

JOHN WELCH

Connie Gardner, W40 winner (7:37:13), Sunmart Texas Trail 50 Mile.



JOHN WELCH

Odino Soligo, 82, finishing the 50K, Sunmart Texas Trail Endurance Runs, Huntsville State Park.

Terris Wins Overall at Sunmart Texas Trail Endurance Runs

By JOHN WELCH
HUNTSVILLE, Texas – Does entering the masters division give a psychological boost to certain athletes? Just ask Dave Terris, of San Antonio, Texas, how it feels to win not only the 40+ crown in his first race as a master, but the overall title as well.

Terris, who joined the masters ranks on Dec. 8, placed first in the men's 50K race at the 14th annual Sunmart Texas

Trail Endurance Runs at Huntsville State Park on Dec. 13. Terris, who is employed in a San Antonio insurance agency, covered the two loops through the park's scenic trail system in 3:24:27.

Jim Harrington, 38, Marquette, Mich., matched his 2002 finish with a second-place 3:30:44. Terris and Harrington set the early pace in the race, and then gradually broke from the 600-

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Boston to Host Its 8th Indoor Nationals

For the eighth year in a row, masters athletes will head for Boston's Reggie Lewis Track & Athletic Center to compete in the USA Track & Field

National Masters Indoor Championships on March 26-28.

In the 2003 Championships, 758 athletes broke 16 world and 30 national age-group records at the Lewis Center, which features a lightly-banked 200m Mondo track, with a nine-lane straightaway in the center for the 60m and hurdles. The star of the meet was Leonore McDaniels, Virginia Beach, Va., who set W75 world records in the high jump, pole vault and triple jump.

Competition in five-year age groups

Continued on page 7

Simonaitis, Naumova Top Masters in Rocket City Marathon

By JIM OAKS

HUNTSVILLE, Ala. – Dennis Simonaitis, 41, closed out 2002, his first year as a master, with an impressive overall win at the Huntsville Times Rocket City Marathon. On December 13, 2003, he returned to Huntsville from his home in Draper, Utah, to see if he could work his magic over 26.2 miles again.

Rocket City, in its 27th year, has attracted an outstanding masters field each year and this year Simonaitis was joined by the legendary Russian master Andrey Kuznetsov, now 46, and Christopher Toepfer, 41, of Chicago. In the end, Simonaitis was by far the strongest of the three, taking the masters title in 2:22:40, only 38 seconds slower than his overall win the previous year. Kuznetsov finished in 2:27:23, and Toepfer was close behind for third in 2:27:42.

There was no real contest among the masters women as Russian Alevtina Naumova, 42, was the overall women's winner in 2:44:25. She finished almost nine minutes ahead of the next woman and second master, Cheryl Boessow, 43, of Birmingham, 3:04:56.

Simonaitis followed the same game

Continued on page 9



JIM OAKS

Dennis Simonaitis, 41, second overall (2:22:40), Rocket City Marathon.

Raschker Finalist for Sullivan Award

Philippa (Phil) Raschker, 57, was among the 12 finalists announced Jan. 5 by the Amateur Athletic Union for its 74th Annual James E. Sullivan Award, which recognizes the top amateur athlete in the nation. Raschker was nominated by the National Senior Games Association under Masters Track & Field. She becomes the first track & field athlete over the age of 40 to be nominated for the award.

Among the other finalists were LeBron James (basketball), Rickie Weeks (baseball), Diana Taurasi (basketball), and Jason White (football).

In 2003, Raschker won numerous USATF Masters and National Senior Games titles, setting W55 age-group records in the high jump, indoor heptathlon, pentathlon, and 60mH. In the 15th WMA Championships in Puerto Rico, she won five gold medals in the heptathlon, 80mH, high jump, pole vault, and triple jump.

Over a span of 23 years, Raschker has won more championships on the

international and national level than any other masters track & field athlete. She has been voted Outstanding Female Athlete of the Year 13 times by the USATF Masters T&F Com-

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CHUCK ROGERS

Phil Raschker, 57, one of the 12 finalists for the 2003 AAU Sullivan Award.

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NATIONAL MASTERS NEWS

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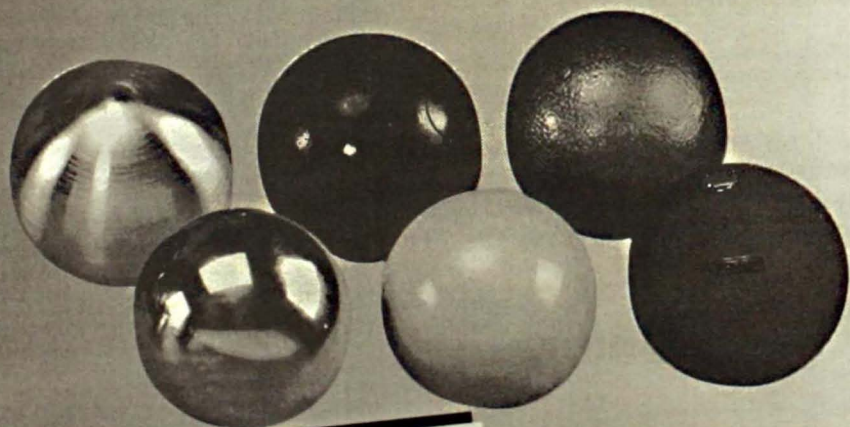
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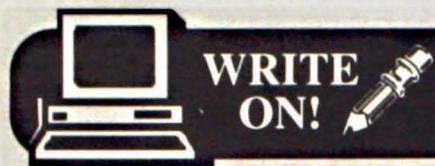


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COMBINED-EVENTS SCHEDULING

From 1984 to 1988 outdoors, and for most years from 1985 to 1997 indoors, the National Masters Pentathlon was held at a time and place separate from the National Masters Outdoor and Indoor Championships. I believe that the issue of holding the pentathlons as separate, standalone events needs to be revisited.

Combined-events athletes compete full bore on Thursday during the pentathlon at the outdoor championships and on Friday at the indoor championships. Being the driven fanatics that they/we are, they compete in individual events during the next two to three days at a greatly diminished capacity, certainly not on an even playing field with those individual event athletes who did not compete in the pentathlon.

So the pentathletes get to choose between a mediocre performance, sensibly not contesting an event in which

they would otherwise be highly competitive, and/or getting injured. A prime example of such a combined-events athlete who would be highly competitive in individual events and should be allowed to do so on an even playing field is Emil Pawlik, M60, in the hurdles.

An argument put forth by those who want to combine the pentathlons with the individual event championships is that it is more expensive for two trips and two plane tickets rather than one. That argument carried to its absurd conclusion would dictate that we combine all outdoor championships into one continuous championship at one site, i.e., having the decathlon/heptathlon, outdoor championships, pentathlon, weight pentathlon, weight and superweight on successive days. Even better, they could be held simultaneously to save hotel costs.

This scenario would cause participation to fall precipitously, to say nothing about injuries to which older athletes are already more prone.

Richard Watson
by e-mail

TROJAN MEET

I am pleased to announce that the Trojan Masters TC will be holding the renewal of its annual Masters Meet on April 25 in Vern Wolfe's memory.

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



DENIS DALY

The winning Wolfpack RC M60-69 team (l to r): Jerry LeVasseur (24:06), Bill Borta (19:37), and John Dugdale (22:12), 2003 USATF National Masters 5K Cross Country Championships. The win is the team's third in a row at the 5K Championships.

During his 21-year tenure at USC, Vern not only won seven NCAA National T&F Championship team titles, he was also a gifted masters participant and a National T&F Hall of Fame enshrinee.

The meet will be held on the USC campus, starting at 10:00 a.m. with a welcome ceremony. We have invited the Armed Services to attend. Their members will compete in a 3-mile and 4x100 relay. The USC ROTC will present colors and provide a trumpeter for our National Anthem.

For masters, in addition to medals, the outstanding age-graded performance by a man and woman will be awarded USC commemorative watches.

We have an outstanding program planned. Our meet director is Robin Paulsen, and USC t&f coach Ron Alice will be in attendance. We guarantee a first-class meet.

We would like to invite all masters to sunny Southern California to enjoy the warm climate and see the sights. See our ad on p. 12 for specific details, or log onto www.trojanmtc.com for further information.

Hank Kraychir
Los Angeles, California

SUSTAINERS

I am enclosing a check for your Sustainers Fund in honor of the recently deceased Paul Geyer. He was a great athlete and a greater gentleman. I

enjoyed traveling with his groups many times.

Maybe *National Masters News* should start a Sustainers Fund to honor athletes who have passed away.

Betty Jarvis
Pine Bluff, North Carolina

COURAGE AND ADVERSITY

Mike Tymn makes an interesting point in his Third Wind column (Jan. NMN) when he discusses the trivialization of the terms "heart" and "courage" when it comes to reporting on sports.

My most hated term in sports is "adversity," often used by a coach or player whose team or teammate has suffered a slight hamstring pull that is going to keep him out of the Big Game. Here's the quote: "If you want to win, you have to learn how to overcome adversity." Come on, guys. Half of those overpaid buffoons don't even know how to pronounce the word, much less understand what it means.

My idea of adversity would be a 42-year-old mother of two who is confined to a wheelchair because of multiple sclerosis and her husband just divorced her. Or some variation on that real-life theme among people on the bottom rung of our society who have a true appreciation for what the word means.

Hal Higdon
halhigdon@comcast.net,
www.halhigdon.com

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.

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Sustainers for February 2004

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:

Gary Bass
Bill Benson
Bill & Jeanne Daprano
Bernice Holland
Betty Jarvis
Gordon Seifert

Austin, Texas
Valley Stream, New York
Fayetteville, Georgia
Cleveland, Ohio
Pine Bluff, North Carolina
Birmingham, Alabama

Track & Field Report

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

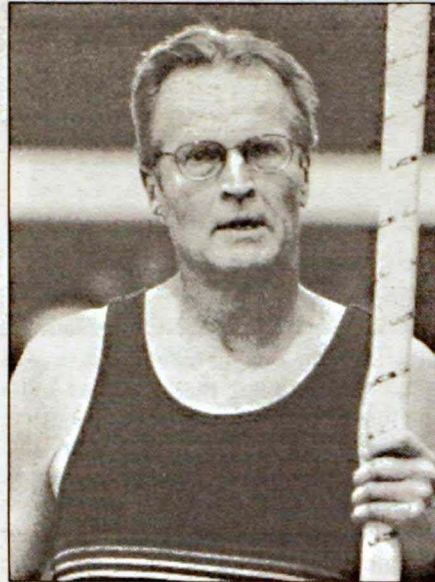
Elections ... Time to Look to the Future

Now that the annual meetings are over, people are beginning to think about the important election of officers that will take place at our 2004 annual meeting next December in Portland, Oregon.

At this year's meeting, Phil Byrne agreed to head up a committee to accept nominations for this election. Even though it is called a nominating committee, they will not be putting out a slate or recommendation. They will pass on names for different offices to the Masters T&F Committee at the meeting. Nominations are also permitted from the floor.

It is not too early for people to start this process. The elected offices are serious positions requiring, in most cases, a significant amount of work. I encourage potential candidates to contact the present officers to find out what they do and whether they enjoy their position or not. These positions are not what they might seem from the outside and, in most cases, a great deal of work has to be done.

Useful Skills
I know that our present treasurer, Frank Lulich, will not be running for office again due to business commitments. Frank has been a great treasurer and will be hard to replace. His background as a CPA was invaluable. I



Matti Kilpelainen, of Michigan, broke the M55 indoor pole vault world record (4.10) on Feb. 15, 2003.

strongly encourage others with similar backgrounds to consider running for this position.

I am not sure if our present secretary, Bob Cahners, wants to continue in that position, although I think he has refined the process to a science with the use of transcription equipment and services. I hope he will run again.

Teamwork

I don't think one can understand the requirements of an elected position until he or she works closely with the person in that position. I thought I understood it before I ran because of the close relationship I had with Ken Weinbel. However, it wasn't close enough for me to really understand the demands of the position.

In the business world, a company would have to pay at least \$100,000 to the individual doing the job. Not, of course, that I am suggesting we should pay the Chair.

Business Expertise

I ran on a ticket based on my business experience. But this is not a business! It's really very much like the United Nations. Everybody wants to vote on everything, it seems. I really didn't figure this out until our last annual meeting. I guess I am a slow learner.

I would also recommend that a candidate for the Chair be someone who has attended and participated in more than a couple of annual meetings. This is where we conduct most of our year's business. Did I say business again?

I will run again if the Committee wishes me too. I also would be happy to defer to an outstanding candidate who might want the job. □



JERRY WOJCIK

Steve Robbins, winning the M60 200 (25.12), 2003 National Masters Indoor Championships, Boston. The 2004 Championships will be held in Boston, March 26-28.

USATF Georgia Association Masters Track and Field Championships

Masters Pentathlon Championship - Open Track and Field Competition

Friday and Saturday, April 16-17, 2004

SITE: Savannah State University; Ted Wright Track; Skidaway and LaRoche Ave.
Championships for all athletes 30 years of age and over. Competition for athletes 19-29 years of age.
Out of state athletes are welcome!

MOTEL FOR PARTICIPANTS:
Best Western Central, 45 Eisenhower Dr., Savannah; 912-355-1000;

\$60 per night, two double beds, non-smoking. Identify as taking part in the track and field championships. Motel is about three miles from track, just off Abercorn.
DEADLINE FOR THIS RATE IS APRIL 13, 2004.

INFORMATION: Jim Hite; PO Box 717; Millen, GA 30442; 478-982-4881; FAX: 478-982-9984;
jimjoyce34@bellsouth.net
Coach Ted Whitaker; SSU; 912-351-3506

All participants must be members of USATF. Memberships will be available for purchase on site. You may also purchase a USATF athlete's number on-line at usatf.org, click on membership.
--NO ONE will be allowed to participate without a USATF athlete's number, which must be on the entry form.

USATF ASSOCIATION medals will be awarded to the top three in each masters (30 and up) five-year age group, men and women, and to top three open (19-29) in each event. Out of state participants will receive comparable place awards, but may not displace any Georgia athlete.
This event is sanctioned by USA Track and Field, and USATF Rules apply.

Deadline for entry is April 13, 2004.
Entry fee: \$15 for first event, includes T-shirt; \$5 for each other event. Relay team: \$10 per team. Timing by Finishlynx.

EVENT INFORMATION:
10,000M run, 5000M walk and 5000M run: all age groups will compete in a single event. Age group identification will be on runners' backs.

*Preliminaries: 100M, 200M, 400M, 100M/110M Hurdles: if eight or less are entered in any age group, no trials or heats will be contested in that age group and all entrants will move to the finals. If nine or more are entered in any age group, trials or heats will be run with heat winners and the next fastest times, completing a field of eight participants, advancing to the finals. SINCE THE NUMBER OF PARTICIPANTS WILL BE KNOWN BY APRIL 14, YOU MAY CONTACT THE MEET DIRECTOR (Jim Hite, at email and/or phone numbers listed above) TO FIND OUT IF YOU WILL HAVE A PRELIMINARY HEAT. NORMALLY, THERE ARE VERY FEW PRELIMINARY HEATS IN MASTERS ASSOCIATION MEETS, BUT TO MAKE SURE AND NOT TO BE LEFT OUT, CALL!!!

RELAYS: Please indicate on entry which relay(s) you will enter. Teams are to be made up within 10-year age groups for masters, beginning with 30-39. Teams also will be made up of open (19-29) athletes. However, athletes may move down in age group for relays, but not up. PLEASE SEND ALL FOUR RELAY ENTRY FORMS IN THE SAME ENVELOPE. It is very time consuming to have to locate four entries before entering them as a team into the Finishlynx timing system.

NOTE 1: Age groups may be combined within events in the interest of time and/or competition, but awards will not be affected.

NOTE 2: In lane races, runners must run in assigned lane! This is extremely important when using an automatic timing system. There will be no exceptions.

Register on line at: active.com

USATF GEORGIA MASTERS TRACK AND FIELD CHAMPIONSHIPS ENTRY FORM

SCHEDULE OF EVENTS:

TRACK		FIELD	
Friday			
7:15 p.m. Mile Run			
7:30 p.m. 10,000m Run			
Saturday			
8:00 a.m. 5000M Race Walk	Everyone	Final	9:00 a.m. Long Jump (see first)
9:00 a.m. 5000M Run	Men	Final	Shot Put*
9:30 a.m. 5000M Run	Women	Final	High Jump (see first)
10:00 a.m. 100 Hurdles	PENTATHLON (W)**	Final	
10:10 a.m. Preliminaries	Men, Women		9:40 a.m. PENTATHLON LONG JUMP (M)**
10:00/110M Hurdles			
10:00/200M Dash			
10:20 a.m. 4X100M Relay	Women	Final	
10:25 a.m. 4X100M Relay	Men	Final	10:40 a.m. Discus*
10:30 a.m. 1500M Run	Women	Final	Triples Jump (see first)
10:45 a.m. 1500M Run	Men	Final	
11:05 a.m. 80/100 Hurdles	Women	Final	
11:20 a.m. 110M Hurdles	Men	Final	
11:35 a.m. 400M	Women	Final	12:00 p.m. Pole Vault* (see first, starting height to be determined on site)
11:55 a.m. 400M	Men	Final	
12:10 p.m. 100M	Women	Final	
12:30 p.m. 100M	Men	Final	12:30 p.m. Javelin* (a)
12:55 p.m. 800M	Women	Final	
1:20 p.m. 800M	Men	Final	*NOTE: Shot put, discus and javelin implements will be available. Personal implements will be checked and approved for use in the competition on day of meet.
1:40 p.m. 400M Hurdles	Women	Final	PLEASE NOTE that those taking part in SP, DT, JT may do so AT ANY TIME within 70 minutes after the start of the event. This is to make it easier for those participating in events with conflicting times.
2:00 p.m. 400M Hurdles	Men	Final	
2:20 p.m. 3000M Steeplechase	Men	Final	
3:35 p.m. 2000M Steeplechase	Men 60+ Women	Final (b)	
2:50 p.m. 200M	Women	Final	
3:00 p.m. 200M	Men	Final	
3:15 p.m. 4X400M Relay	Women	Final	
3:25 p.m. 4X400M Relay	Men	Final	

(a) Javelin thrower is on grass.
(b) Barriers for 2K, 3K, etc. 3K"

EVENT NUMBERS:

WOMEN:

1. W19+ 5000m RW	15. W19+ 800m	31. W19+ DT
3. W19+ 5000m	17. W19+ 400m IH	33. W19+ JT
7. W19+ 1500m	19. W19+ 2000m SC	35. W19+ PV
9. W19+ 80/100MHH	21. W19+ 200m	37. W19+ TJ
11. W19+ 400m	25. W19+ LJ	45. W19+ Pentathlon
13. W19+ 100m	27. W19+ SP	51. W19+ 10,000m
	29. W19+ HJ	53. W19+ mile

MEN:

1. M19+ 5000m RW	16. M19+ 400m IH	30. M19+ DT
2. M19+ 5000m	18. M19+ 3000m SC	32. M19+ JT
6. M10+ 1500m	19. M60+ 2000m SC	34. M19+ PV
8. M19+ 110m HH	20. M19+ 200m	36. M19+ TJ
10. M19+ 400m	24. M19+ LJ	46. M19+ Pentathlon
12. M19+ 100m	26. M19+ SP	50. M50+ 100m LH
14. M19+ 800m	28. M19+ HJ	52. M19+ 10,000m
		54. M19+ mile

**PENTATHLON: Pentathlon events will start approximately 30 minutes after the completion of the previous event.

VERY IMPORTANT! FILL OUT THIS ENTRY FORM EXACTLY AS CALLED FOR. YOUR BIRTHDATE WILL SEED YOU FOR EACH EVENT.

You can register online at active.com
Make check payable to: USATF Georgia

Entry form

Team name, if applicable: _____

Last name: _____ First name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: _____ email: _____

Sex: M F Age (as of April 16, 2004): _____ Date of Birth: _____

USATF NUMBER: _____
All athletes MUST have a USA Track and Field Athlete Number in order to participate in the USATF Georgia Masters Track and Field Championships. No one will be allowed on the track or in the field events without a USATF number.
USATF Athlete Numbers will be available at the meet for \$16.

If you plan to purchase your USATF number at the meet, please check here: _____

T-shirt size: S M L XL XXL

PAYMENT SCHEDULE	EVENT NUMBER	FEE
FIRST EVENT (\$15)	_____	_____
ADDITIONAL EVENTS (\$5 EACH)	_____	_____
PENTATHLON (\$25)	_____	_____
RELAY (\$10 PER TEAM)	_____	_____
TOTAL ENCLOSED	_____	\$ _____

If running a relay, please place team name here: _____
Please list team members below. Last name is sufficient. Please mail all team members' entries in the same envelope. We need the team name in order to complete the heat sheet.

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve USA Track and Field, USA Track and Field Georgia Association, Savannah State University, the City of Savannah, the County of Chatham, their representatives, and all volunteers of any responsibility for any injury, loss, or damage to myself or my property which I may sustain in the course of (or in connection with) this event. I also verify that I am registered or will register for the year 2004 with USA Track and Field.

SIGNED: _____ DATE: _____

MAIL TO: USATF Georgia Masters Track and Field Championships
PO Box 717
Millen, GA 30442



Third Wind

By MIKE TYMN

Bannister and Beyond

May 6th will mark the 50th anniversary of the first sub-4 minute mile. It was on that date in 1954 that Roger Bannister recorded a 3:59.4 on the Iffley track in Oxford, England, thereby breaking through a barrier that many thought impenetrable.

On a trip to the UK during August, I was on my way from London to Glasgow via Hay-on-Wye in Wales when I approached Oxford and decided to pull off the highway, drive into town, and search for the track on which Bannister made history. I couldn't remember the name of the track and so asked several young shop clerks in downtown Oxford where I might find the track on which Roger Bannister first broke four minutes. In each case, the shop clerk reacted with a puzzled expression. "Roger Who?" I shook my head in dismay and, running behind schedule, continued on my way to Wales without finding the track.

Although his name may not be remembered by many of younger generations in his own country, the legacy of Roger Bannister and the mystique of the four-minute mile live on. In *Bannister and Beyond*, recently published by Breakaway Books, author Jim Denison does an outstanding job of capturing the essence of the mile challenge. The book contains interviews with 21 men who have broken four minutes. They include everyone from John Landy, Herb Elliott, and Peter Snell, on through Jim Ryun, John Walker, and Steve Scott, and on up to William Tanui, Marko Koers, and Noah Ngeny.

Reflections on Sub-Four

"I wanted all five decades of sub-four milers represented, and not just runners from Anglo countries, either, even though I was limited to English speakers," Denison informed me by e-mail from his home in Exeter, England, where he writes for *Athletics Weekly* and teaches sport journalism at De Montfort University. "As the emphasis of every

interview was on a person's first sub-four, I thought hearing stories from guys who did it just once might be interesting, too, especially as they reflect back on why only once."

Taking nearly two years to complete the book, Denison most enjoyed the stories from the 1950s and '60s. "The sport was so different then," he explained. "I liked hearing about those less professional days and how they trained and had to learn so much as they went along. It wasn't like today, where science and professionalism really dominate."

Notably missing is an interview with Sir Roger, himself. "Believe me, I tried," Denison said. "I wrote three letters requesting some time and he wrote back three very polite refusals." Denison has heard from others like Sebastian Coe and Steve Cram that Bannister is apparently embarrassed by all the fuss over the 50th anniversary of his achievement and "doesn't want to add to the noise."

As Denison pointed out, much has been written about Bannister's pursuit, including his autobiography, so there is probably not much to add.

A 4:32 miler at Iona Prep in New Rochelle, NY, Denison lowered his personal best to 4:07 while at Fordham University. Several years later, while attempting to qualify for the 1988 U.S. Olympic trials at 1500 meters, he clocked 3:44, the equivalent of a 4:01.5 to 4:02 mile, but fell two seconds short of meeting the qualifying time.

Mindset

"Before this book, I always thought about the physical aspects of breaking four and the importance of putting in the right workouts," Denison offered. "But



talking to all these great milers made me see that the mindset that's needed to break four is hugely important. It seems to me now that running under four is more a concentration thing and locking into that pace and simply not stopping despite the moments of doubt you're bound to have. That takes a lot of confi-

dence on the one hand and the ability to relax on the other."

Denison has concluded that any runner who can run near 50 seconds for 400 meters and has a fair amount of endurance probably has the physical talent to break four minutes. "But they need to get into the right moment to make it all happen, and I see now how that's pretty hard and probably doesn't occur too often over a runner's career."

As Denison sees it, running is an art form. "I love the motion and feeling of running more than anything to do with times and results," he mused. "And to me, this is a type of personal expression, which essentially is what art is. The sense of exertion is something else that I find pleasing. I love all endurance sports, like cycling, swimming, cross country skiing, and I do them all regularly, in addition to running."

What most stood out for Denison in interviewing 21 subjects were the differences between them. "Everyone really had his own unique story to tell," Denison ended. "In writing the book I primarily paid attention to those unique qualities and tried to bring them out in each chapter. I hope that comes across."

It certainly does. Denison has definitely broken four with this book. □

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

Sunmart Endurance Runs

Continued from page 1

runner field into a comfortable lead. But by around eight miles, Harrington started to show signs of fatigue and Terris felt it was time to strike out on his own.

"Jim and I went out with a relaxed pace the first six miles or so, just talking

and running relaxed," said Terris, a veteran of the U.S. Air Force. "Neither one of us had any particular strategy, so when we hit the turnaround point on the first lap, Jim seemed to slow down a bit, and I moved into the lead."

Things went very well for Terris as he enjoyed the euphoria of a solo lead by over three minutes on Harrington. But as he completed the first half of the final 12.5-mile loop, disaster almost struck.

"From out of nowhere, my left calf started to cramp up," Terris said. "So I decided to stop and stretch it out every few miles so I could finish the race. It feels really good to get a win in my first race as a master."

Donna Stearns, 50, Sugar Land, Texas, was the women's masters winner in the 50K race at 4:45:40. The women's 50K was ably paced by Liza Hunter-Galvan, 34, San Antonio, who set a new course record by over six minutes with a winning effort of 3:35:48.

The 50-mile race also played witness to another fine masters performance by Connie Gardner, 40, Medina, Ohio. Gardner wasn't able to defend her 2002 title against Traci Amundson, 29, Duluth, Minn., who won in 7:16:40, but still posted a notable time in snaring the runner-up slot and the 40+ win in 7:37:10.

"My legs were just dead, probably from over-racing," said Gardner, recently named the top women's ultra runner of 2003 by the Mountain/Ultra/Trail Council of USA Track & Field. "I've done seven marathons and 12 ultras this year alone."



JOHN WELCH

Tim Twietmeyer, 45, first M45 (4:03:07), Sunmart Texas Trail Endurance Runs, Huntsville State Park.

Continued on page 8

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Boston Preview

Continued from page 1

is open to all men and women age 30+, including non-U.S. citizens. Relay teams compete in ten-year age brackets.

No qualifying is necessary to enter. The only requirement for U.S. citizens is USATF membership, available at the site. Non-U.S. citizens compete as guests, and receive duplicate awards but are not "Champions" and do not displace U.S. citizens.

Entry deadline without penalty is March 15. No entries or changes will be accepted after March 22. Indoor implements will be supplied. There will be no 27" hurdles.

The meet also includes the National Pentathlon Championships on Friday, the 26th, starting at 8:00 a.m., with more events at 2:00 p.m. The schedule continues on Saturday and Sunday with a full slate, including the 60H, mile, superweight, two relays, and 3000 racewalk.

The Championships entry form with the schedule and other important information, including special hotel rates, was published in the January NMN. Additional information is available at www.usatfne.org, and 617-566-7600.

A social/dinner is planned for Thursday night. More details and a list of entrants will be posted beginning on



JERRY WOJCIK

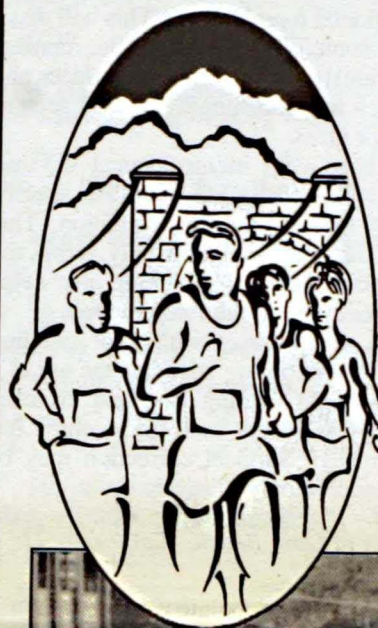
Robert Harvey, third M60 in the shot put, 2003 National Masters Indoor Championships, Boston.

March 1 at the Web site.

The USATF New England Association is presenting the meet, under the administration of past directors Steve Vaitones and Phil Byrne. □

28th Annual Ogden Newspapers 20K Classic

SATURDAY, MAY 29, 2004 • 8:00 a.m.
Wheeling, West Virginia



Ogden Mile

(America's fastest mile-downhill)

Fri., May 28 • 7:15 p.m.

**Ogden Newspaper
5K Run
and Walk for Health**
Sat., May 29 • 8:30 a.m.



"The Most Challenging 20K In The U.S.A."

FEE SCHEDULE FOR THE 20K RUN OR WALK

Entry Fee \$22.00

Applications received after deadline (May 17) \$26.00

Applications received May 28 & 29 \$30.00

For Information and online registration visit
the web site at: Ogden20Kclassic.com



19th ANNUAL MEET OF CHAMPIONS

SOUTHERN CALIFORNIA STRIDERS
TRACK & FIELD CLUB

CALIFORNIA STATE UNIVERSITY AT LONG BEACH

SATURDAY, MAY 8, 2004

ENTRY FEES: \$12 first event, additional events \$6. Relay teams free.
After deadline, or at meet \$15 first event, \$7 per additional event.

DEADLINE: May 1, 2004

DIVISIONS: Men & Women: Submasters (30-39) and masters (40+) compete in 5-year age groups.

AWARDS: 2" medal with red, white & blue ribbon for 1st, 2nd, & 3rd.

FACILITIES: 8 lane artificial surface track; concrete throwing rings.

NOTE: This event is sanctioned by USA Track & Field. 2004 registration required (available at meet for \$20).

DIRECTIONS TO CSULB: Exit 405 freeway at Bellflower Blvd. Go south to Atherton. Left (east) to Signal. Right into parking lots. Track is on left behind parking structure. Parking in lot #14 is free. Otherwise, be prepared to pay \$1.75.

Schedule

Track Events

11:00 am 80/100/110 meter hurdles	2:15 pm 200 meters
11:30 am 1500 meters	2:45 pm 800 meters
12:00 pm 100 meters	3:15 pm 4X100 Relay
1:00 pm 300/400 meters hurdles	3:45 pm 400 meters
1:30 pm 3000 meters	

Field Events

11:00 am hammer throw, pole vault & high jump	1:30 pm shot put & triple jump
12:00 pm discus throw & long jump	3:00 pm javelin throw

ENTRY FORM (Please Print)

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Age on 5-8-04 _____ Sex M F Phone _____

USAT&F No. _____ Club? _____

Events _____

Amount Enclosed _____ Make checks payable to So. Calif. Striders and send to Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009 - Phone 760-436-7696. Inquiries may also be directed to Al Escabosa at 714-528-1443.

WAIVER - In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against California State University at Long Beach, the Southern California Striders, USAT&F, the meet director and all sponsors of the track & field meet, their successors, representatives and assigns for any and all injuries which I may suffer while traveling to and participating in the MEET OF CHAMPIONS to be held May 8, 2004 at California State University at Long Beach. I certify that I am free from hampering injuries or physical defects.

SIGNATURE _____

DATE _____



PAGLIANO'S PODIATRIC POINTERS
The Foot Beat

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

Metatarsal Pain

One of the more common complaints of masters runners, is pain across the balls of the feet. This is probably one of the most misunderstood injuries and is often misdiagnosed.

Metatarsal refers to a pain across the bottom of the metatarsal head area or the balls of the feet. This can be across the board or isolated to just one or two metatarsal heads. These are quite painful and limit the ability to sprint or run long distances.

In general, as we age, we lose the protective fat pad in the ball of the foot. This is the device that cushions shock and protects the metatarsal head and joint areas from the trauma of running. Often, the fat pad shifts forward, leaving the metatarsal head area prone to injury. Synovitis and joint swelling can also occur in this area with a dropped metatarsal and hammertoe formation.

Several foot types are prone to this condition. One is the high arch foot, where excessive force is shifted forward on the balls of the feet. Another is the Morton's type of foot with a short first metatarsal, that shifts weight to the other metatarsal head areas. The pronated foot has also been implicated in this injury.

The first line of defense against this problem is to obtain the proper training

flats. One will have to shift to a highly cushioned forefoot shoe. This will dissipate some of the shock while, running. Obviously, avoid concrete surfaces and switch to a soft running surface such as dirt or grass.

Those with biomechanical difficulties will need a custom orthosis specifically molded for this condition. This will distribute weight evenly across the forefoot. Achilles stretching also helps reduce stress to the forefoot area.

In severe cases with joint swelling and distention, we advocate the use of a non-weight bearing cast and crutches for 3-6 weeks or until the swelling has dissipated. Surgical correction may be considered only in severe cases. □

(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)

Sunmart Endurance

Continued from page 6

Dave Mackey, 34, Boulder, Colo., who was last year's 50K champion, moved up to the 50-miler this year and finished second in 5:58:54 behind overall winner Marcio Oliveira, 35, Santos, Brazil. Oliveira, a former soccer player, finished at 5:33:42. Defending 50-mile champion Yiannis Kourou, 47, of Greece, took the masters crown in 6:36:07.

This year's Sunmart events drew over 1000 competitors from 38 states and six countries and continues to be the largest ultra event in the United States. □



JOHN WELCH
Debbie Miller, 52, second W40+ (4:51:40), Sunmart Texas Trail Endurance Run, Huntsville State Park.

Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Maryann Iglesias, at 818-286-3128; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood, CA 91615.

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\$ 18.00 Race Day

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more information.

The Baton Rouge Area Sports Foundation and Club South Runners are hosting the 6th Annual Nextel Mardi Gras Mambo 10k and 1-mile fun run & walk. Race participants can expect to run a flat fast course starting from the Sheraton Baton Rouge's Capital City Atrium, to the Louisiana State University Campus and returning to downtown Baton Rouge via the historic River Road. We will start this year's race with a cannon blast from our WWII Destroyer, the USS KIDD. After the race, stay and watch the Spanish Town Mardi Gras Parade. Contact us at 225-382-3596 or visit www.brasf.com for more info and race form.

Rocket City Marathon

Continued from page 1

plan as the previous year – stay with the lead pack, draft off the younger runners and go for the win in the last miles if possible. In 2002, no other runner was capable of the 2:22 pace he ran, but Englishman Michael Green, 27, wanted to break 2:20 this year and he was almost capable of that mark, winning the race in 2:20:25.

"I knew I was probably running as fast as I could and finished strong," Simonaitis told *Huntsville Times* reporter Bruce McLellan. "If I had pushed it much more, I knew I could jeopardize the last few miles and really crash and burn."

Rocket City closed an outstanding year for Simonaitis during which he won two national masters titles and was second only to Eddy Hellebuyck in two others.

In early May, he won the U.S. 25K championship at the River Bank Run in 1:20:47, and later that month in Wheeling, W.V., took the 20K title at the Ogden Classic in 1:05:25. On successive weekends in October, he was second U.S. master (30:53) at the Heritage Oaks 10K, the USATF National Masters Championship, then ran 2:23:25 at Twin Cities to finish as second U.S. master.

He was the top U.S. master at the Peachtree 10K in July, running 30:06 and finishing 18th overall. In August he was the first U.S. master at three noted races: the Beach to Beacon 10K (30:24) in Maine, the Falmouth Road Race in Maine and the Crim 10-Mile (50:21) in Michigan.

"It's been a very full year of racing, with a lot of traveling," he said. "It came together well."

For his final effort in Huntsville, Simonaitis earned \$1500 for the masters title and collected an additional \$1000 for second place overall.

In addition to Kuznetsov (\$750 for second master and \$250 for fourth overall) and Toepfer (\$250 for third master and \$250 for fifth overall) three other male masters won \$250. Dave

Johnson, 47, Hastings, Neb., was fourth in 2:35:36; Stuart Galloway, 42, St. Catharines, Ont., Canada, was fifth in 2:39:40 and Stephen Bolt, 48, College Grove, Tenn., was sixth in 2:41:15. Bolt was the overall winner of this marathon the first two years (1977, '78) it was held.

Bolt and Simonaitis were not the only former winners taking prize money. Naumova and Boessow had won here before. Naumova came to Huntsville in 2001 soon after her 40th birthday and not only won the race but

Continued on page 10



JIM OAKS

Before this year, Dean Godwin, James Foreman and Garry Elkins had competed in all 26 previous Rocket City Marathons. This year Foreman did not make it. Here he (center) congratulates Godwin (left) and Elkins (right) at the awards banquet.

5th ANNUAL SADDLEBACK MASTERS' MEET

Saturday, March 6, 2004 @ Saddleback College, Mission Viejo, CA

AGE: 30+ for men and women, 5 year age groups

DIRECTIONS: Located between L.A. & San Diego (5 Frwy, Exit Avery). 15 minutes south of Orange County Airport.

FACILITIES: New urethane track, runways, javelin approach, high jump apron. AWARDS: Medals to first three.

ACCOMMODATIONS: Many hotels/motels and restaurants within 5 miles of campus.

ENTRY FEES: \$20 for first event (includes "T" shirt), \$5 per each additional event, and Family Relay is free.

LATE ENTRIES: Accepted on the day of the meet, but you must enter at least one hour prior to events to insure entry. \$10 Late Fee is additional to other fees. No late fee if entry received by March 1st.

NO REFUNDS: All proceeds go to Saddleback College Foundation and used for new track equipment & scholarships.

USATF Sanctioned Meet. You must have 2004 USATF Card.

Time	Event	"X" Events	Time	Event	"X" Events	Time	Event	"X" Events
10:00 am	Javelin	<input type="checkbox"/>	12 noon	5K Run (Men & Women)	<input type="checkbox"/>	2:35 pm	300 Hurdles Women	<input type="checkbox"/>
	Long Jump	<input type="checkbox"/>	12:45 pm	60m Hurdles Women	<input type="checkbox"/>	2:45 pm	300 Hurdles Men	<input type="checkbox"/>
12:00	Shot Put	<input type="checkbox"/>	12:55 pm	60m Hurdles Men	<input type="checkbox"/>	3:10 pm	800 Women	<input type="checkbox"/>
	Pole Vault	<input type="checkbox"/>	1:15 pm	100m Women	<input type="checkbox"/>	3:20 pm	800 Men	<input type="checkbox"/>
	High Jump (3' Start)	<input type="checkbox"/>	1:25 pm	100m Men	<input type="checkbox"/>	3:40 pm	60m Women	<input type="checkbox"/>
2:00 pm	Triple Jump	<input type="checkbox"/>	1:45 pm	1500 Women	<input type="checkbox"/>	3:50 pm	60m Men	<input type="checkbox"/>
	High Jump (5' Start)	<input type="checkbox"/>	1:50 pm	1500 Men	<input type="checkbox"/>	4:20 pm	Family Relay	<input type="checkbox"/>
	Discus	<input type="checkbox"/>	2:10 pm	300 Women	<input type="checkbox"/>			
			2:20 pm	300 Men	<input type="checkbox"/>			

Order of Events: Women then Men, Oldest to Youngest, except 5K, which is combined.

Registration fee: \$20, (includes 1st event). # of additional events _____ x \$5 = _____

Total Amount Enclosed \$ _____ (**CHECK PAYABLE TO: SADDLEBACK COLLEGE FOUNDATION.**)

Mail Entry with check: Saddleback College Athletic Dept., 28000 Marguerite Pkwy, Mission Viejo, CA 92692

Atten: Mark Blethen Questions? Contact Mark (949) 582-4640

(Note: **NO REFUNDS**)

ENTRY FORM

NAME _____ SEX: M ___ F ___ AGE _____ DOB _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

PHONE (____) _____ FAX (____) _____ E-MAIL _____

2004 USATF # _____

T-SHIRT SIZE: (Circle size of shirt) M L XL XXL AMOUNT ENCLOSED: \$ _____

PAYABLE TO: SADDLEBACK COLLEGE FOUNDATION.

MAIL TO: Saddleback College Athletic Dept., 28000 Marguerite Pkwy, Mission Viejo, CA 92692,

Atten: Mark Blethen You may contact Mark Blethen at (949) 582-4640

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against Saddleback College, the meet directors, field officials, volunteers, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition, and will do so if directed.

Athlete's Signature _____ Date _____

Coaching/Training List to be Updated

An updated Masters Coaching/Training list will be published in the March issue. The list contains contact information of individuals and groups who offer coaching and training advice to masters men and women in track & field, long distance running, and racewalking.

Additions and changes should be sent to Coaches, National Masters News, P.O. Box 50098, Eugene, OR 97405; by fax: 541-345-2436; or to natmanews@aol.com before the February 10th deadline.



Masters Racewalking

By ELAINE WARD

Shin Pain With Ray Sharp

Ollie Holste, M65, introduced the subject of shin pain on the Internet Race Walk List. He wrote, "Normally, for short races, I warm up 3-5km just to get the shins ready. For long distance races, I don't warm up that much so my shins kill me during the first 3-4km. How does one warm up for a long race?" Ray Sharp shares his insight and experience as one of the top national athletes in the 1980s. The following is based on his answer to Holste. — ew

In my case, pain along the front of the lower leg beginning in the ankle area and radiating upward, was fairly common. It happened (1) early in my career, (2) when I was increasing mileage significantly, (3) when starting training after a layoff, and (4) any time I tried to walk too fast without a proper warm-up. The typical walker's pain is attributed to inflammation of the anterior tibialis, the largest muscle on the outside front of the lower leg.

Basically when you begin to work out, blood goes to the big muscles first (butt, thighs, calves, arms, etc.) because they have to do the work. It takes a while for good circulation to get to the connective tissues and the little muscles that do things like hold your toes up when your heel strikes. That's why a thorough warm-up takes either 10-20 minutes of slow to moderate walking, or some exercises and stretching that increase circulation to the joints and muscles through their full range of motion, or both. More time may be needed for more intense or faster workouts.

Usually you want to progress gradually through slow walking to moderately paced walking with good form in order to increase circulation. Then proceed to some light static stretching (yoga-like poses with no bouncing and relaxed breathing). Finally do more intense work like dynamic (moving) stretches, walking form drills and accelerations to race pace. This is all well known and each athlete develops a warm-up routine over time by copying what others have found successful.

Shins and Ankles

I used to take aspirin before races in the early '80s. This caused vomiting — not recommended. When I discovered Ibuprofen in 1986, my performances got a lot better. It is really good at reducing inflammation and pain. Use in moderation and never when you are dehydrated.

If you need to take pills every day, you are not solving anything. Ice is

very important after any workout when there is pain or stiffness. Move the ice along the entire affected region for 10-15 minutes.

A good stretch for the ankles: Do it several times during the warm-up. Sit on your shins with toes pointing straight back, not to the side. Lean back to increase the stretch. If your quads and shins are loose, you may be able to lie all the way back. Also, stretch the ankles by working them through all their motions, circles, etc.

Time Out

When pain starts during the walking warm-up, sit right down on the ground and do the lie-back stretch again for a few seconds as often as needed. When you stretch, you are allowing more blood to get into the tissues that are suffering on every heel strike. A few seconds of pausing to stretch can be immensely helpful.

Hopefully, after a few periods of alternating walking and stretching, the pain will be gone for the duration of the session or race. Each time you do the ankle stretch, also stretch the opposing muscles such as the Achilles, calf and behind the knee for a few seconds before resuming walking.

Warm baths or contrast baths may be used before speed work or races. These can alleviate the need to do a long warm-up before a long race. The other key is to make sure you taper properly in the week leading up to the race so your shins are fairly healthy going into the race.

A good routine of stretching in the days leading up to the race also helps. For many people the best time to stretch is in the evening before bed when the body is "stretched-out" from the day's activity.

Get in the habit of doing a good yoga-type program in the evening for 15-20 minutes while listening to music or watching TV and your walking will really improve. Several books are available with stretching positions for runners and walkers. Bob Anderson, a former *Runners World* editor from Colorado wrote one of the best.

Over-pronation

In my opinion, much of the anterior tibial problem in racewalking, which is exacerbated by overtraining and insufficient warm-up, has a root cause in the biomechanical problem of over-pronation. Pronating means the natural (desired) rolling of weight toward the big toes before push-off. Over-pronat-



JERRY WOJCIK

Racewalkers in the 5000, 35th National Masters Championships, Orono, Me., (l to r): Cathy Mayfield, 51, (32:34.06); Debbie Topham, 49, first W45 (28:02.28); and Sherry Brosnahan, 50, second W50 (28:02.13).

ing means the arch collapses too early and the weight goes along the inside of the foot instead of along the outside/center as you roll forward.

Because walkers keep the support leg straight, they need to supinate (roll along the outside of the bottom of the foot) instead of pronate. When you supinate, your ankle is in a straight line from the hip and femur through the lower leg (tibia) to the ground. When you over-pronate, your ankle is bent inward by 10-20 degrees or more. This causes overuse injury.

Rolling Along

How to roll: Roll on the outside of the bottom of your foot if you are an over-pronator. Orthotics or arch supports can help a great deal, but my preferred method is to build up the inside tier of the heel of the shoe with a bump composed of shoe goo layers.

Depending on the shoe, I might need about a 5-10 millimeter (thickness) bump covering about a 3 x 4 cen-

timeter area to force my ankle into the proper alignment at heel strike.

Now the beautiful thing about walking is that if you can land on the outside of the heel and maintain a straight leg, you will roll nicely forward along the outside. Of course, if you really pronate badly, you probably have problems with bent knees because when you flatten the arch and your weight collapses inward, it bends your ankle and knee inward.

Orthotics or shoes with good arch support will be needed in that case. But for me, as long as I have built up the inside edge of the heel, I roll through with straight legs which accomplishes three good things: (1) puts you in a powerful, low-heel position for the push-off phase, (2) makes you legal at high speed, and (3) puts the ankles in the proper alignment for overcoming shin pain. □

(Elaine Ward can be reached by e-mail at narwf@aol.com)

Rocket City Marathon

Continued from page 9

broke the women's masters record with a 2:39:38 and earned a \$1000 bonus for the record. That year her total check was \$4500, so with that same goal in mind it is little wonder that she flew from Russia just for this weekend race. However, when she reached the mid-point in 1:20:43, she knew her record was out of reach.

"For the record, the half-marathon needs to be 1:18," she said. "After the half-marathon, I took it slow."

Naumova was coming back from a foot injury in the summer. She ran 2:44:33 at the Stockholm Marathon in June, then had to take July and August off. She started running again in September and estimated that she had logged about 370 miles in preparation for this race. Her winner's check of

\$3500 (both open and masters titles) still made the trip worthwhile.

Boessow won the overall title at Rocket City three consecutive years (1988-1990) and was back to compete in this race as a master for the first time. She earned \$1000 when the second masters prize of \$750 was added to the \$250 for eighth overall. Other masters money winners (\$250) included Susan Keith, 42, Birmingham; Karen Mann, 41, Ringgold, Ga.; Shirley Pratt, 42, Orlando, Fla.; and Challis Gamble, 43, Birmingham.

Gary Romesser, 53, Indianapolis, won the masters title at this race in 1992, but he has made much more money here since turning 50 and becoming eligible for the grand masters age-graded money that Rocket

Continued on page 11

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

Rocket City Marathon

Continued from page 10

City offers. He won \$1000 this year with the top age-graded performance of 2:42:45 (2:25:00 A-G).

In 2000, his first year of eligibility for age-graded money, his 2:36:04 (2:22:29 A-G) won in age-graded record time, earning a \$1000 bonus for a total of \$2000. He was third in the age-graded category in both 2001 and 2002, taking home \$500 each of those years.

Other age graded winners were Gene McGrady, 56, Atlanta, second in 2:54:40 (2:31:43 A-G), Ken Brewer, 62, Oxford, Ala., third in 3:05:30 (2:32:32 A-G), and Nancy Rolling, 57, Evanston, Ill., ninth in 3:30:54 (2:38:59A-G).

Dean Godwin, 64, Akin, S.C., and Garry Elkins, 61, Gadsden, Ala., two of the three runners who had completed all 26 previous Rocket City marathons, made it through again this year. But Huntsville's own James Foreman, 69, had his string broken.

Foreman's son, Greg, with whom he had won father and son team titles in 1979 and 1987, gave a touching tribute to his father at the awards banquet and recognized the enduring friendship that he and his father had formed with Godwin and Elkins over the years.

Registration numbers increased this year from 985 to 1067. Of this total, 633 were masters. There were 876 finishers in the race.



JIM OAKS

Gary Romesser, 53, winner of the Grand Masters Age-Graded performance prize of \$1000 for his 2:42:45 (2:25:00), Rocket City Marathon.

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. \$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. 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. \$2.00.	_____	\$ _____
Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of Oct. 31, 2003 (world) and Dec. 7, 2003 (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	_____	\$ 2.00
Overseas Air Mail (add \$5.00 per book)	_____	\$ _____
TOTAL	_____	\$ _____

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P.O. Box 50098, Eugene OR 97405

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On The Run

By HAL HIGDON

Hal Higdon takes a break this month. Look for his next column in the March issue.

Sullivan Award

Continued from page 1
mittee.

Raschker credits her nomination to the NSGA and dedicated individuals, such as Phil Mulkey, Liz Johnson, Patricia Peterson, Tom Rauscher, and

Robert Weiner, who are committed to promoting women's involvement in sports and athletics.

For more on the Sullivan Award, go to http://www.aausullivan.org/news_03_finalists.html. □



TROJAN MASTERS TRACK CLUB SUNDAY, APRIL 25, 2004

**VERN WOLFE MEMORIAL
MASTERS TRACK & FIELD MEET**
USC Cromwell Field, Loker Stadium
USC Campus, Los Angeles, California

- Meet Supervisor: Ron Alice, USC Track Coach. Meet Director: Robin Paulsen.
- USATF sanctioned meet with officials. USATF Membership required.
- Pre-registration deadline April 17, 2004 - Mail early, fax (310) 457-7326 or email trojanmtc@aol.com
- All weather composition track & runways, (8) lanes, (3/16") spikes maximum - enforced (no exceptions).
- An official will certify all implements 1-hour before each event.
- Locker room available next to track.
- Electronic photo timing and scoring - running events only.
- (6) Throws and (6) Jumps - all javelin & discus throws will be marked & measured at one time except on specific request for a potential record throw by any contestant or official.
- Awards: medals awarded top three in each event, five-year age groups 30+. Watches will be awarded for the age graded - outstanding performance by track & field men and women.
- Parking: enter USC campus gate 5, McClintock Ave. off Jefferson Blvd. Structure A - fee \$3.00
- Accommodations: the Radisson Hotel Midtown is immediately across from the USC Campus at 3540 Figueroa Street. Their web site is at www.radisson-midtown.com or call (800) 333-3333/(213) 748-4141.
- Further meet information is available at www.trojanmtc.com or email Chuck at trojanmtc@aol.com.

SCHEDULE

10:00 Welcome Ceremony: Presentation of Colors & National Anthem by USC's ROTC.

RUNNING EVENTS

- 10:15 Armed Services 3 mile run
- 10:45 80m, 100m, 110m Hurdles
- 11:30 1500m
- 12:00-12:30 Lunch Break
- 12:30 100m
- 1:00 400m
- 1:30 4x100 Relay - Armed Services
- 1:35 4x100 Relay - Masters
- 1:45 800m
- 2:00 300m Hurdles
- 2:15 400m Hurdles
- 2:30 50m
- 2:45 200m
- 3:15 3000m & 5000m

FIELD EVENTS

- 10:15 Pole Vault
- Long Jump
- Discus - oldest to youngest
- Shot Put - youngest to oldest
- 12:30 High Jump
- Triple Jump
- Javelin

ORDER OF COMPETITION

Women first, followed by men - oldest to youngest - unless otherwise stated.

ENTRY FORM - RECEIPT DUE BY APRIL 17, 2004

(Please Print)
Last Name _____ First Name _____ MF Age 4-25-04 _____ DOB _____
Address _____ State _____ Zip _____
Phone Number _____ Email _____ USATF # _____
Tee Shirt Size S M L XL XXL

Make Checks Payable to: Trojan Masters Track Club • Mail to: Chuck Coutts, 6321 Paseo Cyn. Dr., Malibu, CA 90265

EVENTS (No Limits)

- 1 _____ 4 _____
- 2 _____ 5 _____
- 3 _____ 6 _____

Registration (Includes one event) \$25.00= _____
Additional Events _____ ea. @ \$10.00= _____
Late Entry \$10.00= _____
Regular TMTc Membership _____
Includes Tee Shirt @ \$25.00= _____
Tee Shirts () @ \$10.00= _____
TOTAL ENCLOSED \$ _____

USC policy requires membership in the Trojan Masters Track Club for use of their facilities. You must, therefore, join at sign up. There is no initial charge. Regular membership entitles you to the club newsletter, training clinics, team purchase discounts, posting of results of our meet and others you may compete in on our web site. Only Requirement: an interest in T&F and your support.

LIABILITY RELEASE FORM

The University of Southern California, through its Recreational Sports Department, supports various programs for students, faculty, (current and emeritus) staff, alumni and official guests of the institution to use the recreation facilities. In sponsoring such programs, the university may make certain facilities, services and personnel available to the participants. The University, however, assumes no responsibility for any injury or damage suffered by a participant in connection with the use of such facilities or services. In consideration of the University's providing the facilities, services, and personnel, and as a consideration for the continuation of such facilities, the undersigned releases the University and the Department from any and all liability and responsibility for injury or damage, which may be incurred by the undersigned in participating in such activities. The undersigned further agrees to conform to all rules and regulations adopted by the Department relating to the activities sponsored by the University.

Signature _____ Date _____

Use this sheet as your entry form
For immediate information email Chuck Coutts at trojanmtc@aol.com or go to our web site at <http://www.trojanmtc.com>
Proudly Sponsored by the University of Southern California's Trojan Masters Track Club

Arizona Rock N' Roll Marathon Debuts to Wind, Music

By SUSANNAH BECK

The inaugural P.F. Chang's Rock N' Roll Arizona Marathon got off to a big start, Jan. 11, in Phoenix, luring 29,000 entrants to the Sun City with their Rock N' Roll line of marathon products. Organized by Elite Racing, Inc., of San Diego, Calif., the Phoenix/Scottsdale/Tempe event is now the third "Rock N' Roll" concept race, joining the marathon held in San Diego, Calif., and the half-marathon in Virginia Beach, Va. It was the biggest first-time running event ever.

Slight winds and a day that warmed to 75 tempered the predicted speedway times over the "fast, flat" course that actually combined a few rollers toward the 20 mile mark. Still, runners were constantly inspired by 50 bands and 40 cheerleading squads along the course.

Russia's Ramilia Burangulova, 42, in 2:33:49, was the top master overall, and first masters woman. She ran through

half way with the lead women's pack, 1:16:48, before dropping off the pace only slightly to finish with virtually even splits, in fourth. She earned \$4000 in prize money.

Curtis Stautz, 44, Newburgh, Ind., was the second master across the line, and first male master, 2:41:50, running nice negative splits (1:21:28/1:20:22). Frank Blanco, 59, Glendale, Ariz., won the M55 age division with a strong 2:52:04. Mel Williams, 66, Norfolk, Va., topped the M65 with 3:19:05.

W45 winner Ellen Hart-Pena, 45, Denver, Colo., 2:52:16, was disappointed to miss the U.S. Olympic Marathon Trials qualifying standard (2:48), by four minutes. She was philosophical in an interview with *The Arizona Republic's* Jim Gintonio: "It's the first marathon I've run in 20 years, but if I had gone four minutes faster, I'd be doing handsprings... I did qualify for the trials in 1980 and 1984, but that was three kids and one divorce ago." Hart Pena ran a 2:35 marathon in the early 1980s.

Barbara Mills, 64, Modesto, Calif., sailed to a W60 winning 3:37:31.

The accompanying half-marathon featured 15,000 entrants and started at the same time as the marathon (both 30 minutes late at 8:15 a.m.). Alan Newton, 41, Boise, Idaho, 1:13:01, led the masters field, outdueling Kevin Haas, 45, St. Louis Park, Minn., 1:13:05, by four seconds. An unusual third-place masters finish by Albuquerque's famous Eddy Hellebuyck, 42, 1:13:41, was explained by a sore ankle.

Homegirl Susan Loken, 40, Phoenix, 1:19:20, was the fastest masters lady of the day, handing a rare second place to Janet Robertz, 44, Shorewood, Minn., 1:23:22. Both women are in training for the U.S. Olympic Marathon Trials in April. □

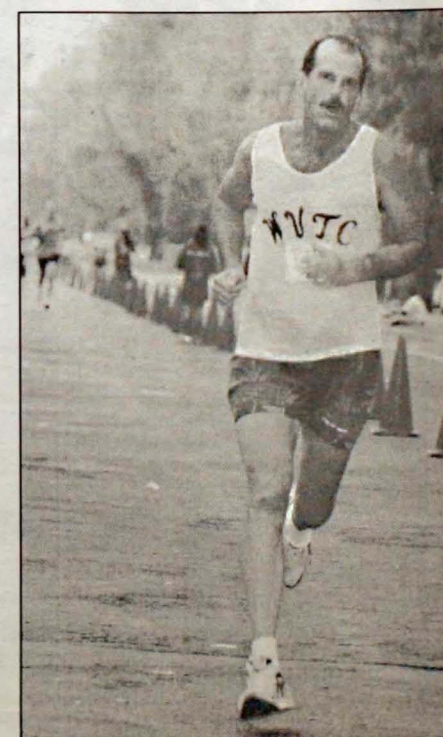


MIKE POLANSKY

Award winners in the M60 group included Walter Kueffner (L) and Bob Pike, Rob's Run Cross-Country 5K, Stillwell Woods, Long Island, N.Y., Nov. 30.

FIVE YEARS AGO February 1999

- Jussi Hamalainen (52, 6:27:49) and Katrine Sunding-Hunt (42, 7:37:52) First Masters in National 50 Mile, Huntsville, Texas
- Jeff Martin (40, 2:34:11) and Jeanne Olash (41, 3:01:05) Win Masters Titles in Rocket City Marathon
- Dave Romansky, 60, and Lyn Brubaker, 41, Top Racewalkers
- Indy Life Circuit, sponsored by Indianapolis Life Insurance Co., returned for its third year, with eight races and \$76,600 in prize money and a \$50K grand prix purse



TESH TESHIMA

Duncan MacDonald, first M50 (17:25), 2003 Race for the Cure 5K, Honolulu.

NATIONAL MASTERS NEWS

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

Records Section

February 2004

page 13



Masters Age Records

New Indoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year indoor age-group track and field records for men and women. The world marks are those compiled and approved as of Oct. 31, 2003, by the Records Committee of World Masters Athletics (WMA). The U.S. records are those compiled and approved, as of Dec. 7, 2003, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF).

No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for races of 400 meters or less are considered for five-year age-group records. However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

The official USATF record form is printed on this page. U.S. athletes and officials should use this form when applying for a U.S. or world record.

Non-USA athletes should use the WMA record form published in the WMA Handbook. It will also be printed in the April 2004 NMN along with the new list of outdoor records.

Both the world and USA Records Committees are working to prepare one uniform record form to be used in the future. □



JERRY WOJCIK

Jim Manno, winner of the M80 400 (88.07), 2003 National Masters Indoor Championships, Boston. The 2004 Championships will be held in Boston, March 26-28.

THIS FORM SHALL BE USED FOR U.S. AND WORLD RECORDS
IT MAY BE USED FOR COLLEGIATE OR OTHER JURISDICTIONAL PERFORMANCES

APPLICATION FOR RECORDS

For U.S. age-group records, send to Sandy Pashkin,
301 Cathedral Parkway, #6U, New York, NY 10026.

For WMA age-group records, send to Brian Oxley,
259 McDougall Rd., Parry Sound, Ontario P2A 2W7, Canada

To THE RECORD COMMITTEE:

Application is hereby made for a record in support of which the following information is submitted:

Description of Record:

World _____ American _____ Association _____ Championship _____ Collegiate _____
Junior _____ Age _____ Group _____ Masters _____

(All applications for Junior, Age Group, or Masters records must be accompanied by copy of birth certificate or other proof of age)

1. Event _____ 2. Date and Time of Day _____ Men/Women _____
3. Record claimed (time, distance, height or points achieved) _____ Indoor/Outdoor _____
4. Where held (Arena, Town and Country) _____
5. Force of following wind _____ Anemometer _____ Attendant's Signature _____
6. Name of Competitor, Club and Country _____ (print)

(In relay events, the full names of the competitors should be printed in their running order)

AUTOMATIC TIMING

(If fully automatic timing was used, complete this section, regardless of the distance of the race and attach a print of the photo)

7. A fully automatic timing device, made by _____, was used.
The time recorded was _____, and this was the official time.

(Photo Evaluator)

(Address or USATF Official's Registration Number)

(Chief Timekeeper)

(Address or USATF Official's Registration Number)

TIMEKEEPER'S CERTIFICATES

8. I, the undersigned official timekeeper of the event above mentioned, do hereby certify that the time set opposite my signature was the exact time recorded by my watch, and that the watch used by me has been certified and approved by my National Association. (Refer to Rule).

Time _____ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

Time _____ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

Time _____ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

I confirm that the above Timekeepers exhibited their watches to me and that the times as stated are correct.

(Signature of Referee or Chief Timekeeper)

STARTER'S CERTIFICATE

9. I hereby certify that I was the starter for the event above-mentioned, that it was a fair start and no advantage was given to or taken by the claimant. (Refer to Rules)

(Signature of Starter)

(Address or USATF Official's Registration Number)

A newspaper clipping and marked program should be attached and made part of the application.

10. Measurers' Certificate for Track and Field Events (a or b)

(Signature of Measurer)

(Address or USATF Official's Registration Number)

(Signature of Measurer)

(Address or USATF Official's Registration Number)

(a) Track Events

The above certify that we measured, with a metric steel tape, the course over which the above event was held and that the exact distance was:
_____ meters _____ centimeters, or _____ miles _____ yards _____ feet _____ inches,
the length of one lap was _____ meters _____ centimeters or _____ yards _____ feet _____ inches,
that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance for lateral inclination did not exceed 1:100 and the running direction 1:1000.

(b) Field Events

The above certify that the lateral inclination of the runway or circle did not exceed 1:100 and in the running direction 1:1000. (Refer to Rules, in case of world record.)

THROWING EVENT IMPLEMENT CERTIFICATION

11. I certify that I weighed and measured the implement(s) used in making the throwing event distance mentioned above, and that said implement(s) were in strict accordance with the existing rules of the International Amateur Athletic Federation.

(Checker of Implements)

(Address or USATF Official's Registration Number)

JUDGES' CERTIFICATE (FIELD EVENT)

12. We hereby certify that the measurement stated opposite our respective signatures is exact as measured with a metric tape (Judges and Referee shall read measurement.)

We also certify that the implements used and circle or runway complied with the IAAF specifications.

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

CERTIFICATION OF FORM (Shot, Javelin, Walks)

13. I hereby certify that proper form was used in the record performance hereby applied for.

(Event Chief Judge)

(Address or USATF Official's Registration Number)

GUARANTEE BY REFEREE

14. I hereby certify that all the information recorded in this form is accurate, and that all the appropriate rules of the International Amateur Athletic Federation were complied with.

(Signature of Referee)

(Address or USATF Official's Registration Number)

World Track & Field Indoor Age-Group Records

Approved by the Records Committee of World Masters Athletics (WMA) as of October 31, 2003

Men's World Indoor Records

60 Meters	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	6.81	Troy Douglas(NED)	40	2-9-03
M45	7.02	Stan Whitley(USA)	45	3-23-91
M50	7.20	Bill Collins(USA)	51	3-23-02
M55	7.51	Manfred Koch(GER)	55	2-8-03
M60	7.7	Fayton Jordan(USA)	60	1-7-78
M65	7.8	Cecil Paul(CAN)	66	3-8-86
M70	8.39	John O'Neill(CAN)	70	3-5-94
M75	8.67	Melvin Larsen(USA)	75	3-25-00
M80	9.39	Roderick Parker(USA)	80	3-27-99
M85	9.78	Giuseppe Marabotti(ITA)	85	3-10-01
M90	11.50	Vittorio Colo(ITA)	91	3-8-03
M95	16.96	Everett Hosack(USA)	95	3-1-97
M100	27.29	Everett Hosack(USA)	100	3-23-02

200 Meters	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	22.19	Bill Collins(USA)	44	2-26-95
M45	22.57	Bill Collins(USA)	48	2-14-99
M50	22.99	Bill Collins(USA)	51	3-30-02
M55	24.09	Stephen Robbins(USA)	55	2-15-98
M60	25.10	Larry Colbert(USA)	61	3-29-98
M65	26.20	Larry Colbert(USA)	65	3-24-02
M70	27.40	Allan Meddings(GBR)	70	3-1-98
M75	29.11	Willi Selzer(GER)	75	3-9-03
M80	32.85	Jim Manno(USA)	80	3-25-01
M85	36.40	Giuseppe Marabotti(ITA)	85	3-11-01
M90	41.74	Friederich E Mahlo(GER)	90	3-9-03
M95	66.78	Everett Hosack(USA)	95	4-6-97

400 Meters	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	49.14	Elvis Forde(BAR)	40	2-18-00
M45	49.89	Fred Sowerby(USA)	45	1-29-94
M50	52.72	Harold Morioka(CAN)	52	2-25-95
M55	54.36	Harold Morioka(CAN)	56	3-27-99
M60	55.62	Harold Morioka(CAN)	60	3-29-03
M65	59.35	Larry Colbert(USA)	65	3-23-02
M70	61.31	Earl Fee(CAN)	70	3-27-99
M75	68.65	Willi Selzer(GER)	75	3-9-03
M80	75.58	Roderick Parker(USA)	80	3-27-99
M85	98.05	Bob Matteson(USA)	85	2-22-02
M90	1:51.26	Friederich E Mahlo(GER)	90	3-9-03

800 Meters	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	1:48.81	Johnny Gray(USA)	40	3-2-01
M45	1:57.32	Peter Browne(GBR)	45	1-29-95
M50	2:02.88	Nolan Shaheed(USA)	51	3-25-01
M55	2:08.15	Reginald Phipps(GBR)	56	1-17-99
M60	2:14.42	Harold Morioka(CAN)	60	3-30-03
M65	2:16.80	Earl Fee(CAN)	65	3-27-94
M70	2:20.45	Earl Fee(CAN)	70	3-28-99
M75	2:42.35	James Todd(GBR)	75	3-2-97
M80	3:11.16	Emiel Pauwels(BEL)	82	3-11-01
M85	3:46.96	Vincent Malizia(USA)	85	3-26-00

1500 Meters	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	3:45.3	Eamonn Coghlan(IRL)	40	2-26-93
M45	4:03.69	John Potts(GBR)	45	3-9-90
M50	4:14.73	John Potts(GBR)	50	2-26-95
M55	4:27.01	John Potts(USA)	55	2-14-00
M60	4:37.80	Maurice Morrrell(GBR)	61	3-20-94
M65	4:47.11	Earl Fee(CAN)	65	3-26-94
M70	5:27.4	Austin Newman(USA)	70	3-23-86
M75	5:37.28	Rune Bergman(SWE)	75	3-12-00
M80	6:19.34	Ernie Warwick(GBR)	80	3-2-96
M85	8:16.73	Vincent Malizia(USA)	85	2-6-00
M90	14:29.4	Mikko Salonen(FIN)	90	2-7-88

One Mile	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	3:58.13	Eamonn Coghlan(IRL)	41	2-20-94
M45	4:21.90	Albin Swenson(USA)	46	2-26-93
M50	4:26.75	Nolan Shaheed(USA)	51	3-2-01
M55	4:50.22	Victor Heckler(USA)	56	12-19-98
M60	5:01.76	Dan Conway(USA)	60	3-27-98
M65	5:13.3	Earl Fee(CAN)	67	3-23-96
M70	5:32.4	Scotty Carter(USA)	70	3-15-87
M75	6:27.16	John Hosner(USA)	75	2-26-00
M80	7:04.2	Paul Spangler(USA)	80	3-18-79
M85	8:33.11	Vincent Malizia(USA)	85	3-25-00

3000 Meters	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	8:09.13	Marcus O'Sullivan(GBR)	40	2-26-02
M45	8:36.64	Klaus Goldammer(GER)	46	1-24-99
M50	8:54.73	Nolan Shaheed(USA)	50	3-25-01
M55	9:23.43	Stephen James(GBR)	56	3-20-94
M60	9:43.88	Andrew Brown(GBR)	61	3-20-94
M65	10:11.60	Ed Whitlock(CAN)	65	3-9-96
M70	11:08.49	James Todd(GBR)	72	3-20-94
M75	12:12.72	Enrique Moreno(ESP)	70	3-6-03
M80	14:10.79	James Todd(GBR)	75	2-28-97
M85	16:41.3	Gordon Porteous(GBR)	80	3-20-94
M90		Marti Laiho(FIN)	85	2-10-95

60 Meter Hurdles	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	7.96	Karl Smith(USA)	40	3-25-00
M45	8.36	Colin Williams(USA)	48	2-3-02
M50	8.47	Walt Butler(USA)	51	3-20-93
M55	8.63	Courtland Gray(USA)	55	2-14-99
M60	9.14	Phil Mulkey(USA)	60	3-20-93
M65	9.8	Buck Bradberry(USA)	66	2-20-93
M70	9.89	James Stooke(USA)	70	3-25-00
M75	10.09	Melvin Larsen(USA)	76	1-19-01
M80	12.23	Edwin Lukens(USA)	80	3-23-02
M85	14.36	Karl Trei(CAN)	85	3-4-95

60 Meter Hurdles (27")	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M80	11.65	Bruno Sobrero(ITA)	80	3-8-01
M85	1:40.23	Herbert Liedtke(SWE)	86	3-6-03
M90	1:50.06	Friederich E Mahlo(GER)	90	3-6-03

High Jump	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	2.10	Dwight Stones(USA)	40	3-25-94
M45	1.92	Mark Chelnov(URS)	46	3-18-90
M50	2.00	Thomas Zacharas(GER)	50	3-2-97
M55	1.81	Asko Pesonen(FIN)	56	3-18-00
M60	1.65	Jim Gilchrist(USA)	62	3-24-93
M65	1.62	Jim Gilchrist(USA)	65	3-19-90
M70	1.49	Nils-Bertil Nevruv(SWE)	70	1-12-97
M75	1.40	Esko Kolhonen(FIN)	75	4-1-89
M80	1.27	Esko Kolhonen(FIN)	81	3-19-95
M85	1.27	Emmerich Jensch(AUT)	81	3-11-01
M90	1.09	Reino Taskinen(FIN)	86	2-9-02
M95	0.99	Ted Hatlen(USA)	90	3-24-01
M95	0.86	Everett Hosack(USA)	95	3-2-97

Pole Vault	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	5.18	Earl Bell(USA)	40	8-26-95
M45	4.78	Gary Hunter(USA)	45	3-24-01
M50	4.61	Wolfgang Ritte(GER)	50	2-8-03
M55	4.10	Matti Kilpelainen(USA)	57	2-15-03
M60	3.91	Dale Lance(USA)	60	2-27-98
M65	3.42	Jerry Donley(USA)	65	2-25-95
M70	3.15	Boo Morcom(USA)	71	1-8-93
M75	2.82	Carol Johnston(USA)	76	3-19-88
M80	2.75	William K. Bell(USA)	80	3-22-02
M85	1.90	Ahiti Pajunen(FIN)	85	3-19-95
M90	1.60	Ahiti Pajunen(FIN)	90	2-6-00

Long Jump	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	7.52	Barrington Williams(GBR)	40	3-2-96
M45	6.90	Tapani Taavitsainen(FIN)	45	2-3-90
M50	6.50	Fertti Ahomaki(FIN)	51	3-23-97
M55	6.34	Stig Backlund(FIN)	55	3-19-95
M60	5.80	Stig Backlund(FIN)	60	11-13-99
M65	5.31	Melvin Larsen(USA)	66	1-13-91
M70	5.31	Dick Richards(USA)	66	2-25-01
M75	5.07	Wolfgang K Reuter(GER)	73	3-7-03
M80	4.41	Heikki Simola(FIN)	75	3-7-87
M85	4.01	Edwin Lukens(USA)	80	3-23-02
M90	2.96	Giuseppe Marabotti(ITA)	85	3-9-01
M90	2.96	Vittorio Colo(ITA)	91	3-7-03

Triple Jump	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	16.08	Ray Kimble(USA)	40	2-94
M45	14.82	Milan Tiff(USA)	46	2-26-95
M50	13.72	Stig Backlund(FIN)	50	3-4-90
M55	13.35	Stig Backlund(FIN)	55	3-18-95
M60	12.53	Stig Backlund(FIN)	60	11-13-99
M65	10.92	Amelio Compri(ITA)	65	3-9-90
M70	10.54	Vladimir Popov(RUS)	70	3-8-03
M75	9.40	Heikki Simola(FIN)	75	3-8-87
M80	8.65	Ed Lukens(USA)	81	3-30-03
M85	6.95	Vittorio Colo(ITA)	89	3-10-01
M90	6.52	Vittorio Colo(ITA)	91	3-8-03

Shot Put (35-49: 16kg; 50-59: 6kg; 60-69: 5kg; 70+: 4kg)	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M40	20.07	Brian Oldfield(USA)	40	1-17-86
M45	15.78	Ed Hill(USA)	45	3-19-88
M50	16.27	Ladislav Pataki(USA)	52	2-14-99
M55	15.74	Joe Keshmiri(USA)	56	2-25-95
M60	16.83	Reino Nokelainen(FIN)	60	-81
M65	15.28	Voitto Elo(FIN)	67	-82
M70	14.39	T. Von Wachenfeldt(SWE)	71	3-22-98
M75	13.02	Erik Eriksson(FIN)	77	3-9-01
M80	11.58	Franz Meier(SWI)	81	3-6-99
M85	9.68	Ross Carter(USA)	85	3-26-99
M90	6.64	Ted Hatlen(USA)	90	3-24-01
M95	4.06	Everett Hosack(USA)	97	3-26-99
M100	3.52	Everett Hosack(USA)	100	3-23-02

MEN'S 3000m Racewalk	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
M35-39	11:29.87	J. Matthews 22 JAN 94	Boston USA	
M40-44	11:45.80	K. Degener 17 AUG 83	Berlin FRG	
M45-49	12:38.71	D. Denoon 20 FEB 93	Hillside USA	
M50-54	12:34.9	D. Denoon 4 FEB 94	Carbondale USA	
M55-59	13:09.0	D. Denoon 13 FEB 99	Carbondale USA	
M60-64	14:34.28	D. Romansky 20 MAR 99	Boston USA	
M65-69	15:39.67	G. Chaplin 2 MAR 96	Birmingham GBR	
M70-74	15:35.07p	T. Tuomela 19 MAR 94	Turku FIN	
M75-79	16:07.46	J. Bray 30 MAR 03	Boston USA	
M80-84	18:27.14	E. Gawinski 30 MAR 03	Boston USA	
M85-89	17:41.4	J. Grimwade 20 MAR 93	Cosgrove GBR	
M90-94	22:29.58	B. Patterson 25 MAR 01	Boston USA	

Women's World Indoor Records

60 Meters	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
W35	7.01	Merlene Ottey(JAM)	38	2-21-99
W40	7.18	Merlene Ottey(JAM)	43	2-9-03
W45	8.02	Phil Raschker(USA)	48	2-25-95
W50	8.05	Phil Raschker(USA)	50	3-1-97
W55	8.59	Phil Raschker(USA)	55	3-23-02
W60	8.98	Esther Linaker(GER)	61	3-8-03
W65	9.34	Asta Larsson(SWE)	65	2-1-97
W70	10.12	Joan Ogden(GBR)	70	2-28-98
W75	10.89	Ingrid Lorenz(GER)	75	3-10-01
W80	11.52	Mary Bowermaster(USA)	81	3-25-00
W85	12.58	Nora Wedemo(SWE)	85	2-13-99

200 Meters	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
W35	23.04	Sandra Myers(SPA)	35	2-17-96
W40	25.58	Tilly Verhoef-Jacobs(NED)	41	1-25-98
W45	26.06	Phil Raschker(USA)	47	3-25-94
W50	26.52	Phil Raschker(USA)	50	3-2-97
W55	29.31	Valerie Parsons(GBR)	55	1-27-02
W60	30.39	Irene Obera(USA)	60	3-25-94
W65	32.0	Joan Ogden(GBR)	65	3-20-93
W70	33.11	Joan Ogden(GBR)	70	2-28-98
W75	40.13	Ingrid Lorenz(GER)	77	3-9-03
W80	46.03	Nora Wedemo(SWE)	80	2-5-94
W85	52.01	Nora Wedemo(SWE)	85	1-31-99

400 Meters	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
W35	53.13	Nader Olizarenko(URS)	35	2-25-89
W40	56.82	Tilly Verhoef-Jacobs(NED)	40	2-2-97
W45	59.86	Caroline Marler(GBR)	46	3-2-97
W50	62.56	Caroline Marler(GBR)	50	2-17-01
W55	66.99	Nadine Lowenstein(BEL)	55	3-23-02
W60	70.69	Carolyn Cappetta(USA)	60	1-5-96
W65	71.89	Carolyn Cappetta(USA)	65	3-24-01
W70	88.79	Patricia Peterson(USA)	71	3-28-98
W75	1:41.15	Louise Adams(USA)	75	3-22-97
W80	2:25.03	Pearl Mehl(USA)	80	2-25-95
W85	2:39.23	Ivy Granstrom(CAN)	87	3-27-99

800 Meters	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE
W35	2:01.49	Doina Melinte(ROM)	35	3-11-92
W40	1:58.37	Helena Fuchsova(CZE)	40	2-25-01
W45	2:19.7	Caroline Marler(GBR)	46	2-1-97
W50	2:25.28	Caroline Marler(GBR)	50	2-18-01
W55	2:36.75	Riet Jonkers Slegers(NED)	55	3-13-99
W60	2:44.			

USA Track & Field Indoor Age-Group Records

Approved by the Records Committee of USA Track & Field as of December 7, 2003

Men's U.S. Indoor Records

60 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 6.98	Mitchell Lovett (NY)	36	3-28-98
M40 6.97	Eddie Hart (CA)	40	3-24-90
M45 7.02	Stan Whitley (CA)	45	3-23-91
M50 7.20	Bill Collins (TX)	51	3-23-02
M55 7.53	Hugo Hartenstein (CO)	55	3-24-90
M60 7.75	Harold Tolson (CA)	60	3-28-98
M65 7.7n	Payton Jordan (CA)	60	1-7-78
M70 8.05	Harold Tolson (CA)	65	3-29-03
M75 8.41	Harry Brown (IL)	70	3-25-00
M80 8.67	Melvin Larsen (IA)	75	3-25-00
M85 9.39	Roderick Parker (AR)	80	3-27-99
M90 10.72	Champion Goldy (NJ)	85	3-23-02
M95 11.84	Ted Hatlen (CA)	90	3-24-01
M95 p16.96	Everett Hosack (OH)	95	3-1-97
M100 27.29	Everett Hosack (OH)	100	3-23-02
200 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 22.04	Mitchell Lovett (NY)	36	3-29-98
M40 22.19	Bill Collins (TX)	44	2-26-95
M45 22.57	Bill Collins (TX)	48	2-14-99
M50 22.99	Bill Collins (TX)	52	3-30-03
M55 24.09	Stephen Robbins (CA)	55	2-15-98
M60 25.10	Larry Colbert (MD)	61	3-29-98
M65 26.20	Larry Colbert (MD)	65	3-24-02
M70 27.75	Harry Brown (IL)	70	3-26-00
M75 29.57	Melvin Larsen (IA)	75	3-26-00
M80 32.85	Jim Manno (NJ)	80	3-25-01
M85 39.75	Champion Goldy (NJ)	85	3-24-02
M90 76.4	Herb Kirk (MT)	91	1-11-87
M95 66.78	Everett Hosack (OH)	95	4-6-97
M100 2:29.81	Everett Hosack (OH)	100	3-16-02
400 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 48.58	Mitchell Lovett (NY)	36	3-28-98
M40 49.62	Ray Blackwell (DE)	42	3-24-01
M45 49.89	Fred Sowerby (NV)	45	1-29-94
M50 52.78	Bill Collins (TX)	50	3-24-01
M55 55.31	Charles Allie (PA)	55	3-29-03
M60 56.32	Larry Colbert (MD)	60	3-22-97
M65 59.35	Larry Colbert (MD)	65	3-23-02
M70 63.71	Harry Brown (IL)	70	3-25-00
M75 70.89	Roderick Parker (AR)	80	3-27-99
M80 75.58	Roderick Parker (AR)	80	3-27-99
M85 98.05	Bob Matteson (VT)	85	2-22-02
M90 2:54.0	Herb Kirk (MT)	91	1-11-87
800 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 1:49.79	Johnny Gray (CA)	35	2-19-96
M40 1:54.68	Angelm Lebourne (NJ)	40	2-12-00
M45 1:57.81	Ken Sparks (OH)	45	3-25-90
M50 2:02.88	Nolan Shaheed (CA)	51	3-25-01
M55 2:08.9	Ken Baker (NJ)	55	3-22-92
M60 2:14.75	Sidney Howard (NJ)	60	2-26-99
M65 2:24.12	Frank Haviland (NJ)	66	3-25-01
M70 2:34.10	Jim Sutton (PA)	70	2-22-02
M75 2:54.83	Archie Messenger (NY)	75	3-28-99
M80 3:13.39	Roderick Parker (AR)	80	3-28-99
M85 3:46.96	Vincent Malizia (CA)	85	3-26-00
1500 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 3:56.7	Ken Popejoy (IL)	40	3-16-91
M45 4:04.80	Ken Sparks (OH)	45	3-24-90
M50 4:15.64	Albin Swenson (CT)	51	3-15-98
M55 4:28.5	Victor Heckler (IL)	55	3-15-98
M60 4:43.75	James Sutton (PA)	61	3-7-93
M65 5:05.5	Archie Messenger (NY)	65	3-18-89
M70 5:27.4	Austin Newman (NJ)	70	3-23-86
M75 6:01.6	Austin Newman (NJ)	75	2-24-91
M80 6:35.4	Austin Newman (NJ)	80	2-11-96
M85 8:16.73	Vincent Malizia (CA)	85	2-6-00
M90 14:34.2	Herb Kirk (MT)	91	1-11-87
One Mile			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 4:11.00	Bill Stewart (MI)	40	1-22-83
M45 4:21.90	Albin Swenson (CT)	46	2-26-93
M50 4:26.75	Nolan Shaheed (CA)	52	3-2-02
M55 4:50.22	Vic Heckler (IL)	56	12-19-98
M60 5:01.76	Dan Conway (MN)	60	3-27-99
M65 5:26.58	Ino Cantu (TX)	66	3-25-00
M70 5:32.4	Scotty Carter (MA)	70	3-15-87
M75 6:27.16	John Hosner (VA)	75	2-26-00
M80 7:04.2	Paul Spangler (CA)	80	3-18-79
M85 8:33.11	Vincent Malizia (CA)	85	3-25-00
3000 Meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 8:32.52	Craig Fran (NH)	42	3-23-01
M45 8:49.79	Ken Leinbach (MA)	45	2-18-00
M50 8:54.26	Richard Burns (CA)	45	3-24-00
M55 8:54.73	Nolan Shaheed (CA)	51	3-23-01
M60 9:33.4	Victor Heckler (IL)	55	3-7-98
M65 10:01.96	Dan Conway (MN)	60	3-26-99
M70 10:50.40	Paul Heitzman (KS)	67	3-27-98
M75 11:27.6	Scotty Carter (MA)	70	3-15-87
M80 11:09.53	Lloyd Slocum (NH)	70	3-28-03
M85 13:10.84	Alfred Funk (MT)	78	3-21-93
M90 14:42.91	Austin Newman (NJ)	80	3-29-96
60 Meter Hurdles			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 7.56	Greg Foster (US)	35	3-4-94
M40 7.96	Karl Smith (MD)	40	3-25-00
M45 8.54	Stan Druckrey (WI)	46	2-25-95
M50 8.36	Colin Williams (OK)	45	2-3-02
M55 8.47	Walt Butler (CA)	51	3-20-93
M60 8.63	Courtland Gray (LA)	55	2-14-99
M65 9.14	Phil Mulkey (GA)	60	3-20-93
M70 9.99	Clarence Trinker (WI)	65	3-22-97
M75 9.89	James Stookey (MD)	70	3-25-00
M80 10.09	Melvin Larsen (IA)	76	1-19-01
M85 12.23	Edwin Lukens (NY)	80	3-23-02
M90 18.45	James Elliot (MI)	85	3-27-99
p18.26	Alfred Guidet (CA)	85	3-29-03

High Jump			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 7-0 1/4	2.14 Jim Barrineau (VA)	37	3-21-93
M40 6-9 1/4	2.06 Jim Barrineau (VA)	40	3-30-96
M45 6-1 1/4	1.86 Walden Curry (IA)	45	3-28-98
p6-4	1.93 Bruce McBarnette (VA)	45	3-29-03
M50 6-0 3/4	1.85 John Hartfield (TX)	51	3-29-96
M55 5-7 1/4	1.71 John C. Brown (MO)	56	1-11-86
M60 5-5	1.65 Jim Gilchrist (FL)	62	3-24-90
M65 5-4	1.62 Jim Gilchrist (FL)	65	3-19-93
M70 4-6 1/4	1.38 Billy Simmons (OH)	70	4-11-99
M75 4-4 3/4	1.34 Bill Wambach (WI)	75	3-24-01
M80 4-0	1.22 Wesley Ward (IN)	82	2-15-92
M85 3-6	1.07 Leland McPhie (CA)	88	3-23-02
M90 3-3	0.99 Ted Hatlen (CA)	90	3-24-01
M95 2-9 3/4	0.85 Everett Hosack (OH)	95	3-2-97

Pole Vault			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 16-8	5.08 Gary Hunter (IN)	36	4-4-92
M40 17-0	5.18 Earl Bell (AR)	40	8-26-95
M45 15-8 1/4	4.78 Gary Hunter (IN)	45	3-24-01
M50 14-2	4.32 Vincent Struble (NC)	51	3-23-02
M55 13-5 1/4	4.10 Matti Kilpelainen (MI)	57	2-15-03
M60 12-10	3.91 Dale Lance (OK)	60	3-27-98
M65 11-2 3/4	3.42 Jerry Donley (CO)	65	2-25-95
M70 10-4	3.15 Boo Morcom (PA)	71	1-8-93
M75 9-3	2.82 Carol Johnston (CA)	76	3-19-88
M80 9-0 1/4	2.75 William K. Bell (AR)	80	3-22-02
M85 5-6	1.67 A. E. Pitcher (IN)	86	3-19-88

Long Jump			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 23-1	7.03 Stan Whitley (CA)	40	2-22-86
M45 21-8 3/4	6.62 Stan Whitley (CA)	45	3-23-91
M50 20-8 1/2	6.31 Shirley Davission (CA)	50	3-29-80
M55 19-3 1/4	5.87 Boo Morcom (PA)	55	3-13-77
M60 18-3 3/4	5.58 Dick Richards (CA)	62	3-22-97
M65 17-5 1/4	5.31 Melvin Larsen (IA)	66	1-13-91
M70 17-5 1/4	5.31 Dick Richards (CA)	66	2-25-01
M75 16-6 3/4	5.05 Melvin Larsen (IA)	70	2-25-95
M80 14-1 3/4	4.31 Melvin Larsen (IA)	75	3-25-00
M85 13-2	4.01 Edwin Lukens (NY)	80	3-23-02
M90 10-2	3.10 Clarence Trahan (CA)	85	3-25-00
M95 7-0 1/4	2.14 Ted Hatlen (CA)	90	3-24-01

Triple Jump			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 52-9 1/4	16.08 Ray Kimble (US)	40	2- -94
M45 48-7 1/2	14.82 Milan Tiff (CA)	46	2-26-95
M50 40-7 1/2	12.38 Dave Jackson (CA)	51	3-27-83
M55 37-3 3/4	11.37 Frank Struna (MT)	58	1-28-00
M60 36-3 1/2	11.06 Ed Lukens (NY)	63	3-24-85
M65 35-7 3/4	10.86 Tom Patsolis (CA)	66	3-29-87
M70 32-8 1/2	9.97 Ed Lukens (NY)	70	3-19-93
M75 30-9 1/4	9.38 Ed Lukens (NY)	75	3-21-97
M80 28-4 1/2	8.65 Ed Lukens (NY)	81	3-30-03
M85 20-8 1/2	6.31 Clarence Trahan (CA)	87	3-24-02

Shot Put (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M40 65-10 1/4	20.07 Brian Oldfield (IL)	40	1-17-86
M45 53-11	16.43 Robert Orlando (MA)	45	1-11-02
M50 53-4 1/2	16.27 Ladislav Pataki (CA)	52	2-14-99
M55 51-7 3/4	15.74 Joe Keshmiri (NV)	56	2-25-95
M60 51-9	15.77 Joe Keshmiri (NV)	60	3-28-98
M65 45-11 3/4	14.01 Gerald Vaughn (NC)	65	2-25-01
M70 44-5 1/2	13.55 Arnie Gaynor (CA)	71	3-26-99
M75 40-4 1/4	12.30 Ross Carter (OR)	76	3-24-90
M80 37-6 3/4	11.45 Ross Carter (OR)	80	2-25-95
M85 31-9 1/4	9.68 Ross Carter (OR)	85	3-26-99
M90 21-9 1/2	6.64 Ted Hatlen (CA)	90	3-24-01
M100 12-0 1/4	3.66 Everett Hosack (OH)	100	3-16-02

Weight Throw (35-59: 35#; 60+: 25#)			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 78-3 1/2	23.86 Lance Deal (OR)	38	1-22-00
M40 73-10 3/4	22.52 Ed Burke (CA)	43	1-8-84
M45 64-3	19.58 Harold Connolly (CA)	45	1-8-77
M50 64-1 1/4	19.54 Bob Backus (MA)	51	2-24-78
M55 51-8 1/2	15.76 Tom Gage (MT)	56	3-25-00
M60 59-6 1/4	18.14 Stewart Thomson (CA)	62	2-18-96
M65 50-8 3/4	15.46 Bob D Ward (TX)	63	3-24-00
M70 41-8	12.70 Ken Weinbel (WA)	70	2-15-98
M75 37-3 3/4	11.37 Manual White (MT)	78	2-26-95
M80 28-1	8.56 Thomas McDermott (CT)	80	3-27-98
M85 22-1	6.73 Leon Joslin (WA)	85	2-15-98
M90 15-10 1/2	4.84 Everett Hosack (OH)	92	1-8-95
M95 12-0 1/2	3.67 Everett Hosack (OH)	95	3-23-97

Weight Throw (NEW IMPLEMENTS 50-59: 25#; 60-69: 20#; 70-79: 16#; 80+: 12#)			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M50 57-11 1/4	17.66 Tim Edwards (CO)	53	2-23-02
M55 64-7 3/4	19.70 Tom Gage (MT)	58	3-23-02
M60 59-8 1/4	18.19 Robert Cahners	60	1-12-03
M65 54-6 3/4	16.63 Bob D Ward (TX)	68	3-22-02
M70 52-6	16.00 Ray Feick (PA)	71	1-10-03
M75 37-6	11.43 Vince Sempronio (OR)	75	3-22-02
M80 45-7 3/4	13.91 Robert Horsley (WA)	80	3-22-02
M85 26-1 1/2	7.96 Leland McPhie (CA)	88	3-22-02
M100 16-8 3/4	5.10 Everett Hosack (OH)	100	3-22-02

Super Weight Throw (35-69: 56#; 70+: 35#)			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35 41-10 1/2	12.76 Ken Jansson (KS)	38	3-31-96
M40 35-8 1/2	10.88 Dave Vandergriff (SC)	40	3-31-96
M45 35-6 3/4	10.84 Jim Wetenhall (OH)	48	3-30-03
M50 35-10 1/2	10.93 Tom Gage (MT)	51	2-26-95
M55 32-4 1/4	9.86 Tom Gage (MT)	56	3-26-00
M60 28-9 1/4	8.77 Stewart Thomson (CA)	62	2-18-96
M65 23-11 1/2	7.30 Bob D Ward (TX)	67	3-25-01
M70 33-0 1/2	10.07 Ken Weinbel (WA)	70	3-29-98
M75 p26-1 1/2	7.96 William Walmsworth (MI)	75	3-28-99
M80 20-8 1/2	6.31 Thomas McDermott (CT)	80	3-29-98
M85 16-3 1/4	4.96 Leon Joslin (WA)	85	2-15-98
M90 10-3 1/4	3.13 Everett Hosack (OH)	95	3-23-97
M100 7-3	2.21 Everett Hosack (OH)	100	3-24-02

3000 meters Racewalk			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35-39 11:29.87	Jonathan Matthews Boston, MA	1/22/94	

M40-44 12:25.9	Ray Funkhouser Princeton, NJ	1/10/93	
M45-49 12:38.71	Don DeNoon Hillside, IL	2/20/93	
M50-54 12:34.9	Don DeNoon Carbondale, IL	2/4/94	
M55-59 13:09.0	Don DeNoon Carbondale, IL	2/13/99	
M60-64 14:34.28	Dave Romansky Boston, MA	3/29/99	
M65-69 15:30.50	Paul Johnson Boston, MA	3/30/03	
M70-74 16:07.46	Jack Bray Boston, MA	3/30/03	
M75-79 18:27.14	Ed Gawinski Boston, MA	3/30/03	
M80-84 21:39.16	Bill Patterson Greensboro, NC	3/31/96	
M85-89 22:29.58	Bill Patterson Boston, MA	3/25/01	

5000 meters			
DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE
M35-39			

Continued from previous page

60 Meter Hurdles table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Includes entries for W35, W40, W45, W50, W55, W60, W65, W70, W75.

High Jump table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Includes entries for W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Pole Vault table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Includes entries for W40, W45, W50, W55, W60, W65, W70, W75, W80.

Long Jump table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Includes entries for W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Triple Jump table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Includes entries for W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Shot Put (35-49: 4kg; 50+: 3kg) table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Includes entries for W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Weight Throw (35-49: 20kg; 50+: 16kg) table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Includes entry for W35.

Weight Throw (NEW IMPLEMENTS 60+: 12kg) table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Includes entries for W60, W65, W70, W75, W80, W85.

Super Weight Throw (35-59: 35kg; 60+: 25kg) table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Includes entries for W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

3000 meters Racewalk table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Includes entries for F35-39, F40-44, F45-49, F50-54, F55-59, F60-65, F65-69, F70-74, F75-79, F85-89.

Men's World Indoor Masters Relay Records (as of Dec. 7, 2003) and Men's World Indoor Masters Bests (as of Dec. 7, 2003) tables.

Women's World Indoor Masters Relay Records (as of Dec. 7, 2003) and Women's World Indoor Masters Relay Bests (as of Dec. 7, 2003) tables.

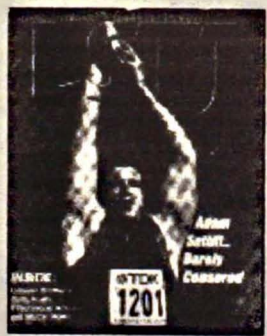
Men's American Indoor Masters Records (as of Dec. 7, 2003) and Women's American Indoor Masters Relay Records (as of Dec. 7, 2003) tables.

Men's American Indoor Bests (as of Dec. 7, 2003) and Women's American Indoor Bests (as of Dec. 7, 2003) tables.

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Women's American Indoor Masters Relay Records (as of Dec. 7, 2003) and Women's American Indoor Bests (as of Dec. 7, 2003) tables.

note: club records are listed before USA team records. OHTC: Over the Hill Track Club; NYPC: New York Pioneer Club; SAC: Shore AC; LAV: Los Angeles Valley TC; PSTC: Prairie Striders TC; BTC: Bohemia TC; NYPC: New York Pioneer Club; WVTC: West Valley TC; SCTC: Syracuse Chargers TC; FLRC: Finger Lakes RC; ATC: Atom Track Club; AATC: Ann Arbor TC; LAC: Liberty AC; CCTC: California TC; CPTC: Central Park TC

Masters Qualify for the Olympic Marathon Trials

Below is the list of masters men and women who have qualified for the Olympic Marathon Trials, including one who will be 40 at the Trials, as of Dec. 11. The Men's Trials will be held in Birmingham, Ala., on Feb. 7, and the Women's in St. Louis, Mo., April 3. The Web sites for those marathons are www.birminghamtrials.com and www.stlouismarathon.com/stl_marathon/events/2004_USwomensChamp.asp. The information was provided by the Road Running Information Center, www.runningusa.org; www.usatf.org.

FIRST / LASTNAME	CITY / STATE	AGE / BDATE
1 Eddy Hellebuyck	Albuquerque NM	42 01/22/61
2 Mark Newman	Germantown TN	41 10/25/62
3 Alfredo Viguera	Woodland CA	40 01/12/63
1 Joan Benoit Samuelson	Freeport ME	46 05/16/57
2 Cindy Keeler	Clermont FL	46 11/30/57
3 Lee Di Pietro	Ruxton MD	45 04/11/58
4 Angela French	Lacey WA	45 09/19/58
5 Janet Robertz	Shorewood MN	44 09/03/59
6 Kathy Aragon	Billings MT	44 09/04/59
7 Maria Trujillo de Rios	Los Gatos CA	44 10/19/59
8 Marie Boyd	Albuquerque NM	43 12/27/59
9 Nina Caron	Andover MA	43 12/31/59
10 Karen Sanford Gall	Billings MT	43 06/12/60
11 Gordon Bakoulis	New York NY	42 02/14/61
12 Meghan Arbogast	Corvallis OR	42 04/16/61
13 Linda Somers Smith	San Luis Obispo CA	42 05/07/61
14 Kelly Keeler	Bloomington MN	42 12/04/61
15 Madeline Tormoen	Colo. Springs CO	41 12/29/61
16 Brenda Graham	Gray Rock Spgs WY	41 01/26/62
17 Cheryl Harper	Orem UT	41 04/15/62
18 Chris Clark	Anchorage AK	41 10/10/62
19 Shelly Steely	Albuquerque NM	41 10/23/62
20 Lisa Vaill	Brooksville FL	41 11/20/62
21 Madelyn Noe-Schlentz	Freehold NJ	40+ / /
22 Carol LeGate	Green Bay WI	40 02/25/63
23 Jenny Spangler	Lake Villa IL	40 07/20/63
24 Susan Loken	Phoenix AZ	40 07/28/63
25 Anne Flynn	Augusta MI	40 07/30/63
26 Rosa Gutierrez	Glendale OR	40 11/05/63
27 Jennifer Rapaport	Melrose MA	39 03/29/64



PETER ZINSLI

Alfredo Viguera (#40), 41, Woodland, Calif., is one of three masters men running in the U.S. Men's Olympic Trials in Birmingham, Ala., Feb. 7. Viguera has a 2:13:26 PR (1996).

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ages 30 years and older

age groups: 30-34, 35-39, 40-44, 45-49, etc.

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200 Meters	Mile
4 x 800 Relay	400 Meters
3,000 Meters	3,000 M Racewalk

Jump Events

Long Jump High Jump
Pole Vault

Throw Events

Shot Put Weight
Superweight



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Report from Britain

By BRIDGET CUSHEN

Three weeks after dominating the British & Irish Masters International cross country race in Cardiff, Anne Keenan-Buckley was selected to represent Ireland in the SPAR European Senior Championships in Edinburgh, Dec. 14. The 42-year-old finished 27th in the 191-strong field over the 4-mile course behind the winner Paula Radcliffe. Ireland won the team silver medal.

Also retaining his Cardiff form was John Convery, M40, with a decisive win in the hilly Leeds Abbey Dash 10K in 31:57 on Nov. 30.

Masters athletes made quite an impression on the end-of-year rankings. Irie Hill, W35, cleared 4.20 in the pole vault and will be competing in Sindelfingen. Current world champion Peter Gordon, 52, threw the 2k discus 54.03.

Kathryn Bailey, W35, third at Cardiff,

finishes the year with a 74:05 half-marathon best. Trudi Thomson, who turned 45 in January, is ranked eighth in the marathon with 2:45:48, and M40 walker Mark Easton is ranked fourth overall in the British 20K.

At an indoor meeting in Manchester, world silver medalist Averil McClelland set a British W45 record of 26.86 for 200. Earlier in the meet, she just missed the 60m record, clocking 8.34. Another W45 in top form in preparation for the WMA Indoors, is the former British indoor W35 200 record holder, Joslyn Harwood, who won the 60mH in a hand-timed 9.4. Eric Smart, M45, ran the 60m in 7.6.

Other early season marks include an indoor 57.89 400 from John Shearer, M45, and Malcolm Fenton threw the hammer out to 54.36 at a throws meet, Dec. 31. □



CAROLE LANGENBACH

Winning W40-49 Club Northwest team (l to r): Melissa Nelson, Regina Joyce, Christina Ashby, Kelly Kruell, and Michelle Neal, U.S. vs. Canada X-C Challenge, Seattle, Nov. 9.

Seattle Hosts U.S. vs. Canada X-C Challenge

By CAROLE LANGENBACH

On a day perfect for cross country, a small contingent of Canadian masters traveled from British Columbia to Seattle's Lower Woodland Park on Nov. 9 for the Pacific Northwest Cross Country Championships, which served as this year's U.S. vs. Canada Masters

Cross Country Challenge.

In keeping with last year's challenge, hosted in Rochester, N.Y., the Americans outnumbered their opponents to win the Fleischmann Cup, the perpetual trophy awarded to each year's winner, by a score of U.S. 24 and

Continued on page 22



CAROLE LANGENBACH

Start of the masters men's race, U.S. vs. Canada Masters 5K Cross Country Challenge, Seattle, Nov. 9.

WMA/USATF Hurdles and Implements Specifications						
HURDLES						
WOMEN						
Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"	39'4"	22'11 1/2"	62'4"	
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49						
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"	164'0 1/2"	114'9 1/2"	131'2 1/2"	
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49						
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"	39'4"	22'11 1/2"	62'4"	
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	147'7 1/2"	114'9 1/2"	131'2 1/2"	
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"	164'0 1/2"	114'9 1/2"	131'2 1/2"	
IMPLEMENTS						
AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT USATF
Women						
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	25#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.	12#	35#

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

What to Wear in Sindelfingen

The Masters T&F Committee will not have the time to design, approve and produce a new top for the WMA Indoor Championships in Sindelfingen, Germany, in March. The uniform top/singlet is the only item required to be worn at a WMA Championships.

Currently, an athlete going to Sindelfingen, may have to "beg, borrow or steal" any top that has been approved by the Masters T&F Committee for past championships. Previously approved uniforms are also available from On Track at 800-697-2999; www.ontrackandfield.com.

A new top will be available for the 2005 WMA Championships in Spain and will be included in the price of registration for Spain. This was voted on by both the LDR and T&F committees at the USATF annual meeting in Greensboro, N.C., and approved unanimously.

The Masters Uniform Committee is working to get a new top to coordinate with all of the 1996 Olympic uniforms that were sold for the WMA Championships in Puerto Rico.

Some of the coordinating peices are available at the NMN Web site. □

Dates Changed for WMA Championships

Torsten Carlus, WMA president, has confirmed that WMA has reached an agreement with San Sebastian on the final dates for the World Masters Championships Stadia in 2005. The new dates are August 22-31.

A WMA delegation with Torsten Carlus, Giuseppe Galfetti and Marina Hoernecke-Gil visited San Sebastian in January to finalize details, resulting in the date change.

In and around San Sebastian in July many existing events, such as Theatre International Festival, the traditional San Fermin festivity (Pamplona), a big junior soccer tournament, and continued business "tourism," all of which creates scarce accommodations. In August many more rooms are avail-

able and the day temperatures are better for athletics.

Last year, the WMA General Assembly in Carolina, Puerto Rico, decided on a Special General Assembly to be held in Sindelfingen, Germany, to award the 2006 World Masters Athletics Indoor Championships. The Assembly will be held on March 13 at 10:00 a.m. at Floschenstadion in Sindelfingen.

The invitation was sent out to all WMA Affiliates in November last year to remind everybody that, according to the WMA Constitution, nominations of delegates, with their names and addresses, must be in the hands of Monty Hacker, WMA Secretary, not later than 30 days before the Assembly, which means no later than Feb. 12. □

Masters Scene

NATIONAL

The 2003 U.S. Masters Outdoor Rankings can be found on the internet at <http://www.mastersrankings.com>.

• The USA Track & Field Championships will return to Los Angeles in 2005, USA Track & Field has announced. The Team USA selection event for the 2005 World T&F Championships in Helsinki, Finland, the 2005 USA Championships, will be held at The Home Depot Center in Carson, Calif., a Los Angeles suburb. In 2003, on USATF's Outdoor Golden Spike Tour, the inaugural Home Depot Invitational was the first event held at the newly constructed facility, with a standing-room-only crowd of more than 10,000.

• From **Kevin Setnes**, president, American Ultrarunning Association: "The new masters age groups start at 45 for events from 50K to 100K and go in 10-year increments (masters: 45-54, 55-64, 65-and-over). The new masters age groups for distances of greater than 100K are masters beginning at age 50-59, 60-69, and 70+."

EAST

• **Ben Reynolds**, 40, of the UK, ran a 26:19 to take the overall men's title at the NYRR Fred Lebow Classic 8K, Central Park, NYC, Jan. 11. The masters leading lady was **Corinna Cortes**, 42, 32:26. **Santiago Iglesias**, 84, sped to an astonishing 35:12, with **Helene Bedrock**, 69, demolishing her division in 40:56.

• **Mary Dunn**, 52, 24:43, led the entire women's field at the NYRR Holiday 4-Mile Run, Central Park, NYC, Dec. 20. Outrunning the masters men was **Jorge Fernandez**, 40, 21:27, with masters maven **Gillian Horovitz**, 48, taking the women's title.

• **Katie Dunn**, 42, Stony Brook, NY, with a second-woman 19:47, and **Don DiDonato**, 46, Hicksville, NY, with a seventh-place 17:07, got the masters firsts, Rob's Run Cross Country 5K, Syosset, NY, Nov. 30. **Joe Cordero**, Islip Terrace, NY, took the M65 race in 20:49. **Betty Horstmann**, Bayport, NY, won the W55 contest in 23:30. Proceeds went to the ASPIRE Program for the rehabilitation of young amputees, victims of bone cancer, and traumatic amputations. The Greater LIRC administered the event.

• Two M60-69 teams took aim at the WR in Lou's 4x1600 at Boston U., on Jan. 4, with success, but the **Wolfpit TC**, of Connecticut, was faster than the **Moose Milers & Marathoners**, 23:09.83 to 23:31.52, to break the 24:55.7 by the **Gate City Striders** in 2001. Running in this order, the Wolfpit TC quartet consisted of **Jerry Levasseur**, 6:26, **Bill Borla**, 5:20, **Denis Daly**, 6:04, and **Armenio Ferreria**, 5:19; the Moose Milers were **Bill Spencer**, 5:50, **Dave Pember**, 5:55, **Jim Logan**, 6:06, and **Jack Thornhill**, 5:32.

• **Timothy Schuler**, 40, Chambersburg, MD, with a 26:16, and **Donna Moore**, 43, Silver Spring, MD, with a 30:38, sizzled to masters firsts, worth \$400 apiece, in the Outback Steakhouse 8K, Hyattsville, MD, Nov. 23. Masters money shared equally for m&w was over \$2600. **Chuck Moeser**, 52, Sterling, VA, was 19th-overall in 27:03.

• **Jean-Christopher Arcas**, 42, N. Bethesda, MD, 17:32, and **Verna Van Wert**, 41, Gaithersburg, MD, 23:20, rang in masters firsts, Jingle Bell Run for Arthritis 5K, Washington, DC, Dec. 6. **Dee Nelson**, 60, 24:29, Gaithersburg, was second W40+ (24:29). **Roger Kilgore**, 60, Great Mills, MD, took the fifth M40+ spot (21:28). In the 10K, **Dan Lawson**, 48, Gaithersburg, finished third (35:25), and **Shelly Raiston**, 47, was first W40+ in 44:50. Age-group winners included **Lou Shapiro**, 62, Silver Spring, MD, 45:40, and **Alice Franks**, 55, Rockville, MD, second W40+ in 47:00. The event raised \$130,000 for the Arthritis Foundation. Runners faced a light blowing snow and temperatures in the 30s with ice patches along the course.

• **Rich Marion**, 42, Templeton, MA, in 4:16, and **Karen Tripp**, 44, Deerfield, NH, in 5:07, hastened to masters wins in the Millennium Mile,

Londonderry, NH, Dec. 28. **Randy Waterman**, 51, Sunapee, NH, won the M50-59 race with a 4:46.

• All-Americans in the Philadelphia Masters Meet, Haverford College, Dec. 14, included **Joseph Littlejohn**, M60, 200 (27.5); **William May**, M65, mile RW (8:40.4); and **George Braceland**, M90, HJ (0.85). In the Philly Masters Meet, Swarthmore College, Jan. 4, A-As included **Lorraine Jasper**, W40, in the 800 (2:31.2), mile, and 3000; **Seth Bergman**, M50, 3000 (10:32.8); and **Ray Feick**, M70, SP (11.32).

• *More* magazine and the New York Road Runners are sponsoring the first ever marathon for masters women only, March 21, run entirely in Central Park. **Grete Waitz** and **Kathryn Switzer** have signed on as celebrity hosts of the event. Women under age forty are permitted to participate in a half-marathon if they are teamed with a masters woman in a two-person relay. Prize money will be offered and goes three deep: \$1000-\$500-\$250. For more information, go to <http://www.nyrrc.org/race/2004/r0321x00.htm>.

SOUTHEAST

• **Don Drummond**, M30, dashed to a 6.67 and 7.64, and **Dexter McLoud**, M40, streaked to a 6.97 in the 55m and 7.99 in the 55H in the U. of Tennessee All-Corners, Jan. 9, over 42" hurdles.

• Dynamic Duo: **Kim Donaldson**, 42, St. Petersburg, 2:59:13, and training partner **Mary Ann Protz**, 47, also of St. Pete, 3:00:36, went one-two for women overall at the chilly Walt Disney World Marathon, Orlando, FL, Jan. 11. Donaldson prepped for Disney by winning the masters title at the Jacksonville Bank Marathon a month earlier, 3:02:08. Protz prepped with a shorter race, hot-footing it to the overall women's win at the Florida Gulf Beaches "Halfathon" half-marathon in Madeira Beach, FL; Dec. 14, 1:25:51. **Timothy Schuler**, 40, Chambersburg, PA, was the men's masters winner, 2:36:38, placing fourth overall.

• **Al Swenson**, 56, with a 17:32, and **Cleber Siranni**, 46, with a 17:55, were second and third overall, Re Max Rotary 5K, Weston, FL, Dec. 14. **Jackie Lowther**, 45, finished third female in 20:56. Division wins went to **Al Shamoun**, M60, 20:41, and **Sylvia Weiner**, W70, 31:04. In the half-marathon, **Al Bakari**, M45, captured the masters title by one second from **Greg Raven**, M40, with a 1:24:09.

MIDWEST

• **David Ashford**, 2003 Masters M40 Track Athlete of the Year, defeated all of the hurdlers in the open/university division of the 55H, Lewis U., in Illinois, Dec. 6, with a 7.68.

• **Ann Heaslett**, 40, Madison, WI, 4:15:56, won the Huff 50K Trail run in Huntington, IN, beating 2003 Ultrarunner of the Year, **Connie Gardner**, by 20 minutes. Heaslett was the 2002 USATF Ultrarunner of the year, winning the 2002 50 Mile Trail Championship and 24-Hour Road Championship. — *American Ultrarunning Association*.

MID-AMERICA

• **Mel Larsen**, 79, in an age-graded 100m with a curve on the 300m indoor track at Iowa St. U., Ames, Dec. 12, ran a 10.06. **Alan Russell**, 53, ran an 11.04, with **Marek Wensel**, 35, finishing in 11.13.

WEST

• **Nolan Shaheed**, M50, burned the Venice Marina Xmas 5K course with a 15:56 for the masters first, Santa Monica, CA, Dec. 13. **Sandy Krausert**, W40, took the W40+ race in 21:44. **Linda Pena**, W55, ran a 24:57. **Michael Higgins**, M40, 35:51, and **Diane Daruty**, W40, 38:20, were first masters in the 10K. **Chieko Allwein**, 70, finished in 56:28.

• **Gunnar Linde**, M75, ran a 9:48.9 for the 2000m SC in the Pan Pacific Masters Games, Sacramento, Aug. 1-3. The U.S. record is 10:40.02 by **Avery Bryant** in August 2000.

• The Los Angeles Marathon, March 7, will be televised live for four hours, starting at 8:00 am, on stations NBC-4 and Tele Mundo 52.

• **John Geesler**, 44, St. Johnsville, NY, set a new 48-hour U.S. record at the Across the Years 48-Hour, Litchfield, Park, AZ, Dec. 31-Jan 1. Geesler amassed 248.55 miles around a certified 500m road loop (145 miles on day one, 103 miles on day 2); totaling 800 laps. The previous record (243.43 miles/1997) was held by the prolific **Roy Pirrung** of Sheboygan, WI. — *American Ultrarunning Association*.

INTERNATIONAL

• The 10K RW and 8K X-C being held at the inaugural WMA Indoor Championships, Sindelfingen, GER, March 10-14, are exhibition events, not championships. Winners will be awarded the same medals and ceremonies but will not be recognized as world champions.

• **Eberhard Kliesch**, a 63-year-old German hammer thrower, has been banned for two years for testing positive for the performance-enhancing metandienone, according to an announcement by the German Athletics Federation (DVL) in December. Kliesch, the 2002 M60 European champion (59.10), took a silver medal in the 2003 German Masters Championships (57.18). The ban will last until Oct. 7, 2005. "You can criticize a ban for an athlete of that age, but we have rules," commented DLV official **Tanja Haug**.

OBITUARIES

• It is with great sorrow that USATF New Jersey announces the passing of **Irwin Bernstein**, a 400 and 800 specialist. Irwin collapsed from an apparent heart attack while on a training run in his Westfield neighborhood on Dec. 20, 2003. He was 70.

Irwin wore many hats in the t&f community. He was the co-founder and treasurer of the Garden State AC since its inception in 1990. He served on the USATF NJ Budget and Finance Committee and on the Masters T&F Committee, and was a long-time track official certified at the highest (masters) level.

Athletically, Irwin was a national champion fencer while in college. He later turned to masters track and performed superbly at his specialties, the 200, 400 and 800, year after year. Irwin recorded at least one All-American performance in 12 of the last 16 years and was training for another banner year in the 70-74 division. Irwin so loved the 800 that his New Jersey license plate read "RUN 800."

Irwin was a national masters indoor champion in 1998 and 2003, and was a member of the Shore AC indoor M60-69 relay team that, in 1999, set a national club record in the 4x800 (10:32.6), and in 2001, set a world club record in the 4x400 (4:25.55). He was involved with many organizations in addition to his t&f affiliations. He was a past president of the U.S. Fencing Association and the Garden State Games. He was a former president of the Columbia University "C" Club, a member of the U.S. Olympic Committee, and was part of the U.S. fencing team delegation at several Olympics.

Irwin was born in NYC and earned a masters degree from Columbia U. He was an executive vice-president of Maidenform, Inc., before his retirement in 1993 after 35 years of service. He will be remembered for his energetic service to all of his interests. He was a valued advisor to many who sought his counsel. New Jersey athletes will miss him and remember him for all that he has accomplished and all that he has done for others. He is survived by his wife **Liela**, daughters **Barbara** (Bobbi) and **Ruth**, his son **Brian**, and three grandchildren. — *Madeline Bost*.

• **Nathaniel (Nat) Cirulnick**, a longtime road runner, died Nov. 28, 2003, in Huntington, N.Y., at age 73, from Parkinson's disease and a fall, which left him in a coma during the last 15 months of his life.

Nat graduated from Brooklyn Boys HS, and earned Bachelor's and Master's degrees from Brooklyn College. He taught social studies in the NYC public school system. He served as a corporal in an Army anti-aircraft unit during the

Korean War but did not serve in Korea.

Nat married **Ann Cirone**, a sprinter and physical therapist. They had one daughter and two sons and several grandchildren. His hobbies included running, reading and listening to opera music. The Cirulnicks both competed in masters t&f.

Nat began running in 1947 for the NY Pioneer Club, then for the United Athletic Association, and finally for the Millrose AA. He trained up to 90 miles a week, including runs up to 50 miles, and got his marathon time down to 2:36. He ran England's 52 1/2 mile London to Brighton race in 6:43:44.

He was the fourth president of the NYRR in 1966-68, and played a role in the running boom, promoting Run for Fun, Run for Your Life, and age-group competition. The Broadway Ultra Society has for years honored Nat annually in a six-hour run. Early in his running career, Nat said that he wanted to run until he died. He did do running walks until his accident. And that is how he wanted his life to go. — *Ted Corbitt*.

• **Charles Dumas**, Olympic gold medalist and the first man to clear 7 feet in the high jump, has died of cancer in Los Angeles. He was 66. Prior to winning the gold medal at the 1956 Olympic Games in Melbourne, Australia, Dumas made history by becoming the first man to break the 7-foot barrier by clearing 2.15 meters/7-1/2 on June 29, 1956, at the U.S. Olympic Trials in Los Angeles. A straddle jumper during his career, Dumas was inducted into the National T&F Hall of Fame in 1990. In addition to placing sixth at the 1960 Rome Olympics, Dumas captured the 1959 Pan American Games high jump gold medal. An excellent hurdler (14.1 in 1958), Dumas starred at Compton JC and USC, where he helped the Trojans win the national title in 1958. He was still a nationally ranked competitor as late as 1964 when he was rated sixth in the nation while representing the Southern California Striders.

A teacher and track coach following his athletic career, Dumas is survived by son **Kyle** and daughter **Keasha**.

CORRECTIONS

• The correct definition for IAAF in The Masters Glossary (Dec. NMN) is International Association of Athletics Federations, not International Amateur Athletic Federation. The new terminology was first used in 2001 at the World Championships in Edmonton, Alberta, Canada.

• **Charles DesJardins** did not serve as a team manager at the 15th WMA Championships in Puerto Rico, as stated in the USATF Masters T&F Committee minutes summary of the annual meeting in Greensboro, N.C., in the January issue. While in Puerto Rico, he served as a member of the WMA Non-Stadia Committee and as an LDR Voting Delegate.

• In our coverage of the New York City Marathon (Dec. NMN) we undercounted the number of NYC Marathons run by the legendary **Gillian Horovitz**. Horovitz has run 22 NYC marathons (not 19), with the first three under her maiden name, **Gillian Adams**. This would, of course, include her 1979 second-place finish.

TEN YEARS AGO February 1994

• **Bob Schlau** (46, 2:33:27) and **Jane Hutchison** (47, 2:55:38) First Masters in Rocket City Marathon

• **Dwight Stones** Breaks Masters World Indoor HJ Record with a 6-7 1/2

• **Eamonn Coghlan**, 41, Hopes for First Masters Sub-4:00 Mile in Millrose Games

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

March 6-7. USATF National Masters Indoor Heptathlon Championships, Kenosha, Wisc. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. 262-843-3367(h); jwatry@gillathletics

March 26-28. 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. 37th Annual USATF National Masters Championships, Decatur, Ill. Don Luy, 1184 W. Main St., Decatur, IL 62522. www.millikin.edu

August 14-15. USATF National Masters Weight Pentathlon Championships, Reading, Pa. Ray Feick, 610-754-6007; ffeick@aol.com

August 21-22. USATF National Masters Decathlon & Heptathlon, Neosho, Mo. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. 262-843-3367(h); jwatry@gillathletics

September 11. USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@attbi.com

EAST

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

February 1. Indoor All-Comers Meet, Prince George's Sports & LC, Landover, Md. 7:30 am. 301-583-2661.

February 8. Long Island Indoor Championships, Suffolk CC. LITF, PO Box 504, Old Bethpage, NY 11804; www.litf.org

February 8. DCRRC/Potomac Valley TC Indoor Meet, Jefferson Community Center, Arlington, Va. 703-481-3530; www.pvtc.org

February 15. Philadelphia Masters Indoor Meet, Albright College, Pa. 8 am. Includes WT, then SP; bring own implements. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

February 22. MAC Masters & Open Relay Championships, NYC Armory. MAC, 718-488-5711; mactrack.org

February 22. Masters Indoor All-Comers/Sportsflex Masters Championships, Prince George's Sports & LC, Landover, Md. Events for Masters Championships not the same for the Masters All-Comers. Thomas Jones, 301-352-3806(h)

March 6. MAC O/M Championships,

NYC Armory. Ivan Black, 347-247-1983 (5-9 pm Eastern); mactrack.org

March 13. Mid-Atlantic USATF Open and Masters Indoor Championships, Haverford College. 4:00 pm. Meet managed by Philadelphia Masters T&F Association. Events: 60H, 60, Mile, 400, 3000RW, 800, 200, 3000, LJ, HJ, TJ, SP. No PV. Automatic timing. No spikes or spike shoes. Pre-entry available. USATF membership required/available at meet. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

May 13-15. Virginia Senior Games, Virginia Beach. Anna Thaw, 804-730-9447.

June 8-13. New York Empire State Senior Games, Cortland. John Doherty, 212-866-2794.

June 19, 26-27. Connecticut Senior Games, Trinity College, Hartford. Patrick Fisher, 860-528-4588.

June 26-July 3. Pennsylvania Senior Games, Shippensburg. Judith Brominski, 570-823-3164; 888-445-4559.

July 13. Colonie Mile, Colonie HS, Albany, N.Y. 6:15 pm. Ken Skinner, ken nyskin@earthlink.net

July 24-26 (tent). USATF East Regional Masters Championships.

SOUTHEAST

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

February 7. Boston Prep Meet, UNC-Charlotte. Masters & M&W20-29. Indoor distances & field events. www.carolinas trackandfield.org

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

February 21. USAT-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206.

February 28-March 14. Polk Senior Games, Bartow, Fla. 863-533-0055; email: polk_seniorgames@juno.com

March 6. Virginia Masters Indoor Championships, VMI Fieldhouse, Lexington, Va. Masters & M&W20-29. www.carolinastrackandfield.org

March 27. USAT-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206.

April 3. Carolina Masters Invitational, Johnson C. Smith U., Charlotte, N.C. Masters & M&W20-29. April 4. T&F clinic. Johnson C. Smith U., Charlotte, N.C. Open to all. Web site for meet entry & clinic after Jan. 31: www.carolinastrackandfield.org.

April 10. USAT-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206.

April 15-18. Mississippi Gulf Coast Senior Games. 228-875-9698; email: rderbybailey@aol.com

May 7-9. 34th annual Southeastern Masters & Open Meet/USATF North Carolina Masters Championships, & Masters 20K RW South Championships, NC St. U., Raleigh. SE Masters, c/o Raleigh Parks & Rec., 2401 Wade Ave., Raleigh, NC 27607. www.southeasternmasters.org

May 18-22. South Carolina Senior Sports Classic, Francis Marion U., Florence. Carl Hust, 803-772-0363.

May 22. USAT-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206.

May 29. Birmingham TC Classic, Samford U., Birmingham, Ala. Frank Newland, 205-370-7060; www.birminghamtrackclub.com; btcclassic@yahoo.com

June 1-5. Mississippi Senior Olympics, Hinds Comm. College, Raymond. Joyce Anderson, 601-925-7994.

June 19. USATF Southeast Regional Masters Championships, Clermont, Fla. (s) Don DeNoon, 352-241-7144, x4206; www.USAT-NYC.com.

July 16-22. Tennessee Senior Games, Clarksville. Christine Dewbre, 615-902-9261.

MIDWEST

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

February 7 & 21. Midwest Indoor Series, Westwood Sports Center, Sterling, Ill. Sterling TC, 815-622-6201; www.sterlingparkdistrict.com

February 14. USATF Illinois O/M Indoor Championships, Sterling, Ill. (s) Dale Smith, 815-622-6201; www.sterlingparkdistrict.com

June 10-12. West Virginia Senior Sports Classic, Charleston. Lowell Witters, 304-342-6287.

June 12-13. USATF North Region & Ozark Association Open & Masters Championships, Edwardsville, Ill. (s) Peggy Rowold, 314-469-0577; email: pshinn@il.net

MID-AMERICA

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

February 29. Colorado Masters & Open Indoor Championships, USATF Academy Track. Jerry Donley, 2354 Wood Ave., Colorado Springs, CO 80907; Jim Weed, 2003 #149th St., Thornton, CO 80602.

March 12. USATF Minnesota Indoor Championships, U. of Minnesota, Minneapolis. (s) All ages. 763-595-8944; www.usatfmmn.org.

March 14. USATF Iowa Indoor Championships, Ames. Marek Wensel, mkwensel@iw.net

June 10-13. Iowa Senior Games, W. Des Moines. Susan Skinner, 515-633-5011.

June 22-27. Colorado Rocky Mountain Senior Games, Greeley. Sheri Lobmeyer, 970-350-9433.

June 26. Missouri State Senior Games, Columbia, Mo. Jack Miles, 573-882-1462; smsg.org/senior_games

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 20. Mardi Gras Weight Pentathlon & Superweight, St. Amant HS, La. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930; latrackandfield@yahoo.com

ON TAP FOR FEBRUARY

TRACK AND FIELD

Masters can find indoor events at the Long Island Championships and the Nashville Striders Meet on the 8th, the Illinois Championships on the 14th, a meet at Landover, Md., on the 22nd, and the Colorado Masters on the 29th. For outdoor action, you'll have to be in Florida, Arizona, California, or Hawaii.

LONG DISTANCE RUNNING

Indianapolis hosts the National Masters 6K Cross Country Championships on the 7th. Washington's Birthday will be feted in a 10K on the 14th, and a marathon on the 22nd, both in the D.C. area. The Nextel Mardi Gras Mambo 10K happens in Baton Rouge on the 21st. The 22nd will also see the Colonial Half-Marathon, Williamsburg, Va., and the MTC 50K, Sarasota, Fla. The final weekend offers the Cowtown Marathon, Fort Worth, Texas, on the 28th, and the Hudson-Mohawk River Marathon, Albany, N.Y., Mardi Gras Marathon, New Orleans, and Red Rock 20K, Las Vegas, Nev., on the 29th.

RACEWALKING

The 50K Olympic Trials will be held in Chula Vista, Calif., on the 15th. The Henry Laskau/Florida 10K Championships are set for the 22nd in Coconut Creek. □

April 4. El Paso Senior Games, El Paso, Texas. EPSG, 1800 Byron, El Paso, TX 79930; Julie Belcher, 915-562-4268.

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

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

WEST

Arizona, California, Hawaii, Nevada, New Mexico

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

February 14-15. Hawaii Masters TC Decathlon, Kaiser HS, Honolulu. www.i2crealty.com/htmc.htm

February 21-March 7. Arizona Senior Olympics, Phoenix. Irene Stillwell, 602-534-3500.

February 28. Team Thor USA Throwers Meet, UC-San Diego, La Jolla, Calif. All throws, plus SW. Open to all. George Mathews, 2149 Calle Buena Ventura, Oceanside, CA 92056. 760-757-4550; email: georgemathews@cox.net

March 6. Saddleback Masters Meet, Saddleback College. Mark Blethen, T&F Coach, Saddleback College, Mission

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Viejo, CA 92692-3635. 949-582-4640; mblethen@saddleback.cc.ca.us

March 7. Henderson Senior Olympic Games, Henderson, Nev. Parks and Recreation Dept., 105 W. Basic Rd., Henderson, NV 89009-5050.

March 28. Santa Barbara Easter Relays Y/O/M Meet, SBCC La Playa Stadium, Santa Barbara. (s) 8 events. Kevin Young, 564-3400; kyoung@sbre.com

March 28. Hawaii Masters TC Weight Pentathlon & SW, Kaiser HS, Honolulu. www.i2crealty.com/htmc/htm

April 4. Team Thor USA Throwers Meet, UC-San Diego, La Jolla, Calif. All throws, plus SW. Open to all. George Mathews, 2149 Calle Buena Ventura, Oceanside, CA 92056. 760-757-4550; email: georgemathews@cox.net

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

April 25. Hawaii Masters TC Pentathlon, Kaiser HS, Honolulu. www.i2crealty.com/htmc/htm

May 1. Team Thor USA Throwers Meet, UC-San Diego, La Jolla, Calif. All throws, plus SW. Open to all. George Mathews, 2149 Calle Buena Ventura, Oceanside, CA 92056. 760-757-4550; email: georgemathews@cox.net

May 8. 19th annual Southern California Striders Meet of Champions, CSU-Long Beach. (s) May 1 deadline. 11:00 am. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 760-436-7696; Al Escabosa, 714-528-1443.

May 14-15. Sacramento Senior Games, Sacramento, Calif. Qualifier for Calif. State Championships, Pasadena, in June. 916-277-3839; SeniorGames@cityofsacramento.org

May 30. Dan Aldrich Memorial Masters Meet, UC-Irvine. 541-318-8513; cmccormick@bendcable.com

July 10. California State Games, San Diego. T&F. CSG, 2919 Camino Del Rio South San Diego, CA 92108. 619-682-3436; Fax: 682-3440; calgames@sosinet.net; www.calstategames.org

NORTHWEST

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

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

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

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

June 12. USATF Inland NW Association Championships, Pullman, Wash. (s) Mike Hinz, 509-332-1168; usatf.org/assoc/inw/inland%20Northwest%20Sched.htm

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

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

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

July 3 (tent.). Bend Masters & Open Classic, Summit HS, Bend, Ore. C. McCormick, 1055 NW Milwaukee Ave., Bend, OR 97701.

July 10-11. State Games of Oregon.

July 17-18. USATF Northwest Regional

Masters Championships, Pullman, Wash. **July 29-31.** Wyoming Senior Olympics, Cody. Amber Boyson, 307-587-2550.

CANADA

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

July 17-18. Canadian Masters National Championships, Calgary, Alberta. Also Masters Age-Graded 5K Road Race. www.2004canadianmasters.com; 866-286-1318.

INTERNATIONAL

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

March 5-8. New Zealand Masters Championships, Hamilton. Waikato Masters Athletics, PO Box 1365, Hamilton, New Zealand.

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

July 22-August 1. Europe Championships, Arhus & Randers, Denmark.

July 29-August 1 (tent.). Africa Championships, Yaounde, Cameroon.

August 27-29. NCCWMA Championships, Dorado, Puerto Rico.

October 21-27. Oceania Championships, Rarotonga, Cook Islands.

November 6-13. South America Championships, Montevideo, Uruguay.

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

Aug. 22-31, 2005. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

LONG DISTANCE RUNNING

NATIONAL

February 7. USATF National Masters 6K Cross-Country Championships, Indianapolis, Ind. www.usatf.org

March 21. USATF National Masters Championships/New Bedford Half-Marathon, New Bedford, Mass. 508-998-5068; 617-566-7600; nbhm@gnbtc.org

April 4. American Ultrarunning Association 100K Championships, Kettle Moraine, Wis. 262-495-3229; www.americanultra.org/olander/text.html

May 12-16. RRCA Convention, Lake Tahoe, Calif. www.rca.org

May 29. USATF National Masters Championships/Ogden Newspapers 20K Classic, Wheeling, W.Va. 304-233-0100, x317.

June 5. USATF National Masters Women's Championships/Freihofers 5K, Albany, N.Y. George Regan, 518-273-5552; www.freihofersrun.com; 5k@freihofersrun.com

June 5. USATF National Masters Championships/TEVA Spring Runoff 6.3 Mile, Vail, Colo. 206-325-4800; sports@vailrec.com.

June 19. USATF National Masters Championships/Mt. Washington 7.6 Mile, Gorham, N.H. 603-863-7042; www.gsr.com/mwrr

July 31. USATF National Masters Championships/White River 50 Mile Trail

Race, Crystal Mountain, Wash. 206-325-4800; www.whiteriver50.org

September 11. American Ultrarunning Association Championships/Olander Park 100 Mile, Sylvania, Ohio. 419-885-7399; www.americanultra.org/olander/text.html

September 26. USATF National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif. Mitch Massey, 805-544-7200; www.heritageoaksbank.com

October 3. American Ultrarunning Association Championships/Twin Cities Marathon, Minneapolis. www.twincitiesmarathon.org

October 30. USATF National Masters Championships/San Diego 1 Day-24 Hour Run, San Diego, Calif. 760-967-8348; www.sandiego1dayrace.com/index.html

November 7. USATF National Masters 8K Cross-Country Championships, Boston, Mass. Steve Vaitones, office@usatfne.org

November 14. USATF National Masters Championships/Peachtree City 50K, Peachtree City, Ga. 770-487-7445; darksiderunningclub@comcast.net

December 11. USATF National Masters 10K Cross-Country Championships, Portland, Ore. www.usatf.org

December 18. USATF National Masters Championships/HUFF 50K Trail Run, Huntington, Ind. www.huff50k.com

EAST

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

February 1. Maine TC Mid-Winter 10 Mile Classic, Cape Elizabeth. Don Penta, 207-892-4526; www.mainetrackclub.com

February 14. Martha's Vineyard 20 Miler, Vineyard Haven, Mass. 508-696-6205, x300; www.mv20miler.com

February 14. George Washington Birthday 10K, Alexandria, Va. 703-683-1666; www.washingtonbirthday.net

February 21. NYRR Snowflake 4 Mile, Central Park, NYC. 212-423-2261; nyrrc.org

February 22. Washington's Birthday Marathon, Greenbelt, Md. 703-241-0395; dcroadrunners.org

February 29. Hudson-Mohawk River Marathon, Albany, N.Y. HMRRC, 518-435-4500; www.hmrcc.com

February 29. Hyannis Marathon, Half-Marathon & 10K, Hyannis, Mass. 617-625-2140; www.clydesdale.org/BAEvents/schedule

March 6. NYRR Brooklyn Half-Marathon, NYC. 212-423-2261; www.nyrrc.org

March 6. Newark Distance Classic 20K & 5K, Newark, N.J. 973-733-6454; email: santiaom@ci.newark.nj.us

March 14. Equinox 20K/USATF New Jersey O/M Championships, Highland Park. Donna Goss, 908-420-0420.

March 21. MORE Magazine Marathon for Women 40+, Central Park, NYC. www.moremagazine.com; www.nyrrc.org

April 4. Credit Union Cherry Blossom 10 Mile, Washington, D.C. 7000 limit, usually filled by early January. Cherry Blossom, PO Box 5366, Rockville, MD 20848. www.cherryblossom.org.

April 17. Bill Robinson 10K Masters Championships, Guilderland HS, Albany, N.Y. Jim Tierney, runnerjmt@aol.com

April 19. 108th Boston Marathon. www.baa.org

April 25. New Jersey Marathon & 10 Mile, Long Branch. 732-578-1771; www.njmarathon.org



JERRY WOJCIK

Joanne Petkus, second W40 in the pentathlon, 2003 National Masters Indoor Championships, Boston. The 2004 Championships are scheduled for Boston, March 26-28.

SOUTHEAST

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

February 1. Miami Tropical Marathon, Miami, Fla. 305-278-8668; www.miamitropicalmarathon.com

February 7. US Olympic Team Trials Men's Marathon, Birmingham, Ala. 205-870-7771; www.usatf.org

February 8. Mercedes Marathon & Half-Marathon, Birmingham, Ala. 205-870-7771; www.mercedesmarathon.com

February 14. Hilton Head Half-Marathon, Hilton Head Island, S.C. 843-379-3440; bearfootssports.com

February 21. Outback Steakhouse Distance Classic 12K, Orlando, Fla. 407-898-1313; www.trackshack.com

February 21. Myrtle Beach Marathon/Relay & Half-Marathon, Myrtle Beach, S.C. 843-293-RACE; www.mymarathon.com

February 22. MTC 50K, Sarasota, Fla. 941-955-5495; manasotrackclub.org

February 22. Anheuser-Busch Colonial Half-Marathon, Williamsburg, Va. 757-221-1599; peninsulatrackclub.com

February 22. Florida Gulf Beaches Marathon, Relay, & 10K, Clearwater. 727-347-4440; www.floridamarathon.com

February 28. Blue Angel Marathon, NAS, Pensacola, Fla. 850-452-3806, x315; www.naspensacola.navy.mil/mwr/nas

March 7. Whitestone 30K, Kingston, Tenn. 865-687-4617; www.ktc.org

March 8. First Reedy River Run 10K, Greenville, S.C. 864-241-6362(d); www.greenvilletrackclub.com

March 13. Tom King Half-Marathon & 5K, Nashville, Tenn. www.nashvillestri

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ders.com

March 13. Gate River Run/USATF 15K Championships, Jacksonville, Fla. 904-731-1900; www.gateriverrun.com

March 20. Shamrock Sportsfest Marathon/2-Person Relay & 8K, Virginia Beach, Va. www.shamrockmarathon.com

March 27. Ukrop's Monument Avenue 10K, Richmond, Va. 804-285-9495; www.sportsbackers.org

March 27. Azalea Trail 10K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660; 251-473-7223.

April 3. Cooper River Bridge 10K & 7K RW, Charleston, S.C. 843-792-0345; www.bridgerun.com

April 24. Country Music Marathon & Half-Marathon, Nashville, Tenn. 800-311-1255; www.cmmarathon.com

MIDWEST

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

March 7. Polar Bear 5 Mile, Indianapolis. 317-884-4001; www.kenlongassoc.com

April 4. Athens Marathon, Athens, Ohio. 740-594-3825; athensmarathon.com

April 10. Papa John's 10 Miler/USA Men's Championship, Louisville, Ky. www.papajohns10miler.com

April 25. Cleveland Marathon & 10K, Cleveland, Ohio. 800-456-3826; www.clevelandmarathon.com

May 2. Flying Pig Marathon, Cincinnati, Ohio. 513-721-7447; flyingpigmarathon.com

MID-AMERICA

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

March 14. Runnin' of the Green! Lucky 7K, Denver, Colo. 303-694-2030; www.bkbltd.com

Meet directors and athletes who submit track & field schedule items and meet results to us are asked to indicate whether the events have been granted USATF sanction. Sanctioned meets will be indicated by (s) in the schedule and results.

FIFTEEN YEARS AGO February 1989

- Bill Rodgers, 41, and Priscilla Welch, 44, Win ICI/USRA National 8K in Naples, Fla.
- Don Coffman (45, 2:30:56) and Jane Hutchison (42, 2:53:34) Take Masters Firsts in Rocket City Marathon
- Kjell-Erik Stahl (42, 2:19:59) and Laurie Binder (41, 2:44:57) Each Take Home \$10,000 in Twin Cities Marathon

April 3-4. St. Louis Marathon/U.S. Women's Olympic Team Trials, Half-Marathon, 5K, & Marathon Relay, St. Louis, Mo. 314-727-0800; www.stlouismarathon.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 1. 3M Half-Marathon, Austin, Texas. 512-984-1800; www.3M.com/races

February 15. Motorola Marathon, Austin, Texas. www.motorolamarathon.com

February 21. Nextel Mardi Gras Mambo 10K, Baton Rouge, La. 225-382-3596; www.brasf.com

February 28. Cowtown Marathon/Relay, 10K & 5K, Fort Worth, Texas. cowtownmarathon.com; 817-735-2033.

February 29. Mardi Gras Marathon, Half-Marathon, & 5K, New Orleans. 800-886-5534; www.mardigrasmarathon.org

March 6. Bayou City Classic 10K, Houston, Texas. 713-784-3915; bayoucityclassic.org

April 10. Crescent City Classic 10K, New Orleans. 504-861-8686; www.CCC10K.com

April 25. Oklahoma City Memorial Marathon & Relay. 405-525-4242; www.okmarathon.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

February 1. San Francisco Half-Marathon. 415-759-2690; www.Rhodyco.com

February 8. Davis Stampede Half-Marathon, 10K & 5K, Davis, Calif. 530-757-2012; www.changeofpace.com

February 14. Great American Adventure Run 2.8 Mile & 4.8 Mile Cross-Country, Huntington Beach, Calif. 714-841-5417; www.nealand.com/finishline

February 16. Great Aloha Run 8.15 Mile, Honolulu, Hawaii. 808-528-7388; greataloharun.com

February 29. Red Rock 20K & Relay, Las Vegas, Nev. 702-809-1024; www.lvtc.org

March 6. Santa Ana North Rotary Health Run 5K, Santa Ana, Calif. 714-841-5417; nealand.com/finishline

March 7. City of Los Angeles Marathon. 310-444-5544; www.lamarathon.com

March 7. Napa Valley Marathon/RRCA Championships, Napa, Calif. www.rrca.org

March 14. Valley of the Sun Marathon & Half-Marathon, Mesa, Ariz. 480-358-0488; valleyofthesunmarathon.com

March 14. Spirit Run 10K & 5K, Newport Beach, Calif. 760-434-6301; kinanevents.com

March 14. Paul Spangler Memorial 8K & 5K RW, Stanford, Calif. 50+. Fifty-Plus Lifelong Fitness, 2483 E. Bayshore Rd., Suite 202, Palo Alto, CA 94303. 650-843-1750; fax: 843-1758.

March 20. 5K Spring into Health, Whittier, Calif. 714-841-5417; www.nealand.com/finishline

March 21. Big Island International Marathon, 10.8 Mile & 5K, Hilo, Hawaii. Sharron Joseph, 808-969-7400; www.runhawaii.com

April 3. Ullis C. Williams 5K & 10K, Compton Community College, Calif. 714-841-5417; www.nealand.com/finishline

April 4. Liberty 4 Mile Run/Walk, Coronado Bay Bridge, San Diego, Calif. 760-434-6301; www.kinanevents.com (click on Liberty icon)

NORTHWEST

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

March 14. Henry Weinhard's St. Patrick's Day 3.5 Mile, Seattle, Wash. 800-343-4411; www.stpatsdash.com

March 20. Canal Caper 10K/USATF Inland NW Association Championships, Ephrata, Wash. Joe McManus, 509-754-4251.

April 24. Inaugural Salt Lake City Marathon & 5K. 801-412-6060; www.saltlakecitymarathon.com

INTERNATIONAL

February 29. World's Best 10K, San Juan, Puerto Rico. 787-767-2000; www.worldbest10k.com

March 21. Barcelona Marathon, Spain. 800-444-4097; www.marathontours.com

March 28. Rome Marathon, Italy. 800-444-4097; www.marathontours.com

April 4. Paris Marathon. www.marathon-tours.com

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

April 19. London Marathon. www.marathontours.com

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

RACEWALKING

February 15. USA 50K Olympic Trials, Chula Vista, Calif.

February 15. Connecticut Racewalkers indoor Mall 3K, Milford. 9:30 am. Gus Davis, 203-795-6441; email-pgdavi@att.net

February 22. Henry Laskau USATF Florida 10K RW Championships, Coconut Creek, Fla. (s) Daniel Koch, 954-970-9634.

February 27-28. USA Indoor Championships (5000m & 3000m), Boston, Mass.

March 28. USATF National Masters 3000m RW Championships, Boston, Mass. See National T&F schedule.

April 4. USATF South Region 10K RW Championships, Orlando, Fla. (s) Rob Carver, 407-898-8633.

April 10. USATF South Region 1-Hour RW Championships, Clermont, Fla. (s) Don DeNoon, 352-241-7144; www.USATF-NYC.com

May 23. USATF National One & Two Hour RW Championships, Kenosha, Wis. Mike DeWitt, 262-551-7600.

June 13. USATF National Masters 15K RW Championships, Lincoln, R.I. Steve Vaitones, 617-566-7600.

July 17-18. USA 20K Olympic RW Trials, Sacramento, Calif.

August 5-8. USATF National Masters 5000m & 10K RW Championships, Decatur, Ill. See National T&F Schedule.

September 12. USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 732-222-9080. Also on Sept. 22, 2005.

October 9. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 423-349-6406.

October 11-12 (tent.). NCCWMA 15K Regional RW Championships, Coconut Creek, Fla. Bob Fine, 561-499-3370; bobfine@aol.com

October 31. USATF National Masters &



JERRY WOJCIK

Oleg Mysikov, M35, second in the high jump (1.88), 2003 National Masters Indoor Championships, Boston. The 2004 Championships will be held in Boston, March 26-28.

Women's 50K RW Championships, Hauppauge, N.Y. Gary Westerfield, 631-979-9603.

November 4. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634.

Seattle Masters

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Canada 54.

The race was won by Club Northwest's Tony Young, who blitzed the field over the 5.44K course in 18:23. Young, who won the 800 and 1500 in the National Masters Championships in Eugene this summer, was joined in victory by teammate Regina Joyce, who recently won the W45 national marathon championship at Twin Cities.

Joyce finished in 21:27, just six seconds ahead of the first Canadian woman, Maureen De St. Croix, W50. By winning their divisions, Joyce and De St. Croix forced extra points on the opposing country.

Other U.S. winners were Michael Smith, M45, 19:45; John Hahn, M55, 22:39; Dave Williams, M60, 23:25; and Phyllis Nelson, W55, 27:32.

Canadian winners were David Huxley, M50, 20:55, and Neil Campbell, M65, 23:44. The best competition came in divisions with runners from both countries. Holding the event on the same weekend as the Haney to Harrison Relay in British Columbia hurt the turnout from both countries.

Next year, it will be the east coast Canadians' turn to host the official masters challenge. For more information on the scoring procedure, e-mail me and I'll send you the formula (pntf@wolfenet.com). □

M35-39			
Eugene Tung	Mile	4:40	12-14-02
	3000	9:21.0	12-14-02
	5000	15:48.50	2-8-03
M40-44			
Irv Batten	5K	15:53	8-23-03
Ted Poulos	Mile	4:48.3	7-5-03
	3000	9:30.46	8-22-03
M45-49			
Rob Duncanson	Pent	3294	8-07-03
Scott Kessler	3Ksc	12:17	6-14-03
	3Ksc	12:20	8-8-03
Donald Passman	60m	7.83	3-8-03
M50-54			
Jim Bordon	1500	4:35.80	8-10-03
Gregory Pizza	100	12.03	10-18-03

RECIPIENTS OF ALL-AMERICAN AWARDS

Bill Reed	5Krw	25:21	9-20-03
	10Krw	53:56	9-28-03
M55-59			
Don Loewe	10K	37:45	12-12-03
Charles Roll	SP	14:44	7-26-03
	W	14:81	9-21-03
Leon Savenas	400	61.30	7-19-03
Bill Weinstock	J	139.3	6-14-03
M60-64			
Raymond Lebowitz	55	7.17	11-15-03

John Carl Shenk	400	1:04.87	8-7, 10-03
Bob Shoemaker	100	12.22	6-14-03
M65-69			
Jim Madonna	10K	43:23	3-1-03
	3K	12:31	2-27-03
	800	2:42	3-2-03
	1500	5:38.04	6-5-03
William May	Milerw	8:15.34	7-27-03
	5Krw	29:07	11-8-03
Phillip Shipp	SP	12.95	8-7-03

M70-74			
Chuck Wiedman	PV	2.30	5-31-03
W65-69			
Marion C.-Carney	100m	17.93	9-20-03
W70-74			
Helen Amazeen	5K	34:51	3-1-03
	10Krw	1:10:15	

U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/4	6- 7/8	5-9 1/4	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9 1/4	3-3 1/4	2-7 1/4	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	7-10 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20- 7/8	19-2 1/4	18-4 1/4	17-8 1/4	16- 7/8	14-9	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	18-1	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/4	39-4 1/4	42-0	37-8 1/4	36-1 1/4	29-6 1/4	26-3	19-8 1/4	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/4	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-4 1/4	13-1 1/4	9-10	
Weight	15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
	49-2 1/4	45-11 1/4	43-5 1/4	41-0 1/4	46-9	43-5 1/4	45-11 1/4	43-5 1/4	44-3 1/4	38-6 1/4	32-9 1/4	28-8 1/4	19-8 1/4
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/4	27-10 1/4	26-3	19-8 1/4	18- 7/8	16-4 1/4	14-9	11-5 1/4	9-10	8-2 1/4	6-6 1/4	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2400	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg;
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
 8) Weight: 30-49: 35# 50-59: 25# 60-69: 20# 70-79: 16#
 9) Pen/Dec/Wt.Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).
 10) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	8.0	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2											
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/4	3-0 1/4	2-11	2-9		
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70		
	8-10 1/4	7-10 1/4	6-10 1/4	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4		
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30				

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.

EAST

Syracuse Chargers Indoor Meet
Syracuse, NY; Dec. 14

55m	
M30 Dave Eaton	6.7
M35 Aston Scott	6.7
M40 Joe Taro	8.1
M65 Luigi Lombardi	12.7
M70 Jerry Nolan	10.0
800m	
M30 Javier Martinez	2:09.9
M35 Aston Scott	2:14.6
M40 John Hylas	2:21.2
M45 Ric Bond	2:11.7
M50 David Bowen	2:25.2
M60 Tim Collins	2:45.6
M70 Bob Parrino	3:57.2
W30 Mary Bushallow	2:31.3
W50 Coreen Steinbach	2:43.6
1500m	
M30 Javier Martinez	4:25.3
M35 Mike Boni	4:40.9
M40 Tim Ingall	4:41.7
M45 Kevin Hanlon	5:07.8
M50 David Bowen	4:55.6
M55 Bob Nicholson	6:34.8
M60 Al Stagl	6:49.8
W30 Murphee Hayes-Falls	4:53.9
W40 Karen Vanderwood	5:19.1
W50 Coreen Steinbach	5:19.6
Short Hurdles	
M60 Tim Collins	10.5
W55 Irene Thompson	9.7
W40 Irene Thompson	8.0
Long Jump	
M30 Dave Eaton	21-5
M40 Eric Lauber	15-7
M60 Tim Collins	13-8
W45 Irene Thompson	14-5
Shot Put	
M35 Norm Deep	12.84
M45 Ray McGinn	9.65
M50 Leclar Dennis	10.90
M60 Gary Crawford	11.62
Weight Throw	
M45 Ray McGinn	7.33
M60 Gary Crawford	11.28

MAC Seasonal Opener
168th St. Armory, NYC; Dec. 14

60m	
M30 Nigel Dufen	7.38
M40 Rockdale Hudson	8.32
M50 Robert Johnson	9.03
M60 Rick Lapp	8.02
W30 Karlyn Crotty	9.36
300m	
M30 Ardian Krasniqi	38.30
M40 Phil Bujalski	41.54
M50 Rick Lapp	40.05
W30 Karlyn Crotty	49.81
W40 Shemayne Williams	44.92
1500m	
M40 Robert Polchinski	5:03.92
M50 Hugh Sweeny	5:13.92
Short Hurdles	
M40 Phil Bujalski	9.86
M50 David Friedman	16.59
High Jump	
M30 Oleg Mysikov	1.83
M50 David Friedman	1.22
Pole Vault	
M50 Gerald Dunne	10-0
M60 Jeff Tindali	10-0
Long Jump	
M50 Gerald Dunne	3.96
W40 Gloria Nash	6-1.75
W50 Skipper Clark	12-11.75
Triple Jump	
M50 Gerald Dunne	8.67
W50 Gloria Nash	4.47
Shot Put	
M40 Tony Ciccone	12.80
M50 Frank Monroe	9.59
W50 Skipper Clark	8.89

3000m RW
M60 Brian Culley 18:07.70

Long Island Meet
Brentwood, NY; Dec. 14

55m	
M35 Robert Todd	7.5
M40 Jim Reilly	6.6
Dan Weiss	8.4
M45 Chas De La Parra	7.0
Gerard Smith	7.3
Gari Powder	7.5
M55 David Molloy	8.0
200m	
W55 Mary Trotto	41.5
M35 Robert Todd	26.3
M40 Jim Reilly	24.0
Dan Weiss	26.0
M45 Chas De La Parra	26.3
Gerard Smith	27.1
Gari Powder	27.7
M55 John Harbulak	31.0
400m	
W40 Phoebe Anderson	70.5
W55 Mary Trotto	95.9
M40 Tom Schlichter	69.8
800m	
M35 Marc Nesbitt	2:13.80
David Reid	2:23.60
1500m	
W55 Mary Trotto	7:15.20
M45 Don Di Donato	4:41.70
High Jump	
W55 Mary Trotto	1.03
M45 Gerard Smith	1.44
M55 John Harbulak	1.31
Long Jump	
W55 Mary Trotto	2.41
Shot Put	
W30 Janine Dodd	11.85
W55 Mary Trotto	6.56
M55 John Harbulak	8.29
M65 Ed Joyce	9.29
1500m Racewalk	
W40 Marlene Weinstein	10:46.40
W50 Nadya Dimitrov	19:54.90

Philadelphia Masters Meet (s)
Haverford College; Dec. 14

60m	
M40 Lovell Butler	7.2
M45 Tony Fulton	7.5
Russ Patton	8.7
M50 Gary Arend	8.2
Chris Hitchcock	8.4
Steve Bubb	8.6
M55 Greg Dubas	9.4
M60 Michael Becker	11.0
M65 Bill Bittner	9.0
M75 Tom Rice	9.4
W30 April Holmes	8.6
200m	
M45 Russ Patton	28.0
M50 Chris Hitchcock	29.4
M60 Joseph Littlejohn	27.5
Bob Fuhrman	30.7
M80 George Blyn	63.9
W40 Lorraine Jasper	31.4
400m	
M45 Tony Fulton	59.1
Russ Patton	60.2
Tom Yunker	66.9
M60 Bob Fuhrman	71.8
M65 Bruce Gilbert	76.0
M80 George Blyn	2:23.3
W40 Lorraine Jasper	68.7
800m	
M30 Terry Kelly	2:23.0
M35 Norm Sheesley	2:18.5
Tadd Morris	2:27.1
M40 Chuck Shields	2:11.7
Anthony Miller	2:18.8
Jim Farrell	2:23.2
M45 Russ Patton	2:21.5
Pat Good	2:33.7
M50 Steve Rook	2:26.7
Nico Ricci	3:00.6
M65 Bruce Gilbert	2:56.0
M80 George Blyn	5:24.2
W40 Lorraine Jasper	2:33.8

Philadelphia Masters Indoor
Meet (s)
Swarthmore College; Jan. 4

55m	
M35 David SanFillipo	6.9
Leon Winder	7.1
M40 Lovell Butler	6.5
Steve Barlage	7.3
Dave DiMassa	7.4
M45 Randy Frey	6.8
Russ Patton	8.2
M50 Terry McKechnie	7.3
Gary Arend	7.4
Jack Kapenstein	7.6
M60 Fred Edelstein	8.2
300m	
M30 Matt Booth	47.4
M40 Dave DiMassa	41.3
M45 Russ Patton	43.4

3000m	
M35 Gene Tung	9:29.1
Rick McGarry	9:30.4
Tadd Morris	10:19.5
M40 Chuck Shields	10:04.8
Bob Rimkis	10:05.3
M45 John Krajek	11:53.2
Russ Patton	12:03.4
Tom Yunker	12:05.4
M50 David Patterson	10:30.6
Dennis Mellish	11:36.6
Nico Ricci	11:36.6
M55 Art Brown	12:20.4
Carl Grossman	13:32.8
M70 Bill Butler	13:14.4
W40 Lorraine Jasper	12:02.8
High Jump	
M30 Tom Bednar	1.58
M90 George Braceland	0.85
Long Jump	
M30 Tom Bednar	4.38
M35 Tom Cable	4.04
M40 Lovell Butler	5.11
M75 Tom Rice	3.35
M90 Geo Braceland	1.73
Triple Jump	
M90 Geo Braceland	3.56
Shot Put	
M75 Tom Rice	7.97
M90 Geo Braceland	5.40
Mile Racewalk	
M35 Erik Litt	8:22.2
M45 Peter Blank	10:25.0
M60 Larry Simmons	9:14.1
M65 Wm May	8:40.4

MAC Holiday Indoor Classic
168th St. Armory, NYC; Dec. 28

60m	
M30 Shawn Carson	7.35
M40 Oha Brooks	7.20
M50 Val Bamwell	7.25
200m	
M30 Michael Grierson	25.99
M40 Howard Lindsay	23.86
M50 Val Bamwell	24.22
W30 Amy Lauba	32.08
W40 Catherine Borkowski	30.13
400m	
M30 Ardian Krasniqi	54.20
M40 David Bynoe	54.32
M50 Rick Lapp	56.90
M60 Bob Edmonds	1:11.40
W40 Shemayne Williams	1:04.62
W50 Mary Rosado	1:20.44
1600m	
M40 Chuck Shields	4:52.24
M50 Alston Brown	4:51.40
M60 Pat Cosgrove	5:52.85
W30 Susan Maack	6:09.21
W40 C Borkowski	5:18.86
3000m	
W30 Jill Voltweiler	10:58.86
W40 Lorraine Jasper	10:57.32
High Jump	
M30 Oleg Mysikov	1.82
M40 Igor Agaev	1.87
Pole Vault	
M50 Peter Hischmann	3.50
M60 Gerald Counihan	3.00
Long Jump	
M30 Kirk Carter	6.35
M40 Craig Plummer	4.47
M50 Tyrone Lewis	5.20
Triple Jump	
M50 Tyrone Lewis	10.59
M40 Darryl Smith	10.82
Shot Put	
M40 Tony Ciccone	12.30
M50 Dennis Hansen	12.00
M60 Ed Joyce	9.68
M70 Pete Barker	10.50
W60 Mary Roman	7.76
1600m RW	
M60 Brian Culley	9:43.91
M70 Bob Barrett	8:38.68

Florida Senior Games
State Championships
The Villages; Dec. 4 - 12

100m	
M50 Bobby Terrell	12.57
M55 Ted Kalaidi	12.84
M60 Joe Johnston	13.47
M65 Robert Russell	15.03
M70 John Hurd	14.72
M75 John Read	15.65
M80 Blair McFarlane	16.65
M85 Gordon Johnson	39.37
M90 Edwin Butters	51.84
W50 Donna Settles	15.29
W55 Shirley Jones	17.83
W60 Alta Rose	17.25
W65 Madelaine Cazel	19.16
W75 Minnie Charles	32.54
200m	
M50 Charles Smith	25.08
M55 Bill Tharpe	26.64
M60 Joe Johnston	28.56
M65 Bud Pefley	32.63
M70 John Hurd	31.04
M75 Phil O'Connell	33.89
M80 Blair McFarlane	36.75
M90 Edwin Butters	2:13.26
W50 Donna Settles	31.94
W55 Shirley Jones	39.24
W60 Alta Rose	37.19
W65 Madelaine Cazel	40.41
W75 Minnie Charles	1:19.24
400m	
M50 Charles Smith	56.42
M55 Roosevelt Owens	1:07.58

500m	
M30 Kyle Lanier	76.9
M40 Dave DiMassa	79.5
M45 Russ Patton	78.6
M60 Mike Radov	89.5
800m	
M30 Kareem Lanier	2:03.7
M40 Chuck Shields	2:11.7
Bob Rimkis	2:18.4
M45 Russ Patton	2:19.0
Joel Hoffsmith	2:22.4
Pat Good	2:29.8
M50 Dennis Mellish	2:32.9
John Fulton	2:41.3
Nico Ricci	2:58.2
M60 Bob Edmonds	2:32.9
M80 George Blyn	4:56.4
M85 Frank Levine	6:04.9
W40 Lorraine Jasper	2:31.2
Mile	
M30 Jemal Johnson	5:01.1
M40 Andrew Shearer	4:56.0
Bob Rimkis	4:58.8
P Carroll	5:02.2
M45 Russ Patton	5:07.4
Pat Good	5:33.8
John Krajek	5:44.9
M50 Dennis Mellish	5:36.3
John Felton	5:54.4
Nico Ricci	6:36.9
M60 Bob Edmonds	6:11.4
M80 George Blyn	11:32.5
M85 Frank Levine	13:15.5
W40 Lorraine Jasper	5:40.9

3000m	
M30 Jemal Johnson	10:06.0
Joe Turchetti	10:49.0
M40 Chuck Shields	9:51.4
Keith Davies	10:01.8
Andrew Shearer	10:04.4
M45 Joel Hoffsmith	10:48.1
Russ Patton	11:54.3
Tom Yunker	12:01.5
M50 Seth Bergman	10:32.8
Dennis Mellish	11:34.6
Nico Ricci	13:01.8
M55 Art Brown	12:10.4
Carl Grossman	13:59.0
M80 George Blyn	24:29.6
M85 Frank Levine	26:03.9
W40 Lorraine Jasper	11:53.9
High Jump	
M30 Tom Bednar	5-8
M45 Randy Frey	5-4
M65 Jim McGrath	3-11
Pole Vault	
M45 Peter Hischman	11-6
Donald Severn	11-0
M50 Jim O'Neill	10-6
Long Jump	
M40 Loell Butler	5.44
Steve Barlage	5.20
M45 Randy Frey	5.81
Shot Put	
M65 Jim McGrath	9.02
M70 Ray Feick	11.32
Mile Racewalk	
M35 Erik Litt	8:35.4
M65 William May	9:13.2
M75 Ed Gawinski	10:51.4
W35 Bernadett McNulty	10:54.4
W40 Karen Charles	10:39.8

SOUTHWEST

Texas Pole Vault Tune Up
Joshua, TX; Jan. 3

Ken Ellis 46	Team Okla 14-6
Terry Porte 52	Team Altus 13-6
Dick Barrett 45	DWF PV 13-0
Craig Bethel 30	Joshua TC 12-6
Brad McFarling 45	Peak Per 12-0
Jim Dolezal 53	Team Okla 9-6

1500m RW	
M50 Larry van Fossen	8:04.40
M55 Steve Ferth	9:18.53
M60 Robert Taylor	10:58.41
M65 Frank Skvarek	9:53.54
M70 Ted Sager	9:14.92
M75 Conrad Massa	11:45.58
M80 Howard Hall	11:13.13
W55 Marguerite Muller	10:18.55
W60 Rita Mortenson	11:01.53
W65 Mary Mahon	11:01.53
W70 Theresa Ludwig	13:32.65
W75 Jeri McDonald	13:32.65
W80 Bess Grimm	12:14.02
5000m RW	
M50 Larry van Fossen	28:59
M55 Robert Klimach	35:41
M60 John Rogerson	34:09
M65 Frank Skvarek	34:25
M70 Ted Sager	32:44
M75 Danny de Mauro	35:35
M80 B John Ross	42:16
W55 Linda Johnson	32:52
W60 Sperry Rademaker	32:39
W65 Claudette Alexander	35:54
W70 Marina Manosalva	42:23
W75 Jeri McDonald	43:58
W80 Bess Grimm	41:00

5K Road Race

M50 Dave Quarles	17:53
M55 Charles Blaisdell	19:20
M60 LeRoy Irvine	23:06
M65 Larry Miller	21:23
M70 Ronald Nelson	25:04
M75 Thomas McDonald	31:09
M85 Gordon Johnson	33:11
W50 Patricia Hoffman	25:54
W55 Beverly Hayden	28:40
W60 Leilani Schneider	31:05
W70 Marilyn Walters	NTA

SOUTHWEST

Team Thor Throwers Meet (s)
UC-San Diego; Dec. 13

Shot Put	
Watson 51	10.56
Kuhns 64	10.87
Lincoln 26	15.25
Stratton 52	10.58
Discus	
Pockoski 26	49.98
Michael Khozam 36	49.87
Watson 51	36.11
Kuhns 64	35.21
Lincoln 26	51.21
Javelin	
Watson 51	44.76
Kuhns 64	29.93
Hammer	
Mike Pockoski 26	67.48
Leslie Coons 30	65.53
George Mathews 60	51.36
Jack Kuhns 64	31.76
Tom Meyers 52	47.81
Richard Watson 51	36.32
Mindy Lincoln 26	54.42
Joan Stratton 42	39.97
Weight	
Pockoski 26	19.07
Meyer 52	16.32
Watson 51	12.88
Mathews 60	18.84
Kuhns 654	12.26
Lincoln 26	16.77
Stratton 52	10.52
Superweight	
Watson 51	6.12
Mathews 60	8.44
Kuhns 64	

Continued from previous page

LONG DISTANCE RESULTS

EAST

Outback Steakhouse 8K Hyattsville, MD; Nov. 23

Overall	
Joseph Mwai 20	23:55
Olga Romanova 23	26:52
M40 Timothy Schuler	26:16
Joe Abernethy	26:40
Dave Berardi	26:42
Gregory Cauler	26:57
M45 Dan Lawson	26:58
Jim Wadsworth	28:10
George Buckheit	28:32
M50 Chuck Moeser	27:03
David Webster	29:29
Richard Morgan	30:09
M55 Patrick Griffith	30:13
Jim Noone	32:33
Wm Scott	34:45
M60 Ben Dyer	31:44
John Haubert	33:40
Lou Shapiro	34:25
M65 John Elliott	32:40
Richard Williams	38:34
M70 Jack McMahon	38:39
Larry Dickerson	38:41
M75 Bill Morrison	54:34
M80 Walt Washburn	48:29
W40 Donna Moore	30:38
Laura Freix	30:46
Vanessa Cox	31:46
W45 Robin Goodwin	34:29
Joan Nugent	37:43
Bernadette Flynn	38:56
W50 Jane Godfrey	37:18
Valerie Campbell	37:49
Patricia Brooks	40:28
W55 B J King	37:56
Chris Craun	38:24
W60 Judy Gilbert	39:18
Donna Stitz	56:52
W65 Tami Graf	43:54
W70 Lillian Wolf	79:24
W75 Sandra Gallas	49:53

North Central Trail Marathon Sparks, MD; Nov. 29

Overall	
David Chalmers 24	2:43:16
Kaye McClaren 32	3:15:30
M40 Neville Anderson	2:51:11
Michael Cerenzia	2:57:43
M45 Robert Lee	2:52:37
Paul Peterson	2:56:53
M50 Mark Smith	3:04:41
M55 John Loughran	3:18:58
M60 Roger Cobblewick	3:13:31
M65 Robert McDonald	4:02:32
M70 Ramon Molina	4:10:12
W40 Marcie Knappendf	3:28:36
Sandy Blasey	3:37:20
W45 Mary Lang	3:51:15
W50 Joanne Corbett	4:11:07
W55 Meredith Bonta	3:45:27

Jingle Bell Run for Arthritis Washington, DC; Dec. 6

-5K-	
Overall	
Pascal Brazey 35	17:21
Teha Kennard 25	20:55
M40 Jean-C Arcasz	17:32
Alan Thatcher	18:19
Enik Schwimmer	24:54
M45 Peter Hemphill	19:47
David Dickson	21:33
M50 Pat Garvey	20:20
David Gayer	21:50
Jon Palks	22:14
M55 David Parina	32:12
M60 Roger Kilgore	21:28
Fred Gedrich	23:15
M65 Tony Measham	28:26
M70 Allan Weingold	65:00
M75 Johannes Stiller	23:07
W40 Verna Van Wert	23:20
Susan Kappel	30:15
W45 Joan Nugent	32:07
W50 Elizabeth Sadoff	26:58
Rosario Basta	29:51
Mary Chen	29:52
W55 Lucia Davidson	27:21
W60 Dee Nelson	24:29
W70 Jacqueline o'Neil	37:37
W75 Sister Maria	58:59
-10K-	
Overall	
Joe Racine 25	34:59
Victoria McPartland 27	40:07
M40 Greg Tuck	41:17
Wm Clem	42:24
M45 Dan Lawson	35:25
Sean Reilly	35:41
M50 Chris Arey	41:07
Paul Bousel	42:26
M55 James Mort	49:39
M60 Lou Shapiro	45:40
M65 Richard Williams	50:22
M70 Thomas Jones	59:38
W40 Barb Kamm	48:49
Melissa Edeburn	49:39
W45 Shelley Raiston	44:50
Mary Mohr	48:20

W50 Suanne Shocket 51:17 W55 Alice Franks 47:00 W60 Barbara Moore 62:53 W65 Margaret Toews 89:01

USATF-NJ 10-Mile Championships So. Orange, NJ; Dec. 14

Overall	
Anthony DeBenedicti 26	53:03
Rian Landers 22	1:02:23
M40 Ken Rolek	56:35
Kevin Higgins	59:59
Earl Deamond	1:03:41
Michael Los	1:03:53
Randy Miller	1:05:08
M45 Charles Castiglioni	1:03:47
Will De Roberts	1:05:11
Gary Peters	1:07:58
Ted Maglione	1:08:50
William Ayres	1:12:11
M50 Bill Bosmann	1:02:45
Chris Lehman	1:06:25
Ed Donovan	1:07:03
Gary Wallace	1:07:31
Franz Mitterer	1:08:34
M55 Feliciano Pereira	1:04:16
Douglas Brown	1:05:46
Joel Ange	1:13:29
Wayne Bell	1:14:28
Russell Stallone	1:17:07
M60 Ron Ayre	1:09:24
Pat Cosgrove	1:09:46
Armando Oliveira	1:15:27
William Mishler	1:21:44
Joseph Cozzi	1:22:52
M65 John Leonard	1:12:15
Dick Hill	1:17:59
Fred Loozen	1:18:42
William Richardson	1:30:23
William Schaefer	1:56:29
M70 Joe La Bruno	1:27:30
Raymond Reddick	2:02:45
M75 Lester Ridings	1:39:28
W40 Sally Simeone	1:10:14
Sharon Morrissey	1:17:31
Susan Janssens	1:38:30
W45 Celeste Langan	1:10:20
Lorraine McPhillips	1:14:08
Mary Foley	1:19:13
Jan Famung-krause	1:22:37
Gail Warshaw	1:31:17
W50 Jane Parks	1:12:25
Vera Stek	1:25:57
Barbara Hoess	1:27:50
Debra Bernstein	1:41:45
W55 Christine Ange	1:27:31
Antje Hennings	1:31:25
W60 Doris Hafemann	1:56:12
Jane Van Eeuwen	2:32:10
W70 Diane Stone	2:32:26

NYRR Holiday 4-Mile Central Park, NYC; Dec. 20

Overall	
Jorge Real 33	20:16
Mary Dunn 52	24:43
M40 Jorge Fernandez	21:27
Jesus Acevedo	22:24
Paul Stewart-Smith	22:59
M45 Amador Ybanez	21:51
Tom Phillips	22:34
Vladimir Tomilov	22:40
M50 Bob Hermesch	25:07
Richard Shaver	25:25
Philip Vasquez	25:52
M55 Julio Aguirre	24:55
Herman Patino	25:37
Frederick Trilli	28:34
M60 Pat Cosgrove	26:20
Thomas Maile	26:59
Jack Brennan	27:13
M65 Alfred finger	27:53
K Modzelewski	29:40
David Kenney	30:01
M70 Jerry Stolls	36:00
Bill Horowitz	40:30
William Steyin	41:27
M75 William Fortune	33:05
Yury Rozenbaum	41:59
M80 John McManus	42:17
Allen Flagg	1:03:34
M90 Abraham Weintraub	1:21:52
W40 Corinna Cortex	25:32
Linda Webster	26:21
Carrie Barratt	27:42
W45 Gillian Horovitz	26:05
Ellen Foley	29:31
Valerie Yates	31:07
W50 Mary Dunn	24:43
Johana Carter	33:48

Joyce Vastola	34:12
W55 Susan Siderman	31:54
Judith Tripp	34:07
Chuang Chang	35:22
W60 Laurie Baker	33:12
Susanna Beltrandi	35:17
Ruth Fairbrother	35:33
W65 Naomi Vogel	38:26
Billie Moten	40:42
Susan Kossowsky	44:59
W70 Gloria Memdy	53:45
Elizabeth Thomas	1:05:07
Ingrid Fleischhaker	1:10:39
W75 Bertha McGruder	48:38
Joan Rowland	51:24
Pearl Jones	1:03:31

Mellennium Mile Londonderry, NH; Dec. 28

Overall	
Sean O'Brien 23	3:56
Jennifer Kramer 21	4:39
M40 Rich Marion	4:16
Bob Collins	4:21
Barry Harwick	4:24
Rodney Furr	4:28
Harris Hardy	4:35
M50 Randy Waterman	4:46
Richard Stockdale	4:55
Trevor Ward	4:58
Ken Houle	5:01
Stanley Dutton	5:09
M60+Charles Sawyer	5:24
Richard Molloy	5:25
David Pember	5:27
Bill Spencer	5:32
Denny Leblanc	5:37
W40 Karen Tripp	5:07
Jayne Tallarico	5:28
Pat Bourgault	5:28
Susan Kenney	5:34
Laurel Valley	5:46
W50 Linda Wegener	5:49
Kathy Satter	6:29
Heidy McGaffigan	6:30
Diane Levesque	6:48
Aline Kenney	6:48
W60+Kathy Engle	6:57
Sachiko Burkinshaw	7:23
Isobell Parke	8:59
Gail Gorham	9:22
Terry Hickey	10:39

NYRR Fred Lebow Classic 8K Central Park, NYC; Jan. 11

Overall	
Ben Reynolds 40	26:19
Uli Bromme 22	30:15
M40 Ben Reynolds	26:19
M45 Tom Phillips	28:40
M50 Bob Hermesch	31:44
M55 Michael Hudick	31:41
M60 John Samsel	32:40
M65 Alfred Finger	36:00
M70 Joseph La Bruno	42:53
M75 Chauncey Leake	58:07
M80 Santiago Iglesias	35:12
W40 Corinna Cortes	32:26
W45 Beth Moras	33:03
W50 Gail Kislervitz	38:03
W55 Deborah Barchat	38:22
W60 Laurie Baker	42:20
W65 Helene Bedrock	40:56
W70 Toshiko E'Elia	50:49
W75 Bertha McGruder	58:16

SOUTHEAST

OUC Half-Marathon Orlando, FL; Dec. 6

Overall	
Mike Smedley 30	1:11:53
Bea Marie Altieri 36	1:21:00
M40 GRAHAM FRASER	1:18:58
BRUCE GEISE	1:19:25
LEONEL MUNGUIA	1:19:41
M45 GARY COHEN	1:18:03
JUAN TAPIA	1:22:38
NOEL AYMAT	1:24:34
KEN JUNKINS	1:27:09
M50 DAVE QUARLES	1:21:45
J v VALKENBURGH	1:21:51
DIETER HANNIG	1:32:40
M55 GEORGE HERNANDO	1:29:34
PETE SEMPLE	1:31:54
LARRY VARCHETTI	1:34:38
M60 PARRY DOLLE	1:35:58
DAVID WOLTHORN	1:36:03
JOSE LOPES	1:39:59
M65 FRANCO MUCI	1:47:18
DICK ASHBY	1:52:05
ROBERT BERRICK	2:03:18
M70 EPIFANIO AGOSTO	1:51:36
BOB RAYMOND	2:03:55
M80 BART ROSS	2:15:22
W40 TERESA CALIO	1:32:28
BETH GOTTLIEB	1:38:07

MAUREN POWERS	1:39:32
GINGER MCKIM	1:39:49
W45 KATHY GAGNIER	1:33:24
DARLA BENNETT	1:33:59
DIANE TRAVIS	1:44:08
W50 JUDY KENNEDY	1:46:34
SANDY FOX	1:48:20
ROBIN COATES	1:53:26
M55 M MORDUJOVICH	2:06:44
ROSE REEVES	2:09:18
SARAH KAPOOR	2:10:45
W60 RITA SCHAFFER	2:07:01
M CHESTNUT	2:11:05
ANN GRIFFITH	2:51:06
W65 TERTTU BARSCH	1:58:16
MIE OKANO	2:33:37

Festival of Lights 5K Jacksonville, FL; Dec. 6

Overall	
Zeph Joseph 29	15:00
Kim Pawelek 29	17:03
M40 Steve Pettit	17:05
Anthony Truitt	17:40
Fernando Morelos	18:25
Stephen Solomon	18:48
Juan Echegaray	19:22
Zane Urbanski	19:34
M45 Doctor Radical	17:07
Victor Corrales	19:58
Allan Smith	20:04
Leslie Hart	20:31
Scott Seibler	20:37
M50 Bob Kennedy	21:49
Lewis Buzzell	22:37
Max King	22:46
Jim Klein	23:14
John McKean	24:43
M55 Bernie Candy	19:00
Steve Onimus	23:32
John Fields	25:09
Jim Lesniak	27:58
M W Frazier	28:11
M60 Jerry Harty	24:17
Ralph Billings	24:17
Ken Bandy	24:27
J D Beck	24:41
Paul Smith	25:50
M65 Larry Penrod	25:54
Al Saffer	28:52
Charles Desrosier	34:10
Jop Hammond	42:46
M70 Schroer Elmer	27:39
George Obi	45:44
W40 Jody Aldrich	23:21
Raejean Echegaray	23:56
Jane Harms	25:05
Jennifer Stoner	25:08
Kelley Nielsen	25:11
W45 Melody Sallette	21:29
Susan Worthington	25:02
Barbra Siglin	25:54
Teresa Odom	26:08
Marty Born	27:09
Rita Fullerton	27:16
W50 Rhonda Fossier	23:29
Suzan Schumacher	25:26
Donna Rettini	26:37
Diane Semore	28:10
Nancy McCorvey	29:40
W55 Norrie Binder	28:49
Cyndee Pierce	29:28
Sue Cervantes	30:48
Kathy Klein	32:38
Diana Gardner	36:23
W60 Susan Wallace	28:54
Arlene Olson	32:38
Marie Bandy	34:09
Patt McEvers	34:09
Helen Magnusson	36:26
W75 Ivey Sloan	46:56
Irene Herbertson	46:56

Huntsville Times Rocket City Marathon Huntsville, AL; Dec. 13

Overall	
Michale Green 27	2:20:25
Alevtina Naoumova42	2:44:25
M40 Dennis Simonaitis	2:22:40
Christopher Toepfer	2:27:42
Stuart Galloway	2:39:40
David Allison	2:44:17
Tim Lee	2:53:26
Matthew Curt.-Smith	2:54:17
Jim Hoer	2:54:26
Marty Clarke	2:56:53
Mark Miller	3:00:49
John Casterline	3:00:55
M45 Andrey Kuznetsov	2:27:23
Dave Johnson	2:35:36
Stephen Bolt	2:41:15
George Dewitt	2:41:17
Vladimir Tomilov	2:46:04
Michael Allen	2:46:48
Dennis Wallach	2:52:26
Charles Reagan	2:53:56
Davy Kenamer	2:54:33
Joe Franica	2:55:26
M50 Gary Romesser	2:42:45
John Kennedy	3:00:05
Dave Minier	3:02:02
John Walker	3:03:22

Joe Wallace	3:12:28
Craig Thompson	3:13:19
Don Ungaro	3:15:37
Nathan Meek	3:16:19
Steve Rogers	3:17:36
Wayne Heckler	3:19:28
M55 Gene McGrady	2:54:40
Gary Julin	2:59:28
Terry McCluskey	2:59:38
Bruce Labudde	3:04:09
Larry Lichnovsky	3:11:02
Dewayne Key	3:14:17
Sam Benedict	3:20:44
Dick Franklin	3:25:35
Warren Everett	3:26:29
Jack Hasson	3:27:54
M60 Paul Jensen	3:02:01
Ken Brewer	3:05:30
David Stewart	3:26:30
Mary Bradley	3:32:44
Bill Zehner	3:33:13
Dewey Spence	3:51:26
Glen Wile	3:55:41
Ree Reed	3:56:54
Tomas De Paulis	3:57:21
Fred Gilliam	4:02:09
M65 Tom Mayfield	3:18:10
Jerry McGath	3:31:04
Kelly Stinson	3:51:16
Joe Beams	3:55:58
John Jolly	4:06:45
Duane Correll	4:09:21
George Stump	4:25:10
Charlie Gregory	4:36:34
M70 Thomas Hathaway	3:56:27
Bill Chubb	4:44:02
Gresh Downs	5:02:08
M75 Jerry Johncock	4:01:52
Franklin Mason	4:45:19
W40 A. Naoumova	2:44:25
Cheryl Boessow	3:04:56
Susan Keith	3:21:22
Karen Mann	3

Continued from previous page

Table of race results for various events including W70 Sylvia Weiner, W75 Mimi Solana, Half Marathon, and Jingle Bell Run for Arthritis.

MIDWEST

Table of race results for Jingle Bell Run for Arthritis 5K Peoria, IL; Dec. 6, listing overall and category winners.

Jingle Bell 5K Run for Arthritis Indianapolis, IN; Dec. 6

Table of race results for Jingle Bell 5K Run for Arthritis Indianapolis, IN; Dec. 6, listing overall and category winners.

Table of race results for Jingle Bell Run for Arthritis Washington, DC; Dec. 6, listing overall and category winners.

Jingle Bell Run for Arthritis Washington, DC; Dec. 6

Table of race results for Jingle Bell Run for Arthritis Washington, DC; Dec. 6, listing overall and category winners.

Huntington Ultra-Frigid 50K (HUFF) Huntington, IN; Dec. 27

Table of race results for Huntington Ultra-Frigid 50K (HUFF) Huntington, IN; Dec. 27, listing overall and category winners.

Table of race results for Sunmart Texas Trail Endurance Huntsville, TX; Dec. 13, listing overall and category winners.

MID-AMERICA

Jingle Bell Run 10K Kansas City, MO; Dec. 7

Table of race results for Jingle Bell Run 10K Kansas City, MO; Dec. 7, listing overall and category winners.

Winter Waddle 5K Edina, MN; Dec. 26

Table of race results for Winter Waddle 5K Edina, MN; Dec. 26, listing overall and category winners.



SOUTHWEST

Sunmart Texas Trail Endurance Huntsville, TX; Dec. 13

Table of race results for Sunmart Texas Trail Endurance Huntsville, TX; Dec. 13, listing overall and category winners.

-50 Mile-

Table of race results for -50 Mile- event, listing overall and category winners.

Larry Fuselier State Championship 25K Jefferson, LA; Dec. 14

Table of race results for Larry Fuselier State Championship 25K Jefferson, LA; Dec. 14, listing overall and category winners.

Dallas White Rock Marathon Dallas, TX; Dec. 14

Table of race results for Dallas White Rock Marathon Dallas, TX; Dec. 14, listing overall and category winners.

WEST

Guardsman's Presidio 10M San Francisco, CA; Nov. 2

Table of race results for Guardsman's Presidio 10M San Francisco, CA; Nov. 2, listing overall and category winners.

Table of race results for various events including M50 Tom Silverberg, Alan Smith, M55 Les Omura, and M60 Val Sakovich.

Fiesta of Lights 5K Phoenix, AZ; Dec. 6

Table of race results for Fiesta of Lights 5K Phoenix, AZ; Dec. 6, listing overall and category winners.

P.F. Chang's Rock N' Roll Arizona Marathon & Half-Marathon Phoenix, AZ; Dec. 11

Table of race results for P.F. Chang's Rock N' Roll Arizona Marathon & Half-Marathon Phoenix, AZ; Dec. 11, listing overall and category winners.

Continued on next page

Continued from previous page

W45 Ellen Hart-Pena	2:52.16
Porfirio Balderas	3:22.59
Marla Rhoden	3:23.40
Bernadette Huston	3:24.42
W50 Terese Grondin	3:37.11
Kathi Peck	3:47.55
Karyn Harkrader	3:48.47
Patricia Gilley	3:49.15
W55 J Kruger-Williams	3:33.04
Susan Schwartz	3:37.29
Susan Lightner	3:56.53
Patti Wilson	3:57.01
W60 Barbara Miller	3:37.31
Sally Kennett	4:21.22
Helma Clavin	4:24.42
Shirley Hester	4:25.10
W65 Dolores Scott	4:49.39
Kay Martin	5:27.39
Giovanna Schaefer	6:58.46
Barbara Bass	7:02.04
W70 Ann Chadwick	5:33.43
Nessie Hollicky	5:50.49
Helen Amazeen	5:51.38
Kathleen Callaway	6:06.53
W75 Joy Johnson	6:46.54
Mary Ehrlich	7:06.07
Half-Marathon	
Overall	
Ryan Shay 24	1:04.35
Erica Larson 32	1:17.51
M40 Alan Newton	1:13.01
Eddie Hellebuyck	1:13.41
Gordon Hyde	1:15.10
Mark Brady	1:16.10
M45 Kevin Haas	1:13.05
Tim Newell	1:14.42
Stephen Smythe	1:18.18
Chris Lipscomb	1:20.55
M50 Carl Mohr	1:25.59
Carl Randall	1:26.27
Wayne Chick	1:27.01
Steve Santana	1:27.21
M55 Gordon Terwilliger	1:25.43
Bill Sumner	1:29.12
Randy Ellis	1:31.36
Kit Robbins	1:32.46
M60 Jim Jochim	1:34.14
Frank Bay	1:36.03
Elwood Vetos	1:36.29
Frank Wilson	1:37.28
M65 Art Harris	1:47.21
Bert Grapin	1:50.19
Ed Valenzuela	1:53.33
Clifton Miller	2:01.02
M70 Verne Carlson	1:44.49
Alvin Uecker	1:52.26
Bill Turley	2:03.10
Dewain Jenkins	2:07.14
M75 Bob Koch	2:00.09
John Cahill	2:21.49
Mas Yoshimura	2:40.59
Ron King	2:47.34
M80 Jim Sullivan	2:57.58
W40 Susan Loken	1:19.20
Janet Robertz	1:23.22
Lynne Schuler	1:31.38
Yolanda Powell	1:31.46
W45 Ruth Vomund	1:27.28
Gail Leveque	1:33.33
Anne Kilgore	1:37.47
Rebecca Swartz	1:38.50
W50 Carol Bennett	1:37.18
Donna Spencer	1:38.36
Susan Humphries	1:38.55
Mania Korb	1:39.03
W55 Carol Hansen	1:45.43
C Gail Hunter	1:45.49
Toni Belaustegui	1:49.03
Ann Fordiani	1:49.30
W60 Connie Ahrhsbrak	1:52.55
Judi Herk	2:02.18
Carole Lelli	2:03.24
Audrey Feldman	2:07.16
W65 Shirley Blush	1:56.03
Tami Graf	1:59.32
Lois Calhoun	2:10.57
Sandra Njaa	2:17.14
W70 Helen Perez	2:00.20
Barbara Boltz	2:32.24
Shirley Hoke	2:49.03
Betty Dunlap	2:57.27
W75 Freda O'Brien	3:29.54
Dorothy Brunker	3:32.33
Dorothy Joy	3:45.52
Geni Sullivan	3:46.52
W80 Margaret Walker	3:05.21
Venice Marina Xmas Runs	
Santa Monica, CA; Dec. 13	
-5K-	
Overall	
Khadevis Robinson 25	15:30
Jennifer Overlock 28	18:06
M40 Jim Morehart	18:34
John Winkler	19:00
Gary Silver	21:16
M45 Jeff Snyder	17:34
Jim Newman	19:05
David Smith	19:20
M50 Nolan Shaheed	15:56
Barry Wtler	18:52
John McAndrew	19:55
M55 Dick Held	21:35

Steven Bloch	22:32
Eloi Trujillo	22:36
M60 Ron Hecker	24:40
Steve Saurenman	29:14
Robert Savesky	30:09
M65 John Spivack	23:40
Richard Rodgers	24:02
Jaec Scott	27:14
M70 John Harper	23:18
Leonard Walts	26:57
M75 Gunnar Linde 75	21:58
Joseph Rossi 79	33:19
Arthur Zussman 77	34:31
W40 Sandy Krausert	21:44
Nancy Aguilar	23:45
Sue Poptsis	23:53
W45 Colleen Carlton	25:15
Hasmik Amirion	25:47
Chandra Kinney	26:37
W50 Jeannie Cheung	25:10
Jenny Paling	26:11
Becky Wu	26:53
W55 Linda Pena	24:57
Gwen Gordon	27:45
Jean Marsh	33:50
W60 Juanita Gonzalez	28:03
Jeri Byrne	35:23
Patricia Kinnahan	38:13
W65 Melba Morales 66	42:38
Barbara Goetz 66	48:13
Silvia Acevedo 67	59:53
-10K-	
Overall	
Jon Clark 29	33:31
Sarah Harris 28	37:01
M40 Michael Higgins	35:51
Morgan Addis	36:28
Sergio Gonzalez	37:32
M45 Ken Saxton	39:10
Howard Nevins	39:40
Timothy Burnett	39:47
M50 Richard Bouton	38:49
Rim Bomba	43:21
Gene Wilson	43:36
M55 Neil Ackerman 1	40:31
Dale Mauger	45:56
Caslov Pavlovic	46:15
M60 Michael Mahler	46:35
Roger Patrick	47:08
Henry Delrey	47:36
M65 Horst Lutz	48:42
Claude Bruni	52:08
Larry Briggs	54:56
M70 Andrew Martin	50:24
Sheldon Cohen	52:08
Stephen Bland	54:49
M75 Bob Koch 76	52:53
Ted Mackie 75	56:25
Loren Leonard 75	58:14
W40 Diane Daruty	38:20
Leslie Oliver	40:40
Pam Harris	41:47
W45 Helen Cox	40:28
Sena Hoodman	47:29
Jodee Preston	49:27
W50 Lindsay Folsom	45:30
Deborah Talbott	50:59
Eva Cohen	51:24
W55 Fran Smith	51:37
Catherine Des Lauri	52:39
Glenys Jones	56:19
W60 Penny Tyree	51:12
Sally Tyree	54:47
Ellen Demsky	57:43
W65 Marilyn Clark	56:11
Mickie Shapiro	58:39
Barbara Blinderman	71:29
W70 Chicko Allwein 70	56:28
Honolulu Marathon	
Honolulu, HI; Dec. 14	
Overall	
Jimmy Muindi 30	2:12.59
Eri Hayakawa 22	2:31.57
M40 Keiji Negishi	2:34.47
Hitoshi Imai	2:41.44
Karl Honma	2:48.01
Motomu Nishigori	2:50.42
Steven Latham	2:54.25
M45 Udo Reeh	2:45.56
John Stoltz	2:47.08
Nobuyoshi Ikwaki	2:57.49
Salvador Garcia	2:57.54
Masahiro Koike	3:00.05
M50 Yoshihisa Hosaka	2:43.35
Michael Georgi	2:52.27
Philippe Jung	3:08.27
Taavi Tainijoki	3:12.11
Masafumi Nagase	3:14.49
M55 Takatoshi Kawamoto	2:59.21
Rob Grant	3:01.46
Jiro Kiyomura	3:02.30
Koji Kawamura	3:05.30
Otto Zimmer	3:10.27
M60 Takao Aida	2:59.35
Tadashi Matsumoto	3:18.53
Tadanori Monguchi	3:19.45
Yuichi Kataishi	3:22.02
Kiichi Ikai	3:24.51
M65 Susumu Ichida	3:18.05
Ichiro Suzuki	3:22.29
Satoshi Kusu	3:30.31
Tomio Ishikawa	3:37.15
Keiji Nasumura	3:38.17

M70 Rikio Mitsuhashi	3:40.43
Tajji Hashiguchi	3:41.11
Saburo Furukawa	4:01.29
Hal Sullivan	4:03.32
Kazuhsa Konda	4:08.24
M75 Teruhiko Iwashita	4:20.25
Kazuo Nishizaki	4:29.00
Hermann Baudisch	4:44.03
Kinjiro Ogawa	5:05.43
Katsuo Hanzawa	5:10.20
M80 Sab Koide	5:06.32
Takeo Goto	6:50.02
Saburo Murakami	6:55.51
Goro Kagoshima	7:07.59
Jim Seikel	7:30.17
M85 Suelo Nakazono	8:04.33
Kenji Ishihara	9:13.41
W40 Sayuri Kusutani	2:52.18
Cynthia Schnack	2:58.27
Hiroko Ogawa	3:02.38
Enko Asai	3:05.10
Mika Negishi	3:07.59
W45 Joan Sameulson	2:53.54
Shinobu Kurosaki	2:58.18
Ryoko Ishihara	3:13.37
Connie Comiso	3:26.44
Midori Kato	3:27.31
W50 Takiko Sato	3:24.00
Yumiko Shingaki	3:34.53
Rose Pals	3:35.34
Chiyoiko Ishida	3:40.39
Masako Matsumura	3:40.51
W55 Reiko Hirotsawa	3:33.16
Atsuko Aoki	3:36.16
Harumi Amano	3:45.34
Joan Stibbard	3:47.42
Gunhild Swanson	3:55.25
W60 Satsuko Suzuki	3:53.09
Mayumi Aihara	3:53.36
Naoko Arashi	4:08.01
Takako Suzuki	4:13.04
Hiroko Minami	4:17.53
W65 Gwen McFarlan	4:07.52
Keiko Ai	4:09.51
Mary Hack	4:17.06
Yasuko Funushima	4:19.06
Yoshiko Yagi	4:31.32
W70 Mollie Chang	4:54.25
Keiko Yamada	5:15.36
Toshie Nakamura	5:42.03
Barbara Zamparelli	5:44.52
Makiyo Kishimoto	5:46.14
W75 Eileen Humphrey	5:43.52
Masae Nakada	6:18.11
Etsu Yoneyama	6:18.20
Marie Boles	6:37.32
Yoshiko Kosugi	6:53.22
ARR Desert Classic	
30K/10K/5K	
Scottsdale, AZ; Dec. 28	
30K	
Overall	
Jason Lehmkuhle 26	1:41.26
Bianna Torres 23	2:01.39
M40 Anthony Cantwell	2:00.59
Jim Bostwick	2:01.19
Charlie Benson	2:03.58
M45 Steve Greenspan	1:57.02
William Gregory	2:03.50
Bill Wilkey	2:05.27
M50 Ray Lobato	2:05.14
Gary Grierson	2:08.03
John Pawleska	2:30.47
M55 David Oake	2:14.51
Daniel Martin	2:30.59
Gene Geller	2:42.37
M60 Anthony Cesario	2:45.45
H. N. Krishnaswamy	2:47.07
Bob Hansen	3:12.59
M65 Bob Meyer	2:57.16
Jerry Sombke	3:04.40
M70 Bert Hurowitz	3:04.40
W40 Bev Schmal	2:31.27
Karla Avenil	2:32.45
Jane Dolan	2:39.39
W45 Lynne Merkle	2:55.17
Mary Dohar	3:05.44
Terry Dykshorn	3:11.04
W50 Carol Bennett	2:27.43
Sue Baaden	2:54.37
Maryn Boess	3:03.14
W55 Barbara Pumm	4:12.05
10K	
Overall	
Gregg Monn 44	35:50
Hayley Barratt 22	39:52
W40 Tatjana Eggink	47:52
Betty Phillips	50:07
Claire Dedow	49:45
W45 Kim Lorenz	47:35
Ann Hornaday	50:03
Sue Kirm	51:18
W50 Christine Humble	55:59
Ellen Dillon	58:01
Susan Allen	1:00:08
W55 Brigitte Brooks	1:17:12
W60 Joyce Werner	1:17:57
W65 Roberta Parker	1:09:49
M. Lee Hodges	1:25:57
M40 Gregg Monn	35:50
Gavin Levinthal	44:40
Jay Paulus	44:57
M45 Jeff King	40:41
Mark Dedow	42:24

Roy Weinberg	44:31
M50 Stacy Caudell	44:55
Norm Janoff	45:28
Larry Jaime	47:28
M55 Thomas Conway	45:47
Robin Lorenz	46:12
Gary Ruoho	46:46
M60 Bob Goswick	59:31
Phil Davis	59:17
Frank Boum	1:00:15
M65 Eddie Fromm	41:57
Steve Cipelle	55:33
Lenny Mikus	1:01:01
M70 Jerry Dietrich	56:54
5K	
Overall	
Enk Anderson 32	17:36
Mindy Schmidt 35	20:12
M40 David Depew	18:13
M45 Jim Hershberger	18:50
M50 Wm Martin	19:44
M55 John Greet	30:30
M60 Tom Ballen	38:56
M65 Don Branaman	23:57
M70 Jack Frandsen	31:33
W40 Jane Ball	23:48
W45 Debra Blankenship	28:43
W50 Karen Davis	22:00
W55 Emilia O'Grady	32:54
W60 Sue Smith	34:17
W65 Beatrice Bacalzo	34:22
Bumble Bee Seafoods Holiday	
Bowl 5K	
San Diego, CA; Dec. 30	
Overall	
BENJAMIN BRUCE 21	14:57
LISA TOFLER 37	18:48
M40 WAYNE COTTRELL	17:19
MICHAEL ROBINSON	17:48
BRUCE WILSON	17:56
MARK SARNO	18:14
M45 DAVE PARSEL	16:29
THOM HUNT	17:06
ERIC DRUMMOND	17:21
CASUALTY KNOWMOR 17:30	
M50 DON IRVINE	18:48
JIM POOL	19:28
MIKE ROUSE	19:40
PAUL BISHOP	20:41
M55 BILL SUMNER	18:31
MIKE CASTALDI	19:07
HAYDEN SMITH	19:15
BARRY JONES	20:16
M60 STEVEN BRENNECK	19:58
MAC AMOS	22:53
JIM POLLOCK	23:02
JIM FEHLBERG	24:51
M65 ROBERT REBELLO	24:10
NORMAN STARR	29:18
PAT SIMPSON	29:24
GARY STECK	29:38
M70 JIM BUCKLEY	23:50
WAYNE MYERS	27:20
BOB HOLMES	28:35
BILL NYHAM	28:49
W40 LISA ZAPPALA	19:22
JENNIFER HAVEN	19:54
JOANNE WATSON	22:45
VICKIE ADAMS	24:11
W45 KIMBERLEE ROUSE	19:52
CINDY FLORES	22:05



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