

Masters Take Top Three Places at Twin Cities Marathon

By SUSANNAH BECK

The USATF National Masters Marathon Championships at the Twin Cities Marathon, Minneapolis-St. Paul, Minn., Oct. 5, saw a rare treat – masters runners taking the top three places overall in a major marathon.

After contemplating retiring from the marathon last year, Eddy Hellebuyck, 42, Albuquerque, N.M., carried the day, setting a new U.S. M40+ record, 2:12:47 (see sidebar) on a gloriously sunny, cool, windless day.

Hellebuyck took home \$30,500 in prize money for winning overall, top master, and top U.S. overall and U.S. master titles. It was his biggest payday ever for the sixth fastest marathon of his 80-odd marathon finishes. This was also his third U.S. Masters Marathon Championships title at Twin Cities, which hosted the U.S. masters champi-

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SCOTT SCHNEIDER
Eddy Hellebuyck at Mile 24, Twin Cities Marathon, Oct. 5.

Heritage Oaks 10K Hosts U.S. Masters Championships

By MARK WINITZ
RunningUSA Wire

PASO ROBLES, Calif. – Eddy Hellebuyck, 42, found perfect racing conditions in Paso Robles to add to his growing list of U.S. masters road records. At the USATF Masters National 10K Championships/Heritage Oaks 10K, Sept. 28, Hellebuyck capitalized on cool and overcast conditions and a flat and fast two-loop course while recording a new U.S. masters men's 10K record, 29:05 (see sidebar).

The masters event was held in conjunction with the Heritage Oaks Bank 10K, but as a separate race. The talkative Hellebuyck said afterwards, "I like the idea of two laps. The crowds really kept me going. I think this is very good for USATF and their masters organization. Since I've become a master, I've really tried to support this important part of our sport."

Second place master, Dennis Simonaitis, 41, Draper, Utah, finished almost two minutes in arrears at 30:52. Alfredo Viguera, 40, Woodland,

Calif., scored third in 30:56.

Hellebuyck, Simonaitis, and

Continued on page 8

Holy Hellebuyck!

Four Records Topped in 5-Week Spree

By SUSANNAH BECK

Ubiquitous racer Eddy Hellebuyck is "Fast Eddy" again, after a summer of desultory but constant racing. The sprightly Hellebuyck, 42, detonated the U.S. masters 5K record on Sept. 7, and then exploded three more M40+ marks in three consecutive weekends from Sept. 28 to Oct. 12, setting new standards at the 10K, marathon, and half-

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Huntsman Senior Games Draw 324

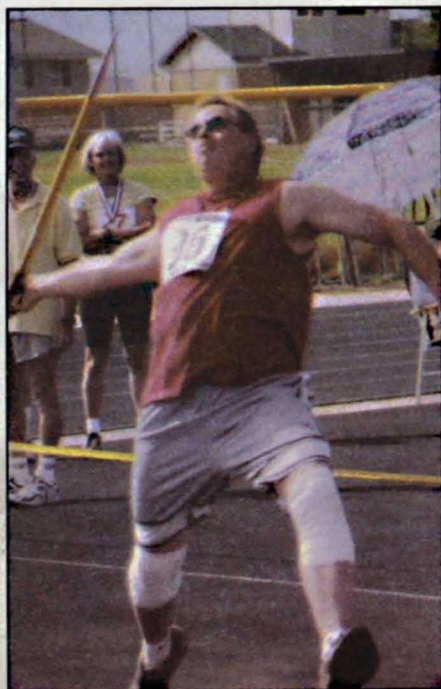
By JERRY WOJCIK

ST. GEORGE, Utah – A large field of 324 track & field athletes was among the 7000 participants who converged on this city in southwest Utah for the 17th Huntsman World Senior Games. Athletes competed in 22

sports, ranging from basketball to softball, the largest draw, and volleyball.

Track & field participants, 248 men and 76 women, competed on Oct. 6-8 in the first session of the two-week-long Games, and included athletes

Continued on page 5



SUZY HESS

David Ott, 50, winner in the javelin (149-9), Huntsman World Senior Games, St. George, Utah, Oct. 6-8.



JERRY WOJCIK

Evelyn Wright breaks the W65 high jump world record with a 1.34/4-4 1/4, Nevada Senior Games, Las Vegas, Oct. 4-5.

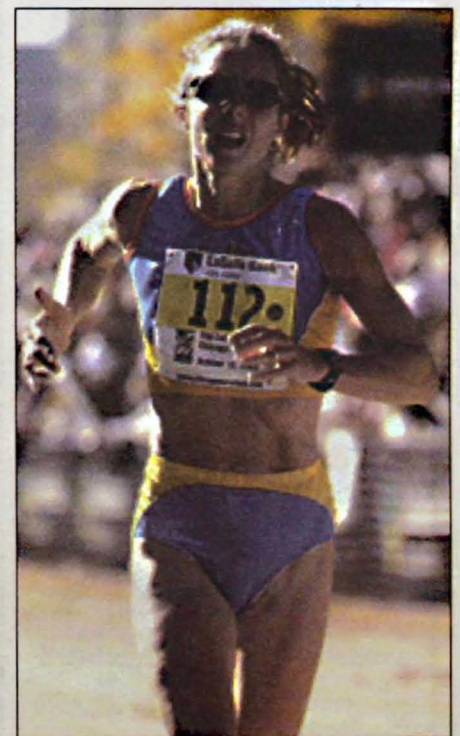
Spangler's 2:32 a New U.S. W40+ Record at Chicago

By SUSANNAH BECK

The usually sparkling LaSalle Bank Chicago Marathon spangled instead this Oct. 5, as local heroine and running club president Jenny Spangler, 40, Gurnee, Ill., set a new U.S. W40+ marathon record, 2:32:39 (old record 2:35:09/Laurie Binder/1991), and placed first masters woman overall. She was also the third master overall, male or female.

President of the Lake Forest-Lake Bluff Running Club, and mother of a two-year-old, Spangler was the surprise winner of the 1996 U.S. Olympic Trials Marathon in Columbia, S.C., where she ran 2:29:54. That was the last marathon she finished until this Chicago Marathon.

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VICTOR SAILER / PHOTO RUN

Jenny Spangler, 40, setting a U.S. W40+ marathon record (2:32:39) in the Chicago Marathon.

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Track & Field Report

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

Schedule Shaping up for Annual Meeting

We now have the tentative schedule (see below) for our USATF annual meeting well in advance so we can receive your input. Please e-mail or call regarding items you would like to see included. It would be appreciated if all Masters T&F delegates would e-mail me (george.mathews@cox.net) with your own e-mail addresses, so we can keep you up to date on changes.

Also, please e-mail to Suzy Hess (mtfvicechair@aol.com) your meet schedules for 2004. It is important to have them for the annual meeting so we can avoid conflicts in the coming year.

We would also like to know who is going to the WMA Indoor Championships in Sindelfingen, Germany, and the NCCWMA Regionals in Puerto Rico.

Masters Track & Field Committee Tentative Schedule 25th USATF Annual Meeting, Sheraton at Four Seasons, Greensboro, N.C.

Wednesday, Dec. 3

7:30 pm - 10 pm Masters T&F Executive Committee
Pine Hurst, 3rd flr.

Thursday, Dec. 4

9 am - 11 am USATF Opening Session
Guilford B, 1st flr.

11:15 am - Noon General Competition – Masters, Youth and Associations Committees
Guilford C, 1st flr.

11:15 am - 12:30 pm Masters T&F Regional Coordinators
Edgewood, 3rd flr.

1:00 pm - 3 pm Masters Hall of Fame Subcommittee
Pine Hurst, 3rd flr.

1:00 pm - 4 pm Masters T&F Awards Subcommittee
Oak BC, 3rd flr.

5:30 pm - 8 pm Masters Track & Field
Biltmore, 3rd flr.
Roll Call of Delegates
Election of Active Athletes
Approval of Minutes
Approval of Revised Agenda Reports
L&L and Rules

Friday, Dec. 5

8 am - 10 am Masters Track & Field
Imperial C, 1st flr.
Roll Call and Announcements
Presentation and Voting for 2006 Indoor Championships and Others
Progress Reports on 2004 Championships
Who Will Be T&F Delegates to 2004 NCCWMA in Puerto Rico?
Joint Masters T&F/ LDR
Auditorium IV, 3rd flr.
Approval of Minutes from Kansas City
USATF Foundation Report
WMA Reports from Puerto Rico by Delegates
Team Managers' Presentations for Hosting WMA Regional Championships in Fort Collins, Colo., and Clermont, Fla.
Decision Concerning the U.S. Site to Propose to NCCWMA for 2006
WMA Future Championships: Indoor '04, Non-Stadia '04, World T&F '05
Discuss and Possibly Decide Whom We Want to Put Forth as Candidates for WMA Council Positions in 2005 and NCCWMA Positions in 2004
Masters Hall of Fame Report
National Masters News Report
Other Business

Saturday, Dec. 6

7:30 - 9:30 am Awards Breakfast Buffet
Guilford ABC, 1st flr.

9:30 am - Noon Masters Track & Field
Imperial C, 1st flr.
Roll Call

Chair Report
Budget Report
Awards Committee Report
Games Committee Report
Regional Coordinators Report
Masters Invitation Program
Records Report
Rankings Report
Masters Track & Field - if necessary
Oak, 2nd flr.
Continuation of Business/New Business

2 pm - 5 pm

Sunday, Dec. 7

8am - 9:15 am General Competition
Guilford F, 3rd flr.

9:30 - 11 am USATF Closing Session
Guilford D, 1st flr.

* * * * *

Masters Long Distance Running Committee Tentative Schedule

Wednesday, Dec. 3

9:00 am - 10:30 am Masters LDR Executive Committee
Edgewood, 3rd flr.

10:45 am - 12:15 pm Masters LDR Executive Committee
Edgewood, 3rd flr.

7:30 pm - 9:00 pm Masters LDR
Auditorium I, 1st flr.

Thursday, Dec. 4

5:30 pm - 8:00 pm LDR Division
Auditorium I, 1st flr.

Friday, Dec. 5

7:30 am - 10:30 am Masters LDR
Cedar A, 2nd flr.

10:30 am - 11:30 am LDR Championship Subcommittee
Guilford E, 1st flr.

1:00 pm - 4:00 pm Joint Masters T&F/LDR
Auditorium IV, 1st flr.

Saturday, Dec. 6

9:30 am - 12 Noon Masters LDR
Colony B, 3rd flr.

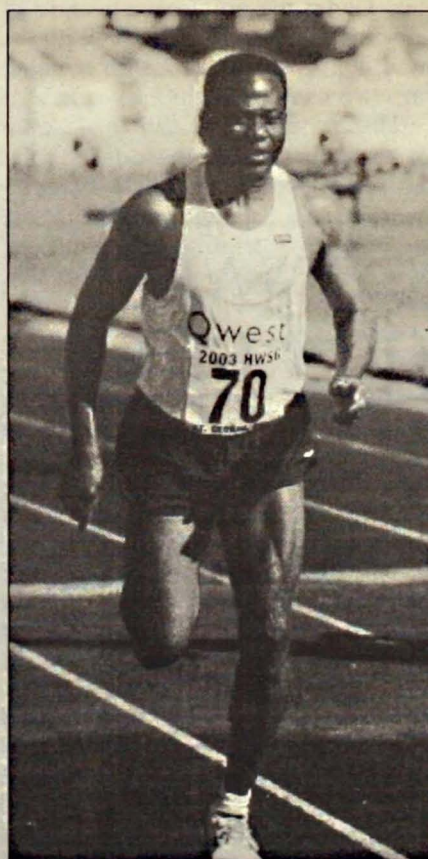
1:00 pm - 3:00 pm LDR Division
Imperial D, 1st flr.

3:30 pm - 6:15 pm Masters LDR
Auditorium II, 1st flr.

Sunday, Dec. 7

8:00 am - 9:15 am LDR Division
Guilford G, 1st flr.

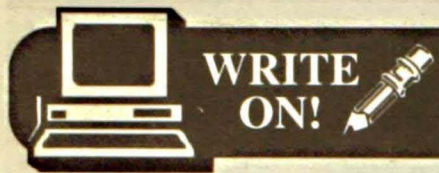
NOTE: Attendees should double check on room assignments.



SUZY HESS
Mac Azuogu, 55, won three gold medals in the sprints, Huntsman World Senior Games, St. George, Utah, Oct. 6-8.



SUZY HESS
Marg Radcliffe, winning the W60 100 (15.71), Nevada Senior Games, Las Vegas, Oct. 4-5.



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AGE GROUPING

I am a longtime master in his 70s and compete in road races and track events. I've found that in Long Island, road races are much more of a draw. Often track meets have few competitors in the older age categories. And, no wonder, they really make you feel old.

Track meets could draw more older competitors if they made more effort to separate clearly the older age categories. How discouraging it is to be lapped by a bunch of younger runners.

Even if you win your age group race, you come away with a lousy feeling. Forget about bringing grandchildren to watch. You really look like a loser.

If they made a rule of no more than a 10-year range, it would make more sense. If this was adhered to, I bet

more old guys would come to compete on the track.

Walter McCarthy
Massapequa, New York

FOND MEMORIES

After 20 or so Nationals, eight World Championships, and countless track meets, Old Father Time, zero knee cartilage, a torn meniscus, and a look in the mirror have told me that now is the time to retire from competition and enjoy "The Golden Years." I will be 87 on Dec. 1.

Track has enriched my life immeasurably. The treasured friendships and, most of all, the camaraderie rank highest in my memories. Thanks to all I have come into contact with during these beautiful years of my life.

I'll miss you all and would appreciate hearing from you.

Bill Weinacht
1035 Brook Lane, Rocky River,
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TEAM TITLE

Belated congratulations to the *National Masters News* on its 300th issue.

I am a bit confused in regard to an article printed in the October issue. The headline states "So Cal TC Takes First Team Title." I am unaware of a team title being offered or possible at the 2003 National Championships.

The article then goes on to say "although the team championships is unofficial." How can a team win a title that does not exist? I am not clear on this. Under the article is a picture of some members of So Cal TC with the headline "Congratulations for winning the team championship."

This is inaccurate and made even worse by the fact that it was paid for by So Cal's sponsor Jogmate Muscle-

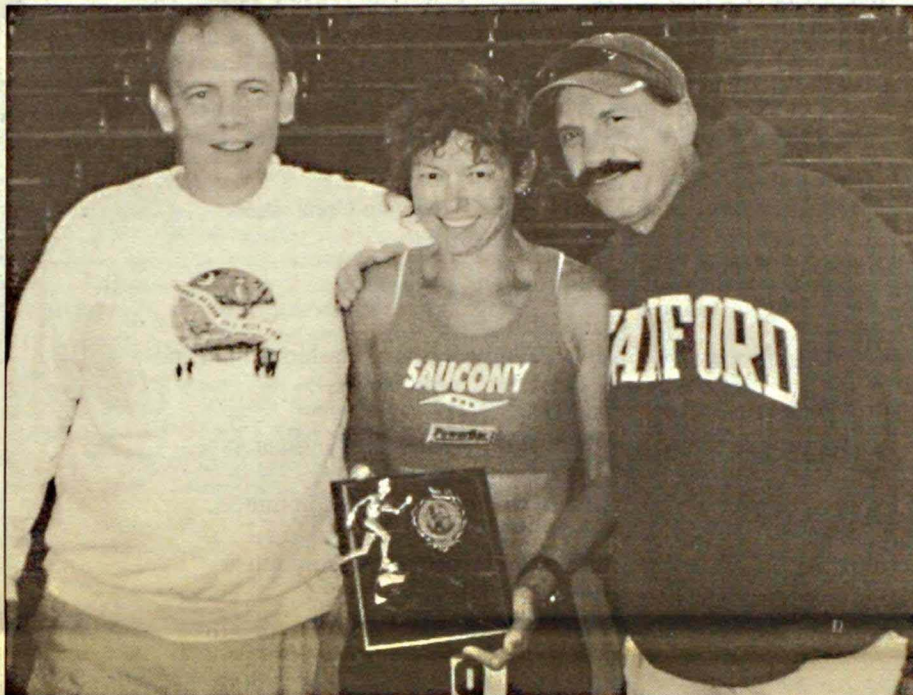
Sustainers for November 2003

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

We are grateful for the support of masters athletes.
Special thanks this month go to:

Ruth Heidrich
John MacLachlan
Leonore McDaniels
Archie Messenger
Bob Warren

Honolulu, Hawaii
Incline Village, Nevada
Virginia Beach, Virginia
Kattskill Bay, New York
Ottumwa, Iowa



DEBORAH CONNER
Sandy Powell, 46, women's winner in the Bay Area Ultrarunners 12 Hour Track Run, San Mateo, Calif., July 19, with Race Directors Dave Combs (l) and Brian Horwitz.

Recovery Products. Sponsorship in masters athletics is very hard to obtain and to misinform a sponsor is a good way to lose existing sponsorship.

I am sure the fine athletes of the So Cal TC are excited about having the highest unofficial point total at the 2003 Nationals...and rightly so. They earned those points, but this does not in fact make them team champions as no such title currently exists in masters athletics on a national level.

Frank Schiro
New York, New York

NEW DIVISION ATHLETES

In Pete Mundle's compilations of "Athletes Who Enter a New Division This Month," I have noticed that sometimes he lists an athlete who is deceased. I realize that it is impossible for Mr. Mundle to update his records unless he is notified of the passing of an athlete, so I am writing to inform you of one such case.

In the September 2003 issue of NMN, David Stevenson, of Palo Alto, Calif., is listed as entering the M75 age group. Dr. Stevenson died about 10 years ago. I received news of his passing in an alumni newsletter from the Materials Science and Engineering Department at Stanford University, where he was a professor and I was a graduate student from 1962 to 1964.

His specialty was metallurgical thermodynamics, and I took two of his courses. He was an avid mountain climber, and years later he took up running and became a good middle distance runner. I did not keep in touch with him and did not know that he was a competitive masters athlete until I saw him at the National Masters Championships in San Diego in 1989.

Sadly, his name should be removed from Mr. Mundle's list.

Abe Sheinker
Youngstown, Ohio

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- The *National Masters News* welcomes letters on topics of general interest. Our length limit is 250 words.
- Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.
- E-mail submissions same as above (except, of course, no signature).
- Keep it short. Concise letters developing a single theme are more likely to be published.
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- Letters are condensed and edited.
- Not all submissions are published. □

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CZZMN

**FIVE YEARS AGO
November 1998**

- Craig Young (42, 30:37), Ruth Wysocki (41, 34:49) Top Masters in Pacific Sun 10K
- Bill Krohn (40, 4:16.57), Kathy Martin (46, 5:14.45) First in Fifth Avenue Mile
- European Championships Draw 4291 from 38 Countries to Italy

USA Track and Field Foundation Formed

The USA Track and Field Foundation was formed in 2003 as a non-profit corporation, separate from USATF. It has been granted exemption by the IRS as a not for profit organization, so that an individual or organization donating money or property to it can take a deduction of the amount of the gift from ordinary income.

The Foundation exists to raise money so that more young people can be exposed to the benefits of our sport, and to fund travel to major USATF youth events; to expand existing events, programs and activities and to provide access to these events, programs and activities for masters athletes; to promote the development of the World's #1 team; to update coaching education curricula and to provide scholarships to deserving coaches; to help build and improve track and field facilities across America, and to improve access to these facilities for all members of USATF.

The Foundation has employed a full-time person to undertake the development of gifting to the Foundation, Tom Jackovic, who can be reached at the national office. His first charge has been to promote the organization of an elite group of people to serve on the Foundation's Board of Directors.

Anyone wishing to serve on that Board will be required to make a strong annual financial commitment, serve for at least three years, attend board meetings, support local special events, and contribute, or raise, no less than \$25,000 per year for the Foundation. Those on the Board will be in a strong position to influence its growth and development, and help create exciting programs that can exist in our sport with adequate funding and prudent use of those funds.

The Foundation is working on guidelines for applications for grants, with approval of the initial guidelines being planned to take place at USATF's annual meeting in December 2003. Annual reports will be made and published by the Foundation reflecting monies and assets that have been received and what monies have been expended.

Gifts can now be made to the Foundation. Any gifts other than in the form of cash will be subject to and conditioned on approval by the

Foundation. During the next eleven months short articles will be published in the NMN giving some direction to the types of tools available in the gifting process that could be utilized to provide assets for use by the Foundation. □

(Neither the National Masters News nor the author of the article intend to serve as any sort of legal advice, and readers must contact experts, such as attorneys, accountants, bank trust officers or other financial planners to advise and direct any gifting that he or she intends to undertake.)

—Jerry Donley
2354 Wood Ave.

Colorado Springs, CO 80907



SUZY HESS

Track & field athletes at the Opening Ceremonies, Hansen Stadium, Huntsman World Senior Games, St. George, Utah, Oct. 7.

Huntsman Games

Continued from page 1

from Brazil, Canada, Germany, and Scotland.

Events started with a 10K road race. Heath Hibbard, M50, Montrose, Colo., 38:38, and Carolyn Lyman, W50, Salt Lake City, 44:43, were the overall winners. Heide Moebius, W65, Lancaster, Pa., won the W65 race in 50:19.

In the sprints, Kenny Dennis, Las Vegas, Nev., who broke the U.S. M65 100 record in the 2003 National Masters Championships, was the best performer in the 50m (6.81) and 100 (13.12) but suffered a rare loss in the 200 from John Ross, of Scotland, (26.93 to 27:57).

Ross, with a 59.98 in the 400, joined David Salazar, M50, Cedar Crest, N.M., 56.99, and Larry Barnum, M65, Reno, Nev., 57.27, in finishing under 60 seconds. Moebius, who won the W65 10K, recorded the women's best performance in the 400 with an 86.32.

Taking the lead at the start of the women's 800, Ethel Benware, 52, St. George, Utah, held it to win overall in 3:04.14. In her third Huntsman Games, this was her second 800 ever. "The 800 is so frightening, but I keep coming back because the Games offer wonderful competition and camaraderie," she said after the race.

Herb Wright, 90, Salt Lake City, won the 1500 (12:58.61) and 3000 (26:52). Dixon Moore, M50, San Luis Obispo, Calif., added the long jump

gold medal to his collection with a meet's best 18-5½. Roger Trujillo, M50, Dinuba, Calif., second to Moore in the long jump (18-1½), took the triple jump (38-6½).

Arnie Gaynor, M75, Palm Desert, Calif., had the farthest shot put mark (41-7). Liz McBlain, W55, one of a large contingent of Canadian athletes, was the best woman in the shot (31-6½).

Richard Cochran, M65, Lake St. Louis, Mo., was just a few inches off the U.S. discus record of 176-11 with a superb 176-5. Larry Pratt, M60, Newark, Del., hit the 166-7 mark.

Marg Radcliffe, W60, another Canadian, ruled in the javelin with a 105-0.

Some athletes crossed over into other sports. Darlene Huntsinger, Woodbridge, Va., multi-medal winner in the W60 sprints, was ready to play softball after track. After running the 200, she commented, "I've competed three years in softball. The meet officials are super to work with. I'll be back next year."

The city of St. George, with a population of about 50,000, goes all out to welcome the athletes to the Games. Motel signs greet participants. Restaurant and business personnel are well aware of the impact of the entrants to the two-week long event. Nearly \$30 million is added to the economy, assuming that participants stay for an average of 6.5 days and spend \$150 per day.

The First Week Opening Ceremonies, held on the evening of Oct. 7 at Dixie State College's Hansen Stadium, were SRO and so packed that spectators sat on the grass in the end zones of the football field to watch the parade of athletes clad in black T-shirts, and a skydiver, and to be entertained by singer Maureen McGovern and local dance groups.

Jon M. Huntsman, Jr., whose family is the Game's primary sponsor, thanked the 2000 volunteers. "These games are about people," he said. "They are about health. They are about quality of life."

The World Games director of track & field was Carie Thompson. The meet was held at Pine View High School. □



SUZY HESS

Sprinters at the Huntsman World Senior Games, St. George, Utah, Oct. 6-8 (l to r): Audrey Lary, 69, Patti Palmer, 63, Darlene Huntsinger, 60, Bonnie Bell, 56, and Constance DuCharme, 57.

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Third Wind

By MIKE TYMN

Alex Imich: A Story of Longevity

"No, I don't have any real secrets (of longevity)," Dr. Alex Imich, who celebrated his 100th birthday last February, told me during a recent telephone conversation.

"Living to an advanced age was never on my mind," he added. "My goal in life has always been illumination."

While Imich, a resident of Manhattan with a Ph.D. in zoology, is not a masters athlete I know that many readers of this publication are interested in quality aging, fortitude, and survival. Therefore, I thought I'd relate a little of Imich's fascinating story. He did give the high jump, long jump, and javelin a try during his youth in Poland, but there was little incentive, inspiration, or free time in those days to develop one's athletic abilities.

I first heard about Imich in a book titled *Mystic Souls*, written by Lyn Halper, Ph.D., which I had been asked to review for The Academy of Religion and Psychical Research, a secular organization of which I am the book review editor. He was one of 19 "remarkable people" featured in the book. I was later asked to review Imich's book, *Incredible Tales of the Paranormal*. I then began exchanging e-mails with him.

"I have no special feelings about being 100," he told me. "Considering the age of other mammals, like elephants, chimpanzees, our closest relatives, and some reptiles, the life span of homo sapiens, with favorable environmental conditions, proper food, and possibly some nutritional supplements, should extend to 150 years. Scientific discoveries may even extend this time."

Robinson Crusoe

Born on February 4, 1903, in Czystochowa, Poland, the third son of a corporate bank president and founder of a Jewish hospital, young Alech was educated at home until the age of 10 by a governess and several tutors. One of the tutors gave him the book *Robinson Crusoe*, and that sparked his desire to become a sea captain. Although his town was under German occupation during World War I, Imich was able to continue his education. However, it was interrupted in 1918 when the Russians attacked Poland. Only 15, Imich joined the army and became a truck driver. After the Bolsheviks were repelled, he returned to school.

"Possibly due to the influence of Jack London and Joseph Conrad, I was still dreaming about life in the southern seas as a sea captain," he recalled, "and so I entered the merchant marine school in Tchew."

Anti-Semite

As his class was preparing for its first long voyage, to Brazil, Imich was informed by his classmates that the captain of the sail boat was anti-Semitic. "We will get rid of the Jew mid-Atlantic," the captain was overheard.

"I was a good swimmer, but swimming half the Atlantic was definitely too much for me," Imich said with a slight chuckle. "So I left that school. I tried to enter schools in France and England, but problems of citizenship thwarted my intentions. As I was a nature and animal lover, I then decided on a career in zoology."

At the University of Krakow, Imich was told that speaking Polish, German, and French was not enough. He had to learn English, so he returned home to study the language for a year before returning to school.

Hungry for Knowledge

"I studied widely during this time, learning chemistry, mineralogy, botany, biology, astronomy, advanced optics, mathematical logic, and even worked in an observatory for a year, because I was hungry for knowledge," said Imich, who earned his Ph.D. with a thesis on the digestive systems of microscopic worms.

Imich and his first wife, Genia, were both employed as chemists in a Warsaw factory. Upon returning from a visit with his brother in Krakow one day, Imich found out that his wife had run off with an artist. Devastated, he put cyanide in a glass of water and prepared to drink it, before changing his mind. Two months later, he was informed that Genia had become schizophrenic and was in an insane asylum.

While visiting his wife during her recuperation at a spa, Imich met a young woman, Vela. Although her parents did not like him because of his prior marriage, the two were soon married and even took Genia along on their honeymoon. "Genia and I had remained friends and she was very much in favor of my marrying Vela," Imich explained.

Too Late

During World War II, Imich was



Dr. Alex Imich

ordered to "go east" and join the Polish army. However, by the time he arrived at his destination, his formation had already left Poland for Romania. He then found himself in Russian-occupied territory and commissioned by the Russians to head up a soap-making factory.

Some time later, after a number of clandestine messages sent by train, his wife joined him. When the Russians told Imich he should become a Russian citizen, Imich refused. He and Vela were then put on a cattle train with others and sent to a prison camp near the White Sea.

"There were about 600 people - all Jews," Imich said, recalling an incident in which the camp commander put a gun to his head and clicked it while demanding information about his fellow prisoners. When Imich told him that he did not speak Yiddish and therefore did not have the information, the commander sent him back to the barracks.

He spent a year-and-a-half in the prison camp. Upon returning to Poland at the end of the war, he found that most of his relatives and friends had been murdered in concentration camps.

On to America

Soon after the end of the war, Imich and his wife emigrated to the United States, settling in Bucks County, Pennsylvania. Vela passed away in 1986, after which Imich moved to New York City, where he founded the Anomalous Phenomena Research Center, Ltd., which he still directs.

Much of his life has been devoted to investigating the paranormal and attempting to convince mainstream science that there is more to reality than meets the eye.

"According to major religions, man has body and soul," Imich said. "Mainstream science cannot accept this division. However, parapsychology has already offered evidence that death is only a transition to another reality."

Now You See It...

Imich has investigated many paranormal happenings, some of which boggle the mind. In his recent book, he relates some of his early investigations, including that of the Polish medium, Matylda.

He writes about rings vanishing from the fingers of one person and turning up on another, spirits materializing out of nowhere, large objects (apports) appearing in front of him out of thin air.

"I will never forget the kiss of a phantom," he offered. "An invisible face, whose breath I could distinctly hear and feel on my face, drifted vertically toward me from under the ceiling, and thick, warm lips touched and kissed mine. It was a strong and pleasant sensation."

As a scientist, Imich approached his investigations with proper skepticism, but came away from many séances with Matylda convinced that there was no fraud or chicanery involved.

Enlightenment

"At a very early age, I wanted to be a yogi," he explained. "I wanted unlimited knowledge of everything there is and is not. When I realized that I did not have any paranormal abilities, I decided to devote my life to investigating such abilities. Even though I am not a yogi, my life's goal remains enlightenment or illumination."

Imich does not know if his life's goal is related to his longevity, but assumes that keeping the mind challenged has contributed to it.

"Maintaining a strong interest in something does seem to have a positive effect on health," he offered, "but how does one measure that? My advice to the young person looking for a long life is to select the proper diet, don't smoke, don't drink alcohol, sleep six to seven hours, exercise, cut out the refined sugar, try to live in places with less polluted atmosphere, and select a proper life's companion." As an afterthought, he quipped, "And select the right parents."

But Imich, who lives alone in his Manhattan apartment, is not particularly concerned with how many more years he has left. "I have no fear of death," he ended. "I am rather curious as to what will happen after I die." □

(Mike Tymn can be reached by e-mail at metgat@aol.com)

TWENTY YEARS AGO November 1983

- V World Veterans Games Draw 1935 to San Juan; 40 WRs Set; Problems Mar Successful Event
- 782 Compete in National T&F Championships in Houston
- Villanueva, Dalrymple Top Masters in El Paso 15K



Speakers Corner

By PETER TAYLOR

Let's Forget about Trials at the Nationals

Imagine the shock next August at the nationals in Decatur: Bill Collins (the 200 gold medalist in the last two worlds) is odds-on to win the M50 200, but it's unheralded Barry Burdette winning easily in 22.22 to 22.88 for Collins. Burdette had run 29.3 (hand) two months earlier in Peoria, but he got a whole lot better in a hurry.

Guess what? Such scenarios do not happen in masters track. In collegiate track, the occasional unknown emerges with a stunning triumph, but the top seed may be only fractionally better than number 50. In masters, if you're ordinary in the local meets you won't win gold at nationals, and that's that. We don't need trials to separate the mythical Barry Burdette from the very real Bill Collins; in fact, we don't need trials at all beyond the 100.

Cons

Here are my arguments:

1. I got beaten up. Masters get "beaten up" by trials and may not come back for the finals because of injury or fatigue.

2. Not my best time. It's Eugene in 2003 and you've opted for the reasonable 800/1500 double in M45: You run an 800 trial on Thursday, a 1500 trial on Friday, a dead-legged 800 final on Saturday, and a totally worn-out 1500 final on Sunday. "Kids, your dad could have done so much better..."

3. And I couldn't even afford the hotel. If entered in the 800 and 1500,

some masters will have to arrive on Wednesday to prepare for an 800 trial on Thursday. But what if it's cancelled? And what if they show up for the 1500 trial on Friday and that one's not needed either?

4. Where's the fun? The Olympic Trials are thrilling beyond description, and the trials in the NCAAs and IC4As evoke great excitement as well, as the athletes fight "hammer and tong" to make the coveted finals. Can anyone remember an exciting trial in masters?

5. The cash register rings only once. Faced with running both trials and finals, some masters limit their track entries, thereby reducing meet revenues (and preventing the finals from being the best they could be). In no case does the requirement for a trial increase entries.

6. Let me get the spotlight for a change. Getting eliminated in a trial is no fun, nor are people quite sure as to whether you were actually eliminated. Having a multi-section final is much better, and racing with people of comparable abilities is just what the doctor ordered. You might even win your section.

7. I'm not really sure what's going on; can someone explain it to me?



Ron Ackerman, M55, in the 2002 Oregon Cross-Country Championships. The 2003 Championships are set for Nov. 15 in Sandy, Ore.

When announcing, I feel compelled to explain to the competitors (and spectators) the rules of advancement. Even so, they're hard to fully appreciate - we'll take two (from the first race) plus two (from the second race), plus the four other best times. But who had the four other best times?

8. Light years. Some competitors are "light years" ahead of others, and thus we can separate them before we get started. In the W45 400 trials at Eugene, there were nine women; eight made the final. No way that needed a trial (the gold medalist, Cindy Steenbergen, was more than 40 sec-

onds faster than the ninth woman).

Pros

Reasons for trials in races of 200 meters and longer (or in the hurdles): I can't think of any.

The process. All entrants list their best times at approved meets. For events other than the 100, entrants also check one of three boxes: (1) consider me; (2) do not consider me for seeded section; (3) no preference.

Management draws up a seed list and runs sectioned finals. Conduct the unseeded sections first so that the seeded runners know what they must do. Run up to 12 in the 800 and 20 in the 1500.

Conclusion. When they make me king, I will abolish 90% of the trials in our nationals. □



ART SHAHZADE

Frank Toner #139, 18.0, and K.K. Slaughter, in the M80 100, 2003 Visalia Classic Masters Meet.



SUZY HESS

Van Barnwell (l), winning the M45 100 (11.17) and Marcus Irvine, 4th (11.97), 36th National Masters T&F Championships.

Dartmouth Hosts Heavy Metal Meet

The first-ever International Implements Challenge for masters throwers was held Aug. 16-17 at Dartmouth College, Hanover, N.H. Over 30 men and women competed in the five throw events using international implements: 16# shot, 16# hammer, 2kg discus, 800g, and 35# weight.

Highlights of the meet were a U.S. single-age record by Knut Hjeltnes,

52, for the 2kg discus (49.53), and a single-age world record by Carl Wallin, 61, for the 35# weight (13.42).

Rich De Stefano, 32, qualified for the Olympic Trials in the javelin

(70.50). A non-masters competitor, Sean Furey, 20, of Dartmouth, also qualified for Trials with a 70.83 in the javelin.

- from Carl Wallin

FIFTEEN YEARS AGO November 1988

- Bill Rodgers, 40, Sets U.S. Masters 10K Record of 29:47 in Davenport, Iowa
- Bob Schlauf, 40, Wins Stamford, Conn., Marathon Overall in 2:20:41
- \$28,200 Masters Money in Sacramento Marathon Championships

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PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

By JOHN W. PAGLIANO, D.P.M.

Walking is an Easy Healthful Activity

We all know the health benefits of exercise, especially walking. Regular physical activity contributes to a lower risk of cardiovascular disease, some cancers, type 2 diabetes, osteoarthritis and osteoporosis. Brisk walking is defined as walking 3.5 m.p.h., and is a good example of moderate physical activity.

Walking also contributes to weight loss, increased high-density lipoprotein, lower blood pressure, and decreased cardiovascular pathologies and cancer. There is also a low risk of injury.

It is generally agreed that walking is one of the easiest and most accessible of all leisure time physical activities.

The Surgeon General recommends that individuals of all ages engage in a minimum of 30 minutes of physical activity of medium intensity on most if not all days of the week.

So, if it is so easy, why is more than one-quarter of the U.S. population completely inactive? A study by St. Louis University yields some interesting answers. They studied who walks, how much they walk, and where they walk, and compared these with regular walkers, occasional walkers, and never walkers.

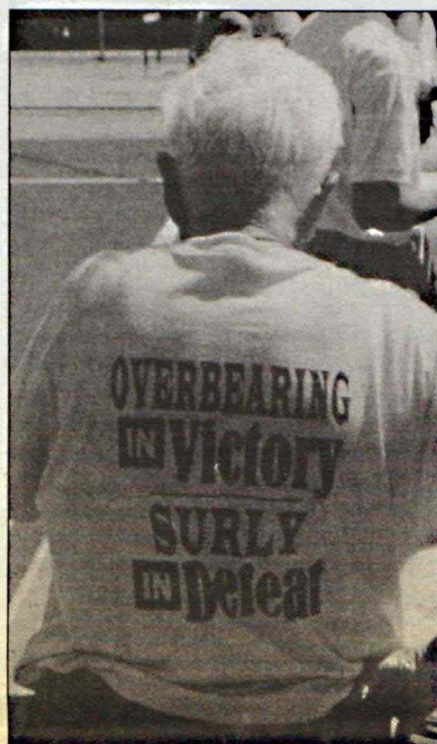
The results were very interesting. Neighborhood streets with good lighting and sidewalks, shopping malls, and parks are the most popular places to walk.

Regular walkers proved to have more self-confidence and more social support than those who have never walked or the occasional walker.

Never walkers reported lack of time as a barrier to walking, lack of energy, or feeling too unhealthy to walk or exercise.

In essence, we need to disseminate information to guide non-walkers and build the self-confidence and support needed to start their walking programs.

Obviously the environment, such as safe parks, malls and well-lit streets will help encourage people to exercise. Those of us who have been running, jumping and throwing for years may be



STEVE VAITONES

Snapshot from the 2002 National Masters T&F Championships, Orono, Me., "The Credo of the Masters Athlete."

somewhat incredulous, but for us exercise is second nature. However, non-exercisers can feel quite intimidated and fail to even leave the house to exercise.

I think it is incumbent upon us, as masters athletes, to try to get non-exercisers off their rear ends and out for at least moderate walks. It will, in the long run, provide them with a healthier and longer life. □

(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, e-mail Dr. John Pagliano at the footbeat@aol.com)

TEN YEARS AGO November 1993

- Artemio Navarro (43, 2:17:50), Bernardine Portenski (44, 2:41:25) First in Masters Marathon Championships
- Earl Owens (44, 32:06), Jane Hutchinson (47, 37:56) Win National 10K
- Barbara Filutze (47, 28:03) Breaks W45 U.S. Record in Central Fidelity 8K

NATIONAL MASTERS NEWS

The National Masters News now takes VISA and MasterCard for subscriptions and gift subscriptions on its Internet Web site: www.nationalmastersnews.com

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

Heritage Oaks 10K

Continued from page 1

Viguera were all tuning up for the following week's Twin Cities Marathon which served as the USA Masters Championship (see story on page 1).

M45-winner and sometime barefoot runner Dave Parsel, 48, Costa Mesa, Calif., 33:00, just edged first M50 Gary Romesser, Indianapolis, Ind., 33:01.

Linda Somers-Smith, 42, of nearby San Luis Obispo, Calif., easily grabbed the women's masters crown in

34:38. Californian Maria Trujillo de Rios, 43, Los Gatos, placed second in 36:53, nipping third placer Kathryn Martin, 52, Northport, N.Y., who finished in 36:55.

Although Melody-Anne Schultz, 62, Ross, Calif., 41:41, Barbara Miller, 64, Modesto, Calif., 45:21, and Somers-Smith all set single-age records, Kathryn Martin was the top age-graded woman. Myra Rhodes, 71, Sacramento, Calif., 50:32, missed her single-age record by just 24 seconds. □

Hellebuyck's Records

Continued from page 1

marathon, in that order. He already holds the U.S. M40+ records at 15K (45:10, 2001), and 10M (48:20, April 2003).

Hellebuyck's hot flash got started in early September when he lit the fuse at the elite-packed CVS Downtown 5K, Providence, R.I., Sept. 7. His 14:13 on that flat but many-cornered course established a pending U.S. 5K record (old record 14:25/Steve Plasencia/ 1996). Three weeks later, in a front-running solo effort around the two-lap, flat course at the USATF National Masters 10K Championships in Paso Robles, Calif., Sept. 28, he eclipsed his own U.S. M40+ record with a 29:05 (old record 29:36/2002) with 14:22/14:43 splits.

A week later at the USATF Masters Marathon Championships at the Twin Cities Marathon, Oct. 5, Hellebuyck surprised everyone by winning the race outright, 2:12:47. It was a new U.S. M40+ record (old record 2:17:02/Ken Judson/1990 – though two "assisted" 2:15s by Barry Brown and Doug Kurtis are also recorded), as well as a sweet victory over his personal Kasparov, Russian rival Fedor Ryzhov, 43, who soundly defeated him at the Boston Marathon this spring, after a close battle.

The only disappointing note was that Hellebuyck's time failed to achieve the Olympic "A" standard* (2:12:00). His youthful training partner Teddy Mitchell, 31, Albuquerque, was quoted the

day before the race, saying, "We want to compete the best we can. To win would be good. But to win and run 2:12:02 is not as great as to get third or fourth and run 2:11:59."

Only one week later, when lesser mortal marathoners were still walking down stairs backwards, Hellebuyck showed up at the rolling BAA Half-Marathon, Boston, Mass., Oct. 12, and threw down a 1:05:12, a pending U.S. masters record on a non-aided course (old record 1:05:27/Plasencia/1998).

All in a day's work! □

**The Olympic "A" standard is a mark established by the International Olympic Committee and the IAAF for each Olympic event (revised every four years) that must be met by athletes from any country that hopes to send more than one entrant in any single event. Any country may send one athlete in an event if the athlete has met a minimum "B" standard. The U.S. Olympic Team selection process currently guarantees the winner of the U.S. Olympic Trials marathon a spot on the team. Therefore, if the USA is to send a full three-person team, the winner of the U.S. Trials must meet (or have met) the "A" standard. The other two team members are then selected from "A" standardees in the order in which they finish at the Olympic Trials. For 2004, the "A" standards are 2:12:00 (m) and 2:32:00 (w); the "B" standards are 2:14:50 (m) and 2:36:00 (w).*

Eddy Hellebuyck's PRs	Lifetime	As a Master
5K	13:46 (1991)	14:13 (2003)
10K	27:51 (1995)	29:05 (2003)
Half-Marathon	1:00:49 (1994)	1:05:12 (2003)
Marathon	2:11:50 (1994)	2:12:47 (2003)

– from reports by Mark Winitz/RunningUSA Wire, Bruce Brothers/Pioneer Press, Dave Monti/Race Results Weekly, Peter Gambaccini/Runner's World

PROFILE

By MIKE TYMN

Whitlock Extends Marathon Age Barrier

Few people defy Father Time like Ed Whitlock.

On Sept. 28, in the Scotiabank Toronto Waterfront Marathon, Whitlock, a resident of Milton, Ontario, became the first person 70 or older to go under three hours in the marathon, finishing the 26.2-mile challenge in 2:59:09.3.

Whitlock was 72 years, 206 days old on the day of the race. He set the old record of 69 years, 237 days when he recorded a 2:52:47 in the 2000 Columbus Marathon. Prior to that, John Keston of McMinnville, Oregon, at 69 years, 191 days, was the oldest sub-3 marathoner, with a 2:58:33 in 1994.

Finishing 26th overall in a field of more than 750, Whitlock said he struggled over the final kilometers. "However, I take some satisfaction that while 26th overall, I was 17th fastest over the last split, from 31 to 42K," he added.

The previous 70-74 world marathon best of 3:00:24 was set by Whitlock in the 2001 London Ontario Marathon.

"Conditions were virtually ideal, temperatures in the 40s and 50s with only a slight breeze," said Whitlock. "However, my confidence was not buoyed in the first 7K when I was running slower than three-hour pace and not feeling great. Things began to improve and at the halfway point I was 1:29. A little later a group of about five others and I coalesced and we basically ran the rest of the race, until the final kilometer, together. That was a great help."

After that 3:00:24 two years ago, Whitlock was slowed by a knee injury. "I had MRIs done and there was nothing conclusive," Whitlock explained. "Late last fall, a physiotherapist diagnosed it as a misalignment and gave me some exercises. Whether coincidental or not, things began to improve as I gradually increased my daily running time."

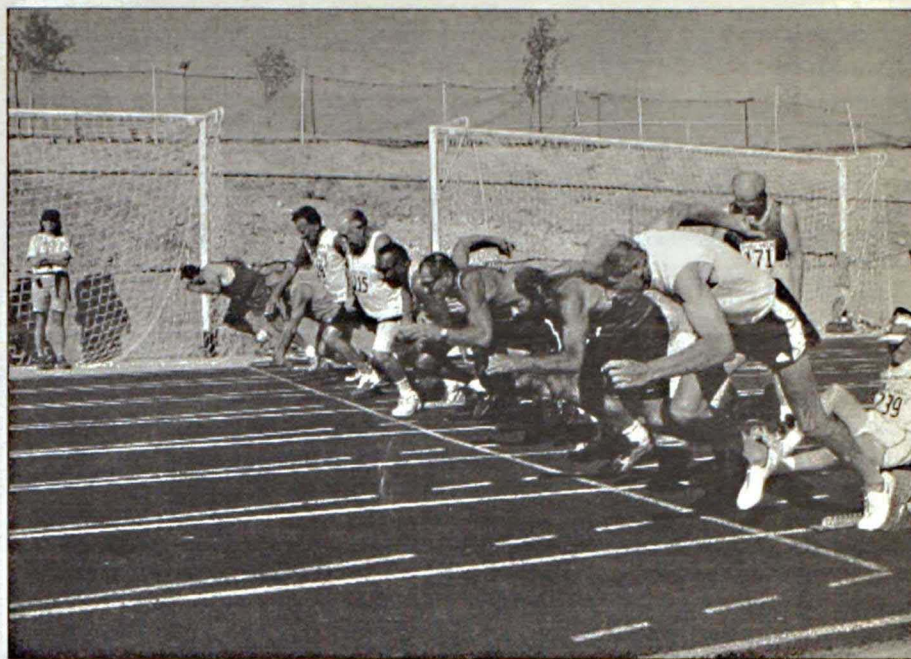
A 4:31.4 miler at age 17 in England, Whitlock was the London University 3-mile champion in 1951 with a

14:54.4. He moved to Canada the following year to pursue a career as a metal mining engineer. He began running again at age 41 and at age 48, in 1979, won the 45-49 world championships at 1500 meters with a 4:09.6. He also recorded a 2:31:23 marathon that year.

Whitlock shared the spotlight in Toronto with 92-year-old Fauga Singh, of England, who shattered his own 90-94 world marathon best of 6:02:43, set in the 2003 London Marathon, with a 5:40:03.6. □



Ed Whitlock



JERRY WOJCIK

Start of the M60 100, Huntsman World Senior Games, St. George, Utah, Oct. 6-8.

U.S. to Field Team at World 100K

CARSON CITY, Nev. – For the first time in 100K world championships history, the U.S. will field a team of masters ultrarunners to race at the World Masters Athletics 100K World Championships in Tainan, Taiwan, Nov. 16. Masters runners will compete for awards in five-year age groups, starting at age 35 for women and age 40 for men.

Two men and two women ultrarunners comprise the U.S. masters team that will compete in the same venue as the International Association of Ultrarunners (IAU) 100K World Cup where national teams and individuals from around the world are welcomed. The USATF 100K Team will compete in the IAU 100K World Cup and the combined teams will give the USA a strong presence in the race.

The following masters ultrarunners on the U.S. WMA 100K Team responded to a recruiting announcement in August and are funding their trip to the championships through their own resources, fund raising, and sponsorship: Eric Bindner, 46, Colorado; Katy Cotton, 37, Wyoming; Molly Gibb, 42, Colorado; and Roy Pirrung,

55, Wisconsin.

Pirring owns 52 national championship medals: 34 gold, 13 silver, and 5 bronze. Bindner finished fourth in the 2003 White River USATF 50-Mile Trail Championships in Washington. Cotton finished second in the women's division at the 2003 Big Horn 100 in Wyoming.

Charles DesJardins, Carson City, Nev., has been named team leader.

DesJardins, a veteran competitor and administrator with WMA, is a member of the WMA committee that oversees the WMA 100K race. He has traveled extensively in Asia and looks forward to returning to his "home away from home." □

(For information on the World 100K race, visit www.iau.org.tw.)

Some readers provide additional support to the *National Masters News* by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will be listed in the paper as a *National Masters News* sustainer.

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Masters Racewalking

By ELAINE WARD

Double Honors Go to M70 and M75

This month we continue our look at gold medalists from the 2003 National Masters Track and Field Championships in Eugene, Oregon. Each athlete was asked the following questions: (1) Why did you start racewalking? (2) How many years of training and competing did it take you to win gold medals at our national championships? (3) What are the most important ingredients in training for successful competition? (4) What unique experience did you have racing in Eugene this year?

Jack Bray: M70-74, 5K 27:51.03 (the old record of 28:38 was set by Bray at the World Veterans Athletic Championships in Puerto Rico this year), 10K 58:56 (the old record of 59:21 was set by Bill Flick in 1996).

Like many others, my introduction to racewalking came when I was a runner. I was competing in a marathon, hit the wall, and was struggling to keep going. A young man breezed by me saying what a nice day it was. I had no idea what he was doing as I'd never seen or heard of racewalking. Later, I learned that the young man was Marco Evoniuk, a four-time Olympic racewalker.

Healing Activity

After that introduction, I started racewalking to heal my body. I had been running local races with the Dolphin South End Running Club for quite a while and was a good runner, but the toll on my body was too much. Racewalking helped heal me enough so I am back running 200/400 meter races and relays for fun.

Although I won a bronze medal in the 5K racewalk at the first WAVA Championship I attended in Eugene in 1989 and a gold medal at the 15K

Nationals in San Francisco in 1989, it took about three to four years of training to win my first gold medal at a USATF National Masters Outdoor Championships. This came in Spokane in 1992.

The most important ingredients of my training for successful competition really are the desire to excel and win. Then consistency of training, speed work, special training programs from Coach Frank Alongi, and mental focus make it happen.

At the beginning of the year I decide which races are important to train for and schedule my work and life accordingly. I also thank my wife for her understanding and support of my passion for racewalking competition. My motto is, "Train wisely, stay healthy, and listen to your body."

Valuable Lessons

Every race is unique for me. You can't buy experience, and each race teaches a lesson. The best memory of this year's National Championships was the encouragement Max Walker, Mike DeWitt and Richard McGuire gave those of us doing our best to stay ahead of some of the younger walkers during



DOUG VERMEER

Top four M70 10K racewalkers (l to r): Dick Vaughn, 4th; Tom Cunningham, 3rd; Jack Bray, 1st with U.S. record 58:56; and Ron MacPike, 2nd, 2003 National Masters T&F Championships, Eugene, Ore.

the 10K walk. It was fun getting positive comments along the way.

As my motto says, one of the most important elements of life is to stay healthy, and I follow a health program. The national and world championships give me goals and a sense of anticipation of future excellence, as well as a chance to meet with friends from around the nation and world.

Each race is a chance to show the world a more healthy way to mature, to be a model of possibilities, and to live the ideal that it is great to be alive and that each day is an adventure.

Jack Starr: M75-79, 5K 30:57.45 (the old record of 31:14 was set by Giulio DePetra in Eugene in 1987), 10K 65:10 (the old record of 66:48 was set by William Talmadge at Niagara Falls in 1991).

After I retired from work, I needed an outlet besides caring for an invalid wife. I have always been very competitive and have always loved sports, but really never had time to indulge myself. It was always family, job, etc.

I am too impatient to stand around and wait on a golf course. I don't like fishing, and at age 65, there were not many sports I thought I could handle. I had always been accused of walking too fast by my kids and friends. I remembered reading in the DuPont in-house magazine about a fellow employee who was trying to qualify for the Olympics in racewalking. I thought I would try it.

By a happy chance when I finally got up courage to try competing in a local race, the same employee, whom I had never met, was at the race. His name was Dave Romansky. I met him, told him of my interest, and he gave me a start. He still says he "discovered me." It is very flattering.

Gaining Confidence

My first race was September 1992. By May 1994 I was confident enough to compete in the Southeast Regional Masters in Raleigh. I finished first in both the 5K and 20K in my age group, beating Bob Mimm in both events. That was a pretty big confidence booster.

July 1994 in Niagara Falls, I competed in the National 10K, won the M65

gold medal, and set my first age-group record. In August 1994 I competed in the National Masters in Eugene for the first time but didn't get any golds. I got a 2nd DQ call late in the 5K and slowed enough to stay in the race and get the silver medal.

In the 20K, I got a third DQ call after the race. The third came after I had come back into the stadium for a final lap and foolishly tried to catch Bob Mimm who was half a lap ahead.

Tough Choice

I continually work on technique and do miles. That's it. Jeff Salvage, my coach, has told me many times I would do better if I concentrated on either long distances or short races, and that trying to do both will keep me from doing my best in either. And I'm sure he is right. But at my age, I prefer to do all the races, long and short, that I can. I enjoy them that much.

Of course, Eugene is special. I have been lucky enough to compete in the Masters Championships there in '94, '00 and '03. On Friday, my day between races, I sat in the stands most of the day enjoying the events, looking out over the skyline, breathing in the fresh Eugene air, and just in general enjoying the experience of being there. This year for the first time I ate all my meals at the university cafeteria. This gave me opportunities to socialize with a lot more of the athletes than at previous meets.

I also think it was pretty special when Hansi Rigney, the daughter of Giulio De Petra whose 5K record I broke, introduced herself and told me that her father would have been proud to know that it was me who broke the record. That was a pretty nice gesture on her part. □

(Next month we'll feature our 2003 national champion women. Those achieving double golds were: Kelly Murphy-Glenn W40, Mary Snyder W50, Donna Cunningham W55, Shirley Dockstader W70, Miriam Gordon W75, Jane Dana W80; 5K alone: Mary Anne Torrellas W45, Karen Murphy W60, Bev LaVeck W65; and 10K alone: Lynette Heinlein W45, Hansi Rigney W60, Joanne Elliott W65. Elaine Ward can be contacted by e-mail at narwf@aol.com.)



DON PREVEN

Jim Sutton, 72, Reading, Pa., M70+ winner, finishing the 2003 NYRR Fifth Avenue Mile, with NYRR Board Member Bernard Cooper, holding the tape.

PROFILE

By BILL BAXTER

Racewalk Coach Turns Out Champions

Mike DeWitt, 52, racewalk guru at the U. of Wisconsin-Parkside (Kenosha) since 1972 and a former world-class walker himself, probably has produced more Olympians, college titlists and masters racewalk champions than any other coach.

His five UWP Olympians, who also are current or former national collegiate champions, include three-time Olympians Michelle Rohl, Deb Lawrence (both '92, '96, 2000) and Jim Heiring ('80, '84, '88) along with Andy Kaestner ('88) and Tim Seaman (2000). DeWitt-coached collegians have won a record 40 national (NAIA) racewalk titles.



JERRY WOJCIK

Frank Fiedler interviews Evelyn Wright after her W65 world record high jump, Nevada Senior Games, Las Vegas, Oct. 4-5.

When some graduating athletes requested DeWitt to help them with their ongoing racewalk activities in 1972, the young coach established the Parkside Athletic Club (PAC). His future national champions and Olympians were early PAC members. In the mid-1980s as the sport's popularity grew, Illinois and Wisconsin masters came calling to DeWitt for racewalk instruction, and he invited them to join PAC. The club now is in its 31st year.

Currently, some 30 PAC masters train weekly with DeWitt, including Al DuBois, 71, who set a national 5K racewalk mark (28:57.77) at the 2002 USATF National Masters Championships, and Kate Marrs, W70 national USATF 3K indoor champion in 1999 and 2002.

PAC veteran Ruth Leff, a Milwaukee speech pathologist, had a whopping 24 world and American age-division best times from a mile to 25K during the 1990s, while Joyce Decker, 69, a PAC member since 1990, has recorded nine world and four American age-division bests over the same distances.

PAC member Lynn Tracy, 51, notched a world age-division (46) best of 15:45.6 in the 3000 racewalk in 1999. Most other PAC masters have medaled in national or regional racewalk events in the past decade and have dominated the annual USATF Wisconsin State Championships, Badger State Games and Wisconsin Senior Olympics. □



BILL BAXTER

UW-Parkside's Mike DeWitt. His masters racewalkers rank among the world's best.

Want Press for Your Race??

Too often, at national, regional, even world class masters events, there is zero or next to no major press coverage – despite top quality athletes who break national and world age records in your meet. Bob Weiner, former White House and congressional media coordinator – and a dedicated masters runner who has directed national championship road races and USATF world class track events – has formed a public affairs company and contacted *National Masters News* about this glaring omission and need in the masters running circuit. Bob worked at the 2002 Salt Lake Olympics coordinating press for the World Anti-Doping Agency's drug testing activities before and at the Games – obtaining stories on "Today," "Good Morning America," NBC/CBS/ABC Evening News HBO, AP, *The Washington Post*, *New York Times*, *L.A. Times*, NPR, and all major media. As White House Drug Policy Public Affairs Director, he had done the same for U.S. Drug Czar Barry McCaffrey at the 2000 Sydney Olympics. Most recently, he generated 8 TV cameras and widespread national print media for the National Masters Indoor Track and Field Championships in Boston this year, the most ever for a U.S. masters meet, and worked with athletes in the Eugene outdoor National Masters Championships in generating press including *Sports Illustrated*. Bob and his company – Robert Weiner Associates Public Affairs – are part of, believe in, and are eager and ready to help, Masters Running and Track and Field.

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Compiled by WMA and USATF Masters T&F Records Coordinator Pete Mundle with Rex Harvey, Shirley Dietderich and Beverly LaVeck.

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On The Run

By HAL HIGDON

On The Run will resume in December.

Chicago Marathon

Continued from page 1

as she has been plagued by career-dampening injuries.

Spangler credits the spoils of motherhood for her recent comeback. She told Peter Gambaccini of *Runner's World*, "What's helped me a lot is the Baby Jogger. I put my baby in it on my easy days. It's a good strength workout, but it slows you down a little bit to make your easy days really easy days."

The day itself was gorgeous for running, cool and in the 50s. Michel Lavoie, 42, Laval, Quebec, CAN, was the first M40+, 2:29:35, followed by repeat Kiwi

M45 winner Gavin Stevens, 47, Auckland, NZL, 2:31:49.

Illustrating Chicago's reputation as an international destination marathon were Mszana Dolna, Mopolska, Poland, who was the fastest M50, 2:39:31; Geu Siebenga, 55, Zeist, Utrecht, The Netherlands, who skated to 2:42:24 for the top M55; and Alejandro Ulloa, 60, Santiago, Chile, 2:52:52, who rocketed to the M60 win.

Besides Jenny Spangler, three other women earned berths to the U.S. Olympic Trials next April in St. Louis (2:48:00 or faster): Merrimack Valley Strider Nina Caron, 43, Andover, Mass., 2:45:07; Tucson Marathon winner Susan Loken, 40, Phoenix, Ariz., 2:46:13; and former



JERRY WOJCIK

Tim Butts (l) winning the M60 100 (13.16), with Steve Bowles (c) and Larry Gunn, tying for second (13.17), Nevada Senior Games, Las Vegas, Oct. 4-5.

Jersey girl Doreen McCoubrie, 41, Malvern, Penn., 2:47:44.

Local talents Nancy Rollins, 56, Evanston, Ill., 3:28:02, and Kathleen McDonough, 79, Oak Lawn, Ill., 5:57:23, were repeat age-group winners. □

—from reports by Brian Pitts /Chicago Daily Herald, Peter Gambaccini/Runner's World, Lew Freedman/Chicago Tribune, Bob Richards/Chicago Athlete

Twin Cities Marathon

Continued from page 1

onships for the thirteenth time.

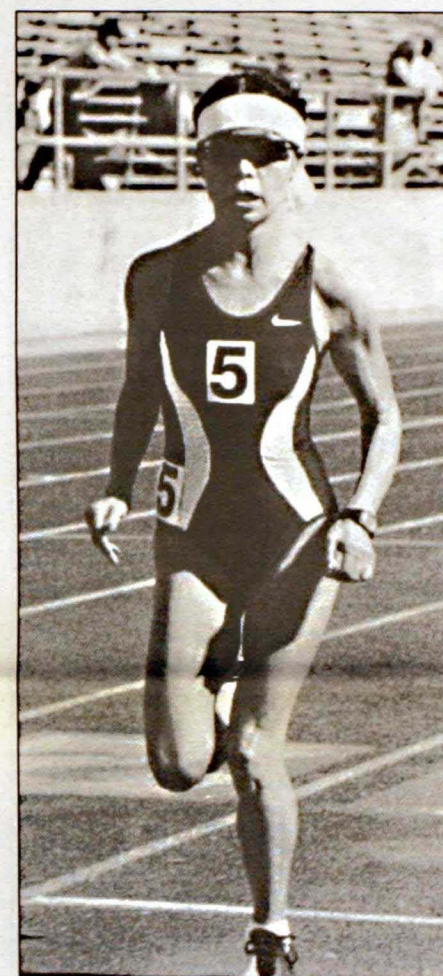
The race shaped up nicely for Hellebuyck, thanks to designated pacers, and a solid pack of nine runners through halfway, 1:05:45. By 30K at 1:33:41, the pack had dwindled to five with two more trailing, including Russia's Fedor Ryzhov, 43, Moscow, who was sixth overall at Boston this spring.

Hellebuyck took control of the race at 23 miles, and managed to put more than a minute between himself and Ryzhov, who moved up to second place, 2:13:59. Kenyan Gilbert Rutto, 42, 2:14:37, completed the podium.

Antoni Niemczak, 47, Albuquerque/POL, 2:22:59, ran to fourth M40+. Dennis Simonaitis, 41, Draper, Ut., was U.S. masters runner-up, 2:23:25, and fifth master overall. Simonaitis has had bad luck on this course, with a DNF here last year, and this year missing the Olympic Trials standard (2:22) by a slim margin after racing well all summer.

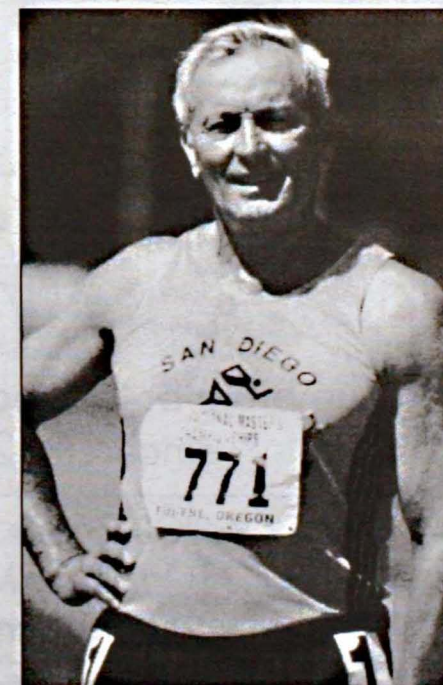
Three-time Twin Cities open champion and course-record holder (2:26:51, 2001) Zinaida Semenova, 40, Moscow, Russia, was the top masters woman, 2:33:38, placing fourth overall. Heroines from the national-caliber local masters scene then took over, including Janet Robertz, 44, Shorewood, Minn., 2:46:23, second W40+ and new U.S. masters champion; and repeat age-group winners Suzanne Ray, 51, Vadnais Heights, Minn., 3:06:19; Gloria Jansen, 56, Edina, Minn., 3:23:01; and Carolyn Sankey, 72, Bloomington, Minn., 4:41:34. Joy Johnson, 76, San Jose, Calif., 5:27:12, also returned to the Twin Cities to repeat at W75+. □

—from reports by Bruce Brothers/Pioneer Press, Dave Monti/Race Results Weekly, Peter Gambaccini/Runner's World



SUZY HESS

Yoko Eichel, W55 winner in the 1500 (6:22.01) and 5000 (29:17.07), Pan Pacific Masters Games, Sacramento, Calif., Aug. 1-3.



SUZY HESS

Ed Oleata, M65 pentathlon champion (3656), 36th National Masters T&F Championships.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, NOVEMBER 2003

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JOANNA CHILDRESS(AURORA,IL)	11-14-63	40-44
ELIZABETH ZEBUTH(CORAM,NY)	11-17-63	40-44
AGATA KARCIEMAREK(POL)	11-27-63	40-44
JENNY EARLE(GBR)	11-28-56	45-49
DOMINIQUE BONAL(FRA)	11- 4-53	50-54
JACQUELINE MANLEY(EUGENE,OR)	11- 4-53	50-54
STACEY PRICE(ALBUQUERQUE,NM)	11- 5-53	50-54
BOB DORAN(DEWITT,NY)	11- 4-53	50-54
JOAN ANGOTTI(SYRACUSE,NY)	11-11-53	50-54
ULRIKE BRUNS(EG)	11-17-53	50-54
NADEZ OLIZARENKO(URS)	11-27-53	50-54
HEIDI SAUSE(LAKE OSWEGO,OR)	11-27-53	50-54
MICHAEL BROWN(JACKSONVILLE,FL)	11-28-53	50-54
KATHERINE WALL(OR)	11- 7-48	55-59
MARK SEPKOWSKI(NJ)	11- 6-48	55-59
SUZAN WILLIAMS(TULSA,OK)	11-19-48	55-59
JACQUELINE HANSEN(SANTA MONICA,CA)	11-20-48	55-59
JERRY CASH(TIGARD,OR)	11-21-48	55-59
JOAN COOK(SHOREHAM,NY)	11-22-48	55-59
MIKE DELLER(US)	11-30-48	55-59
HELGARD HOUBEN(GER)	11- 5-43	60-64
RIGNOR OSTERLUND(BEN)	11- 5-43	60-64
ROSALIE CARRAN(PORTLAND,OR)	11- 5-43	60-64
HETRO VIERTBAUER(AUT)	11- 6-43	60-64
MARIE FRIEDL(US)	11- 6-43	60-64
WILHELM KRAATZ(GER)	11- 6-43	60-64
KAREN YEWER(GBR)	11-11-43	60-64
JOANNE SMALLWOOD(GBR)	11-12-43	60-64
MARJORIE HOCKNELL(GBR)	11-15-43	60-64
ANNEGRET SCHRAMM(GER)	11-16-43	60-64
DAVID BEDWELL(GBR)	11-21-43	60-64
RENATE VOGEL(GER)	11-26-43	60-64
MOHAMED GAMMOUDI(TUN)	11- 2-38	65-69
SARAH COOTS(US)	11- 2-38	65-69
LAURENCE ROLAND HARVEY(US)	11- 4-38	65-69
AGUSTINHO FERNANDEZ DIAZ(SPA)	11- 5-38	65-69
JIM BOWERS(SANTA ROSA,CA)	11- 6-38	65-69
GERHARD TILMANN(GER)	11-13-38	65-69
WILFRIED RIJKERS(BEL)	11-15-38	65-69
ADRIAAN HEIJDENS(NED)	11-17-38	65-69
ELTON RICHARDSON(NY)	11-17-38	65-69
JOSEF KURZ(FRG)	11-18-38	65-69
SZVELTANA BUZASI(HUN)	11-18-38	65-69
GROVER COATS(WARRENSVILLE HTS.,OH)	11-19-38	65-69
GERARD BLOM(NED)	11-26-38	65-69
VICTOR ZWOLAK(WILMINGTON,DE)	11-30-38	65-69
BIRUTE KALADIENE(LIT)	11- 2-33	70-74
ASTRI FORDE(NOR)	11- 3-33	70-74
ALAN MELLETT(GBR)	11- 4-33	70-74
CATHERINE SMITH(RENO,NEV)	11- 4-33	70-74
MILTON NEWTON(INGLEWOOD,CA)	11- 6-33	70-74
ELZBIETA KRZESINSKA(POL)	11-11-33	70-74
GLORIA JACKSON(GBR)	11-12-33	70-74
INGA POLAKOVA(URS)	11-15-33	70-74
COLLEEN HILLS(NZL)	11-23-33	70-74
JAMES LAUT(ORLAND,CA)	11- 2-28	75-79
BOB PERRY(ENCINO,CA)	11-11-28	75-79
CHRISTEL FRANZEN(GER)	11-11-28	75-79
CLIFFORD MURRAY(GUY)	11-13-28	75-79
PETER HIGGINS(GBR)	11-16-28	75-79
NOLA BRUHN(SEATTLE,WA)	11-20-28	75-79
DONALD DONNELLY(SAN DIEGO,CA)	11-23-28	75-79
EDITH HUBER(GER)	11-23-28	75-79
RUBEN MELGOSA(SACRAMENTO,CA)	11-24-28	75-79
JACKIE JONES(SALINE,KS)	11-28-28	75-79
MARY THOMSON(CAN)	11-30-28	75-79
ALVAN CORWIN(ROLLING HILLS,CA)	11- 5-23	80-84
ROBERT COOPER(DAVIS,CA)	11- 7-23	80-84
MARY HOLLAND(CONSTOCK PARK,MI)	11-10-23	80-84
KARIN LARSSON(SWE)	11-16-23	80-84
NELL DU PLESSIS(RSA)	11-17-23	80-84
BOWER RAYMOND(PITTSBURG,PA)	11-19-23	80-84
ILSE PLEUGER(GER)	11-19-23	80-84
KAIJA JORTIKKA(FIN)	11-23-23	80-84
MARIA SUAREZ(COL)	11-23-23	80-84
HENRY FAIRBANK(DURHAM,NC)	11- 7-18	85-89
RODERICK PARKER(AMITY,AR)	11- 7-18	85-89
MARJORIE HUNT(ANAHEIM,CA)	11-21-18	85-89
CATHY HARGUS(SAN DIEGO,CA)	11-22-18	85-89
NOLAN FOWLER(COOKEVILLE,TN)	11- 3-13	90-94
ADA THOMAS(TAMALPA,CA)	11- 4-13	90-94
O LUBBE(GER)	11- 6-13	90-94
FRANTISEK MIROVSKY(CZE)	11-10-13	90-94
ROBERT O'RAFFERTY(GBR)	11-10-13	90-94
RUSSEL NIBLOCK(VANCOUVER,WA)	11-11-13	90-94
DAVID MARCUS(LAGUNA HILLS,CA)	11- 7- 8	95-99
BERTA HIELSCHER(GER)	11-17- 8	95-99

Compiled by Pete Mundle, Masters T&F Records Coordinator



JERRY WOJCIK

Skydiver Kirk Bastian landing at the Ceremonies Program, Hansen Stadium, Huntsman World Senior Games, St. George, Utah, Oct. 7.



SUZY HESS

Ethel Benware, 52, W50 800 winner (3:04.14), Huntsman World Senior Games, St. George, Utah, Oct. 6-8.

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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, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Coordinator. \$6.00.

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The Weight Room

By JERRY WOJCIK

We're All Good All-Americans

Several months ago, the All-American Standards for the WMA weights were published in the NMN and on its Web site. They replace the Standards for the former U.S. weights for men and women. Prior to the adoption of the WMA weights by U.S. masters several years ago, M30-59 throwers used the 35#, M60+ the 25#, W30-49 the 20#, and W60+ the 16#.

Now, M30-49 still use the 35#, but the M50-59 use the 25#, M60-69 the 20#, M70-79 the 16#, and M80+ the 12#. W30-49 throw the 20#, W50-59 the 16#, and W60+ the 12#.

Throwers can still apply for the A-A Certificate for the old implements, but will have to consult an older issue of the NMN for the Standards.

I was involved with the establish-

ment of the new weight standards under the supervision of Len Olson, the Masters A-A Sub-Committee Chairman. Two other people were consulted before the Standards were adopted, one male and one female thrower. There may be reactions from throwers - some suggesting that the Standards are too high and others saying that they are too easy. One of the problems of setting fair weight standards is that they have to be applicable to both indoor and outdoor performances, true for all events that are contested indoors and outdoors.

Another is the lack of marks in the older age groups on which to base A-As. How many marks with the new weights have been recorded for men and women age 80-and-over in the last three years, compared, let's say, to the

Throwers, coaches, and interested parties are invited to write guest articles for future Weight Room columns. They may be from 250-to-800 words in length and should deal with some aspect of throwing. If a profile of an athlete, the article should be accompanied with a picture of the subject. □

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Lack of Data

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NEIL SALING
Neil Saling, second M65 in the shot put (11.02), Nevada Senior Games, Las Vegas, Oct. 4-5.

100m for the last 15 years? All-American Standards beyond the 80-84 groups are essentially extrapolations.

The Standards can always be adjusted if athletes present convincing statistics and reasons to make a change.

The A-A Standards for the new javelins are in the process of being determined, according to Olson. One more year of javelin marks after this season should help in deciding on Standards that are challenging but fair.

Speaking of Standards, I've always wondered why the ones for the men's weight pentathlon vary from 2600 to 3000 points in the age groups. The same is even more extreme for the other combined events.

Level Field

The basic premise behind the concept of age grading is to maintain a level playing field for athletes of all ages, so that after age-factoring, the performance by a 79-year-old man could be compared with that of a 43-year-old in an event, and the older athlete could be the winner, based on his performance, if the event is set up that way. That's why we have been able to have an age-graded 100m featuring the winners of each age group at national masters championships.

In a Mid-America Masters Scene in the October issue, Dick Wilson, 71, Lawrence, KS, is credited as the masters winner in a 5K, as determined by age grading. Based on the above, shouldn't the A-A Standard points for each age group in the WP be the same?

Standards Are Low

Of the men's twelve age groups listed, 3000 points is the Standard in seven of them. In almost every age group in the USA rankings Web site (www.xro.com/usa) at least 50% of the listed athletes are All-Americans. Of the 23 athletes listed in the M60 group with a 3000 Standard, 17 are All-

Americans. In the M70 group with a Standard of 2600 (much too low), 17 of the 19 athletes listed made A-A.

The situation in the women's WP Standards is just about the same.

We're all in favor of making A-A Certificates available to deserving athletes, but what happens to the credibility and value of a certificate when more than half of the athletes in an age group are eligible for it?

Improved Data

With respect to the people who devised the present Standards at least 10 years ago, they were working with few statistics in the WP. We have more data now, better methods of compiling information, and more accurate reporting of results.

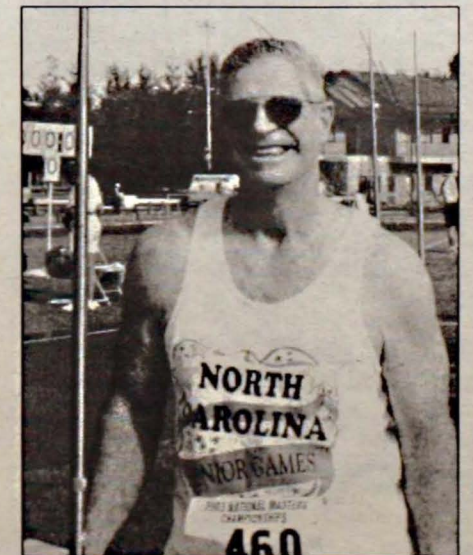
The problem is to get someone to do the work. If you have expertise and experience in a particular event and are interested in helping to revise the Standards, you might want to contact Olson (see p. 2) to discuss a proposal.

Meanwhile, apply for those A-A certificates. You've probably earned them just for showing up and doing a weight pentathlon in the heat or rain, while standing around and waiting for hours to throw. □

(Jerry Wojcik can be reached by e-mail at jerrywoj@aol.com)



JERRY WOJCIK
Terry Cannon, USA, winner of the M65 pole vault (3.45), 15th WMA World Championships.



JERRY WOJCIK
Larry Horine, M70 winner in the javelin, 36th National Masters T&F Championships.

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Key to Codes:

- R = Ratified record or "best"
- U = Unvalidatable mark, cannot be ratified
- B = Birth and/or citizenship confirmation needed
- P = Pending – completed application needed from the event
- = No code means mark will be recommended for ratification pending course validation
- a = Performance possibly aided by wind and/or slope, can be a "best" but not a record

Masters Men All-Comers' Records (non U.S. citizens)

DIST	TIME	NAME (CTZ)	RACE CITY, ST/CNTRY	RDATE
5 km	13:55	R JOHN CAMPBELL (NZL)	FT. MYERS, FL	(021691)
8 km	23:13	R NICK ROSE (GBR)	VIRGINIA BEACH, VA	(032192)
10 km	28:56	R MARTIN MONDRAGON (MEX)	MOBILE, AL	(032694)
15 km	44:14	R PIERRE LEVISSE (FRA)	PORTLAND, OR	(062892)
20 km	1:01:37	R KEITH ANDERSON (GBR)	NEW HAVEN, CT	(090197)
25 km	1:16:49	R MARTIN MONDRAGON (MEX)	GRAND RAPIDS, MI	(051494)
10 mi	47:25	P JACKSON KIPNGOK (KEN)	FLINT, MI	(082303)
10 mi	47:55	R JOHN CAMPBELL (NZL)	FLINT, MI	(082590)
half mar	1:02:28	R JOHN CAMPBELL (NZL)	PHILADELPHIA, PA	(091690)
marathon	2:11:45	R JOSHUA KIPKEMBOI (KEN)	MINNEAPOLIS, MN	(092902)
marathon	2:12:46	R JOSHUA KIPKEMBOI (KEN)	MINNEAPOLIS, MN	(100800)
24 hr	277,402 m	YIANNIS KOUROS (GRE)	SYLVANIA, OH	(091402)
24 hr	269,468 m	R YIANNIS KOUROS (GRE)	SYLVANIA, OH	(091999)

Men 40-44

DIST	TIME	NAME (ST/AGE)	RACE CITY, ST/CNTRY	RDATE
5 km	14:19	R JOHN TUTTLE (GA/40)	CLARKSVILLE, TN	(091199)
5 km	14:15a	R STEVE BLUM (CA/40)	FONTANA, CA	(060395)
5 km	14:13	P EDDY HELLEBUYCK (NM/42)	PROVIDENCE, RI	(090703)
8 km	23:25	R JOHN TUTTLE (GA/40)	CHICAGO, IL	(032899)
8 km	23:51	R BILL RODGERS (MA/40)	INDIANAPOLIS, IN	(092488)
8 km	21:35a	R CRAIG YOUNG (CO/42)	ALTA, UT	(091998)
10 km	29:36	R EDDY HELLEBUYCK (NM/41)	MOBILE, AL	(032302)
10 km	29:23a	P EDDY HELLEBUYCK (NM/41)	CHARLESTON, SC	(040602)
10 km	29:05	P EDDY HELLEBUYCK (NM/42)	PASO ROBLES, CA	(092803)
12 km	36:12	R JOHN TUTTLE (GA/40)	ORLANDO, FL	(022099)
15 km	45:10	R EDDY HELLEBUYCK (NM/40)	JACKSONVILLE, FL	(031001)
20 km	1:03:06	R PAUL PILKINGTON (UT/40)	NEW HAVEN, CT	(090699)
25 km	1:18:38	R STEVE PLASENCIA (MN/40)	MINNEAPOLIS, MN	(090797)
30 km	1:38:16	R DOUG KURTIS (MI/42)	HAMILTON, CAN	(032794)
50 km	3:00:00	R JEFF WALL (CA/40)	SAN FRANCISCO, CA	(110682)
50 km	2:59:36a	R BRUCE MORTENSON (MN/44)	DULUTH, MN	(102288)
100 km	6:38:21	R BERND HEINRICH (VT/41)	CHICAGO, IL	(100481)
10 mi	49:34	R PAUL PILKINGTON (UT/40)	ST. PETERSBURG, FL	(101798)
10 mi	48:20	P EDDY HELLEBUYCK (NM/42)	LOUISVILLE, KY	(032903)
20 mi	1:42:08	R BARRY BROWN (NY/40)	MINNEAPOLIS, MN	(093084)
50 mi	5:10:13	R BERND HEINRICH (VT/41)	CHICAGO, IL	(100481)
100 mi	13:15:50	R ROY PIRRUNG (WI/40)	QUEENS, NY	(040189)
half mar	1:05:11	R JOHN TUTTLE (GA/40)	INDIANAPOLIS, IN	(050199)
half mar	1:03:33a	R CRAIG YOUNG (CO/41)	LAS VEGAS, NV	(020198)
half mar	1:05:01	U CRAIG YOUNG (CO/42)	HAMPTON, VA	(020799)
marathon	2:17:02	R KENNETH JUDSON (PA/40)	HUNTSVILLE, AL	(120890)
marathon	2:12:47	P EDDY HELLEBUYCK (NM/42)	MINNEAPOLIS, MN	(100503)
marathon	2:15:15a	R BARRY BROWN (NY/40)	MINNEAPOLIS, MN	(093084)
12 hr	144,840 m	R ROY PIRRUNG (WI/40)	QUEENS, NY	(040189)
24 hr	254,200 m	R JOHN GEESLER (NY/41)	SYLVANIA, OH	(091600)
48 hr	368,539 m	R DAVID LULJAK (MD/43)	QUEENS, NY	(050399)

Men 45-49

DIST	TIME	NAME (CA/45)	RACE CITY, ST/CNTRY	RDATE
5 km	15:00	U NOLAN SMITH (CA/45)	GARDENA, CA	(060495)
5 km	14:34a	R STEPHEN LESTER (UT/45)	MAGNA, UT	(092488)
5 km	15:07	R DOUG BELL (CO/46)	CARLSBAD, CA	(041397)
8 km	24:41	R BILL RODGERS (MA/45)	VIRGINIA BEACH, VA	(032093)
8 km	24:40a	R VAN EDGETTE (UT/45)	ALTA, UT	(091496)
8 km	23:17a	P B ROBERT YARA (TX/46)	ALTA, UT	(090801)
10 km	30:50	R BILL RODGERS (MA/45)	CLEVELAND, OH	(051693)
10 km	30:10a	R STEVE LESTER (UT/45)	MAGNA, UT	(070488)
12 km	38:47	R STEVE LESTER (UT/45)	SPOKANE, WA	(050188)
12 km	37:28a	R BILL RODGERS (MA/45)	EVANSVILLE, IN	(050893)
15 km	47:28	U SAL VASQUEZ (CA/45)	ROSS, CA	(031685)
15 km	48:00	R BILL RODGERS (MA/47)	UTICA, NY	(070995)
20 km	1:05:46	R LARRY OLSEN (MA/46)	NEW HAVEN, CT	(090693)
25 km	1:22:24	R DAN CONWAY (WI/47)	MINNEAPOLIS, MN	(091486)
30 km	1:39:18	R BILL RODGERS (MA/45)	HAMILTON, CAN	(032893)
50 km	3:19:21	R TIM O'ROURKE (CA/45)	SAN FRANCISCO, CA	(041903)
50 km	3:23:29	R KEVIN SETNES (WI/45)	PITTSBURGH, PA	(032799)
100 km	7:04:54	R KEVIN SETNES (WI/45)	CHAVAGNES, FRA	(051599)
10 mi	51:41	U SAL VASQUEZ (CA/47)	STOCKTON, CA	(011887)
20 mi	1:49:10	R JIM BOWERS (CA/45)	MINNEAPOLIS, MN	(093084)
20 mi	1:49:10	R DAN CONWAY (WI/45)	MINNEAPOLIS, MN	(093084)
50 mi	5:39:42	P KEVIN SETNES (WI/46)	PITTSBURGH, PA	(032500)
50 mi	5:40:05	R ROBERT PEREZ (TX/46)	DALLAS, TX	(012195)
50 mi	5:29:44	U ROGER ROULLIER (GA/47)	CHICAGO, IL	(101385)
100 mi	14:31:11	R ROY PIRRUNG (WI/46)	QUEENS, NY	(102294)
half mar	1:08:05	R BILL RODGERS (MA/45)	KANSAS CITY, MO	(060693)
half mar	1:07:14a	R GARY ROMESSER (IN/45)	LAS VEGAS, NV	(021196)
marathon	2:25:50	U JIM BOWERS (CA/45)	DYERVILLE, CA	(101484)
marathon	2:21:32a	R JIM BOWERS (CA/45)	DULUTH, MN	(061684)
marathon	2:26:43	R BOB SCHLAU (SC/47)	HOUSTON, TX	(011595)
12 hr	136,939 m	R KEVIN SETNES (WI/47)	SYLVANIA, OH	(091501)
24 hr	247,476 m	R ROY PIRRUNG (WI/49)	SYLVANIA, OH	(092797)
6 day	624,425 m	R TOM ANDREWS (MN/46)	NEW YORK, NY	(042901)

Men 50-54

DIST	TIME	NAME (CA/51)	RACE CITY, ST/CNTRY	RDATE
5 km	15:36	R NOLAN SHAHEED (CA/51)	CARLSBAD, CA	(040101)
5 km	15:11a	R STEPHEN LESTER (UT/52)	MAGNA, UT	(093095)
8 km	25:31	R SAL VASQUEZ (CA/50)	LOS ALTOS, CA	(012090)
8 km	25:23	U JIM O'NEILL (OH/52)	ALLEN PARK, MI	(080390)
8 km	23:27a	R STEPHEN LESTER (UT/53)	ALTA, UT	(091496)
10 km	31:48	R RAY HATTON (OR/50)	PORTLAND, OR	(052382)
10 km	31:12a	R STEPHEN LESTER (UT/52)	MAGNA, UT	(070195)
12 km	39:06a	U SAL VASQUEZ (CA/50)	SACRAMENTO, CA	(042290)
12 km	39:30	R DICK BUERKLE (GA/51)	ORLANDO, FL	(022099)
15 km	49:24	R NORM GREEN (PA/53)	PORTLAND, OR	(063085)

20 km	1:05:50	R NORM GREEN (PA/50)	WASHINGTON, DC	(052983)
25 km	1:24:12	R NORM GREEN (PA/51)	WASHINGTON, DC	(052784)
30 km	1:46:42	U NORM GREEN (PA/51)	NEW YORK, NY	(121783)
50 km	3:19:33	R JOHN L. SULLIVAN (MA/53)	WASHINGTON, DC	(031382)
100 km	7:38:43	R JOHN L. SULLIVAN (MA/54)	CHICAGO, IL	(100382)
10 mi	52:53	R NORM GREEN (PA/50)	WASHINGTON, DC	(032783)
20 mi	1:51:44	R NORM GREEN (PA/52)	MINNEAPOLIS, MN	(093084)
50 mi	5:35:03	R TED CORBITT (NY/50)	NEW YORK, NY	(101870)
100 mi	15:39:18	R ROY PIRRUNG (WI/50)	SYLVANIA, OH	(091998)
100 mi	15:18:48	P DAVID JONES (TN/51)	SYLVANIA, OH	(091303)
half mar	1:09:30	R NORM GREEN (PA/52)	PHILADELPHIA, PA	(091684)
marathon	2:25:46a	R JIM O'NEILL (OH/50)	LAS VEGAS, NV	(020489)
marathon	2:29:11	R NORM GREEN (PA/51)	LINCOLN, NE	(050684)
marathon	2:25:51	U NORM GREEN (PA/52)	SAN DIEGO, CA	(120284)
12 hr	135,493 m	R ROY PIRRUNG (WI/50)	QUEENS, NY	(080898)
24 hr	231,745 m	R JOHN METZ (CA/50)	SACRAMENTO, CA	(111493)

Men 55-59

DIST	TIME	NAME (OH/55)	RACE CITY, ST/CNTRY	RDATE
5 km	15:55	U JIM O'NEILL (OH/55)	WYOMING, MI	(080793)
5 km	15:35a	R TOM CURRY (NV/55)	FONTANA, CA	(053197)
5 km	16:07	R VIC HECKLER (IL/55)	PARK RIDGE, IL	(092797)
8 km	26:36	P STEPHEN LESTER (UT/55)	SALT LAKE CITY, UT	(041998)
8 km	26:33a	U RAY HATTON (OR/55)	EUGENE, OR	(060687)
8 km	26:42	U JIM O'NEILL (OH/55)	WORTHINGTON, OH	(050293)
8 km	27:00	R NORM GREEN (PA/57)	NAPLES, FL	(011390)
10 km	32:27	R JIM O'NEILL (OH/55)	TOLEDO, OH	(092693)
12 km	41:24	R STEPHEN LESTER (UT/55)	SPOKANE, WA	(050398)
15 km	50:45	R NORM GREEN (PA/55)	WASHINGTON, DC	(032788)
20 km	1:08:07	R NORM GREEN (PA/56)	MEDFORD, OR	(040889)
25 km	1:29:56	U RAY HATTON (OR/55)	EUGENE, OR	(091387)
30 km	1:46:33	R NORM GREEN (PA/56)	CLARKSBURG, CA	(111388)
50 km	3:28:47a	R ROBERT BECKER (MD/55)	DULUTH, MN	(102889)
50 km	3:31:32	P FRANK BOZANICH (NV/56)	SACRAMENTO, CA	(111100)
50 km	3:40:41	R FRANK BOZANICH (NV/57)	SACRAMENTO, CA	(020902)
50 km	3:36:51	P DANA GARD (CA/58)	SACRAMENTO, CA	(020803)
100 km	8:53:27	R GARD LEIGHTON (CA/57)	SAN FRANCISCO, CA	(042592)
10 mi	54:25	R JIM O'NEILL (OH/56)	WASHINGTON, DC	(041094)
20 mi	1:57:26	R NORM GREEN (PA/58)	MINNEAPOLIS, MN	(101490)
50 mi	5:53:08	R ALEX RATELLE (MN/57)	CHICAGO, IL	(100481)
100 mi	16:10:20	P ROY PIRRUNG (WI/55)	COLOGNE, GER	(071103)
100 mi	18:42:33	R JEFF HAGEN (WA/55)	HOUSTON, TX	(030103)
100 mi	18:56:04	R ED ROUSSEAU (MN/58)	SYLVANIA, OH	(092797)
1000 mi	346:56:46	R DON WINKLEY (TX/59)	NEW YORK, NY	(092697)
half mar	1:10:23	R NORM GREEN (PA/55)	PHILADELPHIA, PA	(092087)
marathon	2:33:49	R NORM GREEN (PA/55)	LINCOLN, NE	(050188)
marathon	2:27:42a	R NORM GREEN (PA/55)	MINNEAPOLIS, MN	(101187)
12 hr	125,134 m	P ROY PIRRUNG (WI/55)	COLOGNE, GER	(071103)
12 hr	115,945 m	R BRUCE BOYD (CT/58)	QUEENS, NY	(061497)
24 hr	221,605 m	P ROY PIRRUNG (WI/55)	COLOGNE, GER	(071103)
24 hr	200,685 m	R JEFF HAGEN (WA/55)	SYLVANIA, OH	(091402)
24 hr	205,204 m	R JEFF HAGEN (WA/55)	HOUSTON, TX	(030103)
24 hr	195,374 m	R JAN RYERSE (MO/56)	SYLVANIA, OH	(091501)
48 hr	323,478 m	R DON WINKLEY (TX/59)	NEW YORK, NY	(091397)
6 day	724,204 m	R DON WINKLEY (TX/56)	NEW YORK, NY	(051494)

Men 60-64

5 km	17:00	R JIM O'NEIL (CA/61)	CARLSBAD, CA	(060186)
8 km	28:00	P JACK NELSON (IL/60)	CHICAGO, IL	(032600)
8 km	28:07	R NORM GREEN (PA/60)	VIRGINIA BEACH, VA	(032093)
10 km	34:27	R JIM O'NEIL (CA/60)	ALAMEDA, CA	(080485)
12 km	43:43	R JACK NELSON (IL/60)	ORLANDO, FL	(022600)
15 km	54:20	R NORM GREEN (PA/60)	TAMPA, FL	(022793)
20 km	1:15:15	R NORM GREEN (PA/60)	NEW HAVEN, CT	(090792)
20 km	1:14:46	U NORM GREEN (PA/61)	PHILADELPHIA, PA	(022494)
25 km	1:35:27	U JIM O'NEIL (CA/61)	EUGENE, OR	(090786)
25 km	1:36:20	R ALEX RATELLE (MN/62)	MINNEAPOLIS, MN	(091486)

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30 km	1:59.22	R	PATRICK DEVINE (CA/60)	VENTURA, CA	(021289)
50 km	3:35.51	R	MALCOLM GILLIS (AL/61)	DALLAS, TX	(012195)
100 km	8:58.04	R	RAY PIVA (CA/64)	SAN FRANCISCO, CA	(042091)
10 mi	57.48	R	NORM GREEN (PA/60)	WASHINGTON, DC	(040493)
20 mi	2:03.16	R	GAYLON JORGENSEN (NV/61)	MINNEAPOLIS, MN	(101490)
50 mi	6:43.48	R	MALCOLM GILLIS (AL/60)	BIRMINGHAM, AL	(021494)
50 mi	6:24.18	U	FRANS PAUWELS (OR/60)	PORTLAND, OR	(102978)
50 mi	6:39.55	U	BERND HEINRICH (VT/61)	BRUNSWICK, ME	(102701)
100 mi	18:02.35	R	DWAINE BATT (CA/60)	SACRAMENTO, CA	(111195)
1000 mi	384:30.19	R	JOHN WALLIS (MI/63)	JAMAICA, NY	(061800)
half mar	1:16.55	R	NORM GREEN (PA/61)	PHILADELPHIA, PA	(091993)
marathon	2:42.44	R	CLIVE DAVIES (OR/64)	PORTLAND, OR	(102879)
12 hr	113,136 m	R	DWAINE BATT (CA/60)	SACRAMENTO, CA	(111195)
24 hr	207,927 m	R	DWAINE BATT (CA/60)	SACRAMENTO, CA	(111195)
6 day	609,414 m	R	JOHN WALLIS (MI/63)	JAMAICA, NY	(061800)

Men 65-69

5 km	18.00	U	JOE FERNANDEZ (MA/65)	PROVIDENCE, RI	(101793)
5 km	18.21	R	WARREN UTES (IL/69)	PARK RIDGE, IL	(093089)
8 km	29.41	R	JOE FERNANDEZ (MA/65)	BOSTON, MA	(040994)
10 km	35.52	U	CLIVE DAVIES (OR/66)	PORTLAND, OR	(052382)
12 km	44.11	U	CLIVE DAVIES (OR/67)	PORTLAND, OR	(051583)
15 km	55.16	R	CLIVE DAVIES (OR/65)	PORTLAND, OR	(062881)
20 km	1:20.53	U	NORMAN BRIGHT (WA/66)	WASHINGTON, DC	(052276)
20 km	1:25.02	R	PAUL REESE (CA/69)	MEDFORD, OR	(041287)
25 km	1:41.39	R	ALEX RATELLE (MN/66)	MINNEAPOLIS, MN	(091690)
30 km	1:58.12	R	CLIVE DAVIES (OR/66)	PORTLAND, OR	(020682)
50 km	3:41.41	R	MALCOLM GILLIS (AL/65)	SADDLE BROOK, NJ	(061398)
100 km	9:24.41	R	RAY PIVA (CA/67)	SACRAMENTO, CA	(021294)
10 mi	1:02.07	R	WARREN UTES (IL/69)	PARK FOREST, IL	(090489)
20 mi	2:14.29	R	ALEX RATELLE (MN/66)	MINNEAPOLIS, MN	(101490)
50 mi	7:27.10	R	FRED NAGELSMIDT (CA/65)	FOUNTAIN VALLEY, CA	(051990)
100 mi	19:56.55	P	BRUCE BOYD (CT/65)	SYLVANIA, OH	(091303)
100 mi	23:03.25	U	WILFREDO RIOS (NY/66)	QUEENS, NY	(092785)
half mar	1:20.29a	R	JAMES TALLEY (CA/65)	FONTANA, CA	(041986)
half mar	1:23.50	R	MICHAEL BERTOLINI (NJ/65)	PHILADELPHIA, PA	(091585)
half mar	1:21.41	U	CLIVE DAVIES (OR/66)	LAKE OSWEGO, OR	(092781)
marathon	2:42.49	R	CLIVE DAVIES (OR/66)	EUGENE, OR	(091381)
12 hr	111,044 m	R	RAY PIVA (CA/67)	SACRAMENTO, CA	(111493)
24 hr	193,121 m	R	RAY PIVA (CA/67)	SACRAMENTO, CA	(111493)
6 day	619,597 m	R	DICTINO MENDEZ (NY/66)	NEW YORK, NY	(051494)

Men 70-74

5 km	18.01	R	WARREN UTES (IL/70)	PARK RIDGE, IL	(093090)
8 km	30.25	R	WARREN UTES (IL/70)	CHICAGO, IL	(031091)
10 km	37.49	U	WARREN UTES (IL/70)	LIBERTYVILLE, IL	(092390)
10 km	41.09	R	ALFRED FUNK (MT/70)	BOZEMAN, MT	(092184)
12 km	48.55	U	WARREN UTES (IL/73)	FRANKFORD, IL	(082893)
12 km	50.28	R	WARREN UTES (IL/74)	FRANKFORD, IL	(082794)
15 km	58.13	U	WARREN UTES (IL/70)	MICHIGAN CITY, IN	(062391)
15 km	1:01.50	U	CLIVE DAVIES (OR/71)	PORTLAND, OR	(062887)
20 km	1:20.11	U	WARREN UTES (IL/70)	CHICAGO, IL	(071590)
25 km	1:39.59	R	CLIVE DAVIES (OR/70)	EUGENE, OR	(090885)
30 km	2:13.01	R	CLIVE DAVIES (OR/71)	MINNEAPOLIS, MN	(101286)
50 km	5:36.26	R	EPHRAIM ROMESBERG (CA/71)	SACRAMENTO, CA	(020902)
50 km	4:34.51	U	ED BENHAM (MD/74)	WASHINGTON, DC	(031382)
100 km	15:41.24	U	SAM SOCCOLI (NY/70)	SYLVANIA, OH	(091402)
100 km	11:27.10	U	CARLTON MENDELL (ME/71)	NEW YORK, NY	(022793)
100 km	16:18.07	R	WILLIAM WORKMAN (OH/71)	SYLVANIA, OH	(091501)
10 mi	1:02.41	R	WARREN UTES (IL/70)	PARK FOREST, IL	(090390)
20 mi	2:23.54	R	CLIVE DAVIES (OR/71)	MINNEAPOLIS, MN	(101286)
50 mi	7:48.58	R	RAY PIVA (CA/70)	SACRAMENTO, CA	(111696)
half mar	1:27.23	U	JOHN KESTON (OR/70)	WOODINVILLE, WA	(090495)
half mar	1:27.44	R	JOHN KESTON (OR/72)	INDIANAPOLIS, IN	(050297)
half mar	1:25.24a	R	JOHN KESTON (OR/72)	LAS VEGAS, NV	(020997)
marathon	3:00.58	R	JOHN KESTON (OR/71)	MINNEAPOLIS, MN	(100696)
12 hr	79,002 m	U	SAM SOCCOLI (NY/70)	SYLVANIA, OH	(091402)
12 hr	100,000 m	U	CARLTON MENDELL (ME/71)	NEW YORK, NY	(022793)
12 hr	77,248 m	R	RICHARD COZART (FL/71)	SYLVANIA, OH	(091501)
12 hr	80,161 m	P	SAM SOCCOLI (NY/71)	SYLVANIA, OH	(091303)
24 hr	158,344 m	R	AARON GOLDMAN (NM/71)	HOUSTON, TX	(030103)
24 hr	151,728 m	R	HOWARD HENRY (IN/73)	SYLVANIA, OH	(091894)
6 day	539,130 m	R	ED FISHMAN (HI/72)	NEW YORK, NY	(092195)

Men 75-79

5 km	19.24	R	WARREN UTES (IL/75)	PARK RIDGE, IL	(093095)
8 km	31.52	P	WARREN UTES (IL/75)	CEDAR RAPIDS, IA	(070495)
8 km	30.44a	R	JOHN CAHILL (UT/77)	ALTA, UT	(090801)
8 km	34.21	R	ED BENHAM (MD/78)	LIVERPOOL, NY	(092985)
10 km	40.12	R	WARREN UTES (IL/75)	LIBERTYVILLE, IL	(091795)
12 km	48.57	R	WARREN UTES (IL/75)	PARK FOREST, IL	(090495)
15 km	1:01.58	R	WARREN UTES (IL/75)	PARK FOREST, IL	(090495)
20 km	1:23.51	U	WARREN UTES (IL/75)	CHICAGO, IL	(070995)
20 km	1:30.10	R	ED BENHAM (MD/75)	WASHINGTON, DC	(052983)
25 km	1:52.57	R	WARREN UTES (IL/77)	CHANNAHON, IL	(091497)
30 km	2:28.00	R	ED BENHAM (MD/78)	SUGAR LAND, TX	(120785)
50 km	4:50.35	R	RAY PIVA (CA/75)	SAN FRANCISCO, CA	(042002)
100 km	10:59.52	R	RAY PIVA (CA/75)	SAN FRANCISCO, CA	(042002)
10 mi	1:06.27	R	WARREN UTES (IL/75)	PARK FOREST, IL	(090495)
20 mi	2:42.38	U	ED BENHAM (MD/77)	GREENBELT, MD	(122284)
50 mi	8:34.29	R	RAY PIVA (CA/75)	SAN FRANCISCO, CA	(042002)
100 mi	23:01.57	R	RAY PIVA (CA/76)	SYLVANIA, OH	(091402)
half mar	1:30.19	R	WARREN UTES (IL/76)	INDIANAPOLIS, IN	(050297)
marathon	3:18.10	R	WARREN UTES (IL/75)	CHICAGO, IL	(101595)
12 hr	86,019 m	R	RAY PIVA (CA/76)	SYLVANIA, OH	(091402)
12 hr	80,467 m	R	BEN MOSTOW (IL/78)	CHICAGO, IL	(100481)
24 hr	169,013 m	R	RAY PIVA (CA/76)	SYLVANIA, OH	(091402)
24 hr	133,668 m	R	HOWARD HENRY (IN/76)	SYLVANIA, OH	(092797)

Men 80-84

5 km	21.59	R	WARREN UTES (IL/81)	FLOSSMOOR, IL	(091501)
8 km	36.35	R	ED BENHAM (MD/81)	VIRGINIA BEACH, VA	(031889)
10 km	45.28	R	ED BENHAM (MD/80)	ASBURY PARK, NJ	(080887)
12 km	1:05.08	R	HENRY SYPNIEWSKI (NY/80)	BUFFALO, NY	(100498)
12 km	1:03.55a	U	MEL SHINE (CA/80)	SACRAMENTO, CA	(042989)
15 km	1:07.00a	U	ED BENHAM (MD/81)	CUMBERLAND, MD	(100888)
15 km	1:07.22	R	ED BENHAM (MD/83)	WASHINGTON, DC	(040791)
20 km	1:33.56	R	ED BENHAM (MD/81)	MEDFORD, OR	(040889)
25 km	2:05.44	P	WARREN UTES (IL/80)	CHANNAHON, IL	(092400)
25 km	2:23.43	R	MAX POPPER (NY/80)	NEW YORK, NY	(100283)
30 km	3:25.55	P B	WALT WASHBURN (VA/80)	WHITE BEAR LAKE, MN	(053103)

30 km	3:47.53	H	PAUL REESE (CA/81)	CLARKSBURG, CA	(111598)
50 km	6:59.26	R	CARLTON MENDELL (ME/80)	BRUNSWICK, ME	(102001)
50 km	6:59.34	R	WILFREDO RIOS (NY/80)	QUEENS, NY	(061497)
100 km	18:54.11	R	HOWARD HENRY (IN/80)	SYLVANIA, OH	(091501)
10 mi	1:13.23	U	ED BENHAM (MD/81)	WASHINGTON, DC	(040289)
20 mi	4:18.00	R	IVOR WELCH (CA/84)	CLARKSBURG, CA	(111879)
50 mi	12:13.35	U	BEN MOSTOW (IL/80)	CHICAGO, IL	(100283)
50 mi	14:29.16	U	HOWARD HENRY (IN/80)	SYLVANIA, OH	(091501)
half mar	1:40.30	R	ED BENHAM (MD/81)	ORLANDO, FL	(121088)
marathon	3:43.27a	R	ED BENHAM (MD/80)	MINNEAPOLIS, MN	(101187)
marathon	4:17.51	R	ED BENHAM (MD/84)	MINNEAPOLIS, MN	(100691)
12 hr	73,439 m	R	WILFREDO RIOS (NY/80)	QUEENS, NY	(061497)
24 hr	117,787 m	R	HOWARD HENRY (IN/80)	SYLVANIA, OH	(091501)
48 hr	177,027 m	R	TED CORBITT (NY/82)	NEW YORK, NY	(042901)
6 day	487,631 m	R	TED CORBITT (NY/82)	NEW YORK, NY	(042901)

Men 85-89

5 km	27.15	P	HENRY SYPNIEWSKI (NY/85)	BUFFALO, NY	(092803)
5 km	27.42	R	BILL NICE (CA/85)	LOS ALAMITOS, CA	(022401)
8 km	47.03	U	PAUL SPANGLER (CA/85)	PALO ALTO, CA	(031785)
10 km	58.50	R	PAUL SPANGLER (CA/85)	RALEIGH, NC	(050384)
15 km	1:30.24	P	HENRY SYPNIEWSKI (NY/85)	UTICA, NY	(071303)
15 km	1:32.00	R	PAUL SPANGLER (CA/85)	EL PASO, TX	(101384)
20 km	2:07.49	U	PAUL SPANGLER (CA/85)	SACRAMENTO, CA	(032584)
30 km	4:39.30	R	PAUL SPANGLER (CA/89)	CLARKSBURG, CA	(111388)
10 mi	1:55.36	R	MEL SHINE (OR/85)	MEDFORD, OR	(040994)
10 mi	1:54.01a	U	HARRY POLITES (NJ/86)	PHILADELPHIA, PA	(050596)
20 mi	3:44.31	U	PAUL SPANGLER (CA/86)	CLARKSBURG, CA	(111785)
half mar	2:11.57	P	HENRY SYPNIEWSKI (NY/85)	ERIE, PA	(072003)
marathon	5:11.04	P	HENRY SYPNIEWSKI (NY/85)	ERIE, PA	(091403)

Men 90-94

5 km	40.32	R	LLOYD WALTERS (MT/91)	TUCSON, AZ	(012692)
8 km	56.10	R	PAUL SPANGLER (CA/91)	PALO ALTO, CA	(032590)
10 km	1:11.24	P	ERNEST VAN LEEUWEN (CA/90)	PARAMOUNT, CA	(011103)
10 km	1:14.49	R	PAUL SPANGLER (CA/90)	PARAMOUNT, CA	(012090)
15 km	2:35.00	R	PAUL SPANGLER (CA/91)	PORTLAND, OR	(061790)
10 mi	2:35.52	R	JAMES RAMSEY (MI/90)	FLINT, MI	(082298)
marathon	7:25.12	R	ABRAHAM WEINTRAUB (NY/90)	NEW YORK CITY, NY	(110500)
marathon	6:54.25	R	ERNEST VEN LEEUWEN (CA/90)	LOS ANGELES, CA	(030203)
marathon	6:55.00	P	JOHN BESSON, JR. (OR/90)	PORTLAND, OR	(100602)
marathon	7:52.50	R	JAMES RAMSEY (MI/90)	DETROIT, MI	(101898)

Men 95 & over

5 km	48.55	R	MARION MCANELLY (OK/95)	STILWELL, OK	(051395)
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Masters Women All-Comers' Records (non U.S. citizens)

DIST	TIME	NAME (CTZ)	RACE CITY, ST/CNTRY	RDATE
8 km	25.56	TATIANA POZDNIKOVA (UKR)	VIRGINIA BEACH, VA	(031503)
10 km	32.25	R PRISCILLA WELCH (GBR)	PHOENIX, AZ	(030285)
12 km	40.04	R TATIANA POZDNIKOVA (UKR)	EVANSVILLE, IN	(050899)
15 km	49.36	R PRISCILLA WELCH (GBR)	JACKSONVILLE, FL	(030985)
20 km	1:10.35	R TATIANA POZDNIKOVA (UKR)	NEW HAVEN, CT	(090495)
10 mi	53.51	R PRISCILLA WELCH (GBR)	WASHINGTON, DC	(040587)
half mar	1:11.41	R RAMILYA BURANGULOVA (RUS)	PHILADELPHIA, PA	(091601)
marathon	2:29.00	R TATIANA POZDNIKOVA (UKR)	PROVIDENCE, RI	(101302)
marathon	2:28.06	P IRINA BOGACHEVA (KGZ)	NASHVILLE, TN	(042603)
marathon	2:27.05a	P B FIRAYA SULTANOVA (RUS)	DULUTH, MN	(062103)
marathon	2:27.58a	P B FIRAYA SULTANOVA (RUS)	BOSTON, MA	(041502)
marathon	2:29.25	R TATIANA POZDNIKOVA (UKR)	CHICAGO, IL	(101198)
6 day	820,765 m	R C.DIPALI CUNNINGHAM (AUS)	NEW YORK, NY	(042901)

Women 40-44

DIST	TIME	NAME (ST/AGE)	RACE CITY, ST/CNTRY	RDATE
5 km	16.06	R RUTH WYSOCKI (CA/40)	ALBANY, NY	(053197)
5 km	15.44a	R RUTH WYSOCKI (CA/40)	LAS VEGAS, NV	(092097)
8 km	26.19	R RUTH WYSOCKI (CA/40)	NEWPORT BEACH, CA	(071297)
10 km	33.22	R RUTH WYSOCKI (CA/40)	MOBILE, AL	(032297)
12 km	42.17	R KIM JONES (WA/40)	SPOKANE, WA	(050398)
12 km	42.13	U NANCY GRAYSON (MI/42)	LANSING, MI	(060692)
15 km	52.22	R LAURIE BINDER (CA/41)	TAMPA, FL	(021189)
20 km	1:13.46	R CAROL MCLATCHIE (TX/40)	NEW HAVEN, CT	(090792)
20 km	1:12.39	P LINDA SOMERS SMITH (CA/41)	NEW HAVEN, CT	(090202)
25 km	1:29.47	R JANE WELZEL (CO/41)	GRAND RAPIDS, MI	(051196)
25 km	1:29.47	R JANE WELZEL (CO/42)	GRAND RAPIDS, MI	(051097)
30 km	1:54.00	R CAROL MCLATCHIE (TX/41)	SUGAR LAND, TX	(121292)
50 km	3:44.32	R JAN KREUZ (OH/41)	COLUMBUS, OH	(103088)
100 km	8:33.07	R LORRAINE GERSITZ (CA/41)	WINSCHOTEN, NED	(091695)
10 mi	56.05	R LAURIE BINDER (CA/44)	FLINT, MI	(082491)
20 mi	1:59.17	R GABRIELE ANDERSEN (ID/40)	MINNEAPOLIS, MN	(100685)
50 mi	6:19.05	R JAN KREUZ (OH/41)	COLUMBUS, OH	(040989)
100 mi	15:05.52	R SUE ELLEN TRAPP (FL/44)	QUEENS, NY	(050590)
half mar	1:13.54a			

Continued from previous page

12 hr	127,777 m	R	SANDRA KIDDY (CA/49)	TALLAHASSEE, FL	(121485)
24 hr	233,816 m	R	SUE ELLEN TRAPP (FL/47)	SYLVANIA, OH	(091993)
48 hr	360,090 m	R	SUE ELLEN TRAPP (FL/47)	SACRAMENTO, CA	(111593)
6 day	501,712 m	R	SALLY MIDDLETON (MI/45)	SACRAMENTO, CA	(111195)

Women 50-54

5 km	17.28	R	SHIRLEY MATSON (CA/50)	CARLSBAD, CA	(041491)
8 km	28.55	R	SHIRLEY MATSON (CA/50)	PALO ALTO, CA	(032491)
10 km	35.57	R	SHIRLEY MATSON (CA/50)	ORLANDO, FL	(030291)
12 km	44.56	R	SHIRLEY MATSON (CA/52)	SPOKANE, WA	(050293)
15 km	54.34	R	SHIRLEY MATSON (CA/50)	JACKSONVILLE, FL	(030991)
20 km	1:22.36	R	GINA FAUST (CA/50)	VALENCIA, CA	(021488)
20 km	1:17.52	P	KATHRYN MARTIN (NY/51)	NEW HAVEN, CT	(090103)
25 km	1:38.36	R	S. RAE BAYMILLER (NY/51)	MINNEAPOLIS, MN	(091194)
30 km	2:00.41	R	SHIRLEY MATSON (CA/50)	CLARKSBURG, CA	(111190)
50 km	4:10.47	P	DEE DEE GRAFIUS (CA/53)	SACRAMENTO, CA	(020803)
50 km	4:58.39	R	SUE ELLEN TRAPP (FL/53)	SYLVANIA, OH	(091899)
50 km	4:16.32	P	JAN KREUZ (OH/54)	PITTSBURGH, PA	(032302)
100 km	9:42.22a	U	SUE ELLEN TRAPP (FL/50)	DULUTH, MN	(101996)
100 km	9:50.35	R	EILEEN ELIOT (FL/51)	NEW PRESTON, CT	(042395)
100 km	9:43.27a	R	MAE HORNS (MN/54)	DULUTH, MN	(102288)
10 mi	1:02:01	R	S. RAE BAYMILLER (NY/51)	FLINT, MI	(082794)
20 mi	2:19.59	R	JOAN ULLYOT (CA/50)	MINNEAPOLIS, MN	(101490)
50 mi	7:10.58	U	RUTH ANDERSON (CA/50)	HOUSTON, TX	(021780)
50 mi	7:47.27	R	EILEEN ELIOT (FL/51)	NEW PRESTON, CT	(042395)
100 mi	16:57.58	R	SUE ELLEN TRAPP (FL/50)	SYLVANIA, OH	(091596)
half mar	1:19.40	R	S. RAE BAYMILLER (NY/50)	PHILADELPHIA, PA	(091993)
half mar	1:18.42a	R	JOAN OTTAWAY (CA/51)	LAS VEGAS, NV	(021196)
marathon	2:50.26	R	SHIRLEY MATSON (CA/50)	MINNEAPOLIS, MN	(100691)
12 hr	117,401 m	R	SUE ELLEN TRAPP (FL/50)	SYLVANIA, OH	(091496)
24 hr	221,043 m	R	SUE ELLEN TRAPP (FL/50)	SYLVANIA, OH	(091596)

Women 55-59

5 km	18.32	R	SHIRLEY MATSON (CA/56)	CARLSBAD, CA	(041397)
8 km	30.10	R	SHIRLEY MATSON (CA/56)	PALO ALTO, CA	(040697)
10 km	38.55	P	SHIRLEY MATSON (CA/55)	LAFAYETTE, CA	(102796)
12 km	49.43	R	BARBARA MILLER (CA/55)	SAN FRANCISCO, CA	(052195)
12 km	47.36a	R	SHIRLEY MATSON (CA/56)	SAN FRANCISCO, CA	(032397)
15 km	1:00.38	R	SHIRLEY MATSON (CA/56)	SAN DIEGO, CA	(111696)
20 km	1:18.44	R	S. RAE BAYMILLER (NY/55)	NEW HAVEN, CT	(090798)
25 km	1:41.01	R	SHIRLEY MATSON (CA/56)	SAN DIEGO, CA	(111696)
30 km	2:17.31	R	JOYCE GASKIN (TX/55)	SUGAR LAND, TX	(121292)
30 km	2:12.35	U	BARBARA MILLER (CA/57)	CLARKSBURG, CA	(111796)
50 km	3:56.55	R	SANDRA KIDDY (CA/55)	WASHINGTON, DC	(101792)
100 km	8:42.36	R	SANDRA KIDDY (CA/55)	PALAMOS, ESP	(021692)
10 mi	1:02.39	R	S. RAE BAYMILLER (NY/55)	FLINT, MI	(082298)
20 mi	2:26.36	R	WEN-SHI YU (NY/55)	MINNEAPOLIS, MN	(101490)
50 mi	7:44.48	R	MARY ANN MILLER (TX/56)	DALLAS, TX	(011693)
100 mi	18:53.03	R	SUE ELLEN TRAPP (FL/55)	SYLVANIA, OH	(091501)
half mar	1:23.09	R	SHIRLEY MATSON (CA/55)	WEOTT, CA	(102096)
marathon	2:52.14	R	S. RAE BAYMILLER (NY/55)	CHICAGO, IL	(101198)
12 hr	112,364 m	R	SUE ELLEN TRAPP (FL/55)	SYLVANIA, OH	(091501)
24 hr	203,050 m	R	SUE ELLEN TRAPP (FL/55)	SYLVANIA, OH	(091501)

Women 60-64

5 km	19.39	R	SHIRLEY MATSON (CA/60)	SACRAMENTO, CA	(081101)
8 km	33.22	P	BARBARA MILLER (CA/60)	PALO ALTO, CA	(031900)
8 km	32.42a	R	BARBARA MILLER (CA/60)	SACRAMENTO, CA	(061700)
8 km	33.23	P	BARBARA MILLER (CA/60)	OAKLAND, CA	(011600)
8 km	34.54	R	MARGRET BETZ (NY/60)	APALACHIN, NY	(052199)
10 km	40.29	R	SHIRLEY MATSON (CA/62)	PASO ROBLES, CA	(093001)
10 km	40.20	P	SHIRLEY MATSON (CA/61)	PASO ROBLES, CA	(092902)
12 km	50.49	R	BARBARA MILLER (CA/60)	SPOKANE, WA	(050700)
12 km	49.15a	P	MELODY-ANNE SCHULTZ (CA/61)	SAN FRANCISCO, CA	(032303)
15 km	1:04.42	R	MARGRET BETZ (NY/60)	SCHENECTADY, NY	(111096)
15 km	1:04.25	R	SHIRLEY MATSON (CA/62)	SAN DIEGO, CA	(030103)
20 km	1:29.08	U	MARGARET MILLER (CA/60)	VALENCIA, CA	(032386)
25 km	1:58.24	R	GLORIA BROWN (NY/62)	GRAND RAPIDS, MI	(051494)
30 km	2:17.11	P	BARBARA MILLER (CA/60)	CLARKSBURG, CA	(111499)
30 km	2:21.32	R	MARGARET MILLER (CA/60)	MINNEAPOLIS, MN	(101286)
50 km	5:07.03	R	MARGE DUNLAP (CA/60)	SACRAMENTO, CA	(111399)
100 km	11:14.14	R	DIXIE MADSEN (CA/61)	SAN FRANCISCO, CA	(041898)
10 mi	1:08.17	R	SHIRLEY MATSON (CA/60)	SACRAMENTO, CA	(090901)
10 mi	1:07.31	R	SHIRLEY MATSON (CA/62)	FRENCH CAMP, CA	(011203)
20 mi	2:32.16	R	MARGARET MILLER (CA/60)	MINNEAPOLIS, MN	(101286)
50 mi	8:35.19	R	DIXIE MADSEN (CA/61)	SAN FRANCISCO, CA	(041898)
half mar	1:29.49	R	BARBARA MILLER (CA/60)	WEOTT, CA	(101799)
half mar	1:28.50a	P	BARBARA MILLER (CA/60)	LAS VEGAS, NV	(020600)
marathon	3:14.50	R	BARBARA MILLER (CA/60)	HUNTSVILLE, AL	(121199)
marathon	3:11.57a	R	BARBARA MILLER (CA/60)	BOSTON, MA	(041700)
12 hr	93,052 m	R	LORRAINE BUNK (WI/61)	SYLVANIA, OH	(091402)
12 hr	77,254 m	R	LOUISE MIKLOVIC (OH/62)	SYLVANIA, OH	(091600)
24 hr	138,693 m	R	LORRAINE BUNK (WI/61)	SYLVANIA, OH	(091402)
24 hr	133,668 m	R	SARANN MOCK (OH/62)	SYLVANIA, OH	(091993)

Women 65-69

5 km	21.16	R	MARGRET BETZ (NY/65)	SYRACUSE, NY	(093001)
8 km	35.00	R	MARGRET BETZ (NY/65)	ITHACA, NY	(091601)
10 km	45.04	R	JUNE MACHALA (WA/67)	KENTFIELD, CA	(090798)
12 km	58.47	R	SUSIE KLUTTZ (NC/65)	RALEIGH, NC	(061602)
15 km	1:08.58	R	JUNE MACHALA (WA/67)	TULSA, OK	(103198)
20 km	1:36.08	R	MARGRET BETZ (NY/65)	VESTAL, NY	(061502)
25 km	2:10.56	U	GERRY DAVIDSON (CA/65)	SAN DIEGO, CA	(122886)
30 km	2:38.46	P	MYRA RHODES (CA/68)	CLARKSBURG, CA	(111200)
50 km	4:50.50	R	MYRA RHODES (CA/67)	SACRAMENTO, CA	(111399)
100 km	12:09.17	R	HELEN KLEIN (CA/67)	SAN FRANCISCO, CA	(042190)
10 mi	1:15.01	R	EILEEN DWYER (IL/65)	PARK FOREST, IL	(090197)
20 mi	3:02.01	U	JACLYN CASELLI (CA/65)	CLARKSBURG, CA	(111686)
50 mi	9:04.31	R	HELEN KLEIN (CA/67)	SAN FRANCISCO, CA	(042190)
half mar	1:39.40	R	JUNE MACHALA (WA/67)	INDIANAPOLIS, IN	(050198)
half mar	1:39.21a	R	JUNE MACHALA (WA/67)	LAS VEGAS, NV	(020198)
marathon	3:36.57	R	WHAYONG SEMER (OH/65)	COLUMBUS, OH	(102493)
12 hr	78,407 m	P	LOUISE MIKLOVIC (OH/65)	SYLVANIA, OH	(091303)
12 hr	75,865 m	R	SARANN MOCK (OH/66)	SYLVANIA, OH	(092797)

Women 70-74

5 km	24.18	P	TOSHIKO D'ELIA (NJ/70)	PARAMUS, NJ	(102200)
5 km	24.36	R	TOSHIKO D'ELIA (NJ/70)	ALBANY, NY	(060300)
5 km	23.56a	R	JO KIESECKER (CO/74)	LAS VEGAS, NV	(092097)
8 km	38.46	R	HEDY MARQUE (VA/74)	ALEXANDRIA, VA	(051092)
10 km	48.53	P	TOSHIKO D'ELIA (NJ/70)	RIDGEWOOD, NJ	(052900)
10 km	49.13	P	MYRA RHODES (CA/70)	PASO ROBLES, CA	(092902)
12 km	58.22	R	JUNE MACHALA (WA/70)	SPOKANE, WA	(050601)

15 km	1:20.43	R	ANNY STOCKMAN (NY/70)	SCHENECTADY, NY	(111002)
15 km	1:16.32a	R	JUNE MACHALA (WA/70)	TULSA, OK	(102701)
15 km	1:21.17	R	WHAYONG SEMER (OH/70)	TAMPA, FL	(021399)
20 km	1:46.21	R	PAT DIXON (OR/70)	MEDFORD, OR	(040889)
25 km	2:18.20	R	GERRY DAVIDSON (CA/70)	SAN DIEGO, CA	(112391)
30 km	2:47.08	P	MYRA RHODES (CA/70)	CLARKSBURG, CA	(111002)
30 km	2:59.22	R	ELLEN MCCOY (MN/70)	DULUTH, MN	(052591)
50 km	4:48.23	P	MYRA RHODES (CA/70)	SACRAMENTO, CA	(020803)
50 km	5:44.04	R	HELEN KLEIN (CA/70)	SYLVANIA, OH	(091993)
100 km	12:50.49	R	HELEN KLEIN (CA/70)	SYLVANIA, OH	(091993)
10 mi	1:20.33	R	HEDY MARQUE (VA/74)	WASHINGTON, DC	(101391)
20 mi	3:29.57	R	HELEN KLEIN (CA/70)	SYLVANIA, OH	(091993)
20 mi	3:25.59	U	MAVIS LINDGREN (CA/71)	CLARKSBURG, CA	(111978)
50 mi	9:55.09	R	HELEN KLEIN (CA/70)	SYLVANIA, OH	(091993)
100 mi	23:29.34	R	HELEN KLEIN (CA/70)	SYLVANIA, OH	(091993)
half mar	1:50.31	R	TOSHIKO D'ELIA (NJ/70)	PHILADELPHIA, PA	(091601)
half mar	1:42.18a	R	JUNE MACHALA (WA/70)	LAS VEGAS, NV	(020401)
marathon	4:01.52	R	WHAYONG SEMER (OH/70)	CHICAGO, IL	(101198)
marathon	3:54.14a	R	MYRA RHODES (CA/70)	SACRAMENTO, CA	(120802)
24 hr	165,343 m	R	HELEN KLEIN (CA/70)	SYLVANIA, OH	(091993)
6 day	600,285 m	U	HELEN KLEIN (CA/70)	SACRAMENTO, CA	(010693)

Women 75-79

5 km	27.17	R	ANNE CLARKE (IL/77)	PARK RIDGE, IL	(082287)
8 km	40.44	R	HEDY MARQUE (VA/76)	ALEXANDRIA, VA	(091293)
10 km	53.40	U	LEONA LUGERS (MI/75)	HOLLAND, MI	(091132)
12 km	1:08.21	R	ANNE CLARKE (IL/76)	ITASCA, IL	(100685)
15 km	1:19.27a	R	HEDY MARQUE (VA/75)	ALEXANDRIA, VA	(042593)
15 km	1:25.20	R	HEDY MARQUE (VA/77)	TAMPA, FL	(021895)
20 km	1:52.57	U	LEONA LUGERS (MI/77)	HOLLAND, MI	(052684)
25 km	2:42.25	R	GERRY DAVIDSON (CA/77)	SAN DIEGO, CA	(111498)
30 km	3:37.52	R	GERRY DAVIDSON (CA/77)	SAN DIEGO, CA	(052398)
50 km	6:05.16	R	HELEN KLEIN (CA/79)	SACRAMENTO, CA	(020902)
10 mi	1:24.54	R	HEDY MARQUE (VA/76)	WASHINGTON, DC	(101793)
half mar	2:06.34a	R	ALGENE WILLIAMS (IL/75)	ZION-LAKE BLUFF, IL	(042891)
half mar	2:14.15	U	ANNE CLARKE (IL/76)	CHICAGO, IL	(060886)
half mar	2:26.24	R	ANNE CLARKE (IL/77)	CHICAGO, IL	(061487)
half mar	2:24.14	R	HELEN KLEIN (CA/79)	FOLSOM, CA	(102702)
marathon	4:49.08	R	ANNE CLARKE (IL/76)	CHICAGO, IL	(102085)
marathon	4:31.05a	R	HELEN KLEIN (CA/76)	SACRAMENTO, CA	(120698)
marathon	4:38.12	R	HELEN KLEIN (CA/79)	OKLAHOMA CITY, OK	(042802)

Women 80-84

5 km	29.23	R	ANNE CLARKE (IL/80)	PARK RIDGE, IL	(093089)
8 km	52.00	R	ANNE CLARKE (IL/81)	PARK RIDGE, IL	(090891)
10 km	56.14	U	LEONA LUGERS (MI/80)	HOLLAND, MI	(050287)
10 km	56.17	R	HEDY MARQUE (VA/80)	WASHINGTON, DC	(042698)
12 km	1:44.26	U	FENYA CROWN (AZ/84)	TACOMA, WA	(061997)
15 km	1:29.01	R	HEDY MARQUE (VA/80)	TAMPA, FL	(021498)
15 km	1:25.15a	R	HEDY MARQUE (VA/80)	ALEXANDRIA, VA	(041998)
20 km	2:26.34	U	RUTH ROTHFARB (FL/80)	WASHINGTON, DC	(030682)
25 km	3:07.41	R	GERRY DAVIDSON (CA/80)	SAN DIEGO, CA	(111001)
30 km	4:13.32	R	MAVIS LINDGREN (CA/81)	CLARKSBURG, CA	(111388)
50 km	5:57.53	P	HELEN KLEIN (CA/80)	SACRAMENTO, CA	(020803)
10 mi	1:31.24	R	HEDY MARQUE (VA/80)	WASHINGTON, DC	(040598)
half mar	2:23.54	U	ANNE CLARKE (IL/80)	HIGHLAND PARK, IL	(061090)
half mar	2:19.23a	U	ANNE CLARKE (IL/80)	LAKE COUNTY, IL	(042990)
marathon	5:10.04	R	IDA MINTZ (IL/80)	CHICAGO, IL	(102085)
marathon	4:53.03	P	HELEN KLEIN (CA/80)	GREEN BAY, WI	(051803)
marathon	4:31.33a	R	HELEN KLEIN (CA/80)	SACRAMENTO, CA	(120802)

Women 85-89

5 km	34.56	P	HEDY MARQUE (VA/85)	WASHINGTON, DC	(092102)
5 km	34.51	U	ANNE CLARKE (IL/85)	PARK RIDGE, IL	(092494)
5 km	43.00	R	RUTH ROTHFARB (FL/87)	ALBANY, NY	(060389)
8 km	1:03.16	U	ANNE CLARKE (IL/85)	DEERFIELD, IL	(111394)
8 km	1:03.01	U B	SUSAN CONROY (IL/89)	CHICAGO, IL	(031289)
10 km	1:14.25	P	HEDY MARQUE (VA/85)	WASHINGTON, DC	(051103)
10 mi	2:02.27	P	HEDY MARQUE (VA/85)	WASHINGTON, DC	(040603)
10 mi	1:57.30a	R	HEDY MARQUE (VA/85)	ALEXANDRIA, VA	(042703)
half mar	3:23.06	U	MARY AMES (CA/85)	LOMPOC, CA	(061988)
marathon	6:53.50	R	IDA MINTZ (IL/85)	CHICAGO, IL	(102890)

Women 90 & over

5 km	45.41	R	EDITH ALLEN (CA/90)	CARLSBAD, CA	(040702)
10 mi	3:29.08	R	RUTH ROTHFARB (FL/90)	WASHINGTON, DC	(040592)
marathon	8:53.08	R	MAVIS LINDGREN (CA/90)	PORTLAND, OR	(092897)

2002 U.S. MASTERS OUTDOOR TRACK

MASTERS CLUBS

Below is a list of masters track & field, long distance running, and racewalking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 50098, Eugene OR 97405; natmanews@aol.com.

EAST

All Unique Individuals
Women's Masters Track Team
PO Box 2831
Elizabeth, NJ 07207-2831
973-736-3312

Bohemia Track Club
Mary Trotto
3 Eden Dr.
Smithtown, NY 11787
516-979-8445

Boston Athletic Assoc.
131 Clarendon St., 8th Floor
Boston, MA 02116
617-236-1652
www.bostonmarathon.org

Boston Running Club
Brian Hamill
106 Mt. Auburn St.
Watertown, MA 02472
brc@tiac.net
617-924-1392

Cambridge Running Club
Bob Gillon
8 Hawkes Ln.
Lynnfield, MA 01940
718-593-9592

Capitol Hill Road Runners Club
1104 Sanford Lane
Accokeek, MD 20607
Robert S. Weiner

Finger Lakes RC
PO Box 321
Newfield, NY 14867
607-564-9516

Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869

Greater Boston TC
PO Box 183
Boston, MA 02117-0183
617-499-4844
gbtc@crf.dec.com
www.gbtc.org

Greater Long Island RC
101-24 Dupont St.
Plainview, NY 11803
516-349-7646
516-349-7647 (fax)
www.pobrrc.org

Greater Rochester TC
PO Box 92608
Rochester, NY 14692
716-872-6652

Hudson Mohawk Road Runners
PO Box 12304
Albany, NY 12212
518-435-4500

Irish American Track Club
PO Box 292
Medford, MA 02155
www.iatc-boston.org
sgviegas@cs.com

Liberty AC
63 Bridge Street
West Newbury, MA 01985
978-510-1032
libertyac@hotmail.com
www.libertyac.org

Maryland Masters Track Club
David Barner - President
2802 Weller Road
Silver Spring, MD 20906-3754
301-946-0947 Phone/fax
info@marylandmasters.com

Nadia Track Club
1500 Sylvan Terrace
Pittsburgh, PA 15221
Dorel Watley, Pres.
412-244-9812

National Capital Track Club (GNATS)
c/o Karen Erb
205 W. Myrtle St.
Alexandria, VA 22301
703-549-7779

New England Walkers
83 Riverside Av.
Concord, MA 01742
978-369-7912
tknatt@zplink.net

New Jersey Striders TC
PO Box 885
Maywood, NJ 07607
201-337-7081

North Jersey Masters
PO Box 56
Ridgewood, NJ 07451

NY Masters Club
Rose Ann Gaeta
75-32 199th Street
Fresh Meadows, NY 11366

NYRR
9 E. 89th St.
New York, NY 10128
212-860-4455

Park Racewalkers, USA
320 East 83rd St., Box 18
New York, NY 10028
212-628-1317
FrancCash@aol.com

Peninsula Track Club
Rhonda Venable
http://hometown.aol.com/toadpark/
index.html

PHAST (Philadelphia Area Striding Team)
Philadelphia, PA
Jeff Salvage, Racewalking coach
campsalvage@yahoo.com
609-714-1308
Marie Woodland, President
manewalk@aol.com

Pioneer Valley Women's Running Club
Susan Jaye-Kaplan
45 Woodside Drive
Longmeadow, MA 01106
413-567-8563

PR Racing Team
Scott Brown
167 Pettingill St.
Lewiston, Maine 04240
207-782-0688
runscott1@aol.com

Potomac Valley Track Club
c/o Bobby Briggs
6207 Duntley Ct.
Springfield, VA 22152
703-913-6335
email: corrallo@erols.com

Rhode Island Road Runners
18 Musket Road
Lincoln, RI 02865
chyson8089@aol.com
401-725-1725

Run to Win Ladies - Maine
Coach Brian Gillespie
36 Colonial Rd.
Portland, ME 04102
207-772-2753

Shore AC
Donna Cetrulo
274 Bath Av #14
Long Branch, NJ 07740
732-222-1348

Somerville Roadrunners
58 Day Street, Box 2048
West Somerville, MA 02144
DSSBhudda@aol.com

Sugarloaf Mt. AC
Box 659
Amherst, MA 01004
413-586-7411

Syracuse Chargers TC
118 Foxcroft Lane
Fayetteville, NY 13066
315-637-6211

Taconic Road Runners Club
No. Westchester, New York
914-528-2251
www.runner.org

Tendonitis A.C.
c/o Chris Rush
1177 Oxford Place
Schenectady, NY 12308
http://members.aol.com/MacAlps/
TAC.html
chrisrush@prodigy.net
518-374-6995

Tri-State TC
Wayne Vaughn
18619 Preston Rd.
Hagerstown, MD 21742

Westchester Road Runners &
Westchester Puma Track Club
179 East Post Road
White Plains, NY 10601
914-682-0637
914-949-4166 (fax)

Western Pennsylvania Track Club
Joe Silvano
14400 Winchester Rd.
Trafford, PA 15085
412-372-1986

SOUTHEAST

All American TC
20184 Hwy 17
Hampstead, NC 28443

Atlanta TC
3097 E. Shadowlawn Av. NE
Atlanta, GA 30305
www.atlantatrackclub.org

Birmingham TC
P.O. Box 530363
Birmingham, AL 35253
205-879-5344

Carolina Masters Track & Field Club
Gordon Edwards
704-588-6885
gedwards@carolina.rr.com

Florida AC
3250 Lakeview Blvd
Delray Beach, FL 33445
561-499-3370

Florida TC
P.O. Box 12463
University Station
Gainesville, FL 32604
904-378-8725

Greenville TC
P.O. Box 16262
Greenville, SC 29606-7262
864-235-8260

Huntsville TC
c/o Harold Tinsley
8811 Edgemoor Dr.
Huntsville, AL 35802
256-881-9077
harold.tinsley@gte.net
www.huntsvilletrackclub.org

Jacksonville Track Club
P.O. Box 24667
Jacksonville, FL 32241
904-387-0528
www.jacksonvilletrackclub.com
ConsultJTB@aol.com

Manasota Track Club
Don Marshall
Sarasota/Manatee, Florida
sarasotadon@att.net
www.manasotatrackclub.org

Miami RC
Tropical Park
7920 SW 40th St.
Miami, FL 33155
305-227-1500

Nashville RACERS
421 Valley Trace Dr.
Nashville, TN 37221
615-356-4607
racers@home.com

Nashville TC
2916 Oakland Av.
Nashville, TN 37212-5812
615-383-6733

North Carolina RRC
PO Box 26761
Raleigh, NC 27611
919-231-0714

Pony Express Masters TC
PO Box 872
Portsmouth, Virginia 23705
Joe Mack
804-236-0951

Port City Pacers
PO Box 16907
Mobile, AL 36616
334-473-RACE

Richmond T&F Club
PO Box 6701
Richmond, VA 23230
804-266-4785

Southern Knights Athletics, Inc.
P.O. Box 16883
Atlanta, GA 30321
770-956-7641
runningfool@mac.com

MIDWEST

Ann Arbor TC
PO Box 7551
Ann Arbor, MI 48107
734-663-9740
734-663-0124 (fax)

Athletic Ventures
Bill Stewart
Ann Arbor, MI
734-332-3981
www.athleticventures.com

Bob Shul Racing Team
27 E Dixon Av.
Dayton, OH 45419
937-293-7935
BobShul@sprintmail.com

Buckeye Striders / Racewalking
Mark Brand
303-589-9926
mbrand@aol.com

Chicago Walkers Club
Rebecca Gilman, President
1310 N. Ritchie Court, 18D
Chicago, IL 60610-8403
312-335-8636
Becky1040@aol.com

Cleveland Over the Hill TC
Bob Walters
440-526-5635
8686 Avery Rd.
Broadview Hts., OH 44147
www.othtc.org

Columbus Roadrunners
PO Box 15584
Columbus, OH 43215-0584
740-549-3069

Dayton Masters TC
PO Box 17706
Dayton, OH 45417-0706
Bob Jones, Pres.
937-837-2754

Eastern Kentucky Track Club
Gary W. Kidd
Prestonsburg, KY
piarist@kih.net

Firebird Track Club
604 Schuyler Drive
Kettering, OH 45429
Doug Weikert - bertieg@aol.com
cgreen@kettering.k12.oh.us

Greater Evansville Runners/Walkers
Club
Gordon Benfield
Evansville, Indiana
msrunner@msn.com
812-963-9394
www.gerwc.com

Indiana Vinewalkers Club
3919 N. Vinewood Av.
Indianapolis, IN 46254
Michael Bird, Pres.
317-291-7591
mgbird@aol.com

Midwest Masters T&F Club
633 Sunset Dr.
Janesville, WI 53545
608-756-5260

Motor City Striders
10144 Lincoln
Huntington Woods, MI 48070
248-544-9099
248-544-4601 (fax)
racebreak@aol.com
www.motorcitystriders.com

Parkside Athletic Club (Racewalk)
Mike DeWitt
Kenosha, WI
414-551-0142

PUMA Team Jock Stop
7373 Market Street
Youngstown, Ohio 44512
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Master Scope

By RON MARINUCCI

Perils of the 10K

On the whole, 10K (6.2 miles) is not my favorite racing distance. A 5K, although usually run at a faster, less comfortable pace, is over pretty quickly. Although I may hurt a bit, there's always the knowledge that the end is near and the pain won't last much longer.

Longer distances, ten miles and up, can be run a bit more leisurely. I, for one, can't run these races at the same faster paces of shorter distances. They can be done without pushing the package so much. In fact, 20K and half-marathon are my favorite race distances.

But the 10K is right there in the middle, with its challenge to run pretty close to full speed for a considerable distance. I guess what I'm trying to say is that 10K races are more painful than any others.

I had all of this in mind last April when one of my training partners, Michael Holmes, suggested - or was it strongly urged? - that we tackle the Oak Apple Run held in Oak Park, Mich., on May 31. "Isn't that a 10K?" I asked with more than a little trepidation. "Yeah," he replied with a chuckle, adding something about it being a good test of our early season fitness.

Training Jump Start

Michael is, as many Michigan runners know, a blind athlete. He trains regularly, four or five days a week, with guide runners. (These include Mike Rollason, Mike Hennesey, and Bob Drapal, but he's always looking for more!). He has completed five marathons and competed in the U.S. Association of Blind Athletes national meets. There are some medals to prove it.

When he urged, er, suggested, that we do the Oak Apple, he mentioned a time goal, one I almost immediately dismissed. That wasn't because of him, but me. I worriedly told guide runner Bob Drapal, "I can't run that fast."

See, I have a long-term goal, too -

to run without pain again. Last December, I suffered a nagging, non-running-related injury. It was my own fault, twisting a knee trying to play and keep up with my two-year-old grandson, Michael. He's a perpetual motion machine and keeping up with him might be a new, effective marathon training program. Hmmmm, maybe we're on to something here.

Grudging Anticipation

Slow recovery or not, Michael Holmes is convincing. He's eager and inspirational. His enthusiasm is contagious and I was hooked. Struggling through some training, with my knee gradually feeling better and better, I was actually looking forward to the race - 10K or not.

The Oak Apple people, led by Elaine Tank, were marvelous. One of Southeast Michigan's largest spring races, Oak Apple regularly attracts upwards of 1000 runners who pound the residential and commercial streets of the city of Royal Oak.

That's good for Oak Apple, Royal Oak, and the competitors, but can be a problem for a blind runner and his guide. However, Elaine Tank made arrangements for Michael and me to begin a few minutes before the rest of the pack of 871 finishers. (A tip of the hat to race directors throughout the state, since most of them make accommodations for Michael when he runs.)

In the Lead

There was a bonus to the early start for us: I was actually leading a race, well, technically I was tied for the lead. That doesn't happen very often - in fact, never.

Michael and I have been running

together for about three-and-a-half years now. We don't use a tether, favored by some blind runners. Rather, he prefers what he calls the "finger technique." With this, the guide runner makes a circle with his thumb and forefinger. Then, Michael lightly hoods the circle with a couple of fingers.

It has worked well for us, including on our long runs, which have reached 22 and 23 miles. Normally, things go remarkably smoothly, except when I get tired or tense up. Michael calmly reminds me to "relax the circle" or "lower your arms and concentrate on your form."

This Saturday race was no exception. The weather caused a bit of a problem, particularly the cool breeze and high humidity, in deciding what to wear. But it was nothing other runners didn't also face. The course was well-marked and well-marshaled, important for we early race leaders! We were able to negotiate it and its water stops without trouble.

Not So Bad After All

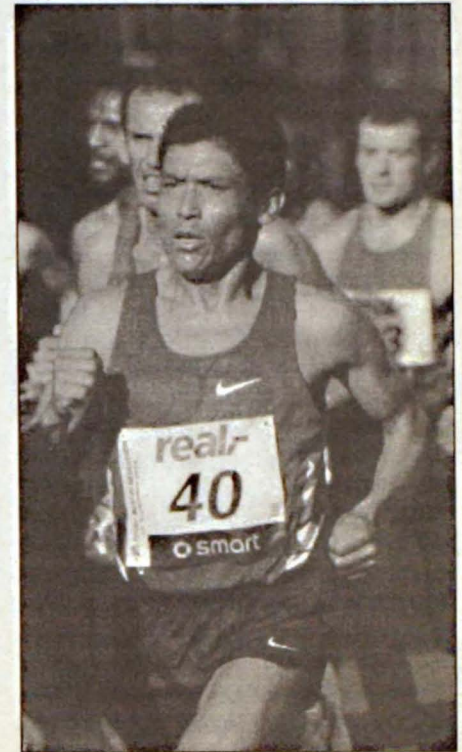
Other runners, both during and after the race, were supportive, yelling encouragement and offering congratulations. At the finish, workers helped us and our timer rushed up with our official clocking. Thank you to all.

All in all, it was a good race for Michael and me. Our time was slightly better than our goal - at least my adjusted goal. Michael went home

with a well-deserved medal.

And I left pretty happy, too. I had no pain, a faster-than-expected time, and that infectious positive attitude that Michael Holmes inspires. □

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



VICTOR SAILER / PHOTO RUN
Andres Espinosa, setting a masters marathon world record of 2:08:46, Berlin Marathon, Germany, Sept. 28.

USA MASTERS UNIFORMS & HOLIDAY GIFT CLOTHING FROM 1996 OLYMPICS OVERSTOCK

The uniforms for masters athletes have been expanded to include an updated version. USATF has helped with the project by releasing the overstock from the 1996 Olympic Games in Atlanta. The uniforms are available from National Masters News.

Available uniform items include warm-ups, rain suits, stretch shorts ("half-tights"), T-shirts, polo shirts, and more. Unfortunately, not all sizes are available in every style.

All items will be sold on a first-come, first-served basis.

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Report from Britain

By BRIDGET CUSHEN

An Inter-County meet in Surrey enabled athletes who were not in Puerto Rico to test their fitness against returning world championship medalists. M40 sprinter Mark Baker, who has notched several titles this summer, won the 100 in a slow 11.8, and Ian Logan, M40, the 200 in 23.9. Doug Lucas took gold in the M50 200 (24.8) and 400 (56.1).

Chuck Isetts, visiting from Chicago and wearing a Surrey vest, won the M60 100 and 200 from David Burton, running for Sussex. The M50 field events were very competitive with Nick Phipps taking the shot put (11.64) and Chris Melliush the hammer (48.83).

Kermit Benton had a rare outing, Aug. 24, winning the 200 in 23.5 and finishing third in the 100 in 12.1 behind Pat Logan and Mark Baker, both timed at 12.0. At the same meet, the British international walker, Mark Easton, heel-toed to a championships record of 12:54.8 in the M40 3000 walk. Another record went to Trevor Wade, who cleared 6.12 in the M45 long jump.

Paul and Pat Oakes came away from the Kent County Championships with a fistful of medals. Paul won the M50 javelin (43.24) after taking a silver in the discus (31.23). Pat had a clean sweep in the W50 shot, javelin and hammer.

Jim Day had just moved into the M70 age category and promptly set County records in the pole vault 2.63, 100 16.5, 80H 16.8, and javelin 23.44. Peter Barber was also bitten by the record bug, setting new marks in the M70 discus (29.6) and hammer throw (44.31).

The long, hot and humid summer showed no sign of abating on Sept. 20, when masters athletes composed up to 80% of the entries in a 10,000 at the famous Tooting Bec track in South London. Brian Broe headed the M40 field in 34:02.3. Charlie Dickinson won the M55 in 35:10.0.

One of the prime road races in Britain, the Swansea Bay 10K in South Wales, Sept. 21, saw Martin Rees, M40, knock more than a minute off the previous course record held by European 10K champion, Mike Hager. Rees stormed round in 32:08 to finish sixth overall in a classic field.

The Veterans AC held their 10-mile club championships on the same day over a very hilly course at Epsom Downs, attracting a large entry. Lawyer Keith Donald won the M45 race (66:58), followed by a new recruit to the masters scene, Ian Skingley (67:14). The first master home, however, was M50 Jim Chandler (66:53). Phyllis Flynn, W40, led the women home (65:50). Marion Rayner won the W50 race (71:22).

The legendary marathon runner, Ron Hill, organized a 5K in Manchester to celebrate his 65th birthday on Sept. 25. A constant competitor in the WMA world cross-country race and still boasting that he has never missed a day's training in over 40 years, he was still able to complete the course - talking to familiar faces along the way - inside the 25 minutes targeted.

Several athletes traveled up from London and other areas of the country to take part. □



JEANNE DAPRANO

First three 4x100 relay teams (USA, Germany, and Japan), 15th WMA Championships, Puerto Rico.

WMA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

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

MEN

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

IMPLEMENTS

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

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
WMA weights are used for USATF weight pentathlons.
Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups. For all age-groups indoors, 5 hurdles are run.

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Masters Scene

NATIONAL

• **Nick Bdera**, 55, Roosevelt Island, NY, broke three M55 U.S. records in the National Masters 50K RW Championships, Hauppauge, NY, Oct. 19. He crossed the 30K mark in 2:48:19 (present record 2:50:29) and the 40K in 3:45:49 (3:55:55) on his way to a 4:44:10 50K (5:00:39). With his performance, Bdera qualified for the 2004 Olympic Trials 50K RW.

EAST

• **Laura Mason-Byrne**, 40, East Stroudsburg, PA, hot-footed to a female overall win in 23:32, Somerville Sizzle 4 Mile/USATF NJ Masters Championships, Sept. 14. **Madelyn Noe-Schlentz**, W40, was 10 seconds back in 23:42. **Anna Thornhill** won the W60 contest (28:53). **Joe McVeigh**, M40, took the M40+ race (20:52). **Feliciano Pereira** was the M55 winner (24:15).

• **Keith Field**, 42, Moriches, NY, with a 34:45, and **Cindy James**, 43, Flossmoor, IL, in 36:27, cantered to masters firsts in Long Island's Great Cow Harbor 10K, Northport, NY, Sept. 20. **Susan Faber**, 41, Oxford, CT, was second W40+ (37:50). M45 winner **Don DiDonato**, 45, Hicksville, NY, outlasted **Jaime Palacios**, 48, Fresh Meadows, NY, 35:05 to 35:09. **Julio Aguirre**, Corona, NY, won the M55 division in 38:51. **Marion Stanjones**, 65, Northport, hastened to a 49:50 win.

• **Nancy Taormina**, 44, Albany, NY, raced to a second overall with a 19:34 of more than 1100 finishers in the Komen Race for the Cure 5K in Albany, Oct. 4. **Jayne Zinke**, 60, Valatie, NY, won the W60 race in 24:31. **Betty Daniel**, 53, Voorheesville, NY, was the first of 27 Survivor finishers, with a 25:26. **Vladimir Ilin**, 45, Albany, was first M40+ in the men's 5K. **Robert Husted**, 66, Rexford, NY, took the M60 title in 21:30.

• In five short years, New Hampshire's Reach the Beach Relay has developed into a major event. While its numbers aren't yet Hood-to-Coastian in scale, give it a little time. The 207-mile event is structured like the Oregon granddaddy (12 persons per team, 36 relay legs, 2 vans), but presently caps the field at 200 teams. Reach the Beach is even stealing some of Hood-to-Coast's talent: the Bucknell Alumni teams who honed their skills out West dominated at Reach the Beach this Sept. 12-13, putting three teams in the top four, with the Bucknell Alumni Fossils (all 40+), placing fourth overall, 21:40:43, less than two hours behind Bucknell's semi-pro A-team, 19:42:47. The CPTC Masters squad gave the Fossils a run for it though, just 13 minutes back, 21:53:53, for fifth overall.

• **Neville Anderson**, 41, Baltimore, MD, 4:46.6, made no time for sightseeing at the Pennsylvania Avenue Mile, Sept. 27, Washington, DC. He outkicked **Steve Nearman**, 43, Alexandria, VA, 4:53.1, in the masters men's heat.

• On a cold and gorgeous Casco Bay morning, **Michael Payson**, 40, Falmouth, ME, 1:11:03, and **Joan Benoit-Samuels**, 46, Freeport, ME, 1:18:44, cruised to mile-wide overall wins at the Sportshoe Maine Half-Marathon, Oct. 5.

• The Richard S. Caliguiri City of Pittsburgh Great Race 10K, Pittsburgh, PA, scheduled for Sept. 28, was sadly CANCELED by Mayor **Tom Murphy** to balance the city budget. Also canceled: the 2004 Pittsburgh Marathon. Please always vote for Parks and Recreation funding in your community!

• **John Clopeck**, Stow, MA, 53:13, and **Texan Margo Braud**, 61:57, of Austin, made a pilgrimage to the Pentagon to stake claim as the top masters at the 19th Army Ten Miler, Washington, DC, Oct. 5. They joined 13,195 finishers in the biggest ten-miler in the country.

• **Martin Tighe**, 45, UK/Providence, RI, winner of this spring's North Pole Marathon (North Pole, April '03, 5:02:10), showed what he can do when the temperature rises above -20F, at the Ocean State Marathon, Providence, RI, Oct. 12, 2:46:28. He finished fourth overall.

• **Steve Spence**, 41, Shippensburg, PA, the 1992 U.S. Olympic marathoner, won the 2003 Jefferson Hospital Philadelphia Distance Run (13.1M) men's masters title in 1:06:33. **Ramilya Burangulova**, 42, RUS/FL, who set the women's masters world record for the distance here in 2001, was again the women's masters champion and a strong fourth among women overall in 1:12:46. Second W40+ **Lee DiPietro**, 45, Ruxton, MD, ran 1:18:12 (net time) to set a pending U.S. W45 age-group record. — *RunningUSA Wire*.

• On a bright, windy day along the Charles River, Oct. 13, the Tufts 10K for Women made its 27th speedy, scenic tour of Boston. Canadian **Nancy Tinari**, 45, Coquitlam, BC, led the masters, 35:33, to just upset **Jeanne Lasee Johnson**, 46, Chula Vista, CA, 35:40. Johnson's time is a pending U.S. W45 record, erasing her own record, set here last year, 37:57. The unstoppable **Kathryn Martin**, 52, Northport, NY, held on to her W50 title, 37:37. **Wendy Burbank**, 61, Boxford, MA, 49:00, rowed off with a big lead to take the W60 crown. **Barbara Robinson**, 70, Franconia, NH, 51:47, outlegged her nearest competitor by 16 minutes in the W70. Doyenne of the dash **Louise Rossetti**, 82, Saugus, MA, 92:19, capped the field and walked off with the W80+.

• Two U.S. records were broken at the USATF National 40K Racewalk Championships, Ocean Township, NJ, Sept. 15. **Nick Bdera**, M50, Eastside RW Club, strode home in 3:51:06, erasing Ray McKinnis' long-standing 3:54:24. **Jack Starr**, M75, PHAST, obliterated **Ed Gawinski's** 5:22:17 over 20 minutes with a 5:01:25.

• **Ginette Bedford**, 70, 1:49:37, overpowered her age-group at the Norwegian Festival Grete's Great Gallop Half-Marathon, Central Park, NYC, Oct. 6, to add to her accomplishments. She recently ran 7:12 at the 5th Avenue Mile.

SOUTHEAST

• **Jack Bray**, 70, erased **William Flick's** 28:24 U.S. record of 1996 with a 28:05 at the USATF National Masters 5K Racewalk Championships, Kingsport, TN, Sept. 20. The race drew competitors from 25 states and enjoyed near-perfect conditions.

MIDWEST

• **Lino Hernandez**, 42, Plainview, IL, with a fourth-place 94:39, and **Mary Krause**, 46, Yorkville, IL, with a fifth-female 1:56:09, posted masters firsts in the National Heritage Corridor 25K, Channahan, IL, Sept. 21. **Gary Beck**, 46, Glen Ellyn, IL, notched a fifth-place 95:03. **Isola Metz**, 55, Wheaton, IL, ran a 2:01:15.

MID-AMERICA

• **Pat Billig**, 41, 50:15 and **Janet Robertz**, 43, 56:00, nailed down first places in the USATF Minnesota Masters 15K Championships, Edina, Aug. 10. Billig took the race from **Thomas Stambaugh**, 43, by one second. **Norm Purrington**, 60, 61:18, and **Suzanne Ray**, 51, with a W40+ third-place 62:50, were among the age-group winners.

• **J.P. Worcester**, 42, Lindsborg, KS, edged **Dick Wilson**, 71, Lawrence, KS, for the masters title, done by age-grading, in the Wichita Half-Marathon, Sept. 21. Worcester ran an A-G 1:10:00 (actual 1:12:49) to Wilson's 1:10:55 (1:36:09). **Mari Mohr**, 48, Wichita, won the W40+ title with a 1:24:09 (1:33:17).

WEST

• **Evelyn Wright**, 66, Annapolis, MD, upped the W65 HJ WR of 1.27 by **Leonore McDaniels** in 1993 with a 1.34 in the Vestin Nevada Senior Games, Las Vegas. The KJUL-sponsored t&f portion of the Games was held at the UNLV track on Oct. 4-5. In other events, **Frank Hopkins**, M60, posted the fastest time in the 800 (2:33.48); **Dan John**, M45, was the farthest in the SP (13.61); **Larry Pratt**, M60, hit a meet's best 51.96; **Marge Radcliffe**, W60, included a 28.19 JT in her several firsts; **Mark Green**, M45, did the 5000 RW in 24:12; and in the best sprint finish of the meet, **Tim Butts** (13.16) took the M60 100 from **Larry Gunn** and **Steve Bowles**, who tied at 13.17. (Photographs of the meet are posted at the NMN Web site: www.nationalmastersnews.com)

• **Andrew Atkeson**, 42, Los Angeles, in 16:15, and **Nobuko Peterson**, 41, Torrance, CA, in 20:24, took fourth-places overall, Santa Monica 5K, Santa Monica, CA, Sept. 27. **Simon Gowen**, 53, Marina Del Rey, CA, was fourth M40+ (18:04), and **Wendy Watson**, 59, Manhattan Beach, CA, fifth W40+ (22:27).

NORTHWEST

• The Willamette Striders TC has arranged for pole vaulters to practice indoors on Tuesdays and Thursdays from 4-6 pm at the Sunburst Gymnastics Facility, 9889 SE Mather Rd., Clackamas, OR. The dates (27 sessions) for masters are Nov. 4, 6, 11, 13, 17; Dec. 2, 4, 9, 11, 16, 18; Jan. 6, 8, 13, 15, 20, 22, 27, 29; Feb. 3, 5, 10, 12, 17, 19, 24, 26. The cost is \$250. Athletes must have a USATF membership at the time. Contact: **Rick Baggett**, 14388 So. Maple Lane Rd., Oregon City, OR 97405; 503-722-0861; 971-207-1422 (cell); baggettpr@aol.com

• **Len Jacobson**, 43, Central Point, OR, in 38:04, and **Jaana Myrsky**, 40, of Finland, in 41:16, forged masters wins in a warm Prefontaine 10K, Coos Bay, OR, Sept. 20. **Larry Pine**, 51, Brookings, OR, won the M50 race in 38:16.

• **Sharon Downing**, 47, Marcola, OR, who posted the best 5000 time (17:56.80) for women in the 2003 Masters Championships in Eugene, was first female overall (29:27) in the Eugene Celebration 8K, Eugene, OR, Sept. 20. **Dan Wojcik**, 47, Eugene, OR, took the M40+ race (28:09). **Barbara Hazen**, W55, 42:08, and **Bill McChesney**, M75+, 43:55, were among the division winners.

CANADA

• **Ed Whitlock**, 72, took the M70 race with a sensational 38:17 in the Ontario Masters 10K Championships, Longboat Island, Sept. 7. First masters were **Chris Gordon**, 41, 34:28, and **Colleen Stewart**, 51, 45:56. In the OMTFA 5K Cross-Country, Taylor Creek, Sept. 21, **Ron DaSilva-Jardine**, 42, 17:36, and **Nanci Patten-Sweazey**, 48, 22:51, were first runners 40+. **Nancy Wells**, 57, 25:25, and **George Aitkin**, 50, 18:53, took brisk division wins.

INTERNATIONAL

• The EVAA (European Veterans Athletics Association) celebrated its 25-year jubilee on Oct. 4-5 in Riccione, Italy. The Association was founded Sept. 11, 1978, in Viareggio, Italy. Three of the Association's five presidents attended the jubilee (**Dieter Massin**, **Cesare Beccalli** and **Torsten Carlus**) as well as the EAA President, **Mr. Hansjörg Wirz**, SUI; the FIDAL Representative, **Mr. Alfio Giomi**, ITA, and former EVAA Secretary **André Findeli**, FRA; Treasurer **Giuseppe Galfetti**, SUI; and Technical Manager **Wilhelm Köster**, GER. All jubilee guests were invited to a reception given by the Mayor of Riccione, **Daniele Imola**, and then later in the evening attended the jubilee dinner during which WMA presented a plaque to the jubilee celebrant.

• This summer's Death Valley Badwater Marathon winner **Pam Reed**, 42, Tucson, AZ, placed sixth overall at the 24 Hour World Title



JERRY WOJCIK

David Nash, winning the M35 800 (1:55.80), 36th National Masters T&F Championships.

event, held for the first time in 13 years under perfect conditions around a 2.5km certified loop in Uden, NED, Oct. 11-12. Reed covered 217,048m, or 134.9 miles. **John Geesler**, 44, St. Johnsville, NY, finished 11th overall, 239,313m (148.7 miles). — *RunningUSA Wire*.

CORRECTIONS

• In the article on the NYRR Fifth Avenue Mile in the October issue, the first masters woman was **Catherine Stone**, 41, Ringwood, N.J., who finished first woman overall in the open race with an age-graded 86.7% 5:08.



SUZY HESS

Brian Pope, M40 winner in the 5000 and 10,000, 36th National Masters T&F Championships.

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 usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

December 4-7, 2003 USA Track & Field Annual Meeting, The Sheraton Greensboro at Four Seasons, Greensboro, N.C. Celebrating "25 Years of Excellence." One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 317-261-0481; www.usatf.org

March 26-28, 2004. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Pentathlon on 26th. USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org

August 5-8, 2004. 37th Annual USATF National Masters Championships, Decatur, Ill.

EAST

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

December 14. Philadelphia Masters Indoor Meet, Haverford College, Pa. 9 am. No PV. No spikes or spike shoes. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

January 4. Philadelphia Masters Indoor Meet, Swarthmore College, Pa. 9:30 am. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

January 9-11. Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, Dartmouth College Ath. Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-3821. Masters on 9th & can compete in open.

January 18. GBTC Invitational, Harvard U. Indoor Track, 220y, banked track. Jim O'Brien, meet director, 617-282-5537; www.gbtc.org

January 24. 37th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+ & W40+. Prize purse for M & W Elite Mile; bonus for new record (M & W40+). 10:00 a.m. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6431(e).

February 15. Philadelphia Masters Indoor Meet, Albright College, Pa. 9:30 am. Includes WT, then SP; bring own implements. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

SOUTHEAST

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

February 8. Tennessee Masters Indoor Meet, Middle Tennessee St. U., Murfreesboro. brdyerin@comcast.net

November 15. Clermont Throwers Festival, Clermont, Fla. Jesus Virella, jesusvirella@sprintmail.com

MIDWEST

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

January 18. USATF Michigan Masters & Open Championships, Grand Valley St. U., Allendale. Jim O'Neil, PO Box 303, Grand Haven, MI 49417. 616-844-1768; JimOneil@alumni.rutgers.edu; Web site: gvsu.edu

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 15. Lions Waterloo Throwers Meet & Weight Pentathlon, Austin, Texas. www.waterlootrackandfield.org; Seth Brower, 512-345-9573; lionswaterloo@earthlink.net

January 31. USATF Southwest Regional Masters Indoor Championships, Lubbock, Texas. Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas TX 75230. 214-766-2854; lestermount@yahoo.com

June 19. USATF Southwestern Association Championships, Coppell, Texas. Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230. 214-766-2854; lestermount@yahoo.com

July 10. USATF Southwest Regional Championships, site TBA. Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230 lestermount@yahoo.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

November 2. San Jose Senior Games, Los Gatos HS, Calif. M&W 40+. Oct. 24 deadline. SJSJG, 408-297-0247.

December 14. Javelin Festival West, Occidental College, Los Angeles. 323-259-8053.

January 3, 10, 17, 24, 31. Los Gatos All-Comer Series, Los Gatos HS, Calif. 12:00 noon. Rick Millam, 408-241-6578.

February 7, 14, 21, 28. Los Gatos All-Comer Series, Los Gatos HS, Calif. 12:00 noon. Rick Millam, 408-241-6578.

March 6. Saddleback Masters Meet, Saddleback College. Mark Blethen, T&F Coach, Saddleback College, Mission Viejo, CA 92692-3635. 949-582-4640; mblethen@saddleback.cc.ca.us

April 25. Vern Wolf Memorial Masters Meet, USC Cromwell Field, Los Angeles. Entry form on Web site, Feb. 1: www.trojanmtc.com; email: www.trojanmtc@aol.com

NORTHWEST

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

March 13-14. Idaho Masters Indoor Classic, Boise. 208-859-9219; idaho

classic@earthlink.net

May 29. Oregon Senior Olympics, Silverton, Ore. Amy Castle, 503-873-8577.

June 5. Seattle Parks Department Masters Meet, West Seattle, Wash.

June 12-13. USATF Oregon Association Y/O/M Championships, Mt. Hood CC, Gresham. www.usatforegon.org

June 19-20. Portland Masters Classic, Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; 1stepan@yahoo.com

June 26-27. Hayward Masters Classic, Eugene, Ore.

July 10-11. State Games of Oregon.

July 17-18. USATF Northwest Regional Masters Championships, Pullman, Wash.

CANADA

March 6. OMTFA Indoor Championships, York U. www3.sympatico.ca/ontario.masters

INTERNATIONAL

February 28-29. German Indoor Championships, Berlin-Potsdam, Hallen.

March 10-14. 1st World Masters Athletics Indoor Championships, Sindelfingen, Germany. Plus World Throwing Challenge & Cross-Country. www.leichathletik.de; www.sindelfingen2004.de

July 6-16, 2005. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

July 22-31, 2005. World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.2005worldmasters.com

LONG DISTANCE RUNNING

NATIONAL

November 2. USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. Peter Glavin, Genesee Valley Harriers, PO Box 16375, Rochester, NY 14616. 585-242-9031; email: gvhxc2rochester.rr.com. www.gvh.net

November 8. USATF National Masters Championships/San Diego 1-Day. 24-Hour Run, San Diego, Calif. John Metz, 1419 S. Pacific St., Oceanside, CA 760-967-8348.

November 23. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/nj

December 4-7. 2003 USA Track & Field Annual Meeting. (See National T&F)

December 7. USATF National Masters 10K Cross-Country Championships, Greensboro, N.C. Register on-line after Nov. 1 at USATF's Web site: www.usatf.org.

EAST

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

November 2. New York City Marathon. 212-860-4455; www.nyrrc.com

November 8. USATF New England Cross-Country Championships, Boston, Mass. 617-566-7600; www.usatfne.org

November 8. Veterans Day 4K, Northport, N.Y. www.nrccrun.org

November 8. Pittsylvania Cross-Country Challenge, Pittsburgh, Pa. 724-464-2222.

November 9. Stockade-athon 15K, Schenectady, N.Y. hamletbryans@aol.com

ON TAP FOR NOVEMBER

TRACK AND FIELD

The San Jose Senior Games, Los Gatos, Calif., on the 2nd, and the Lions Waterloo Throwers Meet, Austin, Texas, on the 15th just about fill the bill.

LONG DISTANCE RUNNING

National Masters Championships rule the slate, with the 8K Cross-Country in Rochester, N.Y., on the 2nd; the One-Day, 24-Hour in San Diego, Calif., on the 8th; and the 5K Cross-Country in Holmdel, N.J., on the 23rd. The New York City Marathon on the 2nd kicks off a heavy 26.2-mile schedule, including the Santa Clarita Marathon, Calif., on the 2nd; the San Antonio Marathon on the 9th; the Richmond, Va., Marathon on the 15th; the Philadelphia Marathon on the 23rd; and the Seattle Marathon on the 30th. Cross-Country races dot the schedule, and there are enough Turkey Trots to satisfy any appetite. The first-ever WMA 100K Championships will be held in Taipei on the 16th.

RACEWALKING

The National Masters 20K Championships stride off on the 23rd in Coconut Creek, Fla. □

November 9. Marathon in the Parks, Montgomery County, Md. 301-767-0002; www.marathonintheparks.com

November 9. Veterans Day 10K, Washington, D.C. 301-871-0400; www.runwashington.com

November 16. NYRR Cross-Country 5K Championships, Van Cortlandt Park, Bronx. 212-423-2292; www.nyrrc.org

November 16. Little Bennett's Revenge Cross-Country 5K, Clarksburg, Md. 301-353-0200; www.mccrc.org

November 23. Citizens Bank Philadelphia Marathon & Rothman Institute 8K. 215-685-0054; philadelphiamarathon.com

November 23. NYRR Pete McArdle Cross-Country Classic 15K, Van Cortlandt Park, Bronx. See Nov. 16.

November 27. Manchester 4.75 Mile, Manchester, Conn. 860-643-5295; www.manchesterroadrace.com

November 27. 108th Greater Buffalo YMCA Turkey Trot 8K, Buffalo, N.Y. 716-565-6000; www.buffaloymca.org

November 29. NYRR Knickerbocker 60K, Central Park, NYC. 212-860-4455; www.nyrrc.com

November 30. Andover Country Club 6K Cross-Country Race, Andover, Mass. 978-373-3408.

November 30. Rob's Run Cross-Country 5K, Syosset, N.Y. 516-349-7646; www.gliirc.org

December 6. NYRR Hot Chocolate 15K, Central Park. 212-423-2292; www.nyrrc.org

December 14. NYRR Joe Kleinerman 10K, Central Park. See Dec. 6.

December 31. NYRR/Runner's World Midnight Run 4 Mile, Central Park. See

Continued on page 23

Continued from page 22

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

November 1. 29th Vulcan Run 10K, Birmingham, Ala. 205-445-0956; www.vulcanrun.com

November 6-8. Road Race Management Race Directors' Meeting, Ft. Lauderdale, Fla. 610-925-1976; www.rmm.com

November 8. Senior Bowl Charity Run 10K/ USA Men's National Championship, Mobile, Ala. 251-438-2276; www.seniorbowl.com

November 8. Long Leaf Trace Birthday Challenge, Prentiss, Miss. 1K for each year in your age group to 84. 601-792-5142(d).

November 9. USATF Georgia 50K Championships, Peachtree City, Scott Ludwig, 770-487-7445.

November 15. YMCA Turkey Trot 5K for Women, Bristol, Tenn. ywoffice@ywca.bristol.org

November 15. SunTrust Richmond Marathon & NTELOS 8K, Richmond, Va. 804-673-7223; richmondmarathon.com

November 16. Turkey 10 Miler, Mobile, Ala. 251-473-7223; www.pcpacers.org

November 22. Paul deBruyn Memorial 15K & 30K, Ormond Beach, Fla. www.active.com

November 27. Outback Distance Classic Half-Marathon, Jacksonville, Fla. www.1stplacesports.com

November 27. Atlanta Marathon & Half-Marathon, Atlanta, Ga. 404-231-9064; atlanta.trackclub.org

November 27. Hyatt 8K Turkey Trot, Charlotte, N.C. 704-554-1234, x2002; www.hyatt.turkeytrot.com

November 27. 19th annual Thanksgiving 10 Mile & 5K, DeLand, Fla. www.altavista.sports.com

November 27. St. Petersburg Times Turkey Trot 10K, Clearwater, Fla. www.tampabay.com/turkeytrot

November 30. Space Coast Marathon & Half-Marathon, Cocoa, Fla. 321-784-2075; www.spacecoastrunnersclub.org/marathon.html

December 6. OUC Orlando Half-Marathon & 5K, Orlando, Fla. 407-423-2476; www.orlandohalf.com

December 6. St. Jude Memphis Marathon & Half-Marathon, Memphis, Tenn. 800-877-5833; www.stjudemarathon.com

December 13. Huntsville Times Rocket City Marathon, Huntsville, Ala. 256-828-6207; www.huntsvilletrackclub.org

December 14. Florida Gulf Beaches Halfathon, Madeira Beach. 727-347-4440; www.floridahalf.com

December 14. Jacksonville Bank Marathon & Half-Marathon, Jacksonville, Fla. 904-731-1900; www.1stplacesports.com

January 9-11. Walt Disney World Marathon Weekend, Orlando, Fla. disneyworldsports.com

January 10. Charlotte Observer Marathon/Relay & 10K, Charlotte, N.C. 704-333-3688; www.runforpeace.active.com

January 24-25. Run Tampa/Bank of America Gasparilla 15K & 5K (24th)/Hops Marathon & Half-Marathon (25th) 813-229-7866; www.tampabayrun.com

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

November 8. Belle Isle Ultra, Detroit, Mich. 20M, 26.2M, 50K, 60K, 50M, & 100K. 810-625-6462.

November 22. The Downtown Mile, Fremont, Ohio. 419-334-5906; www.wf

montohio.org

November 27. Thanksgiving Turkey Trot 10K, Detroit, Mich. www.motorcitystriders.com

November 27. Running Spot Thanksgiving Day 10K, Cincinnati, Ohio. 513-241-6479; www.thanksgivingdayrace.com

MID-AMERICAColorado, Iowa, Kansas, Minnesota,
Missouri, N. Dakota, Nebraska,
S. Dakota

November 8. Rim Rock Run XI, 37K, Grand Junction, Colo. 970-243-4055; www.rimrockrun.org

SOUTHWESTArkansas, Louisiana, Mississippi,
Oklahoma, Texas

November 1. 28th annual White Rock Half-Marathon, Dallas. 214-321-3211; www.whiterockhalf.org

November 9. San Antonio Marathon, Relay, & 5K, San Antonio, Texas. 210-696-3797; www.samarathon.org

November 22. Oklahoma Marathon, Tulsa. 918-747-6336; www.oklahomamarathon.org

November 23. International Friendship 10K, McAllen, Texas. 956-682-1517; www.mc.allen.net

December 13. Sunmart Texas Trail Endurance Runs, Huntsville State Park. 50K & 50 Mile. For more information, contact John Welch, 210-494-9493; jwelch2@satx.IT.com

December 14. Dallas White Rock Marathon, Dallas, Texas. www.RunTheRock.com

January 18. hp Houston Marathon & Half-Marathon. 713-957-3453; www.hphouston.marathon.com

WESTArizona, California, Hawaii, Nevada,
New Mexico

November 2. Santa Clarita Marathon, Santa Clarita, Calif. (30 minutes n. of L.A.). 888-823-3455; www.scmarathon.org

November 2. 23rd Presidio 10 Mile, San Francisco. 415-939-5945; www.guardsmen.org

November 9. USATF Pacific 30K Championships, Clarksburg, Calif. Doug Thurston, 916-974-0786.

November 15. USATF SCA Masters/ Open Cross-Country Championships, Walnut, Calif. Skip Stooly, 310-453-7655

November 22. Turkey Trot 5K & 10K, Las Vegas, Nev. 702-450-4788; www.lasvegas.runningteam.com

November 23. USATF Pacific Masters/ Open Cross-Country Championships, San Francisco. Tim Watson, 415-648-1467.

November 27. Ralph's Dana Point Turkey Trot 10K, 5K, & Masters 5K, Dana Point, Calif. 949-496-1555; lisa@kinanevents.com; www.turkeytrot.com

November 30. 19th Run to the Far Side 5K & 10K, San Francisco. 415-759-2690; www.rhodyco.com

December 7. California International Marathon, Sacramento. 916-983-4622; www.runcim.org

December 7. Tucson Marathon/Relay & Half-Marathon, Tucson, Ariz. 520-320-0667; www.tucsonmarathon.com

December 14. Honolulu Marathon, Hawaii. 808-734-7200; www.honolulu.marathon.org

December 14. 26th annual Lasse Viren 20K, Pt. Mugu St. Park, (8 miles s. of

Oxnard), Calif. 805-652-1744; blumper@pacbell.net

January 10. Paramount 10K & Racewalk, Paramount, Calif. (L.A. suburb) 714-841-5417; www.nealand.com/finishline

January 11. Rock 'N' Roll Arizona Marathon & Half-Marathon, Phoenix. 800-311-1255; www.rnraz.com

January 18. San Diego Marathon & Half-Marathon, Carlsbad, Calif. 888-792-2900; www.sdmrathon.com

January 25. Las Vegas Marathon & Half-Marathon, Las Vegas, Nev. 702-876-3870; www.lvmarathon.com

NORTHWESTAlaska, Idaho, Montana, Oregon,
Utah, Washington, Wyoming

November 2. City of Trees Marathon & Half-Marathon, Boise, Idaho. 208-378-7160; www.CityofTreesMarathon.com

November 15. ORRC Clackamas Cross-Country 5K, Milwaukie, Ore. 503-646-7867; www.orrc.org

November 15. USATF Oregon M & O Cross-Country Championships, Sandy HS, Sandy, OR. 3:00 pm. XC Registrar, 471 Quarry Rd., Springfield, OR 97477. 541-504-1077; email:runjumpthrow@usatf-oregon.org

November 30. Seattle Marathon & Half-Marathon, Seattle, Wash. 206-729-3660; www.seattlemarathon.org

CANADA

November 9. CAN/AM East/28th annual OMTFA 8K Cross-Country Championships, Sunnybrook Park, Toronto. canadianmastersathletics.com

November 16. Ontario Masters 5K Cross-Country Championships, Guelph. www.3.sympatico.ca/ontario.masters

November 29. CMAA Cross-Country Championships, Sunnybrook Park, Toronto. canadianmastersathletics.com

INTERNATIONAL

November 16. WMA 100K Championships, Zan-en Dam, Taipei. www.iau.org.tw

November 16. Tokyo International Women's Marathon. www.asahi.com/tokyo-marathon/index.html

November 22. British & Irish Veterans Cross-Country, Celtic Manor, Newport. www.bvaf.org.uk

November 23. San Sebastian Marathon, San Sebastian, Spain. www.athlima.com

April 18-24. World Masters Athletics Non-Stadia Championships, Auckland, New Zealand. 10K/10K,20K, 30K, 50K, RW/Team Cross-Country/Ekiden Relay/ Half-Marathon. www.wma2004.org

May 8-14, 2006. World Masters Athletics Non-Stadia Championships, Vancouver, B.C., Canada. www.wma2006.org

RACEWALKING

November 8. USATF South Carolina One Hour RW Championships, Greenville. Heinrich Looser, 864-246-5101.

November 22-23. North American Racewalk Championships, Poza Rica, Vera Cruz, Mexico. amendez@conacyt.mx

November 23. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Bob Cella, 954-921-9190.

January 18. WCLA 10 Mile/Richard



SUZY HESS

Brent Cottong, M45 400 winner (56.13), Pan Pacific Masters Games, Sacramento, Calif., Aug. 1-3.

Oliver 5K Memorial Racewalks, Rose Bowl, Pasadena. Carol Ferris, 818-243-8818; caferris@earthlink.net



SUZY HESS

Corey Moody, M40 winner in the 400 and 800, Nevada Senior Games, Las Vegas, Oct. 4-5.

RECIPIENTS OF ALL-AMERICAN AWARDS

M30-34	Kareem Lanier	Mile	4:39	7-12-03
		5000	15:34.78	8-7-03
		3000	9:17.30	5-4-03
		3000	9:08.21	8-31-03
	Kyle Lanier	800	1:59.81	7-27-03
	Pat O'Shaughnessy	200	22.1	8-25-03
M35-39	Joe Dudman	5000	15:55.17	8-7-03
M40-44	Steve Cooper	800	2:00.61	8-7, 10-03
M45-49	Naim Hasan	400	53.93	6-28, 29-03
		100	11.8	6-7-03
	Kris Lettow	SP	13.22	8-30-03
		D	41.78	8-30-03
	Patrick Morris	D	37.98	9-21-03
	WF Newhall III	10K	35.51	9-21-02

M50-54	John Holmes	100hh	17.95	6-8-03
		400hh	67.59	8-8-03
	Bob Kortmann	100hh	17.74	7-19-03
M55-59	Allen Ray	25# W	14.72	9-07-02
		56# W	7.28	6-08-03
	Don Loewe	800	2.25	8-9-03
		1500	5.03	8-10-03
		5000	18.32	9-6-03
	Tom Rauscher	PV	3.60	6-5-03
	Ron Slozat	1500	5.10	7-14, 19-03

Wayne Turner	200	26.49	7-26-03	
Bob Weiner	3000sc	13:23.94	8-8-03	
M60-64	Mark Chapman	WP	3316	8-24-03
	Tim Collins	Pent	2897	7-25-03
	Dick Cunningham	PV	2.90	7-26-03
	Tom Hamilton	LJ	5.03	7-26-03
	George LaBelle	60m	8.66	7-18-02
	Gerard Masaczynski	5K	18.00	9-20-03
	Thom Weddle	1500	5:18.11	8-10-03
		5000	18:47.92	8-7-03
		10000	39:41.42	8-9-03

M65-69	Len Rosen	D	41.24	7-10-03
	Neil Saling	D	44.52	6-14, 15-03
M75-79	Bill Smallwood	200	34.54	6-25-03
W30-34	Kami Alessandro	5000	19:43.23	8-7-03
W40-44	Laura Charewicz	J	30.91	8-9-03
	Jill Ireland	5K	21.00	8-17-03
	Lynn Johnson	800	2:40.03	8-10-03

W45-49	Dianna Hall	5K	19.44	8-17-03
W50-54	Deborah Flores	5K	22.19	8-17-03
	Debbie Topham	5K rw	27:22.93	8-7, 10-03
		10K	58.03	8-10-03
		20K	2:04.54	4-13-03
		1500	5:45.88	8-7, 10-03
	Susie Willard			
W55-59	Phyllis Meade	100	15.51	8-4-03
		LJ	3.64	8-4-03
		HJ	1.24	8-4-03
W60-64	Karen Murphey	5M rw	32:34.91	8-7, 10-03
	Pauline Freeland	5K	25.48	8-17-03
	Kei Zehr	5K	23.30	8-17-03
W65-69	Rose Rockenbach	5K	27.55	8-17-03

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	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
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%	6-1%	5-9%	5-6	5-3	4-11	4-9	4-6%	4-1%	3-9%	3-3%	2-7%	
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%	13-5%	12-11%	12-1%	11-7%	10-0	8-10%	7-10%	7-6%	6-6%	5-10%	4-3%	
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	20-1%	19-2%	18-4%	17-8%	16-1%	14-9	13-9%	12-5%	10-11%	9-4%	7-2%	
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%	41-4%	37-8%	35-5%	34-1%	31-2	29-2%	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	42-11%	39-4%	42-0	37-8%	36-1%	29-6%	26-3	19-8%	
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	85-4	72-2%	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%	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	62-4	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%	45-11%	42-8	39-4%	32-9%	29-6%			19-8%	16-4%	13-1%	9-10	
Weight	15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
	49-2%	45-11%	43-5%	41-0%	46-9	43-5%	45-11%	43-5%	44-3%	38-6%	32-9%	28-8%	19-8%
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%	27-10%	26-3	19-8%	18-1%	16-4%	14-9	11-5%	9-10	8-2%	6-6%	
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: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"
 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; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
 8) Weight: 30-49: 35#; 50-59: 25#; 60-69: 20#; 70-79: 16#; 80+: 12#
 9) Pen/Dec/Wt.Pent: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).
 10) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

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
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2											
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
HJ	1.40	1.35											

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 metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Nutmeg State Games
New London, CT; July 12-20

100m

M30 Mark Coley	12.43
M35 Mark Manson	12.85
M40 Johnny Posey	12.63
M45 Mark Cassidy	13.50
M50 Stephen Bates	12.35
M65 Edward Soderberg	24.19
W60 Adlin Mair	15.75

200m

M30 Mark Coley	25.70
M35 Richard Palma	25.51
M40 Johnny Posey	26.57
M45 Mark Cassidy	26.84
W60 Adlin Mair	32.28

400m

M40 Gino Caro	59.66
M45 Mark Cassidy	59.49
M50 Samuel Lewbel	1:08.08
M55 Julian Nichols	1:17.72
M70 Y M Naci	1:35.28
W40 Katie Schumacher	1:23.80
W60 Adlin Mair	1:18.00

800m

M40 Robert Dunkle	2:31.40
M45 Leonard Discenza	3:02.79
M55 Julian Nichols	2:50.11
M65 Jerry Lavasseur	2:57.10
M70 Y M Naci	3:58.64
W40 Katie Schumacher	3:28.64

1500m

M40 Robert Dunkle	5:17.05
M55 Julian Nichols	6:10.52
M65 Jerry Lavasseur	6:17.31

Mile

W40 Katie Schumacher	7:04.08
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2 Mile

M45 Joseph Steele	NTA
M55 Julian Nichols	NTA
M65 Edward Soderberg	NTA

Short Hurdles

M50 Robert Kortmann	17.45
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High Jump

M50 Robert Kortmann	1.37
W40 Stacy Schieffelin	1.17

Pole Vault

W30 Carrie Palange	7-6
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Long Jump

M35 Richard Palma	19-5
M45 Mark Cassidy	15-10
M50 Robert Kortmann	15-3
W40 Katie Schumacher	10-7

Triple Jump

M35 Richard Palma	33-5
M50 Robert Kortmann	26-10

Shot Put

M30 Adam Freyler	47-8
M45 Jeffrey Tucker	37-6.50
M50 Thomas Cieslowski	38-2.50
M55 Ed Root	29-6
M70 James Duncan	37-3.50
W40 Katie Schumacher	21-4

Discus

M30 Adam Freyler	149-1
M45 Dan Wallace	111-11
M50 Thomas Cieslowski	121-1
M55 William Hayes	81-5
M60 Roger Busch	147-8
M70 William Barker	99-4
W40 Patricia Daignault	87-2

Hammer

M30 John Haviland	100-1
M45 Dan Wallace	113-9
M50 Thomas Cieslowski	96-2
M70 William Barker	104-5

Javelin

M50 Thomas Cieslowski	35.47
M55 Will Russell	38.49
M65 Robert Youngs	38.92
M70 James Duncan	39.72

5K Road Race

M35 Michael Caudell	19:56
M45 Gary Burak	19:40

M50 Paul Szymanski	18:29
M65 Joe Liechty	21:17
M80 Ed Bumham	34:51

W35 Deondra Seamon	26:07
W40 Beth Hunemuller	25:29
W50 Shirley Bankovich	26:51
W55 Carol Johnson	25:55
W70 Rosalie Amos	40:19

(The results for the Nutmeg State Games in the October issue were actually those of the Granite State Games. The above are the correct results for the Nutmeg State Games.)

1st International Implements Challenge, Dartmouth College Hanover, NH; Aug. 16-17

16# Shot Put

M30 Jeff Fleury	12 13
M35 Bill Cotter	12 27
M40 Brian Doherty	9 09
M45 Don Filkins	11 58
Mark Putnam	9 15
M50 Knut Hjeltmes	13 74

Bill Sutherland	11 29
Carl Reichard	10 73
Carmen Letizia	10 59
M55 Charles Roll	12 27
Bob Mead	12 11
Dave Tousignant	8 45
M60 Carl Wallin	12 42
Bob Harvey	10 36
Vlad Stelnitski	6 56
M65 Nick Leras	5 78
M70 Sam Messiter	6 89

16# Hammer

M30 Erik Probsfield	56 55
M35 Bill Cotter	45 11
M40 Brian Doherty	38 44
M45 Don Filkins	38 44
Mark Putnam	28 58
M50 Bill Sutherland	48 32
Carl Reichard	40 92
Carmen Letizia	28 72
M55 Dave Tousignant	35 10
M60 Carl Wallin	40 17
Vlad Stelnitski	23 91
M65 Nick Leras	22 36
M70 Sam Messiter	16 89
M75 Jim Crawford	20 27

Open Women's 4k Hammer

1 Bethany Hart	26 62 21
2 Alexandra Earl Givens	33 58 83

2kg Discus

M30 Jeff Fleury	34 89
M35 Bill Cotter	38 67
M40 Brian Doherty	28 27
M45 Don Filkins	32 78
Mark Putnam	24 76
M50 Knut Hjeltmes	52 AR 49 53
Carl Reichard	29 11
Carmen Letizia	28 85
M55 Bob Mead	30 00
M60 Bob Harvey	27 79
Carl Wallin	26 33
Vlad Stelnitski	19 25
M65 Nick Leras	27 68
Len Rosen	27 04
M70 Sam Messiter	20 28

800g Javelin

M40 Brian Doherty	37 88
M45 Mark Putnam	26 73
M50 Carl Reichard	32 88
Carmen Letizia	32 18
M55 Bill Hayes	27 05
M60 Carl Wallin	37 91
Bob Harvey	24 96
Vlad Stelnitski	17 07
M65 Nick Leras	19 30
M70 Sam Messiter	25 50

Open Javelin

1 Sean Furey	20 70 83
2 Rich DeStephano	32 70 50

35# Weight Throw

M40 Brian Doherty	11 55
M45 Bob Cedrone	13 30
Don Filkins	12 66
Mark Putnam	8 69
M50 Carl Reichard	13 11
Carmen Letizia	10 13
M55 Bob Mead	13 15
M60 Carl Wallin	61 WR 13 42
Bob Harvey	8 44
Vlad Stelnitski	7 33
M65 Nick Leras	7 55
M70 Sam Messiter	7 50

Delaware Fall Throwers Classic Newark; Sept. 21

Javelin

F61 R. Katz	17.56
F68 A. Cirulnick	12.19
M39 S. Hannay	60.07
M43 S. Krall	50.43

Shot Put

Wallin 5k	47-3.5
Filkins 6k	43-8.5
Reichard 6k	38-11
Sam Messiter 75 4k	33-5.5

Discus

Nick Leras 1k 69	117-9
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Shot Put

Carl Wallin age-62WR	39-2.75
Don Filkins	49 38-4
Carl Reichard	51 36-3.5
Mark Putnam	45 31-9.5
Brian Doherty	43 31-7

Shot Put

Wallin 5k	47-3.5
Filkins 6k	43-8.5
Reichard 6k	38-11
Sam Messiter 75 4k	33-5.5

Discus

Nick Leras 1k 69	117-9
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Shot Put

Carl Wallin age-62WR	39-2.75
Don Filkins	49 38-4
Carl Reichard	51 36-3.5
Mark Putnam	45 31-9.5
Brian Doherty	43 31-7

Shot Put

Wallin 5k	47-3.5
Filkins 6k	43-8.5
Reichard 6k	38-11
Sam Messiter 75 4k	33-5.5

Discus

Nick Leras 1k 69	117-9
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Shot Put

Carl Wallin age-62WR	39-2.75
Don Filkins	49 38-4
Carl Reichard	51 36-3.5
Mark Putnam	45 31-9.5
Brian Doherty	43 31-7

M45 G. Geraci	56 47
M49 N. Helfrich	35 00
M54 R. Salvo	22 78
M55 G. Weaver	35 58
M58 S. Karlmain	31 99
M62 J. Kenney	46 20
M62 J. Lang	42 20
M63 J. Sullivan	27 07
M64 J. McDonald	25 95
M62 V. Strelnitski	19 41
M67 F. Illuzzi	39 24
M66 B. Kuegler	27 87
M75 S. Kiwitz	31 23
M80 B. Pow rWaters	15 94

Hammer

F43 N. Lewis	50 22
F61 R. Katz	25 25
F68 A. Cirulnick	20 15
M34 A. Halvorson	61 85
M31 L. Chisari	57 33
M39 S. Hannay	36 68
M36 P. McDonald	23 10
M63 M. Bersch	43 30
M49 C. Shields	48 68
M49 N. Helfrich	22 86
M54 R. Salvo	26 67
M56 T. Shuman	43 10
M55 G. Weaver	32 18
M63 J. Bronstein	34 29
M62 V. Strelnitski	33 23
M64 J. McDonald	21 96

Weight Throw

F43 N. Lewis	17 74
F61 R. Katz	10 21
F68 A. Cirulnick	7 84
M31 L. Chisari	17 24
M44 G. Milanovich	11 16
M49 N. Helfrich	8 93
M54 R. Salvo	8 84
M57 C. Roll	14 81
M55 G. Weaver	11 61
M63 J. Bronstein	15 22
M62 V. Strelnitski	12 11
M64 J. McDonald	9 97
M67 B. Kuegler	11 25

Shot Put

F43 N. Lewis	14 66
F61 R. Katz	7 27
F68 A. Cirulnick	7 26
M31 K. Lawson	12 40
M31 P. McDonald	11 59
M39 S. Hannay	12 92
M40 G. Thompson	15 69
M44 W. Taylor	14 53
M44 G. Milanovich	13 19
M49 N. Helfrich	8 91
M50 G. Castelli	12 77
M52 M. Kalnas	10 98
M54 D. Valaset	11 01
M57 C. Roll	14 21
M56 J. Destefano	12 57
M56 T. Shuman	9 96
M62 J. Kenney	11 29
M63 J. Bronstein	11 04

Discus

M60 J. Kalnas	10 49
M63 J. Sullivan	9 72
M62 V. Strelnitski	7 63
M66 B. Kuegler	12 55

Discus

F43 N. Lewis	42 71
F61 R. Katz	19 49
F68 A. Cirulnick	15 97
M31 K. Lawson	47 01
M36 P. McDonald	29 22
M39 S. Hannay	37 55
M40 G. Thompson	48 54
M44 W. Taylor	45 00
M47 H. Pinque	40 13
M48 P. Morris	37 98
M47 J. Kalnas	34 92
M49 N. Helfrich	27 45
M54 J. Selcher	38 10
M50 G. Castelli	32 84

Discus

M54 R. Salvo	28 57
M55 G. Weaver	37 32
M56 T. Shuman	39 93
M57 C. Roll	36 28
M56 J. DeStefano	37 25
M62 L. Pratt	51 83
M63 J. Bronstein	39 90
M62 J. Lang	34 50
M62 J. Kenney	32 71
M64 J. McDonald	29 58
M62 V. Strelnitski	26 02
M63 J. Sullivan	25 98
M65 R. Van Put	37 67
M66 B. Kuegler	32 67
M80 B. Pow rWaters	23 20

Discus

M54 R. Salvo	28 57
M55 G. Weaver	37 32
M56 T. Shuman	39 93
M57 C. Roll	36 28
M56 J. DeStefano	37 25
M62 L. Pratt	51 83
M63 J. Bronstein	39 90
M62 J. Lang	34 50
M62 J. Kenney	32 71
M64 J. McDonald	29 58
M62 V. Strelnitski	26 02
M63 J. Sullivan	25 98
M65 R. Van Put	37 67
M66 B. Kuegler	32 67
M80 B. Pow rWaters	23 20

Discus

M54 R. Salvo	28 57
M55 G. Weaver	37 32
M56 T. Shuman	39 93
M57 C. Roll	36 28
M56 J. DeStefano	37 25
M62 L. Pratt	51 83
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M66 B. Kuegler	32 67
M80 B. Pow rWaters	23 20

Discus

M54 R. Salvo	28 57
M55 G. Weaver	37 32
M56 T. Shuman	39 93
M57 C. Roll	36 28
M56 J. DeStefano	37 25
M62 L. Pratt	51 83
M63 J. Bronstein	39 90
M62 J. Lang	34 50
M62 J. Kenney	32 71
M64 J. McDonald	29 58
M62 V. Strelnitski	26 02
M63 J. Sullivan	25 98
M65 R. Van Put	37 67
M66 B. Kuegler	32 67
M80 B. Pow rWaters	23 20

Discus

M54 R. Salvo	28 57
M55 G. Weaver	37 32
M56 T. Shuman	39 93
M57 C. Roll	36 28
M56 J. DeStefano	37 25
M62 L. Pratt	51 83
M63 J. Bronstein	39 90
M62 J. Lang	34 50
M62 J. Kenney	32 71
M64 J. McDonald	29 58
M62 V. Strelnitski	26 02
M63 J. Sullivan	25 98
M65 R. Van Put	37 67
M66 B. Kuegler	32 67
M80 B. Pow rWaters	23 20

Discus

M54 R. Salvo	28 57
M55 G. Weaver	37 32
M56 T. Shuman	39 93
M57 C. Roll	36 28
M56 J. DeStefano	37 25
M62 L. Pratt	51 83
M63 J. Bronstein	39 90
M62 J. Lang	34 50
M62 J. Kenney	32 71
M64 J. McDonald	29 58
M62 V. Strelnitski	26 02
M63 J. Sullivan	25 98
M65 R. Van Put	37 67
M66 B. Kuegler	32 67
M80 B. Pow rWaters	23 20

Discus

M54 R. Salvo	28 57
M55 G. Weaver	37 32
M56 T. Shuman	39 93
M57 C. Roll	36 28
M56 J. DeStefano	37 25
M62 L. Pratt	51 83
M63 J. Bronstein	39 90
M62 J. Lang	34 50
M62 J. Kenney	32 71
M	

Continued from previous page

--- M65 ---
 1 John Henry Martin 14.85m 8.15m 26.50m 11.75m 6.92m
 Unattached 48-09 26-09 86-11 38-06 22-08.5
 Age-Graded Percent 27.14% 51.88% 44.76% 19.68% 33.76%
 M65 1915 (248) (606) (527) (153) (381)

--- M70 ---
 1 Ray Feick 36.45m 11.24m 32.33m 32.00m 16.84m
 Unattached 119-07 36-10.5 106-01 105-00 55-03
 Age-Graded Percent 67.7% 63.29% 61.65% 56.74% 84.28%
 M71 4173 (821) (767) (781) (676) (1128)

--- M100 ---
 1 Everett Hosack 4.54m 2.79m 5.75m 5.95m 3.32m
 OTHTC 14-11 9-02 18-10 19-06 10-10.75
 Age-Graded Percent 53.98% 81.82% 48.4% 82.41% 53.98%
 M101 3973 (624) (1032) (581) (1060) (676)

Open Throws Results (6 throws)

Shot Put
 M40 Frank Makozay 9.17
 M45 Leonard Vogt 11.30
 M60 Mickey Bitsko 12.53
 M65 John Martin 9.95
 M70 Ray Feick 11.54
 W55 Erika Szanto 8.38

Discus
 M40 Frank Makozay 29.67
 M45 Leonard Vogt 27.99
 M60 Mickey Bitsko 39.50
 John Sloan 31.47
 M65 John Martin 26.50
 M70 Ray Feick 32.55
 W55 Erika Szanto 22.16

Hammer
 M45 Leonard Vogt 18.47
 M55 Rex Harvey 35.91

M60 Mickey Bitsko 45.85
 John Sloan 27.14
 M65 John Martin 14.85
 M70 Ray Feick 36.45
 W50 M Craig 17.66
 W55 Erika Szanto 23.60

Javelin
 M40 Frank Makozay 36.25
 M45 Charlie Green 51.64
 Leonard Vogt 39.00
 M60 John Sloan 32.51
 Mickey Bitsko 30.05
 M70 Ray Feick 32.00
 W55 Erika Szanto 17.34

Weight
 M45 Leonard Vogt 6.90
 M60 Mickey Bitsko 15.31
 W55 Erika Szanto 8.84

SOUTHWEST

Arkansas Senior Olympics
 Hot Springs; Sept. 11-14

100m

M50 Mike Trexler 12.06
 David Cotner 12.25
 Jim Dolezel OK 13.15
 Bob Maseratti 13.93
 M55 Dan Ursery LA 13.84
 Johnnie Hopgood 14.40
 Thomas Mowry 15.68
 M60 William Johnston FL 13.62
 Leonard Hill 13.75
 Malachi McGruder MI 14.15
 M65 Roy Davis 14.25
 Spence Flowers 16.34
 M70 John Wall TN 15.18
 Bob Alexander TN 15.31
 Jack Mayberry 17.84
 Gus Richards 19.06
 Rudi Florreich 19.09
 M75 Robert Jantz 22.40
 W55 Normiman Arthur 16.31
 Carol Stricklin TN 16.81
 W60 Mary Gilbert 20.46
 W65 Frances Barger 22.78
 W75 Susan Schlemm KY 21.62
 W80 Velma Morris 49.68

200m
 M50 David Cotner 25.09
 Don Erwin 32.00
 M55 Dan Ursery LA 28.81
 Johnnie Hopgood 31.00
 Johnny Glaze 34.78
 M60 Leonard Hill 29.25
 Malachi McGruder MI 30.50
 David Samuel 34.25
 Ed Ba,tjrp] 38.43
 M65 Roy Davis 28.56
 Spence Flowers 35.34
 M70 Bob Alexander TN 31.96
 Jack Mayberry 32.71
 John Wall 32.84
 Rudi Florreich 41.81
 M75 Foster Doty 39.68
 Robert Jantz 46.50
 M85 Roderick Parker 33.87
 W55 Carol Stricklin TN 36.56
 Normimah Arthur 36.96
 W65 Frances Barger 51.56

400m
 M50 Bob Maseratti 1:06.62
 Norman Gillespie 1:07.81
 Don Erwin 1:08.43
 M55 Thomas Mowry 1:16.75
 Johnnie Hopgood 1:20.87
 John Glaze 1:23.96
 M60 David Samuel 1:16.90
 John Roleson 1:35.37
 M65 Roy Davis 1:10.65
 Edwin Gautreau LA 1:27.96
 M70 Bob Alexander TN 1:18.09
 Sunao Yamanak 1:33.00
 Cecil Earp 1:34.09
 Rudi Florreich 1:47.84

M75 Foster Doty 1:29.40
 W50 Amngie Ransom 1:23.28
 W55 Carol Stricklin TN 1:35.87
 Normimah Arthur 1:48.31
 W60 Sandra Jansen 2:02.34
 W65 Frances Barger 1:55.34
 W75 Shirley Goff 2:05.06

800m
 M50 Richard Morgan LA 2:29.46
 Don Erwin 2:53.37
 Norman Gillespie 3:04.59
 M55 Jon Benedict 3:01.20
 Thomas Mowry 3:26.03
 M60 David Samuel 3:16.21
 Jack Lowe TN 3:30.15
 Ed Balthrop MS 3:45.09
 M65 Edwin Gautreau LA 4:11.40
 M70 Sunao Yamanak 3:18.25
 M75 Foster Doty LA 3:23.59
 W50 Angie Ransom 3:08.25
 W75 Shirley Goff 4:37.03

1500m
 M50 Richard Morgan LA 4:54.12
 Tom Aalovdek 5:30.03
 Norman Gillespie 6:12.40
 M60 David Samuel 6:35.87
 Jack Lowe TN 7:02.78
 John Roleson 7:51.50
 M70 Sunao Yamanak 6:55.56
 Cecil Earp 7:49.30
 Carter Burnside MS 8:11.62
 M75 Foster Doty LA 6:48.21
 Robert Jantz LA 9:26.75
 W50 Angie Ransom 6:00.71
 W75 Shirley Goff 9:05.84

High Jump
 M50 Norman Gillespie 4-4
 Steven Jones 4-0
 Bob Maseratti 3-10
 M55 Johnston Ewing 4-6
 John Benedict 3-10
 John Bridges 3-10
 M60 Jerry McBride 4-8
 William Joe Johnston 4-8
 Jim Bodge 4-4
 M65 Beckman 4-4
 John Chism 3-6
 Spence Flowers 3-6
 M70 Roy Morgan 3-8
 M75 John Poche 3-8
 W55 Carol Stricklin 3-6

Pole Vault
 M55 Charles Lemley 9-0
 Johnston Ewing OK 9-0
 M60 Jerry Burns 8-0
 W55 Carol Stricklin 5-1

Long Jump
 M50 Jim Dolezel OK 16-0
 David Cotner 13-9.75
 Bob Maseratti 12-2
 M55 Dan Ursery LA 15-10.75
 Richard Comer 14-3.25
 Johnnie Hopgood 12-10
 Jon Benedict 11-2
 M60 Wm Joe Johnston FL 15-2.25
 Jim Bodge 14-3.50

Jerry McBride 13-10.25
 William Ewing TN 9.6.50
 M65 Paul Beckman 13-4
 Spence Flowers 10-10.50
 M70 Eugene Mitchell 10-6.25
 Ned Tanner 8-10.50
 James Smith 6-10
 M75 John Poche LA 7-11
 Jack Floyd 6-8.75
 M80 Lloyd Smith 6-6.25
 W50 Susan Clower 7-2.50
 W55 Carol Stricklin TN 10-1
 Normimah Arthur NDA
 W60 Carolyn Wallace 6-8
 W65 Marge Burge 6-4.75
 W75 Susan Schlemm KY 8-2
 W85 Helene Keen 6-3

Shot Put
 M50 Ed Horvath 35-3
 Max Brantley 30-4
 Bob Maseratti 29-1
 M55 Vincent Breaux LA 35-11
 Gary Hays 29-6
 Dale Pennell 28-7.50
 Thomas Mowry 28-9
 M60 Julius Cassels LA 38-6
 Harold Landry LA 35-9
 Jerry McBride 33-7.50
 Leonard Hill 31-7
 Wm Joe Johnston FL 31-6.50
 Francis McEvoy 30-2
 M65 Don North LA 36-2.50
 David Bower 35-5.50
 Paul Beckman 30-2.50
 M70 Lyndle Taylor 32-10-50
 Milton Brady LA 30-6
 Bob Gravett 29-11
 James Smith 29-9
 M75 Jack Floyd OK 30-9
 John Poche LA 29-0
 Robert Jantz LA 25-9.50
 M80 Lloyd Smith 19-11
 M85 Edwin Reed 18-11
 W50 Susan Clower 24-8
 Janet Morrison 19-8
 Peggy Trail 18-4.50
 W55 Carol Stricklin 23-6.50
 Glenda Byrd 23-3.50
 Shirley Frost 19-10
 M60 Mary Gilbert 21-8
 Naomi Smith 21-5
 Madeline Smith 20-6.50
 W70 Betty Imboden 18-4.50
 Reba Bolinger 16-5.50
 Bonnie Fite 15-5.50
 W75 Wilma Whorton 16-2.50
 W85 Ethel Peters 9-4
 W90 Marie Hunt 8-11

Discus
 M50 Roy Wood 108-6
 Max Brantley 104-5
 Ed Horvath 95-3
 M55 Len Randel 124-6
 Vincent Breaux 109-4
 Gary Hayes 77-8
 M60 Swayne McCauley TN 138-0
 Richard Stag LA 121-9
 Malachi McGruder MI 120-9
 Francis McEvoy 119-11
 Jerry McBride 88-5
 J C Sanford 66-11
 M65 Jack Fant 90-2
 Don North 87-3
 Paul Beckman 84-6
 M70 Lyndle Taylor 88-8
 Milton Brady LA 85-2
 Bob Gravett 77-3
 James Smith 76-3
 M75 Jack Floyd OK 104-2
 John Poche LA 71-10
 Robert Jantz LA 66-11
 Harold May 53-10
 M80 Dick Bledsoe 70-10
 Jesse Ramdel 61-3
 Lloyd Smith 56-8
 M85 Edwin Reed 46-9
 Everett Bolton 39-8
 W50 Susan Clower 65-0
 W55 Joyce Hopgood 59-0
 Carol Stricklin TN 57-0
 Glenda Byrd 45-10
 W60 Alice Tym TN 60-0
 Naomi Smith 57-2
 Carolyn Wallace 59-2
 Mary Jane Gilbert 48-6

W65 Joyce Arguello 48-2
 W70 Bonnie Fite 34-7
 Reba Bolinger 23-4
 W75 Wilma Whorton 34-6
 Mary Epps 26-0
 W80 Velma Morris 25-2
 W85 Ethel Peters 21-2
 W90 Marie Hunt 18-0

Javelin
 M50 Steven Jones 92-7
 Roy Wood 66-3
 Ed Hovarth 65-11
 M55 Vincent Breaux OK 129-3
 Rich Comer 94-0
 Johnnie Hopgood 92-9
 Pennell 72-10
 M60 Malachi McGruder 136-2
 William Johnston 99-6
 Jerry McBride 99-4
 M65 Don North 114-8
 Jack Fant 103-5
 Paul Beckman 91-11
 M70 Milton Brady LA 82-3
 Jack Haller 77-1
 John Gramlich 74-6
 F Gibbon 71-7
 M75 John Poche 83-6
 Jack Floyd 77-6
 Tom Moxley 41-3
 M80 Dick Bledsoe 66-6
 M85 Everett Bolton 36-10
 W50 Susan Clower 62-9
 Morrison 58-10
 Trail 31-2
 W55 Carol Stricklin TN 64-9
 J Hopgood 44-7
 Shirley Frost 38-11
 Glenda Byrd 38-8
 W60 Alice Tym TN 57-0
 Naomi Smith 53-10
 Carolyn Wallace 44-9
 Gilbert 34-10
 W65 M Burge 30-1
 W70 Bonnie Fite 22-3
 Reba Bolinger 19-5
 W75 Wilma Whorton 24-0
 W85 Helene Keen 25-8
 W90 Marie Hunt 17-10

5K Road Race
 M50 Tom Zaloudek 20:06.77
 Jerry Rephan 21:12.41
 M55 Thomas Mowry 28:34.82
 M60 Jack Lowe TN 25:48.39
 M65 Richard Gladden 30:40.31
 M70 Sunao Yamanaka 24:50.58
 Cecil Earp 28:50.51
 Carter Burnside MS 33:16.99
 M75 Foster Doty LA 25:56.78
 M85 Albert Davis 29:43.77
 W50 Angie Ransom 21:15.53
 Karen Mowry 18:31.53
 W60 Mary Brinkman 29:15.72
 W65 Frances Barger 34:05.05

Lions/Waterloo Relays/USATF
 Southwest Regional Masters
 Championships
 Austin, TX; Sept. 20

100m
 M30 Cesar Cespedes 11.31
 Selwyn Dews 11.58
 Hugo Estrada 11.81
 M35 Lomoda Brown 12.34
 M40 Bernard Scott 12.51
 Antone Eason 13.38
 Stefan Stefansson 13.51
 Robert Nelson 14.68
 M45 Bryan Shilcutt 12.95
 Derrick McBay 13.11
 Byron Ware 13.28
 Kent Accord 15.78
 M50 Will McHone 12.60
 Richard Riddle 12.97
 Sergio Angulo 13.00
 Jim Dolezel 13.17
 M55 Bill Lewis 12.71
 Wayne Turner 12.88
 Michael Vaught 14.68
 M60 Don Denson 12.78
 Ed Epperson 15.71
 Ben Nowotny 16.41
 M65 Wayne Bennett 13.40
 John Head 14.53
 M70 Joe Summerlin 14.27
 M75 John Goggin 19.87

W30 Jennifer Price 13.32
 Kathy Wilde 13.72
 W50 Oneala O'Briant 15.74
 W55 Laurie Barton 17.13
 W60 Shelly Shitlock 17.46
 W65 Marion Coffey-Carney 17.93
 Phyllis Provost 20.66
 W70 Georgie Goggin 22.07
 W75 Lillie Doss 27.03

200m
 M30 Hugo Estrada 24.25
 Arthur Lopez 26.76
 M35 Todd Counter 26.66
 M40 David Saye 24.40
 Derwood Kirby 28.27
 Robert Nelson 29.67
 Antone Eason 31.98
 M45 Byron Ware 27.44
 Kent Accord 33.61
 M50 Will McHone 26.17
 Richard Riddle 27.11
 Lamar Galloway 27.68
 Clint Harris 28.38
 M55 Bill Lewis 25.87
 Wayne Turner 26.81
 M60 Don Denson 27.13
 Pete Clarke 28.33
 M65 Wayne Bennett 27.60
 M70 Joe Summerlin 30.37
 W30 Jennifer Price 27.53
 Kathy Wilde 28.23
 W50 Oneala O'Briant 33.73
 W65 Marion Coffey-Carney 39.87
 W75 Lillie Doss 1:15.46

400m
 M30 Arthur Lopez 57.77
 M40 Robert Nelson 1:02.74
 Derwood Kirby 1:03.95
 M45 Robert Fiedler 1:00.41
 Tom Biddison 1:00.98
 M50 Clint Harris 1:06.91
 M60 Pete Clarke 1:04.00
 Ed Epperson 1:18.05
 W35 Lisa Render 1:21.76
 W45 Betsy Fiedler 1:26.00

800m
 M30 Arthur Lopez 2:13.0h
 M45 Michael Rutledge 2:22.0h
 Robert Nelson 2:37.0h
 M50 Ben Korman 3:15.0h
 M60 John Hesley 2:50.0h
 W40 Aja James 3:00.0h
 W65 Phyllis Provost 4:16.0h
 W75 Lillie Doss 6:09.0h

1500m
 M30 Arthur Lopez 5:03.0h
 M45 Mac Allen 4:30.0h
 Michael Rutledge 5:02.0h
 M50 Rene Trevino 6:20.0h
 Ben Korman 7:14.0h
 M60 John Hesley 6:19.0h
 W40 Lynn Doelger 5:00.0h
 W65 Phyllis Provost 8:40.0h

3000m
 M35 Dwight Galbi 11:40.0h
 M40 Travis Russell 9:54.0h
 M45 Michael Rutledge 10:35.0h
 M50 Ben Wiley 11:44.0h
 John Nowinski 15:30.0h
 W30 Mindy Taylor 12:40.0h
 Wendy Kleck 15:13.0h
 W75 Lillie Doss 25:36.0h

Short Hurdles
 M40 Jeff Brower 13.99
 M45 Bradley Gardner 18.42
 W35 Lisa Render 21.41

Long Hurdles
 M40 Sergio Angulo 1:09.54
 M45 Bryan Shilcutt 1:11.21
 Bradley Gardner 1:15.88

4x100m Relay
 M30 Waterloo (Eason/ Hamilton/Galloway/Bynum) 46.61

1500m RW
 M40 Alberto Medina 7:37.39
 M60 Jorge I Roman 8:35.80
 M75 Teofilo T Franoy 11:17.31
 Gene Eastman 11:36.62
 Leonard Stern 11:40.80

3000m RW
 M40 Alberto Medina 16:00.38
 M60 Jorge H Roman 18:05.14
 John Knifton 19:10.11
 M75 Teofilo T Franoy 22:32.94
 Leonard Stern 24:28.11

High Jump
 M40 Jeff Brower 5-6
 Stefan Stefansson 5-2
 M45 Ken Ellis 5-10
 Coy Akers 5-4
 Paul Davis 5-2
 M50 Sil Bosch 5-8
 John Barton 4-8
 Jim Dolezel 4-8
 M60 Jerrol Springer 3-10
 M65 Ralph Reiche 4-8
 M75 Ed Williams 3-8
 John Goggin 3-6
 M80 Adolph Hoffman 3-8
 W55 Laurie Barton 4-1
 W60 Shelly Whitlock 3-6
 W65 Phyllis Provost 3-4
 W70 Georgia Goggin 2-10

Long Jump
 M35 Tyrus Jefferson 21
 M40 Antone Eason 17-3
 Robert Nelson 11-5
 M50 Jim Dolezel 16-2.50
 Sergio Angulo 14-10
 Sil Bosch 14-8
 Clint Harris 14-5.50
 M60 Ben Nowotny 11-6
 Jerrol Springer 9-8
 M75 John Goggin 9-8
 M80 Adolph Hoffman 9-10
 W30 Kathy Wilde 15-5
 Wendy Kleck 10-2
 W55 Laurie Barton 10-10
 W65 Phyllis Provost 6-5.50
 W70 Georgia Goggin 5-5.50

Triple Jump
 M35 Cliff Wiese 23-7
 M50 Sil Bosch 33-6
 Jim Dolezel 32-9
 M60 Jerrol Springer 21
 M80 Adolph Hoffman 20-11

Shot Put
 M35 Brian Suter 44-10
 M45 Ken Ellis 36-10
 Jed Jackson 35-3
 M50 Dan Roloff 40-10
 Sil Bosch 35-5
 Danny Wright 32-3
 M60 Thomas Gage 48-8.50
 John Coniff 40-5.50
 M65 Dean Hesse 40-1
 John Cantrell 38-8
 Harold Crater 35-5.50
 Ralph Reiche 27-9.50
 M70 Jim Gerhardt 37-7
 Jim Carney 30-7
 M75 Fred Adams 21-2
 M80 Adolph Hoffman 28-3
 W30 Kathy Wilde 33-6
 W40 Kay Landes 15-9.50
 W50 Diana Gutierrez 34-11
 Oneala O'Briant 28-5
 W65 Phyllis Provost 19-1
 W70 Georgia Goggin 16-6
 W85 Evelyn Notwotny 17-7.50

Discus
 M35 Dave Rothenbury 142-2
 Brian Suter 108-4
 M45 Ken Ellis 118-4
 Don Arnold 81-7
 M50 Dan Roloff 118-9
 Danny Wright 116-2
 John Stilbert 107-9
 M60 Thomas Gage 161-2
 Robert Harrell 161-0
 John Coniff 137-10
 Jerrol Springer 120-0
 M65 Dean Hesse 116-9
 John Cantrell 110-3
 Harold Crater 110-1
 Ralph Reiche 81-11
 M70 Jim Gerhardt 117-9
 Jim Carney 88-6
 M75 Agapito Ybarra-Rocha 75-2
 Fred Adams 57-5
 John Groggin 53-3
 M80 Adolph Hoffman 81-1
 Guy Sievert 59-6
 W40 Kay Landes 52-1
 W45 Carol Finsrud 154-5
 W50 Diana Gutierrez 95-6
 Rickie Wright 51-2
 W65 Phyllis Provost 56-2
 W70 Georgia Goggin 38-6

Continued on next page

Continued from previous page

W75 Sara Sievert	35-9
Hammer	
M35 Dave Rothenbury	133-1
M45 David Bolles	100-3
M50 Dan Roloff	105-7
M60 Thomas Gage	192-3
Howard Zingg	100-3
John Coniff	93-9
M65 Harold Crater	100-6
John Cantrell	90-3
M70 Jim Gerhardt	73-3
M75 Fred Adams	60-3
Agapito Ybarra-Rocha	73-3
M80 Adolph Hoffman	73-5
W45 Carol Finsrud	147-8
Javelin	
M35 Mike Smierciak	188-6
M45 Ken Ellis	150-4
Glen Dickson	133-7
Don Arnold	105-1
M50 Dan Roloff	127-10
M55 David Middour	89-0
Michael Vaughn	87-6
M60 Robert Harrell	131-9
John Coniff	106-5
Howard Zingg	85-0
Ed Epperson	63-6
M65 Jack Parker	116-9
John Cantrell	91-9
Harold Crater	85-3
Ralph Reiche	71-10
M70 Jim Gerhardt	102-7
M75 Agapito Ybarra-Rocha	72-4
Fred Adams	51-6
John Goggin	36-6
M80 Adolph Hoffman	70-2
Guy Sievert	49-8
W45 Carol Finsrud	108-7
W50 Rickie Wright	55-0
Weight Throw	
M35 Dave Rothenbury	42-1
M45 David Bolles	33-9
M50 Dan Roloff	38-9
M60 Thomas Gage	66-11
Howard Zingg	38-5
John Coniff	36-5
M65 John Cantrell	40-1
Harold Crater	34-10.50
M70 Jim Gerhardt	33-3
M80 Adolph Hoffman	27-11
W45 Carol Finsrud	48-1.50
Superweight	
M45 David Bolles	19
M50 Dan Roloff	17-5
M60 Thomas Gage	29-6.50
John Coniff	17-7
Howard Zingg	15
M65 John Cantrell	16-1
Harold Crater	13-9
M70 Jim Gerhardt	19-1
M75 Fred Adams	16-4
M80 Adolph Hoffman	17-4
W45 Carol Finsrud	29-0.50

Oklahoma Senior Olympics
Tulsa; Sept. 20-21

50m	
M50 Steven Muns	7.51
M55 Chuck Lott	8.01
M60 Geo Marchetti	7.14
M65 Gutherie Hite	7.88
M70 Paul Morrow	8.66
M75 Andy Anderson	8.38
M80 Doc Bennett	11.00
M85 Sylvia Smith	8.30
M90 Jane Soeten	12.26
100m	
M50 Wm Sellers	12.66
M55 Chuck Lott	15.77
M60 Ron Colliver	13.88
M65 Gutherie Hite	15.11
M70 Paul Morrow	17.16
M75 Andy Anderson	15.98
M80 Doc Bennett	23.07
M85 Sylvia Smith	18.97
200m	
M50 Wm Sellers	26.50
M55 Chuck Lott	33.87
M60 Ron Colliver	29.60
M65 Gutherie Hite	32.41
M70 Paul Morrow	36.17
M75 Andy Anderson	33.59
M80 Doc Bennett	49.37
M85 Sylvia Smith	45.22
400m	
M50 Wm Sellers	61.42
M55 Dale Deuvall	77.07
M60 Ron Colliver	67.58
M65 Leon Blankenship	99.45
M70 Paul Morrow	85.08
M75 Richard Mitchell	1.51.50

800m	
M60 Geo Marchetti	2:35.91
M70 Dan Walkwitz	3:01.14
M75 Richard Mitchell	4:08.62
M85 Faith Walkwitz	4:17.48
1500m	
M60 Geo Marchetti	5:13.20
M70 Dan Walkwitz	6:22.34
M75 Richard Mitchell	7:59.01
M85 Faith Walkwitz	7:55.73
High Jump	
M50 Jim Dolezel	1.32
M55 Dale Deuvall	1.27
M60 Ron Colliver	1.42
M65 Pel Stringer	1.09
M70 Paul Morrow	1.17
M75 Dick Donley	1.12
M85 Bette Hall	0.91
M90 Jean Cobb	0.91
M95 Jean Soeten	0.76
Pole Vault	
M50 Jim Dolezel	3.27
M60 RonColliver	3.05
M65 Pel Stringer	1.42
M70 Chuck Crawford	1.98
Long Jump	
M50 Jim Dolezel	5.14
M55 Robert Kranz	2.85
M60 Geo Marchetti	4.90
M65 Billy Barnett	3.50
M70 Paul Morrow	3.33
M75 Floyd Jack	2.08
M80 Doc Bennett	2.57
M85 Bette Hall	1.50
M90 Sue Tunnick	2.54
M95 Frances Langar	1.44
M99 Jane Soeten	2.01
Shot Put	
M50 Jack Cerny	11.09
M55 Dale Deuvall	8.95
M60 Sheppard Miers	12.85
M65 Al Salman	11.98
M70 Engle Grow	10.27
M75 Floyd Jack	9.37
M80 Doc Bennett	6.36
M85 Bette Hall	4.72
M90 Sylvia Smith	4.72
M95 Ruby Gooden	8.69
M99 Jane Soeten	5.33
Discus	
M50 Jack Cerny	25.93
M55 Robert Kranz	29.43
M60 Sheppard Miers	46.51
M65 Ron Anderson	46.06
M70 David Foerster	30.07
M75 Floyd Jack	34.98
M80 Doc Bennett	16.79
M85 Bette Hall	5.56
M90 Sue Tunnick	18.70
M95 Ruby Gooden	16.95
M99 Jane Soeten	14.12
Javelin	
M50 Jack Cerny	43.43
M55 Dale Deuvall	35.56
M60 Ron Colliver	30.28
M65 Bob Santine	27.18
M70 Chuck Crawford	29.95
M75 Floyd Jack	22.44
M80 Doc Bennett	13.95
M85 Linda Hogan	22.76
M90 Sylvia Smith	17.42
M95 Ruby Gooden	14.68
M99 Jane Soeten	13.16

1500m Racewalk	
M55 Robert Kranz	13.12
M60 J C Stanford	10.03
M65 Anthony Reding	8.54
M75 Dick Donley	11.21
M85 Bette Hall	13.02
5K Racewalk	
M60 J C Stanford	38.32
M65 Anthony Reding	31.46
M75 Dick Donley	40.05
5K Road Race	
M50 Mike Watson	28.49
M55 Robert Kranz	28.28
M60 Geo Marchetti	20.00
M65 Pete Navarez	48.17
M70 Dan Walkwitz	23.56
M75 Richard Mitchell	28.39
M80 Thomas O'Connell	34.27
M85 Patrice Lott	32.11
M90 Ruth Boone	51.02

10K Road Race	
M60 Geo Marchetti	47.55
M65 Don Nelson	51.57
M70 Sidney Hughes	59.51
M75 Richard Mitchell	64.50
M85 Faith Walkwitz	60.24

WEST

Nevada Senior Olympics/USATF
Nevada Championships
Las Vegas; Oct. 4-5

50m	
M35 Billy Oberding	6.48
M50 Ernie Snodgrass	7.07
M60 Lawrence Gunn	7.05
M65 Louie Osluna	6.99
M75 Andy Anderson	8.21
M80 Marg Radcliffe	8.28
M85 Audrey Lary	8.36
M90 Louise Martin	10.77
100m	
M35 Derick Wickliffe	13.39
M55 Mac Azuogu	12.61
M65 Lex Freitas	16.09
M60 Tim Butts	13.16

Lawrence Gunn	113.17
Steve Bowles	113.17
Pete Floyd	14.65
M70 Robert Reid	13.98
James Stookey	14.19
Don Cheek	14.49
Ben Rivera	15.64
M75 Andy Anderson	15.48
Gus Salazar	16.70
Richard Soller	16.77
W50 Bonnie Muscato	22.30
Christine Jones	23.88
W55 Opal Woods	20.98
W60 Marg Radcliffe	15.71
Patti Palmer	21.24

200m	
M85 Fred Thompkins	44.88
400m	
M60 Lawrence Gunn	60.93
Steve Bowles	62.10
Garry Cox	63.91
Alex Meyer	78.34
M65 Ted Moore	72.77
Jim Madonna	73.18
John Radocha	99.90
Don Cheek	72.20
Dave Bernal	73.62
Ray Archibald	95.12
M85 Fred Thompkins	1:57.43
W70 Brigitte Langer	2:23.47
W80 Marybelle Russell	2:44.30

800m	
M40 Cory Moody	2:45.37
M50 Robert Qualls	2:34.05
M55 Bruce Manziello	2:34.47
M60 Frank Hopkins	2:33.48
M65 Jim Madonna	2:57.99
Ted Moore	3:06.16
John Radocha	3:36.27
M70 Dave Bernal	2:58.32
Ray Archibald	3:28.16
M75 James Hinton	3:54.75
Horst Langer	4:23.57
M80 Frank Lackey	4:32.82
W50 Christine Jones	5:29.64
W55 Opal Woods	5:40.3
W65 Ingeborg Siegers	3:44.51
W80 Marybelle Russell	5:59.08

1500m	
M50 Robert Qualls	9:54.25
M55 Bruce Manziello	9:54.00
M60 Alex Meyer	6:51.01
M65 Jim Madonna	5:57.58
John Radocha	7:17.81
M70 Dave Bernal	6:10.34
Ray Archibald	7:23.92
M75 James Hinton	7:45.52
Horst Langer	10:58.68
W65 Ingeborg Siegers	7:55.39
10,000m	
M45 Peppi Brown	47.08
M50 Thomas Quade	45.53
David VanCampen	53.54
M60 Roger Prather	62.16
M65 Ken Ogden	47.08

Short Hurdles	
M60 Alex Meyer	22.64
M70 Martin Heard	18.41
High Jump	
M50 Richard Watson	4-10.5
Barry Bilbray	4-6
Robert Qualls	3-9.25
M55 John Perkins	4-4.75
Gary Wuest	4-1.25
Bruce Perkins	3-11.25
Carl Etter	3-5.25
M60 Mardon Connelly	1.25
Alex Meyer	1.25
M65 Armand Zahn	4-4.75
Jim Madonna	3-9.25
M70 James Stookey	4-4
Dave Douglass	3-11.25
Donald Vann	3-5.25
M75 Tom Maloy	1.10
Horst Langer	1.05
W50 Bonnie Muscato	4-2.25
W60 Marg Radcliffe	3-11.25
W65 Evelyn Wright	WR1.34
(McDaniels/1 27/1993)	
Ingeborg Siegers	11.10
Essie Kea	11.10
W70 Brigitte Langer	2-11.5

Pole Vault	
M50 Richard Watson	7-6
M55 Matti Kilpelaine	12-6
John Perkins	8-6
Mick James	8-0
Bruce Perkins	8-0
M60 Mardon Connelly	10-0
Dick Cunningham	9-6
David Servis	7-6
Alex Meyer	6-6
M65 Armand Zahn	6-6
Jim Madonna	6-6
M70 Jerry Donley	9-0
W65 Evelyn Wright	6-6

Long Jump	
M55 Carl Etter	16-9.75
Bob Smith	11-2
M60 David Servis	13-2.5
Alex Meyer	12-3.75
Tom Britting	11-4.5
Johnny Edwards	10-6.5
M65 Armand Zahn	10-7
Jack Janne	9-5
John Radocha	7-9.5
Jim Madonna	5-9
M70 James Stookey	13-3.5
Dave Douglass	12-2
Donald Vann	8-8.5
M75 Richard Soller	11-6.5

Horst Langer	10-4
Tom Maloy	9-7
M80 Hugh Hackett	7-0
W60 Patti Palmer	7-5.75
W65 Audrey Lary	12-2
Evelyn Wright	11-1.5
Ingeborg Siegers	10-3
Dee Anne Janne	8-6
W70 Brigitte Langer	8-2
Ellen Brannigan	7-3.5
Louise Martin	5-0
W80 Olga Kotelko	6-6.5

Triple Jump	
M55 Carl Etter	28-5.5
Dave Smith	21-9
M60 Tom Britting	23-4.75
Johnny Edwards	21-5.75
M65 Jack Janne	19-1.5
M70 James Stookey	30-9
Carlos Martinez	15-2.5
M75 Horst Langer	21-9.75
W65 Audrey Lary	26-9.5
Evelyn Wright	20-5.75
Dee Anne Janne	14-7

Continued from previous page

M60	Greg Dorman	30 54
M60	Steve Bowles	27 30
	Andy Pitas	27 40
	Larry Beck	29 99
	Larry Howell	30 25
	Pete Floyd	30 83
M65	John Ross	26 93
	Ken Dennis	27 57
	Red Oderkirk	32 59
	Joe Stigers	34 12
	Frank Michalek	34 79
M70	James Stookey	29 89
	Bob Hewitt	31 12
	Jack Coy	31 99
	Alan Raynor	32 42
M75	Rodney Brown	32 02
	L S Anderson	32 79
	Darwin Michaud	36 79
	Lee Fassbinder	37 19
	Frank Brako	37 66
M80	Keith Schofield	43 33
	Edgar Curtis	44 99
M90	Michael Fishman	72 02
	W50 Lorinda Luck	38 56
	Marlene Summers	46 20
	W55 Bonnie Bell	39 50
	ConstancDucharme	45 57
	W60 Marg Radcliffe	33 14
	Darlene Huntsinger	44 34
	Patti Palmer	46 74
	W65 Audrey Lary	34 33
	Essie Kea	35 53
	Margaret Conner	45 42
	Mary Alvarez	56 09
	Neusa Cabral	83 94
	W70 Magdalene Kuehne	41 27
	Brigitte Langer	58 25
	Maymie Ho	58 88
	Louise Martin	65 66
	W75 D McLeodSmith	46 19
	Flora Wong	57 21
	Lillie Doss	72 72
	W80 Olga Kotelko	52 03
	400m	
M50	David Salazar	56 99
	Horace Hudson	60 00
	Dixon Moore	61 76
	Ernie Snodgrass	63 43
	Charles Bies	70 70
	M55 Aurelio Herrera	64 80
	Graeme Shirley	65 06
	Greg Dorman	67 57
	Dale Smith	68 87
	James Du Charne	83 45
	M60 Larry Barnum	57 27
	Ray Kunselman	72 02
	Harlan VanBlaricum	81 58
	M65 John Ross	59 98
	Joaquim Rezina	76 13
	Red Oderkirk	77 80
	Jim Madonna	86 74
	M70 Ted Sjogren	82 99
	Donald Leis	93 30
	Ray Archibald	98 00
	M75 Rodney Brown	73 47
	Wm Bergen	96 30
	W50 Marlene Summers	1 41 05
	W55 Diane McLarty	87 24
	W60 Marg Radcliffe	84 27
	Ann Murphy	92 31
	Tykey Truett	1 46 45
	DarleneHuntsinger	1 55 56
	W65 Heide Moebius	86 32
	Ingeborg Siegers	1 41 17
	Bety Raymond	1 47 01
	Mary Alvarez	2 28 95
	W70 Brigitte Langer	2 12 73
	Annette Hardy	2 14 10
	W75 Helen Schley	2 04 55
	Lillie Doss	2 45 46
	800m	
M50	David Salazar	2 07 91
	Jim Fallen	2 20 87
	John Haire	2 38 12
	Gary Cowman	2 43 02
	M55 Aurelio Herrera	2 39 56
	Malcolm Carter	2 43 98
	Dale Smith	2 45 17
	M60 Larry Barnum	2 12 77
	Ray Kunselman	2 43 99
	Robert King	2 49 96
	HarlanVanBlaricum	3 12 90
	M65 Ken Mohica	2 47 79
	Joaquim Rezina	3 04 03
	Bob Baker	3 13 91
	Ralph Reiche	3 18 77
	Red Oderkirk	3 27 41
	M70 Paul Flanagan	3 03 53
	Delbert Camp	3 25 32
	Ray Archibald	3 42 40
	Donald Leis	3 43 51
	M75 Bob Holmes	3 29 50
	Darwin Michaud	3 58 34
	W50 Ethel Benware	3 04 14
	Marlene Summers	3 46 98
	W55 Diane McLarty	3 26 01
	W60 Mavis Rayson	3 48 93
	Mary Kaplan	4 16 59
	Lynne Lund	4 29 87
	W65 NargaridaHochstat	3 25 24
	Ingeborg Siegers	3 48 14
	Margaret Conner	4 04 28
	Becky Whitehead	4 11 59
	W70 Dorothy Bradley	3 47 42
	Annette Hardy	5 00 80
	Maymie Ho	5 39 03
	M75 Helen Schley	4 36 80
	Flora Wong	5 39 02
	Lillie Doss	6 15 38

1500m		
M50	David Salazar	4 35 37
	Steve Frederick	4 51 97
	Wallace LittleMoon	5 01 07
	Chas Bies	5 15 01
	Roy Rowland	5 34 43
	M55 Kent Oglesby	5 02 46
	Aurelio Herrera	5 21 24
	Malcolm Carter	5 39 45
	M60 Ray Kunselman	5 36 51
	HarlanVanBlaricum	6 21 61
	M65 Jim Davis	5 53 43
	Jim Madonna	6 27 74
	Joaquim Rezina	6 37 42
	Bob Baker	6 49 08
	Walter Dedio	7 06 26
	M70 Paul Flanagan	6 14 90
	Delbert Camp	6 38 95
	Ray Archibald	7 33 31
	M75 Bob Holmes	7 32 92
	Darwin Michaud	7 57 01
	Howard Mayer	8 07 42
	Bill Bogdan	10 07 24
	M90 Herb Wright	12 58 61
	W55 Joni Shirley	5 58 07
	Diane McLarty	6 47 86
	W60 Mavis Rayson	7 31 39
	Tykey Truett	7 53 95
	Mary Kaplan	8 10 97
	W65 NargaridaHochstat	6 42 37
	Heide Moebius	6 44 46
	Ingeborg Siegers	7 50 30
	Betty Raymond	8 04 13
	Margaret Conner	8 14 75
	W70 Dorothy Bradley	7 28 07
	Charlotte Frank	8 01 25
	Annette Hardy	9 41 67
	W75 Helen Schley	9 34 53
	Lillie Doss	12 26 12
	3000m	
M50	Chuck Smead	10 15
	Steve Frederick	10 18
	Wallace Little Moon	10 43
	Heath Hibbard	11 11
	Charles Bies	11 15
	M55 Kent Oglesby	10 57
	Aurelio Herrera	11 40
	Malcolm Carter	12 01
	Ed Christy	12 06
	M60 Noel Olsen	11 44
	Ray Kunselman	11 47
	Robert King	12 28
	HarlanVanBlaricum	13 29
	M65 Ken Mohica	12 24
	Joaquim Rezina	14 38
	Walter Dedio	14 53
	M70 Delbert Camp	14 10
	Ed Hardy	14 29
	Ray Archibald	16 10
	M75 Bill Bogdan	19 00
	Sid Smith	20 31
	M90 Herb Wright	26 52
	W50 Marlene Summers	15 52
	W55 Diane McLarty	14 24
	W60 Mavis Rayson	16 03
	Mary Kaplan	18 24
	W65 NargaridaHochstate	14 06
	Heide Moebius	14 35
	Betty Raymond	18 07
	W70 Annette Hardy	20 11
	Maymie Ho	23 40
	W75 Flora Wong	23 39
	Lillie Doss	24 51
	High Jump	
M50	Joe McLean	5-4
	Carl Cody	5-2
	Dixon Moore	4-10
	Maure Weigel	4-6
	Robert Smith	4-2
	M55 Luiz Pereira	4-6t
	Bob Zawidski	4-6t
	John Perkins	4-4
	John Gresko	4-0t
	Shane Luck	4-0t
	M60 Don Roberts	4-4t
	Tom Imming	4-4t
	Gordon Price	4-2t
	Robert Gent	4-2t
	Alex Scribner	4-0
	M65 Dwaine Horton	4-6t
	Doug Spahnower	4-6t
	Ralph Reiche	4-6t
	Ray Fitzhugh	4-4
	Bob Tyner	4-2t
	Mark Price	4-2t
	Armand Zahn	4-2t
	Vincent Remson	4-2t
	M70 James Stookey	4-2
	Bob Simpson	4-0
	Alan Raynor	3-10
	Donald Leis	3-8
	Ray Archibald	3-2
	M75 Frank Brako	3-10
	Farrell Belliston	3-8
	Tom Maloy	3-4t
	Bob Holmes	3-4t
	Horst Langer	3-2t
	John Goggin	3-2t
	M80 Herb Wilkinson	3-10
	Gil Splaine	3-6
	George Ryffel	3-0
	Jerry Silsdorf	2-6
	M85 Leland McPhie	3-2
	Cleon Tucker	3-0
	W50 Lorinda Luck	3-6
	Linda Harris	3-4
	W55 Liz McBlain	3-8
	W60 Marg Radcliffe	4-0
	Kathy Zombor	3-2
	W65 Evelyn Wright	4-0
	Ingeborg Siegers	3-8t

Essie Kea	3-8t
Claranell Covington	3-2
W70 Ruth Neff	3-8
Ellen Brannigan	3-2
Brigitte Langer	3-0
Georgia Goggin	2-10
	Pole Vault
M50 Carl Cody	10-0
Jeff Tidwell	8-6
M55 Bruce Perkins	9-0
John Perkins	8-6
M60 Tom Imming	9-0
Gordon Price	8-0
David Servis	7-6
Robert Gent	6-0
M65 Deke Conklin	10-0
Dennis DeWitt	9-0t
Donald Gray	9-0t
Ray Fitzhugh	8-6
Ralph Reiche	6-6t
Armand Zahn	6-6t
M70 Jerry Obrey	4-0
M75 Bob Holmes	7-0
John Goggin	5-0
W50 Linda Harris	5-0
	Long Jump
M50 Dixon Moore	18-5 5
Roger Trujillo	18-1 5
Ken Sjaastad	15-11 5
Maure Weigel	15-10 5
Jeff Tidwell	15-9
M55 Kenneth Baker	15-8 5
Bob Zawidski	15-0 5
David Smith	11-9 5
John Gresko	11-7
Shane Luck	10-5 5
M60 Andy Pitas	16-0
Frank Seman	14-10 5
Tom Imming	13-6 5
Larry Beck	13-6
David Servis	13-4
M65 Norm MacLeod	15-1
Vincent Remson	14-9 5
Doug Spahnower	14-9
John Ross	14-8
Deke Conklin	14-0 5
M70 James Stookey	15-1
Bob Hewitt	15-0 75
Ted Hansen	13-2 5
Alan Raynor	12-6 5
Donald Leis	10-6
M75 Tom Rice	13-4
Frank Brako	10-7
Horst Langer	9-10 5
John Goggin	9-7 5
Tom Maloy	9-5
M80 Gil Splaine	9-9 5
Herb Wilkinson	9-5 5
George Ryffel	7-6
M85 Cleon Tucker	7-10
LeLand McPhie	7-2 5
M90 Frank Herrelko	4-3
W50 Linda Cohn	13-4
Lorinda Luck	10-6 5
Linda Harris	9-9 5
M55 Carmela Miller	9-11
Liz McBlain	9-9 25
Linda Sutche	9-7 5
Lynn Dickey	8-5 25
Bonnie Bell	7-7 25
W60 Kathy Zombor	8-9
W65 Audrey Lary	12-7 75
Evelyn Wright	11-1 5
Delores Blakey	10-5 25
Ingeborg Siegers	10-4 5
DeeAnne Janne	7-9
W70 Ruth Neff	9-9t
Magdalena Kuehne	9-9t
Brigitte Langer	8-2 75
Ellen Brannigan	7-3 75
Georgia Goggin	6-8 5
Betty Sjogren	5-11
W80 Olga Kotelko	6-10 75
Gladys Sajwaj	6-2 5
EvelynLercherGlenn	4-5 5
	Triple Jump
M50 Roger Trujillo	38-6 5
Maure Weigel	34-3
M55 Richard Eyre	28-7
Bob Zawidski	27-7
David Smith	21-0
M60 Johnny Lawson	28-0
M65 Norm MacLeod	31-11 5
Doug Spahnower	29-5
Frank Michalek	28-1
Ray Fitzhugh	26-7
Dennis DeWitt	25-2
M70 Bob Hewitt	32-0
James Stookey	31-10 5
Alan Raynor	26-2
Gordon Scheffner	23-8
Donald Leis	18-7
M75 FrankBrako	25-4
Tom Rice	24-5
M85 LeLand McPhie	15-3
M90 Frank Herrelko	9-8 5
W50 Lorinda Luck	20-4
W55 Liz McBlain	21-0
Linda Sutche	19-0 5
W60 Leona Shurtliff	23-3
Kathy Zombor	18-11 5
	Shot Put
M50 Robert Smith	33-2
Scott McNutt	28-1
M55 Fred Clark	38-0
David Smith	36-0
Craig Harrison	34-10
Phil Nigh	33-5
Shane Luck	26-1
M60 Riley O'Neil	40-11
George Soule	38-7

Alex Meyer	36-1
Dick Hunnicutt	35-4
Tom Imming	30-5
M65 Paul Lissy	37-8
Neil Saling	36-8
Jack Winkel	35-10
Gerald Fasteen	35-8
Armand Zahn	34-6
M70 Doug Tomlinson	38-1
Bob Simpson	36-4
Dick Douglas	35-5
Clint Nielsen	34-4
Robert Jordan	33-8
M75 Arnie Gaynor	41-7
Glenn Burgess	29-0
Wm Bergen	26-3 5
Floyd Wright	20-2
M80 Herb Wilkinson	32-8
John Jensen	25-2 75
Morgan Bartlett	22-7 75
Tal Christensen	22-5 5
Jerry Silsdorf	21-8 75
M85 LeLand McPhie	21-10 75
Cleon Tucker	21-9 75
M90 Frank Herrelko	13-9 75
Walter Brooks	10-9 5
W50 Linda Harris	28-8 5
Lorinda Luck	27-7 5
Wendy McDonnell	22-7 5
M55 Liz McBlain	31-6 5
Linda Sutche	25-8 5
Judy Leopold	25-2 5
Carmela Miller	24-3 5
Margaret Reed	18-1 5
W60 Terrie Godfrey	28-4 75
Leona Shurtliff	25-5 5
Wendy Dickson	21-6
Karen Graham	18-2
Patti Palmer	15-8 75
W65 Evelyn Wright	26-5
DeeAnne Janne	23-0t
Ingeborg Siegers	23-0t
Neusa Cabral	15-9
W70 Georgia Goggin	16-0
Marilyn Gray	14-11
Betty Sjogren	14-6
Paula Maloy	12-8
W75 Dee Briggs	17-6
W85 Gillis Geneva	15-9
	Discus
M50 Valentino Martines	158-7
Robert Smith	107-3
M55 Fred Clark	115-5
Craig Harrison	109-2
Davis Smith	103-6
Luiz Pereira	90-8
M60 Larry Pratt	166-7
Terry Simmons	137-2
Riley O'Neil	123-7
George Soul	121-6
Tom Imming	113-7
M65 Richard Cochran	176-5
Neil Saling	130-1
Gerald Fasteen	121-8
Jack Winkel	104-11
Paul Lissy	104-5
M70 Gary Loosli	104-10
Robert Jordan	103-0
Clint Nielsen	96-5
Doug Tomlinson	95-4
Del Alaways	92-9
M75 Arnie Gaynor	120-11
Tom Rice	89-3
Marvin Woodbury	81-6
Wm Bergen	76-5
Glenn Burgess	74-8
M80 Edgar Curtis	78-2
Herb Wilkinson	77-6
John Jensen	73-2
Tal Christensen	63-9
FredericoHochstater	59-6
M85 LeLand McPhie	53-2
M90 Frank Herrelko	35-5
Walter Brooks	22-2

W50 Lynn Dow	70-8
Linda Harris	64-8
W55 Liz McBlain	64-6
Judy Leopold	54-10
W60 Wendy Dickson	66-8
Leona Shurtliff	61-9
Patti Palmer	42-6
W65 Evelyn Wright	70-4
Audrey Lary	69-2
DeeAnne Janne	61-3
Claranell Covington	44-0
Neusa Cabral	36-6
W70 Ellen Brannigan	54-11
Georgia Goggin	36-3
Marilyn Gray	36-0
Betty Sjogren	29-10
Paula Maloy	28-11
W75 D	

Continued from previous page

Laurie Hanscom	3:00.38
Rochell Wirth	3:11.19
Margaret Sheridan	3:13.00
Marilyn Broady	3:13.11
Lee Eastman	3:14.03
W45 Regina Joyce	2:53.59
Angela French	3:03.53
Kristi Larson	3:15.09
Karen Ladig	3:17.08
Maria Rhoden	3:19.34
Donella Neuhaus	3:22.09
Andriette Wickstrom	3:26.36
Honor Fetherston	3:31.03
Jeri Garfinkel	3:32.06
Penny Madvig	3:32.57
W50 Suzanne Ray	3:06.19
Janet Gensler	3:25.56
Catherine Wides	3:34.41
Elaine Van Dyck	3:43.55
Nancy Hoehg	3:43.55
Sue Coughlan	3:46.38
Kath B Sullivan	3:48.36
Sheila Dipaola	3:54.48
Leslee Russell	3:58.32
Sarah Neal	3:58.47
W55 Gloria Jansen	3:23.01
Mary Frush	3:56.00
Kathleen Shea	3:56.09
Dawn Schroeder	3:59.15
Vernita Beck	4:10.11
Mary Croft	4:14.36
Therese Woolverton	4:19.54
Sandra Hardaway	4:19.56
Peggy Trager	4:20.07
Carol Brouillard	4:20.45
W60 Jan Rohde	4:23.45
Dorothy Wright	4:55.38
Libby Petit	5:02.21
Judy Lee	5:06.13
Nan Madden	5:16.21
Patricia Lysford	5:21.50
Deanna Flesner	5:22.15
Patricia Wolfork	5:24.20
Bonny Bates	5:33.01
Joan Odd	5:33.24
W65 Peg Tyler	5:10.19
Phyllis Kahn	5:21.25
Patricia Wahlgren	5:35.20
Marilyn Whyte	5:40.25
Doris Vecqueray	6:08.52
W70 Carolyn Sankey	4:41.34
W75 Joy Johnson	5:27.12
10Miler	
Overall	
Chris Lundstrom	50.46
Katie McGreggor	54.30
M40 Tom Stambaugh	53.34
Digger Carlson	54.03
Wade Zwienen	59.10
Michael Moulsoff	59.39
Christopher Nolan	1:00.18
M45 Bobby Paxton	56.04
Perry Bach	56.35
Bill Magdalene	58.13
Tim Nagel	59.05
Thomas Pletcher	1:00.47
M50 Michael Seaman	58.48
William Hidding	1:02.30
Jerry Beutel	1:03.03
John Selbo	1:03.19
Craig McCoy	1:05.39
M55 Dean Bluhm	1:09.29
Don Mathieu	1:09.30
Bruce Mortenson	1:10.53
John Nei	1:11.05
David Asp	1:11.20
M60 John Brown	1:07.16
Allen Scandrette	1:14.26
Gene Holen	1:14.54
Tom Brix	1:20.35
James Sandness	1:21.05
M65 Nick Rogers	1:09.57
Larry Eaton	1:14.52
Raymond Garrity	1:23.03
Ernest Ogren	1:24.15
Ronald Butze	1:33.38
M70 Bill Fraser	1:24.34
Dick Olson	1:31.38
Richard Guthrie	1:36.16
Pat Leighton	1:44.30
Arnie Gilbertson	1:45.08
M75+Harold Hubbard	1:28.09
George Hunkins	1:43.57
Ron King	1:52.19
Kenneth Hodges	1:53.11
Howard Brady	2:04.43
W40 Kelly Keeler	1:00.50
Sheila Geere	1:03.10
Pam Weier	1:04.55
Laura Carlson	1:05.32
Judy Meyer	1:06.11
W45 Janet Rosen	1:06.36
Joann Hanowski	1:10.53

Laurie Rice	1:14.02
Susan Dewar-Olson	1:17.32
Susan Pokorney	1:17.33
W50 Julie Virkus	1:10.27
Nancy Camp	1:15.48
Katie Keogh	1:17.08
Barbara Beutler	1:17.21
Jeanne Chatterton	1:18.52
W55 Diane Stoneking	1:14.25
Ann Day	1:16.02
Mary Hiatt	1:23.07
Susan Contino	1:26.51
Julie Hill	1:27.21
W60 Marilyn Schnobrich	1:18.45
Kathleen Peterson	1:18.54
Elizabeth French	1:21.24
Georgine Cook	1:24.14
Pamela O'meara	1:40.14
W65 Nancy Schumacher	1:30.04
Louella Nelson	1:40.29
Dorothy Marden	1:44.46
Lois Degonda	1:46.34
Barbara Goldstein	1:50.45
W70 Barbara Burhans	1:48.36
W75+Mary Lou Carlson	2:33.52

EAST

Reach the Beach Relay (12/team; 36 legs) 207M Breton Woods, NH to Hampton Beach, NH

Overall

Bucknell Alumni RDT	19:42.47
GoGo Girls	27:33.56

M40+

Bucknell Alumni Fossils	21:40.43
CPTC Masters	21:53.53
Baker's Dozen	28:48.35
Bull Moose	29:47.17

W50+

Do Not Go Gentle	31:56.03
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Jefferson Hospital Philadelphia Distance Run Half-Marathon Philadelphia, PA; Sept. 3

Overall

Laban Kipkemboi	25 1:01:29
Leah Malot	31 1:11:20
M40 Steve Spence	1:06:33
John Kelly	1:10:27
John Schwelm	1:10:42
John Carroll	1:13:29
Jeffrey Hayes	1:15:57
M45 Chris Harkins	1:15:42
Stuart Calderwood	1:18:03
Gil Crouse	1:18:54
Stephen Comber	1:18:52
John Nelson	1:18:58
M50 Gary Fanelli	1:16:18
David James	1:20:07
Paul Szymanski	1:23:17
William Hidding	1:24:22
Pete Mathias	1:24:21
M55 Mike Clarke	1:26:08
Art Burger	1:27:26
Richard Webb	1:27:36
Dwight Edris	1:29:01
Douglas Campbell	1:29:45
M60 Frank Hopper	1:29:16
Jim Duguay	1:31:28
Bernard Genet	1:44:11
Rod Hostetter	1:46:34
Douglas Campbell	1:49:45
Richard Jackson	1:46:26
M65 Tony Cerminaro	1:26:49
Jim Flanagan	1:35:35
George Hirsch	1:36:30
Vincent Criniti	1:40:29
Bill Mclean	1:45:01
M70 Rich Hause	1:45:48
Richard Hoban	1:50:51
George Yannakakis	1:56:40
John Schultz	1:56:27
Charles Powell	2:01:40
M75 Joseph Havlick	2:12:00
Jack Starr	2:35:57
Spencer Zaslow	2:48:23
Edward Gawinski	2:51:19
Robert Welsh	2:53:20
M80 George Blyn	3:47:00
W40 Ramila Burangulova	1:12:46
Kelly Keeler	1:19:26
Judi Cassel	1:22:55
Janice Torpey	1:23:13
Terry Luzader	1:25:54
W45 Lee Dipietro	1:18:15
Deborah Grossman	1:19:12
Sharon Vos	1:25:48
Nancy Stewart	1:27:22
Nancy Smith	1:32:12
W50 Beth Howlett	1:37:39
Barbara Brightbill	1:42:10
Katy Rinehart	1:40:40
Diane Sherrer	1:40:57
Nancy Werthmuller	1:42:26

Great Cow Harbor 10K Northport, NY; Sept. 20

Overall

Jason Lehmkuhle	25 29:52
Colleen DeReuck	39 33:09
M40 Keith Field	34:45
Richard DeLaSota	36:01
John Lovejoy	37:01
Russell Perry	37:09
Thomas Taylor	38:46
M45 Donald Didonato	35:05
Jaime Palacios	35:09
John Delmaestro	35:56
Michael Robles	38:28
Bill Fleming	39:02
M50 Chris Weber	35:57
Kevin Carroll	38:12
Robert Briglio	39:09
John Martellucci	41:07
M55 Julio Aguirre	38:51
Lutz Hoffman	42:48
Bryan Pearsall	42:57
Larry Eastman	43:22
M60 Alex Flyntz	43:34
Jose Mendez	44:23
Dennis Howe	47:27
M65 Mel Cowling	45:05
Richard Murphy	46:02
Jack Hanley	49:23
M70 Guy Froehlig	56:41
George Marr	57:57
George Devoe	63:55
M75+John McManus	80 58:55
Donald Moffat	76:30
W40 Cindy James	36:27
Susan Faber	37:50
Elizabeth Ratner	41:19
Nancy KatzJohnson	43:46
W45 Cathie Josephson	44:42
Linda Ottaviano	44:53
Dolores Doman	46:14
Deborah Blair	47:04
W50 Cathy Oehrlein	45:50
Melissa Kennedy	46:37
Nancy Houmery	46:53
W55 Ellie Gavin	51:12
Nancy Tischler	51:21
Elizabeth Penagos	53:08
W60 Sarah Pettinato	56:14
Pat Burrows	63:42
W65 Marion Stanjones	49:50
Marie Killen	56:50
W70 Vera Allen	82:11
Elizabeth Gilbert	82:52

W55 Joy Hampton	1:38.57
Cathy Schweiger	1:41.49
Joan Osborne	1:45.09
Margaret Hunting	1:47.52
Sandra Fluck	1:50.41
W60 Sandra Folzer	1:48.28
Carole Lelli	1:53.33
Mary McCoy	2:02.14
Ann Warsing	2:01.36
Connie Lesser	2:16.13
W65 Margret Betz	1:40.53
Susan Savage	1:50.04
Imme Dyson	2:06.04
Rita Alles	2:06.04
Carol Montgomery	2:18.19
Zandra Moberg	2:31.49
W70 Lorraine Cephus	2:58.30

Somerville Sizzle 4 Mile/USATF NJ Masters Championships Somerville; Sept. 14

Overall

Eugeniy Bashko	28 19:03
Laura Mason-Byrne	40 23:32
M40 Joe McVeigh	20:52
Ken Rolek	21:01
Kevin Devine	22:56
M45 Chip Boehm	21:37
Marc Giguere	22:50
Rick Pingitore	23:16
M50 Roger Price	23:19
Bill Bosmann	24:28
Tim Tidley	25:17
M55 Feliciano Pereira	24:15
Doug Brown	24:50
Hugh Sweeny	25:23
M60 Pat Cosgrove	26:11
Edward Smith	27:03
Vincent Madison	28:19
M65 Dick Hill	30:40
Enrique SantaMaria	32:42
Michael McDonnell	34:46
M70 Burdell Faust	35:23
Bill Welsh	41:05
M75 Bill O'Brien	59:09
W40 L Mason-Byrne	23:32
Madelyn Noe-Schlentz	23:42
Beth Moras	26:38
Jennifer Allen	27:38
W45 Lorraine McPhillips	28:30
Mary Foley	31:04
Gaye Cataldo	32:33
W50 Vera Stek	31:16
Linda Ferrara	31:53
Rachel Manning	38:08
W55 Christine Ange	34:03
Bunny McDonnell	34:58
Greer Melidoni	43:36
W60 Anna Thornhill	28:53
Patricia O'Hanlon	33:12
W65 Imme Dyson	32:28
Annette Johnson	43:05
W70 Diane Stone	53:10
Melva Murray	65:02

American Heart Association Wall Street Run 5K Lower Manhattan, NYC; Sept. 25

Overall

Joseph McVeigh	40 15:23
Leteyesus Berhe	25 16:59
M40 Joseph McVeigh	15:12
M50 Robert Hansen	19:11
M60+Samuel Skinner	18:55
W40 Kiyomi Parents	19:25
M50 Michiko Sistrok	23:52
M60+Naomi Vogel	29:09

Pennsylvania Ave. Mile Washington, D.C.; Sept. 27

Overall

John Itati	4:02.9
Courtney Babcock	4:32.1
M40 Neville Anderson	4:46.6
Steve Nearman	4:53.1
Ted Poulos	5:02.3
Terry McLaughlin	5:07.5
Marty Horan	5:09.4
M45 Doug Cochran	5:42.5
Jim Darr	5:44.4
William Johnson	6:07.6
M50 Larry Washington	5:15.7
Dan Eddy	5:20.9
Shah Mehrabi	5:41.9
Jay Wind	6:08.4
Steve Meyer	6:22.3
M55 Roger Kilgore	5:58.6
Bob Weiner	6:19.3
Peter Blank	6:28.3
Ric Francke	9:20.9
M60 John Haubert	6:10.1
Bill Sollers	7:17.2
M65 Warren Crutchfield	8:45.9
M75 Bill Osburn	10:17.4

No masters women event.

Fitness Mind, Body, Spirit Games 4-Mile Central Park, NYC; Sept. 20

Overall

Art Gunther	32 20:07
Annie Kugler	35 24:41
M40 Joseph McVeigh	22:24
M45 Michael Mbugua	24:07
M50 Bob Holliday	23:33
M55 John Samsel	25:21
M60 Bob Edmonds	26:22
M65 Michael Goldman	28:51
M70 Eric Seiff	29:32
M75 William Fortune	30:56
M80 Thomas Moran	35:14
M85 Wilfredo Rios	57:29
W40 Catherine Stone	25:01
W45 I Branche	26:57
W50 Cathy Haney	29:12
W55 Sylvie Kimche	28:46
W60 Susanna Baltrandi	33:39
W65 Helene Bedrock	30:57
W70 Adele Stroh	49:49
W75 Joan Rowland	47:01

Lake Winnepesaukee Relay 6.57M (8 legs) Lake Winnepesaukee, NH; Sept. 20

Overall

M-OPEN COASTAL A.A. 1	6:14.48
W-OPEN BOWDOIN ALUM	7:55.30
M40+	
HFC ROAD	6:55.56
SOMERVILLE RR	6:56.45
WINNERS CIRCLE	7:06.42
GATE CITY MASTERS OF DESTINY	7:18.30
NMC FAST FEET	7:22.45
M50+	
WCRC SENIORS	7:30.38
IATC SENIORS	8:01.03
PR RACING	8:12.15
NMC SENIORS ON THE RUN	8:12.52
GCS SENIORS 2	8:44.27
M60+	
OLDIES BUT GOODIES	8:46.56
ALL STAR SIXTIES	9:03.19
GCS VETERANS	9:37.07
W40+	
SILK CITY STRIDERS	9:23.45
MARSHFIELD MELLOWS	9:07.04
W50+	
S.O.S	10:17.57
RED HOT MAMAS	10:21.40
MIXED 40+	
CNE	8:33.00
GDTC-SLOW BUT FUN	9:32.22
MIXED 50+	
WCRC MIXED SENIORS	8:46.39
GFRC MIXED 50+	9:11.20
CONCORD 50'S	9:22.30
MIXED 60+	
MARSHFIELD RR	10:04.54

Sportshoe Maine Marathon Portland, ME; Oct. 5

Overall

Casey Carroll	32 2:39:18
Alison Wade	28 3:09:49
M40 TIM CARVEN	2:58:03
ANTHONY PREST	3:13:17
PETER SMITH	3:16:33
M45 TOM TRYTEK	2:59:13
MIKE GRANT	2:59:24
DICK GRAVES	3:02:20
M50 GIUSEPPE RICCI	3:08:11
BOB DUNFEY	3:10:29
JOHN MOREY	3:13:06
M55 MICHAEL HAROZ	3:31:40
KERMIT TROUT	3:33:46
GARY WEBER	3:35:49
M60 HERB PHILLIPS	3:04:13
HARRY WHITE	3:30:50
A KANJANAPITAK	3:48:19
M65 ROBERT JOLICOEUR	4:28:19
L BRUCE KATTER	4:53:00
M70 DICK LAMERMAYER	4:26:36
W40 PATTY KENNEY	3:30:48
LINDA MOUNTAIN	3:34:27
CONNIE CLARKE	3:39:37
W45 SUSAN JONES	3:42:14
KIMBERLY MOODY	3:43:11
NANCY NICKERSON	3:43:44
W50 BONNIE HOAG	3:34:36
J.C. COCHRAN	3:55:24
BARBARA G. WILBUR	4:01:24
W55 BETTY DISANZA	4:31:35
CHRIS GUNDERMAN	4:46:02
ROXANA LEWIS	4:56:08
W60 CELESTE FONDACO	4:09:52
PATRICIA TROUT	5:02:28
W65 POLLY KENNISTON	4:18:58

Half-Marathon

Overall

Michael Payson	40 1:11:03
Joan Samuelson	46 1:18:44
M40 ANTHONY FERRERI	1:22:44
ROB FAST	1:22:49
JAMIE MCNEELY	1:23:26
M45 JOHN GLEASON	1:23:58
MARK STEEGE	1:24:43
THOMAS BENNETT	1:27:22
M50 GORDON SCANNELL	1:24:26
TOM MENENDEZ	1:26:48

Komen Race for the Cure 5K Albany, NY; Oct. 4

Overall

Megan Leitzinger	36 19:04
W40 Nancy Taormina	19:34
Nancy Nicholson	20:11
Jessica Spatz	22:39
Rosann Carpenter	23:50
W45 Denise Herman	21:03
Susan Burns	21:10
Nancy Briskie	21:4

Continued from previous page

Table with 2 columns: Name and Time. Includes runners like Armando Oliveira (22:23), John Leonard (22:08), Dick Hill (23:22), Fred Loozen (24:06), William Richardson (25:54), Joe La Bruno (27:56), Bill Welsh (34:36), Bill O'Brien (47:56), Madelyn Noe Schlientz (18:46), Catherine Stone-bork (19:39), Pam Fales (22:37), Rene Rovtar (25:15), Ginny Werner (25:32), Janice Morra (20:32), Lorraine McPhillips (23:09), Joann Galink (25:25), Cindy Gadek (25:29), Janice Reid (28:21), W50 Jane Parks (21:38), W60 Anna Thornhill (24:14), Doris Hafemann (31:26), Madeline Bost (33:10), Jane Van Eeuwen (43:22), W65 Imme Dyson (26:02), Annette Johnson (36:08), W70 Diane Stone (41:46).

Greater Hartford Marathon & Half-Marathon Hartford, CT; Oct. 11

Table with 2 columns: Name and Time. Includes runners like Michael Mislav (2:17.44), Ramilia Burangulova (2:33.26), M40 Michael Cobb (2:39.47), Antonio Bautista (2:42.41), Jose Santiago (2:46.48), M45 Scott Brown (2:37.13), Don Henderson (2:56.46), John Whelan (2:58.28), M50 Charles Whynacht (3:04.14), Mick Slonaker (3:06.06), Tetreault Real (3:08.20), M55 Charles Buzinsky (3:07.01), Mike Clarke (3:15.18), Frank Webb (3:20.37), M60 Gerard Gravel (3:10.32), Andrew Kotulski (3:51.41), Newton Baker (3:55.00), M65 Albert Milette (3:33.24), Bill Feeney (4:19.25), George Scott (4:48.54), M75 Bob Williams (5:38.07), M80 Sab Koide (5:29.48), W40 Grace Jensen (3:14.34), Beth Benson (3:23.06), Andrea McLaughlin (3:34.34), W45 Nancy Smith (3:16.42), Emmy Stocker (3:30.55), Mary Beth Gorey (3:32.10), W50 Irene Koha (3:30.39), Barbara Freedman (3:34.58), Mae Hawley (3:46.18), W55 Kate Helen Clark (3:28.57), Francine Lanciault (3:33.24), Jocelyn Talbot (4:38.12), W60 Ruth Fairbrother (4:28.11), W65 Jeannette Cyr (4:51.32), Barbara Frasca (5:40.43), Connie Fox (5:56.38).

Half-Marathon Overall

Table with 2 columns: Name and Time. Includes runners like Araya Haregot (1:05.47), Hannah Njeri (1:16.24), M40 Leonardo Moya (1:14.23), Greg Blackman (1:15.45), Barry Proctor (1:15.58), M45 Dennis Barone (1:21.42), John Shostrom (1:23.13), Jon Kornacki (1:26.16), M50 Jim Sumler (1:27.09), Michael Delsole (1:27.28), Joseph Balavender (1:27.31), M55 Bob Sagor (1:28.44), Art Roberts (1:28.57), Rafael Torres (1:29.23), M60 Donald Vogel (1:34.08), Robert Graham (1:35.25), Stephen Pavlech (1:37.50), M65 Robert Trowbridge (2:12.35), John Yavis (2:21.35), Thomas Fanning (2:28.53), M70 Don Gill (1:49.51), Aldo Frascarelli (1:51.20), Basil Moore (2:09.20), W40 Cindy Pomeroy (1:22.55), Noel Anne Whitman (1:37.14), Kathryn Epstein (1:39.10), W45 Betty Remigino-Knopp (1:33.52), Cheryl Cunningham (1:34.43), Barbara Carpenter (1:34.53), W50 Barbara Deubel (1:36.25).

Table with 2 columns: Name and Time. Includes runners like Elizabeth Sparks (1:47.40), Jan Healy (1:58.45), W55 Mary Ryczek (1:42.37), Barbara Maloney (1:50.03), Barrie Robbins-Pianka (1:51.03), W60 Winnie Hopfe (2:02.13), Sara Brewster (2:05.40), Betty Deer (2:08.32), W65 Vera Lane (1:56.35), E Sparkowski (2:21.38), Maxine Ostby (3:14.18).

BAA Boston Half-Marathon Boston, MA; Oct. 12

Table with 2 columns: Name and Time. Includes runners like Laban Kipkembai (1:03.04), Marie Davenport (1:10.57), M40 Eddy Hellebuyc (1:05.12), George Doherty (1:18.49), Chris Kelly (1:21.19), David Welch (1:21.48), Bill Knott (1:21.59), Bob Gerrity (1:22.06), Frank Row (1:24.09), Edward Considine (1:25.41), M50 Edward Pabst (1:25.34), Hal Goforth (1:25.59), Michael Menovich (1:27.39), Randall Redding (1:28.08), Michael Wessels (1:28.41), Joseph Kvilhaug (1:28.48), Dario Rojas (1:33.24), Steven Gruffeman (1:34.43), M60 Al Nagel (1:34.24), Malcolm O'Hagan (1:34.31), David Chioffi (1:41.18), Derek Melven (1:44.21), Lawrence Baker (1:46.49), Joseph Leader (1:51.59), Terry Partridge (1:55.46), Jack Bowes (1:56.09), M70 Donald Ross (1:58.29), Jon Borset (2:13.22), W40 Maria Servin (1:17.49), Cathy Lifschultz (1:31.06), Tracey Lembo (1:31.13), Dorothy Rose (1:34.20), Stephanie Whelan (1:34.41), Annmarie O'Brien (1:35.12), Ann Iaccarino (1:36.44), Rita Tauger (1:37.12), W50 Karen Durante (1:37.36), Paivi Nummela (1:39.51), Janice Smaga (1:44.26), Thea James (1:48.27), Sheila Nee (1:50.34), Donna Quirk (1:50.50), Ivy Marwil (1:51.47), Maria Pargana (1:51.53), W60 Marjorie Bride (2:17.01), Jutta Bennett (2:19.25), Barbara Roney (2:23.11), Dorothy Campbell (2:28.55), Gwen Carlson (2:29.44).

Ocean State Marathon & Half-Marathon Providence, RI; Oct. 12

Table with 2 columns: Name and Time. Includes runners like Daniel Ng'ang'a Muhindi (2:25.38), Wendy Hall (2:53.36), M40 Paul Howard (2:57.57), Nasser Sharara (2:59.01), Chris Suchmann (3:05.55), Brian Beausoleil (3:09.04), Bruce Hunt (3:10.28), M45 Martin Tighe (2:46.28), Kevin Callahan (2:52.56), Harry Lepp (3:00.37), Bob Bouchard (3:05.35), M50 Ray Fasano (3:21.13), Robert Cannava (3:27.53), Glenn Stewart (3:34.08), M55 Fred Thorne (3:51.20), Francesco Criniti (3:52.58), Jim Cooper (3:58.47), M60 Pat Sarubbi (3:56.43), Manny Lopes (4:03.66), Mike Fleming (4:06.44), M65 Fredric Silverblatt (3:45.14), Kermit Cadrette (3:51.58), Bill Duer (4:09.43), W40 Cindy Byrne (3:37.16), Laura Nottie (3:38.40), Paula Kallian (3:39.06), Donna Cutler (3:42.11), Rosanne Reddington (3:53.20), W45 Christine Iwahashi (3:32.21), Ginny Hoehlein (3:50.14), Lisa Spence (3:59.29), D Dechiara-Quenzer (4:04.54), W50 Fillis Friedman (3:40.50), Maria Casas (3:46.38), Donna Olson (4:08.47).

Table with 2 columns: Name and Time. Includes runners like W55 Lichu Sloan (4:15.14), Peg Parks (4:58.01), W60 Pat L'Italien (4:23.33), Jeannette Roostai (6:05.09), Kathleen Kelley (6:22.47).

Half-Marathon Overall

Table with 2 columns: Name and Time. Includes runners like Jeremy Adler (1:13.44), Sarah Petrides (1:28.29), M40 Hank Berkowitz (1:20.19), Michael Duffy (1:26.02), Christopher Lydon (1:26.29), John Dudek (1:29.46), Robert Papa Jr. (1:33.11), M45 Dennis Donoghue (1:21.46), Joseph Demenezes (1:26.59), James Palombo (1:28.18), Vitorino Cabrita (1:34.13), M50 Brad Seaward (1:27.30), Michele Bianchini (1:31.31), John Young, Jr. (1:33.39), M55 Michael Gallogly (1:36.56), Tim Walsh (1:39.50), Kenneth Rowe (1:53.23), M60 Henry Lawlor (1:51.25), Bob Ellis (1:55.39), Bob Teuhill (2:13.35), M65 Fred Zuleger (1:48.06), Harry Carter (1:54.33), Chuck Hyson (2:03.29), M70 John McGowan (2:00.24), Chuck Holmquest (2:16.46), W40 Joyce Peipert (1:44.19), Sue Carlson (1:45.38), Diane Hamel (1:45.40), Mary Buca (1:47.31), Rachel Rothstein (1:51.45), W45 Diane Dillon (1:41.49), Pat Lachance (1:42.39), Terry Porter (1:53.52), Cathy Gibson (1:55.18), W50 Beckie Duer (2:01.49), Shirley Caldaroni (2:08.06), Patricia Pisano (2:08.10), W55 Barbara Schweizer (2:00.17), Lucy Bradley (2:06.49), Barbara Brent (2:08.28).

Tufts 10K for Women Boston, MA; Oct. 13

Table with 2 columns: Name and Time. Includes runners like ELVA DRYER (32:34), NANCY TINARI (35:33), JEANNE LASEE JOHNSON (35:40), CINDY JAMES (36:16), MARY LEVEL MENTON (36:20), JOAN BENOIT-SAMUELSON (36:54), KATE PADDON (37:59), SUZY WEST (39:22), DONNA HURLEY (39:31), LISA ZAPPALA (39:58), BRENDA EGIZI (40:49), KATHRYN MARTIN (37:37), JANET BOBER (41:21), CAROL LESPERANCE (42:12), CATHY KLIM (42:41), JUDITH WALLACE (44:03), ELIZABETH MATTHEWS (46:12), ELLEN RICHARDS (46:27), LINDA EPSTEIN (46:59), LUZ MARIA DAVILA (48:05), MARIA PARGANA (47:59), WENDY BURBANK (49:00), LINDA C ROY (49:45), LINDA FOOTE (52:28), FRAN CLANCY (54:13), JOAN WALKER (55:08), DAVID DUNHAM (55:54), JUDITH L MCGRATH (56:45), GINNY M MCCABE (59:14), BETSY PISKORSKI (57:38), FAY BARDEN (59:25), W70 BARBARA ROBINSON (51:47), MICHELE K MUDGETT (1:07:49), MARY [MJ] SEAMANS (1:06:48), PHYLLIS MAYS (1:15:49), JANET P NEWELL (1:17:50), RUTH HANLON (1:20:17), DORIS ZIMMERMANN (1:22:06), JOAN WHALEN (1:19:55), MARTHA E WHITNEY (1:27:54), KATHLEEN GOVONI (1:28:22), W80+ LOUISE ROSSFTTI (1:32:19).

Fox Cities Marathon Appleton, WI; Sept. 28

Table with 2 columns: Name and Time. Includes runners like Larry Mboga (2:28.20), Sue Pierson (2:57.43), M40 Stuart Kolb (2:44.45), Dann Fisher (2:47.43), Jim Cichy (2:51.52), M45 Norb Lauer (2:54.31), Phil Coe (3:04.54), Al Schmidt (3:05.08), M50 Larry Schmidt (3:10.56), Terrance Werner (3:15.21), Gus Virkus (3:17.28), M55 John Jenk (2:57.27), Dan Harvey (3:17.08), Mark Brinkman (3:20.38), M60 Doug Jansky (3:27.12), Tom Jensen (3:40.58), Doug Bruss (5:31.29), M65+K-G Nystrom (4:18.03), Kent Mitchell (4:44.49), Kenneth Steckling (4:45.05), W40 Kim Mittelstadt (3:29.08), Sydney Vanderloop (3:30.37), Jayne Baugher (3:40.29), W45 Laura Clark-Taylor (3:26.21), Anne Siegrist (3:35.06), Margie Finger (3:45.28), W50 Nancy Hauser (3:55.24), Debbie Hathaway (3:56.41), Sherry Hill (4:11.07), W55 Pat McDonnell (4:20.33), Kathy Neal (4:46.09), Kathleen Cibula (5:06.00), W60 Francine Bangs (4:46.16), Sherry Martinson (7:12.45).

MIDWEST National Heritage Corridor 25K Channahon, IL; Sept. 21

Table with 2 columns: Name and Time. Includes runner Wilson Chepkwony (78:34).

Table with 2 columns: Name and Time. Includes runners like Lisa Menninger (1:40.55), M40 Lino Hernandez (94.39), Randy Stearns (95.41), Eric Wedow (96.11), M45 Gary Beck (95.03), David Basak (1:40.29), Bruce Carriedo (1:42.13), M50 Pat Rohan (1:45.38), Jerry Marcec (1:58.05), M55 Mark Harmeister (1:51.56), Chas Kerley (1:53.43), M60 Charlie Grotevant (1:59.05), Rick Brodine (1:59.21), M65+David Larson (2:08.22), Terry Bergin (2:14.17), DickLamermayr (2:21.55), W40 Noriko Valenta (1:57.53), Carrie Young (2:00.20), W45 Mary Krause (1:56.09), Laura Morrissey (1:58.29), W50 Kathy Braun (2:25.12), Gloria Goulding (2:39.00), W55 Isola Metz (2:01.15), Lynn Lulay (2:22.04), W60 SandraKurtenbach (2:19.46).

Medical Center 10K Classic Bowling Green, KY; Sept. 27

Table with 2 columns: Name and Time. Includes runners like DAVID KIPNETICH (29:13), AGNES NGUNJIRI (33:52), M40 GORDON SANDERS (32:05), SCOTT LYLES (36:07), CHRIS LUSH (38:09), M45 BARRY ROSS (35:07), BILL OLRICH (35:58), JIMMY BRIGANCE (36:03), M50 STEVE ROGERS (40:11), PAUL VONDOHLEN (41:45), JEFF CROSS (41:50), M55 JIM HAYNES (42:06), MIKE Van CLEVE (46:52), TED WHITFIELD (47:57), M60 BILL DELPH (41:58), DANNY PLACE (44:05), JOE SURVANT (48:55), M65 DAVID BORDEN (53:49), FRANK RAY (56:17), HAROLD GREENFIELD (57:05), M70 PERRY MCCOLLOM (57:30), ERNIE GRAYSON (57:39), MARTIN GINOCCHIO (1:00:43), W40 SHANNON READE (40:33), JULIE GASKILL (41:00), BRENDA HILL (43:11), DONNA JOHNSON (43:24), HOPEY NEWKIRK (43:41), W45 KRIS WALLACE (44:11), BEVERLY BETHART (47:26), TRACY HURST (48:08), W50 SUE BENGERT (47:48), SANDRA HENDERSON (50:02), DARLENE HOAGLAND (51:03), W55 SANDRA BRIDGES (51:55), PAM ASHLEY (58:21), BARBARA TROUY (58:23), W60 ANNA COOK (51:33), MARY NAGLE (52:23), MAY ROBERTSON (52:55), W65 DONNA PREHER (1:26.13), BETTY MATHENEY (1:26.32).

Table with 2 columns: Name and Time. Includes runners like M55 Gavin Stevens (2:31.49), R Zegers Reyes (2:44.18), Jim McCoy (2:45.24), Robert Steinbach (2:47.28), Bruce Hall (2:47.50), Frank Tai (2:47.46), Hector Tamez (2:47.49), Ephraim Ezekiel (2:48.10), Glenn Baldwin (2:48.37), Robert Cox (2:49.10), M50 Zygmunt Lyznicki (2:39.31), Douglas Cowie (2:47.48), Ian Russell (2:49.43), Arthur Cookson (2:51.47), Chikh Bahous (2:53.15), Ali Kasmai (2:56.43), Giuseppe Suplina (2:56.28), James Jordan (2:56.53), David Bizzell (2:57.34), Paul Braunschweiler (2:57.38), M55 Geu Siebenga (2:42.24), Matthys Bax (2:54.49), Andrew Suozzo (3:03.09), John Jenk (3:03.30), Cliff Hardick (3:04.16), Salvador Larrea (3:04.32), Jose Rodriguez (3:04.30), Bill Buffum (3:14.44), Bob Furnish (3:15.47), Jens Ehlers (3:15.53), M60 Alejandro Ulloa (2:52.52), Juan Vilchis (3:20.59), Verne Schellhorn (3:24.19), Juerg Lips (3:26.27), W Van Rensbergen (3:28.02), Alain Abdelmalek (3:30.37), Enrique Ortega (3:32.57), Bernard Fournes (3:30.30), M65 George Hirsch (3:25.40), Roland Thommen (3:45.19), Walt Wozniak (3:45.13), Ted Kohrt (3:47.31), James Michie (3:53.14), Jun Kinugawa (3:56.57), Dan Shuff (3:59.19), David Greer (3:58.17), M70 Hans Fendl (3:58.15), Lloyd Johnson (4:26.41), John Rollo (4:43.26), Kenneth Karcher (4:46.16), Ed Judy (4:57.01), Donald Hollinworth (5:01.18).

W65+Nancy Spencer 4:58.48

Quad Cities Marathon Moline, IL; Sept. 28

Table with 2 columns: Name and Time. Includes runners like Overall Sergey Nochevny (2:18.42), Alena Vinitzkaya (2:44.48), M40 RICK STEFANOVIC (2:38.53), RUSSELL BOORE (2:39.59), PHIL KAUDER (2:46.51), M45 BILL RYAN (2:57.27), BOB WRIGHT (3:03.40), BOB ENSMINGER (3:04.59), M50 TERRY ERICKSON (3:07.46), MIKE HAFNER (3:17.11), JOHN R KILEY (3:17.53), M55 RICHARD DECAMPLE (3:30.55), TERRY BURGESSON (3:58.34), CHARLES ATCHLEY (3:47.07), M60 ANDREW KOTULSKI (3:56.02), RICH FRIEDERICHSEN (3:58.34), RALPH DIRKSEN (4:02.46), M65 DONALD WITHERS (4:57.48), GERALD BOCCI (5:35.06), M70 C. LEON MCGAHEE (4:54.35), JACK KETTERING (6:25.16), M75+DON MCNELLY (8:00.34), W40 KATHY WALDRON (3:03.32), ESTHER WOODMAN (3:21.55), D NELSON-TAYLOR (3:23.05), W45 PATRICIA CHANG (3:40.47), CINDY DEWULF (3:46.01), SANDY MUELLER (3:56.02), W50 PHYLLIS WOODWARD (3:55.23), CLARA DECOSTER (3:55.59), RENEE SIMMONS (4:05.27), W55 GWEN HOBSON (3:54.21), KAY RALSTON (4:12.45), RUTH RIPLEY (4:17.11), W60 JUDY TEEPLE (3:33.02), JEANNE BOCCI (5:30.35).

Chicago Marathon Chicago, IL; Oct. 12

Table with 2 columns: Name and Time. Includes runners like Overall Evans Rutto (2:05.50), Svetlana Zakharova (3:23.07), M40 Michel Lavoie (2:29.35), Robert MacDonald (2:36.02), Pieter Bezuidenhout (2:36.39), James Morand (2:37.06), Ronald Chisolm (2:39.38), Joseph Alward (2:41.53), Tony Cummings (2:42.06), Bill Owens (2:43.02), Ronald Davis (2:43.19), Hans Funke (2:43.38), M45 Gavin Stevens (2:31.49), R Zegers Reyes (2:44.18), Jim McCoy (2:45.24), Robert Steinbach (2:47.28), Bruce Hall (2:47.50), Frank Tai (2:47.46), Hector Tamez (2:47.49), Ephraim Ezekiel (2:48.10), Glenn Baldwin (2:48.37), Robert Cox (2:49.10), M50 Zygmunt Lyznicki (2:39.31), Douglas Cowie (2:47.48), Ian Russell (2:49.43), Arthur Cookson (2:51.47), Chikh Bahous (2:53.15), Ali Kasmai (2:56.43), Giuseppe Suplina (2:56.28), James Jordan (2:56.53), David Bizzell (2:57.34), Paul Braunschweiler (2:57.38), M55 Geu Siebenga (2:42.24), Matthys Bax (2:54.49), Andrew Suozzo (3:03.09), John Jenk (3:03.30), Cliff Hardick (3:04.16), Salvador Larrea (3:04.32), Jose Rodriguez (3:04.30), Bill Buffum (3:14.44), Bob Furnish (3:15.47), Jens Ehlers (3:15.53), M60 Alejandro Ulloa (2:52.52), Juan Vilchis (3:20.59), Verne Schellhorn (3:24.19), Juerg Lips (3:26.27), W Van Rensbergen (3:28.02), Alain Abdelmalek (3:30.37), Enrique Ortega (3:32.57), Bernard Fournes (3:30.30), M65 George Hirsch (3:25.40), Roland Thommen (3:45.19), Walt Wozniak (3:45.13), Ted Kohrt (3:47.31), James Michie (3:53.14), Jun Kinugawa (3:56.57), Dan Shuff (3:59.19), David Greer (3:58.17), M70 Hans Fendl (3:58.15), Lloyd Johnson (4:26.41), John Rollo (4:43.26), Kenneth Karcher (4:46.16), Ed Judy (4:57.01), Donald Hollinworth (5:01.18).

Table with 2 columns: Name and Time. Includes runners like M75 Gerry Hopkins (5:02.02), Charles Marti (5:53.19), Kiyoto Nishimoto (6:22.30), Henry Hart (6:39.30), Tom Magill (6:40.12), Walter Dobbs (6:59.13), W40 Jenny Spangler (2:32.39), Nina Caron (2:45.07), Susan Loken (2:46.13), Doreen McCoubrie (2:47.44), Christy Phillips (2:52.33), Judi Cassel (2:54.00), Allison Willbern (2:54.20), Julie Peterson (2:54.32), Christen Meyer (2:58.03), Janice Torpey (3:02.04), W45 Mary Protz (2:56.10), Elizabeth Buerckholtz (3:06.16), Monica Theis (3:06.09), Carolyn Silvey (3:03.29), Lisa Gonzales-Gile (3:08.44), Marie Wickham (3:12.51), Nancy Stewart (3:12.51), Becky Lowrance (3:14.54), Monica Joyce (3:17.23), Margaret Hartmann (3:19.15), W50 Cornelia Cappus (3:14.00), Antonia Cruz (3:18.07), Mariat Fernandez (3:20.19), Deidre Bird (3:24.11), Brigitte Gilbert (3:24.57), Barbara King (3:30.50), Stella Marsiglia (3:30.33), Virginia Foster (3:37.16), Jan Tedrowe (3:36.38), Ida Perkins (3:38.57), W55 Nancy Rollins (3:28.02), Jan Daker (3:38.38), Charlotte Hartwig (3:43.21), Phyllis Nelson (3:42.55), Pj Larson (3:49.29), Linda Peters (3:54.23), Ma Teresa Cantu (3:54.53), Sandra Ludwa (3:57.37), Carmen Rivera Torres (4:07.28), Kathy Redfern (4:05.05), W60 Patricia Kingsep (4:02.16), Jessica Shen-Ho (4:12.37), Joyce Hightower (4:29.42), Monique Robitaille (4:37.35), Patricia Nott (4:35.43), Sarah Beer (4:41.15), Doretta (Dee) Lamott (5:00.25), Elizabeth Watkins (5:05.53), W65 Ann Akers (3:58.58), Jean Toth (4:54.39), Martha Patterson (5:09.46), Sheila Scott (5:17.30), Elaine Libovicz (5:17.32), Joan Berman (6:01.50), Blanche Ann Knisely (5:56.51), Cleo Pawlin (6:09.10), W70 Barbara Kummerer (6:08.47), Olimpia Dinardo (6:24.02), Betty Byron (7:07.13), Norine Weatherford (7:20.37), Helen Meier (7:43.35), W75 Kathleen McDonough (5:57.23), Gloria Schiffler (6:39.28).

MID-AMERICA

Minnesota Masters 15K Championships Edina; Aug. 10

Table with 2 columns: Name and Time. Includes runners like Overall Pat Billig (41:50), Janet Robertz (43:56), M40 P Billig (50:15), Thomas Stambaugh (50:16), Digger Carlson (51:50), M45 Bobby Paxton (52:45), Perry Bach (53:10), Dennis Wallach (54:31), M50 Michael Seaman (56:21), Wm Hidding (60:00), M55 Jim Graupner (60:22), Dale Summers (63:28), M60 Norm Purrington (61:18), M65 Rich Trochman (68:32), M70 Dennis Van Sloun (77:56), M80 Lloyd Young (78:04), W40 J Robertz (56:00), Debbie Leyden (56:25), Patricia Langum (64:59), W45 Lauren Fithian (64:32), K GuideryonGoetz (65:05), W50 Suzanne Bay (62:50), Therese Vogel (70:17), W55 Kathryn Benhardus (79:41), W70 Barbara Burhans (98:05).

WEST Santa Monica 5K Santa Monica, CA; Sept. 27

Table with 2 columns: Name and Time. Includes runner Steve Laguna (28:15.42).

Continued on next page

Continued from previous page

Enka Akiufi	27	17:48
M40 Andrew Atkeson		16:15
Iyob Tessema		20:14
Roger Grant		20:41
M45 Frank Tai		17:38
Franco Goss		17:43
Alexander Lamb		18:08
M50 Simon Gowen		18:04
Arthur Cookson		18:07
Francisco Reyes		19:30
M55 Juan Cabeza		18:32
Chris Venn		20:35
Wm Lovelace		21:47
M60 Jesus Guerrero		19:39
George Cohen		20:20
Wm Kim		23:45
M65+Tony Navarro	86	23:34
Richard Rodgers	69	24:06
W40 Nobuko Peterson		20:24
Darcelle Salinas		21:42
Joanne Moreland		23:54
W45 Kazuko Bender		21:37
Leslie Cohen		23:09
Arlene Lewis		23:15
W50 Sonia Nam		22:53
Marlene Hernandez		23:12
Signe Name		23:16
W55 Yoko Eichel		22:26
Wendy Watson		22:27
W60 Judith Nelson		26:35
Teresa Hendrick		29:17
W65+BerniceSouthcott	74	30:43
Diane Seli	68	34:07

Big Sur Trail Marathon
Big Sur, CA; Oct. 4

Overall		
William Humnicky	32	3:20:17
Paula Bowman	41	3:58:36
M40 OMAR GHATTAS		3:37:35
MICHAEL JOHNSON		3:46:22
JAMES MAXWELL		3:55:19
M50 STEVE PARKER		3:59:16
JOHN CASTELLA		4:44:03
JEFF PADILLA		4:45:15
M60+FRANK LIEBERMAN		5:03:17
W40 PAULA BOWMAN		3:58:36
TINA URE		4:10:45
JOYCE NELSON		4:48:35
W50 ESTHER GAY		5:52:00

Half-Marathon

Overall		
Dilworth Parkinson	26	1:30:30
Tina Burch	41	1:50:00
M40 D. LYMAN		1:36:02
LEO IVENTOSCHI		1:41:16
PAUL BROWN		1:51:42
M50 PETE BOISINEAU		1:58:16
DAN JOHNSON		2:15:07
E CHALEKSON		2:16:20
M60+ROGER GORDON		2:15:56
W40 TINA BURCH		1:50:00
SUSAN DORSEY		2:06:53
MAEVE BURKE		2:08:00
W50 MAY KOSKI		2:49:11

Lake Tahoe Marathon
South Lake Tahoe, NV; Oct. 11

Overall		
John Weru		2:35:05
Christina Castelanelli		3:29:48
M40 Robert Franks		3:12:51
Jim Giblin		3:21:29
Tom Eckert		3:24:56
M45 Mike Miller		3:07:32
Richard James		3:54:48
Vance Roget		3:54:55
M50 Peter Stanger		3:34:45
Michael Hernandez		3:41:07
Jerry Gentry		3:51:09
M55 Kim Ildoo		3:39:16
David Monk		3:43:16
Jack Hasson		3:47:09
M60 Richard Hillestad		3:37:39
Dennis Hartley		4:01:29
Tony Rotheram		4:25:23
M65 Don James		4:10:41
Timothy Kourounis		5:19:17
Bill Wagner		5:21:57
W40 Ramona Lee		3:46:57
Nancy Bruton		3:54:07
Rhonda Reichardt		3:57:32
W45 Susan Gomez		3:50:04
Jackie Taylor		3:54:03
Yong Collis		4:15:12
W50 Paula Cronin		5:02:51
Elizabeth Stroh-Coughlin		5:27:25
Debby Day		5:58:16
W55 Marygail Brauner		4:11:45
Trudi Manfredo		5:03:22
Sue Yates		5:29:53
W60 Ann Singer		4:04:44

Long Beach Marathon & Half-Marathon

Long Beach, CA; Oct. 12

Overall		
Joseph Kamau		2:21:56
Miho Ichikawa	30	2:41:19
M40 Clyde Matsumura		2:57:51
Michael Williams		3:07:53
Peter Gregory		3:07:58
Edmundo Navarro		3:08:03
Douglas Martinez		3:08:11
M45 Tim Taylor		2:56:09
Joseluis Diaz		3:06:38
Steve Nygaard		3:16:43
Yong Kim		3:19:07
Thomas Hewko		3:20:33
M50 Doug Maclean		3:21:47
John Daley		3:23:10
Enrique Medina		3:24:48
Mark Hughes		3:26:31
Kenneth Sayles		3:27:54
M55 Albert Martinez		3:24:20
Terry Schmidt		3:39:08
Ian Sebastian		3:41:58
Noel Robinson		3:46:23
Rick Espinosa		3:47:19
M60 Doug Saari		3:27:21
Jack Wheeler		3:35:24
Maurice Jourdan		3:36:56
Ralph Cripe		3:40:49
Dr Suresh Iyengar		3:42:48
M65 Bob Norton		3:52:42
Roberto Vargas		4:05:43
Philo Short		4:09:08
Gordon Watson		4:14:48
Paul Fouch		4:43:23
M70 Alberto Chavez		4:27:16
George Border		4:39:40
Moses Christian		5:51:22
David Purucker		5:58:11
Edward Salkin		5:59:19
M75 Jong Sung Kim		5:19:00
Carlos Mora		6:07:30
W40 Melanie Ravan C.		3:32:40
Michelle Kobrin		3:34:40
Fay Nykerk		3:42:30
Laura Salman		3:42:58
Kathy Vochoska		3:45:58
W45 Mo Chambers		3:52:37
Myriam Cardenas		4:06:39
Anna Hindi		4:06:45
C J Terborch		4:11:37
Laura Urish		4:11:50
W50 Merle Laduke		3:46:42
Sunglan Kwon		3:53:48
Sachiko Pedder		3:59:53
Elisa Clifford		4:05:27
Maureen Kennedy		4:08:02
W55 Kong Joo Kim		4:38:20
Dorothy Kirkland		4:50:18
Inge Granzow		5:06:24
Martina Travis-Blount		5:10:22
Sheila Galinsky		5:24:47
W60 Lein Hidalgo		4:41:00
Ada Bosnjak		4:54:23
Hiroko Spradlin		5:09:16
Kathy Kusner		5:21:48
Joanne Meier		5:23:39
W65 Marilyn Clark		4:48:58
Hiro Nishida		5:30:25
Janet Schmyders		6:23:22
W75 Byungye Kim		3:56:10

Half-Marathon

Timothy Martin	29	1:07:28
Ichiyo Naganuma	31	1:14:46
M40 Ezequiel Hernandez		1:17:53
Steve Schuman		1:20:06
Mike Fillipow		1:20:34
M45 Gonzalo Samaniego		1:21:30
Les Shibata		1:25:05
Dan McCluskey		1:28:34
M50 Jim O'Brien		1:27:09
Mario Tamayo		1:29:16
David Wilson		1:30:15
M55 Juan Cabeza		1:27:17
Bill Sumner		1:28:51
Steve Notaro		1:30:51
Jim Heller		1:34:23
Bob Fox		1:43:51
M60 Mike Lopez		1:30:06
Tom Boomer		1:44:21
Primitivo Rojo		1:46:07
M65 Dale Headley		1:45:35
Arnold Orgolini		1:53:12
James Morris		2:00:52
M70 Stanley Polski		1:49:45
William Wall		1:55:50
Dusty Snyder		1:56:56
M75 Orville Bingley		2:34:10
Jae-Duck Yang		2:38:48
Rao Paladugu		2:39:01
M80 Peter Lang		3:11:02
W40 Patricia Rios		1:33:35
Dar Ramirez		1:36:16

Beverly Buss		1:37:08
W45 Liz Davis		1:32:53
Kate Roth		1:40:28
Julie Payn		1:46:56
W50 Peggy Enriquez		1:44:34
Cecilia Ramos		1:48:56
Mary Lou Cappel		1:53:46
W55 Betty Spurgeon		1:53:38
Judith Fischer		1:54:43
Angie Romero		1:59:08
W60 Julia Dunphy		1:58:12
Patricia Vigil		2:16:00
Teresa Ross		2:19:21
W65 Mary Dugan		2:17:54
Margaret Speer		2:31:39
Carol Ferris		2:46:50
W70 Elaine Herfert		2:53:35
Lorry Plascencia		3:05:02
Patti Kennedy		3:11:01
W75 Antoinette Hill		3:01:22
Caroline Cruz		3:29:35
Marie Horowitz		4:18:09

NORTHWEST

Prefontaine 10K
Coos Bay, OR; Sept. 20

Overall	
Damian Baldovino	32:40
Kathy Gosnell	37:02
M40 Len Jacobson	38:04
Mike Williams	38:55
Charlie Smith	39:06
M45 Howard Richardson	38:32
Dan Houchell	39:20
Mike DeRobertis	39:53
M50 Larry Pine	38:16
Ernie Kahle	38:38
Tom Bedell	41:35
M55 Thomas Brown	43:02
John Seggie	43:32
M60 Paul Reimers	45:05
Doug Pierce	46:17
M65 Jim Bevins	47:39
M70 Oscar Johnston	59:13
M75 Alfred Acord	59:08
M80 Bill Hutchinson	75:12
W40 Jaana Myrsky	41:16
Nicki Wright	44:23
Sara Fahey	46:42
W45 Donna Goldberg	45:08
Jeanne Landrum	45:55
W50 Susan Bierman	50:55
Elke Marion Asleson	52:42
W55 Susanne Goodman	56:58
Nancy Wakkun	58:48
W60 Carol Carley	58:19
Kerstin Johnsen	60:50
W65 Gwen Burns	92:35
W70 Lois Humphrey	93:06
W75 Raye Johnson	68:29

Eugene Celebration 8K
Eugene, OR; Sept. 21

Overall	
Sam Hoodman	24:23
Sharon Downing	29:27
M40 Alan Whalen	28:33
M45 Dan Wojcik	28:09
M50 John Olsen	31:34
M55 Deigh Bates	33:11
M60 Dennis Staples	34:11
M70 John Hepner	37:35
M75+Bill McChesney	43:55
W40 Diana Nicholas	37:24
W45 S Downing	29:27
W50 Diane Funk	49:47
W55 Barbara Hazen	42:08

St. George Marathon
St. George, UT; Oct. 4

Overall		
Trevor Pettingill	27	2:20:35
Katie Blackett	26	2:40:25
M40 JERRY HENLEY		2:29:48
ROBT. CHYNOWETH		2:37:31
WILLIAM MOORE		2:39:51
M45 G HULLINGER		2:36:25
T KASHIHARA		2:37:12
STEVE GREENSPAN		2:45:45
M50 JOHN ERICKSON		2:48:27
SAM NORMAN		2:53:50
GARY DEAN		3:01:58
M55 TERRY HARRIS		2:59:53
CURTIS FLOWE		3:01:26
RALPH SMITH		3:10:49
M60 RON PETERSON		3:13:21
NORM BORNSTEIN		3:23:05
JOEL KIRK		3:23:13
M65 JUAN SOBENES		3:36:45
CHAR. MACKINTOSH		3:37:16
CARLOS VALLE		3:38:33
M70 PAUL NANCE		4:01:03
PAUL STRAUB		4:11:44
DEWAIN JENKINS		4:19:40
M75+BOB KOCH		4:05:51
THOMAS GREGORY		4:33:43
ROY GLASSBURN		4:54:59
W40 Bda. GRAHAM-GRAY		2:44:22
DEBBIE RICHARDSON		2:50:06
MERCEDES GIL		2:50:39
W45 JULIE GODDERIDGE		3:04:40

JULIE GROO		3:04:56
MARY BEACCO		3:15:40
W50 PAULA MAY		3:18:52
VICKIE SANDERS		3:34:06
C SOUTHWICK		3:39:22
W55 DEE CHADWICK		3:21:10
JEANIE GROVES		3:25:16
PAULETTE LEDUC		3:48:37
W60 SUSAN BROWN		3:46:58
PAULINE FREELAND		4:17:29
SALLY TYREE		4:16:17
W65 SHIRLEY BLUSH		3:40:20
EMOGENE SCOTT		5:06:42
VERA VANN		5:24:19
W70+MYRA RHODES		3:57:43
JUDITH BULLOUGH		4:31:54
JULIA BARRETT		6:20:30

Portland Marathon
Portland, OR; Oct. 5

Overall		
Akihiko Kanda	28	2:23:05
Megan Daly	24	2:47:53
M40 Rob Welo		2:37:46
Andy Ford		2:41:09
Ed Bomber		2:41:57
M45 Jon Defoe		2:53:41
Steve Dinatale		2:57:06
Jeff Fairchild		2:58:11
M50 Chris Tye		2:45:01
Pekka Termonen		2:50:55
Doug Winn		2:51:42
M55 Michael Wakabayashi		3:14:48
Michael Caley		3:16:14
Jesus Ceja		3:22:35
M60 Harald Wulf		3:07:57
Bill Scarborough		3:25:05
Mickey McClendon		3:31:10
M65 Benjamin Mathews		3:41:03
Paolo Gramaccioni		3:54:26
Richard Bona		3:57:56
M70 Bob Dolphin		4:22:05
Russ Akers		5:06:48
Moses Christian		5:10:25
M75 Donald Groner		4:14:46
Donald La Venture		7:00:03
Bob Gee		7:22:21
W40 Liz Downing		3:10:57
Michelle Faubion		3:15:24
Jill Banister		3:15:26
W45 Cheryl Tronson		3:15:40
Barb Blumenthal		3:27:21
Margie Retterath		3:27:43
W50 Virginia Eggers		3:15:33
Teresa Hogan		3:31:24
Phyllis McCall		3:36:14
W55 Sheila O'Brien		3:35:14
Gunhild Swanson		3:51:14
Sandra Anderson		3:55:15
W60 Margaret Davis		4:30:12
Kathy Ryan		4:35:24
Karen Demko		4:36:32
W65 Eleanor Claus		4:35:43
Dolores Scott		4:51:31
Carol Saunders		5:28:17
W70 Kathleen Callaway		5:58:00
Jacque Bothman		6:18:17
Shirley Mallon		6:34:50
W75 June Curry		5:45:56
Irene Kinnaird		6:02:58
Mary Erlich		6:06:06

Huntsman World Senior Games 10K
St. George, UT; Oct. 6

M50 Heath Hibbard		38:38
Wallace LittleMoon		38:42
Frank Goulard		39:58
M55 Aurelio Herrera		39:54
Gary Peirce		43:05
Stan Laidlaw		44:05
M60 Harlan Vanblancum		45:49
Lino Fabella		46:47
Collins Beery		52:31
M65 Ken Ogden		46:03
Ray Benefiel		53:40
John Oneto		53:59
M70 Paul Flannigan		47:06
Ed Hardy		49:03</



N is for fit, not fashion. N is for technology, not gimmickry. N is for shoes in multiple widths, not just multiple sizes. N is for the 815 motion control trainer. Find out more at newbalance.com.

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