



AL PUMA

First three M70+finishers, NYRR Fifth Avenue Mile (l to r): Eric Seiff, 70, Jim Sutton, 72, and William Fortune, 75.

Milers O'Driscoll, Jones Win on 5th Avenue; Nolan is Top Performer

By JERRY WOJCIK

This year, the NYRR Fifth Avenue Mile changed its format for the younger masters runners. Instead of competing by invitation in 10-year age groups as they had done previously, men and women ages 40-to-59 ran with the open runners with results shown in five-year age groups.

Runners ages 60+ ran in the George Sheehan Memorial Mile with their peers as they have in the past.

The races were held on Fifth Avenue, starting at East 80th St. and finishing at

East 60th St. on Sept. 7.

Conor O'Driscoll, 42, Rye, N.Y., was first master and third overall in 4:29, an 89.1% age-graded time. Paul Mascali, 51, Manhasset, N.Y., was second M40+ in 4:41, an A-G 91.4%. Performance honors went to Harold Nolan, 56, Navesink, N.J., for his M55 winning 4:51, an A-G 92.1%.

The first two spots overall in the women's open mile went to masters. Catherine Jones, 41, Ringwood, N.J., ran an A-G 86.7% 5:08, and Mary

Continued on page 4

Creel Sets Course Record at 50K Trail Championships

By SUSANNAH BECK

Wildlife ecologist Scott Creel, 41, Bozeman, Mont., co-author of *The African Wild Dog*, didn't stop to sniff the flowers in his first ultra-marathon, Aug. 23, at the spectacularly scenic and challenging Golden Gate Headlands 50K/U.S. 50K Trail Championships in Rodeo Beach, Calif.

In only his first race over 22 miles, Creel set a new course record, 3:49:54, out-scrambling the runner-up, the talented and experienced Dennis Rinde,

44, Davenport, Calif., 3:54:45, by almost five minutes, on a sunny, warm day.

The five-year-old Golden Gate course boasts seven major hill climbs through the Mt. Tamalpais State Park and Headlands backcountry, totaling roughly 7000 feet of ups-with-a-view. Creel's hill-climbing fitness was suggested earlier this summer when he won the National Masters Mountain Running Championship at the Vail Hill

Continued on page 10

Throwers Peerless in Seattle

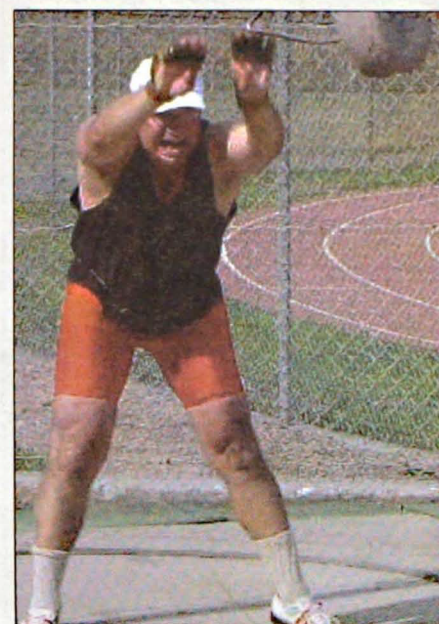
By JERRY WOJCIK

SEATTLE, Wash. – Again, the Seattle Masters Athletic Club hosted the USATF National Masters Weight and Superweight Championships at West Seattle Stadium's throws complex, Sept. 6. The meet has been held here for well over a decade and is nearing tradition status. And again, the weather was sunny and warm, perfect for throwing.

Besides competitors from local states, the field of seven women and 27 men included representatives from Arizona, Michigan, Ohio, Texas, and Florida.

Two Texans, Carol Finsrud, 46, and Bob Ward, 70, accounted for four of the five pending records set in the meet. Ward established a U.S. M70 record of 18.83 for the 16# weight and broke the record of 7.65 for the 35# superweight held by James York since

Continued on page 3



JERRY WOJCIK

Todd Taylor, 56, tossing the 98# weight, Seattle Masters AC Ultra Weight, Sept. 6.

Weight Pentathletes Break Records in Fort Collins

FORT COLLINS, Colo. – Four world and six U.S. records were set at the 2003 USATF National Masters Weight Pentathlon Championships held here on Aug. 23-24.

World records were broken by Oneithea Lewis, 43, Bayside, N.Y., Carol Finsrud, 46, Lockhart, Texas, and

Bob Ward, 70, Carrollton, Texas, in the overall weight pentathlon. Lewis and Finsrud's scores of 5261 and 5233 points, respectively, broke their own previous records set at the World Masters Athletics Championships in Puerto Rico in July.

Continued on page 8



Top four M65s, USATF National Masters Weight Pentathlon Championships: Robin Herron, second, Bob Humphries, first, Vern Spencer, third, and (kneeling) Chuck Polizzi, fourth.

CONTENTS

DEPARTMENTS

USATF Officers 2
 Track & Field Report 3
 Letters to the Editor 4
 NMN Sustainers 4
 Fifteen Years Ago 5
 Third Wind 6
 Twenty Years Ago 6
 Speakers Corner 7
 The Foot Beat 8
 Five Years Ago 8
 Profile - Lance Denning 9
 Current NMN Contacts 9
 Racewalking 10
 Report From Britain 11
 Ten Years Ago 11
 WMA Officers 11
 On the Run 12
 Masters Scene 14
 Schedule 15
 All-American Standards 17
 Results 18
 New Age-Group Athletes. 27

FEATURES

5th Avenue Mile 1
 50K Trail Championships 1
 Nat'l. Weight/Superweight 1
 Nat'l. Weight Pentathlon 1
 Team Championships 5
 National 100-Mile 8

ENTRY FORMS/RACE & PRODUCT INFO

Long & Strong Journal 3
 NMN Subscription Form 4
 Jogmate 5
 Pataki Catalog 7
 Self-Transcendence Meet 9
 Masters Uniforms 11
 Publications Order Form 13
 National 8K X-C 28



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



Publisher: Suzy Hess
Editor: Jerry Wojcik
Editor-at-Large: Al Sheahan
Associate Editor: Angela Egremont
Assistant Editors: Susannah Beck, Jane Dods, Erich Reed
National Masters News Office
 PO Box 50098 Eugene, OR 97405
 541-343-7716, Fax: 541-345-2436
e-mail: natmanews@aol.com
Masters Web Sites:
 www.nationalmastersnews.com
 www.usatf.org
 www.masterstrack.com
 www.usaldr.org
 www.world-masters-athletics.org
Schedule: Jerry Wojcik, jerrywoj@aol.com
Advertising Representative:
 Suzy Hess 541-343-7716
Production: Carol Covey, Kim McGill
Printing: American/Foothill Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records:
 Road Running Information Center
Racewalking Records: Bev LaVeck
Track & Field Rankings: Dave Clingan
Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tynn, Elaine Ward
Correspondents: Ruth Anderson (CA), George Banker (MD), Maury Koch (CA), Bob Fine (FL), Paul Heitzman (KS), Bob Kech (NY), Carol Langenbach (WA), Ron Mannucci (MI), Marilyn Mitchell (NY), Phil Mulkey (GA), Paul Murray (NY), Jim Oaks (AL), Mike Polansky (NY),

Phil Raschker (GA), Ken Stone (CA), Pete Taylor (VA), Mike Tynn (HI).
International Correspondents: Jorge Alzamora (CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten Carlus (SWE), Bridget Cushen (GBR), Martin Duff (GBR), Jim Tobin (NZL).
Photographers: George Banker (MD), Suzy Hess (OR), Mike Polansky (NY), Vic Sailer (NY), Tesh Teshima (HI), Thom Weddle (MN), Jerry Wojcik (OR).
Creative Art: Eugene Paasinen, Herb Parsons
 The *National Masters News* (ISSN-07442416) is published monthly, with an annual subscription rate of \$28.00. Main office address: 14155 Magnolia Blvd. #338, Sherman Oaks, CA 91423. Periodicals postage paid at Van Nuys, CA 91409.
 The *National Masters News* is an official publication of USA Track & Field and of World Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA.
Executive Officers of USATF: Bill Roe, President; Craig Masback, Executive Director.
 To inquire about a USATF card, call USATF in your area, or 317-261-0500.
NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, doubled-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.
Disclaimer: All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. However, the opinions expressed by

individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation of an endorsement by NMN.
Advertising information and rates: Please call 541-343-7716 and request current rate card. Send all printed material and ad copy to: Carol Covey, Foothill Publishing, 10001 Commerce Ave., Tujunga, CA 91042. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.
Mailing: The issue is mailed the last week of the month prior to the cover date.
Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.
Subscriptions: A one-year subscription (12 issues) is \$28.00 (mailed 2nd class). Add \$17 for 1st class (USA & Canada) or \$20 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/286-3129.
Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue to the subscription Dept.
No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher.
 National Masters News Copyright © 2002 by National Masters News. All rights reserved.

NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

Chair George Mathews 2149 Calle Buena Ventura Oceanside, CA 92056 760-757-4550 760-757-4533 (Fax) georgem@nwlink.com	Midwest Gerry Krainik 15124 Hillside Ave. Oak Forest, IL 60452 708-687-2124 gkrainik@attbi.com	Northwest Jim Schlewitz 2696 NW Quince Albany, OR 97321 541-928-3644(H) 541-924-1132 (Fax) harwood@peak.org	Southeast Bob Fine 3250 Lakeview Blvd. Delray Beach, FL 33445 561-499-3370 bobfine@aol.com	Southwest Lester Mount 6750 Hillcrest Plaza Dr., #221 Dallas, TX 75230 214-766-2854 lestermount@yahoo.com	West Mark Cleary 18 Charca Rancho Santa Margarita, CA 92688 949-589-0242 runnermark@cox.net www.usatf.org	Active Athletes Representative Dave Clingan 1849 SE 20th Portland, OR 97214 503-231-6345 xroads@xro.com	All American Standards Len Olson 3 Oceans West Blvd., #5C4 Daytona Beach, FL 32118-5991 Tedodiscus@aol.com	Awards Phil Byrne 55 Constellation Wharf Charlestown, MA 02129 617-242-8822 pmb02129@aol.com	Championships Games Sandy Pashkin 301 Cathedral Pkwy #6U New York, NY 10026 212-666-8603 spashkin@aol.com	Championships Sites Ken Weinbel 4103 Hillcrest Ave., S.W. Seattle, WA 98116 206-938-3895 (H) Kweinbel@attbi.com	Combined Events Jeff Watry 24304 77th Street Paddock Lake, WI 53168 262-843-3567 (H) 217-367-8438 (W) jwatry@gillathletics.com	Law Chair Tom Light P.O. Box 1550 Chugiak, AK 99567 907-694-4623 (H) 907-786-7431 (W) 907-786-7401 (Fax)	Masters Invitational Program Mark Cleary (see West above)	Racewalking Rod Larsen 104 Eleventh Ave. Windermere, FL 34786 407-876-4467 (H) 407-876-5843 (Fax) larsenrod@aol.com	Rankings Dave Clingan (address above)	Records Pete Mundle 3955 Bentley Ave. Culver City, CA 90232 jmundle@earthlink.net	Rules Coordinator Graeme Shirley 11212 Via Carroza San Diego, CA 92124 858-292-6132	Team Manager Sandy Pashkin (address above)	Web Site Chair Rex Harvey 6744 Connecticut Colony Cir. Mentor, OH 44060 440-255-0751 440-954-8122 (W) 440-954-8111 (F) 440-339-5688 (C) rexjh@aol.com	Weight Chairs Dick Hotchkiss 14005 Meadow Dr. Grass Valley, CA 95945 530-273-3660 ashglaze42@hotmail.com	WMA Delegates George Mathews Suzy Hess Bob Fine Alternates: 1) Dave Clingan 2) Christel Donley 3) Jerry Donley 4) Mark Cleary 5) Marilyn Mitchell 6) John Head 7) Mary Trotto 8) Phil Byrne 9) Pete Mundle	WMA Delegates: Women Suzy Hess Christel Donley Marilyn Mitchell Alternate: Mary Trotto
---	--	--	--	---	--	---	---	--	---	---	---	---	---	--	--	--	--	--	--	--	---	---

NATIONAL MASTERS OFFICERS OF USA LONG DISTANCE RUNNING

Chair: Norm Green 407 Freedom Blvd. West Brandywine, PA 19320-1559 (610) 466-9197 (610) 466-9198 (Fax) runnorm@aol.com	Secretary: Barbara Leininger 5115 Park Ave. Minneapolis, MN 55417 (612) 823-2554	Vice Chair: John Boyle P.O. Box 1700 DeLand, FL 32721 (904) 736-0002 (904) 740-1047 (Fax)	Awards: Don Lein 13 Crosswinds Estates Pittsboro, NC 27312 (919) 542-4790 (919) 542-5157 (Fax)	Marketing Representatives: Don Lein (address above) Jack Wing 4038 East 48th St. Tulsa, OK 74135 (918) 742-5418 (H, W, Fax) (918) 292-2860 (Fax)	Athlete Information Center Coordinator: Barbara Leininger (address above)	Cross-Country Representative: Carole Langenbach 4261 S. 184 St. Sea-Tac, WA 98188 (206) 433-8868 (H, Fax) pntf@wolfenet.com	Mountain, Ultra, Trail Representatives: Theresa Daus-Weber (ultra rep) Ian Seecof (trail rep) Scott Creel (mountain rep) Roy Pirrung (vice chair)	Team Manager Mary Rosado (see address above)
---	---	---	--	---	---	---	--	--

Track & Field Report

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

Annual Meeting Slated for December

Most of you are aware that USATF holds its annual meeting every year during the first week in December. This year's meeting will be held Dec. 4-7 at the Sheraton Greensboro in Greensboro, N.C. This is where USATF technically conducts its business for the year. That is not to say nothing happens the rest of the year, but matters that require motions by full committees and the whole organization are handled at this meeting. Your Masters Executive Committee handles less important business on your behalf during the rest of the year.

You probably are aware that we have a representative form of governance. The Masters Committee is made up of 96 voting delegates. The largest group of delegates comprises the Masters Chairs from the 57 Associations. Next is active athletes with 21. Then 10 from amateur sport organizations, five each for at-large members (appointed by the Chair) and elected officers, three each from other organizations (AATRA, NSGA, and USCCA) and committees (athletics/disabled), officials and coaches.

Athletes' Input

Where does that leave you, the athlete? One thing you can do is come to the meeting and hope you are elected by your fellow athletes to one of the 21 active athlete positions.

You might check with your local association to see if your masters chair (if they have one) is going to the annual meeting and will be in attendance at all of the masters meetings. If not, get yourself appointed with a letter from the association president. You might also be able to join some of the other organizations and committees and be their representative. We need better representation from these groups at our meeting.

If none of this works for you, then the obvious course of action would be for you to lobby these representatives to represent your point of view on matters you really believe in. They are representing you. If they don't get your input, then they are representing themselves.

Advance Preparation

One needs to understand that these meetings are not freewheeling like the athletes' meetings we have at the Outdoor and Indoor Championships. We have little time and many topics to cover to accomplish our business in the short period of time we have. It is best to work through issues that you have in advance, and have your representative present the topics to me and the Executive Committee for consideration

DEADLINE

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

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

prior to Nov. 1.

A good place to work through your

National Weight/Superweight

Continued from page 1

1991 with a 10.96 throw. Finsrud established W45 records for the 20# weight with a 13.79 and the 35# superweight with a 9.39.

Georgia Cutler, 60, Oregon, broke the U.S. record for the 12# weight (12.28).

Other top marks came from George Mathews, M60, of California, with the 20# weight (19.68); Todd Taylor, M55, Oregon, 25# weight (17.68); Jim Wetenhall, M45, Ohio, 35# weight (15.35) and 56# superweight (10.33); and Joyce Taylor, W50, Oregon, 16# weight (11.39).

Twenty-five records were set in the 9th annual Ultra Weight Classic, where the contestants add the 98#, 200#, or 300# weights to their Championships marks, which are then all age-graded. Wetenhall scored 5350



JERRY WOJCIK
Jim Wetenhall, 50, throwing the 98# weight, Seattle Masters AC Ultra Weight.

issues is at your local association's October meeting, if they have one. This is where appointments to the annual meeting should be made and confirmed. If you don't like what your association is doing for masters, get elected as masters chair and work through the issues. This is how you have influence on the way your organization is run.

I believe we exist to provide safe, competitive opportunities for our athletes. I hope we see and hear from more of you. You can give us your input anytime. Also, please understand that writing a letter to the editor of *National Masters News* is an indirect communication to us, although we monitor those views carefully as well.

We look forward to a great Annual Meeting this year. □



JERRY WOJCIK
Jeff Crothers, 44, hurls the 98# weight, Seattle Masters AC Ultra Weight.

points to win the M30-69 bracket, with a big score (1392) in the 300# weight for his meet record 1.72. Bob Cahners, M60, Florida, was second (4827).

Ward took the M70+ group award with 5467 points. Mike Devlin, M70, Washington, was second (3758). The final weight in this division was the 200#.

The women's winner in the Ultra Weight was Finsrud, who scored 5569 points, 1138 coming from a 1.38

heave with the 200#. Joyce Taylor scored 5071 for second place.

Athletes, officials and volunteers were treated to a BBQ beef lunch, hosted by Meet Director Ken Weinbel and his wife, Noel. □

THROWERS

TRAIN YOUR BRAIN

The **Long & Strong Throwers Journal (LSTJ)** is a quarterly publication dedicated to the throwing events in track and field. It is the only throwing periodical of its kind in the world. **LSTJ** is about more than technique and training. Elite athletes and coaches give insight into their keys for success and the personalities behind their achievements. **LSTJ's** interviews with top name throwers such as **Adam Nelson, Suzie Powell and Breaux Greer** and legends such as **Al Oerter, Michael Carter and John Powell** are just what you are looking for. Technique tips from knowledgeable athletes and coaches such as **Jud Logan and Jay Silvester** are invaluable. **LSTJ** provides throws coverage and photos from major competitions that you won't find anywhere else. Whether you are a coach, athlete or official, or a Scholastic, Open or Masters competitor, it is crucial that you never stop learning! **Let Long & Strong help you reach your potential!**



www.longandstrong.com

Four Issues (1 Year): \$20 (U.S.) \$24 (Foreign-U.S. Funds). All Back Issues, plus future issues through July, 2003 for \$100 (\$120 Foreign). Checks/Money Orders/MasterCard, Visa

Credit Card Orders

MasterCard _____ Visa _____
Name _____ Account # _____
Address _____ Expiration Date _____
City, State _____
Zip _____ Phone _____
E-Mail _____
Comments _____

MAIL/PAYABLE TO:

Glenn Thompson, 3604 Green Street, Harrisburg, PA 17110 (717)238-1720

WRITE ON!
 Address Letters to: National Masters News
 P.O. Box 50098, Eugene, OR 97405 or
 E-mail: natmanews@aol.com

NATIONALS

The National Championships in Eugene were a resounding success. I would like to thank everyone involved in making this such a great event – The Organizing Committee, Northwest Event Management, the officials, and volunteers.

The Championships can't return to Eugene too soon to suit me. Any athlete interested in a high quality videotape of their events should contact Paul Dungan at 4016 NE Hazelfern Pl., Portland, OR 97232.

Paul Heitzman

I had a great time in the USA Masters Nationals. The meet in Eugene was well run, and it was a pleasure to run and socialize with some great athletes. I was impressed with the support given runners, especially at the massage tent and training room. The ice baths were chilling.

However, I was miffed at the number of competitors who were listed as UNA.

There were so many, I imagined a new running club – United Nations Athletic, for example. I wonder what happened, as I'm sure many, like myself, listed their club affiliation.

*Robert Cozens
Houston Harriers*

I am a bit perplexed by the scoring for the National Masters Championships. First, I assume the points were awarded on a 5-4-3-2-1 basis and that all events except relays were included in the totals.

The Dallas Masters Track and Field Club had 12 members participating in the meet, but only 6 of them were shown as DMTCF members. I personally talked to all of my members and they all said they registered as Dallas Masters members.

Those members listed as UNA were Don Denson (1-2, 1-3 & 1-5), Bill Carter (4-1, 3-2 & 1-5), Cindy Steenbergen (3-

1), Dorothy Vander-Cruyssen (1-1, 1-2 & 2-3), Clain Udy (1-4), Bob Ward (2-1, 1-2 & 1-3). This is a total of 94 points that our club is due.

All of these people have been members of the Dallas Masters Club for several years, except VanderCruyssen who joined last year.

In addition to the above, the others scoring points were Wayne Bennett, Joe Summerlin, Linda Douglass, Wendell Palmer and Fan Benno-Caris. We feel we scored 133 points total. Mack Stewart is also a member of our club, as well as a member of Houston Harriers with whom he registered.

Can you please advise is my assumption on scoring is correct? Is it possible to change the scoring to reflect what the Dallas Masters really achieved?

*Wayne Bennett
Arlington, Texas*

The only place in the rule books that mentions scoring for masters, is rule 261.2a. The rule uses 5, 3, 2, 1 points for 1st, 2nd, 3rd and 4th places. Since scoring at the Nationals is unofficial at this point, we used Rule 261.2a. When team scoring becomes official at the Nationals, the new rule will have to include the scoring methods.

*Sandy Pashkin
USATF Masters Games Committee Chair*

FALSE START RULE

I have been involved with track & field on and off for 57 years, and I have always been bothered by the rule that disqualifies an athlete for false starts.

While the professional ranks certainly need some system to ensure fairness, it seems to me that disqualification is unduly harsh for masters athletes. We train hard, spend our own money to go to an away meet, and receive nothing tangible in return even if we win. We do

this for fun, not financial reward.

In other sports, disqualification requires some flagrant act such as abusing a referee, clubbing an opponent with a hockey stick, throwing a bean ball, or fighting.

I wonder if any consideration has ever been given to a football style penalty for a false start – that is, moving the offending athlete's starting line back some predetermined amount. Two percent of the race distance sounds about right.

This approach imposes a penalty without the need for disqualification. I would find this much more palatable.

*Larry Patz
Contoocook, New Hampshire*

5th Avenue Mile

Continued from page 1

Evans, 44, Scarsdale, N.Y., was five seconds back in 5:13, an 87.6%.

In the George Sheehan Memorial Mile, Vic Heckler, 61, Chicago, Ill., won the M60-69 race in 5:13, an age-graded 89.7%, but best performance went to Sid Howard, 64, Plainfield, N.J., third behind Bill Borla, 63, Torrington, Conn., 5:17. Howard ran a 94.5% to register a 90.8% to Borla's 90.4%.

Evelyn Davis, 65, Cliffside Park, N.J., won the W60-69 race in 7:02.

Jim Sutton, 72, Reading, Pa., was the first M70-79 in an age-graded best 87.6% 6:03, with Eric Seiff, 70, Bronx, N.Y., second at 6:18.

Ginette Bedard, 70, Howard Beach, N.Y., was fifth overall in the combined men's and women's 70-79 race with an age-graded 84.1% 7:12.

In the 80+ groups, John McManus, 80, Woodside, N.Y., was first with a 7:41. Grace Salant, 80, Brooklyn, N.Y.,



AL PUMA
Abraham Weintraub (l), 93, and David Gerli, 92, sprinting to the finish line, NYRR Fifth Avenue Mile, NYC, Sept. 7.

finished first woman in 14:06. Abe Weintraub, Brooklyn, the oldest finisher at age 93, edged out David Gerli, 92, NYC, by one second with a 15:47 with both sprinting for the last 30 yards.

Next year, the George Sheehan Memorial Mile will also be discontinued, with runners competing in five-year age groups in the open races. Al Puma, organizer of the Sheehan Memorial Mile, said, "The new format will not be conducive to participation by out-of-towners. It'll just be another NYC race. It's time for me to retire from it."

After the races, Puma hosted a buffet luncheon at the Mangia Restaurant for the Sheehan Mile runners.

The Invitational Mile winners were Theresa Du Toit, 4:53, and John Itati, 3:56. The prize purse totaled \$5700 for the top three invited men and women and the top three masters men and women. □



AL PUMA
NYRR Fifth Avenue Mile runners in Central Park before the race (top l to r) Vincent Carnevale, 87, Abe Weintraub, 93, Imme Dyson, 66, Joe Pascarella, 70, Dolly Ann Finkelstein, 73, Jack Haar, 76, Joan Rowland, 77; (bottom l to r) Jerry Levasseur, 65, Sid Howard, 64, Vic Heckler, 61, Bill Borla, 63.

**NATIONAL MASTERS NEWS
Subscription Form**

The *National Masters News* is the official world and U.S. publication for masters track & field, long distance running and racewalking. It contains information you can't get anywhere else. Subscribe Now.

2nd Class rates: (USA, Canada, Mexico)		1st Class rates: (USA, Canada, Mexico)		Foreign rates: (Air mail)		<input type="checkbox"/> Payment enclosed <input type="checkbox"/> Bill me later <input type="checkbox"/> \$_____ as a contribution to your work
<input type="checkbox"/> 6 months	\$16	<input type="checkbox"/> 1 Year	\$28	<input type="checkbox"/> 1 Year	\$48	
<input type="checkbox"/> 1 Year	\$52	<input type="checkbox"/> 2 Years	\$86	<input type="checkbox"/> 2 Years	\$91	
<input type="checkbox"/> 2 Years	\$75	<input type="checkbox"/> 3 Years	\$124	<input type="checkbox"/> 3 Years	\$134	

Circle applicable sports: T L R (T=T&F; L=LDR; R=RW)

Name _____
 Address _____
 City _____ State _____ Zip _____

Send to: National Masters News
 Subscription Dept.
 P.O. Box 16597
 North Hollywood, CA 91615-6597

Or Call: 818-286-3129

Sustainers for October 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:

- | | |
|-----------------|-----------------------|
| Richard Donley | Tulsa, Oklahoma |
| Tim Dyas | Ridgewood, New Jersey |
| Jim Gerhardt | Houston, Texas |
| Jack Stevens | Victoria, Australia |
| Thomas Sullivan | Oak Brook, Illinois |
| Bob Weiner | Washington, D.C. |

So Cal TC Takes First Team Title

By MICHAEL C. TIPPING

So Cal Track Club athletes outscored the competition to earn the first-ever team title at the USATF National Masters Championships in Eugene, Ore., on Aug. 7-10. Although the team championships is unofficial, it gives us a look into what the future may be when it becomes official.

The final results gave So Cal 151 points, followed by Oregon Track Club Masters (126), Atlanta Track Club (85), Portland Masters (82), and Midwest Masters (78).

So Cal's 28-member squad racked up 41 medals during the four-day meet, including six athletes who were double gold-medal winners. David Ashford, fresh off a world-record-setting effort in the 110H at the WMA Championships in Puerto Rico, won the M40 short hurdles and long hurdles.

Veronica Amarasekara successfully defended her national titles in the W40 triple jump and long jump, setting an age-group U.S. record in the latter event.

Brian Pope, appearing in his first Nationals for So Cal, won the M40 5000 and 10,000. Kettrell Berry repeated his feat of last year in sweeping the M40 100 and 200.

Combined-event standout Johnnye Valien limited herself to field events but still earned gold in the W75 shot

put and javelin.

Sumi Onodera-Leonard may have achieved the most-distinctive double, winning the W75 400 and 800 to go with her silvers in the 100 and 200.

Another notable achievement was Larry Barnum's victory in the M55 800 that positioned him to challenge the world record in the M60 age group into which he is moving. So Cal's other 800 champion was M50 David Salazar.

Dave Cook, in winning the M45 3000 steeplechase, ran an over-40 personal best. Additionally in the steeple, Chris Yorges, 37, extended his streak of national gold medals that stretches

back well into the '90s. M35 high jump champion Ron Lee was So Cal's other gold medalist.

So Cal's final medal count included 17 gold, 15 silver and nine bronze.

Noting that such potent outfits as Sprint Force America were largely absent from Eugene, So Cal coach Mark Cleary said his team looks for-

ward to facing all the top masters teams next summer at the 2004 Nationals in Decatur, Ill.

He also said So Cal Track Club wishes to thank the makers of Jogmate muscle-recovery products for their support and sponsorship. □

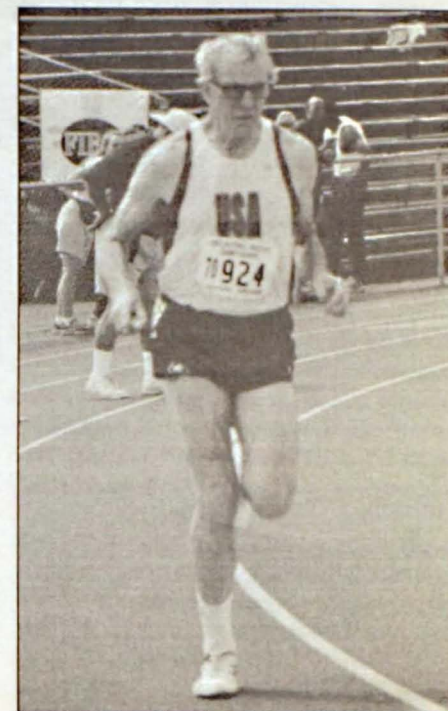
We Welcome Letters

- 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.
- Please type and double space.
- Letters are condensed and edited.
- Not all submissions are published. □

FIFTEEN YEARS AGO

October 1988

- Bill Rodgers (M40, 49:14) and Laurie Binder (W40, 57:11) Set U.S. Records in Crim 10 Mile
- Larry Olsen, M40, and Barbara Filutze, W40, First in National Masters 10K
- North American Meet Lures 302 to Toronto



SUZY HESS

Al Sheahan, M70, *National Masters News* editor, in the 300H, 36th National Masters T&F Championships.

Jogmate Muscle-Recovery Products Congratulates So Cal Track Club

for winning the Team Championship

at the 2003 USATF Masters National Outdoor Championships in Eugene, Oregon



Six So Cal athletes were double national champions: Veronica Amarasekara (long jump, triple jump), David Ashford (110-meter hurdles, 400-meter hurdles), Kettrell Berry (100 meters, 200 meters), Sumi Onodera-Leonard (400 meters, 800 meters), Brian Pope (5,000 meters, 10,000 meters), and Johnnye Valien (shot put, javelin). Larry Barnum (800 meters), Dave Cook (3,000-meter steeplechase), Ron Lee (high jump), David Salazar (800 meters) and Chris Yorges (3,000-meter steeplechase) won single national titles.

(Paid Advertisement)



Third Wind

By MIKE TYMN

Payton Jordan: Master of Masters

“I was pleasantly surprised that my strength, flexibility, and reaction time were still intact,” Payton Jordan commented, referring to his competitive comeback in 1972 at age 54. “It was exciting to have the competitive juices kick in, as I still found great joy in meeting the challenges of head-to-head competition, and striving to be the best I could be regardless of the age factor.”

As discussed in this column last month, Jordan, now an 86-year-old resident of Santa Barbara, Calif., had been a world-class sprinter just prior to World War II, recording a 9.5 (and an unofficial 9.4) for 100 yards, as well as a 10.3 for 100 meters and 21.1 for 200 meters. He went on to a successful coaching career at Occidental and Stanford University and was the coach for the U.S. Track & Field team at the 1968 Mexico City Olympics.

Staying Fit

Although he had not competed in some three decades before making his comeback in 1972, Jordan had managed to maintain a fairly high level of fitness.

“Throughout my life I have regularly maintained fitness due to constant demonstration as a part of my teaching and coaching of athletes,” he explained.

When he was 37 and coaching at Occidental, a few of Jordan’s track team members were chiding him about his antiquity. Jordan bet an orange juice that he could beat them, which he did while clocking 9.7 for 100 yards.

It was 17 years later, while conducting an Olympic summer training program, that he was talked into taking part in a sprint for old timers at Lake Tahoe, Calif. He won the race and the next thing he knew he was competing in masters events and setting world age records, including 10.7 for 100 yards (age 55), 11.6 for 100 meters (55), and 23.6 for 200 meters (54).

World Records

Jordan would continue to compete and set world records until age 82. At 81, he was able to run 100 meters in

14.6 and 200 in 31.20. (See accompanying chart for Jordan’s times at various ages.)

I asked Jordan what a sprinter can do to counter the effects of aging on performance. He responded by addressing four basic areas as having a dramatic effect on the aging process, particularly in sprinters: respiratory, flexibility, strength, and reaction.

Pointing to studies which indicate a loss of about one percent a year in VO₂ max (maximal oxygen uptake), Jordan feels the best way to minimize this respiratory loss is to keep the body weight at the ideal for size and height.

“Flexibility seems to take a vacation, unless one addresses it on a regular basis,” he continued. “By doing so, we insure against injuries, we maintain better performance of muscles, ligaments, and tendons, which aid better acceleration and rhythm of movement.”

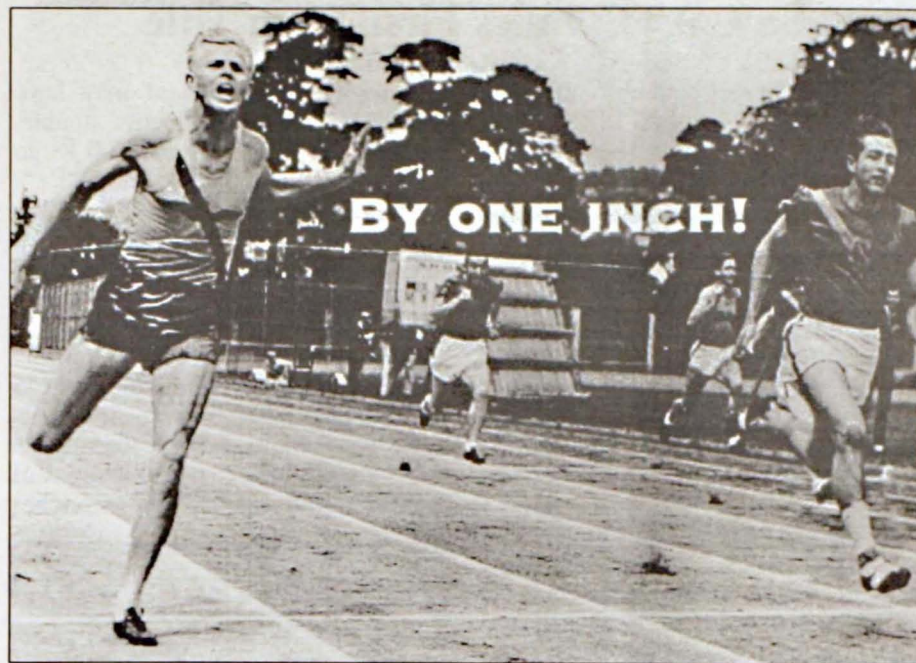
Use It or Lose It

As for strength, you have to use it or lose it, Jordan offered. “Otherwise you won’t have the power for sprinting. Strength and resistance work is vital, for strength is speed. Maintaining strength allows one to hold back the decline in speed.”

Reaction time, defined by Jordan as basic speed resulting from an abundance of “fast-twitch” fibers, is the last of the four basic blocks to diminish and decline.

“Speed dynamic drills to condition neural pathways will give the best returns for maximizing one’s natural gifts,” he said. “It is very important to constantly be aware that specificity of the training regimen brings the greatest results in performance.”

Jordan advocates routines and programs with an underlying philosophy of “flaming out, not rusting out” to



For the first time in 25 races, Hurry-up Harold Davis, best of all the nation’s sprinters, was beaten. It happened April 24, 1943, at Berkeley, California, as Ensign Payton Jordan of St. Mary’s Pre-flight school, formerly of U.S.C. where he was National Champion, nipped Davis by one inch after the two had run neck and neck the entire 100 yards.



minimize the aging process.

“Train fast to be fast, train slow to run slow,” he says. “You should try to duplicate the physical, organic, and psychological challenges of ballistic speed in practice so it becomes automatic in competition.”

Weight Training

While weight training was pretty much frowned upon during his pre-war heyday, Jordan replies, “Absolutely!” when asked if weights should be an integral part of the sprinter’s routine. He advocates lifting every other day, three times per week, focusing on the lower body one day, the upper body the second day, and the total body in the week’s third session.

Update Your Club Info

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

“For speed-oriented power development, the loads should range from three to 10 percent of maximum for arms, shoulders, and hip flexors,” he offers, “and for the heavy extensor muscles of the hips and legs the loads should range from 10 to 40 percent. Increase in loads may be progressive in nature.”

For strength-oriented power development, Jordan says that the loads should range from 10 to 30 percent of max for arms, shoulders and hip flexors, and from 30 to 60 percent for the hip and leg muscles.

“With the heavier weights, the exercises will be performed at a slower rate of speed, because of the heavier resistance,” he adds, pointing out that flexibility stretching should be performed before and after weight training sessions.

“Our goal is to age slower than one’s rivals, in both the physical and mental areas of our lives,” Jordan ends the interview. “Maintenance is a must to avoid decline in performance. Attitude is everything. God blesses us and it is up to each of us to take care of His gifts!” □

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

TWENTY YEARS AGO October 1983

- 350 Compete in West Regionals in Los Gatos, Calif.
- Norm Green, Jr., Sets M50 Half-Marathon Mark of 72:09 in San Diego
- NMN Letters Unanimously Oppose Ban of South Africans from 5th WAVA Championships in Puerto Rico

Jordan's Best Times By Age

Age	100m	200m
24	10.3	21.1
54		23.6
55	10.7	
60		24.9
61	11.8	
65		26.1
66	12.56	
70		26.8
74	12.91	
75	13.4	28.14
80	14.35	30.89



Speakers Corner

By ROBERT S. WEINER

Increasing Masters Press Coverage

USATF Masters Chair George Mathews was right when he wrote that "Communication is Essential for Publicity" (Sept. NMN), but his column misses the main point. USATF cannot only look inward. The Boston Indoor Nationals, which brought in outside media coordination, drew eight TV cameras, daily front page press in all the major Massachusetts papers including the *Boston Globe* and *Herald American*, and national press including the *Christian Science Monitor*, *Runners World*, *San Diego Tribune*, *Washington Times*, and *Associated Press* with its hundreds of papers.

The outdoor nationals, just held in Eugene, was a wonderful meet but, in the area of press, without similar outside assistance, drew the local Eugene paper and two local cameras – period. The local meet organizers did all they could afford to help on their own by supporting the media workshop.

Attracting the Media

There is no mystery to drawing press, but it takes more than massive e-mails, which are generally ignored. It takes enthusiastic phone calls to a myriad of targeted press, a blitz of real conversations sensitive to press needs and deadlines, and certainly more than late-in-the-evening (and past deadline) press releases. Early-enough materials with precision phone calls sensitive to what media want (not what the meet wants, although the two can be blended) are key.

I was pleased that World Champion/USATF 2002 Outstanding Masters Athlete Phil Raschker and I had the chance to conduct the seminar for athletes at the Eugene Meet on how to

generate press in home media. No one "emphasized that athletes do it themselves" as a "do it yourself approach" instead of meet organizers carrying out a campaign. Both are important.

I am glad to report that Bruce McBarnette, world champion high jumper, came up to me at the recent Potomac Valley Games in Virginia to tell me, proudly and deservedly, that he just got in the current *Sports Illustrated* in "Faces in the Crowd" with his Eugene Nationals performance by using the model media telephone call sheet we gave him and many others in Eugene. I invite any athletes who want this sheet to download a copy from our Web site at www.weinerpublic.com, or write me for a copy.

Media Subcommittee

Dave Clingan's motion to create a masters media subcommittee is a brilliant idea that no one should oppose. Nor should anyone oppose placing real media-generating experts and enthusiastic people on the committee. The committee would advise and supplement USATF's efforts, not replace them – serving as a catalyst for both ongoing and new efforts, a win-win for everyone.

Good ideas and real contributions are not to be feared. If fear of turf becomes the issue, nothing will result. Further, without the positive outreach a media committee can bring, the USATF bureaucracy will maintain an image it could well afford to shed.

Positive Publicity

The object of the media subcommittee is to help our indoor and outdoor national, regional, and division championships build positive press coverage for meets and for the masters track and field movement, of which we are all proud. We can move dramatically forward if we have the vision to help ourselves do so and support those who are willing and able to help.

As a dedicated masters runner and organizer, as former Director of Public Affairs for the White House Drug Czar and the House Committee on Government Operations, and as Chief of Staff under Claude Pepper for the House Aging Committee, I've seen a lot of politics played and learned how to get things done despite the big egos and turf issues that inevitably occur.

Bring in the Best

That's why we had people like Bill Rodgers and Joan Benoit-Samuelson



Masters at the Potomac Valley Championships (l to r): Joe Guty, 3rd M45 in the 800, NMN photographer George Banker, and Steve Nearman, 1st M40 in the 800.

help us in Boston, Frank Shorter and Michael Johnson help us at the White House Drug Office, and Steve Scott, Rodgers, and Shorter help us at the Mobil Invitational. We need to look beyond the norm, bring in the best, and be all that we can be.

While helping our sport, we must help our existing leaders to do all they want to do. That should be the purpose of the media committee as well.

I wish George well in this effort and offer whatever assistance might be helpful to my masters athlete colleagues and organizers ... as long as I still have time to train, that is, so I can beat Ron Pate next year in the 3K steeplechase!

(Robert Weiner can be reached at Robert Weiner Associates Public Affairs, P.O. Box 28271, 1750 Pennsylvania Avenue, N.W., Washington, DC 20038-8271.)



JERRY WOJCIK
Robert Quist, second M50 (70.56), 400H, 2003 Hayward Masters Classic, Eugene, Ore.



GEORGE BANKER

Dan Lawson, fourth M45 (34:51), 2003 Sallie Mae 10K.

Need Back Issues?

Most back issues of the *National Masters News* are available for \$3.00 each, plus \$2.00 postage and handling for each order.

Send to:

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

PATAKI TRAINING SYSTEM patakitms.com Books, Videos, Audio, POWERball & Nutrition

Dr. Pataki 6 times World Champion and Improving

My Secrets

Audio Book Winning

Video For Every Event Lasting Treasures of Sports Science

Sign up for the News Letter: Training & Nutrition for Masters

Phone 1-800-553-2188
Dr. Pataki Catalog
[on-line patakitms.com](http://on-line.patakitms.com)



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

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

Fluid Replacement for Athletes

The National Athletic Training Association has established a set of guidelines for fluid replacement for athletes, recommending that athletes drink at least 17-20 oz. of water or sports drink, two to three hours prior to exercise and 7-10 additional oz., 10-20 minutes before exercise.

What interests us is the sodium content of sports drinks. Ellen Coleman in *Sports Medicine Digest* suggests that the sodium in sports drinks, 0.3 to 0.7 grams per liter, helps stimulate thirst, increases voluntary fluid intake, enhances retention and decreases risk of hyponatremia.

Drinking water alone decreases plasma osmolality, which limits the desire to drink, and increases urine output. So, it seems that sodium in the rehydration drink helps conserve fluid volume and increases the need to drink.

Also of interest is the carbohydrate concentration in sports drinks. Carbohydrate concentration greater than 8% (fruit juices, sodas, gels and some sports drinks) slows fluid absorption and probably would not be the greatest choice as the sole drink during exercise.

Most carbohydrate forms are good

(glucose, sucrose, etc.) and the absorption is maximized when multiple forms are consumed together. However, fructose should be limited, as amounts over 3 grams per 100 ml may decrease fluid absorption and cause stomach upset.

You may want to avoid alcohol and caffeine as they increase urine output and reduce fluid retention. Carbonated drinks may reduce voluntary fluid intake due to stomach fullness.

Therefore, those of us who have that great cup of coffee prior to running a marathon and all those Cokes during the run, may now have to rethink our fluid replacement guidelines. □

(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)

National Weight Pentathlon

Continued from page 1

Ward's score of 5291 points smashed the record of 4666 held by Ladislav Filip of Oregon since 1998. Lewis and Ward each won \$250 in prize money as top scorers among men and women in the Championships. In addition, Ward also established a world mark in the 16# weight throw, with 18.94m.

American records in the weight pentathlon were also set by Dan John, 45, Murray, Utah, former Olympian Tom Gage, 60, Billings, Mont., and by Betty Jarvis, 88, Pine Bluff, N.C., the meet's oldest competitor. John's 4106 points beat the U.S. record held by second place finisher Jim Wetenhall, 48, Sylvania, Ohio.

Gage's 5062 points eclipsed the mark of 4403 set in 1995 by Wendell Palmer of Texas. Jarvis holds American records in the 75-79, 80-84 and 85-89 age groups, and beat her own record in the weight pentathlon set in 2000.

Individual event U.S. records were set by Carol Finsrud in the hammer and shot put, topping marks she set two weeks before at the USATF National Masters Outdoor T&F Championships, Eugene, Ore., and by Tom Gage in the hammer.

Lewis produced the highest scoring single event of the meet with an 18.16 with the 20# weight, worth 1463 points. The men's highest scoring single event

was a 21.61 with the 20# weight by Gage, worth 1293 points.

A rare tie in total points happened in the M75 division, when Hal Wallace and Phil Brusca both scored 4294. Brusca was given the title for having scored higher in three of the five events.

Meet organizers received financial support from the City of Fort Collins Fund (\$2000), Mark Chapman Foundation (\$1000), Colorado Masters Throwers Association (\$1000), and Poudre Valley Hospital Foundation (\$250).

In addition, significant in-kind contributions were made by the Fort Collins Convention & Visitors Bureau, Odell's Brewing Co., and Ben & Jerry's local franchise.

Ray Martinez, mayor of Fort Collins, greeted the competitors at the Saturday evening BBQ, where they were entertained by the piano offerings of Vern Spencer, 68, a retired music teacher and former national record holder in the superweight.

The weather both days was superb—sunny and warm in the mornings and cloudy later in the day, which kept it from getting too hot. Highs were in the upper 80s, with low humidity.

A total of 60 athletes from 22 states took part, including 16 from Colorado.

—from Tim Edwards and Jerry Bookin-Weiner

Ohioans Win in USA 100-Mile

By SUSANNAH BECK

For a decade now, the Olander Park Run has been known to the ultra-ultra-crowd as the site of the USATF National 24-hour championships. This year, for a change of pace, Tom Falvey and the Toledo Road Runners hosted the USATF 100 Mile Championships, Sept. 13, an event that hasn't been contested for 14 years.

According to American Ultrarunning Association's Dan Brannen, the road 100-miler has become the "orphan child of American ultrarunning" due to a decline in popularity. Softer, more scenic trail 100s, the international-standard 100K, and 24-hour runs draw away many potential participants from an already small pool of willing eccentrics.

Loyal to its long-timers, however, Olander Park still offered runners a 24-hour event, run concurrent with the 100-miler. Hundred-mile runners were allowed 27 hours to complete their rounds.

Official, record-quality splits were available en-route at various distances. Chip-timing has aided race volunteers enormously in an event that sees 94 runners each working toward 92 laps at different paces.

The course in Olander Park, located in suburban Sylvania, Ohio, loops a tiny Olander lake, with 1.0910 miles per lap. Race day dawned clear and sunny, but the high humidity foretold a hot day, and hot it became.

After the 10 a.m. start, the sun blazed hard, but evening brought a little breeze and some nice running conditions. The course was lit all night with lights brought in for the occasion.

Round and round they went, until

local Ohio talents Tim Clement, 42, Solon, 14:01:01, and Connie Gardner, 39, Medina, 16:22:15, finished their 92 laps before anyone else. Each won \$500, or \$5 a mile.

Clement averaged 8:25 minutes per mile, and won the race as the last man standing— or jogging— after running most of the race unflamboyantly in various positions in the top ten. Five of that top ten finished in strong array from 15:18 to 15:58, led by David Jones, 51, Eagleville, Tenn., 15:18:48, good for third overall and \$200.

Janet Runyan, 44, Boulder, Colo., was the second woman and first W40+, 17:45:43. The winner of the 2001 Leadville Trail 100M won \$300 for her efforts. Lynda Hendricks-Dana, 43, Tucson, Ariz., the academic director for an alternative school in Mexico, was third overall and second W40+, 19:40:44. She earned \$200.

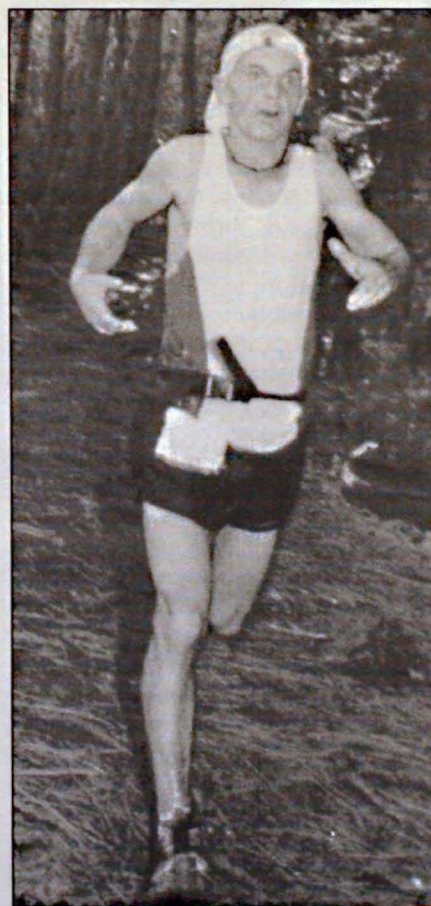
The following athletes set pending U.S. age-group records recognized by USA Track & Field: 100 Miles, David Jones, 51, Eagleville, TN, 15:18:48, M50-54; Bruce Boyd, 65, Lakeville, CT, 19:56:55, M65-69. 12 Hour, Sam Soccoli, 71, North Babylon, NY, 80, 161 meters/49.81 miles, M70-74; Louis Miklovic, 65, Maumee, OH, 78, 407 meters/48.72 miles, F65-69.

Not everyone planned to go the whole 100 miles: Eric Clifton, 45, Albuquerque, N.M., took the opportunity provided at Olander Park to go for the U.S. M45 50K road record, 3:23:29, held by Kevin Setnes, 49, Eagle, Wisc., who was present, but competing in the 100 Miler (Setnes placed fifth overall, 15:45:59).

Clifton was the early race leader, needless to say, accumulating 9.45 miles in the first hour, and holding the lead until it was apparent he was not going to be able to get Setnes' record that day. Nevertheless, Clifton hung in to complete 67 laps, or 72.73 miles.

One of ultrarunning's dons, Don McNelly, 82, Rochester, N.Y., finished 90th, covering 35.63 miles in 22:40:19, including naps. □

—from reports by Dan Brannen and Jay Hodde, AUA; Jo-ann Barnas, Detroit Free Press; and Dan Saevig, Toledo Blade.



TESH TESHIMA

Jozef Gyurke, 46, became the oldest runner to win the Tantalus Triple Trek 50K, Honolulu, Aug. 30.

FIVE YEARS AGO October 1998

- Craig Young (42, 50:33) and Ruth Wysocki (41, 57:21) Win National Titles in Crim 10 Mile/USATF Masters Championships
- Nike World Masters Games Draw 1403 T&F Athletes to Eugene, Oregon
- Steve Plasencia (41, 34:37) and Joan Benoit-Samuelson (41, 39:14) Rush to Wins in Falmouth 7.1 Mile

PROFILE

One Minute With...Lance Denning

Age: 42
 Home: Boulder, Colorado
 Occupation: Political Science Professor

Although he is sometimes overshadowed by the international talent lurking around town, Lance Denning is well known on the Boulder running scene.

This summer, he has been moving out of the shadows, taking top master spots at the Boulder Race Series, comprised of the Uni-Hill 2K, the Pearl St. Mile, and the West End 3K.

On Sept. 1, Denning traveled far afield to claim top M40 at the Connecticut classic New Haven 20K, 1:05:29. NMN caught up with him the

10K, and we were methodically catching guys who went out a bit too hard.

I was just ahead of the women leaders, Colleen [De Reuck] and Marla Runyan, and I could hear the crowd cheer for them almost the whole race. I think I could have run a bit faster, especially after the 10-mile mark, but that may be more wishful thinking than realistic 42-year-old thinking.

I'm pleased with the result. The weekend atmosphere, with the students at Yale moving in, with Jesse Jackson in town to unify the striking Yale workers, and with the race and kicking around town with [fellow Boulderite] Colleen De Reuck was memorable.

NMN: What is your running background?

LD: I didn't run in high school or college. I started seriously training when I was 26 or 27 in about 1987 or so when getting my masters at CU/Boulder. With no track background, I was mainly a marathoner who trained based on my academic environment.

I've never had any consistent coaching until last year, although I did manage to run 2:24 in the late 1980s. I was working on my Ph.D. in the early and mid-90s, so I couldn't always train as I wanted or needed.

NMN: What are you teaching this fall?

LD: I have a visiting assistantship at Metropolitan State College in Denver and a lecturer position at CU/Boulder



NEIL PARKER

Lance Denning turns the corner at the West End 3K, Boulder, CO, Aug. 21.

new-fangled way, via e-mail.

NMN: Lance, how did the New Haven 20K play out for you?

LD: Right now I'm training for the Chicago Marathon in October, so New Haven was a gauge of my fitness and what I need to do in these last 5-6 weeks. I didn't taper for the race, so my legs felt tired and heavy all weekend. I know I don't have much speed at all, so accumulating miles this summer has given me some confidence that I can be strong throughout a marathon. I think New Haven's results confirm this.

I ran the New Haven race comfortably strong. I didn't push the pace in the beginning at all, thinking my legs would tire by 10 or 11 miles. I ran with two or three younger guys through



JOHN KING

M60 javelin throwers at the 2003 Portland Masters Classic Meet (l to r): Gary Reddaway, John Burns, Doug Appel, Gary Stenlund, 1st (195-6), and Pete Labarge.

in their respective Political Science Departments. I teach both American Politics and Political Theory classes.

This fall I'm teaching introductory classes, as well as topics on "New World Order" at Metro State and "Politics and Literature" at CU/Boulder. I've written a couple of books, one on workplace participation and another on America's civic health and political participation.

NMN: Are you also the guy who teaches high school tennis in Boulder?

LD: I am not the guy who coaches

tennis at Niwot High School. He spells his name Lance Dehning, although I get phone calls for him all the time. □

- Susannah Beck

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.

CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES

- **Results, Schedule, All-American, Letters, Publications, Editorial:**
 Phone: 1-541-343-7716
 (Jerry Wojcik, Suzy Hess, Jane Dods, Susannah Beck)
 Fax: 1-541-345-2436
 Mail: P.O. Box 50098, Eugene, OR 97405
 natmanews@aol.com;
 www.nationalmastersnews.com
- **Publisher**
 Phone: 1-541-343-7716 (Suzy Hess)
 Fax: 1-541-345-2436
 Mail: P.O. Box 500098 Eugene, OR 97405
- **Advertising:**
 Phone: 1-541-343-7716 (Suzy Hess)
 Fax: 1-541-345-2436
 Mail: 2791 Oak Alley, Ste. #5 Eugene, OR 97405
- **Subscriptions Only:**
 Phone: 1-818-286-3129 (Mary Ann)
 Fax: 1-818-985-1213
 Mail: P.O. Box 16597, North Hollywood, CA 91615

13TH ANNUAL
SELF-TRANSCENDENCE
MASTERS TRACK AND FIELD 40 AND OVER

Sunday, October 19, 2003 CSU Long Beach

USATF SANCTIONED

DATE: Sunday, October 19, 2003

LOCATION: California State University (CSU) Long Beach

DIRECTIONS: Exit Fwy 405 at Bellflower Blvd. South, east on Atherton, right on Fanwood Dr. (CSULB parking lot); straight ahead to Administration parking lot (don't park at the meters)

DIVISION: 5-year age groups

FACILITIES: 8-lane artificial surface track, 7mm (1/4") spikes; concrete rings

ENTRY FEE: First event \$15, additional events \$7 each. No refunds. Colorful event T-shirt included. (T-shirt availability on race day not guaranteed!)

DEADLINE: All entries must be postmarked no later than **Oct. 10**, or phoned-in no later than **Oct. 13**. Late/day-of-race entries add \$3

AWARDS: Medal to first three men/women in each event/age group

Aid: Light refreshments throughout day to all participants

ACCOMMODATIONS: **GuestHouse Hotel**, 5325 East Pacific Coast Hwy. Long Beach CA, 90804 (\$59 plus tax; please mention event for this special group rate). Call **800.990.9991** for reservations

NOTE: 2003 USATF registration required (available at meet for \$20)

TRACK EVENTS

9:30 am	5000m Race Walk
10:15 am	80/100/110m Hurdle
10:50 am	2000m Steeplechase
11:10 am	3000m Steeplechase
11:40 am	3000m Run
12:10 pm	100m Sprint
1:00 pm	800m Run
1:20 pm	200m Sprint
1:50 pm	1500m Run
2:15 pm	300/400m Hurdles
2:30 pm	400m Sprint
3:00 pm	4 x 100m Team Relay

FIELD EVENTS

9:30 am	Hammer/Pole Vault
9:45 am	Long Jump
10:15 am	Javelin
11:00 am	Triple Jump/Discus
11:30 am	High Jump
1:00 pm	Shot Put

MAIL ENTRY TO: SRI CHINMOY MARATHON TEAM • 6220 Bristol Parkway #315, Culver City, CA 90230
 Make checks payable to SCMT • For more information please call 310.645.0271 or fax 310.645.8618

ENTRY FORM

NAME (LAST) _____ (FIRST) _____ AGE _____ SEX _____ DATE OF BIRTH _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

USATF# _____ PHONE _____ T-SHIRT: S M L XL AMOUNT ENCLOSED _____

My Event(s) 1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executor waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against CSU Long Beach, the Sri Chinmoy Marathon Team, field officials, and all other sponsor and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to complete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition.

Athlete's Signature _____ Date _____



Masters Racewalking

By ELAINE WARD

2003 Masters Champions

The Masters Nationals in Eugene, Oregon, offer a great venue for Track and Field. As Paul Johnson put it, "You can always count on a well-run meet." The next three months this column will feature some of our sport's 2003 men and then women gold medalists. These athletes were 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?

Joe Nieroski: M40-44, 5K 24:48.56, 10K 50:13.

I started racewalking when both of my ankles gave out with the running I had been doing for 22 years. I had seriously twisted each of my ankles on separate occasions. I was a halfway decent runner prior to transitioning to racewalking, but the discomfort became a bit much.

I think successful training, whether it is for running or racewalking, requires perseverance, planning and, in my case, a supportive wife.

Years ago, I would have been thrilled to have had the chance to compete at Hayward Field. While late is better than never, I am glad I made my debut at UO this way. Some of the older athletes put on thrilling performances. How they have managed to maintain their flexibility and agility is something to research in itself.

Mike Wiggins: M50-54, 5K 27:07.15, 10K 50:01.

I started racewalking because I was experiencing too many injuries from running. My injuries included shin

splints and chronic knee pain. Because I have a tendency to pronate, these injuries were aggravated by running. I've had no major problems since beginning to racewalk.

I have been racewalking for approximately 12 years and started competing in National Championships after the first year. My first gold medal was at the 1991 Championships in Naperville, Illinois.

My training includes flat areas, gentle rolling hills, and some graded inclines. I also have access to our high school track for interval training on a weekly basis if I feel it is needed. I also believe in tapering my training schedule during the week of a major race.

The special experience I had in Eugene was being the overall winner of the 10K race. Because I had received notification that one of my bank directors had passed away, I had dedicated my races to his memory. That provided me with inspiration and determination.

Richard McGuire: M55-59, 5K 26:03.64, 10K (silver) 54:24.

I entered racewalking through the back door. I had a running injury that turned out to be difficult to diagnose and even harder to cure – a hip injury called osteitis pubis. Even walking was painful.

Anti-inflammatories, steroids, and the voodoo of electrical stimulation all proved worthless. Finally an orthopedist told me it would take time – several years of time – for the injury to heal. In the meantime, he told me to stay active, walk, run in the pool, whatever my pain dictated I could manage.

My wife had learned to racewalk in Chicago at a clinic given by former Olympian Augie Hirt. I used to cheer her on during her races. My recovery became walks with her in the forest preserve when I practiced the technique. I soon could walk faster than she could.

As a masters runner, I used to compete in more than 20 races a year. Occasionally, I would win age division medals and enjoyed competing.

When Diane Graham-Henry of the Chicago Walkers sponsored a Midwest racewalk circuit, I entered several of the races. I did well at the outset, often winning my age division in 3K, 5K and 10K races.

I started competing at the National



ELAINE WARD

The Marin Racewalkers M80+ team, 2002 One-Hour Postal Champions, (l to r): Herman Arrow, Troy Grove, and John Levinsohn.

Masters Championships in Orono, Maine in 1998. By then I had been competing in judged racewalks for several years. I won a silver medal in the 5K and a gold in the 10K.

But, even better, I watched the greatest 5K duel I've ever seen between Jack Bray and Max Green, who were in their mid 60s. They kept exchanging the lead, lap after lap, both attacking and attacking, until Jack finally surged at the end to win. That was the kind of race I wanted to find myself competing in.

What's been fun for me is to meet motivators like Jack Bray, Diane Graham-Henry, Augie Hirt and Mike DeWitt. And I've also become friends with those I've competed against – friendly rivals like Max Walker, Bill Reed, Leon Jasionowski and Norm Frable.

My training regimen is simple. I put in the miles, but I try to avoid the street and sidewalk. Gravel paths and asphalt are easier on my legs and hip.

Usually I'll walk five to eight miles four or five times a week. I try to do one long walk of 10 miles or more a week when I'm training for a 15K or a 20K. I also do weekly speed work on a track when I'm preparing for a 3K to 20K race, usually a series of six to eight 800s close to racing speed. I also

work to keep the 800 times within a 10 second range, i.e., 3:45 to 3:55.

I usually work out solo, but when I'm on a running path with other runners, I'll play greyhound and rabbit and try to catch up to runners who are ahead of me. My workout speed, then, depends on my enthusiasm and the number of runners on the path ahead of me. The presence of other runners and walkers challenges me into speed play. Otherwise, I tend to be a slow walker preoccupied with the parade of my own solitary thoughts and with glimpses of nature – deer in the meadow, a groundhog rumbling to his burrow, a blue heron stalking fish in the pond.

In Eugene I felt my times were slow, but I was pleased to share the medal stand with Max Walker and Norm Frable, both of whom I have competed against for seven-plus years. We've all had our good days and disappointments over the years, but we're still racing against each other. And I hope that battling goes on and on for years to come. □

(Next month features Jack Bray, M70, and Jack Starr, M75, who both made American Records in Eugene, plus the beginning of the women champions. Elaine Ward can be contacted by e-mail at narwf@aol.com)



JERRY WOJCIK

Donna Cunningham, W55 winner (28:54.70), 5000 racewalk, 36th National Masters T&F Championships.

50K Trail Championships

Continued from page 1

Climb, in July, finishing tenth in the open race.

Still, that was only 7.5 miles. "I was worried about the last hour of the race because I'd never run for more than three hours," Creel told *Running USA Wire's* Bob Cooper. "Sure enough, I really suffered in that last hour. But it's a gorgeous course."

Creel spent most of the 1990s studying wild dogs in Tanzania. He is also a member of the U.S. Summer Biathlon team (running and shooting).

Defending masters champion Luanne Park, 43, Redding, Calif., 4:48:04, held off Valerie Pino, 40;

Memphis, Tenn., 4:48:51, to hold onto her crown another year, running eleven minutes faster than in 2002. She was second woman overall, in her third running here.

Danny Dreyer, 53, San Rafael, Calif., who holds three of the five fastest M50 times on this course, was the top M50, 4:55:50.

Eldritch Gosney, 62, Fairfield, Calif., broke her 2002 course record by two minutes with a 6:36:11.

The race was organized by Guy Palmer and the Tamalpa Runners Club, and was also a stop on the Montrail Ultra Cup Series. For more information, go to www.headlands50k.org. □

Report from Britain

By BRIDGET CUSHEN

Peter Gordon, who won the M50 discus (59.77) in Puerto Rico, not only heads the masters rankings, but is now ranked fourth in the UK's end of season senior list with 55.27 for the 2kg implement. World W35 steeplechase gold medalist, Jane Pidgeon, was 13th in the UK Senior 2000 SC championships in 7:24.39.

The BMAF outdoor pentathlon held in Birmingham attracted a large entry with M45 Brian Slaughter notching 3475 points over his archrival, John Mayor (3142). The M55 title was even more competitive. At the close, Mike Corden's score of 3552 opened up some daylight between himself and John Charlton (3350).

The Midlands VAC 10,000 championships were held at the same time. Brian Ashwell went through the 5000 mark in 19:15.4, 1.4 seconds inside the British M70 record.

At the fifth meeting of the Southern Counties Veterans inter-club league, Doug Lucas, M50, ran a 400 in 55.7,

Chris Melliush won the hammer (47.50), and W50 all-rounder, Pat Oakes, had a double in the triple jump (7.68) and hammer (23.13). Up in the North East, Dr. Rob Hand, a former British masters cross-country champion, won the M40 800 in 2:09 and the 3000 in 9:20.04.

Athletes who have had a frustrating time with injuries returned to competition at the Northern Counties VAC championships. Colin Shafto, now M65, won the high jump, clearing 1.65.

BMAF President Keith Whitaker won the M70 100 and 80H. Tony Wells returned to winning ways in the M50 400 and 400H in 58.7/63.3. Caroline Marler, a former indoor 400/800 record holder, won the W50 200 and 400.

The picturesque New Forest 10 Mile in Hampshire attracted a very large entry of which over 80% were 40+. The winner, Ian White, M40, raced home in 56:04. Zena Marchant, W50, led the older age group, finishing in 76:22. □



Finalists in the M55 400 (l to r): Franz Hohl, AUT, 4th; Colin McCurry, AUS, 3rd (55.16); Robert Fraser, GBR, 7th; Charles Allie, USA, 1st (WR52.24); Roger Pierce, USA, 2nd (55.11); Larry Barnum, USA, 5th; and Jose Romero, ESP, 6th, 15th WMA World Championships.

PRESIDENT:

Torsten Carlus
Smalandsgatan 25
S-25276 Helsingborg, Sweden
46-42-180-745 (h)
46-42-208-110 (o)

EXECUTIVE VICE PRESIDENT:

Tom Jordan
P.O. Box 10825
Eugene OR 97440 USA
Phone: 1-541-687-1989
Fax: 1-541-687-1016

VICE-PRESIDENT:

(Stadia)
Rex Harvey
6744 Connecticut Colony Cir.
Mentor, OH 44060
(440) 255-0751 (H)
(440) 954-8122 (W)
(440) 954-8111 (Fax)
rexjh@aol.com

VICE-PRESIDENT:

(Non-Stadia)
Ron Bell
25 Llwyn Menlli, Ruthin
Denbighshire LL15 1RG
Great Britain
Phone/Fax: 44-1-824-705250
e-mail: wava@enterprise.net

SECRETARY:

Monty Hacker
Unit 1, The Terrace in Dunkeld
26 North Road, Dunkeld West
Johannesburg, Rep. South Africa
Phone: 27-11-447-7522 (h)
27-11-483-3313 (o)
Fax: 27-11-483-3392



TREASURER:

Peppo Galfetti
Bahnhofstrasse 1
CH 8956 Killwangen
Switzerland
Phone: 41-56-401-2311
Fax: 41-56-401-2319

WOMEN'S REPRESENTATIVE

Marina Hoerneck-Gil
Les Oblades 3
La Mont Goda
E-17310 Loret de Mar
Spain
Phone or fax: 0034972-365457
E-mail: MARHOER@putput.es

IAAF REPRESENTATIVE:

Cesar Moreno Bravo
Camino a la Piedra del
Comal No. 24 Col. Tepepan
16020 Xochimilco, D.F, Mexico
Fax: 52-5-653-3159

DELEGATE OF: AFRICA

Hannes Booysen
P.O. Box 5180
1403 Delmenville
South Africa
Fax: 27-11-827-7590

SOUTH AMERICA

Jose Figueras
Rincon 682 Of. 18
11000 Montevideo, Uruguay
Phone: 598-2 308 17 68
Fax: 598-2 916 34 23
e-mail: josefigueras@yahoo.com

ASIA

Hari Chandra
185D Rivervale Crescent #04-149
Singapore 544 185
Phone: 65-881-4684
Fax: 65-244-1454

EUROPE

Dieter Massin
Sedanstrasse 112
D-59227 Ahlen, Germany
Phone: 49-2382-803280
Fax: 49-2382-2458
E-mail: Dieter.massin@t-online.de

OCEANIA

Stan Perkins
106 Silkwood St.
Alger, Queensland
Australia
Phone: 61-7-5563-7523 (h)
Fax: 61-7-5564-9733
E-mail: stan@mastersgames.com.au

NORTH AMERICA

Brian Oxley
259 McDougall Road
Parry Sound, Ontario
Canada P2A 2W7
brianoxley@sympatico.ca
Phone: 705-746-4942
Fax: 705-746-9748

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

Visit the National Masters News on our Web site at:
www.nationalmastersnews.com

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.

These are wonderful holiday gifts for your athlete friends and family members. All garments are superior NIKE quality. Buy now for Christmas.

Half-Tights/Bike Shorts \$15
Runs a bit small. Sizes available: Unisex XL

Polo Shirt \$15 or 2/\$25
White with navy trim, embroidered flag logo.
Sizes available: Unisex: S, M,

Women's Briefs \$5
Sizes available: S, M, L, XL

T-Shirt \$10 or 3/\$25
Heavy duty white cotton.
Sizes available: Unisex S, M, L

Rain Suit \$50
Top and pants of lightweight nylon, fleece-lined collar, and removable hood. White with navy.
Sizes available: Unisex S, M, L

Cotton Knit Shorts \$10
Heavy, roomy.
Sizes available: Women's & Men's: S, M, L, XL

Dress "Medal" Sweats \$50
Top and pants, heavy polyester knit. White with navy trim. Sizes available: Unisex S, M, L, XL, XXL

Order Form

Fill out the form completely, and mail it with your check payable to National Masters News to:

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

(Form also available online at www.nationalmastersnews.com)

Name _____
Address _____
City _____ State _____ Zip Code _____
Email _____ Phone (for size problems) _____

Item _____	Size: MWW _____	How Many? _____	Total \$ _____
Item _____	Size: MWW _____	How Many? _____	Total \$ _____
Item _____	Size: MWW _____	How Many? _____	Total \$ _____
Item _____	Size: MWW _____	How Many? _____	Total \$ _____
Item _____	Size: MWW _____	How Many? _____	Total \$ _____
			Subtotal \$ _____
Shipping/Handling Fees:			Shipping \$ _____
One item = \$8.00	Two items = \$10.00	Three items = \$15.00	Total \$ _____



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.

TEN YEARS AGO October 1993

- Record 12,102 Athletes Enter 10th WAVA Championships in Miyazaki, Japan
- Decathlon/Heptathlon Championships Draw Record 65 Entries to Columbus, Ohio
- Ric Sayre, 40, and Nancy Grayson, 43, Win in Parkersburg Half-Marathon



On The Run

By HAL HIGDON

Tell Us About Yourself As a Masters Athlete

Recently I signed a contract with Rodale Press to write *The Runner's World Guide to Masters Running*. This book follows two previous books I wrote: *Fitness After Forty* (1977) and *Masters Running Guide* (1990), both now out of print. I expect to complete work on the *RW Guide* during the spring of 2004 with publication scheduled for 2005, just before the next World Masters Championships in San Sebastian, Spain.

This questionnaire is designed to provide me facts for the book. I would appreciate your answering the questionnaire below and mailing it to: Hal Higdon, c/o Roadrunner Press, Box 1034, Michigan City, IN 46361-1034. Or, go to my website (www.halhigdon.com) and answer online. You may contact me directly by e-mail at MastersRunning@comcast.net. Thanks for your cooperation.
— Hal Higdon

Name _____

Address _____

City/State/Zip _____

Telephone _____

Email address _____

Birthdate _____ Age _____

Male Female

Events (Check as many as apply to you)

- Long distance running: road (5-K/marathon)
 Long distance running: track (5000/10,000)
 Middle distance: track (800-3000)
 Short distance: track (100-400)
 Field event (jumping)
 Field event (throwing)

1. When you hear the term "Masters Running," do you feel it applies to all of the events above (including field), or only some of them? Please explain.

2. What event or events do you compete in? (In answering this and following questions, please assume that the word "running" encompasses your event, even though you may be a field event competitor.)

3. Why did you begin your running career? What motivated you to get started?

4. When did you become a masters runner: at what age and how long have you been running?

5. What is most important to you about running? Please check one or more.

- Competition at world, national or local level
 Setting world, national or other records
 Setting personal records
 Camaraderie
 Physical fitness
 Looking good
 Relaxation
 Other (please explain)

6. Do you plan to compete in the World Masters Championships in Spain in 2005? Do you plan other national or local competitions?

7. Are you aware of research by Dr. Ken Cooper and others suggesting that if we run and/or exercise, we may live longer? How important is this to you?

8. Does your being a "masters runner" serve as a source of pride to you? Does it make you feel better as a human being?

9. Are you still improving as a masters runner, or have you begun to decline with age? Does the fact that you perhaps cannot run as fast or jump as far as when younger bother you?

10. How would you motivate others to become a masters runner?

11. Has becoming a masters runner had any positive effects on your overall health and/or physical fitness (i.e., weight loss, lowered cholesterol, etc.)?

12. Have there been any negative effects on your health or on your overall lifestyle (including relationships with others)?

13. When was the last time you had a complete physical examination? Did the exam include a stress test?

14. What is the attitude of your doctor(s) to your continuing to compete as a masters runner?

15. How many days a week do you train in your main event? How many other days do you devote to a) cross-training, or b) complete rest?

16. How often do you do speedwork (defined as training as fast or faster than race pace)? What blend of hard and easy training works best for you?

17. How often do you do cross-training (cycling, swimming, walking, etc.)? What type of cross-training works best for you?

18. How often do you do strength training (weight lifting or any muscle strengthening exercise)? What exercises work best for you?

19. How often do you stretch or do flexibility drills? What specific stretches work best for keeping you loose enough to perform well?

20. How often have you been injured? Please place a check mark in the box beside any injuries that have caused you to miss more than a week of training, or otherwise limited your performance.

- | | |
|--|--|
| <input type="checkbox"/> 1. Shin splints | <input type="checkbox"/> 6. Achilles tendonitis |
| <input type="checkbox"/> 2. Stress fracture | <input type="checkbox"/> 7. Muscle pull (specify below) |
| <input type="checkbox"/> 3. Ilio Tibial Band | <input type="checkbox"/> 8. Non-running injury (specify below) |
| <input type="checkbox"/> 4. Knees | <input type="checkbox"/> 9. Health-related problem |
| <input type="checkbox"/> 5. Plantar fascia | <input type="checkbox"/> 10. Other (specify below) |

Comments:

21. What was the cause of your injury (or injuries), assuming you know?

22. If injured, what methods of rehabilitation have you employed? What sports professionals have been most useful to you?

23. Have any of your injuries been major, requiring surgery? If so, please explain? How long and how complete was recovery?

24. What did you learn from your injury? What strategies do you now employ to insure you will not get injured again?

25. Do you feel that you are more susceptible to injuries as a masters runner? If so, how have you modified your training because of this fact?

26. How important is nutrition for performance and/or good health? Have you modified your diet since becoming a masters runner?

27. Do you take supplements to improve your health, or because of a doctor's recommendation? Which ones?

28. Do you take any supplements or products solely to improve performance? If so, are any on the IAAF list of banned aids? (Confidentiality assured.)

29. Some masters athletes take prescribed drugs that might be on the banned list. What do you think of current drug regulations as they relate to older runners?

30. Do you have a coach or advisor? How important is it to have one?

31. How did you learn how to train? Are there enough training schedules available for you as a masters runner?

32. Since I will be designing training programs and schedules for this book, what words of advice do you have for me?

33. In a book titled *The Runner's World Guide to Masters Running*, what else would you like to know?



JERRY WOJCIK

Kathy Wetenhall, 50, with the 56# weight, Seattle Masters AC Ultra Weight, Sept. 6.



TESH TESHIMA

Bob Terukina, winning the M85 100, 2003 Aloha State Games, Honolulu. Running all of his races barefoot, he also won the 200 and 400.



MIKE POLANSKY

Top finishers, Sprint for the Parks 5K, East Meadow, N.Y., Aug. 12, (l to r): Larry Frankel, 1st, 20:03, Lutz Hoffman, 2nd, 20:30, and Cliff Foster, 3rd, 23:56.

PUBLICATIONS ORDER FORM

Quantity Total (US\$)

Masters Age Records (2003 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Coordinator. \$6.00.

_____ \$ _____

Masters Track & Field Rankings (2002)

Men's and women's 2002 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

_____ \$ _____

McMahon Family Trust Masters Track & Field Indoor Rankings

Indoor rankings for 2003. 4 pages. \$2.00.

_____ \$ _____

Masters Age-Graded Tables

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

_____ \$ _____

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of Dec. 7, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Coordinator. \$2.00.

_____ \$ _____

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of Sept. 15, 2002 (world) and Dec. 7, 2002 (USA). \$2.00.

_____ \$ _____

Competition Rules for Athletics (2003 Edition)

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

_____ \$ _____

USATF Directory (2003)

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

_____ \$ _____

WMA Handbook (2001-2003)

Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00

_____ \$ _____

USATF Governance Handbook (2003)

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

_____ \$ _____

Running Encyclopedia, The Ultimate Source for Today's Runner

Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. \$24.95

_____ \$ _____

How to be A Champion from 9 to 90. Earl W. Fee, world record holder over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US \$19.25/CAN \$28.50, plus postage & handling.

_____ \$ _____

USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.

_____ \$ _____

USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

_____ \$ _____

USATF Decal. 3-color. 3" x 2-1/2". \$2.00.

_____ \$ _____

2003 Road Race Management Directory

Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.

_____ \$ _____

Running Research News

Published 10 times per year. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.

_____ \$ _____

Back Issues of National Masters News

_____ Issues: \$3.00 each. _____

_____ \$ _____

Postage and Handling

Overseas Air Mail (add \$5.00 per book)

_____ \$ 2.00

TOTAL

_____ \$ _____

Send to: National Masters News Order Dept.

P.O. Box 50098, Eugene OR 97405

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Masters Scene

NATIONAL

• Olympic gold medalist and world record holder in the 400H **Edwin Moses**, 48, announced at the World Championships in Paris that he is planning a comeback with the goal of qualifying for the Olympic Trials in 2004 under the "B" standard of 50.5. He plans to compete primarily in masters events and hopes to set age-group WRs. Realistically, he doubts whether he will make the Olympic team, but is motivated to act as an example to counter the increase of obesity and the disregard for PE in the U.S.

• **Scott Creel**, 41, Bozeman, MT, with a 10th-place 53:04, and **Cindy O'Neill**, 41, Manitou Springs, CO, with a third-place 63:11, worth \$100, were first masters in the USATF National Masters Championships/Vail Hill 8 Mile Mountain Climb, Vail, CO, July 6. **Tom Borschel**, 45, was second M40+ (54:06). **Pablo Vigil**, 51, 60:24, took the M50 race. **Gail Hunter**, 59, won the W55 in 79:01.

• **Regina Richardson**, Clayton, NC, was omitted from the 2003 National Masters Championships W35 outstanding performance list in the September issue. In her second season after a 10-year layoff, she was competing in her first Championships: "I was so excited I entered six events." When the dust settled, she had won three gold, one silver, and two bronze medals, and broken the W35 TJ record of 11.15 with an 11.74.

EAST

• **Tim Necessell**, 43, Albuquerque, NM, 23:18, and **Rose Dunican**, 42, NYC, 31:10, were first 40+ in the NYRR Henry Isola 4 Mile XC, Van Cortlandt Park, Bronx, Aug. 31. **Vladimir Tomilov**, 46, Brooklyn, was second M40+ (23:31) and best performer (78.2%). **Mary Rosado**, 53, NYC, was second W40+ (31:22).

• **Kathy Martin**, 51, Northport, NY, started the coming LDR season with an overall m&w masters first (18:21), Sprint for the Parks 5K, Eisenhower Park, East Meadow, NY, Aug. 12. **Kenneth Ong**, 44, Bethpage, NY, 18:42, and **Paul Bonanni**, 43, Selden, NY, 18:45, were 1-2 M40+. **Sarah Pettinato**, 60, Wantagh, NY, won the W60 race (27:45). **Bert Jablon**, 76, Syosset, NY, took the M75+ contest (26:17). The event raised funds for the Nassau County Park and Recr. programs.

• **Charles Pistorino**, 80, McLean, VA, broke the M80 AR for the 400g JT with a 30:60, and **Evelyn Wright**, 66, Annapolis, MD, upped the W65 WR for the HJ with a 1.31, Potomac Valley Games, McLean, VA, Aug. 30-31. The JT record belongs to **Armando Ricciardi** at 19.11 in 2000. The HJ record is held by **Leonore McDaniels** at 1.27 in 1993.

• **Tatyana Pozdnyakova**, 45, Gainesville, FL, narrowly held off **Maria Luisa Servin**, 40, on a sultry evening in Manchester, NH, Aug. 17, at the Cigna Healthcare Corporate 5K. The Poz looked fit and tan but a little creaky as she cruised to a 16:36 to 16:42 win. Servin, the Mexican running star, now spends half the year in Marlboro, MA, with her husband and three children.

• Lawyer-turned-writer **Jim Hage**, 45, Kensington, MD, 54:13, took the wind out of the sails of all other masters and placed fifth overall at the Annapolis 10M, Annapolis, MD, Aug. 24.

• Summer bloomer **Jackson Kipng'ok**, 42, Kenya, has been cleaning up on the elite road racing scene recently. Kipng'ok's late-summer blasts include M40+ victories at the Crim 10 Miler, Flint, MI, Aug. 3, 47:26; Falmouth Road Race 7.1M, Falmouth, MA, Aug. 10, 33:31; Parkersburg News & Sentinel Half Marathon, Parkersburg, WV, Aug. 16, 1:05:01; Rock N' Roll Half-Marathon, Virginia Beach, VA, Aug. 31, 1:04:01; CVS Downtown 5K, Providence, RI, Sept. 7, 14:03.

• Masters ace, **Jerry Macari**, 43, once again snagged the top overall spot (27:59), winning the NYRR Dash & Splash 8K, Central Park NYC, Aug. 16. First masters female was **Jan Farnung-Krause**, 40, in 40:20.

• The NYRR Run to Liberty 10K, Aug. 30, took to the streets of downtown Manhattan, NYC. Masters winners were **Scott Brown**, 42, 33:09, and **Jean Chodnicki-Stemm**, 44, 39:09. **Anna Thornhill**, 63, 46:00, overpowered her division, as did **Eric Seiff**, 70, 48:13.

SOUTHEAST

• In the results of the Tennessee Association Championships (Sept. NMN, p. 29), **Dexter McCloud** was listed with a 53.76 in the M40 400H. That time should have been credited to **Don Drummond**, M30.

MIDWEST

• The well-named **Chuck Masters**, 50, was the first M40+ in the Club Kokomo Age-Graded 4 Mile, Kokomo, IN, Aug. 9, with a 25:04.4 (clock time 30:49.4, 5:45 handicap time). **Anne Wiles**, 54, was the first W40+ with a 34:48.3 (35:33.3, 0:45 handicap).

• **Todd Kelly**, 42, Troy, MI, 60:04, and **Stacey Geierman**, 40, Monroe, MI, 66:56, blazed to masters firsts in the Run Through Hell 10 Mile, Pinckney, MI, Aug. 9. First Grand Masters (50+) were **Mike McAllynn**, 53, Jackson, MI, 64:56, and **Donna Olson**, 53, Bloomfield Hills, MI, 76:41. **Doug Goodhue**, 61, Milford, MI, 64:52, and **Cathy Detman**, 64, 95:16, led the Senior Masters runners (60+). **Joe Thornburg**, 86, Troy, MI, ran a 2:15:32.

• **Debbie Wagner**, 51, Perrysburg, OH, was first overall in 19:06, Women's Distance Festival 5K, Oregon, OH, Aug. 2. The Mother/Adult Daughter winners (52:51) were **Louise Miklovic**, 65, Maumee, OH, 26:37, and **Staci Kissel**, 38, Defiance, OH, 26:14.

• **Susan Loken**, 40, Phoenix, AZ, 1:19:12, burst upon the windy city like a sirocco - blowing away all the women before her at the Chicago Half-Marathon, Sept. 7. Simply put, she was first woman overall. Three weeks earlier, Loken made a successful appearance at America's Finest City Half-Marathon, San Diego, CA, Aug. 17, 1:21:31 (1st W40+).

• Masters went one-two at the Hurley, WI, Paavo Nurmi Marathon, Aug. 3. **Rick Stefanovic**, 41, Milwaukee, 2:46:02, was first over the line, followed by **Jarrow Wahman**, 42, Duluth, MN, 2:48:50. Almost-forty **Ann Heaslett**, 39, Madison, WI, was the women's winner, 3:16:38. **Dawn Long**, 46, Poplar, WI, was the W40+ winner, 3:31:41, good for third woman overall.

MID-AMERICA

• With masters winners determined by age-grading, **Dick Wilson**, 71, Lawrence, KS, won the 40+ division with an A-G time of 33:05 (actual time 45:15) in the Crosstown Unity 5K, in Lawrence, Aug. 9. **Sue Mowder**, 44, Topeka, KS, was top W40+, A-G 46:07 (49:44).

• **Don Carter**, M40, Emporia, KS, posted three impressive wins in the LJ (20-6¹/₂), TJ (42-9¹/₂), and HJ (5-10), in the Halstead Open & Masters Mini Meet, Halstead, KS, Aug. 23. **Wendell Donaldson**, M35, Halstead, broke his own meet record in the DT (145-10). **Donald Kottner**, M40, Wichita, KS, was the fastest in the 100 (11.68). Besides Kansas, athletes traveled from Nebraska, Oklahoma, and Arkansas.

• **Robin Galloway** darted to W40 wins in the 50m, 100 (14.61), 200, and 400, and 2003 M40 national champion **Kettrell Berry** reeled off firsts in the 100, 200 (22.60), and 400 (52.09), Rocky Mountain Masters Games, Fort Collins, CO, Aug. 30-31. **Jon Sinclair** outchested **Brad Pace**, 9:47 to 9:48, to win the M45 3000. **Charles Lindsay**, M30, hit 15.51 in the SP. **Ed Morland**, M55, stuck a 51.48 JT. **Mattias Borman**, M30, the Swedish national champion and a resident of Loveland, CO, marked a 56.01 in the DT, just 30cm off of his Swedish championships winning toss.

SOUTHWEST

• **Tom Gage** broke the M60 US record for the 20# WT with 22.99 and established pending records for the 56# SW (8.88) and the WP (52.96) in the Cat Spring Grunt V throwers meet, Cat Spring, TX, July 12. The present 20# WT record belongs to **Carl Wallin** at 20.04 in 2002.

WEST

• The Club West Meet scheduled for Oct. 4 in Santa Barbara, CA, has been cancelled. The track at UC-Santa Barbara, the meet's site, is being re-surfaced and will not be ready by the 4th, nor the 8th, which the meet organizers had considered as another date. The meet, one of the oldest masters meets in the U.S., would have been in its 30th year.

• **Diana Hall**, 45, Santa Barbara, CA, surfed to a third woman overall 19:44, McConnell's Ice Cream 5K, Santa Barbara, Aug. 17. **Scott Dearthoff**, 40, Santa Barbara, cruised to a 17:24 for the M40+ win. **Kei Zehr**, 60, Thousand Oaks, CA, took the W60 race in 23:30. In the 10K, **Karen Kunz**, 48, Lacey, WA, was third woman in 42:47. Dearthoff got under 40:00 with a 39:27 to take the M40+ race. **Dennis Mihora**, 58, Santa Barbara, third M50 (19:48) in the 5K to **Gary Maxwell**, 53, Santa Barbara, 19:26, and **David Groom**, 54, Santa Barbara, 19:31, captured the 10K title over both with a 44:14. **Vic Birtalan**, 60, Goleta, CA, ran an age-graded best 43:33.

• "24 Nuts on 36 Legs" of Wilsonville, OR, narrowly defeated the Calgary, Alberta "Old Dogs" to take the masters trophy at the Nationwide Hood-to-Coast Relay, 22:02:19 to 22:21:54, Aug. 22-23. The 196-mile 12-person/team relay descends circuitously from Mt. Hood to the coastal resort of Seaside, OR. Reno's "Tahoe Trail Babes" returned to win their fourth consecutive masters women's division, 24:09:25. Eugene's proud and unbeatable "Aging Heroes" topped the charts again, 21:25:10, for men's supermaster bragging rights. Local "Hot Shoes Returns" from Portland outdistanced "Heart N' Sole," 25:04:18 to 30:35:14, for the women's supermasters. The event limits the field at 1000 teams. A Portland-to-Coast relay adds thousands more to the chaotic van-clogged trail west.

NORTHWEST

• Before breaking two WRs in the 36th U.S. National Masters T&F Championships, Eugene, OR, **Diane Palmason** lowered the W65 WR in the 1500 from 5:48.48 by **Jeanne Daprano** in 2001 to 5:46.61 in the Seattle Masters Classic, July 26.

CANADA

• **Jean Horne**, Kitchener, CAN, broke the W70 800 WR with a 3:04.44, Canadian Masters Championships, Richmond, BC, Aug. 16-17. The present WR is 3:10.72 by **Nina Naumenko**, URS, in 1996.

INTERNATIONAL

• The adoption of the M35-39 age-group into WMA competition was not on the agenda for approval at the IAAF meeting at the World Championships in Paris in August. The M35 will compete as an unofficial age-group in Auckland in the 2004 Non-Stadia Championships, Sindelfingen, in the inaugural World Indoor Championships, 2004, European Stadia Championships, and 16th WMA Championships, San Sebastian, Spain.

• Other items of interest to masters at the IAAF Congress: road world bests will become official IAAF WRs for these events: 10K, 15K, 20K, half-marathon, 25K, 30K, marathon, 100K, and road relay. Mountain running was added to T&F, road running, racewalking, and cross-country under IAAF jurisdiction.

• A 50K RW will be held on Nov. 15 in conjunction with the WMA 100K (run) World Championships in Taiwan, Nov. 16. Prizes, including cash, will be awarded for men and women in five-year age-groups from age 35. A schedule of events can be found at www.iau.org.tw.

• **Wolfgang Ritte**, M50, and **Ingrid Meier**,



JOE GUTY

Chuck Shields, M40, in the 800 (2:13.26), USATF Mid-Atlantic/Philadelphia Masters Summer Championships, Fort Washington, PA.

W55, set WRs in the German Masters Championships II (50+), Scheinfurt, Aug. 2-3. Ritte's 4.72 in the PV broke **Jerry Cash's** 4.57 in 2000. Meier reduced **Avril Douglas's** 27.90 in 2001 in the 200 with a 27.50.

• **Igor Astapkovich**, 40, threw the hammer 81.35/266-10 in the recent Belarus Championships. The M40 WR is 75.66 by **Yuriy Syedikh** in 1995.

OBITUARIES

• After a two-year battle with a very rare form of cancer, **Harry Hawke** died on July 17, 2003. In 1947, Harry won the pole vault championship at the Illinois high school state meet with a 12-7. He lettered in t&f, Purdue University in 1950 and 1951, and was proud of a large plaque Purdue gave him for supporting Purdue t&f throughout the years. He also supported San Diego T&F belonging to the San Diego t&f Officials Association. Harry won many gold medals in masters track and was a U.S. record holder in the decathlon, shot put and discus. He earned the San Diego Masters Athlete of the Year Award in 1994, 1997 and 2000. He was especially proud of being named the San Diego Amateur Athlete of the month at the San Diego Hall of Champions for July 1995, awarded because of his accomplishments at the 1995 Masters Nationals, where he captured gold medals in the hammer and shot put and a silver in the discus. At the annual Hall of Champions dinner, Harry and his daughter, **Susan**, sat close to sports announcer **Dick Enberg** and baseball hall of famer **Ted Williams**. Harry's daughter was an All American tennis player at San Diego State University and is also remembered in San Diego's Hall of Champions. Harry retired from teaching after 35 years. The San Diego City Council adjourned a meeting on July 29 in memory of Harry Hawke. A memo signed by the mayor and eight city council members was given to Harry's wife, **Beverly**. A memorial service was held on July 23 at Palisades Presbyterian Church in San Diego where Harry was a faithful member. He was a champion and will be missed by all. (from **Bob Holmes**)

• **Ken Carnine** passed away on July 15 at age 95 in Sacramento. A masters national champion many times, he was active his entire life in t&f and was still setting records when he was 85. The Ken Carnine Meet held at Sacramento State U. in the spring was named in his honor. He is survived by his son and daughter-in-law.

• The WMA Newsboard (info@world-mas-ter-athletics.org) reported the death of **Dr. Hans Axman** of Germany on Aug. 25. Axman had worked for many years within the WAVA/WMA and EVAA organizations. In 1978, he founded the EVAA and served as vice-president (1978-1988) and president (1988-1996). He held various offices in WAVA/WMA from 1979 to 1994.

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

October 26. Philadelphia Masters All-Comers Runners Pentathlon (3000/800/200/1500/400) & Weight Triathlon (SP/JT/DT). Germantown Acad., Ft. Washington, Pa. Runners: Kyle Mecklenborg, 215-393-1382; krmeck@erols.com; weights: Ray Feick, 610-754-6007; rfeick@aol.com

January 24, 2004. 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).

SOUTHEAST

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

October 5. PVTC Throwers Meet & Hour RW, Langley HS, McLean, Va. 703-671-2520; www.pvtc.org

October 18. USATF Florida M & O Weight Pentathlon Championships, Venice, Fla. Athletes may enter WP or individual events. Early reg. deadline, Oct. 4; on-site reg. 8:30-9:30 am. Bob Voege, 941-493-4113; cell: 468-6290.

October 26. PVTC Throwers Meet, 5K Track, & Hour RW, Langley HS, McLean, Va. See Oct. 5.

WEST

Arizona, California, Hawaii, Nevada, New Mexico

October 4. 30th annual Club West Meet, UC-Santa Barbara, Calif. Gordon McClenathen, 805-964-3005.

October 4-5. Nevada Senior Olympics,

Las Vegas, NV. 702-242-1590; e-mail: srgames1@juno.com; www.nevadaseniorolympics.com

October 19. Self-Transcendence Masters Games, Long Beach St. U., Calif. 40+. Bigalita Egger, 310-645-0271.

November 1. 6th Great Punkin Throws Meet, Nevada Union HS, Grass Valley, Calif. WP/All throws. Richard Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945; 530-273-3660; ashglaze42@hotmail.com

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

March 6, 2004. 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

NORTHWEST

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

October 6-8. Huntsman Senior Games, St. George, Utah. 800-562-1268; www.seniorgames.net; hwsjg@infowest.com

March 13-14, 2004. Idaho Masters Indoor Classic, Boise. 208-859-9219; idahoclassic@earthlink.net

INTERNATIONAL

March 10-14, 2004. 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.205worldmasters.com

LONG DISTANCE RUNNING

NATIONAL

October 5. USATF National Masters Championships/Twin Cities Marathon, Minneapolis, Minn. 612-925-3500; www.twincitiesmarathon.org

October 11. USATF National Masters Championships/Akron Marathon Relay, Akron, Ohio. Jim Barnett, 330-657-2224; 877-375-2786; www.akronmarathon.org

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: gvxc2rochester.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

October 4. New Hampshire Marathon, Newfound Lake. 603-744-2150; www.nhmarathon.com

October 5. Maine Marathon, Relay, & Half-Marathon, Portland. 207-741-2084; www.mainemarathon.com

October 5. Army Ten-Miler, Washington, D.C. 202-685-3361; www.armytenmiler.com

October 5. 22nd annual Wineglass Marathon & 3-Person Relay, Bath to Corning, N.Y. 570-882-4808; www.wineglassmarathon.com

October 5. Leaf Peepers Half-Marathon, Waterbury, Conn. 802-223-2080.

October 5. Jersey Shore Half-Marathon, Sand Hook, N.J. www.shoreac.org

October 5. Syracuse Festival of Races 5K, Syracuse, N.Y. 315-446-6285; festivalofraces.com

October 11. USATF New Jersey 5K Cross-Country Championships, Highland Park. Julie Schick, 732-296-0006.

October 11. United Technologies Greater Hartford Marathon, Hartford, Conn. 860-652-8866; www.hartfordmarathon.com

October 12. Ocean State Marathon & Half-Marathon, Providence, R.I. 401-885-4499; www.OSM26.com

October 12. Hackensack 5K, Hackensack, N.J. 732-381-0318; www.oymp.net

October 12. Steamtown Marathon, Scranton, Pa. 800-22-WELCOME; www.steamtownmarathon.com

October 12. NYRR Staten Island Half-Marathon, Staten Island, NYC. 212-860-4455; www.nyrrc.com

October 12. BAA Half-Marathon, Boston, www.baa.org

October 12. 44th Atlantic City Marathon & Half-Marathon, Atlantic City. 609-601-RUNN; www.racegate.com

October 12. Delaware Distance Classic 15K, Wilmington, Del. 302-798-4719; www.pcvrc.com

October 13 (Mon.). Tufts Health Plan 10K for Women, Boston, Mass. 888-767-7223; tuftshealthplan.com

October 18. Baltimore Marathon, Half-Marathon & Relay, Baltimore, Md. 800-487-0670; www.TheBaltimoreMarathon.com

October 18. Oyster Festival 5K, Oyster Bay, N.Y. 516-349-7646; www.glirc.org

October 18. Women's Classic 5K, Allentown, Pa. 610-395-2438; www.womens5kclassic.org

October 19. USATF Adirondack M & O 5K Corss-Country Championships, Saratoga Springs, N.Y. 518-584-3114; www.saratoganational.com

October 19. Mohawk Hudson River Marathon, Schenectady, N.Y. MHRiver

ON TAP FOR OCTOBER

TRACK AND FIELD

Most action takes place in the West, starting with the Nevada Senior Olympics, Las Vegas, on the 4th-5th, followed by the Huntsman Senior Games, St. George, Utah, on the 6th-8th in the Northwest, and the Self-Transcendence Games, Long Beach, Calif., on the 19th. On the 26th, Fort Washington, Pa., will host a Runners Pentathlon and a Throwers Triathlon.

LONG DISTANCE RUNNING

The USATF National Masters Championships will be held as a major part of the Twin Cities Marathon, Minneapolis, on the 5th. Akron, Ohio, stages the National Masters Marathon Relay Championships, with over \$10,500 in prize money, on the 11th. A heavy marathon month, other offerings range from the Maine, New Hampshire, Sacramento, Detroit, St. George, Portland, Ore., and Big Sur marathons on the first weekend, with the Hartford, Ocean State, Steamtown, Baltimore, Mohawk Hudson River, Cape Cod, Chicago, Lake Tahoe, Long Beach, Humboldt Redwoods, Duke City, Indianapolis, Columbus, Spokane, and more filling in the rest of the month. Shorter events include the Tufts Health Plan 10K for Women, on Monday, the 13th, Boston, Mass.; Peachtree City, Ga., 15K on the 18th; and Arturo Barrios 10K, Chula Vista, Calif., on the 26th.

RACEWALKING

Hauppauge, N.Y., on Long Island is the site for the National Masters 50K Championships on the 19th. More action is available in Indianapolis on the 5th; NYC, Coconut Creek, Fla., and Aurora, Colo., on the 12th; and Seaside, Calif., on the 25th. □

Marathon@nycap.rr.com

October 25. LITF Cross-Country Championships/Run for Their Dreams 8K, Bethpage St. Park, N.Y. 516-349-7646; www.glirc.org

October 25. Seaside 10 Mile & 5K, Ocean City, Md. www.ocean.com

October 25-26. Mystic Places Marathon & Relay, East Lyme, Conn. 203-481-5933; mysticplacesmarathon.com

October 26. USATF New Jersey 8K Cross-Country Championships, Readington. Julie Schick, 732-296-0006.

October 26. Compass Bank Cape Cod Marathon, Falmouth, Mass. 508-540-6959; www.capecodmarathon.com

October 26. Mayor's Cup 5K Cross-Country, Boston, Mass. 617-236-1652; www.baa.org

October 26. Marine Corps Marathon, Washington, D.C. 703-784-2225; www.marinemarathon.com

Continued on page 16

Continued from page 15

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

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

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

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

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

SOUTHEAST

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

October 4. NCRC Women's 5K, Cary, N.C. 919-787-8087; www.ncroadrunners.org

October 4. Run for the Rose 5K, Oak Ridge, Tenn. 865-481-1656.

October 4. Women's Distance Classic 5K, Fort Myers, Fla. 239-481-4833; www.ftmyerstrackclub.com

October 12. Disney's 10K Classic, Orlando, Fla. disneysports.com

October 18. Peachtree City Classic 15K & 5K, Peachtree City, Ga. 770-487-7652; www.ptcc.com

October 19. Anthem Bay Bridge Marathon & Relay, Virginia Beach, Va. 757-498-0215; www.baybridgemarathon.com

October 26. Low Country Distance Classic Marathon, Half-Marathon, 10K, Bluffton, S.C. 843-815-5267; www.palmettorace.com

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

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

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

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

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

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

MIDWEST

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

October 4. 15th Karla's Run 5K, Lake Geneva, Wisc. 262-275-3852.

October 4. Remembrance Run 5K,

Traverse City, Mich. 231-941-8118; www.tctrackclub.com

October 5. Detroit Marathon, Detroit, Mich. 313-222-6676; www.freep.com/marathon

October 11. Women only 8K & 5K, Flint, Mich. 810-659-6493; gaultracemanagement.com

October 12. LaSalle Bank Chicago Marathon. 312-904-9800; www.chicagomarathon.com

October 18. Indianapolis Marathon & Half-Marathon/Relay & 5K, Indianapolis, Ind. www.indianapolismarathon.com

October 19. Columbus Marathon, Columbus, Ohio. 614-421-RUNN; www.columbusmarathon.com

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-AMERICA

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

October 4. USATF Colorado Association Cross-Country Championships, U. of Colorado, Buffalo Ranch. 8:30 am: 5.8K women (age 19+); 5.8K men (60+); 9:15 am: 8K men (19-59); 10:15 am: CU Rocky Mountain Shootout.

October 12. Durango Marathon, Half-Marathon, 10K, & 5K Durango, Colo. 970-375-2413; durangomarathon.com

October 12. Mt. Rushmore Marathon, Rapid City, S. Dak. 605-721-1251; mount.rushmoremarathon.com

October 12. Mayor's Cup Challenge 5K & 10K, Colorado Springs, Colo. 719-635-8803; www.csgrandprix.com

October 19. Wichita Marathon, 316-708-0808; www.runwichita.org/marathon/index.htm

October 26. USATF Minnesota Masters 5K Cross-Country Championships, U. of Minn. Golf Course, St. Paul. 952-380-5823; 920-0558.

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

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 4. USATF Oklahoma Championships/Reuel Little Half-Marathon, City Park, Madill. okrunner.com

October 4. Komen Race for the Cure 5K, Oklahoma City. www.okkomen.com

October 4. 23rd annual Woolaroc 5K, Bartlesville, Okla. 918-333-0900.

October 25. Tulsa Run 15K, Tulsa, Okla. okrunner.com

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

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

WEST

Arizona, California, Hawaii, Nevada, New Mexico

October 4. Big Sur Trail Marathon, Half-Marathon & 8K, Big Sur, Calif. 415-868-1829; www.envirosports.com

October 5. Sacramento Marathon & Half-Marathon, Sacramento, Calif. www.sacramentomarathon.net

October 11. Northern Exposure 10K, North Las Vegas, Nev. 702-633-1612; cityofnorthlasvegas.com

October 11. Lake Tahoe Marathon, South Lake Tahoe, Calif. 530-544-7095; www.laketahomemarathon.com

October 12. Long Beach International City Bank Marathon, Half-Marathon & 5K, Long Beach, Calif. 562-728-8829; runlongbeach.com

October 12. Do the Bridge 8K, San Diego, Calif. 760-736-1001; www.strideamerica.com

October 18. Heart of the City 5K & 10K, Los Angeles. 213-742-6030; www.heartofthecity.info

October 19. U.S. Half-Marathon, San Francisco, Calif. www.ushalf.com

October 19. Humboldt Redwoods Marathon & Half-Marathon, Humboldt Redwoods St. Park, Calif. HRM, PO Box 4989, Arcata, CA 95518-4989. www.hrm-andhalf.org

October 20. Komen Inland Empire Race for the Cure 5K, Temecula, Calif. 909-304-9500; www.iekomen.com

October 25. New Beginnings 5K & 10K, Concordia U., Irvine, Calif. Finish Line International, 714-841-5417; nealand.com/finishline

October 25. Napa Valley Wine Country Marathon & Half-Marathon, Calistoga, Calif. 415-868-1829; www.envirosports.com.

October 25. Whiskeytown Trail Runs 50K, 30K & 8 Mile, Redding, Calif. 530-246-8560; www.geocities.com/sweatrc

October 26. Arturo Barrios 10K, Chula Vista Calif. 800-311-1255; www.elite.racing.com

October 26. Duke City Marathon, Half-Marathon, & 5K, Albuquerque, N.M. 505-880-1414; www.dukecitymarathon.com

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

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

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

December 6. Honolulu Marathon. 808-734-7200; www.honolulumarathon.org

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

December 14. 26th annual Lasse Viren 20K, Pt. Mugu St. Park, (8 miles s. of Oxnard), Calif. 805-652-1744; blumper@pacbell.net

NORTHWEST

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

October 4. St. George Marathon, St.

George, Utah. 435-634-5850; www.st.georgemarathon.com

October 5. Portland Marathon, Portland, Ore. 503-226-1111; www.portlandmarathon.org

October 12. Spokane Marathon, Half-Marathon, & 5 Mile, Spokane, Wash. 509-624-4297; active.com

October 25. ORRC Autumn Leaves 25K, 50K, & 50 Mile, Champoeg St. Park, St. Paul, Ore. 503-646-7867; www.orrc.net

October 26. McDonald Forest 15K Cross-Country, Corvallis, Ore. 541-758-8124.

October 26. Silicon Valley Marathon, Half-Marathon & 10K, San Jose, Calif. 831-477-0965; www.firstwaveevents.com

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

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

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

October 26. Casino Niagara International Marathon, Niagara Falls, Ontario. 800-56-FALLS; www.niagarafallsmarathon.com

November 16. Ontario Masters 5K Cross-Country Championships, Guelph. www3.sympatico.ca/ontario.masters

INTERNATIONAL

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

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

April 18-24, 2004. 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

October 5. USATF Indiana One Hour RW Championships, Indianapolis. Cheryl Sunman, 317-835-0161.

October 12. USATF West Region One Hour RW Championships, Aurora, Colo. Shirley Clemons, 303-770-9181

October 12. USATF East Region 30K RW Championships, NYC. Stella Cashman, 212-628-1317.

October 12. Bob Fine Invitational RW, Coconut Creek, Fla. 954-427-0032; 771-3347.

October 19. USATF National Masters 50K RW Championships, Hauppauge, N.Y. Mike Roth, PO Box 504, Old Bethpage, NY 11787. 631-979-9603.

October 25. USATF Pacific 10K RW Championships, Seaside, Calif. Hansi Rigney, 831-626-6602.

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

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

Table of race results for M30-34, M35-39, M40-44, M45-49, and M50-54 age groups, listing names, distances, and times.

RECIPIENTS OF ALL-AMERICAN AWARDS

Table listing recipients of All-American Awards for men, including names, distances, and times.

Table listing recipients of All-American Awards for women, including names, distances, and times.

Table listing recipients of All-American Awards for women, including names, distances, and times.

U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

Large table of U.S. Masters All-American Standards for men, listing various events and their standards across age groups.

- 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"

U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

Large table of U.S. Masters All-American Standards for women, listing various events and their standards across age groups.

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40-59: 30"; 60+: 27"

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

Table of U.S. Masters All-American Standards of Excellence for racewalkers, listing standards for men and women across various distances.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

Form for application for an All-American Certificate/Patch, including fields for Name, Age-Group, Address, Sex, City, State, Zip, Meet, Date of Meet, Meet Site, Event, Mark, Hurdle Height, and Weight of Implement.

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

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 / 21/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USATF Masters Weight Pentathlon Championships Colorado State University, Fort Collins, CO; Aug. 23-24

Age	FIRST	LAST	Total	HT	SP	DT	JT	WT					
34	John	Kuemmerlin	2142	0	0	12.69	648	31.43	493	38.9	426	12.19	575
36	Paul	Barrett	3441	50.72	688	11.92	602	44.64	759	53.72	679	14.26	713
41	Milton	Grouard	3256	35.84	491	14.68	794	42.82	722	43.42	574	12.75	675
44	Michael	Hambrick	3204	43.26	622	12.00	626	41.25	690	39.50	509	14.07	757
42	Rande	Treecce	2107	50.93	759	11.65	604	35.14	566	32.54	395	14.48	783
41	Bob	Jones	2667	35.07	477	11.96	623	39.72	659	29.03	338	11.06	570
45	Dan	John	4106	51.02	850	12.43	718	49.17	904	45.17	670	16.18	964
48	Jim	Wetenhall	3885	47.98	790	13.52	792	42.66	762	38.85	555	16.50	986
45	Richard	Stewart	3856	47.81	786	12.74	739	44.65	805	41.16	597	15.67	929
49	Ricardo	Gonzales	2190	21.44	277	9.62	528	30.70	508	32.91	448	8.17	429
53	Roger	Conboy	3636	43.98	697	12.35	738	38.28	630	47.60	751	14.82	820
53	Carl	Reichard	3580	49.97	813	12.07	719	34.24	548	36.40	538	17.04	962
53	Clay	Hull	3398	44.95	716	11.52	680	35.31	570	38.61	579	15.33	853
51	David	Dunnigan	3230	35.02	525	13.49	819	38.36	631	37.35	556	12.92	699
50	John	Edmonston	3198	41.65	652	11.57	683	35.78	579	31.94	454	14.98	830
50	Richard	Watson	3124	33.33	493	11.23	659	36.42	592	45.81	717	12.36	663
53	Tim	Muller	2873	25.36	343	14.17	867	45.84	784	27.10	365	9.98	514
50	Dan	Roloff	2464	0	0	12.27	733	36.34	591	38.62	580	10.73	560
58	Tan	Percy	4007	41.58	743	12.60	854	40.61	759	42.35	731	15.05	920
55	Bob	Sager	3435	41.48	741	11.83	793	33.05	590	28.99	453	14.16	858
57	Jerry	Bookin-Weiner	3278	37.60	657	11.39	759	35.29	639	27.51	423	13.33	800
57	Bob	Maltby	2682	24.03	370	10.46	687	32.94	587	28.32	439	10.43	599
60	Tom	Gage	5062	60.51	1266	14.51	1002	46.91	926	33.17	575	21.61	1293
61	Carl	Wallin	4374	44.95	896	14.25	981	35.69	666	37.00	659	19.80	1172
60	Mickey	Bitsko	4094	47.36	953	12.82	869	41.06	790	31.31	535	16.40	947
61	Bob	Cahners	3974	48.37	977	11.73	784	34.00	628	27.32	448	19.27	1137
64	Dick	Hotchkiss	3474	39.59	770	10.70	703	44.02	859	16.16	215	16.10	927
60	Mark	Chapman	3316	28.35	510	12.38	834	39.16	746	36.02	638	10.90	588
64	Jack	Kuhns	3155	32.35	602	11.23	744	34.69	643	29.02	485	12.35	681
61	Ron	Hambrick	2838	21.89	363	11.17	739	34.29	634	34.20	598	9.59	504
67	Bob	Humphreys	4203	41.43	938	11.67	924	38.86	842	28.35	541	14.97	958
66	Robin	Herron	3670	37.99	846	10.31	800	33.3	699	23.86	433	14.06	892
68	Vernon	Spencer	3451	35.18	772	9.45	722	36.66	785	20.82	361	12.94	811
66	Charles	Polizzi	3247	0	0	10.81	846	39.37	855	32.7	647	14.16	899
70	Bob	Ward	5291	51.24	1223	13.11	917	43.97	1126	34.94	753	18.74	1272
71	Ray	Feick	4059	32.40	713	12.00	828	33.3	809	32.61	692	15.37	1017
73	Tom	Allison	3866	32.44	714	11.63	798	34.44	842	32.86	698	12.65	814
74	William	Garrahan	3847	33.18	734	10.27	689	34.05	831	34.09	731	13.31	862
71	Doug	Tomlinson	3413	24.36	500	11.71	804	29.64	703	26.66	538	13.38	868
73	Reed	Quinn	3238	31.43	687	9.26	609	29.34	694	25.01	495	11.83	753
70	Al	Clowser	3198	28.49	609	10.53	710	29.95	712	23.26	451	11.34	716
75	Hal	Wallace	4294	29.50	764	11.22	905	37.23	1089	29.39	724	11.09	812
**76	Phil	Brusca	4294	31.10	814	11.55	936	33.80	971	28.62	701	11.80	872
82	Frank	Bowles	3543	20.58	613	8.94	846	23.60	765	25.56	628	9.05	691

Age	FIRST	LAST	Total	HT	SP	DT	JT	WT					
43	Onetha	Lewis	5261	53.30	1367	14.39	986	45.26	853	32.97	592	18.16	1463
46	Carol	Finsrud	5233	44.20	1315	12.88	993	48.80	1022	31.60	654	14.21	1249
47	Cheryl	Mellenthin	2123	20.63	521	6.63	447	18.06	307	14.80	259	7.45	589
54	Mary	Hartzler	3644	38.10	880	10.55	836	30.09	640	23.68	520	11.65	768
50	Kathy	Wetenhall	2823	25.00	520	9.26	717	19.20	370	21.50	464	11.45	752
56	Lorraine	Tucker	3027	21.66	488	9.79	852	22.40	503	23.75	604	8.41	580
57	Sharon	Raham	2736	20.70	460	8.11	682	22.14	496	24.84	636	6.99	462
60	Georgia	Cutler	3859	34.12	978	8.30	789	21.53	544	24.67	726	12.04	822
63	Carol	Young	3703	36.83	1070	8.05	761	21.48	542	19.56	555	11.45	775
65	Joy	Kaylor	3391	25.76	803	7.88	845	21.74	632	17.31	550	7.77	561
68	Christel	Donley	2899	15.73	428	7.22	763	16.67	458	23.59	785	6.67	465
68	Anna	Cirilnick	2608	19.84	580	7.16	755	14.55	388	11.20	324	7.77	561
66	Tomasz	Schultz	2458	14.86	396	6.34	653	14.65	391	13.91	424	8.15	594
72	Gloria	Bortell	3345	18.84	642	7.27	890	14.51	454	19.72	741	7.39	618
78	Charlotte	Acton	2554	14.80	573	5.31	727	11.59	415	8.28	313	5.56	526
88	Betty	Jarvis	3555	11.36	678	4.07	816	11.29	648	9.00	551	5.68	862

*Percy, not-U.S. citizen/Wallin competed out of his group on 8/23/ **Awarded first place on more events won

USATF National Masters Weight & Superweight Championships Seattle, WA; Sept. 6

Weight
(M30-49 35#/M50-59 25#/
M60-69 20#/M70-79 16#/M80+ 12#/
W30-49 20#/W50-59 16#/W60+ 12#

M40 Jeff Crothers	11.76
M45 Jim Wetenhall	15.35
Jim O'Neil	11.52
M50 Mark Neal	15.23
Richard Watson	12.58
M55 Todd Taylor	17.68
Bob Sager	13.86
M60 George Mathews	19.68
Bob Cahners	18.63
John White	13.98
Jack Kuhns	12.71
M65 Bob Lawson	14.00
Vern Spencer	13.82
Robin Herron	12.32
M70 Bob Ward	18.83
Jim Hitchman	15.11
Harvey Lewellen	13.85
Jerry Wojcik	13.46
Doug Tomlinson	13.40
Mike Devlin	13.03
Tom Allison	12.96
Pay Carstensen	11.94
M75 Vince Sempronio	11.97
Ken Weinbel	11.61
Jack Morrill	8.60
M80 Bob Horsley	12.21

M90 Leon Joslin	6.95
W35 Laurie Jinkins	10.20
W40 Carla EdmanSurina	8.62
W45 Carol Finsrud	13.79
W50 Joyce Taylor	11.39
Kathy Wetenhall	10.50
W55 Judy Watson	4.78
W60 Georgia Cutler	12.28

Superweight
(M30-69 56#/M70+ 35#/W30-49 35#/W50+ 25#)

M40 Jeff Crothers	8.26
M45 Jim Wetenhall	10.33
Jim O'Neil	6.65
M50 Mark Neal	8.94
Richard Watson	6.64
M55 Todd Taylor	8.11
Bob Sager	7.12
M60 George Mathews	8.48
Bob Cahners	7.90
Jack Kuhns	4.76
M65 Vern Spencer	5.35
Bob Lawson	4.81
Robin Herron	3.94
M70 Bob Ward	10.96
Pay Carstensen	7.99
Harvey Lewellen	7.63
Mike Devlin	7.19
Jerry Wojcik	6.85
Tom Allison	6.71
Doug Tomlinson	6.59
M75 Vince Sempronio	7.58
Ken Weinbel	5.89
Jack Morrill	4.40
M80 Bob Horsley	4.39

EAST

USATF New Jersey Association Championships Tinton Falls; June 29

*=1st Out-of-State

M90 Leon Joslin	3.38
W35 Laurie Jinkins	6.69
W40 Carla EdmanSurina	4.96
W45 Carol Finsrud	9.39
W50 Joyce Taylor	8.65
Kathy Wetenhall	7.29
W55 Judy Watson	3.73
W60 Georgia Cutler	6.38

100m

W30 Karlyn Crotty	15.2
W35 Kisha Carman	*14.4
M30 Corey Radcliffe	12.1
Shaun Dietz	*11.4
M35 James Melton	*11.9
M40 Steve Barlage	12.9
M45 Keith Royster	11.8
Val Barnwell	*11.5
M50 David Gritz	13.1
Peter Thompson	*13.1
M55 Paul Henry	14.8
M60 John Boykin	13.6
M65 Roosevelt Weaver	14.1
William Bittner	*13.6
M70 Giorgio Chiavelli	16.2
M75 Ed Cox	*14.7

200m

W35 Kisha Carman	*30.0
------------------	-------

M30 Rob Crotty	24.8
M35 James Melton	*24.2
M40 Greg Foster	23.4
M45 Keith Royster	24.4
M50 R G McDonald	26.9
M55 Paul Henry	27.0
M60 Nate Byrd	29.8
M70 Alex Johnson	30.7
M75 Ed Cox	*31.4

400m

W30 Karlyn Crotty	66.3
M30 Rob Crotty	55.8
M35 Chris Potter	*54.1
M40 David Byner	53.4
M45 Don Passman	60.3
M50 Charles Pleasant	62.3
M55 Paul Henry	62.0
M65 John MacDonald	67.9
M70 Irwin Bernstein	71.1
M75 Ray Cherniak	80.4

800m

W35 Kathy Pearlberg	*246.7
W40 CatherStone-Borko	222.2
M30 Mark Laddetta	212.2
Kyle Lanier	*204.2
M35 Steve Magara	*226.9
M40 David Byner	208.3
Kevin Heffernan	*205.2
M45 Rich Smith	216.6
JeromO'Shaugnes	*225.1
M50 Tony Plaster	223.0
M55 JohnKuhi	246.9
M60 John Saarman	242.2
M70 Irwin Bernstein	254.6
M85 Dudley Healy	613.7

1500m

W40 CatherinStone-Bork	453.5
M30 Kyle Lanier	*419.1
M35 Gerard Pearlberg	425.3
Angelo Hurusts	*455.8
M40 Craig Plummer	*511.3
M45 David Zurheide	454.1
JeromO'Shaugne	*514.1
M50 Bill Scholl	500.4
M60 Daniel Kirsch	555.7
M70 Joe LaBruno	723.6

5000m

M30 Kyle Lanier	*16.57
M35 Angelo Hurusts	18.37
Jeff Benjamin	*18.15
M50 Bill Scholl	17.59
M70 Joe LaBruno	26.51
M75 Robert Mimm	41.21
M85 Dudley Healy	48.01

Short Hurdles

M35 James Melton	*15.4
M40 Glenn Patterson	14.9
M45 Phil Bujalski	17.1
M50 David Friedman	38.4

Long Hurdles

M40 Craig Plummer	*74.0
M45 Phil Bujalski	64.1
M50 David Friedman	96.9
M65 Bob Paulen	*54.4

High Jump

W30 Karlyn Crotty	1.52
M30 Rob Crotty	1.67
M45 Tim Carr	1.62
Wayne Stahlmann	*1.57
M50 David Friedman	1.27
M55 Tom Walsh	1.22
M65 Leon Trout	1.22

Pole Vault

M35 Duncan Littlefield	4.41
M45 Pete Hischmann	*3.81
M50 Robert Reese	2.63

Continued from previous page

M55 Ken Worden	27-5
M60 John Schlosser	38-0.25
M65 Carlozzi	35-11.75
M70 Bill Clew	36-8.50
M75 Messiter	31-0.75
M80 Hy Levy	24-5.75
W55 Linda Hunt	22-5.75
W60 Arlene Dupuis	22-1.75
W65 Joan Webber	17-4.25
W70 Marcia Crooks	21-8.25
W75 O'Connor	16-4.50
W80 Jeanne Berlepsch	15-3

Discus	
M50 Mike Lozeau	97-11
M60 John Schlosser	118-3
M65 Nick Leras	119-11
M70 Don Levesque	90-5
M75 Messiter	90-4
M80 Ed Logan	41-2
W55 Sweet	33-3
W60 Martha Oppenheimer	58-1
W65 Joan Youngs	64-5
W70 Marcia Crooks	57-6
W75 O'Connor	33-11
W80 Jeanne Berlepsch	34

Javelin	
M50 Mike Lozeau	121-1
M55 Gagne	172-2
M60 Sweet	99-1
M65 Corney	103-4
M70 Webber	57-7
M75 Messiter	87-3
M80 Hy Levy	43-9
W60 Arlene Dupuis	47-4

1500m RW	
M55 Larry Flint	10:24
M60 Tom Fitzgerald	10:33
M70 George Freeman	10:13
M80 Jay Charles	14:00
W55 Judy Sweet	12:37
W75 Minna Charles	13:59

5000m RW	
M60 Bob Aucoin	34:40
M65 Bob Dickerson	43:08
M70 Jack Finan	36:39

5K Road Race	
M50 Sidney Stark	20:48
M60 Charles Sawyer	20:53
M65 Rod L'Italien	22:56
M70 Bob Bowers	32:54
M75 Ken Folsom	27:08
W50 Jacqueline Keith	27:39
W65 Joan Youngs	33:55
W75 Minna Charles	42:53

10K Road Race	
M50 Sidney Stark	44:09
M60 B Aucoin	47:12
M65 Ron Whittemore	55:20
M75 Russ Stanton	1:05:19

Discus	
M50 Mitch Farbstein	106' 3"
M70 Ray Feick	104' 4"

Shot Put	
M50 Mitch Farbstein	37' 9"
M70 Ray Feick	37' 4.5"

Pole Vault	
M45 Pete Hirschmann	11' 6"
M50 Mitch Farbstein	9' 0"
M55 Carl Grossman	5' 0"

USATF Mid-America and Philadelphia Masters Championships	
Fort Washington, PA; July 27	

100m	
M40 Tony Fulton, Sr	11.79
Lovell Butler	11.88
Clifton Vassell	12.36
M45 Keith Royster	11.80
Rockdale Hudson	13.35
M50 Gary Arend	13.30
Larry Nolly	13.58
M60 John Boykin	13.52
M65 William Bittner	13.54
Robert Paulen	14.81
Walter Palmer	15.38
M75 Sam Madia	16.91
M80 Marvin Levy	49.00
W60 Sue Levy	28.91
W65 Audrey Lary	15.73

200m	
M40 Clifton Vassell	26.02
M45 Keith Royster	24.35
Ron Manion	26.14
Rockdale Hudson	27.76
M50 Tony Plaster	27.52
M55 Glenn Schmehl	28.33
M60 Nate Byrd	29.02
Bob Fuhrman	30.39
M65 Walter Palmer	32.52
M75 Sam Madia	38.16
Bill Bergen	49.47
M80 George Blyn	58.53
Marvin Levy	2:02.83
W40 Catherine Borkowski	29.30
W60 Sue Levy	1:01.00
W65 Audrey Lary	33.64

400m	
M40 Hassan Hameed	1:02.12
M55 Glenn Schmehl	1:05.76
M60 Bob Fuhrman	1:09.92
M65 Bruce Gilbert	1:13.94
Walter Palmer	1:19.76
M75 Sam Madia	1:28.19
Bill Bergen	1:32.91
M80 George Blyn	2:00.66
Marvin Levy	4:26.39
M85 Frank Levine	2:23.17
W60 Sue Levy	2:15.35
W75 Helen Schley	2:20.04

800m	
M40 Glenn McIsaac	2:06.04
Chuck Shields	2:13.26
Kevin McKenna	2:13.94
M45 Russ Patton	2:11.00
M50 Tony Plaster	2:17.22
M65 Bruce Gilbert	2:45.99
M75 Ray Cherniak	3:21.30
Bob Parsons	5:06.10
M80 George Blyn	4:27.92
Marvin Levy	8:56.93
M85 Frank Levine	5:33.84
W40 Catherine Borkowski	2:19.64
Lorraine Jasper	2:24.18
W60 Sue Levy	4:40.68
W75 Helen Schley	4:29.26

1 Mile	
M40 Chuck Shields	5:05.13
Andy Ross	5:24.04
M45 Russ Patton	5:30.68
Pat Good	5:31.01
Tom Yunker	5:36.45
M50 Kyke Mecklenborg	8:02.60
M55 Harold Nolan	5:16.28
M75 Ray Cherniak	8:16.42
M80 George Blyn	10:26.05
Martin Levy	18:19.54
M85 Frank Levine	12:32.20
W40 Catherine Borkowski	5:27.51
Lorraine Jasper	5:30.39

High Jump	
M50 Keith Mathis	5-3
Ivan Black	4-9
M65 K M Thomas	3-6

Long Jump	
M40 Lovell Butler	18-5.50
M45 Stephen Platt	15-3
M50 Mauro Medina	17-7
Larry Nolly	16-4
Keith Mathis	14-7
M55 Gerard Dunne	12-7
M60 John Boykin	15-1
M65 Robert Paulen	13-7
K M Thomas	11-8.50
M70 Burt Hughes	9-4
W65 Audrey Lary	11-6.50

Triple Jump	
M45 Stephen Platt	9.13
M50 Mauro Medina	11.75
Ivan Black	9.64
Keith Mathis	8.40
M55 Gerard Dunne	7.52
M65 Robert Paulen	8.65
K M Thomas	7.18
M70 Burt Hughes	5.93
W65 Audrey Lary	8.04

Pole Vault	
M45 Pete Hirschman	11-6
M50 Mitch Farbstein	8
M55 Gerard Dunne	9-6
Carl Grossman	5-6

Shot Put	
M40 Glenn Thompson	16.27
Thomas Lanzalotto	12.18
M45 Nick Helfrich	9.69
Kimbenton Messner	8.21
M50 Mitch Farbstein	11.37
Dan Valasek	10.91
Henry Kalnas	10.50
M55 Frank Monroe	10.11
Terry Shuman	10.10
Richard Dunphy	9.81
M60 John Bronstein	11.21
Joseph Kalnas, Jr	10.82
John Boykin	10.79
M70 Ray Feick	11.63
William Barker	11.40
Burt Hughes	8.52

Discus	
M40 Glenn Thompson	47.07
Warren Taylor	41.72
Thomas Lanzalotto	37.84
M45 Nick Helfrich	29.39
Kimbenton Messner	27.00
M50 Mitch Farbstein	35.53
Henry Kalnas	33.87
M55 Terry Shuman	37.69
Frank Monroe	31.45
Richard Dunphy	24.95
M60 John Bronstein	39.26
James Kenney	37.16
Jerry Sullivan	28.02
M65 Russ Van Put	35.28
M70 Ray Feick	33.61
William Barker	30.83
M75 Bill Bergen	25.50
Sam Madia	20.88
M80 Paul Eberhardinger	12.17
W65 Audrey Lary	19.85

Javelin	
M40 Rich Cetfin	45.26
R V Biagioni	44.50
M45 Nick Helfrich	36.64
M50 Jim Caldwell	40.88
Keith Mathis	33.74
Gerry Shatzer	34.24
M60 James Kenney	42.39
Jerry Sullivan	26.10
M70 Ray Feick	31.80
William Barker	23.20
M75 Sid Kiwott	32.55
Sam Madia	20.48

1 Mile RW	
M65 William May	8:15.34
M75 Ed Gawinski	10:26.40

6k SP 36-8.75/6k HT 106-8/1.5g	
DT 96-0	
Bill Cotter 38, 16# HT 145-7/2k DT 127-0	
Sam Messiter 74, 4k SP 29-10.75/4k HT 88-3/1k DT 88-8	
Mark Putnam 45, 16# HT 92-2/2k DT 79-0	

State Games of America
Hartford, CT; Aug. 7-10

100m	
M30 Mark Coley	12.44
M35 Duane Gosa	11.39
M40 Lovell Mutler	11.55
M45 Keith Royster	11.84
M50 Steven Bates	12.34
M55 Lloyd Hathcock	12.41
M60 Richard Jones	13.04
M65 Robert Reid	14.22
M70 Dennis Melanson	13.81
M75 Richard Soller	17.08
M80 Robert Dowling	17.26
W30 Jill Cypress	13.11
W35 Vikki Smith	15.23
W40 Karen Wameling	14.72
W65 Marilyn Fitzgerald	16.42
W80 Carla Convery	24.69

200m	
M30 Mark Coley	25.64
M35 Duane Gosa	23.33
M40 Scott Williams	24.08
M45 Keith Royster	24.39
M50 Jesse Norman	24.89
M55 Lloyd Hathcock	35.50
M60 Richard Jones	27.43
M65 Robert Reid	30.57
M70 Dennis Melanson	29.21
M75 Richard Soller	37.50
W30 Jill Cypress	27.19
W35 Vikki Smith	37.83
W40 Barbara Scott	32.60
W55 Terry Foody	50.46
W65 Marilyn Fitzgerald	35.45
W80 Carla Convery	1:06.51

400m	
M30 Michael Jackson	52.77
M35 Duane Gosa	51.66
M40 Damell Gatling	54.77
M45 Bernard Gant	1:01.17
M50 Jesse Norman	56.68
M55 John Jackson	1:05.79
M60 Theodor Greve	1:09.49
M65 Donald Beck	1:10.42
M70 Ron Jelinek	1:29.77
M75 William Bergen	1:32.70
W35 Vikki Smith	1:08.39
W40 Lynn Johnson	1:10.25
W45 Sandra O'Brien	1:30.94
W55 Terry Foody	1:50.51
W65 Marilyn Fitzgerald	1:26.68

800m	
M30 Stephen Johnson	2:15.05
M35 Brian Hickey	2:15.75
M40 Chuck Shields	2:13.94
M45 Randy Schmidt	2:26.58
M50 Russ Susko	2:32.35
M55 Julian Nichols	2:42.05
M65 Robert Randall	3:02.86
W30 Marika Sickinger	3:06.87
W40 Lynn Johnson	2:40.62
W45 Sandra O'Brien	3:49.85
W55 Terry Foody	4:12.86
W65 Marilyn Fitzgerald	3:27.88

1500m	
M30 Mark Zahner	5:07.02
M35 Brian Hickey	4:52.86
M40 Chuck Shields	4:30.74
M45 Nathaniel Tiggs	4:33.51
M50 Dennis Smith	5:13.12
M55 Julian Nichols	5:34.32
M70 Martin Quinn	7:08.55
W30 Marika Sickinger	6:39.58
W45 Karen Lein	6:16.64
W55 Terry Foody	8:19.95
W65 Zofia Turosz	7:14.40

5000m	
M30 Mark Zahner	19:25.03
M35 Brian Hickey	18:39.88
M40 Tom Murphy	18:16.97
M45 Nathaniel Tiggs	17:13.40
M55 Paul Spinner	25:50.54
M60 William Woehrle	24:41.81
M70 Martin Quinn	26:21.42
W30 Marika Sickinger	24:48.72

Short Hurdles	
M30 Michael Jackson	15.62
M50 Michael Daniels	16.87
M55 Neal Schuster	20.69
M60 William Woehrle	21.23

4x100m Relay	
W40 Southern Speed	1:22.41

Long Hurdles	
M30 Michael Jackson	57.76
M35 John Light	1:05.49
M40 Damell Gatling	57.25
M50 Jesse Norman	1:07.14
M60 William Woehrle	1:01.10
M65 Donald Beck	56.88
M70 John Schreiber	1:08.36

High Jump	
M30 Terry Hollingsworth	1.68
M35 Richard Palma	1.68
M35 Ronald Utz	1.57
M50 William Crowley	1.63
M55 Robert Norton	1.27
M60 Buster Byrnes	1.32
M65 Joel Stinson	1.27
M75 Richard Soller	1.12
W30 Lisa Tanguay	1.32
W60 Ann Carter	1.02

Pole Vault	
M45 David Gorman	3.96
M50 Robert Reese	2.59
M55 Gerard Dunne	2.90
M60 Buster Byrnes	2.44
M65 John Sharp	2.74
W30 Carrie Palange	2.13

Long Jump	
M30 Todd Hill	5.50
M35 Richard Palma	5.85
M40 Scott Williams	6.41
M45 Ronald Utz	5.66
M55 Gerald Guman	4.46
M60 Charles Bartholomew	4.43
M65 John Sharp	4.05
M70 Robert Hewitt	4.34
M75 Richard Soller	3.48
W30 Lisa Tanguay	4.13
W40 Karen Wameling	3.68
W60 Ann Carter	2.39
W80 Carla Convery	1.52

Triple Jump	
M30 Todd Hill	10.92
M35 Richard Palma	11.04
M40 Frank Makozy	10.49
M45 Ronald Utz	10.97
M50 Ivan Black	9.60
M55 Wayne White	6.94
M60 Buster Byrnes	7.98
M70 Robert Hewitt	9.25
W30 Jill Cypress	10.85

Shot Put	
M30 Adam Freyler	13.77
M35 Brian Libent	14.79
M40 Glenn Thompson	17.06
M45 Mark Warner	12.18
M50 Joseph Meyers	13.14
M55 Loam Robertson	13.44
M65 James Koch	12.29
M70 William Barker	11.08
W30 S Pingling-Spence	10.89
W35 Jane Decker	10.18
W40 Debra Kage	9.92
W45 Mary Spurgeon	7.38
W50 Martha Green	7.50
W55 Diana Schultz	7.05
W60 Joyce Bahr	7.80
W70 Dolores Faber	6.02

Discus	
M30 Adam Freyler	44.38
M35 Brian Libent	41.24
M40 Glenn Thompson	52.97
M45 Mark Warner	36.83
M50 Gary Parkosewich	36.12
M55 Loam Robertson	37.85
M60 Roger Busch	42.40
M65 William Gramley	38.13
M70 William Barker	31.59
M75 William Bergen	21.53
W30 S Pingling-Spence	28.16

W35 Jane Decker	31.87
W40 Stacy Sapko	28.53
W45 M Spurgeon	24.09
W50 Barbara McCuen	19.07
W55 Diana Schultz	16.36
W60 Joyce Bahr	20.07
W70 Janice Wolowicz	15.13

Javelin	
M30 Kunle Lawson	41.76
M35 Daniel Alonzo	65.46
M40 Anthony Boerio	34.01
M45 Joe Hazucha	33.28

Continued from previous page

Table of results for various events including 100m, 200m, 400m, 800m, 1500m, 5K Run, 10K Run, and Javelin. Includes names like W60 Arlene Dupuis, W70 John Wall, M75 Anne McGowan, etc.

Weight Meet Hanover, NH; Sept. 6

Table of results for weight meet events: 16# SHOT PUT, 100# SHOT PUT, 100# WEIGHT THROW, 100# JAVELIN THROW, 100# DISCUS THROW.

SOUTHEAST Tennessee Senior Games Clarksville; July 25-31

Table of results for Southeast Tennessee Senior Games events: 100m, 200m, 400m, 800m, 1500m, 5K Run, 10K Run, Javelin, Discus, Shot Put, Hammer, Pole Vault, Mile Racewalk, 5000m Racewalk, 10,000m Racewalk.

Table of results for various events including 100m, 200m, 400m, 800m, 1500m, 5K Run, 10K Run, Javelin, Discus, Shot Put, Hammer, Pole Vault, Mile Racewalk, 5000m Racewalk, 10,000m Racewalk.

Table of results for various events including 100m, 200m, 400m, 800m, 1500m, 5K Run, 10K Run, Javelin, Discus, Shot Put, Hammer, Pole Vault, Mile Racewalk, 5000m Racewalk, 10,000m Racewalk.

Table of results for various events including 100m, 200m, 400m, 800m, 1500m, 5K Run, 10K Run, Javelin, Discus, Shot Put, Hammer, Pole Vault, Mile Racewalk, 5000m Racewalk, 10,000m Racewalk.

Table of results for various events including 100m, 200m, 400m, 800m, 1500m, 5K Run, 10K Run, Javelin, Discus, Shot Put, Hammer, Pole Vault, Mile Racewalk, 5000m Racewalk, 10,000m Racewalk.

Table of results for various events including 100m, 200m, 400m, 800m, 1500m, 5K Run, 10K Run, Javelin, Discus, Shot Put, Hammer, Pole Vault, Mile Racewalk, 5000m Racewalk, 10,000m Racewalk.

MIDWEST Dayton Masters Classic Dayton, OH; July 19

Table of results for Midwest Dayton Masters Classic events: 100M, 200M, 400M, 800M, 1500M, 5K Run, 10K Run, Javelin, Discus, Shot Put, Hammer, Pole Vault, Mile Racewalk, 5000m Racewalk, 10,000m Racewalk.

Continued on next page

Continued from previous page

M40 Tyrone Williams	52.9
M45 Tom Bunner	57.3
Tom Smith	58.9
Larry Lux	59.3
M50 Turran Harper	63.8
Gary Stoetzer	70.6
M55 Leon Savenas	61.3
Allen Huff	64.9
M60 Bruce Cosmik	79.6
W35 Vikki Smith	70.3
W40 Kathleen Shook	61.4
W50 Mary Hartzler	77.6
800M	
M40 Keith Lander	2:20.0
Anthony Boerio	2:46.2
M45 Bill Lowery	2:14.5
Larry Lux	2:22.3
Walter Hawkins	2:31.3
M50 Turran Harper	2:26.8
M55 Dale Gaide	2:19.2
Allen Huff	2:39.8
W50 Mary Hartzler	3:07.4
1500M	
M40 Anthony Boerio	5:49.8
M45 Lawrence Cox	7:08.2
M55 Dale Gaide	4:57.3
M70 David Nightingale	6:36.1
3000M	
M45 Lawrence	14:15.5
Short Hurdles	
M40 Joe Schwieterman	16.4
Mark Stabler	20.8
M50 Michael Daniel	16.8
High Jump	
M40 Kent Powers	5'8"
M55 Robert Juett	4'8"
M60 Dave Servis	4'0"

Bob Shoemaker	3'8"
M70 Chuck Wiedman	3'10"
Cliff Dickman	3'8"
M75 Fred Hirsimaki	3'10"
W30 Riki Carson	5'0"
Pole Vault	
M35 Jon Baatos	13'6"
M40 Steve Miller	12'0"
Scott Carney	11'0"
M45 Tom Bunner	13'6"
M60 David Servis	7'6"
M75 Fred Hirsimaki	6'0"
Long Jump	
M30 George Joaching	21'7"
M40 Kent Powers	18'8 1/2"
Joe Schwieterman	17'4"
Anthony Boerio	11'7"
M45 Tom Bunner	17'11"
A.J. Mason	12'10"
M50 John Jones	15'3"
M55 Jerry Boswell	16'10"
M60 David Servis	12'2 1/2"
M70 Cliff Dickman	5'9 1/2"
M75 Fred Hirsimaki	11'4"
W35 Lori Huff	7'10 1/2"
W40 Susan Stephenson	12'10 1/2"
Triple Jump	
M40 Kent Powers	38'10 1/2"
M45 Tom Bunner	37'3"
M55 Jerry Boswell	35'2 1/2"
Rob Juett	26'6"
M70 Chuck Wiedman	21'7"
M75 Fred Hirsimaki	24' 1/2"
Shot Put	
M40 Craig Rinker	45'4 1/4"
M45 Kurt Koehler	33'5 1/2"
M50 Tim Quinn	43'10 1/4"
David Stebing	38'9 1/4"
M55 Allen Ray	34'8 1/2"
M60 Mickey Bitsko	40'3 3/4"

Paul Deem	35'3 1/4"
Paul Riggins	31'8 1/4"
M65 Don Heldt	30'9 1/4"
M70 Pete Augsburger	38'8"
Cyrus Deem	35'4"
Cliff Dickman	33'10 1/2"
M75 Allen Ward	29'1 1/2"
W45 W. Hunter-Trammel	26'2 1/2"
W50 Mary Hartzler	34'1 1/2"
Javelin	
M40 Anthony Boerio	74'1"
M45 Kurt Koehler	99'5"
M50 David Stebing	129'8"
M55 Allen Ray	98'11"
M60 Dave Servis	98'7"
Mickey Bitsko	94'3"
Bob Shoemaker	92'8"
M65 James Rigby	68'11"
M70 Chuck Weidman	93'4"
Cliff Dickman	69'3"
M75 Fred Hirsimaki	87'9"
Discus	
M40 Craig Rinker	135'5"
Anthony Boerio	64'11"
M45 Kurt Koehler	102'5"
M50 David Stebing	130'3"
M55 Mike Creager	111'5"
Allen Ray	110'7"
M60 Terry Simons	136'0"
Mickey Bitsko	135'6"
Paul Deem	125'11"
M65 James Rigby	88'4"
Done Heldt	87'8"
M70 Thom Phillips	104'11"
Cyrus Deem	104'7"
Chuck Weidman	81'6"
1500M Racewalk	
W35 Lori Huff	11:52.5
W45 Gloria Lewis	16:09.5

W70 Harnet Bloemaker	21.00
200m	
M50 Scott Marshall	29.87
M55 Tom Bassett	25.90
M60 Howard Weisser	28.31
M65 Richard McKisson	28.89
M70 Lee Alexander	30.06
M75 Gill Hill	38.40
W50 Charlene Pratt	39.10
400m	
M50 Monty Stanley	59.90
M55 Steven Rothenberger	69.56
M60 Howard Weisser	64.61
M65 Richard McKisson	70.16
M70 Lee Alexander	66.64
M75 Gill Hill	94.84
W50 Patricia Jones	1:47.24
800m	
M50 Monty Stanley	2:21.57
M55 Steve Rothenberger	2:43.29
M60 Howard Weisser	2:39.45
M65 Ray Franks	2:58.99
M70 Les Demmel	3:37.11
W50 Charlene Pratt	3:17
W55 Regina McCann	4:24
1500m	
M50 Monty Stanley	4:58.66
M55 Phil Found	5:25.88
M60 Jack Miettinen	6:11.68
M65 Alvin Ravenscroft	6:19.66
M70 James Manners	8:27.88
W50 Charlene Pratt	6:45.51
High Jump	
M55 Tom McCann	4-2
M60 Leslie Lane	4-9
M65 Armand Zahn	4-8
M70 Lyle Pfaff	4-2
M75 Frank Bollinger	3-8
W60 Audrey Kempf	3-4
W70 Harnet Bloemaker	3-2
Long Jump	
M50 George McConnell	11-8.5
M60 Leslie Lane	14-9.75
M65 Armand Zahn	12-0
M70 Lyle Pfaff	10-5
M75 Lester Dappen	8-2
Shot Put	
M50 David Dunnagan	44-7
M55 Bob Peters	42-1.5
M60 Lavane Johnson	40-7.5
M65 Armand Zahn	36-7.5
M70 Alfred Clowser	32-1.5
M75 Glenn Ebbers	27-3
M90 Eugene Price	14-3
W60 Audrey Kempf	22-5.5
W70 Ardelle Ebbers	15-2
Discus	
M50 David Dunninger	147-7
M55 Bob Peters	123-11
M60 Jerrol Springer	136-2
M65 Ron Anderson	166-2
M70 Alfred Clowser	96-7
M75 Frank Bollinger	95-1
M90 Eugene Price	30-1
W60 Audrey Kempf	66-0
W65 Janet Amery	31-7
W70 Dorothy Meyer	39-2
Javelin	
M55 Terry Medjo	110-9
M65 Gary Mason	93-6
M70 Alfred Clowser	80-10
M75 Glenn Ebbers	57-6
M90 Eugene Price	35-11
W60 Audrey Kempf	54-5
W70 Harnet Bloemaker	69-7
1500m Racewalk	
M50 Monty Stanley	9:59
M55 Wm Graham	8:32
M65 Bill Krueger	9:50
M70 Lyle Pfaff	12:16
M75 Gill Hill	10:22
W65 Kay McKisson	12:17
W70 Gloria Glissman	11:34
5000m Racewalk	
M55 Bob Gaston	7:17
M65 Bill Krueger	13:02
M75 Gill Hill	15:03

M50 Maure Weigel	4-2
M55 Dale Deuval	4-0
M60 Jerrol Springer	3-8
Long Jump	
M40 Don Carter	20-6.5
Lyle Whitaker II	14-1
M50 Douglas Boehr	14-6.25
Maure Weigel	14-3.5
M55 Joe Hoover	15-5.75
Dale Deuval	11-11
M75 Dale Hearon	8-9.5
Triple Jump	
M40 Don Carter	42-9.25
Lyle Whitaker II	29-10
M50 Maure Weigel	30-10.75
Douglas Boehr	29-5.25
M55 Joe Hoover	32-4
Dale Deuval	24-4.75
Discus	
M35 Wendell Donaldson	145-10
M40 Mark Talbert	110-3
Lyle Whitaker II	100-3
M50 Bob Maserati	94-5
Maure Weigel	74-5
M55 Dale Deuval	91-10
M60 Jerrol Springer	113-8
M65 Ron Anderson	154-11
M70 Bill Butterworth	111-8
M75 Dale Hearon	83-7
M80 Scott Herman	80-11
W35 Pam Lauer	73-2

Joseph Peebles	28.00
Jess Holler	28.30
M45 Mike Ford	24.56
Trip Reynolds	25.00
Kevin Callihan	27.55
David Munoz	29.26
M50 Dan Radiff	25.74
Maurice Williams	27.15
Douglas Boehr	30.39
M55 Rick Myre	38.83
M60 Jim Francis	27.78
M65 Richard McKisson	29.42
Ray Franks	32.26
400 M	
W30 Jackellyn Kirstein	0:01:18
W35 Connie Williams	0:01:03
W40 Robin Galloway	0:01:18
W50 Colleen Burns	0:01:12
Theresa Myre	0:01:46
W80 Mary Kirsling	0:02:37
M35 Jeff Williams	0:01:02
M40 Kettrell Berry	52.09
Raphael August	58.11
Craig M Allinckrodt	58.22
M45 David Munoz	0:01:07
Trip Reynolds	56.25
M50 Burke Grandjean	0:01:00
Dan Radiff	56.95
M60 Jim Francis	0:01:04
M65 Richard McKisson	0:01:10
Ray Franks	0:01:15
M75 Ernie MacDonald	0:01:55
800 M	
W50 Theresa Myre	0:04:04
W80 Mary Kirsling	0:06:01
M40 Craig M Allinckrodt	0:02:18
M50 Ben Wiley	0:02:28
William Doe	0:02:35
1600 M	
W50 Colleen Burns	0:05:51
Theresa Myre	0:08:33
W80 Mary Kirsling	0:11:53
M40 Tim Kellogg	0:05:50
M45 Alex Alvarez	0:04:56
M50 William Doe	0:05:12
M55 Kent Oglesby	0:05:03
3000 M	
W35 Tanya Poel	0:10:37
W45 Luann Grebler	0:13:06
W50 Theresa Myre	0:18:00
M40 Jim Nagel	0:10:28
Tom McKernan	0:11:17
W50 Tim Kellogg	0:12:48
M45 Jon Sinclair	0:09:47
Brad Pace	0:09:48
M50 Bob Manning	0:12:03
M55 Jerry Brown	0:12:24
Daniel Lang	0:12:43
M65 Hans Sinkovec	0:12:49
Ray Franks	0:14:03
3K RACEWALK	
W50 Marianne Martino	0:17:06
W55 Coween Dickesor	0:27:26
W60 Rita Sinkovec	0:19:32
M40 Michael Blanchard	0:15:28
M45 Rich Harter	0:22:58
M55 Ed Guiff	0:20:37
M75 Klaus Timmerhaus	0:22:27
80 M HH	
W45 Teresa Drotar	15.02
M75 Fred Hirsimaki	17.34
100 M HH	
M50 Dan Radiff	16.21
Douglas Boehr	20.46
M60 George Labelle	19.48
110 M HH	
M45 Bryan Johnson	16.59
300 M IMH	
M60 George Labelle	0:01:09
M75 Fred Hirsimaki	0:01:12
400 M IMH	
M40 Eric Johnson	0:01:12
M50 Douglas Boehr	0:01:35
PENTATHLON	
M35 J.D. Causse	1631
M55 Robert Rice	2490
M60 Bob Fulton	2787
Alex Meyer	2033
M65 Richard Larkin	1101
M70 Al Clowser	1983
M75 Fred Hirsimaki	2847
HJ	
W55 Sharon Raham	1.07

Wolfpack Throwing Classic Ohio State University, Columbus, Ohio; Aug. 31

Weight Pentathlon	Points	HT	SP	DT	JT	WT
1 Fox, Randy	1957	22.67m (293)	8.40m (463)	25.56m (378)	25.04m (328)	9.68m (495)
M52		(0)	11.40m (672)	34.02m (544)	34.12m (495)	(0)
2 Winters, Dale	1711	38.31m (673)	11.83m (793)	36.44m (665)	38.59m (652)	15.32m (939)
M53		(0)	(793)	(665)	(652)	(939)
1 Stebing, David	3722	35.59m (614)	11.19m (744)	30.84m (585)	38.61m (652)	11.83m (696)
M55		(614)	(744)	(585)	(652)	(696)
2 Harvey, Rex	3247	20.89m (305)	7.92m (490)	32.82m (585)	30.19m (478)	8.96m (499)
M57		(305)	(490)	(585)	(478)	(499)
3 Mallory, Ken	2357	34.73m (596)	9.35m (600)	29.16m (504)	23.01m (332)	ND (0)
M59		(596)	(600)	(504)	(332)	(0)
4 Pearce, Jim	2032	8.70m (551)	23.94m (392)	25.37m (380)	(0)	(0)
M58		(0)	(392)	(380)	(0)	(0)
5 Brown, Ed	1323	46.58m (934)	11.98m (803)	38.42m (729)	28.02m (464)	15.08m (860)
M57		(934)	(803)	(729)	(464)	(860)
1 Bitsko, Mickey	3790	17.40m (312)	7.56m (553)	26.52m (527)	19.54m (331)	7.18m (399)
M60		(312)	(553)	(527)	(331)	(399)
1 McCaa, Dave	2122	39.70m (909)	9.40m (620)	25.72m (590)	19.50m (356)	14.78m (972)
M67		(909)	(620)	(590)	(356)	(972)
1 Carstensen, Pay	3447	23.29m (472)	10.10m (676)	23.27m (521)	24.59m (485)	10.36m (644)
M71		(472)	(676)	(521)	(485)	(644)
1 Ezerins, Karlis	3569	22.89m (560)	10.36m (825)	31.63m (897)	25.82m (617)	9.41m (670)
M73		(560)	(825)	(897)	(617)	(670)
2 Schorr, Charles	2390	20.14m (312)	7.63m (553)	21.10m (527)	13.22m (331)	7.86m (399)
M78		(312)	(553)	(527)	(331)	(399)
3 Stein, Jacob	2177	20.88m (498)	5.97m (425)	20.99m (544)	11.76m (211)	7.36m (499)
M79		(498)	(425)	(544)	(211)	(499)
1 Hartzler, Mary	3475	35.23m (800)	10.50m (831)	30.32m (646)	20.59m (440)	11.53m (758)
W54		(800)	(831)	(646)	(440)	(758)
1 Holland, Bernice	3602	18.10m (737)	5.94m (829)	17.80m (697)	15.09m (645)	7.00m (694)
W76		(737)	(829)	(697)	(645)	(694)

MID-AMERICA

Blair Open Track Meet	
Blair, NE; July 27	
100m	
M30 Jeff Hageman	11.53
M40 Michael Ford	12.07
M50 David Lee	13.24
M70 Byron Winter	33.24
200m	
M30 Merek Wensel	22.61
M40 Michael Ford	24.50
M60 Howard Weissner	29.2h
M70 Bryon Winter	1:01.41
400m	
M30 Merek Wensel	50.37
M60 Howard Weissner	1:05.41
M70 Byron Winter	2:00.28
W40 Deb Kluthe	1:15.56
800m	
M40 Mike Hajek-Jones	3:02.93
W30 Laurie Hajek-Jones	3:22.29
W40 Deb Kluthe	3:02.58
1600m	
M40 Randy Raymond	6:02.7h

W40 Deb Kluthe	6:57.45
3200	
M40 Craig Christians	9:57.18
High Jump	
M40 Lyle Whittaker	5-4
Long Jump	
M40 Lyle Whittaker	13-9
Triple Jump	
M40 Lyle Whittaker	29-5.25
Shot Put	
M30 Darwin Gushard	35-11.50
M40 Dan Doty	38-1.50
M50 Dave Dunnigan	43-10.75
M60 LaVane Johnson	40-6.50
W40 Debra Kage	32-2.75
W60 Vera Gushard	21
Discus	
M30 Todd Davis	159-2
M40 Lyle Whittaker	102-6
M50 David Dunnigan	136
M60 Alex Meyer	131-3
W40 Debra Kage	96-7
W60 Vera Gushard	55-9

Javelin	
M30 Darwin Gushard	115-4
M40 Lyle Whittaker	119-6
M50 Dave Dunnigan</	

Continued from previous page

W65	Chnstel Donley	1.12
W75	Willie Gatz	0.76
M40	Eric Johnson	1.27
M45	Bryan Johnson	1.73
	Craig Levine	1.68
	Valeriy Snezhko	1.62
	Garry Pirch	1.57
	Brian Felt	1.32
M50	Maurice Williams	1.52
M55	Rick Myre	0.66
M60	Bob Fulton	1.29
	George Labelle	1.17
M65	Robin Herron	1.22
M75	Fred Hirsimaki	1.17
LJ		
W50	Theresa Myre	2.58
W55	Sharon Raham	2.87
W75	Willie Gatz	1.07
M40	Eric Johnson	4.31
	Joseph Peebles	3.75
M45	Garry Pirch	4.28
	Brian Felt	3.75
M50	Douglas Boehr	3.96
M55	Rick Myre	2.95
M60	George Labelle	3.19
	Ed Arnold	3.07
M75	Fred Hirsimaki	3.30
TJ		
W55	Sharon Raham	7.01
W75	Willie Gatz	2.98
M40	Eric Johnson	7.98
M45	Bryan Johnson	12.19
	Garry Pirch	8.82
	Brian Felt	7.57
M50	Douglas Boehr	8.48
M60	George Labelle	7.93
	Ed Arnold	6.89
M65	Richard McKisson	8.27
M75	Fred Hirsimaki	7.67
PV		
M45	Jeff Bilderbeck	2.29
M50	Lance Morey	3.35
	John Carmony	3.20
M55	Terry Medjo	2.74
M60	Bob Fulton	2.74
M70	Jerry Donley	2.95
SHOT		
W40	Barbara Felt	7.30
	Cindy McKee	6.71
W55	Sharon Raham	7.72
W65	Joy Kaylor	7.46
	Christel Donley	7.41
W75	Willie Gatz	4.49
M30	Chas Lindsay	15.51
M35	J.D. Causse	9.71
M40	Milt Girouard	14.97
	Bob Jones	12.02
	Garry Stanley	9.04
	Eric Johnson	8.06
M45	Kris Lettow	13.22
	Garry Pirch	8.76
	Brian Felt	8.20
M50	Tim Muller	13.19
M55	Rick Myre	9.00
M60	LaVane Johnson	12.12
	Alex Meyer	11.72
	Ralph Check Jr.	11.35
	George Labelle	9.46
	Jerrold Springer	9.43
M70	Wayne Sabin	10.52
	Chuck Wiedman	9.65
	Jerry Donley	8.26
M75	Robert Carleson	7.13
M80	Frank Bowles	8.32
M85	Harry Miller	5.15
JAVELIN		
W55	Sharon Raham	25.74
W65	Christel Donley	23.20
	Joy Kaylor	17.07
W75	Dorothy Morgan	19.66
	Willie Gatz	11.30
M40	Milt Girouard	40.68
	Garry Stanley	34.53
	Eric Johnson	33.66
	Bob Jones	26.53
M45	Jeff Bilderbeck	38.09
	Garry Pirch	30.03
M50	Richard Watson	45.61
M55	Ed Morland	51.48
	Rocco Pettito	45.05
	Terry Medjo	35.99
	Rick Myre	6.72

M60	George Labelle	29.98
	Jerrold Springer	24.25
M70	Chuck Wiedman	22.87
	Wayne Sabin	20.84
M75	Fred Hirsimaki	27.17
	Robert Carleson	17.68
M80	Frank Bowles	25.04
M85	Harry Miller	10.18
HAMMER		
W55	Sharon Raham	24.75
W65	Joy Kaylor	25.78
W75	Willie Gatz	8.47
M40	Randy Treece	51.32
	Bob Jones	35.52
M50	Thomas Meyer	45.64
	Richard Watson	36.85
M55	Rick Myre	18.55
M60	Jerrold Springer	21.35
	George Labelle	21.26
M65	Robin Herron	38.24
	Vern Spencer	36.18
M80	Frank Bowles	18.05
M85	Harry Miller	15.87
DISCUS		
W40	Barbara Felt	22.40
	Cindy McKee	16.87
W55	Sharon Raham	22.38
W65	Joy Kaylor	20.34
	Christel Donley	17.20
W75	Willie Gatz	10.70
M30	Mattias Borman	56.01
M35	Brian Bednard	42.66
M40	Milt Girouard	42.34
	Bob Jones	37.78
M45	Kris Lettow	41.78
	Garry Pirch	21.44
	Brian Felt	19.08
M50	Tim Muller	44.53
	Valentino Martinez	44.42
	Richard Watson	34.56
M55	Terry Medjo	36.63
	Jerry Bookin-Weiner	35.93
	Rick Myre	24.47
M60	Alex Meyer	37.69
	George Soule	37.22
	Jerrold Springer	35.11
	Ralph Check Jr.	30.87
	Bob Fulton	29.08
M65	Vern Spencer	35.68
	Robin Herron	32.40
M70	Wayne Sabin	26.19
	Chuck Wiedman	23.43
M75	Robert Carleson	25.54
M80	Frank Bowles	23.68
M85	Harry Miller	13.25
WT THROW		
W55	Sharon Raham	7.30
W65	Joy Kaylor	9.82
M50	Richard Watson	13.37
M55	Jerry Bookin-Weiner	13.78
	Rick Myre	7.60
M60	George Labelle	9.89
M65	Robin Herron	14.05
	Vern Spencer	13.36
M80	Frank Bowles	8.95
M85	Harry Miller	6.50
SUPER WT		
W55	Judy Watson	3.65
W65	Joy Kaylor	4.32
W75	Charlotte Acton	3.88
M50	Richard Watson	6.90
M55	Jerry Bookin-Weiner	5.94
	Rick Myre	4.34
M60	George Labelle	4.04
M65	Vern Spencer	6.12
WT PENTATHLON		
	TOTAL	
W55	Sharon Raham	2982
	25 13/8 00/23 97/27 63/6 89	
W65	Joy Kaylor	3415
	25 74/7 31/21 55/17 26/8 97	
W75	Dorothy Morgan	2945
	17 41/7 21/17 98/22 83/6 32	
M40	Charlotte Acton	2678
	15 67/5 34/12 23/9 02/5 67	
M50	Richard Watson	3282
	38 75/10 89/35 80/46 75/13 47	
M65	Vern Spencer	3420
	35 38/9 01/35 10/22 15/13 11	
M70	Al Closser	3291
	30 18/9 91/28 94/25 78/12 19	
M80	Frank Bowles	3459
	18 34/8 54/24 26/26 84/8 78	

M85	Harry Miller	2368
	15 80/5 05/12 45/10 47/6 22	
SOUTHWEST		
Cat Spring Grunt Meet Cat Spring, TX; July 12		
Shot Put		
M30	Mathias Wennberg	12.72
M35	Stefan Blomquist	18.16
	Dave Rothenbury	13.10
M40	Bruce Navarre	13.08
M45	Richard Stewart	13.82
	Jeff Baty	11.97
	Arnie Ferrando	10.26
M50	Dan Roloff	13.73
	Roger Conboy	12.32
M55	Vince Breaux	12.27
M60	Tom Gage	15.27
	John Conniff	12.57
	Mark Chapman	12.47
	Harold Crater	10.93
	Harold Landry	11.65
	Pat Arconeaux	10.49
M65	Milton Brady	8.62
M70	Jim Gerhardt	11.73
	Pay Carstensen	10.88
	Joe Quartano	9.61
	Jack Haller	8.87
M75	Fred Adams	6.53
W45	Ruth Welding	10.15
	Sue Hallen	7.90
	Cheryl Mellenthin	6.64
W50	Diana Gutierrez	11.47
Discus		
M35	Dave Rothenbury	45.82
M40	Bruce Navarre	52.37
M45	Richard Stewart	45.51
	Jeff Baty	36.68
	Arnie Ferrando	30.30
	Rick Easley	28.14
M50	Roger Conboy	37.44
	Dan Roloff	35.33
M55	Vince Breaux	37.52
M60	Tom Gage	50.83
	John Conniff	44.02
	Mark Chapman	41.22
	Harold Crater	38.02
	Pat Arconeaux	34.16
	Harold Landry	31.83
M65	Milton Brady	29.08
M70	Jim Gerhardt	37.08
	Pay Carstensen	25.27
	Joe Quartano	23.95
	Jack Haller	23.77
M75	Fred Adams	15.93
W45	Ruth Welding	35.29
	Sue Hallen	25.85
	Cheryl Mellenthin	20.08
W50	Diana Gutierrez	29.22
Javelin		
M35	Dave Rothenbury	38.63
M40	Bruce Navarre	34.95
M45	Arnie Ferrando	46.60
	Jeff Baty	41.91
	Rick Easley	41.48
	Richard Stewart	40.97
M50	Roger Conboy	43.38
	Dan Roloff	32.13
M55	Vince Breaux	43.33
M60	John Conniff	36.87
	Tom Gage	34.23
	Mark Chapman	34.04
	Pat Arconeaux	32.14
	Harold Landry	28.51
	Harold Crater	22.81
M65	Milton Brady	24.46
M70	Jim Gerhardt	30.94
	Pay Carstensen	26.39
	Joe Quartano	22.94
	Jack Haller	21.78
M75	Fred Adams	12.52
W45	Ruth Welding	21.89
	Sue Hallen	20.19
	Cheryl Mellenthin	16.16
Hammer		
M30	Mathias Wennberg	50.70
M35	Dave Rothenbury	42.38
M40	Bruce Navarre	38.91
M45	Richard Stewart	45.09
	Jeff Baty	37.52
	Arnie Ferrando	25.76
M50	Roger Conboy	40.79
	Dan Roloff	30.06
M55	Vince Breaux	37.90
M60	Tom Gage	59.16
	Mark Chapman	34.77
	John Conniff	30.58
	Harold Crater	29.34
	Harold Landry	26.27

Pat Arconeaux	22.20
M65 Milton Brady	26.01
M70 Pay Carstensen	33.27
	Joe Quartano 28.42
	Jim Gerhardt 22.07
	Jack Haller 20.93
M75 Fred Adams	17.78
W45 Ruth Welding	33.93
	Sue Hallen 28.47
	Cheryl Mellenthin 20.28
Weight	
M35 Dave Rothenbury	13.91
M40 Bruce Navarre	14.12
M45 Richard Stewart	16.55
	Jeff Baty 11.91
	Arnie Ferrando 9.84
M50 Roger Conboy	15.32
	Dan Roloff 12.20
M55 Vince Breaux	14.40
	Tim Edwards 13.89
M60 Tom Gage	22.99
	John Conniff 12.95
	Mark Chapman 12.59
	Harold Crater 11.46
	Harold Landry 9.87
	Pat Arconeaux 9.67
M65 Milton Brady	10.83
M70 Pay Carstensen	16.55
	Jim Gerhardt 11.06
	Joe Quartano 10.33
	Jack Haller 9.09
M75 Fred Adams	8.56
W45 Ruth Welding	11.72
	Sue Hallen 8.86
	Cheryl Mellenthin 7.57
Super Weight	
M35 Dave Rothenbury	9.56
M40 Bruce Navarre	9.53
M45 Jeff Baty	8.31
M50 Roger Conboy	7.80
M55 Vince Breaux	7.57
	Tim Edwards 6.15
M60 Tom Gage	8.88
	John Conniff 5.57
	Mark Chapman 4.75
	Harold Crater 4.72
M70 Pay Carstensen	8.26
	Jim Gerhardt 6.34
	Jack Haller 4.67
M75 Fred Adams	5.30
W45 Cheryl Mellenthin	3.94
56# Weight	
M70 Pay Carstensen	5.33
	Jim Gerhardt 4.46
	Jack Haller 3.42
M75 Fred Adams	3.23
W45 Ruth Welding	3.76
98# Weight	
M40 Bruce Navarre	4.60
M45 Jeff Baty	4.57
	Rick Easley 2.58
M50 Roger Conboy	4.01
M55 Vince Breaux	3.91
M60 Tom Gage	4.85
	Mark Chapman 2.93
	John Conniff 2.65
M70 Pay Carstensen	3.12
	Jack Haller 1.83
M75 Fred Adams	1.84
W45 Cheryl Mellenthin	1.12
200# Weight	
M40 Bruce Navarre	2.29
M50 Roger Conboy	1.63
M55 Vince Breaux	1.63
	Tim Edwards 1.59
M60 Tom Gage	1.98
	Mark Chapman 1.22
M70 Pay Carstensen	1.60
300# Weight	
M40 Bruce Navarre	1.35
M55 Tim Edwards	.89
	Vince Breaux .88
M60 Tom Gage	1.19
M70 Pay Carstensen	.97
Weight Pentathlon	
M35 Dave Rothenbury	3146
M40 Bruce Navarre	3353
M45 Richard Stewart	3954
	Jeff Baty 3192
	Arnie Ferrando 2663
M50 Roger Conboy	3507
	Dan Roloff 2947
M55 Vince Breaux	3808
M60 Tom Gage	5296
	John Conniff 3646
	Mark Chapman 3584
	Harold Crater 2949
	Harold Landry 2816
	Pat Arconeaux 2751
M65 Milton Brady	2877
M70 Pay Carstensen	3689

Jim Gerhardt	3509
Joe Quartano	2868
Jack Haller	2489
M75 Fred Adams	2092
W45 Ruth Welding	3843
	Sue Hallen 2927
	Cheryl Mellenthin 2200
WEST	
Prescott Senior Olympics Prescott, AZ; July 19	
50m	
M50 Myron Hartz	7.42
M55 Chris Jensen	7.35
M60 Steve Bowles	7.00
M65 Glenn Corrigan	8.67
M70 John Fessler	9.38
M75 Bob McDonald	8.36
M80 Johnny Gibson	9.62
M85 Paul Hall	10.80
W50 Robin Fox	9.18
W55 Myra Bair	8.89
W65 Ginger Rhodes	8.63
W75 Betty Gaudy	10.71
100m	
M50 Oscar Lopez	14.61
M55 Chris Jensen	13.13
M60 Steve Bowles	12.71
M65 Ray Graves	14.00
M70 John Fessler	18.30
M75 Bob McDonald	16.89
M80 Johnny Gibson	19.69
M85 Paul Hall	23.71
W50 Robin Fox	19.07
W55 Myra Bair	17.37
W65 Ginger Rhodes	17.96
W75 Betty Gaudy	25.63
200m	
M50 Oscar Lopez	30.94
M55 Chris Jensen	26.41
M60 Steve Bowles	26.86
M65 Ray Graves	34.59
M70 Gus Salazar	36.40
M80 Johnny Gibson	48.63
M85 Paul Hall	52.73
W75 Betty Gaudy	53.11
400m	
M50 Steven Waples	69.17
M55 Chris Jensen	70.09
M60 Garry Cox	65.17
M65 John Corrigan	79.22
M70 Gus Salazar	93.43
M80 Clyde Lansford	90.31
800m	
M50 Bill Sayers	2:38.63
M55 Ron Hunt	3:10.58
M65 John Corrigan	2:53.93
1600m	
M50 Bill Sayers	5:39.48
High Jump	
M50 Tim Colby	4-8
M55 Bob Zawidski	4-6
M60 Larry Jones	3-8
M70 Don Leis	3-6
M75 Bob McDonald	3-4
Long Jump	
M50 Oscar Lopez	13-8
M55 Bob Zawidski	14-5
M60 Larry Jones	

Continued from previous page

Shot Put

W45 Linda Kawana	18-0
W60 Joan Davis	15-4
M35 Mark Hee	32-1
M40 Eric Roth	34-8
M50 David Aguirre	26-8
M55 Billy Rees	31-7
M60 Jack Karbens	33-3
M65 Robert Molyneux	26-7
M70 Thomas Lee	35-1
M80 Shoichi Tanouye	17-9
M85 Mazumi Masuko	16-4

Discus

W45 Linda Kawana	40-10
W60 Joan Davis	30-4
M40 Eric Roth	103-6
M50 David Aguirre	64-5
M55 Billy Rees	99-5
M60 Jack Karbens	110-2
M65 Robert Molyneux	92-9
M70 Ed Van Pelt	131-9

Hawaii Pentathlon
Honolulu; Sept. 6

HT/SP/DT/JT/WT

Jack Karbens 61	3132
29.14/9.56/35.72/33.01/13.41	
Bob Husic 72	3054
23.80/9.02/35.50/20.75/11.33	
Eric Roth 44	2660
40.83/10.88/33.47/37.61/10.18	
Robert Molyneux 65	2527
21.80/8.03/30.36/20.85/8.94	
Thomas Reppuhn 55	2050
18.30/7.72/25.72/28.18/8.49	
Vince Costello 50	1801
--/10.28/35.22/41.82/--	
Lee Thomas 70	995
17.59/10.04/--/--	
Don Shields 70	671
--/--/31.82/--	
Brenda Andrieu 63	1780
14.99/6.03/12.61/12.86/5.20	

Superweight

Bob Husic 72	6.39
Jack Karbens 61	5.86
Thomas Reppuhn 55	3.89
Robert Molyneux 65	2.53
Brenda Andrieu 63	4.10

NORTHWEST

2003 Ultra Weight Classic
Seattle, WA; Sept. 7

M30-49
(35#/56#/98#/200#/300#)

M40 Jeff Crothers	2528
(11.76/8.26/3.89/1.52/--)	
M45 Jim Wetenhall *1st	5350
(15.35/10.33/5.29/2.51/1.72)	
Jim O'Neil	3151
(11.52/6.65/2.78/1.72/1.02)	

M50-59
(25#/56#/98/200#/300#)

M50 Mark Neal	4539
(15.22/8.94/4.15/2.36/1.35)	
Richard Watson	2662
(12.58/6.64/2.60/1.28/0.61)	
M55 Todd Taylor	4207
(17.68/8.11/3.03/1.74/0.93)	
Bob Sager	1547
(13.86/7.12/--/--)	

M60-69
(20#/56/98/3/200/300#)

M60 Bob Cahners *2nd	4827
(18.63/7.90/3.32/1.73/1.10)	
John White	3820
(13.98/--/3.26/1.95/1.16)	
Jack Kuhns	2869
(12.71/4.76/2.24/1.15/0.45)	
George Matthews	2100
(19.68/8.48/--/--)	
M65 Robin Herron	2281
(12.32/3.94/1.95/0.90/0.16)	
Vern Spencer	1641
(13.82/5.35/--/--)	
Bob Lawson	1562
(14.00/4.81/--/--)	

M70-79
(16#/35#/56#/98#/200#)

M70 Bob Ward *1st	5467
(18.83/10.96/6.71/3.44/1.58)	
Mike Devlin *2nd	3758
(13.03/7.19/5.03/2.51/1.09)	
Doug Tomlinson	3449
(13.40/6.59/4.99/1.97/1.01)	
Tom Allison	2225
(12.96/6.71/4.31/--/--)	
Harvey Lewellen	1745
(13.85/7.63/--/--)	
Jerry Wojcik	1563
(13.46/6.85/--/--)	
Pay Carstensen	1493
(11.94/7.99/--/--)	
Jim Hitchman	891
(15.11/--/--/--)	
M75 Vince Sempronio	2556
(11.97/7.58/4.17/--/--)	
Ken Weinbel	1449
(11.61/5.89/--/--)	
Jack Morrill	1489
(8.60/4.40/3.06/--/--)	

M80+
(12#/35#/56#/98/3/200#)

M80 Bob Horsley	2715
(12.21/4.39/2.83/1.65/0.52)	
Lee, Jimson	23.73
M90 Leon Joslin	1454

(6.95/3.38/1.69/--/--)
W30-49
(20#/35#/56#/98#/200#)

W35 Laurie Jenkins	3594
(10.20/6.69/4.20/2.10/0.90)	
W40 Carla EdmanSurna	3252
(8.62/4.96/3.62/1.94/0.87)	
W45 Carol Finsrud *1st	5569
(13.79/9.39/4.80/2.57/1.38/	
W50-59	
(16#/25#/35#/56#/98#)	
W50 Joyce Taylor *2nd	5071
(11.39/8.65/6.73/3.37/1.95)	
Kathy Wetenhall	
(10.50/7.29/4.29/2.97/1.67)	
W55 Judy Watson	1886
94.78/3.73/2.78/1.70/0.68)	
W60+	
(12#/25#/35#/56#/98#)	
W60 Georgia Cutler	
(12.28/6.38/4.16/2.64/1.19)	

*Places in M30-69; M70+; W30+

CANADA

Canadian Masters Championships
Richmond, BC; Aug. 16-17

W40 100m

Rogers, Patti	13.18
Delmonico, Megan	13.41
Meloche, Laurie	13.48

W45 100m

Lauridsen, Susanne	17.45
Hendershot, Margare	DNF

W50 100m

Del Grande, Karla	13.30
Trott, Rhona	14.94
Fossberg, Mette	14.95

W60 100m

Jager, Kathy	14.23
La Fayette-Boyd, Ca	14.49
Radcliffe, Marg	15.55

W65 100m

Palmason, Diane	15.06
Boiven, Gwen	18.34

W70 100m

Webb, Coral	18.33
-------------	-------

W75 100m

McQuarrie, Betty	20.36
McLeod-Smith, Doree	21.22
Erskine, Doreen	26.26

W80 100m

Kotelko, Olga	21.19
Fleming, Annie	21.26

M30 100m

Weniger, Mike	11.47
---------------	-------

M35 100m

Fostvelt, Shawn	11.43
Kelly, Brett	12.31
Jacobsen, Craig	12.76

M40 100m

Provo, David	11.10
Johnson, Winchester	11.88
Bolstad, Gordon	11.92

M45 100m

Murray, Brian	12.21
Dosanjh, Jessie	12.30
Chin Aleong, Neil	12.52

M50 100m

Dickson, Tom	11.91
Gartner, Bruno	12.47
Mitchell, Bruce	12.99

M55 100m

Hathcock, Lloyd	12.44
Lech, Richard	12.87
Delisle, Victor	13.58

M60 100m

Gee, Herb	13.16
Reynolds, Norman	14.41
Armstrong, Larry	14.52

M65 100m

Bennett, Wayne	13.27
Sims, Gary	13.28
Fraser, Doug	13.81

M70 100m

Nett, Arnold	14.55
Giegerich, Joe	15.19
Thompson, Bill	15.83

M75 100m

Brown, Rodney	15.43
Robson, Leslie	15.88

M80 100m

Thompson, Harry	16.85
-----------------	-------

M90 100m

West, Howard	31.76
--------------	-------

W40 200m

Rogers, Patti	27.31
Meloche, Laurie	27.85
Delmonico, Megan	28.09

W50 200m

Del Grande, Karla	27.15
Burrowes, Sarita	33.45

W60 200m

Jager, Kathy	29.69
La Fayette-Boyd, Ca	30.09
Robinson, Mary	32.25

W65 200m

Palmason, Diane	30.26
Boiven, Gwen	41.49

W70 200m

Webb, Coral	42.85
-------------	-------

W75 200m

McQuarrie, Betty	42.85
McLeod-Smith, Doree	47.18

W80 200m

Fleming, Annie	47.06
Kotelko, Olga	48.38

M30 200m

Weniger, Mike	23.65
---------------	-------

M35 200m

Fostvelt, Shawn	23.74
Gerke, Garnett	26.36

M40 200m

Provo, David	22.47
Lee, Jimson	23.73

M90 200m

Bolstad, Gordon	24.56
-----------------	-------

M45 200m

Chin Aleong, Neil	25.36
Dosanjh, Jessie	25.59
Roblin, Blair	25.72

M50 200m

Dickson, Tom	25.03
Freeman, Peter	25.19
Gartner, Bruno	25.53

M55 200m

Hathcock, Lloyd	25.91
Lech, Richard	27.63
Delisle, Victor	28.47

M60 200m

Gee, Herb	26.97
Renwick, Doug	29.35
Mitchell, Bruce	29.46

M65 200m

Sims, Gary	27.24
Bennett, Wayne	27.30
Fraser, Doug	28.35

M70 200m

Thompson, Bill	33.37
----------------	-------

M75 200m

Brown, Rodney	32.10
Robson, Leslie	33.08

M80 200m

Thompson, Harry	34.96
-----------------	-------

M60 800m

Renwick, Doug	2:25.41
---------------	---------

M65 800m

Pascoe, James	2:47.15
---------------	---------

M75 800m

Oracheski, Stan	3:43.57
-----------------	---------

W40 400m

Meloche, Laurie	62.62
Santamaria, Hanusch	66.87
Sieben, Karen	68.10

W50 400m

Del Grande, Karla	61.04
Hartzler, Mary Ann	78.90

W55 400m

Douglas, Avril	67.40
----------------	-------

W60 400m

Robinson, Mary	75.63
Radcliffe, Marg	78.79

W65 400m

Daprano, Jeanne	75.39
-----------------	-------

W70 400m

Horne, Jean	1:21.21
-------------	---------

W75 400m

McLeod-Smith, Doree	2:09.01
---------------------	---------

M80 400m

Fleming, Annie	2:06.69
----------------	---------

M35 400m

Frauenfeld, Barton	56.85
--------------------	-------

M40 400m

Johnson, Winchester	56.14
Corcoran, Bill	59.51
Abildgaard, Erik	61.53
Jackman, Kenny	62.06

M45 400m

Reimer, Paul	56.36
Davy, Brent	58.21

M50 400m

Freeman, Peter	58.79
Cassidy, Gary	59.03
Zapf-Gilje, Reidar	61.13

M55 400m

Machado, Francisco	62.72
Birring, Sewa	63.65
Clark, Fred	66.71

M60 400m

Gee, Herb	63.39
Renwick, Doug	63.51
Mitchell, Bruce	67.31
Clarke, Kingsley	70.52

M65 400m

Sims, Gary	64.66
van der Wal, Hylke	65.80
Odwin, Stephen	66.76

M70 400m

Giegerich, Joe	72.23
Thompson, Bill	1:22.81

M75 400m

Brown, Rodney	72.84
Robson, Leslie	79.76
Oracheski, Stan	1:44.93

M80 400m

Thompson, Harry	1:30.20
-----------------	---------

W40 800m

Nesdoly, Faith	2:24.14
Meloche, Laurie	2:30.43
Santamaria, Hanusch	2:37.66

W45 800m

Boon, Kim	2:57.58
-----------	---------

W50 800m

Hartzler, Mary Ann	3:02.93
--------------------	---------

W55 800m

Daprano, Jeanne	2:56.04
MacLeod, Suzi	3:14.16

W70 800m

Horne, Jean	3:04.44
-------------	---------

M40 800m

Corcoran, Bill	2:09.58
Smillie, Malcolm	2:10.52
Rowlands, Mark	2:15.88

M45 800m

Reimer, Paul	2:06.13
Burdo, Bryan	2:10.48
Reed, Dave	2:12.32

M50 800m

Naesgaard, Asker	2:12.08
Cassidy, Gary	2:12.85
Zapf-Gilje, Reidar	2:21.66

M55 800m

Judson, Fred	2:18.58
Pawluk, Fred	2:26.87
Clark, Fred	2:27.85

M60 800m

Tinari, Nancy	4:43.71
Corcoran, Marlene	5:26.69
Willis, Katherine	5:51.31

W45 1500m

Grigsby, Sue	5:41.94
--------------	---------

W50 1500m

Freeman, Mary	5:52.66
---------------	---------

W60 1500m

Boast, Madeline	DNF
-----------------	-----

M65 1500m

Visser, Helly	6:35.95
---------------	---------

MacLeod, Suzi

6:50.45

W70 1500m

Horne, Jean	6:30.79
Montgomery, Lenore	6:43.21

M40 1500m

Smillie, Malcolm	4:30.42
Corcoran, Bill	4:31.01
Rowlands, Mark	4:49.19

M45 1500m

Reed, Dave	4:29.66
Carscadden, Gordon	4:33.41
Stanage, Steven	4:37.61

M50 1500m

Huxley, David	4:37.55
Price, Roger	4:39.85
Payne, Tim	4:55.66

M55 1500m

Judson, Fred	4:51.41
Kaluzniak, Marvin	4:58.85
Pickard, John	5:01.93

M60 1500m

Hollingshead, Bill	5:01.82
Christensen, Vern	5:33.93
Anderson, Lornel	7:18.17

M65 1500m

Davies, Roger	5:21.47
van der Wal, Hylke	5:53.12
Pascoe, James	6:00.13

M70 1500m

Kurucz, Frank	6:00.45
---------------	---------

M75 1500m

Oracheski, Stan	7:21.52
-----------------	---------

M80 1500m

Thompson, Harry	7:03.20
-----------------	---------

W30 5000m

Drury, Amy	19:14.40
------------	----------

W40 5000m

Tinari, Nancy	16:56.60
Corcoran, Marlene	19:26.30
Dumas, Jocelyne	23:09.60

W50 5000m

Freeman, Mary	21:50.70
---------------	----------

W70 5000m

Montgomery, Lenore	23:56.90
--------------------	----------

M40 5000m

Lee, Richard	15:58.87
Moon, Mike	17:04.27

M45 5000m

Dooley, Chuck	18:00.61
Stanage, Steven	18:43.20
McKinnon, Robert	21:10.91

M50 5000m

Price, Roger	17:09.17
Huxley, David	17:34.15
Payne, Tim	18:51.65

M55 5000m

Kaluzniak, Marvin	18:38.51
Jamieson, Alex	19:13.91
Cobbedick, Roger	19:52.07

M60 5000m

Hollingshead, Bill	18:30.93
Caruso, John	19:09.91
Mackie, Chris	20:00.71

M70 5000m

Kurucz, Frank	23:07.50
---------------	----------

M75 5000m

Oracheski, Stan	28:08.95
-----------------	----------

M80 5000m

Booth, Ed	34:11.40
Moon, Mike	35:38.10

M55 10000m

Cobbedick, Roger	41:43.80
Breton, Gaetan	43:26.00
Swadling, Jim	DNF

M60 10000m

Anderson, Lornel	52:41.50
------------------	----------

M70 10000m

Tarrant, Maurice	44:00.30
------------------	----------

M75 10000m

Oracheski, Stan	1:01:04.60
-----------------	------------

W35 5000m Walk

Gerke, Holly	24:50.70
--------------	----------

W40 5000m Walk

Welchman, Jennifer	30:17.50
Ching, Jessie	30:21.90

W45 5000m Walk

Flipsen, Johanna	28:17.70
Gill, Jacqueline	30:29.30
Keatley-Campbell, L	31:18.80

W50 5000m Walk

Okamura, Katherine	31:26.50
Ruzgaitis, Dianne	36:07.50

W55 5000m Walk

Backlund, Darlene	33:03.30
Naylor, Shirley	33:05.10
Johnson, Faune	33:47.30

W60 500

Continued from previous page

M40 DT	Johnson, Winchester	33.26m
	Lutes, Gary	31.55m
	Walley, Brian	27.36m
M50 DT	Fearson, Bill	37.64m
	Watson, Richard	37.51m
	Pullen, Brock	34.98m
M55 DT	Percy, Ian	40.09m
	Hamill, Warren	35.24m
	Townsend, Ken	29.63m
M60 DT	Schneider, Gary	46.21m
	Woodworth, Mike	41.75m
	La Barge, Peter	39.15m
M65 DT	Steinman, John	30.45m
	Hurton, Stan	29.84m
	Dumas, Gerard	27.23m
M70 DT	Tomlinson, Doug	33.69m
	Feick, Ray	32.70m
	Sabin, Wayne	27.28m
M75 DT	Daprano, William	23.00m
M80 DT	Goodvin, Cecil	13.64m
	Murray, William	19.15m
	Miller, Harry	13.68m
M90 DT	West, Howard	13.93m
M40 HT	Clements, Denise	22.03m
	Ecklund, Deborah	19.60m
M50 HT	Hartzler, Mary Ann	35.97m
	Palmer, Denise	35.45m
	Janassens, Robyn	23.93m
M55 HT	McBlain, Liz	27.14m
M60 HT	Jager, Kathy	22.67m
	Anderson, Sand	18.74m
	Hoover, Virginia	16.22m
M75 HT	McLeod-Smith, Doree	12.61m
M80 HT	Kotelko, Olga	18.81m
M30 HT	Wilson, Kier	29.68m
M50 HT	Watson, Richard	36.71m
	Pearson, Bill	33.16m
	Chmielowski, Ronald	27.18m
M55 HT	Percy, Ian	40.44m
M60 HT	Mathews, George	51.42m
	Cahners, Bob	41.75m
	La Barge, Peter	35.00m
M65 HT	Staveley, Bob	35.63m
	Hurton, Stan	33.69m
M70 HT	Feick, Ray	37.18m
	Monds, Douglas	32.59m
	Tomlinson, Doug	22.38m
M75 HT	Weinbel, Ken	30.32m
M85 HT	Murray, William	16.87m
	Miller, Harry	16.80m
M90 HT	West, Howard	14.77m
M35 JT	Kuno, Jan	23.32m
M40 JT	Bouliane, Karen	23.14m
	Clements, Denise	20.54m
	Ecklund, Deborah	15.82m
M50 JT	Palmer, Denise	23.94m
	Cochrane, Nancy	17.01m
M55 JT	Koloska, Amelie	28.03m
	McBlain, Liz	19.37m
M60 JT	Radcliffe, Marg	32.10m
	Anderson, Sand	23.90m
	Richardson, Eleanor	16.87m
M70 JT	Blair, Colleena	16.92m
	Ferguson, Lil	16.79m
	Smallwood, Maxine	12.04m
M75 JT	McLeod-Smith, Doree	11.03m
M80 JT	Kotelko, Olga	15.70m
M30 JT	Wilson, Kier	42.43m
M35 JT	Morfitt, Graham	64.14m
M40 JT	Morgan, Kevin	51.95m
	Lutes, Gary	43.77m
	Jackman, Kenny	34.27m
M45 JT	Dosanjh, Jessie	33.04m
	Roblin, Blair	18.17m
M50 JT	McPherson, Paul	52.66m
	Watson, Richard	44.36m
	Zapf-Gilje, Reidar	39.60m
M55 JT	Percy, Ian	43.76m
	Hamill, Warren	38.34m
	Judson, Fred	33.42m
M60 JT	La Barge, Peter	43.22m
	Watson, Bob	38.00m
	Miyoshi, Mike	35.05m
M65 JT	Hurton, Stan	31.52m
	Ekstedt, John	27.88m
	Staveley, Bob	27.08m

M70 JT	Sillantaus, Rainer	35.09m
	Feick, Ray	31.13m
	Tomlinson, Doug	27.77m
M75 JT	Daprano, William	24.39m
M80 JT	Goodvin, Cecil	11.67m
M85 JT	Murray, William	11.46m
	Miller, Harry	9.92m
M90 JT	West, Howard	12.37m
M40 WT	Ecklund, Deborah	6.68m
M50 WT	Palmer, Denise	11.52m
	Hartzler, Mary Ann	10.99m
M55 WT	McBlain, Liz	10.67m
M60 WT	Hoover, Virginia	7.79m
M70 WT	Blair, Colleena	8.27m
M75 WT	McLeod-Smith, Doree	6.10m
M80 WT	Kotelko, Olga	7.37m
M50 WT	Watson, Richard	12.79m
	Pearson, Bill	11.65m
	Chmielowski, Ronald	8.77m
M55 WT	Percy, Ian	14.59m
	Cummins, Jim	7.87m
M60 WT	Mathews, George	18.59m
	Cahners, Bob	17.55m
	La Barge, Peter	13.50m
M65 WT	Staveley, Bob	12.13m
	Hurton, Stan	10.43m
M70 WT	Feick, Ray	16.23m
	Tomlinson, Doug	12.17m
M75 WT	Weinbel, Ken	11.87m
M85 WT	Murray, William	7.80m
	Miller, Harry	6.60m
M90 WT	West, Howard	9.96m

INTERNATIONAL

Norwegian Masters Championships		
Stjordal; Aug. 1-3		
100m		
M35	Hallvard Rise	11.83
M40	Kare Strande	11.96
M45	Stein Klungland	12.40
M55	Stein Ohr	13.38
M60	Jostein Haraldseid	13.82
M75	Erik Holoe	15.71
M90	Torgeir Brandvold	18.84
M50	Marit Hufilaatten	14.50
200m		
M35	Hallvard Rise	23.63
M45	Stig Wemundstad	25.08
M55	Stein Ohr	26.76
M60	Oddvar Tjetla	28.60
M65	Jostein Haraldseid	28.81
M75	Erik Holoe	33.67
M45	Annyh Undheim	28.31
M50	Merit Undheim	29.79
400m		
M35	Henning Valseth	53.24
M40	Rex Hinchliffe	54.73
M45	Stig Wemundstad	55.09
M55	Odd Aae	58.47
M45	Anny Undheim	1:01.76
M55	O Haakensveen	1:11.16
800m		
M35	Tord Thorshov	2:01.92
M55	Odd Aae	2:18.62
M65	Bjorn Tvedt	2:39.73
M70	Ari Waldemarsson	2:42.40
M75	Alf Igesund	3:02.06
M45	Inger Faengsrud	2:26.75
M55	O Haakensveen	3:42.77
M60	Marie Svevad	2:57.87
1500m		
M40	Rex Hinchliffe	4:11.27
M70	Knut Austfid	5:58.77
M75	Alf Igesund	6:19.07
M90	Petter Green	9:29.23
M45	Inger Faengsrud	5:08.68
M50	Bjorg Reknes	5:27.63
3000m		
M60	Hagbart Vebostad	11:03.99
M65	Bjorn Tvedt	11:04.52
M70	Ari Waldemarsson	12:23.16
M75	Svein Ovesen	12:48.81
M90	Petter Green	20:35.58
M45	Anna Traave	10:36.91
M50	Wenche Lande	11:34.16
5000m		
M40	Gudmund Hoest	16:21.49
M45	Even Loekken	16:48.75

M50	Aif Einar Fornes	17:26.29
M55	Bjorn Lauglo	17:29.23
M65	Aksel Roeste	20:55.28
M75	Svein Ovesen	21:47.10
M45	Anna Traave	18:15.84
10,000m		
M40	Rolf Hernes	33:57.95
M50	Aif Einar Fornes	35:55.04
M55	Bjorn Lauglo	36:44.87
Short Hurdles		
M50	Einar Svendgaard	17.83
M60	John Rolseth	18.95
M65	Kjartan Solvberg	19.79
M75	Erik Holoe	16.00
M80	Knut Moe	20.44
M55	Anny Undheim	13.47
M50	Marit Hufilaatten	14.08
M55	Grete Rivenes	14.97
Long Hurdles		
M50	Einar Svendgaard	1:08.02
M65	Jostein Haraldseid	51.96
M70	Tor Wames	55.15
M75	Erik Holoe	1:01.05
M50	Marit Hufilaatten	52.38
M55	O Haakensveen	54.99
2000m Steeplechase		
M60	Nils Undersaaker	7:51.63
M65	Aksel Roeste	8:25.30
M70	Ari Waldemarsson	8:45.58
3000m Steeplechase		
M55	Harald Odegarrd	11:15.98
High Jump		
M55	Elling Loftskjaer	1.58
M65	Anders Buland	1.46
M90	Torgeir Brandvold	1.03
M35	Mariann Sandsund	1.54
M45	Anny Undheim	1.38
Pole Vault		
M50	Einar Svendgaard	3.00
M60	Sverre Ofstas	2.60
M65	Kjartan Solvberg	2.40
Long Jump		
M35	Even Hytten	6.57
M45	Stein Klungland	6.45
M55	Hans Fosnes	4.87
M45	Anny Undheim	4.71
M50	Marit Hufilaatten	4.18
M55	Grete Rivenes	3.76
M60	Elise Waale	3.65
Triple Jump		
M45	Stein Klungland	12.86
M75	Jakob Rypdal	8.19
M35	Marian Sandsund	9.73
M45	Anny Undheim	10.02
M50	Marit Hufilaatten	9.17
M60	Grethe Mykkestad	8.21
Shot Put		
M35	Vidar Rasmussen	14.00
M40	Aage Indreboe	13.34
M50	Kjell Adamski	13.85
M60	Svein Hytten	13.71
M65	Leif Gundersrud	11.65
M70	Tarald Rui	12.97
M75	Roald Skaare	10.71
M85	Erling Borg	8.91
M90	Torgeir Brandvold	7.17
Discus		
M35	Even Hytten	44.10
M40	Aage Indreboe	41.53
M50	Kjell Adamski	44.82
M55	Jan Olav Nystrom	41.12
M60	Svein Hytten	46.96
M65	Leif Gundersrud	42.73
M70	Stein Haugen	41.25
M80	Helge Fosnes	27.80
M90	Torgeir Brandvold	19.31
Hammer		
M35	Tore Vaagen	51.69
M50	Nils S Glesnes	51.14
M60	Svein Hytten	42.83
M65	Ame Lothe	49.39
M70	Stein Haugen	39.35
M40	Janice Flaathe	30.35
M55	Inger Austboe	35.81
M60	Grethe Mykkestad	27.51
Javelin		
M35	Even Hytten	50.39
M50	Kjell Adamski	48.26
M55	Harald Lorentzen	45.24
M65	Kolbjorn Jorfald	43.64
M70	Magne Sund	36.05
Weight Throw		
M40	Geir Sommersest	13.35
M50	Nils S Glesnes	18.38
M60	John Rolseth	18.95

M65	Kjartan Solvberg	19.79
M40	Janice Flaathe	11.02
M55	Inger Austboe	11.86
M60	Grethe Mykkestad	10.83
Anniversary Meet		
Rosario, Argentina; Aug. 16		
100m		
M35	Oscar Fernandez	12.01
M40	Andres Tuorino	12.07
M45	Jorge Ruffini	13.00
M50	Juan Noli	13.06
M55	Manuel Michlig	13.00
M60	Atilio Gudino	13.09
M65	Raul Girgenti	13.06
M70	Agustin Boschi	14.03
M85	Efrain Wachs	25.03
M35	Andrea Cederstrom	13.05
M40	Nora Ponce	14.09
M45	MariaLuisaSimoni	16.05
M50	Cristina Romero	15.02
M55	Ana Maria Gimenez	16.07
M70	Norma Coman	20.05
200m		
M35	Marcelo Marquez	25.05
M40	Andres Tuorino	26.05
M45	Jorge Ruffini	28.02
M55	Manuel Michlig	27.03
M60	Atilio Gudino	29.03
M65	Hector Cunn	29.05
M70	Agustin Boschi	30.08
M75	Alfredo Bellini	41.03
M85	Efrain Wachs	68.07
M35	Sonia Oliva	29.02
M40	Nora Ponce	31.06
M50	Cristina Romero	32.05
M55	AnaMaria Gimenez	35.07
800m		
M40	Miguel Gomez	2:20.02
M60	Horacio Narvaez	3:05.03
M75	Alfredo Bellini	3:54.00
M85	Efrain Sachs	6:04.07
M40	Nora Ponce	2:50.08
M45	Nora Luduena	3:06.08
3000m		
M35	Graciela Valdez	14:01.00
M45	Nora Luduena	13:07.09
M50	Alicia Lopez	12:20.00

M55	Mirtha Contreras	13:21.06
M60	Susana Sarco	13:55.06
5000m		
M35	Jorge Casas	17:09.00
M40	Mario Oviedo	17:20.07
M45	Alberto Albernoz	17:16.08
M50	Juan D Peron	20:16.08
M55	Ricardo Cifuentes	20:06.04
M70	Carlos Sacchi	22:24.02
M75	Alfredo Bellini	29:31.07
M85	Efrain Wachs	50:34.08
High Jump		
M35	Jesus Rubio	1.60
M55	Robert Pozzi	1.60
M65	Jose Berardi	1.25
Pole Vault		
M40	Olmes Formero	3.40
M60	Hector Garcia	3.00
M65	Jose Berardi	1.70
Long Jump		
M35	Oscar Fernandez	5.32
M40	Dario Baudicio	5.54
M65	Jose Berardi	3.24
M50	Cristina Romero	3.27
Shot Put		
M45	Nestor Carrer	8.50
M55	Fernando Farto	6.57
M60	Hector Garcia	10.43
M65	Edmundo Serra	8.93
M85	Federico Artis	5.47
M50	Esther Fernandez	6.86
M70	Norma Coman	5.36
Discus		
M40	Olmes Formeo	32.34
M45	Nestor Carrer	31.10
M60	Hector Garcia	31.34
M65	Edmundo Serra	28.20
M85	Federico Actis	14.19
M50	Esther Fernandez	16.95
Hammer		
M60	Hector Garcia	39.30
M65	Oliver Panozzo	17.76
M85	Federico Actis	12.67
Javelin		
M45	Nestor Carrer	28.36
M55	Fernando Farto	17.78
M60	Manuel Rocha	33.42
M85	Federico Actis	11.70
M65	Magdalena Garcia	22.77

Guy Barra	50	44.52
Kevin McCarthy	55	45.13
Robert Briglio	53	45.39
Steve Allen	50	45.46
Bill McGuire	56	46.19
Ed Verschoor	50	46.47
Joseph Kvilhaug	52	47.05
Jack Afarian	51	47.41
M60 Will Mason		52.23
Al Nagel		52.27
Rodger Weismann		52.30
Dick Hoyt		54.24
Charles Fobert II		54.27
David Cowperthwaite		55.03
David McSally		56.56
Kevin Moriarty		59.01
M65 William Riley		46.41
Tony Cerminaro		49.40
Fred Zuleger III		54.53
Bill Masterson		57.01
John Quinton		58.02
Richard Hill		59.01
Wayne Curtis		1:04.20
Ed Daley		1:05.56
M70 James Hines		1:00.17
Walter Gale		1:02.36
John DiFranco		1:06.13
James Brady		1:07.11
Jack Dunsmore		1:07.40
Gerald Good		1:09.47
John Killoy		1:15.29
Robert Fanger		1:17.39
M75 Paul Woodberry		751.09.07
Sab Koide	79	1:10.08
John Taylor	76	1:11.56
Henry Navarro		

Continued from previous page

Cigna Healthcare Corporate 5K Manchester, NH; Aug. 14

Overall John Supsic 24 51:41 Susannah Kvasnicka 31 60:35 M40 JON SCHOENBERG 57:18 WILLIAM ALLEN 1:01:51 SCOTT PARIS 1:01:58 M45 JIM HAGE 54:13 MAURICE POINTER 1:00:45 STEPHEN COMBER 1:00:48 M50 JAMES PRYDE JR 1:01:31 MICK SLONAKER 1:01:55 DAVID WEBSTER 1:02:09 M55 REUBEN BEAUCHAMP 1:03:19 ARTHUR BURGER 1:05:49 PIRIYA PINIT 1:06:51 M60 JOHN PITARRA 1:09:24 F SANCHES 1:09:23 WILLIAM TWIGG 1:20:50 M65 ART MOREY 1:15:55 CHARLES ROSS 1:20:38 RICHARD WILLIAMS 1:20:55 M70+ GEO YANNAKAKIS 1:27:09 R CHAMBERLIN 1:31:48 JAMES FRATINO 1:33:01 W40 PAT WILKERSON 1:07:11 JEANNE GRILLO 1:08:48 MARJORIE BOYD 1:09:09 W45 JANET JONES 1:11:10 ALISON SUCKLING 1:13:00 ROBIN GOODWIN 1:14:04 W50 LINDA BROOK 1:14:50 KAREN ERB 1:16:02 MARY WINSTON 1:16:41 W55 NATALIE VASLAVSKY 1:21:18 CRIS STERLING 1:20:27 MEREDITH BONTA 1:22:05 W60 SHARON DOLAN 1:15:24 JUDY GILBERT 1:32:11 NANCY LINCK 1:31:03 W70+HIROKO HUNT 1:53:56 MARJORIE LANE 2:06:07 www.annapolisstriders.org

Annapolis 10 Miler Annapolis, MD; Aug. 24

Overall John Supsic 24 51:41 Susannah Kvasnicka 31 60:35 M40 JON SCHOENBERG 57:18 WILLIAM ALLEN 1:01:51 SCOTT PARIS 1:01:58 M45 JIM HAGE 54:13 MAURICE POINTER 1:00:45 STEPHEN COMBER 1:00:48 M50 JAMES PRYDE JR 1:01:31 MICK SLONAKER 1:01:55 DAVID WEBSTER 1:02:09 M55 REUBEN BEAUCHAMP 1:03:19 ARTHUR BURGER 1:05:49 PIRIYA PINIT 1:06:51 M60 JOHN PITARRA 1:09:24 F SANCHES 1:09:23 WILLIAM TWIGG 1:20:50 M65 ART MOREY 1:15:55 CHARLES ROSS 1:20:38 RICHARD WILLIAMS 1:20:55 M70+ GEO YANNAKAKIS 1:27:09 R CHAMBERLIN 1:31:48 JAMES FRATINO 1:33:01 W40 PAT WILKERSON 1:07:11 JEANNE GRILLO 1:08:48 MARJORIE BOYD 1:09:09 W45 JANET JONES 1:11:10 ALISON SUCKLING 1:13:00 ROBIN GOODWIN 1:14:04 W50 LINDA BROOK 1:14:50 KAREN ERB 1:16:02 MARY WINSTON 1:16:41 W55 NATALIE VASLAVSKY 1:21:18 CRIS STERLING 1:20:27 MEREDITH BONTA 1:22:05 W60 SHARON DOLAN 1:15:24 JUDY GILBERT 1:32:11 NANCY LINCK 1:31:03 W70+HIROKO HUNT 1:53:56 MARJORIE LANE 2:06:07 www.annapolisstriders.org

NYRR NYC Run to Liberty 10K Downtown Manhattan, NYC; Aug. 30

Overall Joseph Mwai 20 29:44 Theresa de Toi 30 33:58 M40 Scott Brown 33:09 M45 Amador Ybanez 34:02 M50 Thomas Hall 37:43 M55 Hexuen Paticco 41:30 M60 Samuel Skinner 39:39 M65 K Modzelewski 48:40 M70 Eric Seiff 48:13 M75 William Fortune 52:22 M80 Pasqualino Maio 1:07:17 W40 J Chodnicki-Stemm 39:09 W45 Marie Wickham 41:59 W50 Mary Dunn 41:05 W55 Carol Hansen 50:33 W60 Anna thornhill 46:00 W65 Evelyn Davis 53:16 W70 Annie Adams 58:15 W75 Joan Rowland 1:19:29 W80 Grace Salant 1:22:05

NYRR Henry Isola 4 Mile Cross-Country Van Cortlandt Park, NYC; Aug. 31

Overall Jacobo Perez 27 22:24 Heidi Hackemer 24 27:01 M40 Tim Necsell 23:18 M45 Vladimir Tomilov 23:31 M50 Robert Santoli 27:46 M55 Edward James 30:38 M60 Michel Meliarenne 31:56 M65 Yoshi Higa 37:32 M70 Eric Seiff 31:09 M75 Jack Haar 41:00 W40 Rose Dunican 31:10 W45 Zsuzsa Orban 36:21 W50 Mary Rosado 31:22 W55 Diana Leifels 40:52 W60 Wendy Burns 38:58

New Haven 20K New Haven, CT; Sept. 1

Overall Meb Keflezighi 28 AR 58:56 Maria Runyan 34 AR1 05:51 M40 LANCE DENNING 1:05:29 CHRIS CHISHOLM 1:06:44 MICHAEL PAYSON 1:06:49 SASHA COOKE 1:10:59 JOHN TOLBERT 1:11:14 M45 PHIL RICHEY 1:11:30 GEORGE BUCHANAN 1:12:18 MIKE KELLEHER 1:15:35 GARY COHEN 1:16:46 IAN FRANKEL 1:16:48

M50 WES BYERLY 1:18:01 JOHN DICARLO 1:18:22 WAYNE JOLLEY 1:19:29 CHARLES WHYNAUGHT 1:20:16 DANIEL LAVOIE 1:20:18 M55 TIM SMITH 1:20:29 RAFAEL TORRES 1:22:50 KENNETH SHIPP 1:23:06 CHARLES BUZINSKY 1:24:30 BILL MARSHALL 1:25:05 M60 JOHN COURTMANCHE 1:25:37 PETER MADDEN 1:33:42 LEE BRADLEY 1:34:07 JIM BEST 1:36:21 RAY FAIR 1:36:50 M65 FRED ZULEGER 1:37:01 DAVID SONSTROEM 1:38:01 BILL MCLAUGHLIN 1:43:10 CHARLES YAGIELSKI 1:50:26 JERRY BRUENING 1:51:47 M70 KENNETH JOHNSON 1:54:30 AL CHAMEIDES 1:57:54 FERNANDO RUIZ 1:59:49 DAVID HERSTINE 2:06:20 PETER PANTELIS 2:07:10 M80+GEORGE WHITNEY 3:00:12 W40 SUSAN FABER 1:18:29 CINDY POMEROY 1:19:31 MARTHA MERZ 1:20:13 JANICE FLYNN 1:22:52 LYNN MUELLER 1:25:56 W45 SHARON VOS 1:21:16 STEPHANIE KESSLER 1:28:56 DIANE MIERZ 1:34:20 DEA COLLINS 1:35:12 LEAH VOGEL 1:35:13 W50 KATHRYN MARTIN 1:17:51 MELINDA STRUWAS 1:32:32 MEGAN GOLDSTEIN 1:34:30 FRANCE LEVINSON 1:34:51 NINA GLICKSON 1:36:24 W55 MARJORIE KOS 1:43:32 BARBARA MALONEY 1:44:38 LINDY OLEWINE 1:44:47 JUNE NORMAN 1:44:56 GRACE HANOVER 1:45:45 W60 NOVEEN HENDLEY 1:48:01 SHERRYL TAYLOR 1:54:57 KAREN DORNEY 1:56:02 CATHERINE JACKSON 2:01:16 JUDITH MALAMUD 2:12:01 W65 JEANNETTE CYR 2:05:06 www.newhavenroadrace.org

CVS Downtown 5K Providence, RI; Sept. 7

Overall Thomas Kiplitan 20 13:29 Marie Davenport 28 15:24 M40 JACKSON KIPNGOK 42 14:03 EDDIE HELLEBUYCK 42 14:13 ANDREW MASAI 43 14:24 GILBERT RUTTO 42 14:38 MIKE PLATT 41 15:35 KIERAN STACK 40 16:02 SASHA COOKE 41 16:14 KEN LEINBACH 48 16:21 LOU PANACCIONE 46 17:05 PETER SLOAN 40 17:18 W50 WILLIAM DIXON 56 17:14 JERRY LEARNED 55 17:23 COLIN MCARDLE 59 18:13 CARL EKLUUD 50 19:25 JOHN FITCH 51 19:58 GIOVANNI COLETTA 53 19:59 R BLINKHORN 51 20:01 RICK LANDAU 57 20:23 DAVID FARRELL 54 20:25 JOHN MCGRATH 52 21:00 M60+ARYENIO FERREIRA 61 18:19 JACK THORNHILL 61 18:41 GEORGE KASIERSKI 61 20:28 DAVID PEMBER 60 20:38 RICHARD SILVA 69 21:18 RICH RUDERT 65 22:30 WILLIAM MYERS 63 22:39 RAYMOND KELLEY 60 22:41 FRED ZUELEGER 65 22:50 HARRY CARTER 66 23:25 W40 M-LUISA SERVIN 41 16:56 MARISSA HANSON 40 17:55 Z WIECIORKOWSKA 40 18:32 MARGE BELLISLE 48 18:34 ANNAMARIE MARINO 41 20:13 GRACE JENSEN 40 20:29 IVONNE PARKER 40 21:03 SUSAN HAMMOND 40 21:09 SUSAN KENNEY 47 21:12 ROSE SAKACH 41 21:34 W50 DEIRDRE BIRD 52 20:33 CAROLINE TROISE 52 23:58 DOMINIANA BISHOP 54 24:57 PAT KIESSELBACH 54 25:14 NORMA DIBARTOLO 50 25:47 VALERIE BARCELOS 56 26:36 GENIA SANBORN 53 26:52 K MC LAUGHLIN 50 27:52 S BISSONNETH 56 27:30 SOFIA MORIARTY 59 27:44 W60+MARGARET RAAD 63 23:34 WENDY BURBANK 60 24:09 LINDA DEWING 60 24:15 DORIS DARLING 63 27:14 SHELIA BASQUE 61 32:26 BARBARA RONEY 62 32:56 KATHLEEN KELLEY 62 34:17 ARLENE KNIGHT 64 37:04 PAT BLENKIRON 65 37:56 JOAN JOHNSON 61 39:56 www.cvsdowntown5k.com

NYRR Fifth Avenue Mile Manhattan, NYC; Sept. 7

M40 Conor O'Driscoll 4:25 Peter Allen 4:48 Adrian Brewster 4:50 Thomas Buffolano 5:00 Evaristo Roldan 5:03 Martin McElhiney 5:06 M45 Doug Bell 4:54 Vladimir Tomilov 4:57 Allan Muir 5:02 Anthony Watson 5:07 Michael Mbugua 5:18 Roy Tore Mentzen 5:20 M50 Paul Mascali 4:41 Julian Alvarez 5:20 David King 5:32 Leo Ciesa 5:39 Harry Lichtenstein 5:43 M55 Harold Nolan 4:51 John Samsel 5:26 Hernan Patino 5:42 Roger Meyer 6:03 Gary Circoستا 6:21 W40 Catherine Stone 5:08 Mary Evans 5:13 Cindy Reeder 5:22 Judith Rodenbeck 6:02 Kathy Van Italie 6:13 W45 Jane Gillham 6:07 Michelle Falkow 6:24 Bernadette Janelle 7:19 Eileen Bjorkman 7:20 Denise Mangano 7:20 W50 Deborah Hamm 6:16 Charl KohlerBritton 7:07 Cathy Abrams 7:35 Julie Joslyn 7:38 Rebecca Kaplan 7:46 W55 Bonnie Dietrich 7:20 Judith Tripp 7:34 Agnes Mak 8:30 Phyllis Giaro 8:41 George Sheehan Memorial Mile M60-69 1 Vic Heckler 61 5:13 2 Bill Borla 63 5:17 3 Sid Howard 64 5:19 4 Thom Weddle 65 5:32 5 Pat Cosgrove 62 5:40 6 Bob Edmonds 61 5:44 7 Denis Daly 65 5:52 8 Alfred Finger 69 6:03 9 Jerry Levasseur 65 6:13 10 Joe Roche 66 6:18 11 Jim Aneshansley 68 6:18 12 David Kenney 68 6:34 M70-79 1 Jim Sutton 72 6:03

2 Eric Seiff 70 6:18 3 William Fortune 75 6:42 4 Joseph Pascarella 70 7:02 5 Frank Dudley 70 8:00 6 Sab Koide 79 8:08 7 Jack Haar 8:24 8 Michael Margolies 75 8:47 M80+ 1 John McManus 80 7:41 2 William Benson 84 9:58 3 Mel Freidel 82 11:17 4 Bob Matteson 87 11:31 5 Dudley Healy 89 14:46 6 Vincent Carnevale 87 15:11 7 Abe Weintraub 93 15:47 8 David Gerli 92 15:48 W60-69 1 Evelyn Davis 65 7:02 2 Carol Johnston 60 7:09 3 Imme Dyson 66 7:36 W70-79 1 Ginette Bedard 70 7:12 2 Muriel Merl 77 8:17 3 Dolly Ann Finkelstein 73 9:26 4 Gloria Lipton 70 9:53 5 Joan Rowland 77 10:00 6 Arlene Eneman 69 16:01 W80+ 1 Grace Salant 80 14:06

CVS Downtown 5K Providence, RI; Sept. 7

Overall Thomas Kiplitan 20 13:29 Marie Davenport 28 15:24 M40 JACKSON KIPNGOK 42 14:03 EDDIE HELLEBUYCK 42 14:13 ANDREW MASAI 43 14:24 GILBERT RUTTO 42 14:38 MIKE PLATT 41 15:35 KIERAN STACK 40 16:02 SASHA COOKE 41 16:14 KEN LEINBACH 48 16:21 LOU PANACCIONE 46 17:05 PETER SLOAN 40 17:18 W50 WILLIAM DIXON 56 17:14 JERRY LEARNED 55 17:23 COLIN MCARDLE 59 18:13 CARL EKLUUD 50 19:25 JOHN FITCH 51 19:58 GIOVANNI COLETTA 53 19:59 R BLINKHORN 51 20:01 RICK LANDAU 57 20:23 DAVID FARRELL 54 20:25 JOHN MCGRATH 52 21:00 M60+ARYENIO FERREIRA 61 18:19 JACK THORNHILL 61 18:41 GEORGE KASIERSKI 61 20:28 DAVID PEMBER 60 20:38 RICHARD SILVA 69 21:18 RICH RUDERT 65 22:30 WILLIAM MYERS 63 22:39 RAYMOND KELLEY 60 22:41 FRED ZUELEGER 65 22:50 HARRY CARTER 66 23:25 W40 M-LUISA SERVIN 41 16:56 MARISSA HANSON 40 17:55 Z WIECIORKOWSKA 40 18:32 MARGE BELLISLE 48 18:34 ANNAMARIE MARINO 41 20:13 GRACE JENSEN 40 20:29 IVONNE PARKER 40 21:03 SUSAN HAMMOND 40 21:09 SUSAN KENNEY 47 21:12 ROSE SAKACH 41 21:34 W50 DEIRDRE BIRD 52 20:33 CAROLINE TROISE 52 23:58 DOMINIANA BISHOP 54 24:57 PAT KIESSELBACH 54 25:14 NORMA DIBARTOLO 50 25:47 VALERIE BARCELOS 56 26:36 GENIA SANBORN 53 26:52 K MC LAUGHLIN 50 27:52 S BISSONNETH 56 27:30 SOFIA MORIARTY 59 27:44 W60+MARGARET RAAD 63 23:34 WENDY BURBANK 60 24:09 LINDA DEWING 60 24:15 DORIS DARLING 63 27:14 SHELIA BASQUE 61 32:26 BARBARA RONEY 62 32:56 KATHLEEN KELLEY 62 34:17 ARLENE KNIGHT 64 37:04 PAT BLENKIRON 65 37:56 JOAN JOHNSON 61 39:56 www.cvsdowntown5k.com

NYRR Fifth Avenue Mile Manhattan, NYC; Sept. 7

M40 Conor O'Driscoll 4:25 Peter Allen 4:48 Adrian Brewster 4:50 Thomas Buffolano 5:00 Evaristo Roldan 5:03 Martin McElhiney 5:06 M45 Doug Bell 4:54 Vladimir Tomilov 4:57 Allan Muir 5:02 Anthony Watson 5:07 Michael Mbugua 5:18 Roy Tore Mentzen 5:20 M50 Paul Mascali 4:41 Julian Alvarez 5:20 David King 5:32 Leo Ciesa 5:39 Harry Lichtenstein 5:43 M55 Harold Nolan 4:51 John Samsel 5:26 Hernan Patino 5:42 Roger Meyer 6:03 Gary Circoستا 6:21 W40 Catherine Stone 5:08 Mary Evans 5:13 Cindy Reeder 5:22 Judith Rodenbeck 6:02 Kathy Van Italie 6:13 W45 Jane Gillham 6:07 Michelle Falkow 6:24 Bernadette Janelle 7:19 Eileen Bjorkman 7:20 Denise Mangano 7:20 W50 Deborah Hamm 6:16 Charl KohlerBritton 7:07 Cathy Abrams 7:35 Julie Joslyn 7:38 Rebecca Kaplan 7:46 W55 Bonnie Dietrich 7:20 Judith Tripp 7:34 Agnes Mak 8:30 Phyllis Giaro 8:41 George Sheehan Memorial Mile M60-69 1 Vic Heckler 61 5:13 2 Bill Borla 63 5:17 3 Sid Howard 64 5:19 4 Thom Weddle 65 5:32 5 Pat Cosgrove 62 5:40 6 Bob Edmonds 61 5:44 7 Denis Daly 65 5:52 8 Alfred Finger 69 6:03 9 Jerry Levasseur 65 6:13 10 Joe Roche 66 6:18 11 Jim Aneshansley 68 6:18 12 David Kenney 68 6:34 M70-79 1 Jim Sutton 72 6:03

NYRR Henry Isola 4 Mile Cross-Country Van Cortlandt Park, NYC; Aug. 31

Overall Jacobo Perez 27 22:24 Heidi Hackemer 24 27:01 M40 Tim Necsell 23:18 M45 Vladimir Tomilov 23:31 M50 Robert Santoli 27:46 M55 Edward James 30:38 M60 Michel Meliarenne 31:56 M65 Yoshi Higa 37:32 M70 Eric Seiff 31:09 M75 Jack Haar 41:00 W40 Rose Dunican 31:10 W45 Zsuzsa Orban 36:21 W50 Mary Rosado 31:22 W55 Diana Leifels 40:52 W60 Wendy Burns 38:58

New Haven 20K New Haven, CT; Sept. 1

Overall Meb Keflezighi 28 AR 58:56 Maria Runyan 34 AR1 05:51 M40 LANCE DENNING 1:05:29 CHRIS CHISHOLM 1:06:44 MICHAEL PAYSON 1:06:49 SASHA COOKE 1:10:59 JOHN TOLBERT 1:11:14 M45 PHIL RICHEY 1:11:30 GEORGE BUCHANAN 1:12:18 MIKE KELLEHER 1:15:35 GARY COHEN 1:16:46 IAN FRANKEL 1:16:48

Janine Comer 25:54 Jane Callen* 26:55 Sharyn Gordon 31:32 W50 Dee Nelson 25:47 Mary Carter 30:07 Sabra Harvey 36:43 W60 Tami Graf 29:17 Lois Dicker 33:27 Helen M. Elzeroth 40:48 *raced in 'After' race Run After the Women Overall Malcolm Lester 36 17:47 M40 Vincent McDonald 20:00 Kirk Gordon 20:24 Harry Ellison 21:39 M50 Dave Crawford 19:52 Jay Jacob Wind 20:16 Ken Shipp 20:44 M60 Lou Shapiro 22:12 John Haubert 22:45 www.dcroadrunners.org

Maggie Valley Moonlight 8K Maggie Valley, NC; Aug. 23

Overall JOSEPH GIBSON 26 24:32 AGNES NGUNJIRI 27 28:24 M40 ROBERT MURRAY 28:04 PHIL ROBERTS 28:41 DWIGHT JACOBS 28:50 BOBBY ASWELL 29:56 GEO. PATTERSON 30:46 DAVID GEE 30:57 JOHN EWING JR 31:15 M50 AVERY GOODE JR 32:01 RALPH VEYITA 32:28 JACK TODD 32:30 M55 MICHAEL CORDELL 33:13 L. C. MOORE JR 33:42 RUSS BROWN 33:43 M60 D SNOWDON 35:07 NED LESENE 36:23 BILL ZEHNER 37:10 M65 RONNIE STANLEY 34:26 ANDY EDWARDS 44:24 JACOB COOTER 45:31 M70 BOB BRADLEY 42:34 ROBT. MONTHIEITH 43:38 BILL BRIGGS 46:19 M75 CHARLES DOTSON 46:58 FRED SIMMONS 1:04:27 W40 SUSAN ROGERS 30:50 LUANNE COULTER 31:17 C ROBERTSON 32:07 TRACY STEELE 34:15 M.E. MCMANUS 35:27 W45 SUSAN BREEDING 35:55 D ALLSTAEDT 38:18 C RAES-BARNARD 38:38 W50 TONI CRUZ 34:28 DEBBIE HOPE 43:25 MARY CADY 43:43 W55 BRENDA COOTER 43:47 CAROL THOMASON 46:56 JUDY WHITE 48:32 W60 WOLLIE WISHAM 55:36 ANN NEWTON 58:25 SANDRA MICHENER 59:26 W65 LUCY GLEASON 48:40 DONNA BROWN 58:17 www.maggi valleyonline.com/mv moonlightrace.com

Rock N' Roll Half-Marathon Virginia Beach, VA; Aug. 31

Overall Martin Lel 25 1:01:27 Margaret Okayo 27 1:09:17 M40 Jackson Kipng'Ok 1:04:01 Dai Roberts 1:12:58 Timothy Schuler 1:15:02 P Bezuidenhout 1:19:38 John Anderson 1:20:13 M45 Herb Spicer 1:17:30 William Abrams 1:20:16 James Bates 1:25:05 Daniel Hartnett 1:26:44 Louis Anderson 1:26:51 M50 Rick Platt 1:22:27 Carl Randall 1:29:16 Per Kristiansen 1:30:24 M55 George Neil 1:26:35 Huck DeWitt 1:31:08 Bernie Candy 1:32:04 M60 Joel Feldman 1:34:03 Donald Davis 1:38:42 Regis Lyons 1:42:14 M65 Jim Flanagan 1:37:12 Mel Williams 1:39:48 Mike Kelly 1:53:07 M70 Rich Hause 1:47:14 Bebsie Thompson 2:01:38 Edward Jefferson 2:12:48

Rock N' Roll Half-Marathon Virginia Beach, VA; Aug. 31

Overall Martin Lel 25 1:01:27 Margaret Okayo 27 1:09:17 M40 Jackson Kipng'Ok 1:04:01 Dai Roberts 1:12:58 Timothy Schuler 1:15:02 P Bezuidenhout 1:19:38 John Anderson 1:20:13 M45 Herb Spicer 1:17:30 William Abrams 1:20:16 James Bates 1:25:05 Daniel Hartnett 1:26:44 Louis Anderson 1:26:51 M50 Rick Platt 1:22:27 Carl Randall 1:29:16 Per Kristiansen 1:30:24 M55 George Neil 1:26:35 Huck DeWitt 1:31:08 Bernie Candy 1:32:04 M60 Joel Feldman 1:34:03 Donald Davis 1:38:42 Regis Lyons 1:42:14 M65 Jim Flanagan 1:37:12 Mel Williams 1:39:48 Mike Kelly 1:53:07 M70 Rich Hause 1:47:14 Bebsie Thompson 2:01:38 Edward Jefferson 2:12:48

M75 Rick Galinta 2:06:48 Franklin Mason 2:20:53 Fred Simmons 2:59:08 M80+Cokey Daman 3:26:32 W40 Ramilia Burangulova 1:16:50 Mercedes Gil 1:22:07 Kendall Tata 1:29:33 Miae Jacobs 1:31:41 Maribeth Cowan 1:38:38 W45 Leisa Enslie 1:25:20 Sheri Segal 1:35:08 Janet Jones 1:35:56 W50 Patricia Carroll 1:40:37 Barbara Mathewson 1:41:42 Kathy Ward 1:49:35 W55 J Kruger-Williams 1:44:54 Shelia Grisard 1:56:50 Maureen O'Brien 1:59:56 W60 Carolyn Kriesen 1:57:37 Joan Coven 1:58:29 Sylvia Boecker 2:16:06 W65 Anne Gode 2:21:06 Ann Vella 2:22:38 Donna Brown 2:50:23 W70 Pat Ewell 2:22:34 Hiroko Hunt 2:39:19 Ellen Stevenson 3:47:31 W75 Bertha McGruder 2:56:48 www.mrrhalf.com

U.S. 10K Classic Atlanta, GA; Sept. 1

Overall THOMAS KIPLITAN 28:48.5 JANE KIPTOO 33:30.1 M40 EDDY HELLEBUYCK 30:58.7 KEN YOUNGERS 35:36.0 ERIC PUTNAM 36:08.0 M50 BOB DALTON 37:16.4 ALON STEWART 40:07.0 GEORGE TAYLOR 41:53.6 M60+PETE SCALIA 44:09.5 BENJAMIN JORDAN 45:10.6 GEORGE FINCHER 47:11.6 W40 CONNIE ROBERTSON 42:31.3 BETSY FRICK 43:30.6 SUSAN ADAMS 44:45.0 W50 SAM NORMAN 47:37.0 JORGE M MANZO 50:08.8 MARLENE ATWOOD 52:11.5 W60+DOROTHY WRIGHT 1:01:43.4 LINDA A BOYD 1:07:44.2 SHIRLEY CARTER 1:08:18.9 From www.us10k.org

MIDWEST

Fleet Feet Sports Women's 5K & 10K Chicago, IL; July 27

Overall Dot McMahan 26 18:32 W40 Monica O'Hara 21:31 Carrie Bush 22:20 Janet Julien 22:48 W45 R. Naplatanova 20:25 Debbie Filarski 24:03 Tracy Hurst 24:29 W50 A. Baumgartner 24:38 Connie McCabe 25:35 Jeanne Ryding 26:57 W55 Ginger Semple 26:27 Susan Zwolfer 26:45 Diane Schultz 28:53 W60 Patricia Aimes 28:40 Susan Robbins 36:17 Phyllis Hansen 42:16 W65 Cathie McCormick 29:55 Beatrice Bacalzo 31:55 Ruth Seeler 39:00

-10K- Overall

Kim Weidman 20 39:42 W40 Christian Meyer 40:02 M. Henderson 48:14 Miss Sprite 49:17 W45 Sharon Murphy 42:35 Ellen Holthaus 49:38 Merium Redleaf 50:44 W50 G. Wasielewski 52:56 Susan Hruskowi 57:28 Patrice Barton 1:00:40 W55 Pamela Fritzsche 53:18 K. Cannady-Stass 54:10 Christian Scribner 56:00 W60 Mary Cullen 1:11:13 Barbara Coats 1:11:32 Ann Carney 1:16:37 Continued on next page



Continued from previous page

Women's Distance Festival 5K Oregon, OH; Aug. 2

Overall
Debbie Wagner 51 19:06
W40 Robyn Aldrich 23:58
Lisa Diekman 24:59
W45 Deb Karl 23:47
W50 Sandi Reardon 24:50
W55+Sue Carter 55 26:46
Barbara Lindeman 61 27:19

Crim 10M Flint, MI; Aug. 3

Overall
John Korir 27 46:23
Lyudmila Biktasheva 29 51:52
M40 Jackson Kipng'o'k 47:26
Andrew Masai 49:12
Salvatore Bettoil 49:48
Dennis Simonaitis 50:21
M45 Chris Glowacki 55:24
Felix Brooks 58:09
Kenneth Stebbins 1:00:14
M50 Scott Liversedge 59:06
Joseph Caruso 59:56
Gary Rizzo 1:00:12
M55 Dave Dooley 59:26
Gary Johnson 1:04:38
Bob Cross 1:05:31
M60 Doug Goodhue 1:02:52
Gerard Malaczynski 1:04:09
James Carlton 1:04:43
M65 Leland Burch 1:12:05
James Matherley 1:13:26
Stan Curtiss 1:17:11
M70 Ed Whitlock 1:02:25
Bob Daly 1:15:33
John Kolmetz 1:25:41
M75 Jerry Johncock 1:18:44
Jim Forshoe 1:19:16
Ed Kimmel 1:31:51
M85 Joe Thornburg 2:09:50
W40 Ramilia Burangulova 57:27
Cindy James 1:00:03
Stacey Geirmann 1:04:32
W45 Tatyana Pozdnyakova 57:55
Laura Clark 1:07:06
Laurel Cihak 1:07:13
W50 Debra Wagner 1:03:14
Terry Mahr 1:04:56
Donna Olson 1:13:36
W55 Teresa Ashworth 1:15:29
Laura Schultz 1:24:01
Kathleen Morse 1:25:36
W60 Diane Arbanas 1:21:30
Ellen Nitz 1:21:50
Karen Bell 1:25:23
W65 Liz Lancaster 1:31:04
Armande Pleshek 1:31:40
Merion Knight 1:33:20
W70 Jean Horne 1:28:38
Ardis Bowers 2:03:30
Betty Dunlap 2:12:04
W75 Belen Dziwura 2:23:08
www.crim.org

Paavo Nurmi Marathon Hurley, WI; Aug. 3

Overall
Rick Stefanovic 41 2:46:02
Ann Heaslett 39 3:16:38
M40 Rick Stefanovic 2:46:02
Jarrow Wahman 2:48:50
Thomas Wetter 2:56:20
M45 Norb Lauer 2:56:49
Joe Manders 3:14:31
Greg Rittman 3:15:12
M50 Terrance Werner 3:13:25
Larry Schmidt 3:17:48
Jim Ehasz 3:25:03
M55 Jim Baillargeon 3:44:02
Mark Stodghill 3:53:22
Richard Olson 3:53:58
M60 Edward Rousseau 3:46:30
John Rodee 3:54:56
Lee Fassett 4:17:05
M70+William Hollihan 4:41:56
W40 Dawn Long 3:31:41
Suzanne Swafford 3:49:40
Sharon Hobbs 4:04:10
W50 Joy Imms 3:59:59
Sara Cherne 4:36:00
Joyce Wyzlic 4:40:29

Chicago Distance Classic 20K Chicago, IL; Aug. 3

Overall
DANIEL CHERUIYOT 29 1:01:41
THERESA DUTOIT 31 1:13:16
M40 MIKE YUHASZ 1:13:21
MIKE DUFFALA 1:18:19
KURT FIENE 1:20:02
M45 STEVE WIKNER 1:16:51
CHUCK WATHEN 1:18:55
MIKI TOSIC 1:19:34

M50 SAM CORTES 1:13:59
GARY MOSS 1:20:01
JIM JORDAN 1:20:11
M55 RICK STETSON 1:22:55
ANDREW SUOZZO 1:24:18
TOM CLEARY 1:24:46
M60 EDWARD PACKEL 1:31:54
JERRY HEWITT 1:32:49
FRANK KOSTER 1:33:41
M65 JOE ARNOLD 1:36:00
TED KOHN 1:40:32
JOHN DAVIS 1:47:01
M70 JOSEPH PALECZNY 1:50:53
DICK LAMERMAYER 1:55:41
JOSEPH DILEONARDI 2:18:47
M75 GEO. HOSOKAWA 79 2:20:10
W40 KATHRYN FROELICH 1:25:14
KRISTY HOWLAND 1:27:20
CHRISTINE LIPA 1:32:59
W45 MARY KRAUSE 1:30:44
CHRISTINA NIXON 1:31:00
MARY MOSS 1:37:39
W50 LOUISE GINGRAS 1:33:43
KAORI MAESHIMA 1:40:08
BETH ONINES 1:46:26
W55 SUSAN CROLL 1:31:04
NANCY ROLLINS 1:36:05
SUSAN GOLDMAN 1:49:45
W60 BEVERLY SCHULZ 1:54:18
YVONNE SMITH 2:04:41
CYNTHIA BRENT 2:17:31
W65 DOLORES SMITH 2:58:35
CICILY MATON 3:06:09
W70 B. KUMMERER 2:29:22
W75 K. MCDONOUGH 79 2:40:26
www.chicagodistanceclassic.com

Run Through Hell 10 Mile Pickney, MI; Aug. 9

Overall
Ryan Desgrange 23 53:35
Kim Peterson 34 63:33
M40 Todd Kelly 60:04
Rick Ames 60:18
Bent Andersen 61:38
M45 Vladimir Lupov 65:29
Jim Fanning 66:28
Marlin Howe 67:03
M50 Mike McAllynn 64:56
David Luckhardt 65:50
Doug Soliz 66:57
M55 Ronald Ruffin 66:11
Ed Valentine 69:01
Robert Marty 70:47
M60 Doug Goodhue 64:52
John Farah 70:12
Norman Hart 77:46
M65 Jim Matherley 79:36
Douglas Harger 83:38
Larry Mishler 88:13
M70 Joseph Perrino 97:01
Hugh Sweeney 1:40:05
M75 Jim Zink 2:28:51
M80+Joe Thornburg 86 2:15:32
W40 Stacey Geiermann 66:56
Wanda Gunderson 69:13
Sandra Haras 72:48
W45 Jackie Blair 75:55
Gina Norris 78:38
Maureen Tippen 79:02
W50 Donna Olson 76:41
Maggy Zidar 79:32
Louise Forsythe 88:05
W55 Kay Heinrichs 87:49
Merle Heidermann 90:44
W60 Cathy Detman 95:16
W65 Menon Knight 99:49
Joan Gary 1:42:14

Charleston Distance Run 15M Charleston, WV; Aug. 30

Overall
Hillary Lelei 24 1:16:06
Silvia Skvortsova 28 1:31:52
M40 Andrew Masai 1:21:32
Larry Taylor 1:33:58
Joseph Molinaro 1:40:13
M45 Andrey Kuznetsov 1:28:26
Glenn Baldwin 1:34:24
Mike Boyer 1:35:24
M50 Michael Barr 1:43:47
James Sturgeon 1:45:27
Don Slusser 1:48:24
M55 Doc Weiss 1:43:44
Glenn Gailey 1:47:23
Fred Waybright 1:47:43
M60 Walter Seamon 1:52:11
Joel Hicks 2:06:54
Andy Lattal 2:10:05
M65 Willis Ridenour 2:09:51
Richard Albaugh 2:18:31
Richard Mines 2:25:36
M70+John Hall 2:25:59
W40 Maria Spinnler 1:49:05
Robin Weiner 1:50:52
Becky Droginske 1:53:26
W45 D Windsand-Dausman 1:54:20
Shelley Ralston 1:55:55
Joni Adams 2:00:34
W50 Catherine Wides 1:58:47
Diana Morris 2:21:46
Amy Rockhill 2:24:26
W55 Sarah Land 2:38:11

Shirley Sirois 2:42:54
Barbara Ferraro 3:18:57
www.iplayoutside.com/Events/2003

Park Forest Scenic 10M Park Forest, IL; Sept. 1

Overall
Patrick Nthiwa 20 47:48
Alevtina Ivanova 28 53:18
M40 Dennis Simonaitis 50:05
Paul Pilkington 51:48
John Mirth 52:04
Gordon Sanders 52:14
Victor Tellez 55:34
W45 Antoni Niemczak 53:08
Bruce Hall 56:02
Steve Wikner 1:01:08
Keith Holzmueeller 1:01:58
Bill Wachter 1:02:21
M50 Sam Cortes 57:15
Gary Moss 1:01:47
Bob Theodore 1:04:09
Ron Kahler 1:06:33
Brian Fredricks 1:06:53
M55 Merlin Anderson 1:01:56
Rick Stetson 1:03:40
Steve Cumins 1:05:00
Andrew Suozzo 1:05:38
Tom Cleary 1:06:00
M60 James Bahr 1:09:54
Jerry Hewitt 1:11:46
Winston Rasmussen 1:12:45
Frank Koster 1:13:31
Dave Davis 1:14:51
M65 Joe Arnold 1:15:17
John Quinton 1:17:28
Frank Nicholson 1:20:16
Matthew Kraly 1:20:26
George Suter 1:23:45
M70 Dick Lamermayer 1:29:22
Tom Magill 1:44:49
Hal Weatherford 1:47:11
Wayne Gilmore 1:51:30
James Johnson 1:51:30
M75 Gerry Hopkins 1:28:12
Bob Mckeague 1:29:02
George Hosokawa 1:39:44
Robert Gand 2:21:04
W40 Jenny Spangler 57:07
Janet Robertz 57:42
Carmen Ayala-Troncoso 58:09
Kathryn Froehlich 1:05:50
Janet Marks 1:06:38
W45 Christina Nixon 1:10:24
Larry Krause 1:14:02
Jude King 1:14:02
Terri Krentz 1:16:24
Mary Moss 1:19:45
W50 Colleen Seville 1:11:30
Kaori Maeshima 1:16:03
Debbie Jones 1:18:19
Beth Onines 1:21:35
Susan Nolte 1:22:02
W55 Nancy Rollins 1:11:00
Isola Metz 1:16:40
Lynn Adler 1:25:40
Char Green 1:31:29
Dee Budelier 1:32:26
W60 Judy Teepie 1:15:08
Sandy Kurtenbach 1:29:33
Margie Van 1:31:07
Eeva Kallio 1:35:58
Kay Golden 1:47:35
W65 Ida Hey 1:54:29
Joan Bobber 2:03:51
W70 Eileen Nelson 1:31:46
Nonne Weatherford 1:49:48
Barbara Kummerer 1:59:52
W75 Kath. Mcdonough 1:57:53
www.scenic10.com

Chicago Half-Marathon Chicago, IL; Sept. 7

Overall
Andrzej Krzyscin 36 1:05:53
Susan Loken 40 1:19:12
M40 Sam Davis 1:12:26
John Gervase 1:17:16
Trent Sinnett 1:18:22
M45 Thomas Dever 1:14:23
Victor Cuevas 1:17:39
Luis Diaz 1:18:13
M50 James Jordan 1:22:10
Martin Kreitman 1:22:56
Efen Alvarez 1:23:03
M55 Andrew Suozzo 1:26:10
Gregory Elliott 1:34:18
James Jenness 1:35:15
M60 Chung Yoo 1:40:15
Edward Sessions 1:42:25
Jerry Crump 1:43:38
M65 Joe Arnold 1:40:01
Ted Kohn 1:42:32
George Brown 1:46:47
M70 Dick Lamermayer 1:55:42

Everett Luoma 2:24:33
Joseph Dileonardi 2:24:56
M75 Bill Kelley 2:20:22
Emmanuel Eckert 2:43:30
W40 Susan Loken 1:19:12
Cindy James 1:19:28
Christen Meyer 1:24:11
W45 Mary Farris 1:38:40
Mary Krause 1:39:31
Louise Perkowski 1:41:48
Nancy Billish 1:44:12
Susan Puzey 1:43:48
Mary Aaron 1:49:29
W55 Isola Metz 1:41:10
Susan Goldman 1:52:41
Mary Mcdermott 2:01:57
W60 Yvonne Smith 2:07:35
Angie M Ransom 6:54:27
Ingrid Honzak 7:00:13
Karen R Fox 7:14:08
Carla Branch 7:15:16
W55 Charlene Aldridge 6:49:27
Betty A Sobeski 6:51:13
Joyce McKelvey 6:53:49
Pamela L Penfield 8:38:47
Gretchen D Smith 9:44:17
W60 Janet Newburgh 8:06:09
Nan M Madden 9:44:34
Vici A De Haan 9:16:15
W70 Myra Rhodes 9:00:09
www.pikespeakmarathon.org

MID-AMERICA

Pikes Peak Ascent (13.32M) & Maratlon (26.21M Ascent/Descent) Colorado Springs, CO; Aug. 16

Ascent
Overall
Simon Gutierrez 37 CR2:13:29
Anita Ortiz 39 2:52:11
M40 Bernie Boettcher 2:32:58
Michael J Hagen 2:34:16
Richard K Pampe 2:53:13
M45 Dale P Petersen 2:37:12
Tom Borschel 2:37:48
Steve Bresler 2:48:38
M50 Ron J Hendricks 2:56:40
Curt Krieger 3:01:27
Herb J Tanzer 3:08:39
M55 Bob Cooper 3:12:27
Ben Chavez 3:15:58
Gary D Wall 3:18:52
M60 Jack Ramsey 3:28:15
Frank P Weibel 3:34:48
Jim W Hubbs 3:38:22
M65 Glen L Ash 3:33:50
Tom Alford 3:43:21
Fred R Wright 3:53:25
M70 Dale M Goering 4:29:19
Lyle R Langlois 5:32:36
Don N Hayes 5:38:13
W40 Laura I Kelecy 3:08:43
Sharon Greenbaum 3:13:50
J'Ne Day-Lucore 3:17:24
W45 Jan M Rastall 3:15:06
Nancy Stevenson 3:27:36
Lucy M West 3:35:07
W50 Blondie Vucich 3:35:00
Nancy L Smith 3:39:00
Louise Shorter 3:39:19
W55 Holly Alexander 3:57:01
Kathryn R Karst 4:14:42
Carol J Lyndell 4:19:27
W60 Jana Hlavaty 4:23:21
Nan M Madden 4:34:58
B J Smith 4:41:13
W65 Martha Kinsinger 5:17:09
Kay Martin 5:31:02
Betsy Harrower 5:40:22
W70 Dorrie Edgerton 6:19:54
Marion H Irvine 6:25:33

Marathon

Overall
M40 Bernie Boettcher 4:11:10
Todd Flitton 4:30:19
Stephen Parziale 4:41:57
Mark Koch 4:43:08
Todd B Murray 4:57:00
M45 Senovio L Torres 4:24:59
Floyd C Paiz 4:52:02
Matt Haugen 4:59:53
Arne D Hultquist 5:04:43
Bill W Patience 5:08:45
M50 Michael Donovan 4:37:10
Dave Roberts 4:54:55
William Cordova 5:17:03
Roger A Jensen 5:22:49
Chris G Reveley 5:26:11
M55 Elliott J Henry 5:28:01
Bob Whiteley 5:50:17
Jamie Harris 6:43:52
David B Griffith 6:48:23
John F Campbell 6:49:20
M60 Leo Rutten 6:11:39
Mark E Scarff 6:18:45
Gary L Smedley 6:19:25
Mike Patterson 6:20:08
Rod H Miller 6:31:04
M65 Carl G Schwenk 6:21:32
George F Johnson 7:28:57
Bill Duer 7:40:20

Robert T Bell 7:56:20
Bob F Mathes 8:17:17
M70 Lee Rhodes 7:05:22
Louis B Joline 7:09:28
Tony F Garcia 8:19:49
Mario C Delaloye 9:08:56
William J Hollihan 9:17:14
W40 Jenny P McCargo 5:09:01
Paula A Bowman 5:20:55
Susan Petronio 5:39:38
Jane D Hill 5:40:22
Amy K Regnier 5:44:26
W45 Jeanne Regh 6:00:00
Jo H Gathercole 6:04:54
Vicki K Martin 6:09:38
Janet E Green 6:12:11
Jennifer Schubert-Akin 6:20:46
W50 Jenine Ebersohl 6:45:14
Angie M Ransom 6:54:27
Ingrid Honzak 7:00:13
Karen R Fox 7:14:08
Carla Branch 7:15:16
W55 Charlene Aldridge 6:49:27
Betty A Sobeski 6:51:13
Joyce McKelvey 6:53:49
Pamela L Penfield 8:38:47
Gretchen D Smith 9:44:17
W60 Janet Newburgh 8:06:09
Nan M Madden 9:44:34
Vici A De Haan 9:16:15
W70 Myra Rhodes 9:00:09
www.pikespeakmarathon.org

Dick Beardsley Half-Marathon Detroit Lakes, MN; Sept. 6

Overall
Chris Ronan 29 1:12:32
Desiree Budd 23 1:22:10
M40 John Ofstedal,40 1:15:15
Kirt Goetzke,42 1:16:01
Dick Beardsley,47 1:19:26
Monty Steffens,44 1:22:23
Michael Moulsoff,40 1:22:40
M50 Tom Silverberg,50 1:27:15
Jim Graupner,58 1:27:35
Gary Thompson,51 1:29:31
Doug Newton,54 1:30:42
Wayne Walvatne,55 1:30:57
M60 Paul Ford,60 1:28:48
Dale Summers,60 1:30:40
Lee Stauffacher,62 1:38:21
Bob Koshnick,60 1:39:34
Don Dorfman,60 1:41:16
Ed Rousseau,63 1:41:41
M70 Roger Aiken,70 2:27:21
W40 Colleen Carter,45 1:39:55
Marfee Meshbesher,44 1:40:53
Becky Swanson,49 1:45:35
Peggy Becker,42 1:45:50
Lisa Hines,40 1:46:03
W50 Therese Vogel,51 1:39:55
Becky Williams,52 1:40:17
Patti Vitek,51 2:01:07
Diane Norlin,53 2:02:57
Susan Julien,54 2:02:57
W60 Kathy Peterson,60 1:50:59
Pat Lysford,62 2:28:16
Arlene Craig,61 2:28:17
www.detroitlakes.com/beardsleyrun

SOUTHWEST

New Orleans Track Club 40th Anniversary 5K New Orleans, LA; Aug. 17

Overall
Solomon Kandie 25 14:42
Allison Moll 26 19:18
M40 Bryan Smith 16:19
Ahmad Noorulhaqq 17:55
M45 Kenneth Schexnayder 18:14
Bob Lanteigne 19:53
M50 Junius Nixon 17:54
Dr. Pat 18:00
M55 Juan Perez 18:15
J. Roger Brown 19:46
M60 Mike Witkin 21:18
Buster Matthews 21:52
M65 Charlie Wimberly 23:05
Frank Abene 27:16
M70 Richard Gonzalez 26:46
Bill Cohen 30:24
M75 Bill Cox 31:30
Joseph Ramage 38:59
W40 Gina Radecker 20:39
Sue Rice 22:35
W45 Pam Williams 20:50
Billie Sloss 22:07
W50 Linda Fussell 23:40
Kathy Feldbaum 24:00
W55 Helene Price 23:18
Yvonne Thomas 23:28
W60 Isabel Rivera 25:40
Ruth Baehr 33:00
W65 Betty Waguespack 44:44

W70 Lucy Troxler 45:15
W75 Elisabeth Van Battum 31:58
www.runnotc.org/results

WEST

4th of July 5K Blast Las Vegas, NV; July 4

Overall
Jeff Gardner 16:36
Amanda Gramly 18:58
M40 Bryan Porter 18:59
Don Merchant 22:56
M45 Rafael Antonio 20:42
Eric Witkoski 20:45
M50 Edward Seum 20:50
Dan Lindsey 22:51
M55 Aurelio Herrera 19:45
Frank Hamman 20:33
M60 John Maultsby 21:34
Bob Boutin 26:54
M65 Roy Nelson II 24:31
Phil Weiland 26:48
M70 Dick Edel 30:21
M80+Ed Preston 1:02:47
W40 Martha Corazzini 24:07
Robin Anawalt 25:57
W45 Nancy Kubasek 23:00
Diana Jonas 24:09
W50 Rosalie Montoya 27:24
Antonia Turner 31:27
W60 Roberta Hatfield 32:02
A. Comarow 33:44

Susan B. Anthony 5K Sacramento, CA; Aug. 2

Overall
Trevor Marca 25 16:11
Caitlin Chock 17:27
M40 Kristian Petersen 18:08
Steve Kollar 18:31
Ron Thompson 19:31
M45 Martin Dean 17:43
Doug Riggie 17:49
Bobby Carpenter 17:54
M50 Bernard Willshon 22:07
Carl Bergemann 22:13
Steve Buck 24:11
M55 Craig Newport 21:19
Dennis Scott 22:13
M60 Dan Alarid 20:49
Donald Wilkison 22:16
Jim Fisher 22:21
M65 Ricardo Guidolin 21:00
Roger Fong 23:04
Robert Calvo 32:53
M70+Leo Signorotti 34:22
W40 Tina Beal 19:16
Linda Chock 19:42
Julie Taggart 20:34
W45 Desiree Wilson 19:43
Cary Craig 21:51
Robin Cambra 23:34
W50 Nancy Buck 26:22
Leslie Davis 26:50
Raquel Smith 28:04
W55 Maggie Ward 25:17
Gloria Takagishi 27:19
Susan Hatton 27:54
W60 Rusty Barnett 24:51
K. Diekmeyer 31:22
Nona Blum 35:05
W65 Nova Poff 27:52
Florence Fong 30:22
Marlene Kinser 32:04

America's Finest City 13.1M San Diego, CA; Aug. 17

Overall
Kazuhiro Matsuda 1:03:57
Silvia Svortsova 1:14:24
M40 Aaron Pierson 1:14:32
Jeff Ambos 1:15:47
Trent Sinnett 1:21:00
Brendan Reilly 1:21:09
Dan Wellbaum 1:21:18
M45 Kim McDonald 1:21:57
Salvador Garcia 1:23:48
Lon Bussell 1:23:24
Kevin Prochaska 1:23:43
Steve Greenspan 1:23:58
M50 Greg Wilson 1:21:14
Farley Spector 1:24:58
Doug Wood 1:26:07
Dan Guillery 1:28:42
M55 Hal Goforth Jr 1:25:58
Juan Cabeza 1:29:40

Continued on next page

Continued from previous page

Roy Sinclair	1:34.43
Richard Nelson	1:38.04
M60 Chuck Long	1:33.52
Richard Gauntner	1:37.56
Francisco Souza	1:38.31
M65 Francisco Saiz	1:47.49
Richard Williams	1:47.39
Jerry Albert	1:49.12
M70 Stanley Polski	1:59.44
James Woolf	2:01.22
Harold Forney	2:11.35
M75+Pete Petracek	2:09.06
Bob Koch	2:14.13
John Cross	2:50.01
W40 Susan Loken	1:21.31
Julianne White	1:22.18
Debbie Richardson	1:26.10
Rosalva Bonilla	1:28.28
Cheryl Sheremeta	1:28.46
W45 J Lasse-Johnson	1:24.01
Mary Burns Prine	1:30.49
Edys Gauger	1:42.35
Donna Hinshaw	1:44.26
Jean Watson	1:49.56
W50 Mariat Fernandez	1:38.09
Sonia Nam	1:47.43
Signe Nam	1:49.48
Linda Truman	1:49.36
W55 Carol Beck	1:52.38
Ann Fordiani	1:53.38
Marilyn Carpenter	1:53.31
Anita Porter	1:58.02
W60 Betty Bulich	1:59.20
Eva Svitek	2:05.35
Karen Evans	2:18.49
W65 Imme Dyson	1:55.09
Elsie Billy	2:17.17
Mickie Shapiro	2:24.21
W70 Faith Ramirez	2:35.49
Joyce Duval	2:59.24
W75+Peggy Hansen	7:53.06.23

McConnell's Ice Cream 5K & 10K

Santa Barbara, CA; Aug. 17

Overall	
Michael Smith 39	16:30
Melissa Goode 28	19:13
M40 Scott Deardorff 40	17:24
Terry Howell 47	17:35
Mick Caruso 40	18:05
M50 Gary Maxwell 53	19:26
David Groom 54	19:31
Dennis Mihora 58	19:48
M60 Don Truex 66	20:43
Jack Bianchi 61	21:01
M70 George Harrower 77	36:46
W40 Dianna Hall 45	19:44
Jill Ireland 41	20:11
Sue Clinton 40	21:33
W50 Deborah Flores 50	22:19
Fran Malinoff 55	27:54
W60 Kei Zehr 60	23:30
Pauline Freeland 62	25:48
W70 Ann Chadwick 71	36:53
--10K--	
Overall	
Justin Hatch 36	36:46
Sheryl King 38	40:58
M40 Scott Deardorff 40	39:27
Lee Carter 46	40:37
Stu Sherman 48	40:44
M50 Dennis Mihora 58	44:14
Gary Maxwell 53	44:20
David Groom 54	19:31
M60 Vic Birtalan 60	43:33
Jack Bianchi 61	46:52
M70 Richard Young 73	75:16
W40 Karen Kunz 48	42:47
Joyce Brisby 41	44:43
Paulin Schneekloth 46	45:36
W50 Stephanie Welch 55	65:05
Eileen O'Brien 56	69:42
W60 Pauline Freeland 62	58:55

USATF 50K Trail Championships

Golden Gate Headlands 50K

Rodeo Beach, CA; Aug. 23

Overall	
Scott Creel 41	3:49.54
Mary Fagan 28	4:33.10
M40 Scott Creel	3:49.54
Dennis Rinde	3:54.45
Craig Steinmaus	4:05.04
M50 Danny Dreyer	4:55.50
Joe Schieffer	4:58.41
Roy L. Pirrung	5:12.38
M60 Ed Ayres	5:56.41
Darrell Schlee	6:15.23
Ed Graper	7:43.40
M70 Howard Daniel	8:34.25
Jim Arthurs	8:42.36
Richard Laine	8:50.53
W40 Luanne Park	4:48.04
Valerie Pino	4:48.51
Tania Pacev	5:05.24
W50 Dee Dee Grafius	5:57.12
Hazel Wood	6:09.04

Jerry Roninger	6:35.57
W60 Eldrith Gosney	6:36.11
W60 Katherine Beiers	8:45.43

Pier to Peak Half-Marathon

Santa Barbara, CA; Aug. 31

Overall	
Peter Park 38	1:36.52
Marie Hermann 40	1:52.05
M40 Robert Franks	1:46.32
Jim Kruidenier	1:51.07
Greg Faulkner	1:52.19
M50 David Louks	1:43.32
Brian Shiffman	1:52.21
Mike Dungan	1:56.23
M60 Jack Bianchi	2:14.24
Harry Pantelas	2:26.58
Patrick Higgins	2:38.11
M70 Andrew Bruckner	2:36.11
Thos. McKiernan	3:22.06
George Harrower	4:06.24
W40 Marie Hermann	1:52.05
Mariann Thomas	1:54.36
Betsy Spaulding	2:06.40
W50 Linda Phillips	2:19.39
Nancy Dubie	3:13.57
Mary Maguire	4:27.29
W60 Patty Landis	3:19.06
W70 Margie Withrow	4:39.31
Ann Chadwick	4:06.23

www.runsantabarbara.com/pier_to_peak

Race for the Cure 5K

San Francisco, CA; Sept. 7

Overall	
Richie Boulet 30	15:12
Magdalena Lewy 30	17:30
M40 Tony Fong	17:58
Kevin Lange	19:05
Don Looby	19:25
Curt Wilhelm	19:52
Michael Glover	20:04
M45 John Patterson	20:01
Michael Slattery	20:34
Tim Luca	20:49
Anthony Rivano	21:00
John Kirkpatrick	22:06
M50 Leonard Goldman	19:05
Ron Kiyono	19:15
Victor Rodriguez	19:34
Robert Morris	20:16
Jack Zakarian	21:10
M60 Paul Mosel	22:38
Philip Wiseman	27:47
Freddie Powell	28:44
Joel Fruchtman	31:09
Robert Degraff	32:59
M70 Frederick Crews	26:18
Ed Mooney	27:13
Bang La	34:07
Basilio Gromik	34:23
Fred Martin Jr	38:26
W40 Kimberly Fanady	19:52
Azzadine Kachkach	20:11
Anna Slattery	20:30
Diane Gilles	22:20
Suzanne Bryan	22:39
W45 Tori Meredith	23:54
Karen Dean	24:20
Meridee Moore	24:52
Leisa Snyder	25:26
Jane Walker	25:27
W50 Claire Malonson Fry	21:44
Sally Cataldo	23:55
Emily Toy	24:24
Karen Jason	24:32
Charlene Bayles	24:37
W60 Judy Gallagher	22:27
Betty Crews	31:09
Irina Wallace	31:44
Patricia Miller	31:46
Mary Mettler	32:04
W70 Margaret Craig	44:01
Kit Pickles 78	45:02
Dorothy Page	46:28
Jean Howe	51:00
Agnes Richard	57:36
W80+Margaret Dolan 80	56:13
Norma Johnson 84	1:33:00

www.sfkomen.org/race/raceday

Overall	
Jeff Young	17:17
ESTHER JURASEK	18:58
M40 JEFF YOUNG	17:17
HANS ARNETT	20:11
QUENTIN REUER	20:55
M45 EDWARD FRANK	19:04
BOBBY JEFTS	19:30
MARK WIGGIN	23:09
M50 BOB DAVIS	18:42
DON HUNTER	21:48

NORTHWEST

Oregon Road Runners Club

Mt. Hood-Pacific Crest Trail

50K/50M

Timothy Lake, OR; Aug. 2

50K

Overall

Juan Martinez 23	3:52.06
Kami Semick 37	4:34.45
M40 Jeffrey Wilson	5:30.14
M45 Andy Edwards	6:22.28
M50 Robert Armstrong	5:03.20

M55 George Midburst	6:20.39
M60 Paul morgan	7:46.42
M65 Jim Updegrave	7:43.42
W40 Phoenix Ries	6:00.51
W45 Joanne Bernrt	6:20.40
W50 Rita Kenny	9:01.56
W55 Pat Warner	6:20.53

50M

Overall

Craig Thornley 39	7:36.50
Jody Aslett 35	9:11.07
M40 Dann Fisher	8:29.00
M45 Fred Stafford	9:56.32
M50 Clyde Aker	8:27.54
M55 Dennis Jensen	11:55.42
M60 Eb Engelman	9:31.53
M70 Cornelius Pierce	10:53.28
W40 Stacey Bunton	9:42.32
W45 Janet Stadshaug	11:02.55
W50 Meg Lainsou	11:09.05
W55 Anne Huntzicker	13:07.56

www.orrc.net

Humpy's Marathon, Half-

Marathon, & 5K

Anchorage, AK; Aug. 17

Overall	
SCOTT CLEMETSON	2:49.13
MICHELLE MITCHELL	3:09.55
M40 DANIEL SALVADOR	2:59.47
PETER COOPER	3:04.28
ANDY KIRK	3:28.28
M45 KEV BURNITT	2:58.53
DAVID SUNDBERG	3:14.54
GARY BURLESON	3:17.11
M50 FRANK CAHILL	3:04.44
RON DOWNEY	3:25.33
RICHARD BLACK	3:29.55
M55 ERIC SKIDMORE	3:24.08
BARRY SOSSAMON	3:42.16
JIM LEONARD	3:48.30
M60 HERBERT MARZIN	3:46.20
GERALD ROSEN	4:44.29
BARRY BURGOYNE	6:05.14
M65 FELIKS FEYGIN	4:05.44
PAUL MIKELS	6:09.44
ALAN STEGGLES	6:16.54
M70+ROY EPPS	6:42.03
W40 DANA HAND	4:00.34
RENEE RUDD	4:09.45
VERONICA BEAGAN	4:09.45
W45 DEBORAH LAZAROFF	3:32.59
COLLEEN NEWGAARD	5:12.49
CYNDIE MERTEN	5:15.34
W50 MARY FLANIGIN	3:50.30
TERRY YARIAN	4:08.47
PATTY GINSBURG	4:28.18
W55 MARIA COBB	4:17.28
CATHY TROISI	5:28.04
LIUBOV BLEIKH	5:40.49

Half-Marathon

Overall

JASON RYF	1:11.01
NAJEEBY QUINN	1:22.45
M40 JOHN CLARK	1:15.39
ROB CAMPBELL	1:24.07
PATRICK DUFFY	1:27.21
M45 BERNIE KRUEGER	1:38.32
MARK DENT	1:42.54
JOHN FOUTS	1:44.23
M50 ERIC MOHLER	1:29.09
JOSEPH DEWANE	1:29.10
M55 ROBERT ABY	1:41.03
TIM VAN NEST	1:41.34
JAMES SPROTT	1:45.07
M60 CHARLES THOMAS	1:51.05
M65 RICHARD MILLER	4:09.46
W40 SUSAN FAULKNER	1:23.15
TERI ARION	1:43.35
KAREN BRONGA	1:44.43
W45 LORI STAATS-CAHILL	1:44.53
M PEDERSEN	1:49.17
MARY O'BRIEN	1:49.55
W50 JUDY ALDERSON	1:56.40
LESLIE WILSON	2:10.29
PHYLLIS SEEBA	2:15.26
W55 MARTHA SMITH	2:08.46
VELYN MARLOW	2:18.40
V TARASSOV	6:00.12
W60 KAREN NYBACK	2:26.51
HOLLY GAUL	3:05.15
W65 JOAN LANDIS	1:55.51

M55 RAYMOND MANN	28.42
MIKE MEYER	31.38
M60 TOM GILBERT	25.34
M70+CHARLIE BROWN	30.34
W40 ESTHER JURASEK	18.58
W50 Rita Kenny	9:01.56
W55 Pat Warner	6:20.53
50M	
Overall	
Craig Thornley 39	7:36.50
Jody Aslett 35	9:11.07
M40 Dann Fisher	8:29.00
M45 Fred Stafford	9:56.32
M50 Clyde Aker	8:27.54
M55 Dennis Jensen	11:55.42
M60 Eb Engelman	9:31.53
M70 Cornelius Pierce	10:53.28
W40 Stacey Bunton	9:42.32
W45 Janet Stadshaug	11:02.55
W50 Meg Lainsou	11:09.05
W55 Anne Huntzicker	13:07.56

www.anchoragerunningclub.org/humpy

Ladies Day at the Races 5K/10K

Bend, OR; Sept. 7

10K

Overall	
Kory Bright	41:51
W40L Hayes-Gorman	47:50
W45 Caryn Hill	46:41
W50 Becky Conant	54:20
W55 Marcia Plows	1:16:26
W65+Mary Welz	1:15:54

5K

Overall

Sarah Raitter	17:49
W40 Kathy Murphy	22:26
W45 Jane Cleavenger	19:50

W50 Sally Winter	25:24
W55 Susan Stanley	25:54
W60 Sandra Eames	53:11
W65+Suzi Macleod	27:45

www.meadowlarkmanor.org/ladies

CANADA

Quebec City Marathon des

Deux Rives, Half-Marathon

& 10K

Quebec City; Aug. 24

Overall

Shingie Badza	2:33:04
Barbara McManus	2:51:50
M40 Patrice Porter	2:42:50
M50 Louis Groarke	2:46:08
M60 Gerard Gravel	3:13:37
M70+Marian Kriebelt	3:59:10
W40 Helen Cawthorne	2:52:11
W50 Francine Lanciault	3:29:12
W60 Huguette Miclette	4:29:06

Half-Marathon

Overall

Mustapha Bennacer	1:03:28
Atsuko Sugawara	1:19:35
M40 Randy Mac Neil	1:15:14
Smartex Tambala	1:15:22
Denis Cloutier	1:15:55
M50 Jean Gauthier	1:17:09
M60 Robert Randall	1:41:28
M70+Andre Biderbost	1:49:06
W40 Louise Chercuite	1:30:57
W50 Wendy Fraser	1:39:32
W60 Evelyne Frauchiger	1:43:10
W70+Yolande Marois	3:21:07

10K

Overall

Samuel Karanja	29:59
Diane Nukuri	35:33
M40 Fabien Basset	34:51
M50 Marc Corcoran	37:11
M60 Francois Cabon	49:42
M70+Jim Hoke	1:03:30
W40 Patricia L'Abbe	49:25
W50 Elizabeth Robertson	51:29
W60 Monique Boily	55:21
W70+Patricia Hill	1:00:59

www.marathonquebec.com

RACEWALKING

New Zealand 10K Racewalk

Championships

Wellington; Sept. 6

W20+Gabrielle Gorst	47:01
W35 Diana Pittwood	65:48
W40 Lisa Reddy	



2003 USATF NATIONAL MASTERS 8K



CROSS COUNTRY CHAMPIONSHIPS

Sunday, November 2nd, 11:00am • Black Creek Park, Rochester, NY



ELIGIBILITY: Open to all runners, age 40 & over on race day, who are members of USATF. You must have a valid 2003 USATF membership number to participate. USATF registration is available by contacting your local USATF office or you can obtain membership from a USATF representative at registration (\$15.00 for Niagara members, \$20.00 for non-Niagara members). **YOU MAY BE REQUIRED TO DISPLAY YOUR CURRENT USATF CARD AT REGISTRATION IN ORDER TO PICK UP YOUR RACE PACKET.**

INDIVIDUAL AGE GROUPS: Men & Women 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+.

Age on race day determines division. The race director may require proof of age, USATF membership and club affiliation.

INDIVIDUAL AWARDS: USATF medals to the top 3 in each age group. Ribbons to places 4-10 in each age group. The winner of each age group will also receive a USATF Championship patch. The top 3 Male and Female age-graded performances will receive awards.

TEAM PRIZE MONEY: a minimum \$2,600 in team prize money will be available. The tentative breakdown:

	1st Place	2nd Place	3rd Place
MEN 40+:	\$450.00	\$150.00	\$100.00
MEN 50+:	\$450.00	\$150.00	\$100.00
MEN 60+:	\$200.00	-	-
MEN 70+:	\$150.00	-	-
WOMEN 40+:	\$450.00	\$150.00	\$100.00
WOMEN 50+:	\$150.00	-	-

OTHER TEAM AWARDS: USATF medals will be given to the scoring members of the 1st, 2nd & 3rd place teams in each division. USATF Championship patches will be awarded to the scoring members of the winning team in each division.

ENTRY FEES: \$20.00 pre-entry, \$25.00 on Saturday, November 1.

NO RACE DAY REGISTRATION.

(Long-sleeved race t-shirts available for an additional \$10.00)

ENTRIES: will be accepted by mail until Tuesday, October 28. Post-entries will be accepted at Black Creek Park on Saturday, November 1 from 2:00pm-5:00pm. **THERE WILL BE NO RACE DAY REGISTRATION!**

CONFIRMATION OF ENTRIES: up-to-date entries will be posted on the Genesee Valley Harrier website at <http://www.gvh.net>

TEAM ENTRIES: Teams must be current members of USA Track & Field and must provide proof to the race director in the form of a USA Track & Field club certificate or letter from their Association. National Clubs and USATF Association teams are not eligible to score in this meet. Team members must be able to show that they are duly accredited representatives of their USATF member club. Athletes must indicate exact team name on individual entry form. Team age divisions are 40+, 50+, 60+ and 70+ for Men & Women. A maximum of eight (8) declared runners per team. Scoring is done by aggregate time of top finishers. Men 40+, 50+ score five (5) runners. All other divisions, including all women's divisions, score three (3) runners. In addition to the Team Entry Form, all teams must submit their individual entry forms together along with a copy of their Club's USATF Association Team Certificate.

TEAM ENTRY DEADLINE: Final team declaration forms will accepted up until 5:00pm on Saturday, November 1st at Black Creek Park.

NO EXCEPTIONS! Team forms are available at <http://www.gvh.net>

COURSE TOURS AND PACKET PICK-UP: will be available on Saturday, November 1st from 2:00pm to 5:00pm at Black Creek Park.

On race morning, packet pick-up will begin at 9:00am.

AWARDS CEREMONY AND POST-RACE PARTY: will commence immediately following the race on site in the Woodside Lodge. Lots of food and drink will be provided for all competitors.

COURSE LOCATION: Black Creek Park is located 15 minutes west of downtown Rochester, NY. Use Exit 4 of Route 490 Expressway. The Park is located one mile South on Rt.259 (Union Street). At 1,505 acres, Black Creek Park is one of Monroe County's largest parks. It includes hiking, bridge and cross country ski trails as well as two ponds, a model airplane field plus picnic and camping areas. Bathrooms and changing facilities are available. No showers. Come dressed to run. Course Description: course is all grass and wooded trails with 2 challenging hills.

HOST HOTEL: 25 rooms (\$79 double) have been reserved at The Hampton Inn South, 717 East Henrietta Road, Rochester... (716) 272-7800.

You must call by Monday, Oct. 8 to insure the \$79 rate. Be sure to mention National Masters Cross Country Championships when making reservations. The Hampton Inn is located just off Exit 16 of Route 390 and is just 15 minutes from Black Creek Park. From the Hampton Inn, take Rt.390 North to Rt.490 West to Exit 4. Black Creek Park is located one mile South on Rt.259 (Union St.).

Other hotels with 15 minutes of Black Creek Park:

Courtyard By Marriot (Brighton)	(716) 292-1000
Holiday Inn (Airport)	(716) 328-6000
Radisson Inn (Airport)	(716) 475-1910
Fairfield Inn (Airport)	(716) 529-5000
Holiday Inn South (Holidome)	(716) 475-1510
Additional lodging info:	(800) 677-7282

TIME SCHEDULE

Wednesday, October 8:

Tuesday, October 28:

Saturday, November 1:

Sunday, November 2:

Final date to get special rate at host hotel, the Hampton Inn South.

Deadline for entries sent by mail

2:00-5:00pm: Course tours and late registration at Black Creek Park

9:00am: Packet pick-up begins

11:00am: National Masters 8km XC Champs.

12:30pm: Awards Ceremony @ Woodside Lodge

ENTRY FORM

LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY/TOWN _____ STATE/PROV _____ ZIP _____

EMAIL ADDRESS _____

PHONE # (DAY) (____) _____ GENDER (circle) M F

AGE ON RACE DAY _____ DATE OF BIRTH ____/____/____

2003 USATF NUMBER (required) _____

EXACT TEAM NAME _____ TEAM AGE GROUP _____
(If applicable)

CHECK APPROPRIATE FEES

_____ \$20.00 PRE-REGISTRATION (rec'd by 10/28/03)

_____ \$25.00 LATE REGISTRATION (rec'd after 10/28 but before 5pm 11/1)

_____ \$10.00 LONG SLEEVE T-SHIRT Circle SIZE: M L XL

\$ _____ TOTAL DUE (entry fee is non-refundable)

(Shirts must be picked up by 12:30 pm on 11/2/02)

MAKE CHECKS PAYABLE TO: Genesee Valley Harriers (GVH)

MAIL TO: GVH, PO Box 16375, Rochester, NY 14616

E-mail: gvhxc@rochester.rr.com

TEAM REGISTRATION FORM

USATF Club Name _____

Team Division: (circle one) MEN 40+ MEN 50+ Men 60+ Men 70+
WOMEN 40+ WOMEN 50+ WOMEN 60+ WOMEN 70+

The following runners are bona fide members of the this USATF Association Club:

Runner's Name _____ USATF # _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Signature of Club Official/Team Captain _____

USATF Club Registration Number _____ Association _____

According to USATF Masters Competition Rules:

1. This competition shall be limited to athletes 40 years and older on the day of competition. A runner may compete in a younger age division as a team member. That runner may still compete as an individual in their true age division.
2. Prior to the start of the event, the team coach/representative shall declare the team entries eligible for scoring. (Deadline: 5pm on 11/1/03)
3. Teams may declare up to 8 runners on the team entry form.
4. Team scoring shall be as follows: M40+ and M50+ shall score 5 individuals. All other divisions (M60+, M70+, W40+, W50+, W60+, W70+) shall score 3 individuals.
5. Team scoring shall be the aggregate time of the scoring members. The lowest aggregate time determines the Champion.
6. Ties shall be resolved by determining which team's last scoring member finished nearer to first place.
7. Runners of incomplete teams, team entries not declared eligible for team scoring and unattached or individual competitors will be eliminated from team scoring.
8. Non-scoring members of complete teams shall displace in the team scoring.
9. All entrants must be registered USATF athletes for 2003. USATF cards will be available and on race day.

WAIVER: I know that running a cross-country race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or walking in this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Genesee Valley Harriers, the Monroe County Parks Department, the race director, race committee and any and all sponsors and workers from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are non-refundable. I have read the information provided and certify my agreement and compliance with my signature.

SIGNATURE _____ DATE _____