	13.36
Willie Venable	13.56
Rich Walton	13.99
M50 Dave Walter	12.45
Larry Scheurer	12.78
Jeff Schaller	12.85
George Lyden	12.89
Mike Morton	13.66
M55 Paul Edens	12.35
Dick Rex	13.19
Mike Myles	13.52
Ron Jensen	13.65
M60 Paul Stepan	14.47
Dale Sawyer	14.50
George Smith	15.07
M65 Don Kane	14.30
Jim Schlewitz	14.30
W35 Marilyn Dewar	14.40
W50 Caroline Cooney	16.36
W55 Rose Schlewitz	18.37
W60 Erika Goldstein	17.40
W80 Irene Crane	31.58
W85 Ivy Granstrom	32.81

<b>200m</b>	
M30 Art Anderson	22.70
M35 Brian Coushay	24.73
M40 Naim Hassan	25.26
Dwayne Barchso	25.43
M45 Kostic Killas	25.01
John Wells	25.84
Mark Lesniak	28.05
Rich Walton	28.98
Willie Venable	30.98
M50 Larry Scheurer	27.53
Mike Morton	27.82
M55 Paul Edens	25.87
Joe Johnson	27.90
Mike Myles	28.07
M60 Paul Stepan	29.81
Larry Wright	34.28
M65 Jim Schlewitz	31.04
W35 Marilyn Dewar	29.47
W50 Caroline Cooney	35.98
W60 Erika Goldstein	38.05
W80 Irene Crane	1:06.11
W85 Ivy Granstrom	1:05.84

<b>400m</b>	
M40 Naim Hassan	54.44
Steve Terrill	54.91
Stan Elliot	56.78
Terry Dove	59.65
Brian Valley	61.68
M45 Kostic Killas	56.21
R. Jacquet Acea	60.48
Rich Walton	64.99
M50 Dave Walter	54.78



Continued from previous page

**Triple Jump**

M35	Brian Coushay	12.48
	Mike Toll	11.93
M45	Terry Masterson	8.64
M50	David Smith	7.86
M60	George Smith	8.34
	Ira Ramjoo	8.33
	Peter LeBarge	8.04
M70	Denny Sullivan	8.42
M80	Lew Luehrs	4.10
W30	Julie Toll	8.42

**Shot Put**

M40	Bob Blackburn	10.05
M50	David Smith	12.14
	Jerry Ford	12.01
	Robert Rice	11.77
	Jerry Crowe	11.07
M55	Joe Johnson	10.25
	Don McCrea	8.11
	Luigi Schiavo	7.54
M60	Neil Saling	12.39
	Bob Lawson	12.19
	George Smith	12.01
M65	Robert Peters	8.97
M70	Vince Sempronio	11.76
	Carl Fennema	10.75
	Cal Hersey	10.55
M75	Jim Minah	8.17
	Don Jacobs	5.14
M80	Lew Luehrs	7.61
M85	Ross Carter	10.40
	Leon Joslin	7.23
W50	Pat Wright	8.96
	Jean Moule	7.18
	Kitty Crowe	5.95
W70	Pat Osmon	5.63
W75	Melanie Reske	5.34

**Discus**

M40	Brian Valley	33.98
	Bob Blackburn	23.78
M50	Jerry Crowe	39.30
	David Smith	33.88
M55	Don Hardaway	44.46
	John White	33.94
	Luigi Schiavo	29.22
M60	Neil Saling	47.50
	Bob Lawson	41.80
	George Smith	38.70
	Conrad Sundholm	38.08
	Peter LeBarge	38.06
	Dick Dow	36.70
	John King	35.22
M65	Stan Zak	36.54
	Frank Miller	31.24
	Robert Peters	27.68
M70	Cal Hersey	32.66
	Vince Sempronio	27.96
M75	Jim Minah	16.96
	Don Jacobs	13.54
M80	Dan Bulkley	20.76
	Lew Luehrs	14.98
M85	Ross Carter	30.40
	Leon Joslin	20.90
W50	Pat Wright	19.14
	Kitty Crowe	16.28
W55	Ruby Anabeta	14.16
W70	Pat Osmon	11.30
W75	Melanie Reske	11.52

**Hammer Throw**

M50	Todd Taylor	48.40
	Jerry Crowe	31.12
	David Smith	30.60
M55	John White	40.66
	Luigi Schiavo	21.98
M60	Bob Lawson	35.98
	Peter LeBarge	30.86
M65	Frank Miller	31.78
M70	Vince Sempronio	27.96
M75	Jim Minah	27.22
M85	Leon Joslin	21.14
W50	Pat Wright	23.80
W55	Ruby Anabeta	15.50
W70	Pat Osmon	18.80
W75	Melanie Reske	13.44

**Javelin**

M40	Brian Valley	47.70
	Bob Blackburn	31.34
M45	R. Jacquet Acea	34.82

M50	Robert Rice	37.28
	David Smith	30.28
M55	Gary Stenlund	52.64
	John Burns	48.40
	Luigi Schiavo	24.46
M60	Peter LeBarge	41.96
	Bob Lawson	38.82
	Ed Phelps	30.40
	John King	28.02
M65	Tom Allison	33.14
	Jim Schlewitz	26.36
	John Nelson	21.98
M70	Cal Hersey	28.70
	Carl Fennema	28.38
	Vince Sempronio	25.44
M75	Don Jacobs	13.36
M80	Lew Luehrs	13.74
M85	Leon Joslin	15.62
W50	Pat Wright	23.46
	Jean Moule	13.64
W55	Rose Schlewitz	16.80
W60	Becky Sisley	30.80
W70	Pat Osmon	13.32
<b>Weight Throw</b>		
M50	Todd Taylor	12.90
	Jerry Crowe	9.63
	David Smith	8.03
M55	John White	11.50
	Luigi Schiavo	6.25
M60	Bob Lawson	13.08
M70	Vince Sempronio	10.31
M75	Jim Minah	5.56
M85	Leon Joslin	6.38
W70	Pat Osmon	5.75
W75	Melanie Reske	5.17

**5000m RW****Hayward Masters Classic****Eugene, OR; June 19-20**

100m	M35 Greg Font	12.20
	M40 Benito Rosales	11.41
	Dwayne Baruso	12.44
	Greg Hodson	14.65
M45	Stacey Price	11.89
	John Wells	11.91
	Bill Skillern	13.28
	Jim Hiebert	13.74
M50	George Lyden	12.53
	Roger Parnell	12.66
	Eddie Ortiz	12.75
	Jeff Schaller	12.85
	Clyde Hundley	12.94
	Mike Morton	13.41
	Mike Finn	14.73
	Lou Christensen	19.76
M55	Harold Morioka	12.08
	Paul Edens	12.38
	Ron Jensen	13.72
	Woodie Woodsum	14.54
M60	Bumper Emerson	13.53
	Bob Golly	13.78
	Paul Stepan	14.26
M65	James Stookley	13.58
	Jack Coy	14.16
	Donald Kane	14.63
	John Cauldwell	14.75
	Jim Schlewitz	14.94
M70	Wilford D Scott	13.86
	William Bergen	16.05
	Ray Ryan	21.09
	Myron Dover	19.48
M75	Marilyn Dewar	13.55
	Nancy Flannery	19.25
M40	Teresa Droter	14.53
	Charlotte Stephens	15.93
M45	Rebecca Mitchell	14.87
	Caroline Cooney	16.26
M55	Margaret Radcliffe	16.18
	Rose Schlewitz	17.43
M65	Audrey Lary	15.39
M85	Ivy Granstrom	30.36
200m	M35 Richard Barrett	24.62
	Dale Laswell	29.35
M40	Bryan Burdo	23.23
	Benito Rosales	25.04
	Naim Hasan	25.31
	Dwayne Baruso	30.79
	Greg Hodson	30.79
M45	John Wells	24.95
	Kostle Killas	24.99
	Bill Skillern	26.76
	Mark Haight	27.35
M50	Dave Walter	24.47
	George Lyden	25.93
	Roger Parnell	26.14
	Eddie Ortiz	26.80
	Clyde Hundley	27.00
	Frank Lulich	27.12
	Mike Morton	27.48
	Harold Morioka	24.55
M55	Paul Edens	25.48
	Joe Johnson	28.21
	Woodie Woodsum	30.68

M60	Lew Thorne	27.76
	Bob Golly	28.62
	Paul Stepan	29.34
M65	James Stookley	28.16
	Jack Coy	29.31
	John Cauldwell	30.68
	Jim Schlewitz	30.71
M70	Wilford D Scott	28.50
	William Bergen	33.85
	Don Anhorn	43.07
M75	Marilyn Dewar	28.55
	Teresa Droter	29.92
	Charlotte Stephens	33.43
M40	Rebecca Mitchell	31.75
M45	Caroline Cooney	35.70
	Jean Moule	43.10
M55	Margaret Radcliffe	33.80
	Sharon Whitney	34.80
	Rose Schlewitz	37.90
M60	Marilyn Rickson	41.24
M65	Audrey Lary	32.98
	Suzi MacLeod	37.52
M85	Mabel O'Hare	1:10.33
400m	M35 Rob Stark	58.82
	Benito Rosales	51.93
	Naim Hasan	55.14
	Brian Valley	1:00.52
	Greg Hodson	1:09.01
M45	Rick Easley	52.92
	Kostle Killas	55.50
	R. Jacquet Acea	57.71
	Jim Hiebert	58.45
	Andrew Delecki	1:00.20
M50	Dave Walter	53.49
	Rich Tucker	58.51
	Eddie Ortiz	59.66
	Mike Morton	1:00.16
	Larry Morris	1:01.27
	Frank Lulich	1:01.82
	Timothy Shelley	1:04.00
	Ron Pate	1:04.45
	Dick Clintworth	1:08.16
	Joseph Burleson	1:11.92
M55	Harold Morioka	53.61
	Ron Jensen	1:03.66
	Woodie Woodsum	1:11.10
M60	Bill McIlwaine	1:03.89
	Paul Stepan	1:07.91
M65	Donald Kane	1:10.44
M70	William Bergen	1:22.86
M80	Dan Bulkley	1:22.72
M85	Marilyn Dewar	1:05.30
	Sheree Robertson	1:07.00
	Teresa Droter	1:08.24
M45	Rebecca Mitchell	1:16.20
M60	Marilyn Rickson	1:42.40
M65	Audrey Lary	1:19.75
M70	Helen Schley	1:45.30
M85	Ivy Granstrom	2:28.79
800m	M35 Richard Barrett	2:09.21
	Rob Stark	2:13.17
	Lance Podolski	2:04.30
M40	Bryan Burdo	2:11.14
	Fred Hervert	2:15.95
M45	Rick Easley	2:04.47
	Steve Hall	2:07.94
	William Maier	2:08.20
	Rick Barbero	2:11.01
M50	Paul Perry	2:13.68
	Rich Tucker	2:14.45
	Michael K Daly	2:16.86
	Mike Morton	2:26.41
	Ron Pate	2:27.61
	Timothy Shelley	2:28.66
	Bob Stone	2:35.30
	Joseph Burleson	2:37.29
	Tom Balcom	2:40.45
M60	Dan McCormack	2:19.20
	Bill McIlwaine	2:31.10
M65	John Hiebert	2:43.15
	Donald Kane	2:48.79
M80	Dan Bulkley	3:31.56
M40	Allison Douglas	2:35.74
	Teresa Droter	2:42.98
M65	Suzi MacLeod	3:10.18
M70	Helen Schley	4:08.55
1500m	M30 Kyle Will	4:45.98
	Rick Trimmell	4:18.40
M35	Bryan Forbes	4:32.34
	Richard Barrett	4:39.84
	Rob Stark	4:45.70
M40	Arny Stokus	4:28.19
M45	Michael Allison	4:28.89
	Steve Hall	4:35.80
M50	Ron Ackerman	4:39.97
	Rick Larush	4:43.74
	Bob Stone	5:28.36
	Joseph Burleson	5:46.18
	Dick Clintworth	6:10.18
M55	James Stookley	4:46.69
	Roger Davies	5:15.82
M60	John-Erik Nilsson	5:52.03
	John Hurler	6:29.09
M70	Bill McChesney	5:53.29
M80	Dan Bulkley	7:31.16
M30	Staci Ogoli	5:39.84
M35	Donna Dixon	5:07.73
	James Barrett	5:12.70
M40	Allison Douglas	5:15.59
	Carla Hervert	5:39.52
	Marlene Allen	6:07.27
M55	Laura Stepan	7:56.75
	Rose Schlewitz	8:07.96
M60	Marjorie Gilmore	7:10.33
M65	Helly Viasser	6:21.66
	Susan Means	7:37.22
M70	Helen Schley	8:01.93
1 Mile Run	M35 Richard Barrett	4:51.08
	Dale Laswell	4:56.14
M40	Bryan Burdo	4:53.31
	Scott Abrams	5:00.32
M50	Paul Perry	4:57.78
	Ed Cadman	5:07.69
	Bob Stone	5:47.86
M55	Joseph Burleson	5:55.51
	James Boughter	5:06.36
M60	Dan McCormack	5:05.56
	David Pickett	5:44.97
M65	Paul Heitzman	5:36.88
	Donn Kirk	8:00.27
M70	Tom Brinton	6:43.03
M35	Donna Dixon	5:31.87
	Genevieve Barrett	5:40.12
M40	Allison Douglas	5:35.30
M45	Linda Edmunds	5:34.97
	Jeanette Groesz	6:04.49
M60	Marjorie Gilmore	7:31.35
M65	Suzi MacLeod	6:59.42
M70	Helen Schley	8:57.85

M35	Richard Lopez	11:15.53
M40	Daniel Wojcik	9:58.90
M50	Ron Ackerman	10:12.91
	Marc Witala	10:23.95
	Rick Larush	10:29.72
	Tom Jefferson	10:54.63
	Phil Hiebert	10:54.88
	Foster Kible	11:51.16
	Bob Stone	11:56.01
	Steve Thorpe	16:34.59
M60	Roger Davies	11:00.95
	John-Erik Nilsson	13:11.33
M65	Paul Heitzman	11:24.34
	John Hiebert	12:07.41
M70	Bill McChesney	12:59.20
	Don Anhorn	18:26.25
M40	Allison Douglas	11:21.24
	Marlene Allen	13:11.72
M45	Jeanette Groesz	12:04.29
M65	Helly Viasser	13:28.17
M85	Ivy Granstrom	25:04.17
5K Run	M30 Thomas Kreupelntner	16:11.88
	Mika Lavague-Manty	16:22.98
	Kyle Will	17:17.98
M35	James Blakely	16:56.59
	Richard Lopez	19:28.81
M40	Charlie Sturman	16:35.20
	Daniel Wojcik	16:58.28
	Scott Abrams	17:46.82
M45	Tom Cushman	16:18.61
	Larry Pine	17:02.70
M50	Ed Cadman	17:55.27
	Gene Solomon	18:21.97
	John Postlethwait	18:31.31
	Gaylord Davis	18:59.18
	Jack Penfold	21:13.72
M55	Wally Brawner	19:23.71
	Dennis Oare	20:46.08
M60	David Pickett	19:09.75
	Ken Ogden	21:05.89
	John-Erik Nilsson	22:14.26
M65	Paul Heitzman	19:40.04
	Donn Kirk	27:16.94
M35	Genevieve Barrett	18:42.26
M40	Dee Ann Dougherty	18:56.72
M45	Linda Edmunds	18:31.75
	Robin Vesey	19:52.19
M50	Pam Turner	20:17.58
M55	Suzanne Rodkey	29:06.37
M60	Susan Means	28:29.26
M70	Dawn Russell	31:59.42
M85	Ivy Granstrom	42:50.86
10K	M30 Mark Gallagher	36:16.06
	Robert Towne	34:54.69
M45	Larry Pine	34:55.73
	Terry Froemming	39:20.24
M50	John Postlethwait	38:57.89
	Lee Castle	43:35.94
	Douglas Sturm	49:28.41



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**INTERNATIONAL****South African Veterans Championships  
Port Elizabeth; May 29****100m**

M30 A Pretorius	11.62
M35 L Knipe	12.12
M40 A Jonker	11.95
M45 L Claassen	12.15
M50 J Naborne	12.89
M55 T George	12.36
M60 M Hacker	13.62
M65 R Cross	13.93
M70 J Schoeman	15.50
M75 L Nel	14.72
W35 M van Rooyen	13.23
W40 L Brits	13.17
W45 G van Nierkerk	13.58
W50 A Poletti	13.95
W55 S Alberts	14.99
W65 V Wetgemoe	17.12
W70 P Whittington	24.80

**200m**

M30 M Moraile	23.44
M35 R Swanepoel	23.67
M40 B Thlapu	23.74
M45 L Claassen	24.48
M50 D Cloete	26.48
M55 T George	25.45
M60 M Hacker	27.50
M65 R Cross	27.86
M70 J Schoeman	32.10
M75 L Nel	29.93
W35 M van Rooyen	26.33
W40 L Louwrens	26.54
W45 G van Nierkerk	27.69
W50 P Immelman	28.92
W55 S Alberts	30.98
W65 V Wetgemoe	34.75
W70 I Hofmeyr	36.81

**400m**

M30 A Pretorius	53.70
M35 R Swanepoel	52.30
M40 B Thlapu	52.80
M45 L Claassen	54.30
M50 S Immelman	59.96
M65 M Grujic	1:02.10
M70 N Sharpley	1:23.20
M75 L Nel	1:07.10
M80 C Pace	1:38.50
W35 E Pretorius	58.07
W40 E Taljaard	1:03.01
W45 S van Rooyen	1:04.38
W55 S Alberts	1:15.03
W65 V Wetgemoe	1:23.08

**800m**

M30 D Sello	2:01.90
M35 H de Wet Kotze	2:04.59
M40 T Brown	2:02.41
M45 L Claassen	2:03.07
M50 S Immelman	2:04.90
M55 J Erasmus	2:44.48
M60 J Jordaan	2:55.72
M65 M Grujic	2:35.53
M70 G Loedolff	3:01.75
M75 L Nel	2:56.09
M80 C Pace	3:51.70
W35 R Odendaal	2:23.06
W40 B Putter	2:37.24
W45 J Lane	2:26.93
W50 P Immelman	2:28.65
W65 Q du Toit	3:59.85

**1500m**

M30 S Moikwatibai	4:18.97
M35 D Zibi	4:02.10
M40 T Brown	4:02.64
M45 T Lane	4:32.12
M50 E Walker	4:33.69
M55 J Erasmus	5:36.50
M65 E Kriet	6:36.60
M70 G Loedolff	6:16.50
M80 C Pace	8:37.60
W30 M Cronje	4:56.56
W35 M Engelbrecht	5:00.31
W40 C Le Grange	5:10.85
W45 J Lane	5:10.85
W55 W Smuts	6:10.84
W60 Z van Nierkerk	7:12.40

**5000m**

M30 I Mokhobo	15:11.30
M35 D Zibi	14:37.44
M40 T Brown	15:47.00
M45 R Martin	16:54.00

M50 Zwiigelaar	17:04.26
M55 H Vorster	19:18.62
M60 J Jordaan	22:12.66
M65 R Bezuidenhout	22:27.47
M70 G Loedolff	21:19.78
W30 M Cronje	18:47.75
W35 D Sandford	17:57.36
W40 C Le Grange	18:38.39
W45 C van Zijl	20:27.90
W55 W Smuts	22:00.00
W60 Z van Nierkerk	28:33.00
W65 M Krugel	33:42.00

<b>10,000m</b>	
M30 I Mokhobo	31:16.00
M35 M Scout	29:59.73
M40 C Clucas	34:20.91
M45 D Mancasa	35:32.78
M50 Zwiigelaar	34:45.18
M55 J Mathers	41:28.00
M60 J Jordaan	46:47.00
M70 G Loedolff	45:16.00
W35 D Sandford	38:13.92
W40 E Swart	40:37.73
W60 I Wieland	48:43.48

<b>Short Hurdles</b>	
M35 A September	16.41
M45 H Boshoff	22.38
M50 G Joubert	20.85
M55 D Heunis	19.81
M60 H Miekautsch	17.80
M65 R Cross	17.94
M70 J Scholtz	20.54
W35 M van Rooyen	15.46
W40 E Taljaard	12.20
W45 A Villiers	12.60
W55 M Tomlinson	16.28
W70 I Hofmeyr	19.28

<b>Long Hurdles</b>	
M35 H de Wet Kotze	1:01.87
M45 B Carmie	1:05.46
M50 G Joubert	1:27.05
M60 H Miekautsch	50.49
M65 L Benning	53.75
M70 J Scholtz	1:10.68
W35 M van Rooyen	1:04.49
W40 E Taljaard	1:07.24
W45 A de Villiers	1:09.94
W55 M Tomlinson	1:00.00
W70 I Hofmeyr	1:10.38

<b>2000m Steeplechase</b>	
W35 T Childs	7:57.91
W40 B Porter	8:25.56
W45 V von Gordon	9:13.32
W55 M Tomlinson	9:43.51
W60 A Tusscher	12:40.16

<b>3000m Steeplechase</b>	
M30 P Jackson	10:04.69
M35 P Benningfield	10:51.29
M40 C Dani	10:50.43
M45 J Windt	11:41.74
M50 E Walker	11:43.50

<b>High Jump</b>	
M30 P Kruger	1.80
M40 A Chaplin	1.60
M45 J Scheepers	1.65
M50 L van der Merwe	1.41
M55 D Heunis	1.41
M60 H Miekautsch	1.50
M65 L Benning	1.41
M70 J Schoeman	1.30
W30 A Rall	1.47
W35 L J van Rensburg	1.40
W40 J Kingwill	1.55
W50 M Ferreira	1.33
W60 N van Lill	1.12
W65 A Kruger	1.10
W70 I Hofmeyr	1.05

<b>Pole Vault</b>	
M30 C Preston	4.20
M40 K Joubert	3.50
M45 J Allers	2.80
M50 A Murdoch	3.80
M60 A Smith	2.60
W35 G Jacobsohn	2.60

<b>Long Jump</b>	
M30 M Jorale	6.31
M40 D van Heerden	6.07
M45 K Vorster	5.38
M50 A Murdoch	4.70
M55 T van der Mescht	4.77
M60 H Miekautsch	4.95
M65 R Cross	4.95
M70 J Schoeman	3.89
W30 A Rall	4.73
W35 C Gomes	5.01
W40 J Kingwill	5.31

W45 S van Rooyen	4.17
W50 M Ferreira	3.75
W65 A Kruger	2.92
W70 I Hofmeyr	2.94

<b>Triple Jump</b>	
M35 A September	12.08
M40 D van Heerden	12.42
M45 J Oberholzer	10.93
M55 P van Rensburg	7.51
M65 A Heine	9.32
M70 J Scholtz	7.27
W35 C Gomes	11.09
W40 J Kingwill	11.51
W65 A Kroger	6.21

<b>Shot Put</b>	
M30 J Pretorius	14.88
M35 S Jacobs	11.33
M40 J van Zyl	15.61
M45 H Storm	12.56
M50 J Roodt	13.52
M55 T Naude	12.09
M60 H Robde	12.80
M65 H Naude	8.78
M70 B Stannius	11.34
M75 P Frech	8.83
M80 L Wale	7.99
W30 A Rall	9.16
W35 R White	13.18
W40 A van Schalkwyk	9.51
W45 H Schoonwinkel	10.64
W50 M Ferreira	10.96
W55 Y Rzepecka	9.18
W60 H Jordaan	7.74
W65 C Stander	7.85
W75 L Grobler	6.77

<b>Discus</b>	
M30 J Pretorius	48.03
M35 F Heyman	39.02
M40 J van Zyl	45.50
M45 J Allers	34.50
M50 J Roodt	39.00
M55 T Naude	38.97
M60 S Johnston	45.46
M65 H Naude	28.42
M70 B Stannius	34.21
M75 P Frech	29.83
M80 I Wale	23.00
M90 W Boshoff	15.87
W30 A Rall	24.17
W35 R White	40.23
W40 C Ellis	35.84
W45 M vd Westhuizen	31.94
W50 M Snyman	25.72
W55 Y Rzepecka	25.85
W60 H Jordaan	20.57

<b>Hammer</b>	
M30 J Pretorius	38.94
M40 E C Koen	57.78
M45 B Koen	49.40
M50 J Roodt	49.45
M55 T Naude	30.82
M60 A Rzepecki	43.06
M65 H Naude	25.05
M70 J Visser	31.37
M80 A Black	17.47
W35 A Hennop	35.30
W40 C Ellis	31.38
W45 H Schoonwinkel	33.61
W50 M Snyman	33.00
W55 A Grobler	30.88
W60 N van Lill	21.67
W65 C Stander	20.19
W75 L Grobler	20.52

<b>Javelin</b>	
M35 E Molsilti	45.23
M45 H Storm	42.72
M50 L van der Merwe	47.62
M55 G van der Merwe	31.41
M60 H Rohde	37.01
M70 B Stannius	32.58
M75 P Frech	21.40
M80 L Wale	21.26
W35 R White	32.52
W40 A van Schalkwyk	37.23
W45 H Schoonwinkel	29.35
W50 M Ferreira	28.92
W55 P England	20.84
W60 N van Lill	22.91
W65 A Ackerman	21.72
W75 L Grobler	13.34

<b>Heptathlon</b>	
W35 C Mangels	3676
W50 M Ferreira	3517
<b>Decathlon</b>	
M40 P Williams	5184

M45 J Allers	5442
M50 N Hough	5805
M55 P van Rensburg	4266
M60 A Smith	4943

<b>Weight Pentathlon</b>	
M30 J Pretorius	3201
M35 S Jacobs	2120
M40 J van Zyl	3230
M45 H Storm	2842
M50 J Roodt	3911
M55 G van der Merwe	3135
M60 A Rzepecki	3348
M65 H Naude	2892
M70 B Stannius	3090
M75 P Frech	2252
W35 R White	3193
W40 A van Schalkwyk	2630
W45 H Schoonwinkel	3819
W50 M Snyman	3512
W55 P England	3037
W60 N van Lill	2934
W65 C Stander	2459
W75 L Grobler	2761

**LONG DISTANCE 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 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

**EAST****Westbury-Carle Place Rotary  
Spring Sprint 5K  
Westbury, NY; May 22**

<b>Overall</b>	
Alan Kilfoyle 40	16:13
Robis Degirmenci 29	16:24
M40 A Kilfoyle 40	16:13
John DelMaestro44	16:47
Jim Welsh 49	17:07
M50 David Schneider 52	18:03
Maury Dean 56	18:04
Joe Farber 50	18:59
M60 DomenicPotenza60	22:40
Richard Chester60	22:46
M70+George Marr 70	24:21
W40 Patty Zebersky 43	19:49
Satu Svoboda 41	21:09
W50 MaryAGoldman 52	21:55
Nancy Tischler 54	22:33
W60 Pat Delaney 60	28:47
Gwen Fox 66	38:37

**Avon Running Global Running  
Championships 10K  
Central Park, NYC; May 22**

<b>Overall</b>	
Tegla Lorupe 26	31:48
W35 Manuela Machado	33:29
Kim Griffin	35:19
M Cabello-Soria	35:54
Eliz Carmichael	38:02
Alayne Adams	38:26
W40TatyanaPozdnyakova33	43:45
Jane Welzel	36:42
Lee DiPietro	37:49
Gillian Horovitz	37:56
Joyce Switzer	38:24
W45 Sandra Powers	43:34
Gloria Auerbach	44:52
Elizabeth Agostini	46:42
Evelyn Garcia	47:37
Cathy Handy	48:18
W50 Judy Harrigan	42:33
Ann Makoske	44:56
Krystyna Turowska	46:13
Roslyn Schloss	46:34
Lee Saroken	46:54
W55 Anna Thornhill	42:45
Marilyn Greeley	48:25
MelanieBenvenue	48:51
Alicia Kelley	49:11
PattyLee Parmalee	49:42
W60 Helen Bedrock	48:12
Imme Dyson	49:49
Carol Tyler	50:50
Joan Bondell	51:36
W65 Toshiko d'Elia	50:45
Rose Nales	51:39
Thelma Wilson	54:03
Helen Anderson	57:48
W70 Muriel Merl	68:18
Janine Maltas	67:36
Bertha McGruder	69:38
W75 Edith Faras	64:46
Helen Luza	84:42
Jozi Neulinger	87:37

<b>10K RW</b>	
W40 B Nell	47:53
W45 H vd Berg	52:36
W50 D du Preez	1:01:32
W55 C Kidson	1:05:11
W60 L Hatz	56:56
W65 H Rothman	1:00:04
W70 A Villet	1:06:00

<b>20K RW</b>	
M30 A Fraser	1:38:04
M35 C Fitzpatrick	1:47:03
M40 E van Tood	1:56:42
M45 M Whitmore	2:38:39
M50 D van Dellen	2:02:18
M55 Spencer	1:55:44
M60 M Rossouw	1:58:19
M65 N Goodes	2:07:12
M70 A Gavson	2:15:27
M75 J Rogers	2:45:01
M80 G Candiotis	2:47:41
M85 B Moodie	2:45:35
M95 P Rabinowitz	2:48:19

W80 Hedy Marque	62:01
Althea Jureidini	89:51
W85 Fenya Crown 86	87:07

**Floral Park Youth Council 5K  
Floral Park, NY; May 20**

<b>Overall</b>	
John Williams 42	16:07
Kate Sohner 20	20:43
M40 J Williams	16:07
John DiCamillo	17:19
Vincent Morton	17:45
Scott McArdle	18:30
M45 Bobby Schuler	19:42
Henry Cipriani	20:03
Anthony Asiaghi	20:41
M50 Maury Dean 56	18:40
Robert Nordman 51	19:47
Joe Gambino 55	20:59
M60 Adolph Rettmer 63	22:35
Joe Gallagher 60	23:35
M70+John Moran 70	28:40
W40 Anne Garger 41	22:20
Suzanne Schoen41	23:05
W45 DenisLewandowski48	24:29
Connie Connor	25:24
W50 Lillie Smith 57	25:38
W60 Chickie O'Toole 67	30:47



Continued from previous page

**Frick Park Cross-Country Series**  
Pittsburgh, PA; June 12

<b>--2K--</b>	
W40 Dolores Luque	14:18
<b>--4K--</b>	
M40 Dave Dobal	15:04
Jack Vermeulen	16:05
Bob Harwick	18:34
<b>--8K--</b>	
M40 Alan Hill	37:19
Tom Abbott	39:20
Ron Romanoff	39:33
M50 Joe Silverio	42:46
M60 John Harwick	46:05
W40 Jeannette Gryskewich	45:18
Darlene Hudak	48:37

**Shelter Island 10K**  
Shelter Island, NY; June 12

<b>Overall</b>	
Ben Kimondiu 21	29:24
Karolina Szabo 37	33:46
M40 Craig Young 41	30:41
Amilcar Duarte 40	32:12
Donald DiDonato 41	33:26
John Koningh 42	34:36
Alan Ruben 42	34:43
Rich Delasota 40	34:50
M50 Bob Moritz 50	36:13
Bill McGuire 52	36:59
Julia Aguirre 52	37:49
Joseph Brennan 50	40:39
Douglas Broder 50	41:50
M60 Joe Cordero 61	41:03
Donald Davis 62	41:38
John Conner 64	44:38
Domenic Potenza 60	47:25
Jim Scovel 69	47:31
M70 John Sweeney 74	62:41
Thomas Orr 73	67:17
Michael Weber 76	82:38
W40 Ruth Wysocki 42	35:30
Donna Hurely 41	36:32
Kathryn Martin 47	39:17
Anastasia Stekas 42	41:12
Erin O'Driscoll 41	42:46
W50 Marie Michelson 57	48:18
Irene Robinson 53	52:52
Angela Gallo 50	54:46
Eileen Becker 50	55:29
Thea Greene 52	58:59
W60 Pat Delaney 60	61:43
Becky Hotter 60	64:28
Barbara Carlsen 60	72:10

**Father's Day 5K (3.15 miles)**  
Interlaken, NJ; June 19

<b>Overall</b>	
Jeff Logarzo	17:09
Christine Corey	19:04
M40 Gary Krebs	19:43
M45 Chas Schneekloth	18:58
M50 Irvn Miller	22:05
M55 Maury Dean	18:15
M60 Dick Hill	21:33
M65 Robert Thien	27:05
M70+Clarence Lurch	30:05
W40 Jan Levine	20:32
W45 Jan Farnung Krause	24:14
W50 Pat Panza	26:24
W55 Jean Spears	29:54
W60 Pat Hill	34:10

**Kids Helping Kids 5K**  
Plainview, L.I., NY; June 20

<b>Overall</b>	
Don Di Donato 41	15:36
Donna McMahon 29	17:48
M35 Steve Rand	17:41
M40 D Di Donato	15:36
John Di Camillo	17:12
Bill McDermott	17:35
Scott McCordle	17:56
M45 Rudolph Pekarek	17:27
John Lupski	18:15
Eddie Arbeiter	18:26
M50 Jay Hildebrand	18:49
Joe Brennan	18:51
Denis Brazil	18:55
M55 Dan Badalament	19:32
Warren Steinert	20:36
Mike Service	20:46
M60 Kevin Connors	22:10
Richard Chester	22:35
M65 Gus Likos	24:09
M70 George Marr	23:24
Bert Jablon	23:40
M75+John McManus 75	23:53
Herbert Ascher 76	38:55
W35 Melissa Gallagher	20:45
W40 Rhonda Nieder	21:11
Lily Sidovich	22:08

Julie Genova	24:19
W45 Marilyn White	23:08
Connie Connor	25:00
Donna Kaye	25:09
W50 Ginger Roland	26:37
Sherry Bellovin	28:04
Maria Hlavati	28:53
W55 Anna Thornhill	20:50
Helma Clavin	25:55
Joan Ackerman	30:33
W60 Margarita Hernandez	46:30
W65 Patricia Craig	38:43
W70 Marie Abrams	44:35

**Ronkonkomas Rotary Club**  
Long Island 4 Mile  
Championships  
Lake Ronkonkoma, NY; June 26

<b>Overall</b>	
Andy Phillips 20	21:09
Donna McMahon 29	24:11
M40 Frank Pellegrino	24:42
M45 Sal Pipitone	26:04
M50 Herb Armstrong	26:13
M55 Maury Dean	23:55
M60+Floyd Thornton 60	30:38
Kevin Connors 64	30:40
W40 Nancy Katz Johnson	27:47
W45 Patricia Gregory	32:24
W50 Michele Powers	33:05
W55 Helma Clavin	34:37
W60+Lillian Hamill 68	46:23
Marge Smith 61	46:28

**Harry Chapin 5K Run Against**  
Hunger  
Huntington, NY; June 27

<b>Overall</b>	
Keith Field 37	15:41
Maria Ravazza 29	17:39
M40 Don DiDonato 41	15:59
John Williams 42	16:17
Jaime Palacios 44	16:27
Rich DeLasota 40	17:05
M50 Julio Aguirre 53	18:11
Maury Dean 56	18:25
Joe Brennan 50	19:26
Albert Jensen 50	10:35
M60 Joe Cordero 61	20:20
Geza Feld 65	22:00
Dom Potenza 60	22:59
James Connor 62	23:33
M70+John McManus 75	25:20
Ralph Siegel 77	43:58
John Kelley 82	48:56
W40 Kathy Martin 47	18:41
Cathy Oehrlein 46	20:57
Helen Visgauss 44	21:05
L Ottaviano 43	21:10
W50 Mary Ann Goldman	52:22:49
Marie Michelson 57	52:23:07
B Horstmann 54	23:09
Hilory Boucher 53	24:09
W60 M Stanjones 60	23:46
Elaine Bernas 60	35:49
Mary Ann Reilly 62	39:17

**New York State Parks Summer**  
Series/1 1/4 Mile Cross-Country  
Hempstead Lake State Park  
June 28

<b>Overall</b>	
Keith Field 37	15:56
Kathy Martin 47	18:43
M40 Richard Dela Sota	16:51
Don Murphy	17:25
Michael Marino	18:10
M45 Robert Briglio	18:03
John Walsh	18:23
John Lupski	18:29
M50 Jack Porzio	18:53
Gene Leahy	19:45
Lutz Hoffman	19:50
M55 Maury Dean	19:00
Alex Flyntz	20:17
Michael Service	21:00
M60 Joe Cordero	20:27
Jose Mendez	20:55
David Kenney	22:56
M65 Harry Shtab	26:00
Alan Druckman	27:30
Ira Brotman	27:40
M70+Bert Jablon 72	24:11
Mike Reidy 70	25:27
W40 Patty Zebersky	19:33
Nancy Katz Johnson	21:27
Sharon Donnelly	22:11
W45 K Martin	18:43
Cathy Oehrlein	22:17
Lorraine Desposito	25:12
W50 Mary Anne Goldman	22:34
Melissa Kennedy	23:26
Judy Carroll	23:53

W55 Marie Michelson	23:49
Vida Hattenbach	29:41
Frances Doyle	29:46
W60 Marion Stanjones	24:06
Elaine Graham	28:57
Sheila Isaacs	30:45
W65 Alexandra Finger	31:11
Helen Peterson	38:59

**Vytra Women's 5K**  
Farmingdale, NY; July 10

<b>Overall</b>	
Teresa Wanjiku 25	17:57
W35 Karolina Szabo	17:26
W40 D Fitzpatrick	18:01
Jean Chodnicki	18:16
Patty Zebersky	18:47
Lori Harfenes Melnik	19:39
W45 Kathy Martin	18:20
Janine Redlein	21:21
Mona Rechner	23:07
W50 Mary Ann Goldman	22:02
Betty Horstmann	22:43
Elizabeth Penagos	23:48
W55 Wendy Burns	24:11
Rosalind Goldman	25:16
Carolyn Cornell	29:38
W60 Marion Stanjones	23:03
Renate Rhein	25:04
Pat Delaney	28:18
W65 Thelma Wilson	24:53
Chickie O'Toole	29:12
W70+Yetta Sokol 72	40:44

**SOUTHEAST****Governor's Bay Bridge 10K**  
Annapolis, MD; May 2

<b>Overall</b>	
Robert Marino 41	32:46
Martha Merz 36	36:13
M40 R Marino	32:46
Robert Drysdale	34:00
Mark Rosasco	35:01
Doug Arndt	36:38
Paul Serra	36:55
M45 James Pryde	34:49
Scott Eden	36:10
E Swartzendruber	37:02
Timothy Morgan	37:10
W50 Bob Chase	39:44
Bill Freed	43:16
Craig Conover	43:02
M55 Chris Riley	40:24
Joe Clorey	41:21
Charles Raper	41:45
M60 Richard Williams	63:45:19
Mervin Gross 60	45:32
James Mandrin 62	48:12
M70+Ben Moore 73	52:47
Bill Osburn 75	53:53
C M Reece 70	59:46
W40 Mary Ann Leon	39:42
Carla Pastore	40:58
Roseann Dougherty	43:50
W45 Rita Twist	46:47
Maria Shields	47:55
Barbara Lipska	48:43
W50 Muffet Chatterton	48:46
Doris McClure	52:01
W55 Judy Gilbert	54:58
Linda Simpson	55:07
W60+Deb Butterworth	61:47:24
Patricia Cuff 62	66:39

**Williamsburg Jaycees 5.3 Mile**  
Newport News, VA; June 19

<b>Overall</b>	
Alex Gibby 25	26:50
Lori Robertson 38	33:31
M35 Larry Ormerod 39	32:33
M40 Ned Berg	30:40
Mike Roberts	33:29
M45 Rick Platt	29:29
Ed Weston	31:26
M50 Dale Abrahamson	34:19
Bob Wilson	34:50
M55 Bob Spencer	34:26
Doug Berry	39:21
M60 John Essery	36:52
M65+Tom Ray 66	38:13
Andrew Polansky	71:39:28
W40 Nancy Hunyadi	40:04
A Spangler Miller	42:38
W45 Roberta Laynor	38:32
Sally Young	43:12
W50 Candice Michalik	40:57
Melissa McLeod	42:28
W55+Joan Coven 58	40:07
Nancy Patron 62	45:17

**Loudoun Street Mile**  
Winchester, VA; June 26

<b>Overall</b>	
Steven Myers 23	4:09
Becky Dennison 24	4:54
M40 Chris Fox	4:14
Neal Riemenschneider	5:03
Harry Zullo	5:13
M45 Chuck Moeser	4:35
Paul Ryan	4:38
Bill Osuch	5:17
M55 Glenn Luttrell	6:45
Woodrow Hopper	8:13
M60 Pete Martin	6:35
M65 Burr Grimm	6:03
M70+Paul Lackey	7:09
Robbi Cone	9:31
Bob Atkins	9:32
W40 Kim Burns	5:47
Bernadette Flynn	6:00
W45 Joyce Adams	6:07
Nancy Specht	6:44
Sharen Gromling	8:39
W55 Kathy Smart	7:21
Michelle Haynes	9:51
W60 Tami Graff	7:20

**Peachtree 10K**  
Atlanta, GA; July 4

<b>Overall</b>	
Khalid Khannouchi 27	27:45
Elana Meyer 32	31:34
M40 John Tuttle	30:15
Craig Young	30:58
Chris Fox	31:12
Pete Koech	31:49
Paul Okerberg	33:32
Richard Ledoux	33:46
Richard Ferguson	34:49
Reese Jacobs	35:01
M45 Bob Dalton	34:21
Lloyd Boone	34:25
Hal Carlson	34:39
Rick Platt	35:33
Neil Feather	35:50
Karl Hempel	36:22
Don Tomczak	36:32
Joel Majors	36:46
G R Lipscomb	36:52
M50 Richard Buerkle	32:38
W40 Carmen Troncoso	34:54
Ruth Wysocki	35:04
Jane Weizel	36:25
J Lasee-Johnson	37:14
Sherry Hyden	38:26
Amy Barrow	38:59
Nancy Stewart	38:59
W45 Trish Vlastnik	42:46
Michie Pitts	44:59
Sherry Hyden	45:30
Martha Boone	46:25
Carol Fox	46:49
Terry Ozell	46:57
W50 Judith Hine	40:38
Carolyn Mather	44:26
Dee Bays	44:32
T A Collier	46:21
Rissie Thielier	46:59

**Sunset At Pier 60 5K**  
Clearwater, FL; July 9

<b>Overall</b>	
Keith Sawayda 36	16:08
Judy Maguire 40	18:45
M40 Steve Wilson	17:10
M45 John Walters	17:52
M50 Jim Keppeler	19:55
M55 Duncan Cameron	20:41
M60 Bob Turcotte	24:42
M65 Frank Van Aken	23:34
M70 Roland DeRussy	31:40
W40 J Maguire	18:45
Suzanne Brosseau	24:08
W45 Karen Alexeev	22:28
W50 Rose Ann Benson	25:44
W55 Annette Frisch	25:40

**MIDWEST****St. Mary's 5K & 8K**  
Westphalia, MI; July 4

<b>Overall</b>	
Matt Bozong 21	17:06
Sharon Becker 28	19:52
M40 Dave Osborn	18:31
M45 Mike Frankhouse	21:54
M50 Bob Brooks 56	23:08
W40 Alesia Kissane	22:36
W45 Alice Kramer	26:59
W50 Karen Irrer 51	28:38
<b>--8K--</b>	
<b>Overall</b>	
Keith Szymkiw 21	27:52
Janet Becker 25	30:18

M40 Glen Feldpausch	33:52
M45 Patrick Duff	34:15
M50 Dennis Frazier 52	41:34
M60+Harry Tellman 61	33:45
W40 Anne Boomershine	41:19
Peggy Rademacher	44:08

**Farmington Founders Festival**  
Of Races 4 Mile  
Farmington, MI; July 10

<b>Overall</b>	
Dan Jess	20:49
Jenny Hampton	26:07
<b>Masters</b>	
Max Anthouard	22:52
Martha Ritchie	27:54
M40 John Rivard	24:32
M45 John Tarkowski	23:02
M50 Ken Rowe	23:06
M55 Leo Zehnder	25:11
M60 Joe Domka	34:34
M65 John Desenberg	33:33
W40 Mona Eichholtz	30:15
W45 Maggy Zidar	28:27
W50 Sandy Richa	34:33
W55 Ingrid Krenz	36:52

**MID-AMERICA****Melpomene 5K**  
St. Paul, MN; May 1

<b>Overall</b>	
Charlie Mahler 36	15:30
Katie Koski 26	17:21
M40 Kevin Haas	15:56
Bobby Paxton	16:04
M45 Dan Morse	16:35
Doug Suker	17:15
M50 John Cretzmeyer	18:19
Eric Peterson	20:04
M55 Bruce Mortenson	18:47
John Brown	19:06
M60 Sherwd Sagedahl	24:46
Robert Eue	25:41
M65 Greg Prom	22:02
M70 Bob Thorbus	25:27
M75 Lloyd Young	22:57
M80+Emil Balz 80	28:47
Paul Werner 85	37:08
W40 Janice Ettle	18:05
Nancy Rowe	19:06
W45 Barb Leininger	20:35
Nancy Camp	20:49
W50 Diane Stoneking	20:33
Mary Hiatt	21:22
W55 Judy Cronen	22:51
Judy Kaltenhauser	23:16
W60 Sandra Sheldon	24:30
W65 Barbara Burhans	27:43
W70 MaryLou Carlson	35:15



Continued from previous page

Suzi Morris	2:53:58
D Windland Dausman	2:54:26
Phyllis Rosenthal	2:55:04
W45 Karen Benardino	3:12:49
Merle LaDuke	3:20:55
Karen Imhoff	3:21:05
Barb Leininger	3:24:23
Alane Fischer	3:25:17
Ann Haugejorde	3:29:36
Barbara Jewell	3:34:08
Sandra Stark	3:34:43
W50 Gloria Jansen	3:12:36
Linda Hodges	3:37:16
Nancy Joyce	3:38:18
L Bourgeois	3:39:24
Lolie Boettcher	3:40:29
Kathy Lynch	3:41:50
Sara Cherne	3:43:06
Mary Hiatt	3:43:28
W55 Jan Rohde	4:06:35
Pat Johnson	4:23:48
Jeanet O'Sullivan	4:28:36
Doretta Lamott	4:28:58
Karen Hundley	4:29:15
Sandra Kurtzbach	4:32:10
W60 Mary Lindgren	4:25:26
D A Marden	4:35:58
Peg Tyler	4:49:45
Margot Madsen	4:49:59
Virginia Rasmussen	5:28:42
W65 Myra Rhodes	3:44:14
Kathy Beiers	4:17:37
Lorraine Whitesell	5:13:54
Mary Purvis	5:31:59
Olympia DiNardo	5:33:12
W70+Joy Johnson	4:50:15
Agnes Reinhard	4:55:24
Lynn Edwards	5:32:00
Po Adams	5:43:45

#### Sunflower Classic 5K Wichita, KS; June 26

<b>Overall</b>	
Wayne Strohman 29	15:17
Shelly Strohman 25	18:10
M40 Bob McAnany	16:21
Tony Wahl	18:28
Guy Truett	18:48
M45 Tom Trusdale	17:47
Steve Aleman	18:36
Greg Records	18:58
M50 Jeff Berven	17:04
Russ Lundstrom	18:34
Larry McKee	19:04
M55 Jon Rush	21:19
Roger Wilson	21:24
Leon Mattocks	21:45
M60 Charles Doze	21:41
Dick Drevo	23:21
Bob Lida	24:04
M65 Paul Heitzman	19:39
David Arst	23:21
W40 Mari Mohr	20:47
Bonnie Fetrow	21:46
Carol Boorady	22:56
W45 Barb Holzman	20:44
Barbara Voth	24:45
S Lundstrom	26:38
W50 Trudy Calloway	21:30
Vera Burton	22:15
Sheryl Drevo	22:27
W55 Bev Parker	25:52
Rowena Hinshaw	27:53
Gayla Hefley	33:42
W60 Carol Buckner	33:52

#### Age-Graded Results

Paul Heitzman 68	\$300 14:48
Jeff Berven 52	\$200 15:00
Wayne Strohman 29	\$100 15:17
David Keller 30	\$50 15:25
Gene Mitchell 31	\$25 15:27
Carolyn Buckner 61	\$300 17:52
Brenda Underhill 39	\$200 17:56
Shelly Strohman 29	\$100 18:10
Barbara Holzman 47	\$50 18:36
Trudy Calloway 51	\$25 18:36

#### WEST

##### Los Angeles Marathon March 14

(Corrected masters results)

M40 Kagetsu Murano	2:34:44
Rigoberta Vega	2:37:40
Juve Leogaumex	2:39:26
J Mendez Martinez	2:42:05
Jose Luis Diaz	2:44:13
Bartev Topalian	2:46:41
M45 Aristeo Mascos	2:33:28
Greg Horner	2:37:11
Joan Angiano	2:47:38
Moo Lim	2:51:30

Kevin Setnes	2:52:38
Carlos Banderas	2:56:48
M50 Jussi Hamalainen	2:47:51
Frank Hughes	2:50:03
Donald Ocana	3:00:57
Wayne Mitchell	3:03:57
Marco Nava	3:08:22
Barry Wright	3:09:02
M55 Doug Saari	3:03:28
Ralph Cripe	3:11:09
Byron Melendy	3:15:42
Reza Scott	3:16:56
Mike Mahler	3:17:07
M60 John Norris	3:36:15
Juan Sobenes	3:42:18
Jin Crandall	3:43:11
Ted Alacon	3:43:55
Leroy Kim	3:46:13
M65 William Wall	3:28:51
Stanley Polski	3:47:52
Carl Pegeles	3:48:47
Efrain Azo	3:50:48
M70 Patrick Devine	3:48:49
Pete Petracek	3:49:31
Leonard Silver	4:18:19
M75 Seok-Keun Jee	4:45:56
Gary Toji	5:05:20
Salvador Avila	5:20:35
M80+E Van Leeuwen	6:08:42
Julian Myers	6:35:19
W40 Judy MacGuire	2:54:12
Marie Romero	2:59:29
Carla Guzman	3:17:25
Gina Cantania	3:18:55
W45 Candy Clark	3:10:01
Alfreda Ingehart	3:22:15
Paula Brieton	3:31:10
Christina Zeldel	3:31:54
W50 Julie Lister	3:20:35
Tatsuwa Sugiyama	3:41:30
Becky Parker	3:46:25
Susan Nichols	3:47:23
W55 Angelic Castanega	3:45:57
Carole Lefli	3:49:55
Pat Brumbalow	3:53:26
Christie Edinger	3:53:28
W60 Barbara Valastro	3:55:36
Joan Maxwell	4:10:57
Barb Kirshbaum	4:19:59
Marilyn Clark	4:26:17
W65 Chieko Allwein	4:34:56
Maureen Licht	4:47:21
Audrey Hauth	5:11:14
W70 Antoinette Hill	5:03:05
Trudy Pietrolungo	5:52:14
Wakae Spencer	6:23:20

#### Fontana Days Run Half Marathon, 5K & Racewalk Fontana, CA; June 5

<b>Overall</b>	
Matt Capelouto 25	64:24
Kelly Cordell 29	74:00
M40 Phillip Nicholls	70:05
Chuck Barstow	77:59
Michael Scarano	78:54
Douglas Andrews	79:51
Fmcsco Bustamant	83:26
Darin Esplin	73:40
M45 Mike Delgado	81:15
Steve Marshall	84:02
Earl Wyatt	84:18
Darryl Graham	85:17
Randy Douglas	92:40
Ralph Chavez	95:46
M50 John Hunter	76:44
John Montgomery	76:44
Joel Soto	78:05
Wayne Mitchell	78:44
Randy Scott	85:02
Leroy Anderson	85:36
M55 Leroy Wilke	91:48
Aenry Wolfe	98:09
Ralph Smith	98:23
Wayne Reynolds	1:41:45
William Fraser	1:44:57
M60 Roberto Vargas	86:54
Don Moore	94:29
Nate Spunt	98:43
M65 William Wall	1:30:49
Paul Macalister	1:48:58
M70 Patrick Devine	1:35:17
Allen Bergman	1:57:40
W40 Pam Fecher	1:31:47
Muku Reynolds	1:44:58
Gail Hamoumis	1:46:15
Joan Katz	1:47:50
Tami Torres	1:48:24
Susan Knight	1:50:11
W45 Carol Richardson	1:24:54
Terry Heintz	1:38:09
Patti Tisone	1:43:52
Roberts Angel	1:46:11
Pamela Fisher	1:46:19

Sharon Cooper	1:46:31
W50 Jean Holden	1:47:12
Diane Thomas	1:51:33
Lynn Lipscomb	1:52:43
W55 Penny Tyree	1:35:50
Sally Tyree	1:47:06
W60 Evelyn Tapia	2:34:22
W65 Chieko Allwein	1:50:10
-5K-	
<b>Overall</b>	
Wilhelm Gidabuday 24	13:50
Graciela Padilla 28	16:06
M40 John Prather	15:29
David Edgar	16:15
David Fier	16:30
Dale Nagel	16:32
Tony David	17:31
Mark Campbell	17:43
M45 Nolan Shaheed	14:44
Wayne Miracle	18:20
J Allenkowski	18:46
Bob Bell	19:03
M50 Terry Martin	16:48
Richard Olson	18:22
Rhio Gillon	18:24
M55 Lee Pitts	17:55
Joe Merchant	19:34
M60 Brian Fernee	18:25
Anthony Gomez	20:03
M65 Dave Bernal	21:07
Herb Hoggard	21:17
M70 Efrain Sanchez	21:03
Ollie Harker	23:19
M75 Larry Banuelos	22:12
Joe Fleishmann	23:37
W40 Jeanne Joubert	18:57
Laurie Hann	19:54
Carla Hoppie	20:08
Susan Curfman	22:08
W45 Sandy Robbins	18:06
Lauren Mueller	20:59
Janet Buchanan	21:00
W50 Judy Kewley	22:07
Carolyn Pelonis	22:52
Denise Leffert	23:18
W55 Janyth Dison	26:15
Ellen Micheli	26:33
W60 G Hugs Holtzla	24:06
Feliza Perez	25:53
W65 Pat Fox	35:58
Peace Okoya	42:18
W70 Ella Burks	41:12
-5K Racewalk-	
<b>Overall</b>	
Jesus Orendain 57	26:12
Francine Avellana 33	29:15
M45 Ray Ramirez	38:37
Doug Adams	47:38
M50 Bob Smith	29:47
Michael Blakeman	34:08
W40 Jeri Strong	34:02
J Long-Defau	42:39
Lucinda Eggert	42:09
W45 Jane Adams	33:21
Edwina Holguin	38:59
W50 Eanle Boggs	43:06
Katherine Avila	46:49
W55 S Synalgriffe	29:15
Nancy Brinkley	30:35
Phyllis Covey	35:49
W70 Alice Garcia	36:22
Majorie Tinder	54:23

#### Kona Marathon & Half-Marathon Kailua-Kona, HI; June 26

<b>Overall</b>	
Eddy Hellebuyck	2:24:38
Connie Comiso Fanelli W40	3:19:35
M40 Pierre Rolin	3:16:51
Randal Wolf	3:26:31
Mark Savage	3:30:13
M50 Jon Kunitake	3:24:48
Dick Vercauteren	3:34:04
Taiji Mihara	4:26:48
M60 Chas Sabatine	4:19:14
Frank Wallace	4:42:12
W40C Comiso Fanelli	3:19:35
Sharon Joyce	4:24:15
Diana Miller	4:28:10
W50 Mayumi Aihara	3:42:46
Keiko Mihara	4:26:48
W60 Mary Jennings	7:22:26
-Half-Marathon-	
<b>Overall</b>	
Jonathan Lyau	1:15:22
Rani Tanimoto	1:32:38
M40 Scott Olson	1:28:21
David Kermott	1:38:02
Carlos Fuentes	1:38:18
M50 Wayne Joseph	1:30:12
Jerry Ewing	1:39:01
Jerry Hirata	1:53:56
M60 Kit Smith	1:50:58

Howard Neyens	2:22:27
M70+Lyle Nelson	2:29:43
W40 Toni Brown	1:55:38
Gene Russell	2:02:28
Roberta Brashear	2:09:13
W50 Pam Mauro	2:15:32
Lorraine Lindsey	2:42:07
W60 Sarah Link	3:00:17
W70+Marie Boles	2:42:39

#### NORTHWEST

##### Capital City Marathon & Half-Marathon Olympia, WA; May 16

<b>Overall</b>	
Phil Jasperson	2:28:44
Karen Steen	2:52:21
M40 Mark Bentley	2:47:51
Robin Lindsey	2:51:45
Joe Spencer	2:58:25
Bruce Falk	2:59:39
M45 Douglas Hinz	2:51:40
Gabriel Ceja	3:07:14
Mike Gangwer	3:10:04
James Brashers	3:11:51
M50 Mike Wakabayashi	3:05:46
Valentine Pisarski	3:18:48
Neil Feigenhauer	3:20:56
M55 Robert Leland	3:20:39
Jerry Duncan	3:28:20
Kenneth Bonner	3:33:43
M60 Phil Short	3:43:39
Robert Lynes	3:45:04
M65 Mel Preedy	3:26:59
Bob Dolphin	4:03:04
M70+Dick Cotsford	4:38:05
Bob Hill 81	6:21:26
W40 Trish Motyl-Hruby	3:31:32
Terri Stewart	3:33:19
Stephanie Sarantos	3:34:46
Beth Remy	3:34:47
W45 Sandra Frost Aabrg	3:37:39
Missy Sandeman	3:41:31
Kathy Bowen	3:43:56
W50 Cass Newell	4:01:24
Gailmarie Berquist	4:03:10
W55 Mae Palm	3:43:26
Susan Brain	4:25:40

<b>--Half-Marathon--</b>	
<b>Overall</b>	
Miguel Galeana	69:32
Denise Foote	81:43
M40 Jose Moreno	79:12
David Penilton	81:27
Turk Burfiend	82:10
M45 Mark Billett	75:03
Francis Kessler	82:31
Tim Tayne	85:06
M50 David Cook	86:21
Gerry Aikin	90:11
Bob Schottman	94:57
M55 Ron Taylor	88:36
David Griffith	96:07
M60 Roberto Diaz	96:49
Jim Price	98:51
M65 Chuck Fletcher	1:49:04
W40 D Foote	81:43
Sally Clinch	1:35:03
Theresa Creatura	1:41:13
Mona Nydam	1:41:31
W45 Marnie Hayden	1:38:44
Gale Blomstrom	1:47:54
Kathy Bodmer	1:48:52
W50 Gunhild Swanson	1:35:37
Toni Belaustegui	1:42:54
W55 Nadine Rushfeldt	2:02:28
Deanna Barrett	2:04:09
W60 Frances Williams	2:06:08
W70+June Curry	2:38:17

#### Salt Lake City Classic 10K & 5K

<b>Salt Lake City, Utah; June 5</b>	
<b>Overall</b>	
Ed Eyestone 37	30:09
Cecsa Bowman 33	36:10
M40 M Higginbotham	34:12
Mark Dickey	34:50
Jerrywyne Brandon	36:03
Franc Karpo	36:42
Ken Stone	37:07
M45 Ray Workman	34:41
Brent Kartchner	36:45
Tek Kilgore	36:51
John Erikson	37:15
John Fox	37:49
M50 Don French	37:14
John Macdonald	39:21
Tom Calame	39:52
Jose Ordonoz	40:50
Andy Schnebly	40:55
M55 Roger Perry	41:40
Don Schultz	41:50

Cary Howard	41:54
Thomas Anderson	45:14
M60 Jan Thurston	45:04
Dalliu Bayley	50:00
Ken Jackson	51:06
Del Freeze	52:25
John Amos	52:30
G Van Ekelenburg	53:16
M65 J Gam Mc Bride	41:46
Dewain Jenkins	50:47
Ron Bentley	1:02:39
M70 Thomas Gregory	59:59
Sid Smith	1:03:57
W40 Lisa Schneider	40:57
Robyn Masters	41:45
Mary Beacco	43:10
Heidi Hadley	43:48
Roni Thomas	44:43
W45 Kim Kennard	44:28
katy Muncy	44:38
Charlie Lovejoy	45:51
Mayleen Krail	49:45
Donna Thomas	50:20
W50 Vicki Pedler	44:49
Jeanie Groves	46:06
Wendy Vandekery	49:01
Karen Luke	52:02
Mari Calvert	53:43
W55 Dixie mathis	50:24
Erika Williams	1:04:36
W60 Elfriede Schmitt	54:51
Shanna Pearson	1:04:26
Arlene Caldwell	1:10:42
W65 Joy Regenthal	1:02:36
Winnie Neilson	1:04:15
W75 Cecily Curtis	1:00:42

<b>-5K-</b>	
<b>Overall</b>	
Travis Hildebrand 24	15:27
Phebe Ko 16	18:51
M40 Paul Pilkington	15:46
George Katz	17:59
Heikki Ingstrom	18:36
Larry Alserda	19:02
R Larry Lawrence	19:27
M45 Frank Matheson	19:03
Toby Salazar	19:24
Jeff Merkely	19:50
Bert Reid	19:52
Jay Lindbergh	20:11
M50 Thom Iredale	19:27
Lino Morgas	20:20
Jim Hutchings	20:



Continued from previous page

Jiri Kana	CZE 76:22
M60	
Evgeni Koslov	RUS 78:30
Peter Andrews	GBR 78:33
Manuel Rosales	ESP 78:42
M65	
Roy Webb	GBR 87:34
Nigel Stuart-Thorn	GBR 92:46
Alan Smith	GBR 93:37
M70	
Sergio Agnoli	ITA 93:21
Herbert Hartung	GER 94:54
Vassili Mateev	RUS 95:20
M75	
Heinrich Gutbier	GER 96:21
Norman Jirdan	GBR 2:05:45
Alan Fearnley	GBR 2:07:58
M80	
Emiel Pauwels	BEL 1:52:31
Alois Bucher	SUI 2:03:38
Andre Osselaer	BEL 2:08:11
W35	
Silvia Lencina	ESP 78:22
Carhanina Segers	BEL 80:26
Joy Noad	GBR 81:09
W40	
Dominique Dubart	FRA 87:25
Geraldine Wahl	GER 89:33
Ingeborg Humann	GER 94:05
W45	
Beth Coombes	FRA 86:19
Jutta Chlupat	CZE 89:36
Jeanett Hardwick	GBR 90:25
W50	
Manna Kwak	NED 86:00
MarieKetelslegers	BEL 86:06
Jacqueline Beelen	BEL 87:21
W55	
Heidelore Bensch	GER 94:07
Olga Elisina	RUS 96:48
W60	
Pam Jones	GBR 1:41:13
Fenee Chopin	FRA 1:42:54
W65	
Helena Richter	GER 2:20:24
W70	
Beth De Preter	BEL 2:01:57
-10K--	
M40	
Hans Hopfner	GER 30:14
Marc Ruell	BEL 30:27
Amit Neeman	ISR 30:50
M45	
Nigel Gates	GBR 30:19
Michael Girvan	GBR 30:48
Valentin Kazanisev	RUS 32:51

M50	
Omer Van Noten	BEL 33:06
Roeland Timmers	NED 33:18
Martyn Rouse	GBR 33:36
M55	
Steve Birkin	GBR 34:43
Erich Frieske	GER 35:03
Reinhold Wache	GER 35:05
M60	
Evgeni Kozlov	RUS 34:59
Edgard Knockaert	BEL 37:04
Yves Courty	FRA 37:44
M65	
Fons Briers	BEL 37:14
Werner Beecker	GER 38:18
Eric Chambers	GBR 39:06
M70	
Vassili Matveev	RUS 41:40
Herbert Hartung	GER 42:02
Donald Adie	GBR 42:53
M75	
Heinrich Gutbier	GER 43:17
Helmut Breuer	GER 44:46
Remi Boterberg	BEL 47:46
M80+	
Emiel Pauwels	BEL 48:56
Andre Osselaer	BEL 57:53
W35	
Ute Jenke	GER 35:56
Katharina Kaufmann	GER 36:02
Sandra Edwards	GBR 36:16
W40	
Diane Teygeman	BEL 36:55
Regina Dietz	GER 37:20
Marian Van Velzen	NED 39:27
W45	
Karen Marshall	GBR 37:02
Elfie Huther	GER 38:40
Diane Marsh	GBR 38:59
W50	
Janette Stevenson	GBR 36:25
Ursula Harms	GER 39:02
Els Raap	NED 39:33
W55	
C Ruzic-Joliment	FRA 41:00
Dee Tsakarianos	GBR 42:50
Val Hancock	GBR 43:02
W60	
Gerda Van Kooten	NED 42:36
Pamela Jones	GBR 44:39
June Foulke	GBR 46:54
W65	
Myfanwy Loudon	GBR 44:20
Betty Forster	GBR 58:45
W70	
Berthilia DePreter	BEL 51:58

-30K Racewalk-

M40	
Jean-P Bonnefoux	FRA 2:35:37
Leo Frere	FRA 2:41:36
Renato Cortinovis	ITA 2:47:49
M45	
Roberto Cervi	ITA 2:31:38
Frantisek Parys	CZE 2:40:16
Gerard Perez	FRA 2:45:02
M50	
Johann Siegelle	AUT 2:49:35
Peter Eisteller	GER 2:53:11
Bernard Binggeli	SUI 2:58:03
M55	
Valter Sgardello	ITA 2:40:53
Karl Degener	GER 2:41:43
Dieter Zschiesche	GER 2:45:57
M60	
Bernard Caudron	FRA 2:49:45
Victor Kortchagin	RUS 2:52:47
Romolo Pelliccia	ITA 2:55:22
M65	
Gerhard Weidner	GER 2:52:11
Eric Horwill	GBR 3:51:05
M70	
Angelo Arena	ITA 3:31:36
Bohumil Neuman	CZE 3:34:24
Jacques Eveno	FRA 3:41:22
-20K--	
W35	
Nadejda Serbu	ROM 3:41:35
W40	
Cath Reader	GBR 2:00:51
Monika Schwantzer	AUT 2:00:24
Marie-C Burzicki	FRA 2:04:35
W45	
Dominique LeMetayr	FRA 2:04:11
Jose Maria Briz	ESP 2:04:51
Antoinet Umhauer	FRA 2:14:39
W50	
Ann Lewis	GBR 2:02:20
Ingrid Adam	GER 2:12:44
Pam Phillips	GBR 2:15:21
W55	
Heidi Maeder	SUI 1:56:49
Frieda DeWolf	BEL 2:06:58
Marit Dahl Haldis	NOR 2:15:42
W60	
Josette Sommier	FRA 2:11:18
Arlotte Maimbourg	FRA 2:45:41
W65	
Denise LeClerc	FRA 2:18:06
Lucia Radu	ROM 2:45:32
W70	
Anne Von Bismark	GBR 2:40:19
Xenia Nicolaeva	MOL 2:41:53
W75	
Ursula Theune	GER 2:43:18

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SDSSF

# SAN DIEGO SENIOR SPORTS FESTIVAL the SENIOR OLYMPICS CHUCK McMAHON MEMORIAL TRACK MEET

Sponsored by San Diego Track Club • ARCO Olympic Training Center, Chula Vista

SEPTEMBER 18, 1999

Open to all athletes of age 40 and over



AGE DIVISION: Open to all athletes age 40+

**HOW TO ENTER:** Choose the appropriate EVENT CODE(s) & Description(s) from the list below and complete the Entry Form found to the right. Fill the Personal and Entry Information. Each athlete must submit an entry form and signed waiver with the registration and event fee. Final start times will be available September 17 at check-in.

**EVENT CODES & EVENT DESCRIPTIONS:**

Men's Codes	Description	Women's Code	Approximate Start Time
RA-01	5000m Racewalk (40-59)	RA-02	7:00 am
RA-03	3000m Racewalk (60+)	RA-04	8:00 am
RA-05	1500m Racewalk	RA-06	9:00 am
TR-05	300/400m Hurdles	TR-06	10:00 am
TR-07	1500m run	TR-08	10:15 am
TR-09	100m	TR-10	11:15 am
TR-11	800m	TR-12	11:30 am
<b>Grandparent/Grandchild Relay (no entry fee)</b>			
TR-13	80/100m Hurdles	TR-14	Noon
TR-15	50m	TR-16	1:00 pm
TR-17	400m	TR-18	1:15 pm
TR-19	200m	TR-20	1:45 pm
<b>National Masters News Age Graded 100m Run-Off</b>			
TR-21	3000m (7 1/2 laps)	TR-22	2:30 pm
TR-23	2000m Steeplechase	TR-24	3:00 pm
<b>FIELD EVENTS</b>			
TR-25	Long Jump	TR-26	3:15 pm
TR-27	Javelin	TR-28	4:00 pm
TR-29	High Jump	TR-30	10:00 am
TR-31	Pole Vault	TR-32	11:00 pm
TR-33	Shot Put	TR-34	11:00 am
TR-35	Discus	TR-36	1:00 pm
TR-37	Hammer	TR-38	1:00 pm
			2:00 pm

**ENTRY DEADLINE:** September 6, 1999 (no late entries will be accepted)**RULES:** USATF Masters Rules will apply.**AWARDS:** Gold, Silver & Bronze medals to the top 3 in each event.**For More Information, contact the Track & Field Commissioner:**

David Pain • (619) 582-3316 (h) (619) 582-5769 (fax)

San Diego Senior Olympics office (619) 282-4350

Join us for "A CELEBRATION OF ATHLETES" aboard the  
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## SAN DIEGO SENIOR OLYMPICS 1999 INDIVIDUAL ENTRY FORM

COMPLETE INFORMATION BELOW. FORM MAY BE DUPLICATED.

**PERSONAL INFORMATION**

LAST NAME										FIRST NAME										M.I.				
STREET ADDRESS																								
CITY										ZIP														
PHONE #					AGE					BIRTHDATE (Mo-Day-Yr)					FEMALE					MALE				
PERSON TO CONTACT IN CASE OF EMERGENCY																								
Name: _____ Phone: ( ) _____																								

**ENTRY INFORMATION - List Event Code(s) - (Found on left this page)**

EVENT CODE	EVENT DESCRIPTION	Registration Fee (\$30):
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

Registration Fee (\$30):

Event Fee: \$5 per person/per event

Addtl. Celebration of Athletes tickets (\$20)

Senior Partners Membership: (\$100)

Donation to SDSSF:

Total Amount Enclosed

I will be attending Celebration of Athletes Party

YES ☐ NO ☐**PAYMENT INFORMATION**

Make Check payable to: **SDSSF**  
and mail to: **3073 Palm St.**  
**SAN DIEGO, CA 92104**

**WAIVER AND RELEASE FROM LIABILITY**

In consideration of being permitted to enter for any purpose any RESTRICTED AREA (herein defined as the areas to which admission by general public spectators is prohibited), or being permitted to compete, officiate, observe, work for, or for any purpose participate in any way in the event, EACH OF THE UNDERSIGNED, for himself, his personal representatives, heirs, next of kin, acknowledges, agrees, and represents that he has, or will immediately upon entering any of such restricted areas, and will continuously thereafter, inspect such restricted areas or areas and all portions thereof which he enters and with which he comes in contact, and he does further warrant that his entry upon such restricted area or areas and his participation, if any, in the event constitutes an acknowledgment that he has inspected such restricted areas and that he finds and accepts the same as being safe and reasonably suited for the purposes of his use, and he further agrees and warrants that if, at any time, he is in or about restricted areas and he feels anything to be unsafe, he will immediately advise the officials of such and will leave the restricted area(s).

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE THE SAN DIEGO SENIOR SPORTS FESTIVAL, the promoters, other participants, operators, officials, any persons in a restricted area, sponsors, advertisers, owners and lessees of premises used to conduct the event and each of them, their officers and employees, all for the purposes herein referred to as "releasees" from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any and all damage and any claim or demands thereon or account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in or upon the restricted area, and/or, competing, officiating, observing, or working for, or for any other purpose participating in the event.

2. HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releasees or otherwise.

3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while in or upon the restricted area and/or while competing, officiating, observing, or working for, or for any purpose participating in the event.

4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event and in the restricted areas are dangerous and involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

This waiver, release and indemnification agreement specifically embraces each and every event sanctioned, authorized or promoted by said releasees during the entire season and applies to each and every event, or activity hereinabove mentioned, and has the same effect as if executed after each and every activity or event in which the undersigned participates so that the parties herein intended to be released and indemnified shall be fully and effectively released and indemnified as to each and every event hereinabove described.

PRINT NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_