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

August 2005 \$3.00 324th Issue



JERI McDONALD
First four finishers in the National Senior Games M80 10K (I to r): Clyde Hart, third; Tom McDonald, first; Jim Hamilton, second; and Ruben Taylor, fourth.

1100 Athletes Take Part in National Senior Games in Pittsburgh

The more than 1100 track and field athletes in the National Senior Games left Pittsburgh, Pa., with an impressive number of world and national agegroup records, most of them by competitors age 80-and-over.

Athletes competing in the Games on June 3-18 had first to qualify in their home states to become eligible for the multi-sport, biennial affair for men and women age 50-and-older.

Track and field, one of 18 sports in the National Senior Games Association program, was held at Carnegie Mellon Stadium.

Trent Lane, 95, Baton Rouge, La., led the attack on world marks with three, in the M95 shot put (6.19/20-3 3/4), discus (15.90/52-2), and javelin (20.80/68-3).

His M90 U.S. record for the javelin

Continued on page 5

Burangulova Surprises Self with W40 Win

Jacobs' "One-time Deal" Pays Off at Grandma's Marathon

By SUSANNAH BECK

Former elite U.S. roadster Jeffrey Jacobs made a one-time reappearance on the marathon racing tarmac, June 18, to win the masters division of the 29th Grandma's Marathon, Duluth, Minn., in 2:24:28 (17th overall).

Jacobs, 40, Roscoe, Ill., an engineer with a 2:13:44 PR (the fastest PR in the field that day) out-dueled engineering professor John Mirth, 43, Platteville, Wisc. (a 2:18 marathoner), 2:26:45 (19th overall).

The pair ran within a few seconds of one another through halfway, after which Jacobs gradually pulled away. Wearing training shoes and pouring water over his head, Jacobs managed 1:11:44/1:12:44 splits on the pretty lakeside course with a tougher second half.

Jacobs told the Duluth News Tribune, "When I turned 40, I wanted to be a suc-Still, this cess at the masters level. [marathon] is a one-time deal. I have put my wife through six months of long

It was a good day for runners - sunny, with a 3-5 mph tailwind off the lake and temperatures in the 50s - but high humidity caused many to sweat. While the temperature dropped from 59 to 57 between the Two Harbors start and the



Jeffrey Jacobs, 40, first male master (2:24:28), Grandma's Marathon.

downtown Canal Park festival finish, the humidity rose to 100%.

Ramilia Burangulova, 43, Russia/ Gainesville, Fla., surprised herself and

Continued on page 10

Clingan Wins NMN Age-Graded Mile

Masters Set Records at Hayward

By JERRY WOJCIK

Athletes came from far and near to set records in the 24th Hayward Classic in Eugene, Ore., on June 18-Masters from Massachusetts, Georgia and Maryland joined local athletes to produce age-group records at Hayward Field on the campus of the University of Oregon.

On Saturday, James Stookey, of Maryland, broke the M75 U.S. record for the long jump with a 4.49/14-8 3/4. Asked why he traveled across country for the meet, he answered, "I came to Hayward, because you know if you do well here, it'll be recognized. I did a 4.29 long jump at the National Senior Games in Pittsburgh, so I was surprised at my mark here, especially since it came on my last jump after two fouls. I've been concentrating on the hurdles."

It paid off, with a world record 54.17 by Stookey in the 300H on Sunday.

Continued on page 5



Dave Clingan, 51, winner of the National Masters News Age-Graded Mile at the Hayward

Athletes Head for Hawaii and Spain

The stages are set for two of the most prestigious events in masters track and field. The first, the 38th USA National Masters Championships, will be held in the Pacific paradise of Honolulu, Hawaii. The second, the 16th World Masters Athletics Championships, will be held half a world away in the city of Donostia-San Sebastian in the Basque region of Spain.

Entries to both events are closed. Competitors in both championships range in ability from ex-Olympians and worldrecord holders to athletes not listed in the top 25 in the U.S. or world rankings. No performance qualifying is necessary in either event.

The USA Championships are sched-uled for Aug. 4-7 at the University of Hawaii's Cooke Field, noted for its rainbow-colored track. Athletes will compete in five-year age groups, starting at 30-34 and going up to 90+. U.S. citizens must be registered with USA Track & Field, the national governing body of athletics.

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The National Masters News (ISSN-07442416) is published monthly, with an annual subscription rate of \$28.00. Main office address: 2791 Oak Alley, Suite 5, Eugene, OR 97405. Periodicals postage paid at Eugene, OR 97401.

The National Masters News is an official publication of USA Track & Field and of World Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA.

Executive Officers of USATF: Bill Roe, President; Craig Masback, Executive Director

To inquire about a USATF card, call USATF in your area, or 317-261-0500.

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Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, 2791 Oak Alley, #5, Eugene, OR 97405-9998.

Subscriptions: A one-year subscription (12 issues) is \$28.00 (mailed 2nd class). Add \$17 for 1st class (USA & Canada) or \$20 for foreign air mail. Please send all correspondence on subscriptions to NMN. P.O. Box 16597, No. Hollywood, CA 91615. 818/286-

Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue to the Subscription Dept.

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Hawaii/S

August 2005

Continued from page

Events on Th the National Per and continue thr array of track an the 10,000m, two walks, steeplech jumps, and relagroups. The list can be found at v

An added ince el to the most po Road Champions

In addition to on Aug. 6, athlet have an opportui Diamond Head, Beach, and the ot the state of Hawa jaunt to Kaanapal Maui Onion Fes celebrates the h Maui onion.

On to Spain Two weeks at over the Pacific Honolulu, more WMA Champion looking at the Bay city of Donostia-S

Donostia, the B is often added to Basque are the o city has a populat average August hi 73 degrees and ar Almost 6000

affiliate countries edition of the bie For the first t world outdoor ch 35-39 division w

as the weight thro The 12-day n opening ceremon tinue until the clo 3, with two rest d

The men's de heptathlon will ta of competition. will be held on Three stadia will I limits, and the oth Non-stadia event try, 10K and 20 marathon on the team-award even

In between co tour Northern Sp toric and diverse across the borde arts with a vi Guggenheim Mu the high speed to out in San Sebas tronomy. For the first t

required to wea similar design. wore various to onships.

A USA tear every day of co Aneota Stadiur posted. A meet and 4x400 relay

The list of found at www. tors at that site 2005.com.

Hawaii/Spain Meets

Continued from page 1

Events on Thursday, Aug. 4, include the National Pentathlon Championships, and continue through Sunday with a full array of track and field events, including the 10,000m, two hurdle races, two racewalks, steeplechase, four throws, four jumps, and relays, held in 10-year age groups. The list of entrants by age-group can be found at www.hawaiichamps.com.

An added incentive for masters to travel to the most popular vacation spot in the world is the USA National Masters 8K Road Championships to be held Aug. 7.

In addition to the meet's special luau on Aug. 6, athletes and companions will have an opportunity to enjoy Honolulu's Diamond Head, Pearl Harbor, Waikiki Beach, and the other islands that make up the state of Hawaii. That might include a jaunt to Kaanapali Beach on Maui for the Maui Onion Festival, Aug. 6-7, which celebrates the homegrown, supersweet Maui onion.

On to Spain

Two weeks after U.S. athletes gaze over the Pacific from the beaches of Honolulu, more than 270 of them, as WMA Championships entrants, may be looking at the Bay of Biscay from the port city of Donostia-San Sebastian.

Donostia, the Basque name for the city, is often added to its name. Spanish and Basque are the official languages. The city has a population of 180,000, with an average August high temperature of about 73 degrees and an average low of 62.

Almost 6000 athletes from 80 WMA affiliate countries are entered in the 16th

edition of the biennial event.

For the first time in a WAVA/WMA world outdoor championships, the men's 35-39 division will be contested, as well as the weight throw.

The 12-day meet will start with an opening ceremony on Aug. 22, and continue until the closing ceremony on Sept. 3, with two rest days on Aug. 27 and 30.

The men's decathlon and women's heptathlon will take up the first two days of competition. The weight pentathlon will be held on the September dates. Three stadia will be in use, two within city limits, and the other in Tolosa, 20K away. Non-stadia events are an 8K cross-country, 10K and 20K road walks, and a marathon on the closing day. All are also team-award events.

In between competitions, athletes can tour Northern Spain, one of the most historic and diverse areas of Europe, or, just across the border, France, or opt for the arts with a visit to nearby Bilbao's Guggenheim Museum, or do a day-trip on the high speed train to Paris, or just hang out in San Sebastian savoring Basque gastronomy.

For the first time, U.S. entrants will be required to wear official uniform tops of similar design. In the past, U.S. athletes wore various tops from previous championships

A USA team meeting will be held every day of competition at 10:30 a.m. at Aneota Stadium, exact location to be posted. A meeting to establish the 4x100 and 4x400 relay teams will be announced.

The list of U.S. competitors can be found at www.usatf.org, and all competitors at that site as well as at www.wma-2005.com.



Emil Pawlik, 66, set an M65 world record of 7839 points for the decathlon, USA Masters Decathlon/Heptathlon Championships.

Questions regarding the World Championships can be addressed to Philip Greenwald, USA T&F Team Manager, 101 West 81st St., Apt. 718, New York, NY 10024; 212-595-2486 (before 9 p.m. Eastern time); greenwaldp@att.net.

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Shipp Scores Meet High 8086

Four Age-Group Records Set at Decathlon/Heptathlon Championships

By REX HARVEY

Three world records and one U.S. record were broken in the USA Masters National Decathlon/Heptathlon Championships held in Mayfield, Ohio, July 2-3. Thirty-three men and five women competed in the grueling two-day event, conducted by the Over the Hill Track Club and the Lake Erie Association of USATF.

The decathlon individual events for the men on the first day are, in order, the 100m, long jump, shot put, high jump, and 400, followed on the next day with the hurdles, discus, pole vault, javelin, and 1500

On the first day, women contest the hurdles, high jump, shot put, and 200, and finish with the long jump, javelin and 800 on the second day.

The points awarded for competitors' individual marks are age-graded and can be compared to performances and points scored by any national and international combined-events athlete.

Emil Pawlik, 66, Jackson, Miss., the USATF Masters Outstanding Combined-Events Male Athlete for 2004, set an M65 world record with 7839 points. His best scoring came in the 100H (16.30, 1029 points) and high jump (1.47/4-9 3/4, 934).

The present record is 7754 by Knut Kramstad, Norway, on July 2, 2003, in Puerto Rico.

Retired Ohio highway patrolman Fred Hirsimaki, 80, Findlay, Ohio, obliterated the M80 world record of 4977 by Takuro Miura, Japan, on July 29, 1999, with a 6802 total. Hirsimaki's long jump of 3.91/12-10 earned him 1063 points.

Christel Donley, 70, Colorado Springs, Colo., scored over 1000 points twice, with 1028 for her 18.44 in the 100H and 1054 for a 1.11/3-7 3/4 high jump to end with a world-record 6029 points. Isabel Hofmeyr, South Africa, holds the record at 5449, set July 29, 1999, in Gateshead, England.

Second highest scorer among the women was Kay Glynn, 52, Hastings, Iowa, with a 4989.

Phil Shipp, 70, Sedona, Ariz., scored the highest total of the meet with 8086, an M70 U.S. record, which presently belongs to former Olympian Richmond "Boo" Morcom at 7524 in 1991, Turku, Finland.

A total of 20 championships meet records were set or established. Rob Duncanson, 50, Trabuco Canyon, Calif., ran an outstanding M50 meet record 4:50.43 in the 1500, worth 894 points. Hirsimaki broke one of the oldest meet records, set 25 years ago (1.17/3-10) in the high jump with a 1.22/4-0.

Meet organizers expressed a special thanks to Gill Athletics, who supplied equipment and implements.

25th Silver Anniversary Nevada Senior Games Las Vegas • Nevada



"New Custom Medals & Special Awards"

September 28 through October 2, 2005

UNLV Track

(I mile from the famous Las Vegas Boulevard "Strip")

Wednesday, Sept. 28 10K Run - Wayne Bunker Park

Thursday, Sept. 29 5K Run – Wayne Bunker Park

Friday, Sept. 30 Weight Pentathlon (M&W): HT, SP, DT, JT, WT

Saturday, Oct. 1 Hurdles: 110m, 100m, 80m

5K RR, 50m, 400m, 1500m RR, 800m Individual HT, Individual SP, LJ, HJ

Softball Throw

Sunday, Oct. 2 100m, 1500m, 200m, Individual DT, PV, TJ Individual JT, Standing LJ, Individual WT

Electronic Scoring • USATF Sanctioned and Officials No late registration after Sept. 27 • No adds at meet New shirts • Commemorative patch with registration

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Phone: 702-242-1590

Nevada Senior Games, Inc. 3111 S. Valley View Blvd., B-201 Las Vegas • NV 89102 Address Letters to: National Masters News P.O. Box 50098, Eugene, OR 97405 or E-mail: natmanews@aol.com

CHANGE THE HURDLES

My thoughts on the hurdles are much like Al Sheahen's (July NMN). Having administered track and field meets at the masters level for many years, I can attest to the nightmares felt by organizers when dealing with the hurdles.

While the numbers are small in terms of competitors in the short hurdles in the older age groups, it makes no sense to have an 80m, 100m and 110m hurdle

Athletes can adjust to the distance. With a little more flexibility work and training, I think they will do just fine at 100 and 110 distances.

While you are at it, get rid of that awful 27-inch height as well. Who has

> Randall Brady Seattle, Washington

I can't believe that U.S. organizers are unable to figure out the right spacings. The U.S. has sent astronauts to the moon, but are not able to set hurdles on the right spot! I don't believe it.

In all the races in Europe and overseas I have seen or competed in, they've never had problems regarding the spacings or the schedule.

If we make the changes Sheahen has suggested, you will have more jumping and less running over the hurdles.

Nobody would try to simplify the throws and have the same weights for all men/women regardless of age.

Please don't make the masters hurdles laughable.

I agree with Al Sheahen with one

exception: over the age of 79, male hur-

Walter Holder Neidlingen, Germany dlers should run the women's distance and spacing.

Male hurdlers 80+ are few and far between and often do not have anyone to run against in that event. I know this to be true, and on occasion I have been thrown into a hurdle race with the ladies so I would not have to run alone.

This would not involve any special spacings that would delay a meet. Since the ladies run first, the 80+ males would run the same spacings to follow the usual meet schedule of oldest to youngest.

Outside of that, my friend Al Sheahen makes a lot of sense with uniform spacing for all hurdle races.

Al Guidet California City, California

I couldn't agree more with Al Sheahen in his suggestions for the hurdles.

I find no logic in an event that requires a complete shutdown of an entire meet for officials to calculate, measure, and set up marks for our present hurdle spacing.

Very few hurdlers over-50 come close to three-stepping between hurdles anyway. When they reach my age, forget it! A 110m for men and 100m for women makes sense, as he points out, because the markings are already on the track.

I believe that the non-three-steppers would eventually have faster times over the long haul. It's inconceivable to me that those over 70 would have problems running an extra 20 meters. The hurdle heights should stay as they

> Bill Daprano, M75 Fayetteville, Georgia

Sustainers for August 2005

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:

Roy Englert Robin Herron Fred Jer Roderick Parker **Betty Pierce Becky Sisley** Frank Vellardito **Thom Weddle Edward Fox**

Springfield, Virginia Fort Collins, Colorado Tucson, Arizona Amity, Arkansas Vero Beach, Florida Eugene, Oregon Trumbull, Connecticut Minneapolis, Minnesota Bayside, New York

I was glad to read Al Sheahen's article about the proposed changes to the hurdle specifications for masters.

As a former high school hurdler and current masters/seniors thrower, I would love to give the hurdles another try. I have not, so far, primarily because of the goofy setup of the event at the masters meets I have attended. Meet directors run mixed age groups together for the sake of time, making the track resemble a maze more than a track event.

The distance should be 110m, not 100m. The spacing should be unchanged from the open division. So some of us have to five-step. So what? I think I did in the 10th grade, anyway, before I had the confidence to threestep. I hope Rex Harvey will push hard for this change.

Bob Cargile Masters athlete / USATF National Official, Knoxville, Tennessee

I have competed in hurdle races for many years, and I know very well what a hassle it is to set up the hurdles with the proper spacings for all the different

age groups.

When you should be getting ready for your hurdle race, you often find yourself helping to set up the hurdles and measuring the spacings. All of this can be confusing, which can lead to delays and even incorrect hurdle spac-

These problems could be eliminated if we implemented Al Sheahen's suggestions regarding hurdle spacings. We would just have to take more steps as we age. Running 110m for the men and 100m for the women should not be a problem even for the older age groups.

Clarence Trinkner Janesville, Wisconsin

In response to Al Sheahen's article on the hurdle changes: the women's 80mH have two heights and two space settings; the men's hurdles have two heights and one space setting. The track officials' confusion is due to ignorance of the hurdle specifications, which is just not acceptable.

The reduced space setting for older age categories is in line with the aim to make all events manageable by atheletes of all ages. The masters events also cater to the elite athlete who can manage three steps between hurdles.

You can't compare a plodding 80year-old marathoner with the agility and grace of a masters hurdler. The hurdle races are technical events that require concentration and courage, and the older hurdler should be encouraged to compete. To have at this stage a uniform space setting between hurdles as suggested in the article will serve to lessen an already dwindling pool of masters

Magdalena Tomlinson, W60 South Africa (by e-mail)

Al Sheahen suggests that we need "to bring some common sense to the hur-I think it already has plenty, based upon 30 years of experience and adjustments.

I hear two reasons for proposing change. One is for the convenience of meet directors. To me, that is not a legitimate reason, and I speak as one who has staged numerous meets. It really isn't as hard as Sheahen suggests to place the 10 hurdles on a track if you have a 3-meter tape.

I can agree with Sheahen about eliminating the 80m hurdle race. The masters can handle 100m hurdles, including

The second reason seems to be because just a few can run it three-stepping. Making the proposed change only ensures that no one will be able to threestep, and three steps is the designed structure of the race.

Personally, I like the system that lowers the height and brings them closer as we age, as it enables the race to be run more like it is envisioned. The hurdle race is a race of rhythm, and it's not supposed to be just an obstacle course to be navigated by "adjusting their stride patterns as they age in their own particular way." Leave it alone.

Let those who can run the race using three steps run three steps. The proposed change will only ensure that absolutely no one can perform the race as it was designed. Who wants that, and what beneficial purpose would that serve?

> Courtland Gray, M60 Hurdler by e-mail

I was amused at Al Sheahen's article. Hurdle settings are not the problem! He wrote "The short hurdle event was delayed by more than a half-hour while dedicated but confused officials struggled to figure out the spacing."

What a great example of an oxymoron. How can a dedicated official be confused?

Continued on page 8

August 200

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Diversity to start, but who

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Track & Field Report

By GEORGE MATHEWS Chairman, USATF Masters Track & Field

More on Diversity Training

have received some reponses questioning my spending time on diversity training. Following is a response from USATF consultant Radious Guess, President, E Pluribus Unum Consultants. Ms. Guess is leading us through our education on this important subject. I hope this information is valuable. -gm

Diversity training is a great place to start, but who needs the training?

You do, if you work for an organization or live in a neighborhood that does not allow you to transact with a substantial number of people from diverse racial, ethnic and cultural backgrounds on a daily basis.

You do, if you have never shared a meal, watched a movie, or fellowshipped in your home with someone who is your racial, ethnic, or cultural opposite.

Through diversity training, you can learn strategies to help interpret the behaviors of those who are racially, ethnically, and culturally different from yourself in order to assure a welcoming and productive climate and environment for everyone

Understand Others

Diversity training experiences help you better understand how to help neighbors, clients, co-workers and colleagues cope with, understand, and appreciate the value of differences and the value of fairness regardless of difference, and to actively challenge per-sonal and institutional prejudice, discrimination and stereotyping when it

Many times we feel more secure with sameness, afraid of being different ourselves, or getting close to anyone who is different.

Awareness Opportunities

Participating in diversity training sessions offers opportunities to increase your awareness of behaviors that may put you and/or your organization at risk of maintaining our nation as separate and unequal. Diversity training experiences help one build specific professional skills for interacting more effectively with people who are racial-

ly, ethnically, and culturally different from yourself.

Diversity training sessions create opportunities to discuss and develop strategies to counter prejudice, discrimination and stereotyping in order to productively and comfortably transact in our increasingly multicultural and multilingual society.

What is Diversity?

In essence, diversity encompasses all the ways in which human beings are both similar and different. It involves variations in factors we control as well as those over which we have no choice. These factors give us areas of commonality through which we can connect with others, and aspects of difference from which we can learn. They also represent points of contention over which we can have conflict.

Similarities and differences have been with us since men and women have inhabited the planet; however, diversity becomes an issue of concern to organizations and communities when these differences impact the workplace and living environment.

If assumptions and preconceived notions prevent talented employees from being hired or heard, if values and differences block communication and teamwork, or if lack of knowledge about cultural norms loses customers, diversity becomes a front-and-center focus for organizations.

To capitalize on the benefits diversity can bring into the workplace and to deal with the challenges it presents, it is critical for us to understand the many dimensions of diversity and participate in sharing about their impact in the workplace and our society.

Who needs to attend diversity train-

ing? Everyone!

National Senior Games

Continued from page 1

is 17.02/55-9, which was set March 15, 2003. So, he threw the 400g javelin almost 13 feet farther than he did over two years ago.

Helen Beauchamp increased the W85 shot put world record with a 6.52/21-4 3/4, and added the national javelin record with a 12.26/40-2 3/4. Bobby Whilden broke the M70 world record for the 100m with a 12.76.

An additional 14 U.S. records were revised, four by a versatile John Boesenhofer. He set M90 records in the high jump (1.06/3-5 3/4), pole vault (1.11/3-7 3/4), long jump (2.57/8-5 1/4), and javelin (17.94/58-10).

Other multiple-record breakers were James Hammond, M90, 100m (19.90) and 400 (1:42.83), and Juanita Brookover, W90, discus (11.07/36-4) and javelin (10.87/35-8).

Longtime masters sprinter Don Cheek, M75, broke the 26-year-old U.S. record of 68.5h in the 400 by Josiah Packard in 1979 with a 67.40. John Nespoli, M50, was the youngest athlete to break a record with 17.06/55-11 3/4 in the shot put.

Philippa Raschker, 58, who was inducted into the USATF Masters Hall of Fame in 1997, was honored again with her induction into the National Senior Games Hall of Fame at the opening ceremonies at Carnegie Mellon Arena.

Raschker currently holds 24 world and 62 U.S. track and field records.

The 2007 National Summer Senior Games are scheduled for Louisville,

Hayward Meet

Continued from page 1

The present long jump record is held by Edwin Lukens at 3.32/14-2 in

Mary Harada, of Massachusetts, set a W70 mile world record and the U.S. 3000 record on Saturday. Running in the National Masters News Age-Graded Mile at 11 a.m., Harada did a 7:24.45, and later, at about 3 pm, she ran a 15:05.06 in the 3000.

After the 3000, Harada explained why she came to Eugene, "I joined a new age group on June 17 and knew that Hayward had a 3000, one of my better distances, and that the record was reachable. Plus, I could run a mile. You don't find both of those in masters outdoor meets very often. I've often competed with Helly Visser (of Canada and winner of the W70 mile in 7:18:36). We brought out the best in each other."

The W70 mile record is 7:26.0 by Pat Dixon in 1989. The 3000 record is 16:55.0 by Jaclyn Caselli in 1995.

Thrower Carol Young, of Georgia, with a 35.92/117-10, added a tremendous 28 feet to the W65 U.S. hammer record of 27.40 by Evelyn Wright in 2002, and broke Erika Messner's 2003 record of 5.82 for the 25# superweight with 7.68/25-1 3/4.

"It is always a pleasure to come to Eugene to throw," Young said. "You know the rings are going to be perfect, there'll be a full compliment of registered officials, and the volunteers are wonderful. I tried to break three W65 records here, but Erika Messner's 12# weight record of 12.43 still stands.

The out-of-staters were joined by Chuck Coats, of Oregon, who ran an M45 U.S. record 9:03.99 in the 3000. The record is 9:04.05 by John Waldron in 2003.

In the Age-Graded Mile, Dave Clingan, 51, of Team Runners High, took an early lead in the second heat of 12 runners, ages 34 to 59, and hung on for a third-overall to win the National Masters News sponsored event with an age-graded 89.9% 4:43.67 (A-G 4:09.63)

Canadians Roger Davies, 70, with an 87.6% 5:53.67, and Jack Miller, 60, with an 86.3% 5:22.33, were second and third age-graded performers. They ran in the first heat of five women, ages 46 to 71, and seven men, ages 60 to 73. The 24 runner total made it the largest NMN Mile ever.

Clingan was presented with a clock and plaque by National Masters News publisher Suzy Hess at the Saturday evening reception, hosted by the Oregon TC Masters, at the meet headquarters Phoenix Inn.

The meet was also the USATF Assocation Oregon Championships. Athletes registered with the Oregon Association who won

an event were awarded a championships patch.

While some masters meets this season have declined in numbers, this year's Hayward Classic drew 286, above the 272 in 2004.

Weather was cool and cloudy in the mornings, warming in the afternoon. Saturday's noon events were delayed



Neil Saling, M65 shot put winner (10.63), 2005 Hayward Classic.

by a rain, thunder and lightning.

Johnny Faerber was the meet director. Announcing chores were handled by Tom Heinonen and Adam Schneider.

The primary sponsors were Pacific Continental Bank, Duncan & Brown, SportHill, Tracktown Pizza, Siuslaw Carter & Carter, and the cities of Eugene and Springfield.

SITES OF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

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August 2005

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Third Wind

By MIKE TYMN

Still More Quotes From the Past

ontinuing with quotes from interviews over the past 25 years, here are some from the early 1990s along with a few from the '80s I missed in the last two

Avoid eating bloody rubbish: "I used to eat a lot of rubbish. I'd always be eating bloody ice cream and it would sit in my system when I'd run. The training wasn't as efficient as it is now. Now, I watch what I eat." John Campbell, as to why his running had improved, allowing him to do a 2:11:04 marathon at age 41 in Boston

Trains like a bloody maniac: "He trains like a bloody maniac. That's the way we were brought up in New Zealand. That's why he's doing so well now." - Max Telford, ultra distance runner, on John Campbell's success

Give him the bloody Iron Cross: "It used to be that if a guy said he wanted to run a marathon, you looked at him and wondered if he was all there. If he went ahead and did it, you gave him the bloody Iron Cross for bravery." - Albert Thomas, former WR holder at two and three miles and New Zealand Olympian

Getting beat to the punch: "It's kinda like the fight game. When I quit at age 30, I felt stronger, but I wasn't getting off as fast. I was getting beat to the punch by younger fighters. The same thing with running. I used to look at the times of guys who are 65 and couldn't wait until I got that age. But as I got closer to it, my times got a lot closer to their times. I think my times have slowed down more since I reached 60 than they did after I passed 50 - either that or the clocks are running faster." - Chuck Davey, who defeated Rocky Graziano but then lost to Kid Gavilan in a welterweight title match

Wasted mileage? "Beyond 15 miles a week you get minimal health and fitness benefits, and you increase the risk of musculo-skeletal injuries. Our research clearly demonstrates that at 15 miles a week you're roughly at 85 to 90 percent of your capacity as far as maximal oxygen consumption is concerned." - Kenneth Cooper, M.D.

Damned if you do, damned if you don't: "You look at all these guys who are well, at least in the marathon, they're all running machines. It's a double-edged sword, and what it boils down to is the athlete who can do the most mileage and yet do the most quality is the one who is going to come out on top most of time." - Al Morris,

Oh, my achin' feet: "I learned that with each thousand miles I needed a half-size larger shoe. Unfortunately, I could not get the right size for the last thousand miles, so I ran with half the toe box cut out. I went through seven pairs of shoes." - Paul Reese, on his 124-day 3192-mile cross-continent run at age 73

Keep the feet warm: "I don't know how much longer I can go on. My feet have been giving me a lot of trouble recently. Maybe I should move back to Hawaii, because they only bother me in cold weather." - Fay Steele, at age 74

Nobody really cares: "It's only when you're injured that you are able to put things in perspective. You realize that nobody really cares how fast you run or how many records you break. You're the only one who cares. The world doesn't care. You begin to really value health and all you want to do is just run again, the heck with the records. All it takes is going to a race and watching the wheelchair athletes to really appreciate just being able to run." - Shirley Matson

Guns to wall guys beware: "I see some of these guys now - 35, 36, 37 and they're going guns to wall. I tell them it's going to happen. It's going to take a lot more effort to do the same thing you were doing a few years ago, and there's going to be a point where you just can't do it any more. And, it's going to begin to hurt a lot more." -Ruben Chappins

Keeping dry: "I don't feel that I have slowed, but I can tell that I am not recovering as well from races as I used to. And my motivation is not so much as it once was. Now, if it is raining hard, I do not always go out for a training run as I once did." - Carla Beurskens, of Belgium, at age 40

Making the most of your time: "I never really kept count, but my coach figured out that I was running anywhere from 175 to 250 miles a week. I was running five times a day. It was ridiculous. I'd get up in the middle of the night and run 10 miles. Maybe that's why I have so many injuries now." - Gerry Lindgren

Surely, you jest: "I was doing 350 (miles) a week for a time there. Back then, nobody ran long. Maybe 50 to 60 was tops. I guess I was too stupid to know that I shouldn't do that much." -Gerry Lindgren, in a later interview

Those were the days: "It amazes me that we did as well as we used to. We ran on cinder-clay tracks and with the minimal training in vogue in those days. I regularly do more of a workout now in one day than I used to do in a week back in the '30s. Back then, the theory was that you shouldn't run very much. You were very moderate in your training, not just the sprinters but the distance runners, too." - Dick Lacey, at age 82

Pompous Americans: "There's nothing wrong with struttin' your stuff, but be a little humble on the victory stand." - Clark Hatch, advice for Americans at WAVA world championships in Japan

Fat is good: "I think it is better to be fit and fat than unfit and lean." -Jack Daniels, Ph.D., on his long-term

What wimps: "[Racewalking] is a lot harder than running. You work everything, your midsection, all parts

of your body. In running, you just let your arms dangle and it does nothing for your upper body. It's obvious these guys are so skinny, their bodies are worthless." - Marco Evoniuk, 1980 Olympic racewalker

Good excuse: "You've got to remember that Lasse (Viren) is not so much a competitor now. He runs as a living legend." - Eino Romppanen, Viren's agent on Viren's slow time in the Honolulu Marathon

The legs go first: "It's the legs. If you keep the legs conditioned, everything else follows. I've always believed - Don Newcombe, former Brooklyn Dodgers great, winner of the first Cy Young Award and National League MVP in 1956

Being realistic: "I've learned to accept slower times. I can deal with the clock and the calendar. I know I'm getting slower and I know my times are changing. It doesn't matter to me, as long as I'm able to continue to run." -Sid Howard

How times have changed: "There was a lot of opposition to women competing in 1920. The fact that a couple of us were only young kids made it even worse. Most of the older officials were against taking us, but the British and Scandinavian women had competed in the 1912 Games at Stockholm in swimming and they had been accepted. They reluctantly agreed to take us, but



Kit Smith, first M70 (23:40), Mango Days 5K, Honolulu, Hawaii, June 5.

there were some of the coaches and officials who just couldn't accept us. They hardly spoke to us on the trip. They'd walk right by us on the ship as if we weren't even there." - Aileen Riggin Soule, 1920 Olympic gold medalist in springboard diving, bronze medalist in 100 backstroke

(Mike Tymn can be contacted at METGAT@aol.com)

Allah Breaks Record Set Only the Week Before

By MADELINE BOST

Sal Allah, Piscataway, N.J., set an M45 world record for the 800 just one week after Anselm LeBourne, Maplewood, N.J., had lowered it to 1:55.13 on June 26 at the USATF Metropolitan Association Championships at Icahn Stadium on Randalls Island, N.Y. Allah finished second in

Allah's new record of 1:54.18 was set at the East Region Open Men and Women's Track & Field Championships at Stockton State College in Pomona, N.J., on July 2.

Allah had come to the meet to go after the record, feeling that the time was within his reach.

Prior to the start, meet announcer Andrew Boyajian announced that Allah would be attempting to set the record.

Jeff Williams, one of the young athletes who runs for Central Park TC. congratulated Allah and asked him if there was anything he could do to help him through the race.

"I said him, 'You can take me around that second circuit. Mind you, you don't have to do anything for me. You're going to be right in front of me,' because I knew he was a 1:51 guy," said Allah. "I was just ecstatic that he was going to be in the race.'

Williams told him, "I know you're going to do your race and I'm going to do mine.

At the start, Allah was off, tucked in with the leaders. Throughout the race he stayed completely focused on maintaining his position. There was no concern about where he was going to place, only his pace and his will to go through the second lap fast enough to hit the tape in record time.

"I stayed tucked in there," said Allah. "My inspiration was going to come off my first lap. I knew that if I got a 55 or lower, or 54-and-a-half, I was going to be able to do it."

Several athletes were hand-timing Allah and one clocked him at 54.2, while another had him at 54.5.

Another athlete in the race, Ezra Richards, a graduate of Georgetown University, had been introduced to Allah the week before. He had little to say at the start of the race, but Allah marvels at what Richards did for him.

"He didn't say anything about pacing me that day," said Allah. "But this guy - coming down the last straight. This guy was screaming at me, and he was in the race! He ended nipping me at the tape, but he was on my right side and about a meter behind me screaming at me, 'Finish it off! You've got it! Don't falter!"

Allah, whose wife, Lynn, died earlier this year, will not be competing nationally and internationally this season. " really couldn't get into it, " he said. "In light of losing my wife, it really took me a while to get hungry again."

Allah will run at the New England Masters Championships, Springfield, Mass., and at the East Regional Masters Championships, Denver, Pa. He will defend his new 800 record and will be going for the 400 record as



Health & Fitness

By Phil Campbell M.S., M.S.A., FACHE

USDA and HHS Release New Dietary Guidelines ...Masters Athletes Ahead of the Game

ietary Guidelines is published by the U.S. Department of Health and Human Services (HHS) and the Department of Agriculture (USDA) only once every five years. The publication contains dietary guidelines and recommendations about exercise. The most recent publication departs totally from the former "30 minutes of activity a day and everything will be okay" standard (which had been the mainstay of medical advice for 20 years) to now recommending much higher levels of intensity.

While the new Guidelines don't endorse training for Masters t&f competition, the publication clearly endorses the value of high-intensity exercise and comprehensive training programs.

New Guidelines

The new Dietary Guidelines publication is a great example of applying research findings and changing outdated standards to attack a public health problem head on.

Dietary Guidelines typically become the standard of practice for medical and health professionals. The Guidelines will be used as authoritative standards, which, ultimately, get translated into street-level advice about how to improve health and reduce the risk for major chronic diseases:

 Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being,

and a healthy body weight.

To reduce the risk of chronic disease in adulthood, engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.

 For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous

intensity or longer duration.

 To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood, engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week, while not exceeding caloric intake requirements.

• To sustain weight loss in adulthood, participate in at least 60 to 90 minutes of daily moderate-intensity physical activity, while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of

Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises (weightlifting) or calisthenics (plyometrics) for muscle strength and endurance.

Government Done Right

This aggressive move by HHS and USDA should be applauded as a situation of "government done right." In essence, these large federal agencies set up a fight between experiencing lifelong fitness versus living a life of obesity and being medically overweight.

The reason every battle against obesity and being overweight during the last 20 years sits in the lost column is because the former recommendations concerning exercise were based on namby-pamby standards of 30-minutes-of-daily-activity. This level of exercise intensity has been shown to be ineffective in improving fitness.

Researchers show in a new study that high-intensity exercise is superior to moderate-intensity exercise in improving fitness. And this study proves that training for masters t&f events – win, place, or come-in-last – is the most productive form of exercise for adults.

The researchers report: "These data suggest that high-intensity training is more effective in improving cardiorespiratory fitness than moderate-intensity training of equal energy cost. These data also suggest that changes in coronary heart disease risk factors are influenced by exercise intensity" (Changes in cardiorespiratory fitness and coronary heart disease risk factors following 24 weeks of moderate- or high-intensity exercise of equal energy cost, O'donovan G, J Appl Physiol. 2005 Jan 7).

Increasing activity is the perfect place to start...for someone sedentary. A great place to start, but this level of exercise does little except prepare the body for higher intensities that will produce results.

Now it's time to get-it-on. Progressively increase exercise intensity (after getting medical clearance), and land some knockout blows to obesity and being overweight by putting on gloves that have some real punch...high-intensity exercise!

(Check out Phil Campbell's Sprint 8 program on the award winning home cardio equipment made by Vision Fitness - www.visionfitness.com)

FIVE YEARS AGO August 2000

 -314 Compete in Hayward Classic, Eugene, Oregon

•Fedor Ryjov (40, 2:15:08), Maria Trujillo de Rios (40, 21:48:46) First Masters in Grandma's Marathon

"Are Drug Rules Fair to Masters?" asks Craig Masback, USATF CEO



Mary Harada set two W70 U.S. records in the 2005 Hayward Classic.



Chuck Coats on his way to the M45 national record in the 3000, 2005 Hayward Classic.

d'Elia Breaks Record in Ridgewood 5K

By JERRY WOJCIK

Toshiko d'Elia couldn't have selected a better race than the Ridgewood Run to break the W75 U.S. record for the 5K. The race, in Ridgewood, N.J., on May 30, was named the Fred d'Elia Ridgewood Run in honor of her husband, who passed away several years ago.

Finishing in 26:35, d'Elia broke the 18-year-old record of 27:17 by Anne Clark, set in 1987 at Park Ridge, Ill. d'Elia holds the W70 5K record with a 24:36 and has a pending 24:18.

The Ridgewood 5K was also the USATF New Jersey Masters Women's Championships.

Heather Gracie-Petty, W40, was the first masters woman in 18:40, with Jean Stemm, W45, second (18:56). Other division winners included Susan Juronics, W55, 21:15, and Anna Thornhill, W60, 23:03.

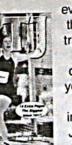
In the masters men's race, Wieslaw Perszke, M45, won by a second with a 15:49 over Drew Davis, M40.

John McManus took the M80 title in 32:46. □



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PAGLIANO'S PODIATRIC POINTERS The Foot Beat

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

Athlete's Foot

ost of us, at one time or another, have developed that nasty condition known as athlete's foot. This is a fungal condition quite common in athletes, especially runners. What you may not know is that there are four types of fungal infection (athlete's foot or tinea pedis). The most common is known as chronic interdigital tinea pedis (trichophyton rubrum). This is usually found between the toes and results in scaling and erosion.

The second is the chronic papulsquamous type of tinea pedis. This appears as a moccasin type of irritation in which the skin is usually dry and scaling. There is also skin fissuring in the more severe cases.

Ulcerative tinea pedis is rather unusual and is associated with a bacterial infection. There is a foul odor with maceration and drainage from the lesion.

The fourth type is acute vesiculolobullous tinea pedis. This is usually on the inner arch of the foot and small sacs of fluid are noticeable. These can spread to the toe area. If this is a chronic condition, you would be well advised to consult with your podiatrist to determine the scope and nature of the tinea.

For those who get an occasional outbreak, several topical medications are available: Lamisil cream, Lotrimin, Mycostatin, Mycology, Spectazole and Naftin.

Otherwise, good foot hygiene, soaking in a combination of vinegar and water (one cup vinegar to one cup water) has proven effective at reducing this condition.

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)



Dick Lamster, second M60 in the long jump (3.27m), 2005 Hayward Classic.

James Stookey broke the M70 U.S. record in the long jump with a 4.49m, 2005 Hayward Classic.

. I use a cord THIRD WIND

I just received the July NMN and read on the front page that Mike Tymn wrote his 300th consecutive monthly column. "It's the longest writing streak in the running community," you write.

Not so fast. I've written approximately 724 consecutive weekly running columns for The Washington Times over 14 years, not missing a single week.

Mike may have 11 years on me, but I have written more than twice the number of consecutive columns he has. Just thought you should know!

Steve Nearman Running Writer/Columnist The Washington Times

NMN's Third Wind columnist Mike Tymn has a record of sustained excellence in writing about athletics that we are not likely to see in a long, long time.

Mike is very unusual in that he is a gifted runner, and his insights gained through personal training/competing have been poured into his exemplary articles for all NMN readers.

Al Morris Washington, D.C.

ON THE RUN

The best article in the June issue of NMN was Hal Higdon's "Eine Kleine Marathonmuzic." Do operas and marathons mix? You bet!

I love doing a three-hour LSD on a Saturday afternoon while listening to an opera from the Met on my Walkman – preferably "Don Giovanni."

Jerry Kauffman Boynton Beach, Florida

DECATHLON/HEPTATHLON

Kudos are in order to Jeff Gerson, Rex Harvey, Norm Thomas, and the rest of the Over The Hill TC gang, for their management of the National Masters Decathlon/Heptathlon Championships. The meet was well run, well officiated, and quickly finished. It's my hope that these guys put in another bid to hold a decathlon. They've certainly earned that right with their performance.

Frank Makozy Beaver Falls, Pennsylvania

Write On!

Continued from page 4

The specification chart is clear and simple to follow. No one needs to "struggle" to figure it out.

Officials, e.g., track referees and meet directors, need to be prepared for hurdle entrants, and serious hurdlers should know when their hurdle event is properly set up for their race.

Becky Sisley, W65 hurdler Eugene, Oregon

If your proposed hurdle specifications could be implemented, they would improve the number of entries and the quality of competition, simplify meet management and administration, and take the politics out of hurdling forever.

During my 32 years of masters competition, I have observed the fine-tuning of the short and long hurdles to favor the few with the loudest voice. When you try to debate them, they tune you out and look at the events from only their own perspective.

At age 15, we started hurdling by four-stepping. We were 17 before we had the power and mobility to threestep. Our coach taught this for two reasons: to avoid five-stepping and to develop off the agility to work either leg for long hurdles.

Jim Cawley by e-mail

The modifications to the distances and sprint hurdle spacings for older athletes were made for three reasons:

 to have hurdle races looking like hurdle races, so the athletes could achieve three strides between barriers;

 to encourage older athletes to continue to compete in the sprint hurdle events – this aim has been achieved;

3) to have athletes complete these races in a reasonable time.

If Sheahen's suggestion was adopted,

many athletes would be lucky to finish in 25 to 30 seconds. I'm sure many would then stop competing in the event.

In the finals of the sprint hurdle events at the WMA Stadia Championships in Brisbane in 2001, over 75% of the athletes managed three strides between the hurdles.

It is not difficult to mark the track the day before the meet. Masking tape or insulation tape can be used.

In more progressive countries like New Zealand and Australia, it is normal to have markings of a different pattern (i.e., triangular instead of rectangular) permanently marked on the track.

Jim Blair Former WMA Stadia Chairman New Zealand

I strongly support the idea of proposed new hurdle spacings. This system is already in use in the "double community" (double heptathlon and double decathlon), where the time schedule is always under pressure. This system would make it easier to

This system would make it easier to let masters run hurdles in all-comers meets. Adjusting the height is easy for meet organizers, and for us, too.

Some will have a disadvantage when the system changes, but the big advantage is, as Al Sheahen wrote: "Hurdlers can adjust their stride pattern as they age in their own individual way." Yes, as we do in all other events.

Weia Reinboud The Netherlands

I know there's confusion about masters hurdles, but I don't think we should take such a drastic step before allowing the present system to operate for another two years. Then all hurdlers should be approached as to how they feel via a circular to every affiliated country.

I train on a grass school track with no markings. I have to mark my own distances each time I train. I use a cord with long nails attached at the appropriate distances which I then unroll. The nails are then stuck into the grass at the correct distances.

At local meets I go early and do the

At local meets I go early and do the marking myself before the event. At other meets, I try to help all masters athletes be prepared to do this. If they do not want to help they should not participate in the event. Am I expecting too much?

Leo Benning South Africa

Bravo to Mr. Sheahen. The current specs help few, but hurt too many others.

I specifically liked the statement, "Hurdlers can adjust stride patterns as they age in their own individual way."

Good pole vaulters do what it takes to vault. Good throwers do what it takes to throw well.

The high hurdles test speed and agility. Good hurdlers can and will indeed adapt to logical settings that aren't a setup nightmare. Thanks Al!

Jeff Brower by e-mail

I am in favor of running the 110m hurdles for men and 100m for women. All other events run the same distance no matter what the age, e.g., marathon, 10K, etc. Why change the hurdles?

I was a hurdler in high school and college. I coached at the college level for 25 years... As a meet director, having to reline the track is crazy.

For the 60-69 group, the first hurdle is 52-6 from the start, which never made any sense to me. It just doesn't feel right. The other age groups run a shorter distance to the first hurdle.

Let's go back to 110 and 100 and have the competitors make the adjustment as they age.

Jack McDonald, D.A. Director of Track for Maryland Senior Olympics

(NMN received 15 letters in response to last month's proposal to change the hurdle spacings. Nine "favor" the change. Six "oppose" it.—Ed.)



By AVITAL So In this, the se muscles and the r working, I will att cisely the most cu emerged from sci past three decades

August 2005

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Hill's studie

Masters Scope

Skeletal Muscle and How It Works

By AVITAL SCHURR

In this, the second article on skeletal muscles and the role lactate plays in their working, I will attempt to summarize concisely the most current knowledge that has emerged from scientific research over the past three decades.

Most of this research has been performed by scientists who are not necessarily exercise physiologists and who are more interested in better understanding the process of cellular energy metabolism, a process in which foodstuff is converted to energy that fuels cellular function.

Obviously, a great deal of the current information has emerged from experiments with non-human muscle preparations. Nevertheless, most, if not all, of the recent new knowledge has been confirmed by studies on human muscles.

Scientists' focus on the skeletal muscle is due partly to the belief that it is a relatively simple system compared to other cellular systems, and partly because of historical reasons.

Needless to say, the skeletal muscle is by no means a simple system and is proving to be a pretty good model for other, more complex, systems, such as the brain and the heart.

Lactic Acid or Lactate?

Before proceeding, clarification must be made as to the difference between the two terms, lactic acid and lactate, that are used interchangeably in different sources.

Under physiological conditions, the molecule of lactic acid exists in body fluids dissociated into two ions (charged entities), a hydrogen ion (H+), which is responsible for the acidity of the compound, and a negatively charged ion, the lactate portion of the molecule (CH3CHOHCO3).

Under resting conditions, when blood lactate concentration is relatively low, most of the H+ ions are buffered (neutralized). However, when lactate levels rise with exercise, so does the concentration of H+ ions. Again, most of them are still buffered, but the little extra H+ ions that are not buffered tend to acidify somewhat the muscle and the blood. Since, naturally, 99.999% of the lactic acid in body fluids exists as lactate, from now hence I will use the term "lactate" rather than "lactic acid."

Muscle, Lactate and Oxygen

It has been known for almost 200 years that lactate accumulates in muscles in proportion to the extent muscles are exercised. Studies in the late 19th and early 20th centuries demonstrated that lactate levels in blood and urine increased in animals exposed to hypoxia (oxygen limitation)

Subsequently, A.V. Hill and his colleagues in the early 1920s, suggested that lactate levels increased during muscular exercise because of limited supplies or complete lack of oxygen. The latter is required for the production of energy, which is consumed by the contracting muscle.

Of course, we all have been taught that under normal oxygenation (normoxia), the main products of burning carbohydrates (glucose) for muscular work are CO2 and H2O.

Hill's studies laid the foundation on

which K. Wasserman and his friends, almost 40 years ago, constructed their concept of "anaerobic threshold." According to this concept, elevated lactate concentration during exercise is the outcome of muscle hypoxia. One can understand how lactate has become a synonym for lack of oxygen and thus a "red flag" for clinicians and exercise physiologists

Adding to the bad reputation of lactate is the widely held notion that it is just a byproduct of glucose consumption in the absence of oxygen (anaerobic metabolism) and that it has no other use in the body. In other words, lactate was believed to be garbage

Muscles Both Produce and Consume Lactate

Notwithstanding, scientific research over the past 37 years has produced data that have questioned the concept that lactate production and its elevated levels in muscle and blood result from oxygen insufficiency. For instance, using an imaging technique known as proton magnetic resonance spectroscopy, R.S. Richardson and colleagues estimated the intramuscular partial pressure of oxygen (PO2) during progressive single-leg quadriceps workout in humans.

While they measured an increasing lactate release with increasing workload, the muscles did not exhibit a corresponding decrease in PO2. All indications are that oxygen is but one of several factors that bring about an elevation in muscle and blood lactate concentration under submaximal exercise intensities.

For those interested in a more detailed account of the observation that submaximal workloads elevate lactate production and accumulation in muscle and blood, I recommend the chapter "Lactate metabolism during exercise," by L.B. Gladden in a 2003 book titled Principles of Exercise Biochemistry, 3rd edition, edited by J.R. Poortmans, Karger, Basel.

Hence, it is important to understand that, yes, lactate is produced in large quantities by muscle tissue that suffers from lack of oxygen, but also that lactate is produced by adequately oxygenated muscle

"Well," you would say, "so what's the big deal?" And I would agree, "there's nothing earth-shaking about the fact that a muscle may produce lactate anaerobically as well as aerobically (in the presence of oxygen)."

However, it has been necessary to present this small detail in order to understand the really big deal, namely, that muscles not only produce lactate, they utilize it for energy production.

Studies by several researchers over the past 15 years have clearly demonstrated that when lactate is infused into a muscle preparation supplied with oxygenated blood, the infused lactate is consumed by the muscle for the production of energy to support its contraction.

Moreover, experiments in humans exercising at a moderate intensity and infused with lactate to maintain its level at approximately four times the normal level have shown a significant increase in lactate aerobic utilization concomi-

PMTC Hosts Northwest Regional Meet

By DON KANE

Under cool skies at Mt. Hood Community College, Portland Masters Track Club hosted the USATF Northwest Regional Masters Track and Field Championships, run concurrently with the PMTC Classic, June 25-26.

The records fell like rain in an Oregon spring, led by Chuck Coats' M45 U.S. record 8:56.59 for the 3000. Thirty-five regional records and 43 PMTC Classic meet records were broken: eight running, five racewalk, six jumps, fifteen throws, and one relay.

Throwers Georgia Cutler, W60, broke four regional records (all her own) and Harvey Lewellen, M75, set three.

Two fine vaults by "mature" pole vaulters resulted in regional records for Jack Cleveland, M80, 2.10, and Becky Sisley, W65, 2.30.

An anticipated match between worldclass sprinters Paul Edens and Steve Robbins in the M60 100 failed to materialize, with Robbins scratching due to an injury. Edens won both the 100 and the 200 in 12.59 and 26.27.

The Hewett sisters from Idaho, Jane and Kelley, both W35 and both newcom-

tant with a decline in glucose utilization. Such observations indicate that lactate competes with glucose as the source of energy that fuels muscle con-

I will expand more on this very surprising finding in a future article, when I describe the interrelations between the different muscle fibers and how they haners to the meet, had a great outing. Jane won the 1500, the 3000 and the 5000; Kelley won the 100, 400, 800, and tied for

first in the high jump.

The highlight of the throws was a super weight throw by NW Regional coordinator Todd Taylor, whose second throw landed between the feet of wife Joyce, who was officiating and standing on the sidelines. Joyce executed a remarkable tap dance, which caused her to avoid injury (barely), but ended in her flat on the grass. It must have led to an interesting conversation in the Taylor family car on the way home that night. Oh yes, Todd won the event with an M55 throw of 8.57.

After the Saturday events, there was a complimentary reception at the college, followed by a regional USATF meeting.

Meet director Jim Puckett and his crew of officials and volunteers ran the events on time, with many compliments from participants. There were about 190 entrants, from as far away as Texas, California, New Mexico, Canada, and Peterborough, UK. Our thanks also go to the principal sponsor, Gresham Area

dle lactate production and utilization.

You undoubtedly will begin to speculate as to the possibility that one type of muscle fiber is a lactate producer, while the other a consumer. And what does a sprinter to do with all the lactate his/her muscles produce?

(Avital Schurr can be contacted at:

a0schu01@louisville.edu)

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Masters Racewalking

By ELAINE WARD

Chris Rael - Cutting It Too Close

nce you decide to race away from home, your next decisions usually involve where to stay and how to get there and back. Sometimes there is pressure to return home as soon as possible. If you want to stay for awards, you have to decide how much time to leave for the ceremony and how much time you'll need to get to the airport and on the plane. This can lead to "cutting it too close." In the following, Chris Rael (M45) reenacts what many of us have experienced at one time or another—ew.

My last race at the Masters Indoors Meet was finished at 1:30 and I had a 4 pm flight home. Well, it takes forever to process the results. All of us racewalkers are standing around talking, which is good, but some of us have planes to catch. They finally give us our medals at 3 pm and my flight leaves in one hour.

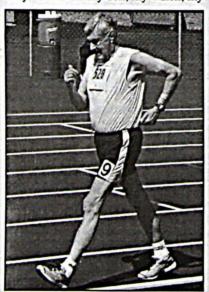
At that point I'm a half-hour drive from the airport, but I still have to go back to my hotel to get my bags. I catch the shuttle bus for the hotels and the bus proceeds to stop at everyone's hotel first and finally mine. By now, it's 3:45. I am totally worried.

Step On It!

I ask the concierge to call a cab while I get my bags. The cabbie comes and I jump in saying, "To the airport and step on it!" He says okay, but then drives slower than a glacier. He's pointing out all the exciting sights of Boise and their historical significance, and I'm trying to be polite and patient. I could have racewalked there faster.

We finally get to the airport at 3:55. I jump out of the cab, throw him some money, grab my bags, and run into the terminal. Luckily check-in is just inside the door. I tell the lady I'm on the 4 pm flight, and she immediately picks up the phone and says, "I have one more!" She finishes processing my ticket with the encouraging words, "If you can make it there quickly, they will hold for you."

So I have to make it through security and make it to the other side of the airport in two or three minutes to make my flight. I get to security and luckily it's not too busy. I take off my belt, my watch, my



Dick Vaughn, first M70 in the 5000 racewalk (34:43.42), 2005 Hayward Classic.

medal, anything that will hold me up. Then a security guy says to take off my running shoes. I do and walk through the metal detector. No alarm. I'm okay. So I gather my stuff and put my shoes on as quickly as possible.

Ready to go again, I realize I don't know where gate 18 is. Someone tells me and I'm off and running. I run down the corridors faster than the athletes were running in the track meet. I have my medal around my neck and people begin to cheer me on, "Go, you can make it!" It reminds me of the old OJ. Simpson Hertz commercial where he's running through the airport and people are yelling, "Go, OJ!"

Faster! Faster!

I hear an announcement on the intercom: "Last call for Chris Rael for America West Flight 661." Yikes!! I pick up the pace. I'm almost there, I see the gate, and they are closing the door. I yell at the attendant, "Wait, it's Rael!" She says, "I didn't believe you were going to make it. You must have run the whole way."

I am too out of breath to respond and she waves me through. The plane is completely full, but luckily it is mostly athletes from the track meet. The only seat left is literally the last one at the very back. I start walking down the aisle and the track athletes I met at the meet start saying, "Hi" and "Good job." It was kind of cool. Finally I get to my seat. I'm next to a young mother and her three- and four-year-olds and a little baby.

Made It!

Sitting down I want to cry out, "I made it! I'm on my flight. I'm going home." The young mother sees my medal and asks how I got it. So I tell her about the track meet. She asks, "What event did you do?" I tell her I was in the racewalks. No lie, she starts laughing out loud for about 20 seconds.

Then she starts talking about "them" in the third person. "Oh, those fast walking people are so funny looking. The way they move their hips and arms. I think it's hilarious!" I decided to just let it go.

When we get back to Orange County, I am waiting for my gear at the baggage claim area when someone very tall stands next to me. It's Dennis Rodman. He also lives in Newport Beach. He must have been on the flight, but I didn't see him. So I ask him if I can take a picture with him, and he says, "Sure."

You never know what might happen, or who you're going to meet when you travel to a race.

(Elaine Ward can be contacted by email at: narwf@sbcglobal.net)

Grandma's Marathon

Continued from page 1

two-time Grandma's open defending champion Firaya Sultanova-Zhdanova, 44, by running a steady-paced 2:33:04 good for third woman overall.

A spritely powerhouse and prolific professional marathon road racer, Burangulova was running Grandma's for the first time. "I didn't think that I would finish this well... I could have had better form, but I'm still really happy," she told the News Tribune's Andy Greder. Burangulova has a 2:27:58 marathon PR (Boston, 2002).

The pre-race hype focused on Sultanova-Zhdanova, who in 2003 set the course record of 2:27:05 (at age 42), and managed a race-winning 2:35:08 last year. Before the race, the fire-engine-red-haired athlete maintained, "Age isn't taking anything from me – I feel as good as I ever have. I think I can still run 2:25."

Still, Sultanova-Zhdanova is not having the kind of season she had a few years ago when she turned out superb times almost every weekend. This year, her frequent racing has had a certain hit-or-miss quality. At Boston this year, for instance, she ran a pedestrian 2:41:05 (she was sick).

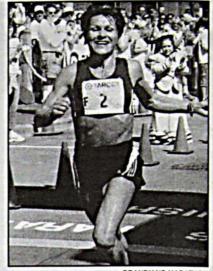
On this day, however, Sultanova-Zhdanova made a game attempt to capture the race from eventual winner Halina Karnatevich, 35, Belarus, 2:28:43. After jockeying with the lead a few times through 10K, however, Sultanova-Zhdanova settled into second place by halfway, and was making her way into the hilly stretch when she got hungry and started to see spots.

"I just felt a massive loss of energy," she reported to Christa Lawler of the News Tribune. "I was hungry and wanted to eat." After a few bouts of walking and involuntary sobbing that are part of the fun of bonking, she managed to make it over the line in 2:45:00, for sixth place. She'll be back next year, she said.

Many Grandma's loyalists ran faster this year than last. Last year's headwindy, melanoma-seeding day was a slow one for the books.

Brent Smith, 49, 2:41:30, a schoolteacher from Esko, Minn., was the M45 winner, top local runner, and two minutes quicker than his M45 runner-up performance of 2004. Joseph Haynes, 50, Ames, Iowa, 2:48:43, led the M50.

Minneapolite Jared Mondry, 63,



Ramilia Burangulova, 43, first masters woman (2:34:00), Grandma's Marathon.

topped the M60 with a big speed-up over last year – his 2:57:22 was an eight-minute improvement, and was the second-fastest M60 marathon in the U.S to date this year.

Jim Schleisman, 72, Jefferson, Iowa, won the M70+, as ever, with a 3:35:03 effort.

Pamela Weier, 45, Mahtomedi, Minn., dipped under the three-hour mark with her W45-topping 2:59:25, three minutes faster than her fourth-place W40 mark in 2004.

Special education teacher Kristine Guderyon-Goetz, 51, Oregon, Wisc., jumped to the top of the W50 with her eight-minute improvement over last year, running 3:17:35.

Ultra-mayen and W80 marathon world record holder Helen Klein, 82, Rancho Cordova, Calif., dipped under five hours with a decent 4:57:30. She was also in town as a speaker at the prerace Expo.

This year's race featured a few novelties, including the biggest prize purse ever (\$88,000), a "Jumbo Tron" video screen for spectators to watch the race unfold from the finish line, and the biggest field so far (6885 finishers). Next year will be Grandma's 30th, with planning already under way for an extraspecial event.

—from reports by Kerry Rod/The Pine Journal; Kevin Pates, Christa Lawler, Andy Greder/Duluth News Tribune; and Laura Wright/Grandma's Marathon.



Gold medal winners (I to r): Judy Myers, 49 (30:25.10); Al DuBois, 73 (30:27.73); Matt DeWitt, 25 (23:27.32); Lynn Tracy, 52 (27:19.40); and three-time Olympian Curt Clausen, 37 (23:50.83), USATF Wisconsin 5K Racewalk Championships, Waukesha, June 18.



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The Weight Room

By JERRY WOJCIK

My First Time

bout 10 years ago, the book *The First Time* told the stories of people's loss of virginity. I can't accurately recall my "first time," but I do remember my initial encounter with the weight pentathlon, which was not quite as lifealtering as a "first time," but did leave a good feeling about the event, which has remained with me from that time.

My introduction to the weight pentathlon took place on December 4, 1976, in the First Annual Weightman's Pentathlon at Glendale Community College in Glendale, a city adjoining Los Angeles in the eastern reaches of the San Fernando Valley.

I believe it was staged by John Tansley, a college track and field coach in the Los Angeles area. The event was memorable for what it was and for what it was not.

10-Year Age Groups

The 41 men competitors included open, university, community college, and masters athletes (who competed in 10-year age groups).

Results were not age-graded, and, get ready for this, everybody threw the same weight implement, so it didn't matter whether you were 18 or 81, you used the 16# hammer and shot, 2kg discus, 800g javelin, and 35-pound weight.

I don't recall how many attempts we had, probably three because any more than that would have had us finishing well into the evening.

I don't remember if we competed in the now proper order for the event: hammer, shot, discus, javelin, and weight.

Points were determined by the IAAF combined-events scoring tables, and the shot put table was used for the weight, which, come to think of it, made a lot of sense at that time.

Masters Pioneers

The list of participants was an array of iconic throwers and masters pioneers: Stew Thomson, who won the M40-49 contest here, was involved even earlier with weight pentathlons on the East Coast; Hal Smith, the present M65 shot put world record holder; the late Dan Aldrich, the first UC-Irvine Chancellor and a stout masters track and field booster; Hal Wallace, a recent national weight pentathlon champion;

Dave Douglass, a now-retired UCLA prof and also masters decathlete; Ray Fitzhugh, who represented the U.S. Marine Corps in Glendale, still competes, and holds a high-level USATF official's job; and Randy Hubbell, Art Vesco, and Stan Herrmann, early hammer throwers who set age-group and single-age records.

Hammer thrower Art Venegas, the present head track and field coach at UCLA, represented CSU-Northridge.

Best for Last

I've saved the best for last. Also at Glendale were Harold Connolly, hammer world record holder and gold medalist in the 1956 Melbourne Olympics, and George Frenn, the maestro of the 56-pound weight, who at age 40 in 1982 threw it 46-11, the best mark listed in the 2005 edition of the Masters Age Records. At Glendale, they competed only in the 35-pound weight, with Frenn at 19.10, and Connolly at 18.47.

In 1977, the event, renamed the 2nd Annual Weight Pentathlon, drew 44 participants, including a junior high schooler, and Tom Meyer, who now stages the Team Thor meets in the San Diego area. Meyer posted the top marks in the hammer (57.11) and weight (17.22).

Since those days, I've competed in international and national weight pentathlons, and hope to continue to do so.

Although replicating my "first time" is beyond aspiration, I can still compete with some satisfaction in the weight pentathlon, especially with the advantage of a new age group and newly-revised, somewhat favorable age-grading.

(This article was written for the publication Weight Pentathlon History-1955 to 2004, which will be available at the USA National Masters Weight Pentathlon Championships, Dallas, Texas, Aug. 13.)



SUZY HESS

Hammer throwers in the 2005 Hayward Classic (I to r): Rick Hebb, 40, Tom Meyer, 53, Todd Taylor, 58, Ray Biggs, 41, Mike Curry, 38, and Ray Burton, 49.



Willie Gault, 44, USATF Athlete of the Week, won the Masters Invitational Hurdles, USA National Championships, Carson, Calif.

Gault Named USATF Athlete of the Week

Willie Gault, 44, was named USA Track & Field's Athlete of the week after adding the M40 U.S. 200m record to the 100m record (10.73) he set at Occidental College in early May.

At the USATF-SCA Masters Championships at West L.A. College, Culver City, June 11, Gault, the ex-Chicago Bear, ran a wind-aided 10.60, but followed that an hour later with a legal 21.80 in the 200m.

Earlier, Gault anchored an M40 4x100 squad that bettered the world record with a hand-timed 41.4.

The present M40 U.S. 100m record is 10.87 by Eddie Hart in 1989. The 200m record is held by Bill Collins at 21.86 in

1992. The M40-49 world record for the 4x100 is 42.20 in 2004 by a quartet, of which Gault was a member, in Irvine, Calif.

In the Masters Invitational 110mH at the USA Championships, Home Depot Center, Carson, Calif., June 27, Gault ran a 2.7 wind-aided 13.87. David Ashford, holder of the M40 world record (13.73 in 2003), was second in 14.20.

The Masters Women's Invitational 1500 was won by Mary Thane in 4:42.19, with Mary Grene, second (4:43.55), and Karen Steen, third (4:47.62).

—from USATF Communications release, June 23, and other sources

TEN YEARS AGO August 1995

•Nationals Draw 1300 to East Lansing, Michigan

John Keston (70, 5:52.03, 88.1%) Best in NMN Age-Graded Mile at Hayward Classic

Paul Mascali (43, 32:19), Nancy Tischler (50, 44:50) First Masters in Shelter Island 10K



JERRY WOJCIK
Carol Young broke two W65 U.S. records, 2005

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On The Run

By HAL HIGDON

TV Tour de Farce

n a sunny Sunday in July, I climbed on my bicycle and headed down the road. The novice marathon training program available in my books and on my Web site prescribes an hour of cross-training on Sundays following long runs on Saturdays. The purpose is relaxation, recreation and at least some caloric burn.

I wasn't training for a marathon, but an hour's bike ride sounded just about right, particularly since I could fantasize myself participating in le Tour de France, happening that same

While I was floating along on my fat-tired bike, head up, taking in the scenery, stopping at a neighborhood café for coffee and an almond croissant, Lance Armstrong and 174 companions would be pedaling flat-out on a 171-kilometer stage between Gerardmer and Mulhause.

Tuning In

Finishing my ride and still wearing my billboard biking shirt, I plopped down before the TV and tuned into the live coverage of the Tour on OLN in time to watch that day's last 10 kilometers.

Early in the stage, Denmark's Mickael Rasmussen had broken away from the peloton, the main pack of

Unassisted, he courageously clung to the lead. Chasing him were two other riders: Christophe Moreau of France and Jens Voigt of Germany. The peloton, including Armstrong, cruised far behind, not taking the breakaway riders seriously, ceding the win to Rasmussen.

Voigt stayed close enough to claim from Armstrong the yellow jersey that identifies the Tour's overall

Shoddy Coverage

Later that afternoon, I watched the hour-long telecast of the Tour on CBS. Incredibly, in its taped coverage the network failed to show Rasmussen, or even mention him as stage winner that day!

CBS did show Moreau and Voigt crossing the line, but failed to state they were finishing second and third.

As runners, we are accustomed to complaining about mainstream media coverage of our sport without realizing fans of other endurance sports have more to complain about.

The Tour de France, admittedly, is not easy to cover or comprehend. The overall leader often floats along in the middle of the peloton, content to pick and choose his racing moments.

Meanwhile, less famous riders contend for the right to wear the green or polka-dot or white jerseys given to best sprinter or hill climber or first-timer.

What Drama?

Some flat stages seemingly provide little drama until the sprint for the line (a bit like NBA basketball). But wasn't there something inherently dramatic about a single rider breaking away early and defying everyone else to catch him?

CBS apparently did not think so. No mention also of other dramatic moments during that week, including Australian Robbie McEwen being penalized for shoving in one stage, then coming back to win two others.

The network showed American David Zabriskie winning the first-day time trial, then falling two days later, but there was little time for analysis or why Zabriskie eventually abandoned the race. Instead, we viewed sunflower fields and ancient castles: Eye Candy. The CBS telecast became less sporting event than travelogue.

Why Bother?

Perhaps the network feels that's what it needs to capture viewers clicking over during a commercial break from a golf tournament, NASCAR race, or baseball game halted by rain.

It's probably too much to expect CBS to cover a week's worth of bike racing in a single hour, but I find it discomfiting that they choose shadow over substance, personalities over perseverance, thus missing the essence of what arguably is the world's most exciting sporting event.

(Hal Higdon, a Contributing Editor for Runner's World, finished fifth in the 1964 Boston Marathon, the first American. His Web site, halhigdon.com, features training programs for all distances.)

FIFTEEN YEARS AGO August 1990

John Campbell, 41, Runs M40 World Best 45:10 in Utica Boilermaker 15K

·Buell Crane and Paul Spangler Set M90 Records in Eugene

•Roger Robinson, 51, Has Top Age-Graded Time in Cascade Run Off 15K



Lyle Nelson, first M80+ (2:51:21), Hawaiian Half-Marathon, Honolulu, June 12.



Roger Brockenbrough, M70, won the 5K (22:57) and 10K (49:09), 2005 National Senior Games, Pittsburgh, Pa.

Subscriber Questions? Call 818-286-3129

Masters Enjoy Flirting With Dirt

By RON MARINUCCI

NOVI, Mich. - Masters runner George Heitsch enthused, "I thought it was a lot of fun. It made you feel kind of young again..." "It" was the first Flirt with Dirt 5K and 10K trail races, held here June 11.

Trail running and racing are becoming increasing popular, and Flirt introduced novices to the essence of the trails, while reminding more experienced trailers of their appeal.

The course, in part a former Christmas tree farm, was easily the "star" of the hot (80+ degrees), humid morning. Most of it left room for only single-file running, occasionally widening to a few feet. Parts appeared as if race director Randy Step and his Running Fit staff had just cleared them with machetes! There were roots. rocks and even logs underfoot.

Overhead, runners had to dodge low-hanging branches and limbs. Amid the uneven footing were many twists, turns and switchbacks. The last mile of both distances had several short, but intense uphills, capped by a steep 50-yard climb to the finish. It was a great course for beginners and veterans alike.

Another masters veteran of the trails, Walt Rickens, enjoyed it, too. "It was pretty good. The turns were tight, but there were a few 'passing lanes' for runners to get by each other.

He also liked that "there were a few

hills, but not too many, and only a few rocks. It was well-marked and there were course marshals at the tricky

Flirt is the middle leg of a threeevent trail series sponsored by Running Fit stores. Rickens added after the race, "I'm looking forward to running the whole series.'

According to race spokeswoman Susan Hodgson, more than 350 runners finished, including 102 masters. "We're very pleased, since the Race for the Cure (which attracted 30,000 in Detroit) is the same day." Part of each entry fee went to the local park's supporters, raising more than \$700.

In the 5K, the masters winner, Dan Naughton, 49, was second overall. His 20:41 age-graded to 18:38. Tom Halsted, 67, posted a 24:36 (A-G 18:45). Tamara Savage, 51, paced the women's masters by more than two minutes (28:29).

Noted local racewalker Ioan Froman, 44, chose to run the Flirt. He came away as the fastest master in the 10K (40:54). Shawn Wehrly, 56, finished in 41:55 (A-G 35:48). Michelle Fields, 46, won the female masters race, also finishing second overall by a mere five seconds (45:32)

The 10K finish was notable. Winner Trevor Step (35:58.59) literally inched out Eric Sambolec (35:58.8).

(Ron Marinucci can be reached at RMarin6424@aol.com)



August 2005

and 400 (59.55),

TWENT

-4330 Cd Veterans

 Villanuev cade 15k

-1500 Cor Champio



Richard Punches (34:45.73), 2005



KONRAD WOJCIK Ronald Richard, M50 winner of the 200 (27.26) and 400 (59.55), 2005 Hayward Classic.

TWENTY YEARS AGO August 1985

•4330 Compete in VI WAVA Veterans Games in Rome

 Villanueva, Welch Top Cascade 15K Masters

•1500 Compete in World LDR Championships in England



Richard Punches, second M45 in the 10,000 (34:45.73), 2005 Hayward Classic.

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Report from Britain

By BRIDGET CUSHEN

As IOC President Jacques Rogge announced the winning city for the 2012 Olympics in Singapore on July 6, Trafalgar Square and the whole of Britain erupted in a huge spontaneous cheer and hugs all round.

Work has already commenced on the new transport infrastructure and clearing a large swath of land in East

If you are penciling in London in

2012 for your vacation, the Opening Ceremony will be on July 27 Mark Proctor raised the M40 shot

put record to 19.01 in a league meet last month. Susan Freebairn won the W35 hammer (35.23) and discus (38.33), while her father, John, had a clean sweep in all the M65 field events at the Welsh Championships in Cardiff.

Britain hosted an international match with France and Belgium at Ashford, Kent, on June 25. Athletes bound for San Sebastian were able to test their sharpness.

Anthony Noel, the European M40 100 winner from last year, came storming through in 11.18, but Darrell Maynard had to concede defeat to a French sprinter in the M40 400, 51.40 to 52.20. France easily won the match.

The fastest 100 to date came to M35 Terence Stamp in 10.09. Emily McMahon, W55, is right on cue for San Sebastian, clocking 14.1 for the hurdles. Virginia Mitchell, W40, ran the 400H in 64.84.

After a long absence from the sport, Dominic Swords returned to win the BMAF M40 800 last year. Now an M45, he ran 4:25.74 for 1500 on June

Kevin Steed is another M45 on the comeback trail. After recording 4:33.48 behind Swords, he decided to make a late entry for San Sebastian. He was surcharged 100 euros just for one

Kate Ramsey is currently the W35

5000 leader with a 17:28.90, recorded on the warmest day of the year. Irie Hill, W35, cleared 4.00 in the pole

The British Masters 5K road race at Horwich attracted a record entry. I cannot recall a single race where the existing course record was broken in every women's age group and where the winner of each age group recorded the fastest 5K of the year.

A three-lap circuit with runners of all standards from 35 through to 80plus, enabled them to latch on to a pacer in ideal racing conditions. Rachel Jones, from the local Salford club, was delighted with her winning 17:14, topping the W35 ranking list. Fiona Matheson, W40, made the long trip from Scotland worthwhile as she came in second in 17:22.

In the men's race, the early pacesetter was Paul O'Callaghan, but he got out-sprinted on the last hill by the much-in-form Bashir Hussain, who won in 15:09. O'Callaghan was second in 15.14. Scotsman Charles Thomson just held off the European 10K silver medalist, Stephen Male, by two seconds to take the bronze.

TWENTY-FIVE YEARS AGO August 1980

•500 Athletes Attend National Championships in Philadel-

Jim Burnett Sets M40 400 WR of 49.36

Dorothy Stock Breaks W45 WRs in 5000 (18:47) and 10,000 (38:45)

•47 Compete in National Decathlon in Denver

Elections on the Agenda at San Sebastian

By KEN STONE

On Tuesday, Aug. 30, delegates from more than 70 nations will gather at Parqe Tecnologico de San Sebastian San Sebastian Technology Park - to decide on rules changes, amendments to the Constitution...and a new president of World Masters Athletics.

On the ballot are Cesare (pronounced CHEZ-uh-ray) Beccalli of Italy and Stan Perkins of Australia - a dramatic clash of cultures and styles.

Since its founding in 1977 as the World Association of Veteran Athletes (WAVA), the General Assembly has met at the world masters outdoor championships 14 times - and elected just three presidents - Canadian Don Farquharson (1977-1987), Beccalli (1987-1997), and Sweden's Torsten Carlius (1997 to the present).

Beccalli, 71, left office after serving his fifth two-year term - the limit under old WAVA rules. Perkins, 58, has been on several WMA committees, but would be serving his first elected term, which now lasts four years. Perkins also would be the first WMA president from outside Europe or North America.

A former long sprinter who lives part time in Brazil (his wife, Lidia, once headed the Brazilian masters association), Beccalli says he's seeking his old office because with "so many Council members (unable to) be reelected to their office, there is need of experience, coordination, guarantee of continuity."

Perkins - a shot putter and long jumper in his youth who ran the marathon at the 1987 Melbourne world meet - is running to topple what he considers a dictatorial tradition within the WMA presidency, saying: believe it would be a backwards and regressive step to bring Beccalli back to the presidency of this organization."

Both dismissed potential skeletons in their closet. Beccalli was the target of a failed 1995 impeachment effort based on accusations that in 1987 he bought the votes of some Hungarian delegates (by paying their delegate fees under an old election system). For a time Perkins organized international masters games despite a specific WMA prohibition against such activity.

Recalling the 1995 vote, Beccalli said: "I overwhelmingly defeated Owen Flaherty (one of the organizers of the impeachment attempt) 89-25, that is a majority which I never reached

On organizing events that compete with WMA meets, Perkins said: have always sought the support of the Australian Masters Athletics body and the Queensland Masters Athletics Association (for these games)....I have never acted outside the rules of our

Both candidates offered concrete goals, with Perkins laying out an eightpoint plan that includes "a more appropriate drugs policy for masters athletes, increasing participation levels, particularly in regard to women, and ensuring a totally open policy on all WMA Council policy and financial matters, including all financial grants and sponsorships."

Beccalli vows "to find and prepare new officers (possibly not only from Europe or North America)....to promote organization of championships in new areas, to realize an adequate strategy on anti-doping together with much more information to affiliates and competitors....(and promote) fairness, openness and democratic management."

How will the vote go? With national delegations based on the number of athletes attending the previous three world meets, Europe will carry the

So the Aug. 30 election will end up a referendum on Beccalli - whether his experience is needed or whether he embodies, as Perkins says, "a style of leadership that has centralized power around them and negated to a considerable degree the importance, role, and effectiveness of the various committees that our constitution provides."

(More extensive interviews of both candidates by Stone can be found at http://www.masterstrack.com/news20 05/stan.html and http://www.masterstrack.com/news2005/cesare.html.)

(The voting U.S. delegates to the WMA General Session are George Mathews, Sandy Pashkin and Frank

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - AUGUST 2005 BIRTH AGE ETE NAME (RESIDENCE) DATE GROUP

Call Company of the C	BIRTH	AGE
ATHLETE NAME (RESIDENCE)	DATE	GROUP
JENNIFER CROISSANT(TUCSON,AZ)	8-7-65	40-44
MARINA SLUSHKINA(RUS)	8- 2-60	45-49
SUSAN SMITH(SPANAWAY,WA)	8-23-60	45-49
JANE LOW(GBR)	8-26-60	45-49
MARIETJIE VILJOEN(RSA) KEVIN OSTENBERG(CA)	8-27-60	45-49 45-49
MARIA SANGOUS(SPA)	8- 1-55	50-54
CRAIG VIRGIN(LEBANON,IL)	8- 2-55	50-54
STEVE JONES(GBR)	8- 4-55	50-54
ARONNE ROMANO(ITA)	8- 4-55 8-19-55	50-54
EARL BELL(US)	8-25-55	50-54
CATHY UTZSCHNEIDER(CHESTNUT HILL,MA)	8-30-55	50-54
BETSY LORD(CAN)	8-30-55	
ELSA TIKKANEN(FIN)	8-2-50	
ANNELIE BRAUN(GER) LEONE BERTIMON(FRA)	8-16-50	
DARSI BOWDEN(SANTA MONICA,CA)	8-17-50	55-59
GREG GERACI(MILLVILLE,NJ)	8-18-50	
CANDICE WOYAK(EUGENE,OR)	8-27-50	
MARY TOWEY(OBERLIN,OH) ROBERT BAKER(METAIRIE,LA)	8-29-50	
LAYNE NICHOLS(CLEVELAND HTS.,OH		
BARBARA BALLARD(MILWAUKEE,OR)	8- 9-45	
DAN BORREY(BEL-VILLA PARK,CA)	8-12-45	
JOHN BUCKLEY(IRL)	8-17-45	
WENDY O'DONNELL(CAN-PORTLAND,O'SHARON HUDDLESTON(CEDAR FALLS,U'		
PAM TURNER(EUGENE,OR)	8-31-4	
WILLIAM HALL(DURHAM,NC)	8- 2-40	65-69
ANN THORNHILL(NEW YORK CITY,NY)	8- 2-40	
PHILIP BYRNE(CHARLESTOWN,MA)	8- 7-40	
GARY STENLUND(US)	8- 7-40	
IRV HEATH(PA) INGRID HOLZKNECHT(GER)	8-10-4	
FRANCES CONLEY(WOODSIDE,CA)	8-12-4	0 65-69
KRISTINA KARLSSON(SWE)	8-12-4	
KATHLEEN RISS(NJ) MICHAEL HEFFERNAN(PORTLAND, OR	8-16-4	
ELIZABETH OSTBERG(SWE)	8-29-4	
GRETHE BOLSTAD(NOR)	8- 2-35	
AUSTIN ALLEN(SALINA,KS)	8- 3-35	
RUTH KUYKENDAL(US)	8- 3-35	
MANUEL TOUZA ROSALES(SPA) MIKI GORMAN(LOS ANGELES,CA)	8- 4-35	
ERIKA MESSNER(CLERMONT,FL)	8-9-35	
BARBARA BOOKER(ITHACA,NY)	8-25-3	5 70-74
CAROL THOMAS(MALIBU,CA)	8- 5-30	75-79
ALAN HUGHES(GBR)	8-11-3 8-15-3	0 75-79
SABURO ISIGAMI(JPN) PIET VON ALPHEN(NED)	8-16-3	0 75-79
DEREK HOWARTH(GBR)	8-17-3	
CAROL O'CONNER(BELMONT,CA)	8-21-3	
HANS STICKLER(SWE)	8-23-3	
TONI BORTHWICK(GBR) ELSA ENARSSON(SWE)	8-24-3	
JACK BROWN(GBR)	8-30-3	
GUNTHER HESSELMANN(GER)	8- 3-2	80-84
GORDON ENGLISH(LA)	8-7-2	5 80-84
HARIU KINJO(JPN)	8-10-2	
BILL WAMBACH(SUN PRAIRIE,WI) DAVID BATCHELOR(PITTSBURGH,PA)	8-12-2	
VERN MATTSON(US)	8- 2-2	
PAUL FAUDE(SUI)	8-4-2	0 85-89
ROBERT CLARKE(SAN DIEGO)	8-3-1	5 90-94
A. OTT(GER) PETER GULGIN(PUNTA GORDA,FL)	8- 3-1 8- 4-1	
CLIVE DAVIES(PORTLAND,OR)	8- 7-1	
ROSALINE SOLE(NZL)	8-11-1	5 90-94
DONALD PELLMANN/MOUNTAIN HOME A	R) 8-12-1	5 90-94
JACK WILLIAMS(GBR) JOSE CELAYA(SPA)	8- 8-1	0 95+
LAMAR JACKSON(TURLOCH,CA)	8-26-1	
	0.10	
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Compiled by Pete Mundle pmundle@ juno.com

 Oneithea Le world record of 5 in the Philadelph Throw-a-Thon, R Wetenhall, holde record (11.67), h (56#) national red a-Thon, athletes implements for Wetenhall, for ins 6k, 5k; SP 16#, 6 800, 700, 600; a 15 best marks are Wetenhall was ti 11.331. Lewis w

women with 13,9 · A stellar fie turned out to to Louise Rossetti S New England m bicycle tour Piergentili, 40, bested Miae Ja 18:39 for the r Rossetti, 83, S

ine in 51:22.
• Mimi Fall cruised to a 17: Vytra Long Islam Run, Farmingda Martin, 52, Nor 18:35, and Ma Stonybrook, NY 21:19. • Three-time

penter, 40, Man climbed to fourth Mt. Washington climb, Pinkham breaking the (Fram/1:03:37), bonus from Nev zine. Many-tin Morse, 40, Berlin 1:05:26. Cathy MA, 1:20:15, de ascending faste West, 42, Putne Gareau, 52, St. W50 course re

Etzweiler, 85, S a new CR by 30 • Lloyd Slock rumbled down speedy 6:02 at the Mile Festival, Po

Hometowne son, 47, showe roads in Maine, 10K, Freeport, 3 ters standout Mi ME, missed the second lapse, 33

Recent M Paul Aufdembe tured the maste windy Utica Boi July 10, in 48:02. like a Moscow Floridian-Russia deep in the W Zhdanova, 52:1 53:37, Elena Zinaida Semer Brown, W55, I Toshiko d'Elia,

over a half-hour Drew Davi master in the 5K/USATF-NJ C Millburn, NJ, Ju M40, finished se Britt, W40, wor 20:48. • Guillermo

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NEW REVISED EDITION The Complete Guide to RUNNING: How to be a Champion from 9 to 90

By Earl Fee

Earl Fee, holder of 40 world records in masters running events, from 300H to the mile, has updated his highly successful previous edition to include many action photos, new chapters on plyometrics, additional information on weight training, new magic supplements, best treatments for injury, effect of age on stride length and frequency, new training workouts and more

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Masters Scene

EAST

 Oneithea Lewis, upped her W40 HT world record of 56.39 in 2003 with a 57.08 in the Philadelphia Masters Fifth Annual Throw-a-Thon, Reading, PA, June 4. Jim Wetenhall, holder of the M45 US 56# SW record (11.67), hurled a pending M50 SW (56#) national record 11.21. In the Throwa-Thon, athletes used three consecutive implements for a total of 15 throws. Wetenhall, for instance, used the HT 16#, 6k, 5k; SP 16#, 6k, 5k; DT 2k, 1.5k, 1k; JT 800, 700, 600; and WT 56#, 35, 25. The 15 best marks are then scored and totaled. Wetenhall was the top men's scorer with 11,331. Lewis was top scorer among the women with 13,913.

 A stellar field of local masters talent turned out to toast a trailblazer at the Louise Rossetti 5K, Beverly, MA, June 15. New England masters powerhouse and bicycle tour coordinator, Simonetta Piergentili, 40, Wilmington, MA, 18:16, bested Miae Jacobs, 45, Atkinson, MA, 18:39 for the masters crown. Louise Rossetti, 83, Saugus, MA, crossed the line in 51:22

· Mimi Fallon, nee Corcoran, 40, cruised to a 17:40 masters topper at the Vytra Long Island Summer 5K Women's Run, Farmingdale, NY, July 9. Kathryn Martin, 52, Northport, NY, turned in an 18:35, and Marie-Louise Michelsohn, Stonybrook, NY, captured the W60 in

* Three-time open winner Matt Carpenter, 40, Manitou Springs, CO, 1:02:12, climbed to fourth place overall at the 45th Mt. Washington Road Race 7.6M uphill climb, Pinkham Notch, NH, June 18. In breaking the 40+ course record climb, Pinkham Notch, NH, June 18. In breaking the 40+ course record (Fram/1:03:37), he picked up a \$2000 bonus from New England Runner magazine. Many-time top-five finisher Eric Morse, 40, Berlin, VT, placed sixth overall, 1:05:26. Cathy Pearce, 42, Chelmsford, MA, 1:20:15, defended her W40+ title by MA, 1:20:15, defended her W40+ title by ascending faster than challenger Suzy West, 42, Putney, VT, 1:21:24. Jacquie Gareau, 52, St. Bruno, Quebec, set a new W50 course record, 1:27:08. George Etzweiler, 85, State College, PA, also set a new CR by 30 minutes, 2:33:20.

*Lloyd Slocum, 72, Hollis Center, ME, rumbled down Congress Street in a speedy 6:02 at the Friendly's New England

speedy 6:02 at the Friendly's New England Mile Festival, Portland, ME, June 19. • Hometowner Joan (Benoit) Samuel-

son, 47, showed she's still queen of the roads in Maine, by winning the L. L. Bean 10K, Freeport, 37:16. New England masters standout Mike Payson, 42, Falmouth, ME, missed the men's win by a skinny 9-

second lapse, 33:11.

• Recent M40 10,000 record-setter Paul Aufdemberge, 40, Redford, MI, captured the masters title at the warm and windy Utica Boilermaker 15K, Utica, NY, July 10, in 48:02. The women's result read like a Moscow phone book, with fast Floridian-Russian marathoners going four deep in the W40: Firaya Sultanova-Zhdanova, 52:19, Ramilia Burangulova, 53:37, Elena Paramonova, 57:38, Zinaida Semenova, 58:01. Susan J. Brown, W55, Braintree, VT, set a new W55 course record, 1:09:19, while Toshiko d'Elia, 75, erased the W75 CR by

over a half-hour, 1:24:57.

• Drew Davis, M40, in 15:44, was first master in the President's Cup Nite 5K/USATF-NJ Open Men's Championship, Millburn, NJ, June 20. Jeremy Stratton, M40, finished second M40+ (16:06). Anne Britt, W40, won the W40+ contest with an Jane Parks took the W50 title in

· Guillermo Fuentes, 40, Fresh Meadows, NY, 56:34, and Karen Cotty, 41, Quoque, NY, 67:52, were first overall over a tough hilly course in the Lazer, Aptheker,

Rosella & Yedid Kings Park 15K, Quoque. NY, June 18. First 50+s were Kevin Carroll, 52, Huntington Station, NY, 60:14, and Melissa Kennedy, 57, Amityville, NY, 72:12. The race was rescheduled from March 12 because of a major snowstorm that hit Long Island that day.

• John Tuttle, M45, 33:35, and Robin

Humphrey, W40, 40:35, pled guilty to masters wins in the Lawyers Have Heart 10K, Washington, DC, June 11. Jim Hage, M45, was second M40+ (34:13). Blank took the W50 decision in

SOUTHEAST

 The Atlanta Track Club served Peachtree up hot July 4th, with an all-American battle of the titans in the M40 field. In the event, it was Mbarak Hussein, 40, Albuquerque, NM, 29:41, over Rick "Cajun Cannon" Fuller, 40, Eugene, OR, 30:51, over track blaster Paul Aufdemberge, 40, Redford, MI, 31:04, over nice guy Brian Pope, 42, Oxford, MS, 31:20. The women's masters Oxlord, MS, \$1.20. The women's masters title went to Colleen De Reuck, 41, Boulder, CO, 33:13, who easily held off the Russian posse, led by Firaya Sultanova-Zhdanova, 44, RUS, 34:06, and Ramilia Burangulova, 43, RUS, 34:58. Carmen Ayala-Troncoso, 46, Austin, TX, 35:34, was fourth W40. Zinaida Semenova, 43, RUS, 35:53, and Elena Paramanova, 43, RUS, 35:53, and Elena Paramanova, 43, RUS, 36:32, rounded out the top six. Due to its sprawling immensity, the Peachtree 10K does not tally age-group awards.

• Mark Stickley, 42, Winchester, VA, 4:38, and Maria Spinnler, 43, Hagerstown, MD, 5:30, were first masters and \$100, ripher, in the Leudeup Street.

and \$100 richer in the Loudoun Street Mile, in Winchester, June 25. Steve Nearman, 45, Alexandria, VA, 4:45, and Sandra Adams, 55, of Winchester, 6:17, were second 40+s, worth \$50 apiece. Bob Atkins, 80, finished in 13:42

MIDWEST

 Ernie Snodgrass blazed to M50 wins in the 100 (13.0) and 200 (27.0), USATF Michigan Masters Championships, Big Rapids, June 18. Mitchell Garner won the M55 5000 in 17:52.2. Matti Kilpelainen, M55 US indoor PV record holder, topped all vaulters with a 3.66/12-0. Tobias all vaulters with a 3.66/12-0. Tobias Pallett, M35, hit the 14.22/46-6 1/2 mark with the 16# SP. Eric Forshaw, M35, ended with a 54.28/178-1 DT. Mark Cwiek, M50, was the longest in the JT at 19.40/162

MID-AMERICA

· Alby Williams, M65, won best sprint honors with wins in the 100 (13.1), 200 (26.8) and 400 (62.1) in top-five ranked times, USATF Mid-America Regional Masters Championships, Edwardsville, IL, June 11-12. Husband and wife Jerry (M75) and Christel (W70) Donley both cleared 1.16/3-9 1/2 in the HJ. Larry Rodenbeck, M55, leaped to wins in the LJ (4.73/15-5 1/4) and TJ (10.49/34-5). Ron Summers, M50, hit 15.15/49-8 1/2 in the SP, best of the day. Mark Collier won the M35 DT with a 51.69/169-7.

WEST

Teresa Vail, 42, won the 20K RW in the USA T&F Championships, Home Depot Center, Carson, CA, June 25, in a US record 1:33:28.15. Vail, of Walk USA, represented the USA in the 2004 Olympics, and will compete in the IAAF World Championships. Holsipki, FIN. On her and will compete in the IAAF World Championships, Helsinki, FIN. On her belief that she could break the record, set in 1999, "Yes, I definitely believed I had the chance to any this time." chance to run this time. It's just hard when you're by yourself. Breaking the record is very exciting, but I just wanted to win." On how far down she can take this record, "I think I can take this down to a 1:32.

An official died after being hit in the



Competitors and officials at the Philadelphia Masters AC Throw-a-Thon, Reading, Pa., June 4, directed by Ray Feick (center with the V shirt).

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head by a shot while shot putters practiced at the USA Championships on Wednesday, June 22. Paul Suzuki, 77, who had worked local meets for 30 years or so, was struck shortly after 4 pm. He was treated at the scene and transported to Harbor UCLA Medical Center, where he died.

 Nadine O'Connor, 63, increased her W60 PV world record of 3.05/10-0 set in November 2004, with a 3.10/10-2, USATF San Diego-Imperial Association Championships. June 16.

 Shirley Matson ran the Shriner's 8K. Sacramento, June 25, in an age-64 record

34:13 (A-G 91.3%) to better her 34:23 in the recent Fifty Plus 8K.

• David Olds, 43, Los Angeles, CA, with a 33:38, and Rikako Takei, 43, Los Angeles, scored masters wins in the Will Rogers 10K, Pacific Palisades, CA, July 4. Carol Salomons, 50, Encino, CA, was third W40+ (44:00). Andrew Martin, 73, Pacific Palisades, won the M70 contest in

 George Cohen lowered the M65 US record for the 800 by a whopping six seconds with a 2:15.42, Southern California Striders Meet of Champions, Long Beach, May 7. The present record is 2:21.14 by Sid Howard, set at the 2004 USA National Masters Championships, Decatur, IL

NORTHWEST

 Lance Denning, M40, Boulder, CO, in 4:32.96, and Sarah Krakoff, W40, Boulder, CO, in 5:17.59, took masters wins in the Main St. Mile, Boise, ID, July 1. Dave Clingan, 51, Portland, OR, was third fastest M40+ with a 4:42.95.

fastest M40+ with a 4:42.95.

* Tim Vandervlugt, 40, Albany, OR, with a 34:18, and Christy Phillips, 43, St. Petersburg, FL, in 40:16, exploded to masters firsts in the July 4 Sierra Mist Butte to Butte 10K, Eugene, OR. Paul Flanagan, 74, Longview, WA, took the M70 race (48:21). Over 3600 took part in the race and a 4.5 mile walk.

* Masters at the Regional Meeting at

 Masters at the Regional Meeting at the NW Regional Masters Championships, Gresham, OR, voted unanimously to accept the uncontested bid of the Inland NW Association and the Inland NW Masters AC to host the 2007 NW Regional Masters Championships at Mooberry

Track, Pullman, WA, July 21-22.

* John Stolz, 50, Bend, OR, was the top master and third overall, 1:14:03, at the Foot Traffic Half-Marathon, Portland, OR,

INTERNATIONAL

 Running in the rain, Kozo Haraguchi,
 95, broke the M95 WR for the 100m with a 22.04 in Miyazaki, Japan, on June 19. Haraguchi, who took up t&f at age 65 to stay in shape and walks an hour every morning, owns the M90 WR of 18.08, set in September 2000. The present M95 record of 24.01 is held by Erwin Jaskulski, an

Austrian citizen who lives in Honolulu.

* Elfriede Hodapp, GER, ran a W70
WR 2:59.55 800 in a meet in Loefflingen,

June 26. The record is 3:04.44 by Jean Horne, CAN, in 2003.

OBITUARIES

* Connor Johnston, 98, South Africa's second oldest masters athlete, passed away June 20. Up until the age of about 93, he had been a very active walker. At the 1979 WAVA World Championships in Hannover, Germany, he won both the 10K (61:01.01) and the 20K (2:07:54). For these achievements, he received the South Africa State President's Award. He still holds a number of Western Province 5000 and 20K records, and his M70 5000m time of 29:08.8 and M70 20K of 2:07.55 are still South African records. He served in North Africa in WWII and wrote a book on his experiences several years ago. He was an architect and had lived in New Zealand for many years after the war. For a number of years, he was the president of the Western Province Masters AA in Cape Town. A knee injury sustained in a car accident in 1982 affected his very efficient walking style. A subsequent operation did not eliminate the problem entirely, but this did not stop him from participating in the sport he loved so much. He was a true

gentleman of our sport. It was a privilege to have known him. —Leo Benning

• Herbert Zipper, a professor of electrical engineering technology at Farmingdale St. U., Long Island, NY, and a masters indoor champion in the late 1970s, passed away on June 10 of a cerebral hemor-rhage. He was 71. He grew up in New Hyde Park, NY, graduating in 1951, the same year he was the NY state high school mile champion. He received a track scholarship to St. John's U., where he earned a B.S. degree in math and physics in 1955. An avid runner all his life, he won the 1000y from 1975 to '77 at the National Masters Indoor Championships. He was also a member of the team that set a masters record for the two-mile relay in 1975. After four years at Sperry Gyroscope Co., Great Neck, NY, he was hired by Farmington St. He received a master's degree from Hofstra U. in 1964, and completed additional work at other universities. In 1986, he received an award for excel-lence in teaching from the Farmingdale Foundation. Bob Fine, Masters East Region Coordinator and pioneer in the early masters movement in NYC, said of Zipper, "He was a teammate of mine on the New York Masters and one of the early middle distance stars." -from Newsday and other sources

CORRECTIONS

 Gerald Vaughn, M65, had an age-graded 100+% 13.50 in the shot put, USATF-GA/Southeast Region Masters Championships, Savannah, April 15-16, earning him the Outstanding Athlete of the Meet Award. His mark was reported as a 13.18 in the June results.

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

TRACK & FIELD

NATIONAL

August 4-7. 38th Annual USA National Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, 1493 Halekoa Dr., Honolulu, HI 968221. www.hawaiichamps.com; 808-732-8805; zeug @hawaii.rr.com

August 13. USA National Masters Weight Pentathlon Championships, Dallas, TX. (s) Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230; www.dallasmasters.com; lestermount@vahoo.com

September 10. USA National Masters Weight & Superweight Championships, Seattle, WA. Hammer, Sept. 9, 5:30 pm. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

March 24-26, 2006. USA National Masters Indoor Championships, Reggie Lewis Center, Boston, MA. USATF-NE, 617-566-7600; office@usatfne.org; www.usatfne.org/masters August 3-6, 2006. 39th USA National Masters Championships, Charlotte, NC.

EAST

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

August 5 (Fri.). Go for the Glory Meet, Bethesda, MD. 7:30 pm. 301-353-0200; www.mcr rc.org August 6 & 20. Potomac Valley TC Meets, Langley HS, McLean, VA. 9:30 am.

August 30 (Tues.). GLIRC Mile Time Trials/Relay Carnival, Farmingdale, NY. 516-349-7646; www.glirc.org

September 9-13. Maine Senior Games, Portland. 207-396-6500. September 10-12. New Jersey Senior

SOUTHEAST

Olympics, Ft. Monmouth. 973-618-1111.

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

September 26-October 2. North Carolina Senior Games Finals, Raleigh. 919-851-5456; www. ncseniorgames.org

September 29-October 2. Georgia Golden Olympics, Waner Robbins. 404-657-6644; georgiagoldenolympics.org

MIDWEST

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

September 5. Cedarville Throwing Classic, Cedarville U., OH. O/M. All throws/WP. Mickey Bitsko, 937-429-5221; www.cedar

September 7-19. Wisconsin Senior Olympics, Milwaukee. 414-224-6464; x118; 414-224-6464; x118; www.agingresource.com

September 9-14. Indiana Senior Games, 800-253-2188; indianasenior Indianapolis.

games.org September 14-18. Kentucky Senior Games,

September 14-18. Kentucky Senior Games, Pikeville. 270-358-4321; ksgpikeville.com September 15-19. Illinois Senior Olympics, Springfield. 217-753-0701. September 17. OTHTC Norm Bower Memorial Weight Pentathlon, Kent St. U., Kent, OH. OTHTC, 6744 Connecticut Colony Circle, Mentor, OH 44060. Jeff Gerson, 440-473-0636.

MID-AMERICA

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

August 12-15. Nebraska Senior Games, Kearney. 308-233-3229; nebraskaseniorgames.com September 3-4. 25th Rocky Mountain Masters Games, CSU-Ft. Collins, CO. Jim Weed, 2203 E. 149th Ave., Thornton, CO 80602; 303-451-8727; e-mail: rockymtmastersgames@msn. com September 8-11. South Dakota Senior Games. Madison. 605-427-2218; geocities. com/sdse

September 17. Halstead Masters & Open Meet, Halstead HS, KS. 3:00 pm. Bob Everoski, Halstead Parks & Recr. Commission, 316-835-3366: 835-2286.

September 22-25. Kansas Senior Olympics, Topeka. 785-368-3798; topeka.org/parksrec

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 21-25. Arkansas Senior Olympics, Hot Springs. 800-720-7276; srsports.org September 21-29. Oklahoma Senior Olympics, Tulsa. 918-596-7866; oksrgames.com September 24-October 1. Texas Senior Games, Austin. 214-670-6266; tsga.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

June 28-August 4 All-Comers Meets Los Angeles. Tues., San Pedro HS; Wed., Birmingham HS; Thu., Wilson HS. 7:30 pm. No entry fee. 818-904-2003.

August 3-7. New Mexico Senior Olympics, Albuquerque. 505-623-5777; nmseniorolym pics.org August 5-8. Elko Senior Games, Elko, NV. Joyce Mills, 775-777-2292.

August 28. Santa Ana Masters Meet, Santa Ana, CA. Rick Muth, 20355 Amapola Ave.,

Orange, CA 92869; 714-527-2239. September 9-18. Carson City Senior Games, Carson City, NV. 775-783-6455.

September 28-October 2. 25th Silver Anniversary Nevada Senior Games, Las Vegas. 10K-28th; 5K-29th; WP-30th. No late registration after Sept. 27. Nevada Sr. Games, 3111 S. Valley View Blvd., B-201, Las Vegas, NV 89102; 702-242-1590; www.nevadase www.nevadase niorolympics.com

October 16. Self-Transcendence Masters Games, CSU-Long Beach. 40+. Bigalita Egger, 310-645-0271; fax: 645-8618. October 20-23. Laughlin Senior Games, Laughlin, NV. Bill Kesgen, 702-298-3413.

NORTHWEST

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

August 13-22. Alaska International Senior Games, Fairbanks. 907-374-0678; alaskaisg.org August 18-20. Wyoming Senior Olympics, Gillette. Open to out-of-state. 307-682-7406; wyseniorolympics.com

September 15-18. Idaho Senior Games, Boise. 208-322-7033, x267.

October 3-15. Huntsman World Senior Games, St. George, Utah. M&W 50+. 800-

562-1268; www.seniorgames.net October 15-18. Idaho Senior Games, Boise. Jennifer Thompson, 208-322-7033. x267.

INTERNATIONAL

August 10-12. Masters Athletics GP Meet/

IAAF Championships, Lahti, Finland. Hurdles /1500/JT/100/SP/HJ/400/LJ/ WT/XC. Regist-ration deadline: July 1, 2005. Lahden Ahkera Office, Urheilukeskus 15110 Lahit, Finland. www.lahdenahkera.fi

August 22-September 3. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

August 26-28. Japan Veterans Championships. www.j-master.gr.jp/zennipponent

ryl.htm March 15-20, 2006. 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006.

LONG DISTANCE RUNNING

NATIONAL

August 7. USA National Masters 8K Championships, Honolulu, HI. Held in conjunction with the Masters T&F Championships (see T&F above).

September 25. USA National Masters Champ-ionships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org October 2. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org
October 16. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usatfadir.org November 19. USA Fall Nationals XC

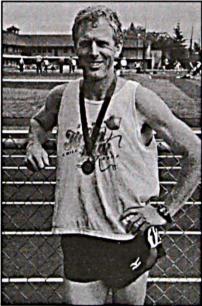
Championships, Rochester, NY. Masters: M10K & W6K. Bill Quinlisk, 412 Humboldt St., Rochester, NY 14610-1113; 585-482-6371; www.gvh.net/feast-in-the-east

EAST

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

August 6. Banknorth Beach to Beacon 10K, Cape Elizabeth, ME. 888-480-6940; www. Beach2Beacon.org

August 6. Saucony XC Series, 2K/4K/8K. Frick Park, Pittsburgh, PA. John Harwick, 724-464-2222



Keefer Whan, first M40 in the 5000 (15:46.73), 2005 Hayward Classic.

August 7. High Street Mile, Newburyport, MA. 978-270-6854; http://xenia.unh.edu/were August 13. NYRR Fifth Avenue Mile, NYC.

212-860-4455; www.nyrrc.org August 14. Falmouth 7 Mile, Falmouth, MA. 508-540-7000; www.sblifalmouthroadrace.com August 18 (Thur.). Northfield 10K, Northfield, CT. 6:00 pm. 860-567-7569; litchfield park-recreation.org

August 20. 6th Breakaway 5K, Portland, ME. 207-741-2084; www.MaineTrackClub.com August 21. Virgil Mountain Madness 12K & 30K, Virgil, NY. 607-227-1982; fingerlakerun

ON TAP FOR **AUGUST**

TRACK AND FIELD

If you've been looking for a way to get rid of those frequent flyer miles, this is the month for you. Honolulu, Hawaii, will host the 38th USA National Masters Championships on the 4th-7th at the University of Hawaii's rainbow-colored track. From there, throwers can head for Dallas, Texas, for the National Masters Weight Pentathlon on the 13th. Finally, San Sebastian, Spain, will welcome some 6000 athletes from all over the world to the 16th World Masters Athletics Championships, starting on the 22nd and ending on Sept. 3 LONG DISTANCE RUNNING

The USA National Masters 8K Championships are set for Sunday, the 7th, in Honolulu. The first weekend also lists the Beach to Beacon 10K, Cape Elizabeth, ME, on the 6th, and the Chicago Distance Classic on the 7th. The Falmouth 7 Mile, Falmouth, MA, and America's Finest City Half-Marathon, San Diego, take off on the 14th. There's a cross-country race listed for the 21st in San Francisco's Golden Gate Park. The Hood to Coast Relay starts its 197mile trek from Mt. Hood, OR, to the coast on the 26th. The NYRR Manhattan Half-Marathon is set for the 28th.

RACEWALKING

National champions in the 5000m track on the 5th, and in the 10K road on the 7th will be determined at the Masters Championships in Hawaii. The USATF MAC 5K Championships strut out in Central Park on the 28th.

August 28. NYRR Manhattan Half-Marathon, NYC. 212-860-4455; www.nyrrc.org September 17. Great Cow Harbor 10K, Northport, NY. 631-754-4616; www.cowhar borrace.com

September 18. Jefferson Hospital Philadelphia Half-Marathon, Philadelphia. 1-800-311-

phia Half-Marathon, Filliage 1255; www.runphilly.com September 25. Over The Hill TC 5K XC, Hunting Valley, OH. Trophies to top 3 in each to the top 2 teams. 440-473october 15. Baltimore Marathon, Half-Marathon, 5K & Relay, Baltimore, MD.

www.thebaltimoremarathon.com

SOUTHEAST

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

August 2. Crime Prevention 5K, Mobile, AL. 251-473-7223; www.pcpacers.org August 6. Run for Life 5K & 10K, Marietta,

GA. 770-528-3580; www.GeorgiaGames.org August 6. Bushwacker 5K, Pensacola, FL.

August 6. Bushwacker 5K, rensacoia, FL. 850-939-8073; www.runresults.net
August 12-13. Brooks Tour De Pain,
Jacksonville, FL. 4 Mile Beach Run, 12th; Road Mile and 5K Twilight Run, 13th. www.1stplacesports.com

August 13. Elvis Presley International 5K, Memphis, TN. 901-761-4277; www.ucpmem

September 2. Peoples Bank Midnight Flight 5K & 10K, Anderson, SC. 10:00 pm. 864-716-6809; http://ymca.electric-city.net September 3-4. Tour De Pain South, Coconut Creek, FL. 3rd-5K & mile; 4th-5K XC. 954-

474-4074; www.csprr.c September 4. Rock ' Virginia Beach, VA. half.com September 10. Hurrica AL. 251-473-7223; w

August 2005

MID Illinois, Indiana, Kent Wisconsin,

August 7. Chicago Di cagodistanceclassic.co August 13. Club Koke Kokomo, IN. 765-455 August 13. Paavo Nu Hurley, WI. 866-340-4 August 13. 26th R Pinckney, MI. 734agement.com
August 15 (Mon.) Preseason XC Classic

330-482-9230; membe August 20. Parkers Half-Marathon/RRC ships, Parkersburg, www.newsandsentine August 27. Forest P 474-1399; www.raced August 27. Crim Fer

www.crim.org September 3. Charl 5K & 3-Person Rela 345-5433; www.char September 5. Park Park Forest, IL. www September 17. U Wright-Patterson AF 1823; afmarathon.wp September 4. U.S CO. www.rundenver September 17. Walthon, Walker, MN. northcountrymaratho

MID-A Colorado, Iowa

August 7. Hennepi Minneapolis. 651-22 August 13. Georg Half-Marathon, Geo ltd.com August 18. Pearl 5 303-413-7316;

mile.com August 14. Guidant 5K, Minneapolis. w

SOUT Arkansas, Loc Oklah

August 13. Elvis R 235-2513; www.elvi: September 4. Tupe Tupelo, MS. Homestead.com

Arizona, Cali

August 14. Ame Marathon & 5K, Sa www.afchalf.com August 21. Golder Francisco. 415-978-0 August 27. Jet to September 11. Four CA. www.kinaneev

NO Alaska, Ida Utah, Wa

August 6. Bozem Bob Wade, 406-52 August 6. Mt. As August 7. Footzo 972-9972; www.fc August 13. Paci 5K, Seattle, WA. August 26 (Fri.)

474-4074; www.esprr.com September 4. Rock 'N' Roll Half-Marathon, Virginia Beach, VA. 858-450-6510; www.mr

September 10. Hurricane 5K, Dauphin Island, AL. 251-473-7223; www.pcpacers.org

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

August 7. Chicago Distance Classic. www.chi cagodistanceclassic.com

August 13. Club Kokomo Age-Graded 4 Mile, Kokomo, IN. 765-455-2283; www.ckrr.us August 13. Paavo Nurmi Marathon & Relays,

Hurley, WI. 866-340-4334; www.hurleywi.com August 13. 26th Run Thru Hell 10 Mile, Pinckney, MI. 734-878-6640; gaultraceman agement.com

August 15 (Mon.). YRRC/Second Sole Preseason XC Classic 3K & 5K, Boardman, OH.

330-482-9230; members.aol.com/ytownrrc/ August 20. Parkersburg News & Sentinel Half-Marathon/RRCA National Championships, Parkersburg, WV. 304-485-1891; www.newsandsentinel.com/halfmarathon August 27. Forest Park 5K, Cincinnati. 513-

474-1399; www.racedmc.org August 27. Crim Festival of Races, Flint, MI.

www.crim.org September 3. Charleston Distance Run 15K, & 3-Person Relay, Charleston, WV. 304-

345-5433; www.charlestondistancerun.com September 5. Park Forest Scenic 10 Mile, Park Forest, IL. www.scenic10.com

September 17. U.S. Air Force Marathon, Wright-Patterson AF Base, OH. 800-467-1823; afmarathon.wpafb.af.mil September 4. U.S. Half-Marathon, Denver,

CO. www.rundenver.com September 17. Walker North Country Mara-thon, Walker, MN. 218-547-4157; walker northcountrymarathon.com

MID-AMERICA

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

August 7. Hennepin-Lake Classic 5K & 10K, Minneapolis. 651-228-1986; www.tslevents.com August 13. Georgetown to Idaho Springs Half-Marathon, Georgetown, CO. www.bkb

August 18. Pearl Street Mile, Boulder, CO. 303-413-7316; www.americasdowntown

August 14. Guidant Heart of Summer 10K & 5K, Minneapolis. www.heartofsummer.org

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

August 13. Elvis Run 5K, Dallas, TX. 972-235-2513; www.elvisrun.com September 4. Tupelo Marathon & 14.2 Mile, www.TupeloRunningClub.

WEST

Homestead.com

Arizona, California, Hawaii, Nevada, New Mexico

August 14. America's Finest City Half-Marathon & 5K, San Diego. 760-692-2900; www.afchalf.com

August 21. Golden Gate Park 5K XC, San Francisco. 415-978-0837; www.dserunners.com August 27. Jet to Jetty 10K, Playa Del Rey, CA. www.2promo.com

September 11. Four Seasons 4 Mile, Carlsbad, CA. www.kinaneevents.com

NORTHWEST

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

August 6. Bozeman, MT, Classic 5K & 10K. Bob Wade, 406-522-7064.

August 6. Mt. Ashland 13 Mile, Mt. Ashland, OR. 541-488-5340.

August 7. Footzone 5K, Redmond, WA. 206-972-9972; www.footzone.com

August 13. Pacific Trail Iron Girl Women's 5K, Seattle, WA. www.IronGirl.com August 26 (Fri.). 24th Fred Meyer Hood to

Coast Relay, Mt. Hood, OR. 197 Miles, 12 per team. 503-292-4626; www.hoodtocoast.com September 5. Pre's Trail Restoration 8K,

Eugene, OR. Funds raised will go to restoring Pre's Trail; donations tax deductible. Bill McChesney, 541-344-8106; www.oregon

trackclub.org
September 10. Atla Peruvian Lodge Downhill Dash 8K, Alta, UT. www.altaperu

September 11. Oregon Grand Prix Series Oregon TC Masters Eugene Celebration 8K, Eugene, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org

September 17. Prefontaine Memorial Run, 800-824-8486; www.prefontaine.com September 18. Maui Marathon & Half-

Marathon, Kahului, HI. www.mauimara thon.com

October 29. Oregon Grand Prix Series USATF/Willamette XC 8K, Salem, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org November 12. Oregon Grand Prix Series -USATF Grand Prix Finale, Sandy, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org

CANADA

September 25. Scotiabank Toronto Waterfront Marathon. www.torontowaterfrontmara

INTERNATIONAL

September 25. Berlin Marathon. 800-444-4097; www.marathontours.com



Seth Bergman (r), second M50 in the 10,000 (38:58.45), and Mike De Witt, fourth M50 (43:34.50), 2004 USA National Masters

RACEWALKING

August 5 & 7. USA National Masters 5000m (5th) and 10K (7th) RW Championships, Honolulu, HI. See National T&F above.

August 28. USATF MAC 3K RW Champion-ships, Central Park, NYC. Stella Cashman, 212-628-1317; Francicash@aol. com

September 11. USA National Open & Masters 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080; www.usatf.org September 18. USATF Long Island 5K RW Championships, Long Beach, NY. Peter Lopes,

October 8. USA National Open & Masters 5K RW Championships, Kingsport, TN. Bobby Baker, 423-349-6406; www.usatf.org November 13. USA National Masters 20K

RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usat-ntc.com; email: noonwalk_99@yahoo.com

December 4. USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org



VICTOR SAILER / PHOTO BUIN Mary Thane, winning the Women's Masters Invitational 1500, USA National Championships, Carson, Calif.



Lance Winders, #27, holds off David Matherne,

#21, in the battle for masters fourth place at the 2005 Mercedes-Benz Cotton Row Run.

Navy Sails to Victory Again

The 24th ACLI Capital Challenge took place Wednesday, May 11, in Washington, DC's Anacostia Park. A large contingent of 29 senators and congressmen, plus agency heads, federal judges, and scores of media were among the more than 650 runners taking part in the three-mile team race.

Teams were captained by a U.S. senator, representative, cabinet member, sub-cabinet presidential appointee, federal judge, on-air media personality, or professional journalist.

The purpose of the Challenge is to determine who is fittest, the legislative branch, executive branch, judicial branch, or the media that covers them, and to raise money for the D.C. special

Alan Webb, the celebrity guest athlete, was the "official whistle blower" for the race and started the runners on their way.

Senator John Ensign (R-NV), 2003 winner, took home top senator finish honors (19:40), recapturing his crown from 2004 winner Senator John Sununu (R-NH), while Kay Bailey Hutchison (R-TX) repeated as the Senate women's winner (36:36).

Representative Bart Gordon (D-TN) is still the fastest man in Congress (Mike Synar Award) with his 18:17, five seconds ahead of his 2004 time.

Overall winners were Jim Ansberry of Representative Jim Ryun's (R-KS) staff (15:18), and Laura Turner, staff member in the House Clerk's office (16:35). The team of former world record holder Jim Ryun retained House team honors. Foreign Relations Committee Chairman Senator Richard Lugar continued his streak by finishing his 24th straight Challenge.

Race records were set by Judge James Baker of the Court of Appeals for the Armed Forces (16:12) and Senator Charles Grassley (R-IA) in the 70-and-over captain category (27:56).

The ACLI Capital Challenge highlights the ability of many of the nation's busiest leaders to stay fit.

All entry fees went to D.C. Special Olympics and title sponsor ACLI (American Council of Life Insurers) and contributing sponsors, John Hancock Financial Services, Northwestern Mutual, Swiss Re, Fannie Mae, Roll Call, Running Times, and the Chubb Corporation also donated additional funds to D.C. Special Olympics, as well as paying all race expenses. This year a record \$14,315 was raised.

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Tobias Pallett

Randy Miller Rick Sherman

George Edson Bob Kortmann

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Eve

300 500

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Joseph Schleppi V55-59

M40-44

M50-55

4:20.52 1.85 16.01 14.22

17.61 43.28

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HJ 110H SP

100H

100H

DT

6/12/05 6/18/05 7/9-10/05 6/18/05

6/18/05

7/2/05

6/25/05 6/15/05

8/7/03

6/9-11/05 6/9-11/05 6/9-11/05

6/11/05

6/16/05

90-94

8.50

1.32

4-0

15.32

9.06

71-10

80-84

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52.0

104.0

85-89

13.40 14.80

14.40

16.96 39.38 1:32.44

6:29.90

55m

800 HJ

HJ

100m

200 400

55m

DT

11.50

1240

22.0

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98.0

70-74 75-79

10.80

11.70

420

86.0

Morren Greenburg

Herman Lofton

Sonny Oliphant M80-84

Sherry Greenburg W55-59

Mary Lou Platis

10.30

11.10

18.6

39.0

60-64 65-69

FOR WOMEN

9.80

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16.8

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55-59

9.40

10.20

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45-49 50-54

9.50

15.0

31.6 33.0

70.0

9.10

9 90

15.5

78.6

Glen Yoder

Paul Evans

John Means

August 2005

National Masters Invit Carson, CA; June

date.

M40+ 110mH w2.7 M40+ 110mH w2.7
Willie Gault una
David Ashlord SoCaITC
Dexter McCloud AtlanTC
Jerome Cadoret Speed
Peter Grimes una
Jack Hoyt una
Henry Andrade una
W40+ 1500m
Mary Thane Mt West
Mary Grene SoCaITC
Karen Steen ClubNW
Lisa Davis Track West
Sheri Wright Runn Rep
Carrie SherburneSoCal
Tern Cassel Fleet Ft S

National Senior Ga Pittsburgh, PA; Jun

PITTSDUTGIT, PA; June
100m
M50 Oscar Peyton
Jim Ross
Thomas Smith
M55 Charles Alile
David Cotner
Lee Hess
M60 Roger Pierce
Wayne Hansen
Dennis Davis
M65 Bob Lida
Walt Lancaster
Emil Pawlik
M70 Bobby WhildenAR/WF
(Payton Jordan/12.91/
Dennis Melanson
Lloyd Williams
M75 Harry Brown
James Stookey
Don Cheek
M80 Charles Modlin
Curt Davison

Don Cheek
M80 Charles Modlin
Curl Davison
Raoul Rodriques
John Means
Milton Silverstein
Champion Goldy
M90 James Hammond A
(Buell Crane/20.69/11
John Boesenholer
Murphy Domingues
W50 Gail Kantak
Brenda Cook
Jeanne Bowman
W55 Phil Raschker
Hillen von Maltzahn
Audrey Cox
W60 Karin Reschke
Sandra Guy
Mary Robinson
W65 Katty Bergen
Barbara Jordan
Essie Kea

Essie Kea W70 Audrey Lary Flo Meiler

Fio Meiler
Jean Schooler
W75 Ethel Lehmann
Frances Styles
W80 Josephine Stewart A
(Polly Clark/19.32/15
W85 Molly MacKown
Lona Flynn
W90 Mittie Seawell

W90 Mittle Search
200m
N50 Oscar Peyton
Thomas Smith
Neil Steinberg
M55 Charles Allie
David Cotner
Zbigy Zlobicki
M60 Roger Pierce
Larry Barnum
Allen Huff

Alleń Huff
M65 Bob Lida
Emil Pawlik
Walt Lancaster
M70 Bobby Whilden
Dennis Melanson
Lloyd Williams
M75 James Stookey
Don Cheek
William Melville
M80 Charles Modlin
Curt Davison
Raoul Rodriques
John Means
John Means
Bob Matteson

M90

W50

John Anoka Bob Matteson Murphy Domingue Frederic Winter Brenda Cook Ainsley Lovell Gail Kantak Phil Raschker Hillen von Maltzah Audrey Cox Karin Reschke Sandra Guy Mary Robinson Kathy Bergen Dorothy Haskins Barbara Jordan Flo Meiler Audrey Lary W55 W60

W70

Audrey Lary Jean Schooler Ethel Lehmann Mary Ann Boe

W85 Molly MacKown

RECIPIENTS OF ALL-AMERICAN AWARDS

Event

60

100

200

400

400H 400 100H 8/8/03 7/26/03 8/6/04 6/25/05 6/18/05 6/18/05 3/27/04 2/5/05 6/16/05 Jerry Ford Mitchell Garner 5000 5:03.9 1500 100H 16.72 137-5 James McEvoy 6/15-16/05

U.S. MASTERS ALL-AMERICAN STANDARDS

30-34 35-39 40-44

8.80

14.1 14.4

28.8 30.0

8.0 8.20

8.60

13.8

28.0

63.5 65.5 8.50

9.10

68.0

			150
M60-64 Allen McDaniel James Snook	800 100	2.33.20 12.83	3/13/05 6/18/05
M65-69 Jim Grodnik Ted Moore	10K 1500RW 5K RW	43:58 8:01.21 30:32	2/13/05 6/15/05 6/13/05
Al Shook	Mile	6:07.4	7/10/05
M70-74 C.L. Bruce	TJ	7.01	6/12/05

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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	14.8
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
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	
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W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:0
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:4
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:4
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:3
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:2
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:3
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:1
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
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M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:5
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:4
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:2
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:2
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56			3:01:19	4:07:41	5:24:2
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:2
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58		3:21:11	4:35:15	6:01:0
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37		2:53:56	3:33:31	4:52:23	6:23:5
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13		3:05:02	3:48:05	5:12:40	
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15			4:05:57		7:24:1
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43		3:39:31	4:29:18	6:10:11	8:07:5
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:3

3:36 3:56 4:30 5:40 3:10 3:20 2:40 2:46 2:54 2:33 2:35 800 7:30 8:00 8:50 10-10 6:45 6:20 5:10 5:20 5:30 5:40 6:00 1500 7:40 8:10 8:50 9:40 10:45 7:00 6:50 5:50 6:10 6:30 14:30 15:00 16:00 18:30 20-00 23-00 14:00 11:30 11:50 12:00 12:30 3000 24:50 26:00 28:00 30:00 34:00 36-00 19:45 20:15 21:00 22:00 23:30 60:00 66:00 76:00 85-00 52:00 56:00 50:00 10000 41:30 42:40 44:00 48:00 100H 17.2 18.2 20.2 22.2 25.0 28.0 17.6 18.7 15.8 16.5 80H 15.0 88.0 75.0 79.0 84.0 400H 79.0 87.0 96.0 110.0 120.0 66.0 300H 9:30 10:00 10:25 11:00 11:55 12:50 8:35 9:00 2K-SC 8:20 1.07 1.02 0.97 0.92 0.89 0.84 1.27 1.22 1.12 1.35 HJ 1.40 3-8 3-6 34 3-21/4 3-01/4 2-11 2-9 47 4-5 4-2 4-0 1.50 1.20 1.10 1.00 0.90 0.80 0.70 2.40 210 1.80 2.70 PV 5-10% 4-11 3-111/4 3-7/4 3-31/4 2-11% 2-Th 2-31/2 8-101/4 7-101/4 6-101/4 4.42 4.04 3.81 3.40 3.20 3.10 2.60 2.30 210 1.50 4.60 11-1% 12-6 10-6 10-2 8-61/4 7-61/2 6-10% 4-11 14-6 13-3 15-1 7.49 7.01 6.40 6.20 6.00 5.50 4.50 3.89 TJ 9.50 9.09 8.43 27-8 24-7 23-0 21-0 20-41/4 19-81/4 18-1/2 14-9 12-9 31-2 29-10 8.00 7.77 7.50 6.60 6.00 5.20 4.30 10.30 9.32 8.51 8.40 Shot 33-91/4 30-7 27-11 27-61/4 26-3 25-6 24-7/4 21-8 19-81/4 17-1/4 14-1% 35.00 33.50 28.00 23.00 22.15 20.00 17.00 16.00 15.00 12.00 25.00 114-10 109-11 75-51/2 72-8 65-7% 55-91/4 52-6 49-2% 39-4% 91-10 82-0 24.00 22.00 21.00 18.00 16.00 14.00 13.00 11.00 32.00 30.00 25.00 105-0 98-5 82-0 78-9 72-21/4 68-10% 59-1/4 52-6 45-11% 42-8 36-1% 35.00 32.50 30.00 25.00 23.00 22.00 21.00 18.00 14.00 12 00 9.00 106-7 114-10 98-5 82-0 75-51/4 72-21/4 68-10% 59-1/4 45-11% 39-4% 29-6% 4.25 3.50 10.00 10.00 9.00 8.00 9.00 8.00 9.50 8.75 7.75 6.50 5.50 32-9% 32-9% 29-6% 26-3 29-61/2 26-3 31-2 28-81/2 25-51/4 21-4 18-0% 15-7 11-5% 6.50 6.00 5.50 5.00 5.25 5.00 4.75 4 50 4.00 3.50 21-4 19-81/4 18-1/4 16-4% 17-2% 16-4% 15-7 14-9 13-1% 11-5% Wt Pent 2600 2500 2500 2500 2800 2600 2600 2500 2500 2400 2300 1) 100 standards are for automatic time; use standard conversion for hand time. Notes: Short hurdles: 30-39: 33"; 40-59: 30' 2) 60+: 27 30-59: 30"; Long hurdles: Shot put: 30-49 Ak: 50+ 34 30-49: 600g; 500g; 60+: 400g 50-59: Javelin:

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

50-59-

50-79:

Metric heights and distances are the standard; feet and inches listed for

16#:

25#

60+: 12#

80+: 20#

30-49: 4k;

30-49: 20#:

Superweight: 30-49: 35#;

Weight:

NAME	AGE-G	ROUP	and the same	
ADDRESS		_SEX: M_	F	
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MEET	DATE OF MEET			
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The last last last last last last last last	1 PATCH			

- 1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
- 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
- 3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15. 4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405. 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch

will be mailed to you within six weeks. Allow eight weeks for a patch tag.

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box
50098, Eugene, OR 97405; e-mail: natmanews@aol.com.
To keep information current, we generally do not publish
results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue
date.

NATIO

National Masters Invitational Events, USA Championships Carson, CA; June 27
Carson, CA; June 27

The second second second second second	
M40+ 110mH w2.7 Willie Gault una David Ashlord SoCaITC Dexter McCloud AtlanTC Jerome Cadoret Speed Peter Grimes una Jack Hoyt una Henry Andrade una	13.87 14.20 14.53 14.65 14.67 14.96 dnf
W40+ 1500m Mary Thane Mt West Mary Grene SoCaITC Karen Steen ClubNW Lisa Davis Track West Sheri Wright Runn Rep Carrie SherburneSoCal Terri Cassel Fleet Ft S	4:42.19 4:43.55 4:47.62 4:51.06 5:00.12 5:00.23 5:03.68

	Kare	Steen ClubNW	4:43.55 4:47.62 4:51.06
	LISA	Davis Track West	4:51.06
	Carri	Wright Runn Rep e SherburneSoCal Cassel Fleet Ft S	5:00.12 5:00.23
	Tern	Cassel Fleet Ft S	5:03.68
		lational Senior Ga	
	Pi	ttsburgh, PA; June	3-18
	100m		773
	M50	Oscar Peyton Jim Ross	11.56 11.85
	M55	Thomas Smith	12.12
i	MOO	Charles Allie David Cotner Lee Hess	13.05
	M60	Lee Hess Roger Pierce	13.18
		Wayne Hansen	13.59
	M65	Bob Lida	12.12 12.42 13.05 13.18 13.06 13.59 13.23 13.06 13.37 13.48
ñ		Walt Lancaster	13.37
ij	M70	Bobby WhildenAR/W	R 12.76
ı		Dennis Melanson	14.08
ä	M75	Lloyd Williams Harry Brown	14.17
툂		Dennis Davis Bob Lida Walt Lancaster Emil Pawlik Bobby WhildenARW (Payton Jordan/12.91 Dennis Melanson Lloyd Williams Harry Brown James Stookey Don Cheek	14.12
8	M80	Charles Modlin	14.48 15.65 16.28
Ĭ		Charles Modlin Curt Davison Raoul Rodriques John Means	16.28
9	M85	John Means Milton Silverstein	16.41 16.96 18.07
7		Champion Goldy	18.77 R 19.90
١.	M90	Milton Silverstein Champion Goldy James Hammond Al (Buell Crane/20.69/19 John Boesenhofer	R 19.90
		John Boesenhofer	21.76
	W50	Murphy Domingues Gail Kantak	15.23
٨		Brenda Cook Jeanne Bowman Phil Raschker	15.29 15.34
ř	W55	Phil Raschker Hillen von Maltzahn	21.76 21.78 15.23 15.29 15.39 15.39 15.39 16.47 16.47 16.04
ı	MICO	Audrey Cox	15.39
ı	W60	Sandra Guy	16.68
ı	W65	Mary Robinson Kathy Bergen	17.39
ı		Barbara Jordan	16.04
l	W70	Audrey Lary	16.78
ŀ		Flo Meiler Jean Schooler	17.46
ı	W75	Ethel Lehmann Frances Styles	17.46 17.54 17.77 19.12
ı	W80	Sandra Guy Mary Robinson Kathy Bergen Barbara Jordan Essie Kea Audrey Lary Flo Meiler Jean Schooler Ethel Lehmann Frances Styles Mary Ann Boe Josephine Stewart Af (Polly Clark/19.32/19 Molly MacKown Lona Flynn Mittle Seawell	19.67
ı		(Polly Clark/19.32/19	92)
ř	W85	Lona Flynn	23.80 46.09 33.54
	W90 200n	Mittie Seawell	33.54
ı	M50	Oscar Peyton Thomas Smith Neil Steinberg	24.00
ä		Neil Steinberg	25.54 25.70 25.32 26.38 26.44 25.69 26.92 27.31
B	M55	David Cotner	26.38
B	M60	Charles Allie David Cotner Zbigy Zlobicki Roger Pierce	26.44
g	1000	Larry Barnum Allen Huff	26.92
ğ	M65	Bob Lida	27.48
ł		Emil Pawlik Walt Lancaster	28.90
8	M70	Bob Lida Emil Pawlik Walt Lancaster Bobby Whilden Dennis Melanson	27.48 28.90 30.07 27.28 29.09
ı	-,-	Lloyd Williams	29.09
ı	M75	Lloyd Williams James Stookey Don Cheek	29.26 29.66 30.17
ı		William Mahvilla	31.63 32.97 33.73 34.91
ı	M80	Charles Modlin Curt Davison	33.73
ı	M85	Raoul Rodriques John Means	34.91
ı.		John Anoka	40.70
ı	M90	Bob Matteson Murphy Domingues	43.51 45.55 52.50
ı	W50	Brenda Cook	31.14
ı		Murphy Domingues Frederic Winter Brenda Cook Ainsley Lovell Gail Kantak	31.14 31.84 33.27
ı	W55	riii naschker	29.00
ı	1000	Hillen von Maltzahn Audrey Cox	31.75
	W60	Audrey Cox Karin Reschke Sandra Guy	31.75 32.03 34.25 35.72
1	W65	Mary Robinson	38.08
1	***05	Kathy Bergen Dorothy Haskins Barbara Jordan	31.62 34.35
	W70	rio Meller	34.54 36.04 36.45
		Audrey Lary	36.45
ı	W75	Audrey Lary Jean Schooler Ethel Lehmann	37.88 39.38 41.59
ı	MA.	Mary Ann Boe	41 94
	W80	Georgia Johnson Josephie Stewart BarbaraGladd	40.04
	Wes	Luella Morris	56.05
1	*****	Molly MacKown	1:03.46

ONA	L	
W90	Betty Sanford Mary Haines	1:48.40
400n	n nany manies	2.00.30
	Thomas Smith	56.53
ref local P	Charles Wasson	56.80
	Rick Easley	57.82
M55	Charles Allie	55.45
ALC: NO	Stuart Radioff	1:00.18
	Ken Raggio	1:00.34
M60		57.19
Profession .	Larry Barnum	59.16
Mer	John Galazin	1:01.38
MOD	Bob Lida	1:01.17
	Howard Weisser Thomas Ranuga	1:02.30
MZO	Lloyd Williams	1:03.11
MITO	James Ware	1:09.77
	Alan Brevik	1:09.98
M75	Don Cheek AR	1:07.40
()	osiah Packard/1:08.5	5h/1979)
	Harry Brown	1:09.00
	Rodney Brown	1:12.47
M80	Charles Modlin	1:17.59
- COMMAND	Bernie Fowler	1:25.61
	Raoul Rodriques	1:27.34
M85		1:32.44
2 11	John Anoka	1:42.59

1		Don Cheek AH	1:07.40
١	()(osiah Packard/1:08.5h	1/1979)
-	A 15 10.	Harry Brown	1:09.00
ı	LANGE OF	Rodney Brown	1:12.47
ı	M80	Charles Modlin	1:17.59
1	Aug and	Bernie Fowler	1:25.61
1	-	Raoul Rodrigues	1:27.34
1	M85	John Means	1:22.44
ı	MOS		1:32.44
ı	2	John Anoka	1:42.59
ı		Bob Matteson	1:46.06
ı	M90	James Hammond AF	1:42.83
1	(P	James Hammond AF aul Spangler/2:00.2h/ Murphy Domingues Frank Levine Jeanne Bowllan	1989)
ı	12	Murphy Domingues	1:56.30
ı	200	Frank Levine	2:35.28
1	W50	Jeanne Bowman	1:12 77
ı		Ainsley Lovell	1:13.93
١	100	Gail Kantak	1:14.05
1	W55		1:08.61
1	4433		
1		Hillen von Maltzahn	1:10.97
1		Audrey Cox	1:17.41
1	W60		1:25.60
١	10000	Patricia Hopkinson	1:27.54
1	-	Mary Robinson	1:28.03
1	W65	Jeanne Daprano	1:24.65
ı	Salara Contract	Madelaine Cazel	1:25.86
1	1	Betty Hoff	1:30.94
1	W70	Betty Hoff Jean Schooler	1:33.01
ı		Jane Freeman	1:40.48
ı	47 E	Edith Weber	
ı	MITE	Editi Weber	1:40.65
ı	W75	Ethel Lehmann	1:32.04
ı		Mary Ann Boe	1:32.04 1:39.36 1:53.17
ı		Agnes Reinhard	1:53.17
ı	W80	Mille Bolton	2:15.22
ı		Luella Morris	2:41.82
ı		Wally Dashiell	2:48.72
1	W85	Betty Sanford	3:45.49
ı	800m		The same of
١	M50	Bruce Frey	2:12.91
١	Samuel of	Joseph Burno	2:16.59
1		Chuck Hull	2:18.45
1	M55	Ken Raggio	2:23 27
ı	14133	Stan Mathes	2:23.27
1			2.23.43
ı	1400	Shawn Regan	2.23.00
ı	M60	Larry Barnum	2.22.23
ı	1757	Winston Laing	2:25.59
1		Kent Blair	2:23:80 2:22:23 2:25:59 2:27:03
ı	M65	Lee Walton	2:31.08
1	of the same	Howard Weisser	2:32.15
ı	100	Wendell Holland	2:45.89
1	M70	Ray English	2:45.89
1		George Mathes	2:48.68
ı	1.00	Edwin Harris	2:51.41
1	1475	Lock Commis	2.01.41
ı	M75		3:01.50
1	4,700	Del Cobb	3:03.41
ı		David Colton Bernie Fowler	3:05.59
1	M80	Bernie Fowler	3:47.58
1	With Prof.	Roy Englert	3:49.95
1	1000	Thomas McDonald	4:00.41
ı	M85	Bob Matteson	5:32.18

Roy Englert	3:49.95
	4:00.41
	5:32.18
Edward Powers	6:17.89
Frank Levine	5:24.90
Ruth Thelen	3:20.02
	3:24.35
	3:26.40
	3:38.18
	3:40.23
	3:44.95
	3:58.36
	3:59.64
Edith Weber	3.59.64
Jean Schooler	4:02.18
Mary Ann Boe	4:18.90
	4:26.60
Helen Schley	4:39.35
Mille Bolton	5:15.86
Joyce Schroeder	5:18.83
Luella Morris	6:02.88
	8:15.34
Estelle FrendbergAR	7:10.81
	.oop,
	4:41.13
	4:41.73
Eraderick Robbins	4:47.73
	4:40.27
Jerry Learned	4:49.37 4:57.67
	4:58.24
Kent Blair	5:03.63
Gerard Melacyznski	5:05.70
	5:14.28
Lee Walton	5:42.96
Jose Badillo	5:45.53
Sherwood Sagedahl	5:58.81
George Mathes	5:54.56
Bay English	5:55.04
lim O Toole	6:05.58
	6:31.8h
	6:39.0h
	6:54.0h
	7:17.89
Geraid Armitage	
Harold Carey	7:25.73
	7:59.71
John Boots	0.07.14
Anthony Silvidi	8:07.14 10:57.51
Anthony Silvidi Claudis Hawkins	17:24.02
Anthony Silvidi Claudis Hawkins Frank Levine	17:24.02
Anthony Silvidi Claudis Hawkins Frank Levine Ainsley Lovell	17:24.02 11:27.54 6:22.60
Anthony Silvidi Claudis Hawkins Frank Levine	17:24.02
	Thomas McDonald Bob Matteson Edward Powers Frank Levine Ruth Theien Lorelei de la Reza Andrea Hess Jeanne Daprano Madelaine Cazel Betty Hoff Janet Freeman Edith Weber Jean Schooler Mary Ann Boe Agnes Beinhard Helen Schley Mille Bolton Joyce Schroeder Luella Morris Betty Sanford Estelle Frendberg AR tablished AR in age gm Chuck Hull Gayle van Durme Frederick Robbins Jerry Learned Ken Raggio Stan Mathes Kent Blair Gerard Melacyznski Frank Davis Lee Walton

	Not	ional N
W55		6:28.93
100	Yoko Eichel Mary Hartzler Alice Kelly Ruth Thelen Loralei de la Reza Andrea Hess Shirley Wampler L Mabee-Eddlemon Toni Martinazzi	6:34.56
W60	Ruth Thelen	6:43.21
WEE	Andrea Hess	7:07.78
W65	L Mabee-Eddlemon	8:22.49
W70	Janet Freeman	6.56.48 7.07.78 7.47.60 8.22.49 8.32.55 8.18.02 8.47.08 8.50.81 9.04.25
	Edith Weber Edna Hyer	8:47.08 8:50.81
W75	Agnes Reinhard Helen Schley	9:04.25
W80	L Mabee-Eddlemon Toni Martinazzi Janet Freeman Edith Weber Edna Hyer Agnes Reinhard Helen Schley Dottie Gray Millie Bolton Joyce Schroeder Luella Moeeia Betty Sanford Mary Haines Jump Dan Pierce Garry Pirch	9:04:25 10:02:40 13:40:43 10:51:87 12:12:95 13:05:52 15:33:84
1	Joyce Schroeder	12:12.95
W85 W90	Betty Sanford	15:33.84 21:15.06
High M50	Jump	
MOU	Garry Pirch Roger Powers Al Gabbard Jimmy Crittenden Eddie Harris Richard Klehm	1.67
M55	Al Gabbard	1.62
1125	Jimmy Crittenden Eddie Harris	1.52
M60	Richard Klehm John Bourn	1.47
M65	John Bourn Mark Chapman Emil Pwlik Barry Kline Ralph Reiche Glenn Blair	1.32
	Barry Kline Baloh Beiche	1.37
M70	Glenn Blair James Ware	1.37
M75	Don Breese James Stookey	1.62 1.62 1.52 1.47 1.47 1.37 1.37 1.37 1.37 1.37 1.37 1.37 1.3
M/S	Edward Liskovec	1.21
M80	Edward Liskovec George Huson Frederic Hrisimaki	1.19 1.11 1.11
	George Roudebush	1:11
M85	Anthony Silvidi	0.99 0.86 0.83
M90	Frederic Hirsimaki Raoul Rodriques George Roudebush Seymour Duckman Anthony Silvidi Roy Clark John Boesenhofer (Buell Crane/1.04/19 Eleanor Gipson Kathleen Corwell	AR 1.06
W50	(Buell Crane/1.04/19 Eleanor Gipson	1.42
PASS.		1.21
W55	Phil Raschker Janet Blair	1.37
W60	D Vandercruyssen	1.27
	Branda Andrieu	1.01
W65	Kathy Bergen	1.33
W70	Phil Raschker Janet Blair D Vandercruyssen Londa Douglass Branda Andrieu Carol Stricklin Kathy Bergen Evelyn Wight Essie Kea Flo Meiler	1.42 1.21 1.16 1.37 1.27 1.28 1.01 1.01 1.33 1.16 1.11
	Ellen Brannigan	1.01
W75	Ethel Lehmann	1.04
	Frances Styles	093
W80	Sarah Overton Ruth Seeger	1.01 0.88 0.83
W85	Charlene Oliver Ethel Lehmann Johnnye Valien Frances Styles Sarah Overton Ruth Seeger Margaret Hinton Helen Beauchamp Mary Bowermaster Vault Kelly Meares	0.83
Pole	Mary Bowermaster	0.78
M50	taba Cabasat	3.20 3.04
M55	George Gustovich Tomlinson Rauscher	2.89 3.20
	Peter Fichter Michael James	3.04 2.89
M60	John Schrock George Gustovich Tomlinson Rauscher Peter Fichter Michael James Richard Klehm Howard Booth Alex Meyer	3.04 2.74
M65	Alex Meyer Taylor Goode	3.04 2.89 3.20 3.04 2.89 3.04 2.74 1.52 3.04
Jul	Howard Booth Alex Meyer Taylor Goode Jim Tinelli Larry Heine Deke Conklin John Sharp William Jankovich	2.74
M70	Deke Conklin John Sharp	2.74 2.59 2.43
	William Jankovich	2.43

-	Nat	ionai N	laste	ers News
W55	Yoko Eichel Mary Hartzler Alice Kelly Ruth Thelen	6:28.93 6:34.56	W75	Ethel Lehmann Johnnye Valien
W60	Alicé Kelly Ruth Thelen	6:45.97 6:43.21	W80	Brigitte Langer
W65	Loralei de la Reza Andrea Hess Shirley Wampler	6.34.597 6.45.97 6.43.21 6.56.48 7.07.78 7.47.60	W85	Sarah Overton
	L Mabee-Eddlemon	8-32.55		Mary Bowermaster
W70	Janet Freeman Edith Weber	8:18.02 8:47.08	Shot M50	John Nespoli AR
W75	Janet Freeman Edith Weber Edna Hyer Agnes Reinhard Helen Schley Dottie Gray	8:18.02 8:47.08 8:50.81 9:04.25 10:02.40		(Tom Gage/16.95/1 Michael Shiaras
W80			M55	Douglas Arendell Charles Roll Hilary Goerge
Wos	Joyce Schroeder	10.51.87 12.12.95 13.05.52 15.33.84 21:15.06	M60	Willian Gainey
W90 High	Mary Haines	21:15.06	M65	Paul Rue Calvin Ross Gerald Vaughn
M50	Jump Dan Pierce Garry Pirch	1.67 1.67		Gary Winters
M55	Roger Powers Al Gabbard Jimmy Crittenden	1.62 1.62 1.52	M70	James Koch David Bower Leonard Rosen
M60	Eddie Harris	1 47	M75	Pete Augsburger Jim Gerhardt William Clew
M65	John Bourn Mark Chapman Emil Pwlik	1.37	M80	William Clew George Riser
MIOS	Barry Kline Ralph Reiche	1.47 1.37 1.32 1.52 1.37 1.37 1.37 1.32 1.29 1.21 1.21	M85	George Riser Dick Mulkern Charles Pistorino Bruce McDonald
M70	Glenn Blair James Ware	1.37	The same of	Edward Hill John Anoka John Boesenhofer
M75	Don Breese James Stookey Edward Liskovec George Huson	1.29	M90	(Buell Crane/6.97/1 Frederick Winter
M80	George Huson Frederic Hirsimaki	1.21	M95	John Pugh Trent Lane
M85	Raoul Rodriques George Roudebush	1.11 1.11 0.99	200	R(Masami Okazaki/Ji 00)AR(Tom Lane/4.4
Sand.	Seymour Duckman Anthony Silvidi Roy Clark	0.86	Driet.	Debra McNabney Karen Sapp Colleen Wallace
M90	(Buell Crane/1.04/19	90)	W55	Myrle Mensey Mary Hartzler
W50	Kathleen Corwell	1.42 1.21 1.16	W60	Inorid Miller
W55	Gail Kantak Phil Raschker Janet Blair	1.16 1.37 1.32 1.27 1.28	W65	Joyce Bahr Marianne Neuber Cherrie Sherrard Mary Roman Patricia Beam
W60	Londa Douglass	1.27	14/70	Mary Roman Patricia Beam
W65	Phil Haschker Janet Blair D Vandercruyssen Londa Douglass Branda Andrieu Carol Stricklin Kathy Bergen Evelyn Wight Essie Kea Flo Meiler Ellen Brannigan	1.01		Aurdey Lary Norma Price Lavinia McDonald
	Evelýn Wright Essie Kea	1.16	W75	Jean Brubaker
1700	Chadana Oliver	0.06	W80	Gertrude Disbrow Frances Matthews H Trexler-Campbell Luella Morris
W75	Ethel Lenmann	1.04 0.96 093	W85	Ruth Seeger
W80	Johnnye Valien Frances Styles Sarah Overton	1.01	AR	Helen Beauchamp (Olga Kotelko/5.93/2 (Juanita Brookover/5 Mary Bowermaster
W85	Ruth Seeger Margaret Hinton Helen Beauchamp	0 02	W90	Pollie Townsend Lillian Webb
Pole M50	Helen Beauchamp Mary Bowermaster Vault Kelly Meares		Disci	Juanita Brookover Margaret Evans
A PROPERTY.	Kelly Meares John Schrock George Gustovich Tomlinson Rauscher	3.04	M50	Chuck Baer John Nespoli Robert Taras
M55	Peter Fichter	3.20 3.04 2.89	M55	Valentino Martinez
M60	Michael James Richard Klehm Howard Booth	3.04 2.74	M60	Hilary Goerge Fred Jessee Larry Pratt
M65	Alex Meyer	1.52 3.04 2.74 2.28	M65	Thomas Henley Richard Cochran
M70	Deke Conklin	2.28		David MacMillan Bill Gramley
M75	John Sharp William Jankovich David Rider	2.74 2.59 2.43 2.13	M70	Nick Leras Harry Holm Dean Hesse
The State of	Bob Holmes Edward Williams	1.98	M75	Jim Gerhardt William Garrahan
M80 M90	Robert Krais John Boesenhofer	AR 1.11	M80	William Patrick George Riser Dick Mulkern
W50 W55	(Established AR in a Susan McDermot Hillen von Maltzahn	2.59	M85	Frederic Hirsimaki Myron Dover Edward Hill
weo	Hillen von Maltzahn Phil Raschker Jane Kaiser	2.43 1.52	M90	Bruce McDonald
W65	Branda Andrieu Carol Stricklin Evelyn Wright	1.16 1.01 1.67		John Boesenhofer Frederick Winter John Pugh
W70	Evelyn Wright Shelly Whitlock Flo Meiler	1.67 1.21 1.98	M95	John Pugh Trent Lane WR/AF /aldo McBurney/13.5 Colleen Wallace Sue Sewing
Long	Margaret Hinton	1.16		
M50	Jump Robert Clark Tim Walters	18-6 18-2.25 17-3	W55	Mary Hartzler
M55	Bobby Terrell Jimmy Crittenden Jerry Boswell John Jones Tyrone Brown	17-3 18-2.25 17-9.25	W60	Mary Lou Platis Ingrid Miller (Vanessa Hilliard/29 Marianne Neuber
M60	John Jones Tyrone Brown	17-5.50 15-11.75		Carol Griffith
Mes	Ziggy Pakiet	15-9.50 15-5 16-00.50	W65	Madelaine Cazel Elsbeth Padia
M65	C Bartholomew Jim Tinelli	14-5.50	W70	Elsbeth Padia Cherrie Sherrard Audrey Lary Flo Meiler
M70	Charlie Richard John Polevy	13-8 14-8.25 13-4.75 12-8.50	W75	Jean Brubaker
M75	Alan Brevik James Stookey Monroe Ratchford	12-8.50 14-1.50 13-4.75	W80	Kathleen Furst Norma Cornelius Ruth Seeger
M80	Charles Baker Charles Modlin	12-4	Anna	Sarah Overton Ann Toya Helen Beauchamp
MOE	Raoul Rodriques	11-10	W85	Mary Bowermaster
M85	John Anoka Milton Silverstein Myron Dover	9-5.50 9-4.50 8-4.50	2.050	Eleanor Ridinger Juanita Brookover (Margaret Evans/9)
M90	(Buell Crane/2.44/19	R 8-5.25	Jave M50	Michael Brown
W50	Linda Lowery Linda Cohn Denise Gowder	14-00.50	M55	Greg Baker Denis Tallin Buzz Gagne
W55	Phil Raschker Hillen von Maltzahn	15-00.75		Buzz Gagne Richard Richardsor Dennis Chandler
W60	Cassandra Clark Karin Reschke	13-6 11-2.50 11-2	M60	James Kenney Mickey Miller Malachi McGruder
W65	Marilyn Bellamy Brenda Andrieu Barbara Jordan	10-8.25	M65	John Lang
極聯	Evelyn Wright Frances Malzer	11-6.50	M70	Jim Tinelli Stanley Koster Charlie Richard
W70	Audrey Lary Flo Meiler Patricia Lemanski	11-10.50 11-00.75 9-4.75	M75	Lee Irvine William Garrahan

W75 Ethel Lehmann Johnnye Valien	9-00.75 8-10.75	Sidney Kiwitt William Donald	32.13
Brigitte Langer	8-00.25	M80 Frederic Hirsimaki	30.45 27.73
Anne McGowan	7-10.75 7-00.75	Charles Pistorino Thomas Tyrrell	26.89 23.82
W85 Molly McKown	6-9	Thomas Tyrrell M85 Bruce McDonald AF (Donald Pellmann/25.59	26.18
Helen Beauchamp Mary Bowermaster	6-8.75 6-7.50	Champion Goldy	
Shot Put M50 John Nespoli AR	17.06	(Trent Lane/17.02/20)	17.94
(Tom Gage/16.95/19 Michael Shiaras	15.77	Frederick Winter Harold Haswell	15.79
Douglas Arendell M55 Charles Roll	14.63 14.70	M95 Trent Lane WR W50 Linda Cohn Sue Sewing	20.80
Hilary Goerge Willian Gainey	14.37 12.72	Sue Sewing Janet Johnson	29.76 23.13
M60 Loarn Robertson Paul Rue	14 65	W55 D Jenk-McMahan	27.20
Calvin Ross M65 Gerald Vaughn	13.08 12.70 13.78	Cassandra Clark	24.42
Tom Fulton Gary Winters	12.73 12.73	W60 Carol Griffith Carol Stricklin Ingrid Miller	21.41
M70 James Koch	13.65	W65 Madelaine Cazel	19.81
David Bower Leonard Rosen	13.65 12.56 12.38 11.43	Kathy Bergen Elizabeth Chambers	20.87 20.49
M75 Pete Augsburger Jim Gerhardt	11,41	W70 Lavinia McDonald Amy Hicks Patricia Lemanski	19.96 19.53
M80 George Riser Dick Mulkern	11.06 10.78	W/5 Ethel Lehmann	18.26 23.06 16.63
Charles Pistorino	8.77 8.29	Johnnye Valien Jean Brubaker	16.56
M85 Bruce McDonald Edward Hill	8.29 7.71 7.34 6.80	W80 Ruth Seeger	15.44 13.13 12.90
John Anoka M90 John Boesenhofer	6.80 AR 7.58	Mary Lewis Sarah Overton W85 Helen Beauchamp	12.90
(Buell Crane/6.97/19 Frederick Winter	990)	W85 Helen Beauchamp AR(Juanita Brookover/11.46	5/1986)
John Pugh M95 Trent Lane	5.32 4.76 6.19	Mary Bowermaster Pollie Townsend W90 Juanita Brookover AR	11.12 8.54 10.87
WR(Masami Okazaki/JF 2000)AR(Tom Lane/4.4	PN/5.11/	W90 Juanita Brookover AF (Margaret Evans/9.78/2003 1500m RW)
W50 Debra McNabney	10.13	M50 Steven Shapiro	7:33.11 8:23.54
Karen Sapp Colleen Wallace	9.57 9.52	Theodore Robu Tom Haling	9:10.93
W55 Myrle Mensey Mary Hartzler	11.50 10.79	M55 Robert Shires Judson Drennan Rick Sack	7:46.53 8:20.21
W60 Inorid Miller	8.96 10.33	M60 David Baldwin	9:10.93 7:46.53 8:20.21 8:37.01 7:25.43
Joyce Bahr Marianne Neuber W65 Cherrie Sherrard	881	Edoardo Sorrenti Marc Olshan	8:11.27
W65 Cherrie Sherrard Mary Roman	8.81 9.71 8.26	Marc Olshan M65 Ted Moore James Beckett	8:01.21 8:30.47 9:11.34 8:12.45
Mary Roman Patricia Beam W70 Aurdey Lary	8.05 7.50	James Beckett Ronald Walters M70 Jack Bray	9:11.34
Norma Price Lavinia McDonald	6.95 6.68	Alfred Dubois Alan Poisner	8:25.53 8:49.97
W75 Jean Brubaker Gertrude Disbrow	6.97	M75 Jack Shuter William McCann	10:10:22 10:13:79 10:19:83 10:36:91
Frances Matthews W80 H Trexler-Campbell	5.64 5.12 5.81	Tony Diamond M80 William Smith	10:19.83
Luella Morris	5.75 5.67		
Ruth Seeger W85 Helen Beauchamp	6.52	M85 Anthony Silvidi	11:06.40 11:26.10
W85 Helen Beauchamp WR(Olga Kotelko/5.93/2 AR (Juanita Brookover/5	.08/2001)	M85 Anthony Silvidi Edward Seeger Gordon Campbell	16:34.80
Mary Bowermaster Pollie Townsend	5.17 4.78	W50 Joyce Prohaska Janet Comi	13:09.70 16:34.80 8:36.48 8:50.86
W90 Lillian Webb Juanita Brookover Margaret Evans	4.78 4.33 4.32 3.52	W55 Yoko Eichel	9:12.68 8:40.59 9:44.05
Discus		Gwendolyn Thomas Gwendolyn Lewis	10:31.61
M50 Chuck Baer John Nespoli Robert Taras	48.64 47.82 45.69	W60 Donna Gonzales Marjorie Pilla Kathy Balser	9:00.26 9:04.42
M55 Valentino Martinez	45.69 47.95 44.62	W65 Louise Walters Rita Sinkovec	9:04.42 9:07.30 9:12.51
Hilary Goerge Fred Jessee	44.62 38.78	Rita Sinkovec Lois Dicker	9:19.06 9:26.27
M60 Larry Pratt Loarn Robertson	38.78 53.39 48.05	W70 Marjorie Larragoite Betty Allgood Rhea Snyder	9:26.27 10:17.58 10:44.13 10:59.32
Thomas Henley	43.84	Rhea Snyder W75 Katherine Marrs	10:59.32 10:58.49
Bill Gramley	40.00 39.80	W75 Katherine Marrs Claire Elkins Martha Lykens W80 Bess Grimm Margaret Walker Barbara Gladd W85 Jean Brunnenkant W90 Estelle Frendberg SK RW	11:47.04 12:28.86
M70 Nick Leras Harry Holm Dean Hesse	38.53 37.43	W80 Bess Grimm Margaret Walker	12:24.08
Dean Hesse M75 Jim Gerhardt	37.33	Barbara Gladd W85 Jean Brunnenkant	13:17.01
William Garrahan William Patrick	31.95	W90 Estelle Frendberg 5K RW	13:20.41
M80 George Riser	33.17 31.41 24.71 21.18 20.92 20.52	M50 Steven Shapiro	28:13
Dick Mulkern Frederic Hirsimaki M85 Myron Dover Edward Hill Bruce McDonald	24.71	Throdore Robu	31:43
Edward Hill	20.92	Rick Sack	30:42
M90 John Boesenhofer	15.90	M60 David Baldwin	28:38
John Pugh	12.44	Ronald shields	29:25
M95 Irent Lane WHVAH	15.90	M65 Ted Moore John Elwarner	30:32
Frederick Winter John Pugh M95 Trent Lane WR/AR (Waldo McBurney/13.5) W50 Colleen Wallace Sue Sewing	27.50 24.56	James Beckett M70 Jack Bray	31:04
(Waldo McBurney/13.5 W50 Colleen Wallace Sue Sewing Naomi Tuite W55 Mary Hartzler Merle Mensey Mary Lou Platis W60 Ingnd Miller (Vanessa Hilliard/29 Marianne Neuber Carol Griffith W65 Madelaine Cazel Eisbeth Padia Cherrie Sherrard W70 Audrey Lary Flo Meiler Amy Hicks W75 Jean Brubaker Kathleen Furst Norma Cornelius W80 Ruth Seeger Sarah Overton Ann Toya W85 Helen Beauchamp Mary Bowermaster W90 Juanita Brookover (Margaret Evans/9.4)	24.28 27.83	Ray Everson Alan Poisner	32:34 33:37
Merle Mensey Mary Lou Platis	24.33	M75 William McCann Jack Shuter	35:44 36:26
W60 Ingrid Miller (Vanessa Hilliard/29	R 31.97	M80 Francis Albaugh	36:58
Marianne Neuber	24.23	Charles Boyle	38.14
W65 Madelaine Cazel	25.90	M85 Weldon Bigony	41:53
Cherrie Sherrard	20.95	W50 Janet Comi	31:02
Flo Meiler	19.27	Rosemary Sexton	34:38
W75 Jean Brubaker	13.71	Faith Rulapaugh	36:56
Norma Cornelius	12.64	W60 Donna Gonzales	38.13 32:27
W80 Ruth Seeger Sarah Overton	13.91 12.57	Marjorie Pilla Kathy Balser	32:32 32:42
W85 Helen Beauchamp	12.42	W65 Louise Walters Rita Sinkovec	32:23 33:32
Mary Bowermaster Eleanor Bidinger	10.65	W70 Mariorie Larragoite	34:07
W90 Juanita Brookover ((Margaret Evans/9.4	AR 11.07	Betty Allgood Rhea Soyder	38:48
Javelin M50 Michael Brown	68.88	W75 Katherine Marrs	36:18
Greg Baker	50.74	Carolyn Selby	42.25
M55 Buzz Gagne	50.90	MargaretWalker	46:52
Dennis Chandler	45.77	W85 Jean Brunnenkant	49:28
M60 James Kenney Mickey Miller	43.10	W85 Jean Brunnenkant W90 Estelle Frendberg KRW M50 Steven Shapiro Tom Haling Throdore Robu M55 Robert Shres Rick Sack Judson rennan M60 David Baldwin Marc Olshan Ronald shields M65 Edward Beckett James Beckett James Beckett Janes Beckett Jack Bray Ray Everson Alan Poisner M70 Jack Bray Ray Everson Alan Poisner M80 Francis Albaugh Charles Boyle Leonard Stern M85 Weldon Bigony Anthony Slividi W50 Janet Comi Joyce Prohaska Rosemary Sexton W55 Weldon Bigony Anthony Slividi W50 Janet Comi Joyce Prohaska Rosemary Sexton W55 Weldon Bigony Kathy Balser W65 Louise Walters Rita Sinkovec Lois Dicker W70 Marjone Larragoite Betty Aligood Rhea Snyder W55 Louise Walters Rita Sinkovec Lois Dicker W70 Marjone Larragoite Betty Aligood W75 Katherine Mars Claire Elkins Carolyn Selby W80 Bess Grimm MargaretWalker Jean Propst W85 Jean Brunnenkant 5K Road Race	17:43
Denis Tailin M55 Buzz Gagne Richard Richardson Dennis Chandler M60 James Kenney Mickey Miller Malachi McGruder Frank Illuzzi John Lang Jim Tineili M70 Stanley Koster Charile Richard Lee Irvine M75 William Garrahan	39.16 42.03	SK Hoad Hace M50 Chuck Hull Carl Hildebrandt Daniel Washburn M55 Craig Angersen Kit Kittrel Charles Leader M60 Tony Mauro Gerert Malaczynski	18:01 18:05
John Lang Jim Tinelli	40.79 39.31	M55 Craig Angersen Kit Kittrel	18:45 18:51
M70 Stanley Koster Charlie Richard	41.91 37.05	M60 Tony Mauro	18:54 19:04
M75 William Garrahan	36.70	Gerard Malaczynski Richard Webb	19:10
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١	JERRY WOJC
١	Lincoln Russin, M60 second i
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the 100 (13.62) and the 200

	(27.2	21), 2005 Hayward (classic.
١	M65	Bill Borla	18:31
١		Jose Badillo Robert Hasseler	21:23 21:32
١	M70	Roger Brockenbrough William Riecke	22:57
ı	M75	Preston Masters	34:04 24:14 25:58 26:37
ı	M/S	Tony Diamond Ed Doucette	26:37
ı	M80		27:01
	MIOO	Harold Carey Bud Aronson Jim Hamilton	27:01 28:06 29:04
ı	M85	Jim Hamilton Larry Johnson	
١	Total .	Larry Johnson Albert Davis	30:43 36:33 41:50
١	W50	Ed Burnham Dorli McWayne Contie Young	21:07
١	Maria	Connie Young	21:07 21:15 22:01
١	W55	Cynthia Grimm Coleen Burlins	20:39
١		Udon Beidler Lana Best	23:47 26:50 26:24
	W60	Lana Best Ellen Demsky Marianne Neuber	26:28
	Mee	Lorelei de la Reza Louise Walters	26:30 25:14 25:47 27:09 30:44 30:55 31:06 28:09
	W65	Jean Bongiorno	25:14
	W70		27:09
	200	Peggy Spilker	30:55
	W75	Margretta Lutz	28:09
		Peggy Spilker Jeannette Cyr Margretta Lutz Margery Hoffman Ruth Anderson Wanda Hall	34 1 /
	W80	Wanda Hall	41-29
	1000	Valley Ellingsen Mary Kirsling Mary Ellen Brundle Road Race	42:12
ı	W85	Mary Ellen Brundle	49:16 48:36
	10K I M50	Chuck Hull	38:49
١	1000		38:49 39:57
١	M55	Dan Neitz Tom Poulsen	39.57 40.12 41.51 41.52 42.33 41.08 41.43 41.56 41.23 45.53
١	SWS.	Glenn Gailey Wallace Littlemoon	41:52 42:33 41:08
	M60	Glenn Gailey Wallace Littlemoon Tony Mauro Gerard Malaczynski	41:08
	Me	David Ohnsman	41:56 41:23
ı	M65	David Ohnsman Bill Borla Jose Badillo Donald Kohler	41:23
١		Donald Kohler	47:07
١	M70	Roger Brockenbrough Ray English George Mathes	49:09 49:56 52:22
١	M75	George Mathes Kenneth Blanchard	52:22 59:08
١	WI/3	Ed Doucette	1:00.25
١	M80	Tony Diamond Thomas McDonald	1:01.41 1:03.45
ı	11100	Jim Hamilton	1-11 36
ı	M85	Clyde Hart Goryun Nigogosyan Ed Burnham	1:21:40 1:32:26 1:41:54
١	240-6	Ed Burnham	1:41:54 2:04:50
١	W50	Paul Galloway Cynthia Grimm Patricia Liebman	47:03
١	100	Patricia Liebman Patricia Neubert	47:03 51:25 51:57
١	W55	Udon Beidler	52:05
١	1	Barbara Johnson Lana Best	1:01:54 1:02:58
١	W60	Kathleen Hoffman	1:00:02
	COR	Cora Hill Mary Thompson	1:01:58
	W65	Shirley Wampler	57:05 1:05:55
	14000	L Mabee-Eddlemon Peggy Spilker Jean Schooler	1:06:07
	W70	Jean Schooler	1:11:37
	W75		1:12:08
	****	Margretta Lutz Margery Hoffman Mary Eva Taylor	1:05:44 1:33:21 1:52:19
	W80		1:52:19 1:38:36
	Sec. 9	Mary Kirsling Mary Ellen Brundle	1:42:02
	W85	Mary Ellen Brundle	1:53:36
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M50 Russ Patton 5:00.9

USA National Masters Decathlon/ Heptathlon Championships Mayfield HS Stadium, Cleveland, OH; July 2-3												
Men's Decathion	Point	s 100	ц	SP	н	400	Dayl	110H	DT	PV	л	1500
1 Luthy, Kevin		12.08	5.41m	10.66m	1.68m	62.70		25.50 w: -0.8	31.75m 104-02	3.00m 9-10	46.07m 151-02	6:10.10
Medina, OH M36	4423	w: 0.5 (659)	17-09 (519) 4.67m	34-11.75 (525) 10.73m	5-06 (602 1.50m	(385) 64.00	2690	(47)	(499) 27.21m	(384) 3.40m	(560) 39.23m	(243) 6:05.80
2 Henry, Barry Lafayette, LA M35	4011	13.28 w: 0.5 (444)	15-04 (363)	35-02.5 (530)	4-11 (449)	(344)	2130	w: -0.8 (265)	89-03 (410)	11-01.75	128-08 (456)	(260)
M40 1 Lawson, Rob	~	12.04	5.46m	10.80m	1.59m	58.10		18.64	30.25m	3.50m	47.08m	5:17.30
Clemson, SC M40	5911	w: 0.9 (753)	17-11 (600)	35-05.25 (551)	(585)	(626)	3115	w: -0.5 (541)	99-03 (469)	11-05.75 (579)	154-05 (635)	(572)
2 Skirbst, John Collegeville, PA		13.00 w: 0.9	5.04m 16-06.5	8.79m 28-10.25	1.50m 4-11	62.50		20.26 w: -0.5	23.27m 76-04 (334)	2.70m 8-10.25 (352)	32.19m 105-07 (389)	5:51.70
3 Timoch, James	4348	(573) 15.70	(502) 3.50m	(427) 7.89m		1:22.90	2474	(400) 22.80 w: -0.5	22.79m 74-09	1.47m 4-09.75	24.17m 79-03	6:29.90
Akron, OH M41 M45	2291	w: 0.9 (186)	(187)	25-10.75 (372)	(404)	(23)	1172	(220)	(325)	(73)	(261)	(240)
1 Russ, Jim Charlotte, NC		12.48 w: 0.5	5.21m 17-01.25	10.93m 35-10.5	1.53m 5-00.25	5		17.88 w: -0.8	35.43m 116-03	3.40m 11-01.75	42.32m 138-10	5:32.70
M48 2 Lycan, Kelly	6426	(750) 12.58	(617) 4.93m	(616) 9.55m	(602) 1.62m	(737) 57.10	3322	(688) 19.18	(608) 32.81m	(617) 2.70m	(618) 40.63m	(573) 5:32.80
Lawton, MI M46	5920	w: 0.5 (732)	16-02.25 (546)	(524)	5-03.75	(745)	3243	w: -0.8 (564)	107-08 (552)	8-10.25 (401)	133-04 (587) 36.00m	(573) 5:34.00
3 Makozy, Frank Beaver, PA		13.48 w: 0.5	4.87m 15-11.75				2655	20.94 w: -0.8 (415)	30.09m 98-09 (496)	3.10m 10-02 (522)	18-01 (503)	(566)
M45 M50	5157	12.69	(531) 5.53m	(488) 12.85m	(520) 1.67m	(547)	2033	15.65	37.60m	3.15m	41.13m	5:41.52
1 Murray, Bill Birmingham, AL M51	7166	w: 1.1 (791)	18-01.75		5-05.75		3886	w: -1.2 (818)	123-04 (616)	10-04 (612)	134-11 (627)	(607)
2 Walters, Tim Washington Courthous		12.89 w: 1.1	5.68m 18-07.75	10.89m	1.46m 4-09.5	60.00		15.40 w: -1.2	36.62m 120-02	2.85m 9-04.25	38.49m 126-03	5:54.12
M53 3 Duncanson, Rob	6626	(753) 12.66	(842) 4.91m	(636) 10.27m	(610) 1.46m	(711) 56.30	3552	(848) 18.60	(596) 32.18m	(509) 2.75m 9-00.25	(577) 44.45m 145-10	(544) 4:50.43
Trabuc Canyon, CA M50	6556	w: 1.1 (797)	16-01.5 (621)	33-08.5 (592) 11.57m	4-09.5 (610)	(857)	3477	w: -1.7 (512) 17.48	105-07 (507) 36.75m	(475) 3.15m	(691) 40.43m	(894) 5:27.85
4 Watry, Jeff Penfield, IL M50	6545	13.29 w: 1.1 (679)	4.93m 16-02.25 (626)	37-11.5 (683)	1.64m 5-04.5 (803)	(630)	3421	w: -1.7 (620)	120-07 (599)	10-04 (612)	132-08 (614)	(679)
5 Doran, Bob Dewitt, NY	0343	13.69 w: 1.1	4.58m 15-00.5	8.40m 27-06.75	1.55m	61.40		17.87 w: -1.7	28.51m 93-06	2.15m 7-00.5	32.10m 105-04	5:24.00
M51 6 Reinhard, Jim	5430	(610) 13.99	(531) 4.06m	(463) 9.40m	(705) 1.46m	(659) 68.10	2968	(581)	(435) 23.10m	(289) 2.05m	(457) 27.39m	(700) 6:09.83
Canton, OH M51	4189	w: 1.1 (560)	13-04 (400)	30-10.25 (532)	4-09.5 (610)	(435)	2537	w: -1.2 (217)	75-09 (331)	6-08.75 (262)	(371)	(471)
I Baker, Robert		13.26	4.73m	10.19m	1.49m	64.00		18.65 w: +0.0	31.87m 104-07	3.15m 10-04	37.70m 123-08	5:58.77
Metaire, LA M59 2 Moser, Michael	6583	w: 1.5 (763) 15.39	15-06.25 (661) 4.03m		4-10.5 (731) 1.40m	(640) 72.20	3460	(629) 24.53	(564) 27.78m	(699) 2.25m	(633) 25.45m	(598) 5:58.38
Egan, MN M55	4511	w: 1.5 (420)		30-04.75		(383)	2494	w: +0.0 (191)	91-02 (474)	7-04.5	83-06 (381)	(600)
3 McDonald, Harry Olathe, KS	1.7	15.27 w: 1.5	4.04m		1.31m	1:45.70		25.54 w: +0.0	34.94m 114-07	2.05m 6-08.75	29.56m 97-00	9:01.84
M57 4 Gerson, Jeff	3716	436) 16.74	(465) 2.76m	(706) 7.03m	(536) 0.96m	(0) 76.80	2143	(140) DNF	(632) 18.79m	(307) NH	(465) 21.72m	(29) 6:17.18
Lyndhurst, OH M58	2411	w: 1.5 (250)	9-00.75 (159)	23-00.75 (423)	3-01.75		1309	(0)	61-08 (284)	(0)	71-03 (307)	(511)
1 Angus, Bill		14.17	4.67m			68.90		17.54	35.77m 117-04	3.10m 10-02	35.19m 115-05	5:52.50
Salem, OH M62 2 Colliver, Ron	6863	w: 0.2 (679) 13.73	15-04 (750) 4.70m	33-04.5 (662) 10.78m	4-06 (696) 1.47m	(549) 66.02	3336	w: -2.6 (753) 19.80	(668) 34.89m	(784) 3.10m	(620) 36.76m	(702) DNF
Hominy, OK M62	6304	w: 0.2 (755)	15-05	35-04.5	4-09.75	(643)	3680	w: -2.6 (538)	114-06 (648)	10-02 (784)	20-07 (654)	(0)
3 Shoemaker, Jim Overland Park, KS	3	14.77 w: 0.2	3.34m 10-11.5	9.73m 31-11.25	1.17m	76.00	restriction	23.09 w: -2.6	27.46m 90-01	2.00m 6-06.75	31.24m 102-06	7:31.82
M61 M65	4298	(582)	(346)	(628)	(464)	(345)	2365	(287)	(481)	(345)	(533)	(287)
Jackson, MS M66	7839	13.59 w: 0.2 (852)	4.56m 14-11.5 (835)	9.99m 32-09.5 (771)	1.47m 4-09.75 (934)	(693)	4085	16.30 w: -1.7 (1029)	39.28m 128-10 (853)	2.30m 7-06.5 (538)	35.16m 115-04 (708)	6:23.28
2 Fulton, Bob	See Univ	15.42 w: 0.2	3.99m 13-01.25	9.60m 31-06	1.32m 4-04	72.20	DANGE P	21.71 w: -1.7	33.73m 110-08	2.80m 9-02.25	32.65m 107-01	6:04.20
M65 3 Sloan, John	6519	(552) 15.55	(632) 3.77m	(736) 9.79m	(731) 1.12m	(515) 1:20.60	3166	(516) 26.80	(709) 35.05m	(766) 2.50m	(646) 35.01m	(716) 8:05.77
Hartville, OH M65	5124	w: 0.2 (532)	12-04.5 (556)	32-01.5 (753)	3-08 (488)	(293)	2622	w: -1.7 (189)	115-00 (743)	8-02.5 (626)	114-10 (704)	(240)
M70 1 Shipp, Phil		15.70	4.39m	12.78m	1.37m	74.72		15.37	42.02m	2.60m	38.75m	6:38.37
Sedona, AZ M70 2 Leggitt, James	8086	w: -0.6 (578) 14.61	14-05 (918) 3.74m	41-11.25 (890) 9.62m	(925) 1.27m	(611)	3922	w: -2.5 (816)	(1067)	8-06.25 (796)	127-01 (854)	(631)
Leicliand, TX	6632	w: -0.6 (748)	12-03.25 (659)	31-06.75 (638)		(791)	3621	17.34 w: -2.5 (599)	33.80m 110-11 (823)	2.00m 6-06.75 (496)	25.98m 85-03 (520)	6:51.76 (573)
3 Larkin, Richard Fort Collins, CO		5.55 w: -0.6	3.70m 12-01.75	8.17m 26-09.75	1.22m	77.42	3021	18.41 w: -2.5	25.90m 85-00	1.50m 4-11	20.71m 67-11	8:43.17
M71 M75	4965	(601)	(644)	(524)	(714)	(533)	3016	(496)	(595)	(277)	(387)	(194)
I Smith, Denver Louisville, OH	4700	18.42 w: -0.6	3.15m 10-04	8.94m 29-04	3-08	1:42.92		22.78 w: -1.8	26.85m 88-01	2.10m 6-10.75	22.31m 73-02	10:19.93
M79 2 Donley, Jerry Colorado Springs, CO	4700	(360) 17.35 w: -0.6	(552) 3.51m	(694) 8.11m 26-07.25	(687) 1.17m	(173) DNF	2466	(240) DNF	(737) 20.75m	(659) 2.40m	(512) 18.84m	(86) DNF
M75 M80	4354	(490)	11-06.25 (697)	(618)	(767)	(0)	2572	(0)	(537)	7-10.5 (834)	61-10 (411)	(0)
1 Hirsimaki, Fred Findlay, OH		17.65 w: -0.6	3.91m 12-10	8.44m 27-08.25	1.22m 4-00	1:47.52	2	18.20 w: -1.8	25.47m 83-07	1.90m 6-02.75	25.58m 83-11	10:19.93
M80	6802	(618)	(1063)	(792)	(992)	(248)	3713	(770)	(839)	(685)	(629)	(166)
Women's Heptathlon W40 1 Ware, Caren	Point	100H	HJ	SP	200	Dayl	LJ	л	800			
Lake Arrowhead, CA W42	3717	14.6 w: 1 (707	3 44	32m 04 66)	7.39t 24-0: (442)	3 .	9.35 v: +1.2 655)	2370	4.11m 13-06 (436)	9.21m 63-00	2:41.8	
2 Gunneson, Pamela Cheshire, CT		4.46 w: 1	1.2	29m 02.75	7.35r	n 3	12.65 W: +1.2	200	3.82m 12-06.5	(308) 22.13m 72-07	3:09.1	9
W44 W50	3189	(735	5) (5:	34)	(439)) (427)	2135	(357)	(368)	(329)	Section 1
1 Glynn, Kay Hastings, IA	4000	14.9 w: 0	0.9 44	38m 06.25	8.55r 28-00	0.75	9.85 v: +1.2	6.3	4.29m 14-01	27.29m 89-06	3:00.5	7
W52 W60 1 Carter, Ann	4989	19.3		67)	(652)		884)	3149	(665)	(614)	(561)	Section 2
Aiken, SC W63	2871	w: 0	9 34	02m 04 66)	5.76r 18-10 (507)	0.75	99.95 w: +1.2 (473)	1876	3.09m 10-01.7		4:30.0	13
1 Donley, Christel	1	18.4	4 1.	11m	7.66	m :	36.75	1010	(431) 2.96m	(426) 23.44m	4:03.9	1
Colorado Springs, C W70	6029	(1028)	19 3-	07.75 054)	25-0 (945	1.75	W: +1.2 (869)	3896	9-08.5	76-11 (901)	(631)	THE WAY
P CONTRACTOR OF THE PARTY OF TH			1 SF	: 16-12	46/6k-	13 53/	5k-14 8	1	- Jan 21	8.64/6k-10		1.11
EAS	T_{-}		DI DI	2k-37.6 800-34	82/70	k-43.48	3/1k-40. 0/600-3	22 5.88	DT: 2k-2 JT: 800-	23.87/1.5k 17.87/700	-28.55/1 -18.62/6	k-31.56 00-20.09
Philadelphia M			Re	T: 56-11. chard, 1: 16-38.	21/25- Carl 5	19.62/	20-18.1	8651	WT: 35- Valle, N	9.82/25-12 like 64 36.71/5k-3	2.55/20-	9249

USA National Masters Decathlon/ Hentathlon Championships

Philadelphia Masters 5th Annual Throw-a-Thon, Albright College Reading. PA; June 4 Name Age Points Wallace, Dan 49 8320 HT: 16-37.41 & 37.48/6k-38.42 SP: 16-11.02 & 11.10/6k-12.57 DT: 2k-35.41 & 24.12/1.5k-39.08 JT: 800-17.87 & 18.62/700-20.09 WT: 56-7.11/35-11.15/25-13.41 Wetenhall, Jim 50 11,331 HT-16-44.82/6k-58.68/5k-12.46

Reichard, Carl 52
HT: 16-38.51/6k-37.48/5k-39.42
SP: 16-9.62/6k-10.83/5k-11.46
DT: 2k-28.16/1.5k-26.08/1k-37.44
JT: 800-26.33/700-27.33/600-26.68
WT: 35-10.11/25-14.38/20-15.63
Helfrich, Nick 51
HT: 16-22.31/6k-26.50/5k-31.88
SP: 16-8.75/6k-9.87/5k-10.44
DT: 2k-29.30/1.5k-31.35/1k-38.30
JT: 800-32.45/700-37.84/600-37.06
WT: 35-8.16/25-11.80/20-13.15
Sager, Bob. 58
HT: 16-31.51/6k-36.88/5k-38.78

Valle, Mike 64
HT. 6k-36.7 1/5k-36.30/4k-42.55
P: 6k-9.66/5k-10.91/4k-12.03
DT: 2k-33.12/1.5k-39.89/1k-loul
JT. 700-22.43/600-24.71/500-22.63
WT: 25-12.26/20-14.23/16-16.47
Kuhns, Jack 65
HT. 6k-28.73/5k-32.70/4k-35.87
SP: 6k-9.52/5k-10.75/4k-11.81
DT: 2k-27.98/1.5k-33.08/1k-34.88
JT: 700-25.72/600-27.06/500-28.23
WT: 25-9.97/20-12.06/16-13.84
Sellers, John 69
8077
HT: 6k-25.88/5k-28.11/4k-loul

M50 M70 200n M35

M45 M50 M55 M60

M65 MacI M75 M80 W35 W40

Duncan, James

n
Fox, Jim
Allen, Paul
Davy, Ronald
Bujaiski, Phil
Hudson, Rockdale
Pieasant, Charles
Ihne, Bob
Jones, Rich
Henry, Paul
Lebel, Jacques
Byrd, Nate
Donald, John
Cherniak, Ray
Manno, Jim
West, Nedenia
Williams, Shemayne
Nash, Gioria
Piff, Linda
Van Eeuwen, Jane
Stone, Diane

M45 Bujalski, Phil M45 Briedman, Dave M55 Pleasant, Charles M60 Henry, Paul Schmehl, Glenn M65 MacDonald, John M75 Cherniak, Ray W35 West, Nedenia W55 Pift, Linda W60 Van Eeuwen, Jane

sters News	
SP: 6k-7 29/5k-8.59/4k-8.75 DT: 2k-26.65/1.5k-30.44/1k-34.16 JT: 700-20.85/600-23.50/500-19.82 WT: 25-9.68/20-11.18/16-13.37 Felck, Ray. 73 TF: 5k-29.99/4k-34.01/5k-38.82 SP: 5k-9.31/4k-10.48/3k-11.48 DT: 2k-25.75/1.5k-31.55/1k-30.55 JT: 600-24.01/500-24.18/400-24.68 WT: 20-12.00/16-14.27/12-16.80 Olson, Len. 73 8805	800m 2016 Paul 2:23:50
DT: 2k-26.65/1.5k-30.44/1k-34.16 JT: 700-20.85/600-23.50/500-19.82	800m
WT: 25-9.68/20-11.18/16-13.37	M45 Allah, Sal Estok, Emil 2:25.54
HT: 5k-29 99/4k-34.01/3k-38.82	M50 Pierret, Kirk 2:26.00 Estok John 2:53.16
DT:2k-25.75/1.5k-31.55/1k-30.55	M55 Indek, Bill 2:59.26
JT: 600-24.01/500-24.18/400-24.68 WT: 20-12.00/16-14.27/12-16.80	Saarman, John 2:45.54
JT 600-24 01/500-24.18/400-24.88 WT 20-12 00/16-14.27/12-16.880 Olson, Len 73 8805 HT 5k-25 67/4k-30.13/3k-32.50 SP- 5k-8 63/4k-9.42/3k-10.62 DT 2k-21 94/1 5k-28 22/1k-28.74 JT 600-20.30/500-21.48/400-20.56 WT 20-8.31/16-10.92/12-12.97 Lewis, Oneithea W40 HT 5k-45.61/4k-57.08/3k-63.92 SP- 5k-11.32/4k-12.71/3k-14.11 DT 2k-29.60/15-8-38.93/1k-40.96 JT 700-22.61/600-21.69/500-24.36 WT 25-14.33/20-16.96/16-20.46 Eklund, Debbie W45 4447 HT 5k-16.45/4k-19.87/3k-23.76 SP- 5k-4.91/4k-5.81/3k-63.89 DT 2k-13.64/1.5k-17.46/1k-18.44 JT 700-13.16/600-13.07/500-13.32 WT 25-4.31/20-5.16/16-6.59 Wetenhall, Kathy W50 HT 5k-25.04/4k-29.10/3k-31.04	W40 Williams, Shemayne 2:36.21 W45 Fales, Pam 2:59.09
SP: 5k-8.63/4k-9.42/3k-10.62	Mile M35 Harasts, Angelo 5:13.81
JT: 600-20.30/500-21.48/400-20.56	M40 Miller, Randy 5:41.03
WT: 20-8.31/16-10.92/12-12.97	M45 Allen, Peter 4:56:23 Higgins, Kevin 5:09.93
HT: 5k-45.61/4k-57.08/3k-63.92	M50 Allen, Tom 5:22.75
DT: 2k-29.60/1.5k-38.93/1k-40.96	W45 Fales, Pam 6:23.56
JT: 700-22.61/600-21.69/500-24.36 WT: 25-14.33/20-16.96/16-20.46	M35 Harasts, Angelo 19:17.23
Eklund, Debbie W45 4447	M40 Miller, Handy 19:20:53 M50 Pierret, Kirk 19:58:80
SP: 5k-4.91/4k-5.81/3k-6.38	W45 Fales, Pam 6.23.56
JT: 700-13.16/600-13.07/500-13.32	M45 Biagioni, R.V 30.18
WT: 25-4.31/20-5.16/16-6.59 Wetenhall, Kathy W50 7703 HT: 5k-25.64/4k-29.10/3k-31.04 SP: 5k-6.76/4k-7-4.3/3k-8.61 DT: 2k-16.50/1 5k-19.89/1k-20.71 JT: 660-19.56/500-20.05/400-19.12 WT: 20-8.31/16-10.76/12-11.42 Katz, Roz W60 7961 HT: 4k-21.71/3k-26.55 SP: 5k-5.91/3k-6.71/3k-6.91 DT: 2k-14.19/1.5k-17.73/1k-18.49	Helfrich, Nick 31.83
HT: 5k-25.04/4k-29.10/3k-31.04	M55 Weaver, Glen 35.10 Monroe, Frank 33.57
DT: 2k-16.50/1.5k-19.89/1k-20.71	Monesmith, Frederick 31.30
VT: 20-8.31/16-10.76/12-11.42	M60 Eisner, Marty 40.03
Katz, Roz W60 7961	Lebel, Jacques 32.64 Levine, Carl 28.21
SP: 5k-5.91/3k-6.71/3k-6.91	Sullivan, Jerry 26.05 Miles Tim 23.70
SP: 58-5.91/38-6.71/38-6.91 DT: 2k-14.19/1.5k-17.73/1k-18.49 JT: 500-13.58/400-16.16/400-15.93 WT: 16-7.92/12-10.96/12-10.39 Cirulnick, Anne W70 7541 HT: 4k-13.91/3k-17.75/3k-17.49	Pasternack, Joel 20:27:55 Discus M45 Biagioni, R.V 30:18 M50 Maffei, John 38:40 Helfrich, Nick 31:53 Monroe, Frank Monesmith, Frederick 31:30 Monesmith, Frederick 31:30 M60 Eisner, Marty 40:03 Lebel, Jacques 22:84 Levine, Carl 28:21 Sullivan, Jerry 26:05 Miles, Tim 23:70 M65 Bronstein, John 40:44 M70 Maasik, Meemo 32:94 M75 Gaynor, Arnie 34:73 Javelin M35 Jochum, John 57:86 M45 Biagioni, R.V 41:33 M50 Riva, Steven 42:55
WT: 16-7.92/12-10.96/12-10.39 Cirulnick, Anne W70 7541	Trout, Leon 32.94
HT: 4k-13.91/3k-17.75/3k-17.49	M75 Gaynor, Arnie 34.73
DF: 5k-5.85/3k-6.76/3k-6.71 DF: 2k-12.20/1.5k-15.71/1k-15.53 JF: 500-9.08/400-8.24/400-9.59 WF: 16-5.05/12-6.73/12-7.21 Weight Pentathlon	M35 Jochum, John 57.86
JT: 500-9.08/400-8.24/400-9.59 WT: 16-5.05/12-6.73/12-7.21	M50 Riva, Steven 44.35
Weight Pentathlon (Score based on best mark above	Helfrich, Nick 37.44 M55 Weaver Glen 35.86
with correct implement)	M60 Levine, Carl 23.32
Wallace, Dan Wetenhall, Jim 4030	M70 Youngs, Bob 40.59
Reichard, Carl 2864 Heltrich Nick 2614	Maasik, Meemo 33.68 Shot Put
Sager, Bob 2844	M50 Mattei, John 11.40
Kuhns, Jack 3497	Helfrich, Nick 9.96
Weight Pentathion (Score based on best mark above with correct implement) Wallace, Dan Wetenhall, Jim 4030 Reichard, Carl 2864 Helfrich, Nick 2614 Sager, Bob 2844 Valle, Mike 3373 Kuhns, Jack 3497 Sellers, John 2992 Feick, Ray 3628 Olson, Len 3027 Lewis, Oneithea 4761 Eklund, Debbie 1503 Wetenhall, Kathy 2694 Katz, Roz 2914 Cirulnick, Anne 2722 Team Weight Pentathlon Wetenhall & Sager 0655 Reichard & Wallace 5623 Philadelphia Throw-a-Thon Individual Events Shot Put	Estok, John 9.33 Friedman, Dave 6.24
Olson, Len 3027	M55 Monesmith, Frederick 10.20
Eklund, Debbie 1503	Monroe, Frank 9.19
Katz, Roz 2914	M60 Eisner, Marty 12.34
Cirulnick, Anne 2722	Lebel, Jacques 10.73 Kainas Joe 9.53
Wetenhall & Sager 6874	Levine, Carl 8.88
Reichard & Wallace 5623	Sullivan, Jerry 7.31
Philadelphia Throw-a-Thon Individual Events	M70 Maasik, Meemo 10.95 Trout, Leon 8.03
Shot Put	M75 Gaynor, Arnie 11.89
Individual Events Shot Put M40 Glenn Thompson M50 Tim Specht Discus M50 Tim Specht	M75 Gaynor, Arnie 34.73 Javelin 57.86 M45 Biagioni, R.V. 41.33 M50 Riva, Steven 44.35 Helfrich, Nick 37.44 M55 Weaver, Glen 35.86 M60 Levine, Carl 23.32 Sullivan, Jerry 17.07 M70 Youngs, Bob Maasik, Meemo 33.68 Shot Put M50 Matei, John 11.40 Kalnas, Mike 10.01 Helfrich, Nick 9.96 Estok, John 9.33 Friedman, Dave 6.24 M55 Monesmith, Frederick 10.20 Dunphy, Rich 9.28 Monroe Frank 9.19 Monroe Frank 9.19 Monroe Frank 9.19 Monroe Frank 9.19 Monroe Carl 8.88 Miles, Tim 7.65 Sullivan, Jerry 7.31 M70 Maasik, Meemo 10.95 Trout, Leon 8.03 M75 Gaynor, Arnie 4.89 W50 Nash, Glona 9.80 W50 Nash, Glona 9.80 W50 Helfrich, Nick 11.98 M55 Helfrich, Nick 11.98 M55 Helfrich, Nick 11.98 M55 Monesmith, Frederick 10.39
M50 Tim Specht 30.96	M50 Helfrich, Nick 11.98 M55 Monesmith, Frederick 10.39 Salvio, Ron 9.15 M60 Levine, Carl 8.92
M30 Hill Specific 30.39 Hammer M40 Glenn Thompson 41.34 W30 Brenda Start 53.10 Javelin M75 Sid Kiwitt 29.11 35# Weight 7.68 W50 Kathy Wetenhall 4.71 55# Weight M50 Jim Wetenhall 10.83 M55 Ray Allen 7.23 M55 Bob Sager 6.45 M60 Mike Valle 4.71	Salvio, Ron 9.15
W30 Brenda Start 53.10	M65 Bronstein, John 13.21
M75 Sid Kiwitt 29.11	Triple Jump
35# Weight M70 Pay Carstensen 7.87	M50 Clark, James 10.34 Estok John 8.36
Ray Feick 7.68	Friedman, Dave 7.01
56# Weight	M45 Choppa, Rich 5.25
M50 Jim Wetenhall 10.83 M55 Ray Allen 7.23	M50 Clark, James 4.39 Estok, John 3.93
M55 Bob Sager 6.45	Friedman, Dave 3.56
THIS WIRE VAILE	M65 O'Brien, Bob 3.80
Garden State Classic T&F Meet, Randolph, NJ; June 5	W50 Nash, Gloria 2.19
100m	Pole Vault M55 Dunne Gerard 2 90
M45 Evans, Hick 12.13 Fox, Jim 12.71	M70 Duncan, James 2.44
Allen, Paul 12.84 M50 Artale, Alfonse 13.33	M40 Murphy, Dave 1.65
Hudson, Rockdale 13.52	M45 Stahlman, Wayne 1.60 M50 Freidman, Dave 1.21
Hitchcock, Chris 14.37	M55 Salvio, Ron 1.31
M55 Pleasant, Charles 13.98 Dunne Gerard 15.16	W40 Quich, Christine 1.18
M60 Jones, Rich 13.31	Mile Racewalk M40 Miller, Randv 9:18.94
M65 Bittner, W.M. 14.05	M50 Friedman, Dave 15:54.91
W50 Nash, Gloria 25.57	M60 Hartman, Tom 10:56.73
Mes Frox, Flick 12.13 Fox, Jim 12.71 Allen, Paul 12.84 M50 Artale, Allonse 13.52 Lacy, Mark 14.37 Hitchcock, Chris 14.57 M55 Pleasant, Charles 13.98 Dunne, Gerard 15.16 M60 Jones, Rich 13.31 M65 Bittner, W.M. 14.05 M80 Manno, Jim 17.71 W50 Nash, Gloria 25.57 Short Hurdles M5 Bujalski, Phil 16.79 M6 M50 Friedman, Dave 29.67 M70 Duncan, James 200m M35 Fox. Jim 25.84	M55 Monesmith, Frederick Salvio, Ron 9.15 Monesmith, Frederick Salvio, Ron 9.15 Monesmith, Memor 11.98 Monesmith, Memor 11.99 Monesmith,
McMahon, Tim 16.86	Philadelphia Masters Meet
M70 Duncan, James 16.80	Plymouth Whitemarsh H.S.
200m M35 Fox Jim 25 84	June 7

Philadelphia Masters Meet

25.84 25.86 26.41 25.50 27.74 28.75 30.89 27.48 27.69 32.42 30.13 30.82 37.38 38.34 28.66 28.51 1.07.18 34.05 53.76 1.01.05

Plymouth Whitemar	sh H.S.
June 7	
100m	
M40 Bruce Mannon	12.7
M45 Terrence Moody	12.9
M50 Gary Aread	12.5
MISO Gary Arend	13.2
M50 Gary Arend M55 Bruce Campelia	14.1
W35 Manee Coleman	13.2
200m	
M30 Cardwell Wootten	26.0
M40 Aaron Walters III	24.0
M55 Bruce Campelia	30.2
M60 Bob Fuhrman	30.2
W35 Manee Coleman	29.2
Weo Barbara Laintan	27.9
W60 Barbara Leighton	37.7
400m	
M40 Aaron Walters III	54.5
M45 John Conklin	1:08.8
M50 Russ Patton	1:01.9
M55 Kent Beachler	1:12.2
M60 Bob Fuhrman	1.10.6
W40 Lorraine Jasper	1:10.6
Weo Detaile Jasper	1:07.1
W60 Barbara Leighton	1:26.3
800m	E SEW T
M30 Vernon Waters	1:58.9
M40 Jim Scesney	2:15.5
M45 Chuck Shields	2:10.2
M50 Russ Patton	2:16.8
M55 George Sanders	2:51.4
M60 Tom Jennings	2:51.4
Mile	2.42.3
M30 Vernon Waters	4.00
M45 Chuck Shields	4:38.1
M45 Chuck Shields	4.520

.50 .70	M55 George Sanders M60 Art Brown	6:39.7 6:08.1
.51 .54	W40 Lorraine Jasper 3000m	5:33.7
.00	M35 Gene Tung	9:28.3
.16	M40 Kevin Forde M45 Tom Yunker M50 Joel Hoffsmith	10:02.2
.26	M45 Iom Tunker	12:40.3
.54	M55 Carl Grossman	13:12.7
.21	Short Hurdles	
.09	M30 Kevin McClease	17.7
.81	M30 Kevin McClease	5-6
.03	Pole Vault	
.23	M30 Chris Watson	11-0
.75	M50 Peter Hischmann Long Jump	11-6
37	M30 Cardwell Wootten	5.89
.56	M35 Chuck Lumio	6.50
	M40 Bruce Mannon	4.78
7.23	M50 Kenneth Crawford W40 Karen White	3.34
8.80	Shot Put	3.34
7.55	M35 Rafael Suarez	10.78
	M45 Maurice Feldman M55 Jim Shea	8.03
1.18	W40 Heather Scanlon	9.15 8.56
.83	Discus	0.50
.10	M35 Rafael Suarez	36.09
3.57	M45 Maurice Feldman	28.58
7.38	M50 Nick Helfrich W40 Heather Scanlon	32.79 26.64
0.03	Javelin	20.04
2.84	M35 Rafael Suarez	46.22
3.21	M50 Nick Helfrich W40 Heather Scanlon	37.17 22.61
3.70	Mile RW	22.01
2.94	M45 Larry Schiller	8:19.0
1.25	Empire State Senior Cortland, NY; Jun	Games e 8-13

Mile RW	22.01
M45 Larry Schiller	8:19.0
Empire State Senior G	ames
Cortland, NY; June 8	3-13
M50 Peter Hogan M55 James Sears M60 Paul Gansle	29.7 27.8
M60 Paul Gansle	27.8 28.4
M65 Thomas Fondy	29 0
	40.5
	40.5 32.3 39.5
M90 Edwin Koch W55 Hillen von Maltzahn W65 Willen Wurphy W70 Gloria Santarpia W80 Minna Charles	1:03.4
M90 Edwin Koch W55 Hillen von Maltzahn W65 Willie Murphy	31.2
W70 Gloria Santarnia	41.0
W80 Minna Charles	1:23.4
M50 Peter Hardwick M55 Robert Albinski	2:26.8
	2-41 4
M65 Christopher Rush	2:39.7
W50 Mary Rea	3:34.1
M65 Christopher Rush M70 Sam Morris W50 Mary Rea W55 Bridget Pawelczak	2:39.7 3:34.1 3:22.9 3:22.9 4:37.4
Woo Jean Miller	4.37.4
W65 Estelle Hahn W70 Gloria Santarpia	4:08.9
W80 Lettice Graham	6:16.6
Pole Vault	
M50 Peter McGinnis M55 Tomlinson Rauscher M65 Kermit Cadrette	10-6 10-6
M65 Kermit Cadrette	E 0
M50 Joe Myers M50 Joe Myers M55 Anthony Cruickshank M60 Norman Chambliss M65 Donald Booart	-1485
M50 Joe Myers	13.27
M60 Norman Chambliss	11.19
M70 Charles Yost M75 Owen van Buskirk	9.64
M80 Robert Metzner	
	5.87
W50 Evita Belmonte W55 Gloria Rose	6.09 8.93
W60 Joyce Bahr	7.96
W65 Norma Schillott	7.41
Discus	
M50 Ed Forraro	40.37 34.35 35.19
M55 John Busch	34.35
M65 Walter Schilloff	
M55 John Busch M60 Norman Chambliss M65 Walter Schilloff M70 Chuck Yost	31.53
M75 John sheridan M80 Robert Metzner	31.53 21.42 17.50 12.92 12.94 22.50
M90 Edwin Koch	12.92
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W55 Barbara Lopiccolo W60 Joyce Bahr	22.50
W65 Norma Schilloff	19.42
W80 Elsie Adams	9.18
1500m RW M60 Thomas Fitzgerald	11:16.7
M60 Thomas Fitzgerald M65 Ray Kimball M75 Paul Goodwin	12 07 0 12 56 2 13 10 5 13 14 5 11 41 0
M65 Ray Kimball M75 Paul Goodwin M80 Jay Charles W50 Layers Rector	12:56.2
M80 Jay Charles W50 Lavern Rector W55 Pamela Niles	13:10.5
W55 Pamela Niles W60 Portland Zinerman	11:41.0
W60 Portland Zinerman	12:16.8
W65 Clementine Licorish W70 Margaretta Goines	12:16.8 12:11.5 11:46.9
W70 Margaretta Goines W75 Bernice Washington	13:55.4

Philadelphia Masters T&F

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	Joe Williams	12.2
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570	Eric Turner	13.0
M45	Ron Manion	12.4
3000	Michael Patterson	12.6
	Steve McDermott	13.9
	John Borden	14.4
	Suzanne Daloisio	16.0
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MAS	Eric Turner Ron Manion	25.2
W40	Suzanne Daloisio	33.5
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	John Mehl	1:01.1
M40	Jim O'Donnell	55.0
Burney's	Jim Scesney	56.5
M45	Tim Jones	58.5
	Ryan Gober	1:09.2
MEO	Mark Vanek	1:11.8
MAGO	Russ Patton Bob Fuhrman	59.3
W30	Carole Allers	1:10.3
	Sheena Franklin	1:10.0
W40	Lorraine Jasper	1:06.2
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ķ	W35 M45	Army Beckwith 35 Tim Taylor 45 Michael Forward
	M55 M65	Bob Micho 58 Tom Fondy 67
	800n	
		Javier Martinez 3 Michael Boni 39
		Glenn Miley 40 Andy Lewis 40 Ed Lindo 44
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August 2005

M45 M50 W30 W35 W40

Mile M30

Chris Carroll
Robert Downs
Jim O'Donnell
Jim Scesney
Chuck Shields
Tim Jones
Russ Patton
Sheena Franklin
Virginia Whitfield
Lorraine Jasper
Mary DeLuca

Mary DeLuca
Mile
M30 Neill Clak
Chris Carroll
M40 Andy Ross
M45 Chuck Shields
Ryan Gober
M45 Mark Vanek
M50 Russ Patton
Joel Hoffsmith
M50 Joe Kern
W40 Lorraine Jasper
Mary Delura
110m Hurdles
M45 George Munro
Mile Racewalk
W35 Jenay Lawrence
3000m

Mile Hacewalk
W35 Jenay Lawrence
3000m
M40 Kevin Forde
M45 George Munro
M50 Joel Roffsmith
Long Jump
M30 Cardwell Wootter
M35 Chuck Lumio
Nich Damalas
M45 Ron Manion
W35 Virginia Whitfield
Jenay Lawrence
Triple Jump
M30 Cardwell Wootter
High Jump
W35 Virginia Whitfield
Pole Vault
M50 Peter Hischmani
Shot Put
M35 Rafael Suarez
M5 Maunce Feldman
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Discus
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	Ed Lindo 44 Peter Harwick 53 Kermit Cadretto 6
lurd	Don Baum 68
N50	Irene Thompson
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445	Michael Forward
	Jump Brian Fite 40
445	Ted Beckwith 49
Disc	George Ball 48
	Karen Wright 63
M45	Tim Taylor 45
	Mike Kincella 45

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M30	Mike Padilla
M35	John Mehl
	Ed Chan
M40	Kevin Forde
M45	Chuck Shield
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	Craig Holm
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M60 Art Brown
M90 Frank Levine
W40 Lorraine Jasp
W45 Joan Affleck
400m
M45 Bob Trojak
Tom Yunker
M50 Russ Patton

August 2005		National M	asters News				page 21
Chris Carroll 2:24.6 M35 Robert Downs 2:47.8 M40 Jim O'Donnell 2:19.8 Jim Scesney 2:25.4	Anoki Amiaud 1:26.6 M60 Glenn Schmehl 1:07.1 Bob Fuhrman 1:10.9 M70 Jim Sutton 1:11.1	M45 Tom Ennis 30.14 John Holzman ao 31.29 M70 Robert Fine fac 45.09	M50 James Moreland M55 J J Wind W35 Kyra Brown Short Hurdles	12:33.3 16:57.9	M75 Martin Quinn* 1500m Racewalk W40 Carolyn Kealty	6:39.22 7:23.42	200m M30 Daryl Mitchell 24.86 M35 Tecumseh Peete 22.82 M40 Marcus Shute 23.26
M45 Chuck Shields 2:08.1 Tim Jones 2:16.0 M50 Russ Patton 2:30.3	Mile Racewalk M45 Larry Schiller W35 Jenay Lawrence 9:52.8	W50 Jocelyn Lowther+ fac 29.81 400m M30 William Dean 54.78 M35 Michael Chiles 56.57	Short Hurdles W35 Patty Kramer High Jump M30 Adam Alderton	19.6	W50 Sandra DeNoon* W60 Sandra Hults M35 Scott Manas* M45 Gregory Tindle	8:32.98 10:01.19 13:36.10 8:19.76	M40 Marcus Shute 23.26 M50 Anthony Searles 25.66 M55 Vic Boylhart 27.70 M60 Sam Hall 27.09
W30 Sheena Franklin 4:05.3 W35 Virginia Whitfield 3:42.2 W40 Lorraine Jasper 2:33.1 Mary DeLuca 3:02.8	800m M35 Robert Downs 2:37.4 M40 Gregory Green 2:18.0 M45 Tom Yunker 2:35.9	M40 Kerry Jackson fs 58.78 M45 Bobby DeSabtis br 57.05 David Rauh 64.42	M45 John Casale M50 Bruce Hamilton M60 Al Morris	1.57 1.52 0.81	M50 William Zenga* Jimmy Boyd M60 Gary Null*	8:42.95 12:01.39 7:58.92	M65 Jerry Barton 34.39 M75 Larry Greco 42.09 W80 Margaret Hagerty 1:11.88
Mile M30 Neill Clak Chris Carroll 4:48.9 5:17.3	M55 George Sanders 2:49.8 M60 Lou Coppens 2:41.0 Art Brown 2:52.3	M65 Joe Shanahan fac 88.94 W30 Sonja Friend-Uhl+ fsr 2:11.64 800m	M45 John Casale M50 Bruce Hamilton W35 Patty Kramer	5.14	M65 Peter Bayer* Miro Mitusina* M70 Robert Fine* M80 Jerome Kauffman*	9:50.79 9:56.36 9:27.43 11:23.89	M40 Robert Cousar 1:00.18 M45 Alan Sigmon 1:04.91 M50 Anthony Searles 1:01.62
M40 Andy Ross 5:30.5 M45 Chuck Shields 4:44.6 Ryan Gober 5:57.4 M45 Mark Vanek 6:27.5	W40 Lorraine Jasper 2:27.8 W45 Joan Affleck 2:52.9 200m M35 Fred Barnett 24.0	M50 Eugene Truchelut fac 2:58.40 M65 Joe Shanahan fac 4:10.70 1500m M40 Steve Koski 4:46.49	Triple Jump M45 John Casale M50 Keith Mathis Shot Put	9.67 9.09	3000m Racewalk W40 Carolyn Kealty W50 Sandra DeNoon*	15:35.05 17:58.15	M55 Greg Marshall 1:00.78 M60 Sam Hall 1:02.93 M70 Bruce Marsh 1:16.87
M50 Russ Patton 4:54.0 Joel Hoffsmith 4:59.8 M50 Joe Kern 5:30.0	Nick Damalas 24.7 Rafael Suarez 24.8 Charles Sawyer 25.0	M45 Steven Wheeler 5:01.47 M60 Danvers Long fac 6:05.99 W30 Sonja Friend-Uhl+ 4:25.33	M65 Jack Kuhns Discus M30 Matt Hoffman	10.87	W55 Linda Stein W60 Sandra Hults M45 Gregory Tindle M50 William Zenga*	19:35.68 20:26.23 17:50.75 18:51.07	W45 L Chaplin-Swann 1:02.37 W80 Margaret Hagerty 2:40.75 800m M30 Richard Cooney 2:03.98
W40 Lorraine Jasper 5:31.5 Mary Delura 6:37.6 110m Hurdles M45 George Munro 17.9	M40 Bruce Mannon 26.2 M50 Russ Patton 27.9 M60 Glenn Schmehl 28.2 Bob Fuhrman 29.7	5000m M35 Kevin Beck 21:05.36 100m Hurdles M50 James Broun 16.53	M50 Larry Hart M60 Drew Koehler M65 Jack Kuhns Javelin	31.95 36.05	Jimmy Boyd M60 Gary Null* M65 Peter Bayer* M70 Robert Fine*	24:27:29 16:52:84 19:56:21 20:10:60	M40 Robert Cousar 2:17.67 M45 Alan Sigmon 2:26.80 M50 Kevin Rumble 2:39.83 M55 Jay Smith 2:37.56
Mile Racewalk W35 Jenay Lawrence 10:17.6 3000m	W60 Barbara Leighton 36.4 3000m M30 Mike Padilla 9:13.5	M55 Robert Norton+ fac 17.34 Joe Johnston fac 21.54 High Jump	M30 Adam Alderton M50 Larry Hart M60 Drew Koehler	46.47 19.33 31.76	M75 Lou Pollay* M80 Jerome Kauffman* 100m Hurdles	21:13.87 23:01.87	W45 L Chaplin-Swann 2:21.94 W50 Mary Richards 2:49.03
M40 Kevin Forde 10:05.9 M45 George Munro 10:58.9 M50 Joel Hoffsmith 10:51.7 Long Jump	Chris Carroll 10:18.4 M40 Kevin Forde 9:58.8 M50 Joel Hoffsmith 10:13.4 Ken Worthen 10:41.0	M45 Raul Garcia fac 4'8 M55 Lloyd Long 4'2 Robert Norton fac 4'2 M75 Robert Voege fac 3'3	M65 Jack Kuhns Weight Throw M65 Jack Kuhns Mile RW	11.63	M55 Lloyd Long M60 Joe Johnston* Robert Norton*	24.92 17.16 20.84	W80 Margaret Hagerty 6:12.09 1500m M55 Jay Smith 5:33.73 M70 Casey Jones 6:03.55
M30 Cardwell Wootten 6.08m M35 Chuck Lumio 6.35m Nich Damalas 5.95m	Anoki Amiaud 13:53.2 M55 Carl Grossman 13:30.6 M60 Lou Coppens 12:08.6	W35 Amy Haddad+ rp 4'6 Pole Vault M40 Mike Logue fac 12'0	M50 James Moreland M55 John Gersh W50 Gita Morris	10:18.2	High Jump M30 Charles Oswald M35 Scott Manas M40 Dan Slankard	1.23 1.06 1.67	W50 Mary Richards 5:43.25 W80 Margaret Hagerty 12:42.52 5000m
M45 Ron Manion 5.24m W35 Virginia Whitfield 3.21m Jenay Lawrence 2.96m Triple Jump	Shot Put M35 Rafael Suarez 10.64m M50 George Edson 10.97m Mitch Farbstein 10.74m	M45 Harry Hackett fac 11'0 M50 Joe Johnston fac 10'6 Lloyd Long fac 8'0 Long Jump	M50 James Moreland	18:19.2	M45 Brian Hankerson# M50 George McNeill M55 Lloyd Long M60 Robert Norton*	1.77 1.31 1.31 1.31	M40 Joe Buechler 16:48.02 Short Hurdles W40 Regina Richardson 12.83
M30 Cardwell Wootten 12.78m High Jump W35 Virginia Whitfield 4'2" Pole Vault	Discus M35 Rafael Suarez M50 Mitch Farbstein George Edson 36.36m	M30 Kevin Dilworth+# 7.63 Oscar Robinson+ 7.06 M40 Gary Fulton 4.49 M45 Ernest Jones rp 5.03	W55 Lorraine Krawczyk Sunshine Games	21:29.3	Joe Johnston* M70 Benj Jiminez* Pole Vault	1.23	High Jump M35 Andrew Gatt M55 Bob Rockwell Pole Vault
M50 Peter Hischmann 12'0" Shot Put M35 Rafael Suarez 10.61m	W40 Heather Scanlon 24.34m Javelin M45 George Munro 31.48m	Jose Ortiz et 4.33 M50 Bobby Terrell 5.44 George McNeill 4.61	Coral Springs, FL; Jui (*=FL Athletic. Club; #=FL I 100m W45 Susan Ciccolini	Record)	W60 Joy McDonald*# M40 Alonzo Ponder M55 LloydLong M60 Joe Johnston*	2.29 3.05 2.59 3.20	M40 Todd Haire 3.05 M45 Bill Halverson 4.26 M65 Taylor Goode 2.74 Long Jump
M45 Maurice Feldman 8.91m W35 Virginia Whitfield 8.04m Jenay Lawrence 5.20m	M50 George Edson 48.84m Long Jump M35 Nick Damalas 20' 8 1/2" Chuck Lumio 20' 4 3/4"	M55 Robert Norton fac 4.68 M70 Raymond Wright 2.66 Encarnacion Aponte 1.48 Triple Jump	Bonnie Holzman* W55 Joan Truchelut* W60 Joy McDonald*	18.08 19.17 17.19	Long Jump W30 Stacey Morrison W40 Valerie Dye W45 Susan Ciccolini	3.03 3.10 3.74	M40 Marcus Shute 5.14 M55 Bob Rockwell 4.74 M60 Charles MacDonald 2.83 M65 Jerry Barton 4.40
M35 Rafael Suarez 32.21m M45 Maurice Feldman 27.77m W35 Virginia Whitfield 23.54m	M40 Bruce Mannon 16' 5 1/2" W35 Jenay Lawrence 9' 4" High Jump	M45 Jesus Virella fac 8.86 M50 George McNeil 10.04 M75 Robert Voege fac 4.97	M30 Jeffery Mack Oscar Robinson Rob Kellman M35 Sherwin Sterling	11.24	M30 Charles Oswald Oscar Robinson M35 Daren Welborn*	4.36 4.32 5.88	W40 Regina Richardson 5.16 Triple Jump M55 Bob Rockwell 11.00
Jeñay Lawrence 13.21m W40 Heather Scanlon 20.91m Javelin M35 Rafael Suarez 41.67m	M65 Burr Daly W35 Jenay Lawrence 3' 6" Pole Vault	Shot Put M45 Jose Ortiz et 9.53 M50 Robert Holtz 12.02 M55 Robert Grossman fac 10.84	Daren Welborn* Christopher Jordon Scott Manas*	11.89 12.72 15.25	Scott Manas* M40 Gary Fulton M45 Brian Hankerson Roger Grippo	3.06 4.12 5.70 5.03	W40 Regina Richardson 11.49 Shot Put M30 Tony Surface 9.19 M50 George Otte 11.45
W35 Virginia Whitfield 21.84m 7.60m Syracuse Chargers Meet,	M45 George Munro 10' 0" M50 Mitch Farbstein 9' 0"	Lloyd Long 8.58 M60 Tom Harasti fac 8.23 M70 Encamaction Aponte 5.60 M75 Robert Voege fac 7.71	M40 Orlando Matthews*# John Kealty Charles Williams M45 Brian Hankerson	11.29 13.41 13.81 12.05	Ragnar Mossberg Wareen Washington Jose Ortiz M50 E. Johnson	4.98	M50 George Otte 11.45 M55 Mike Thomason 12.85 M60 Rodger Parker 10.45 M65 Gerry Vaughn 13.53 M70 Larry Horine 11.97
Henninger H.S., NY; June 27 3000m M30 Javier Martinez 34 9:49.3	West Tennessee Masters	Discus M45 Jose Ortiz et 31.35 M50 Robert Holtz 30.25	Craig Davis Warren Washington Roger Grippo John Holzman	12.82 13.04 13.41	George McNeill Joseph DiMartini* Watkins Fessal	4.58 4.46 3.58	W60 Rebecca Vaughn 6.19 Discus M40 David Speaks 32.48
M40 Glenn Miley 40 10:08.4 Tony Anola 41 10:29.5 Ed Lindo 44 10:33.1 Jim McGinty 43 11:09.7	Meet, Memphis, TN; June 11 100m M40 Tommy Washington 12.26 M55 Andrew Gipson 12.86	M55 Lloyd Long 30.35 David Grossman fac 26.22 Kenneth Edwards 19.92 R.Vlaardingerbroek fac 14.94 M60 Tom Harasti fac 28.90	Reggie Williams M50 Trevor King M60 Wayne Hansen* Tyrone Carlis	15.75 14.13 13.04	M60 Tyrone Carlis Joe Johnston* Robert Norton Wayne Hansen	5.04 4.43 4.26 4.25	M50 Steve Graboskey 36.89 M55 Mike Thomason 39.50 M60 Rodger Parker 32.23 M65 James Turner 29.08
Vonden Sleight 43 12:18.5 Andy Lewis 40 12:26.1 M50 Peter Hardwick 53 10:40.1	M70 Estes Redditt 15.46 W45 Felicia Webster 18.34 W60 Carol Stricklin 18.08 W65 Betsy Boswell 19.66	M60 Tom Harasti fac 28.90 M70 Encamaction Aponte 15.94 M75 Robert Voege fac 18.51 Hammer	M65 Ray Lebowitz* M70 John Hurd Benj Jiminez*	14.77 16.01 17.76	M65 Ray Lebowitz* Miro Mitusina* M70 Benj Jiminez* Triple Jump	2.61 3.12	M70 Larry Horine 31.71 Hammer M40 David Speaks 25.29 M55 Mike Thomason 43.14
M65 Kermit Cadretto 67 13:22.1 Don Baum 68 16:46.1 200m W35 Amy Beckwith 35 42.6	200m M40 Unknown 25.65 M55 Andrew Gipson 27.50	M50 Robert Holtz M70 Pay Carstensen fac 31.74 M75 Robert Voege fac 17.34 W45 Cynthia Morrison fac 23.90	George George* 200m M30 Jeffrey Mack Charles Oswald	22.81 26.53	M30 Allen Laurie M35 Henry Kupcyk M45 Brian Hankerson M50 Joseph DiMartini*	12.99 6.53 11.68 10.17	M65 James Turner 22.78 M70 Tim Twomey 39.69 Javelin M30 Daryl Mitchell 48.22
M45 Tim Taylor 45 Michael Forward 46 28.8 M55 Bob Micho 58 27.7 M65 Tom Fondy 67 29.3	400m M40 Pepe Brown 1:00.52 M45 Chuck Blow 1:09.86 M50 Çalvin Saulsberry 58.35	Javelin M40 Gary Fulton M45 Jose Ortiz et Jesus Virella fac 46.15	M35 Daran Welborn* Scott Manas* M40 Orlando Matthews Chalres Williams	34.94 22.91 27.61	George McNeill M55 Bobby Terrell# M65 Ray Lebowitz* Shot Put	9.72 10.58 8.35	M35 Hans Schmidt 60.12 M40 David Speaks 37.71 M50 Ray Mushinski 53.56 M55 Bob Kouvolo 57.51
800m M30 Javier Martinez 34 2:07.4 M35 Michael Boni 39 2:12.8 M40 Glenn Miley 40 2:21.7	M65 Cleveland Payne 1:10.63 W45 Felicia Webster 1:38.10 800m M40 Pepe Brown 2:30.04	M55 RVlaardingerbroek fac 45.05 Martin Menkin fac 40.13 Lloyd Long 29.04	John Kealty M45 Brian Hankerson Graig Davis John Holzman	24.41 27.77	W45 Susan Ciccolini W50 Sheryl Norton* Linda Calogero	8.53 5.19 4.53	M65 James turner 29.48 M70 Larry Horine 34.28 Weight Throw
Andy Lewis 40 2:26.6 Ed Lindo 44 2:27.0 M50 Peter Harwick 53 2:33.2	M40 Pepe Brown 2:30.04 M45 Bud Joyner 2:50.66 M65 Cleveland Payne 3:03.51 1500m M40 Pepe Brown 5:01.07	M65 Pietri Armando 31.23 M70 Raymond wright 22.27 Encarnacion Aponte 13.65	M50 Trevor King M55 Jose Santana9* M60 Wayne Hansen* Robert Horton*	28.96 30.30 27.81	W55 Jean Oglesby W65 Loyda Jiminez* M30 Rob Fellman M35 Scott Manas*	5.95 4.57 11.55 6.42	M70 Tim Twomey 14.92 Weight Pentathion M35 Demick Johnson 2344
M65 Kermit Cadretto 67 3:10.3 Don Baum 68 3:58.3 Hurdles W50 Irene Thompson 51 14.1	M50 Norman Dotson 5:33.03 High Jump M55 Michael Walker 1.43	M75 Robert Voege fac 16.35 5000m Racewalk M35 Rob Carver ctw 33:38.82 M40 Steve Renaud fac 27:21.91	Jose Suvillaga M65 Ray Lebowitz* Don Scherer	31.43	M45 Jose Ortiz James Matthews Reggie Williams M50 Robert Holtz	11.42 11.23 10.14 12.11	M40 Scott Frasure 1634 M45 Bryan Stewart 3223 M55 Norman Hough 3430 M60 Mike Valle 3655
Triple Jump W50 Irene Thompson 51 29-4.75 M45 Michael Forward 46 29-9.75 High Jump	M60 Johnston Ewing 1.36 M70 Burns Landess 1.15 W50 Eleanor Gipson 1.36 W60 Carol Stricklin 0.97	M55 Tom Forman ctw 31:50.93 M70 Robert Fine fac 34:41.40 M75 Lou Pollay fac 35:17.75	Joe Shanahan* M70 John Hurd George George* Benj. Jiminez*	33.32 39.78	Wm Dimitrouleas Watkins Fessal Gerry Held	9.06 9.20 7.92	M60 Mike Valle 3655 M65 Bill Gramley 3450 Carolina Masters Throws
High Jump M40 Brian Fite 40 4-8 M45 Ted Beckwith 49 4-4 George Ball 48 4-2	W65 Betsy Boswell 0.97 Pole Vault M45 Jack Butler 3.05 M60 Johnston Ewing 2.90	W45 Janine Campbell ctw 34:17 W50 Sandra DeNoon fac 30:52 W50 Sandra Hults 35:05 KEY TO CLUBS	M75 Norman Meeker 400m W19 Sophia Jackson	47.15 55.65	M70 James Oglesby Benj Jiminez* Discus W50 Sheryl Norton*	11.79 6.70 12.76	Meet, Winston-Salem, NC July 8
Discus W60 Karen Wright 63 54-1 M45 Tim Taylor 45 86-11.5 Mike Kınsella 45 86-9.52	Long Jump M40 Tommy Washington 4.88 M60 Dean Tutor 4.32	br = Blazing Ravenz cfs = Central Florida Striders cfw = Central Florida Walkers cr = Cool Running	Shaina Pelham Silas Letita M19 Devin Wilson Matthew Pflaum	56.35 56.63 54.21 54.59 56.27	Lindá Calogero W55 Jean Oglesby M35 Henry Kupcyk Scott Manas*	11.29 15.30 24.36 15.33 36.28	SP/DT/HT/JT/WT Gerald Vaughn 69 14.20/-/-/- Tom Steed 64
Shot Put W30 Jody Coleman 32 25-9.5 W40 Donna Forward 44 19-3 W60 Karen Wright 63 21-10.5	W60 Carol Stricklin 2.78 W65 Betty Boswell 2.90 Shot Put 4.39	dm = Dallas Masfers ds = Dynasty Sports fac Florida Athletic Club	Ryan Truchelut* M30 Charles Oswald M35 Scott Manas* M40 Alonzo Ponder	1:41.39	M45 James Matthews Jose Ortiz Reggie Williams M50 Robert Holtz	21.73	12.72/38.18/34.26/26.24/14.00 John von Rohr 57 12.12/37.94/-/15.70
W60 Karen Wright 63 21-10.5 M40 Gary Foti 43 39-7 Brian Fite 40 33-9 M45 Mike Kinsella 45 32-10	M50 Phil Campbell 9.16 M55 Ken Toy 9.45 W60 Carol Stricklin 6.13	fs = First Step fsr = Fit Studio Running rp = Running Pride	Charles Williams M55 Jose Santana* Eugene Truchelut*	58.31 72.94 77.14	Wm Dimitrouleas Gerry Held M55 Lloyd Long	35.18 29.20 21.42 31.58	Larry Horine 74 11.74/33.10/-/34.71/- Mike Valle 64 11.50/39.10/41.10/31.33/15.43
Philadelphia Masters T&F Association Meet, Plymouth Whitemarsh H.S.	M50 Phil Campbell 35.54 M55 Ken Toy 29.01 M70 Burns Landess 23.07 W60 Carol Stricklin 17.65	Potomac Valley TC Meet McLean, VA; June 12	M65 Don Scherer Joe Shanahan* Miro Mitusina*	93.00	David Grossman* Robert Jacobsohn* M65 Ray Lebowitz M70 James Oglesby	29.88 28.76 23.67 35.13	Tom Henley 62 11.05/45.34/-/-/- Malcolm Reese 62 10.48/38.17/-/-/-
June 28 (All times handheld) 100m	Javelin M50 Phil Campbell 39.17 M55 Ken Toy 26.08	M30 Adam Alderton 11.3 M35 Ricky Ervins 11.6 M40 Jeff Gold 11.8 M45 Kirk Gordon 16.4	M70 George George* M75 Norman Meeker 800m W30 Sonja Friend-Uhl	2:09.36	Benj Jiminez Javelin W50 Sheryl Norton W65 Loyda Jiminez	19.09 14.58 8.63	Bill Gramley 69 10.20/39.84/33.63/-/13.42 Gordon Herbert 59 9.67/26.08/-/29.16/-
M45 Lovell Butler 11.6 Howard Bolton 13.3 Wayne Demore Sr 13.8 Michael Patterson 21.7	W60 Carol Stricklin 20.37 USATF/FL T&F Champion-	M50 James Moreland 17.4 W40 Terri Rath 14.8 200m M30 Aaron Hayes 23.9	M19 Ryan Truchelut* M30 Charles Oswald M35 Brian Hickey* Scott Manas*	2:07.49 2:21.36 2:19.86 4:24.85	M30 Rob Fellman M35 Henry Kupcyk Scott Manas*	46.84 25.55 18.18	Davis Speaks 41 -/32.68/24.75/37.96/- Rebecca Vaughn 60
M50 Terry McKechnie 12.4 Gary Arend 13.1 Steve McDermott 13.6	ships, National Training Ctr. Clermont, Fiorida; June 11 (←All American; #=FL Record) 100m	M40 Darnell Smith 24.8 400m M40 Darnell Smith 54.8	M40 Charles Williams M50 Patrick Casey* M55 Eugene Truchelut*	2:28.07 2:21.85 2:55.82	M40 Dan Slankard Gary Fulton M45 Jose ortiz M50 Edward Calabello	46.45 34.54 44.39 46.66	6.19/-/-/- MIDWEST
Ed Price 13.7 John Silan 13.7 Russ Patton 14.0 M60 Fred Edelstein 13.8	M30 Jonathon Carter+ 10.86 Jeff Mack 11.13 M35 Alex Acosta+ 11.01	M45 Steve Easley 1:03.3 M50 James Moreland 1:20.8 W30 Bridget Johnson 58.4 W45 Julie Hayden 1:06.4	M75 Norman Meeker Martin Quinn*	3:35.70 3:47.50 3:33.34 4:27.44	Nate Robinson Robert Holtz M55 Isreal Tepper	41.59 35.17 30.58 27.00	USATF Michigan Association Masters T&F Championships
M65 Bill Bittner 13.3 W60 Barbara Leighton 16.7 Mile	M40 Orlando Matthews 11.89 Kerry Jackson fs 13.57 M45 Bernard Scott 12.92 John Holzman ao 13.72	800m M40 AndrewLangowski 2:29.9 M45 George Buckheit 2:18.5 M50 Bruce Hamilton 2:14.3	1500m W19 Colleen Newton W30 Sonja Friend-Uhl M30 Charles Oswald	5:46.15 4:32.90 5:12.47	M60 Lewis Hoffman M70 James Oglesby Benj Jiminez	25.90 29.23 22.38	Big Rapids; June 18 100m M35 David Bowers 11.7
M35 John Mehl 5:26.8 Ed Chan 5:31.9 M40 Kevin Forde 4:57.3	M50 Bobby Terrell 12.82 Rick Riddle dm 12.98	W30 Erica Nemmers 2:18.9 W45 Julie Hayden 2:30.7	M35 Brian Hickey* M40 Kevin Beck Miguel Dias	4:54.40 4:26.75 5:03.15	Carolinas T & F Clu Charlotte, NC; Jui	b Meet	M40 Dean Clemons 13.3 M45 Rodney Wilson 12.3 Paul Zelmanski 12.9
M50 Terry Permar 5:00.8 Craig Holm 5:14.7	William Benford ? ? ? ? Robert Norton fac 14.98 W35 Amy Haddad rp 14.24	M35 Malcolm Lester 5:05.6 M40 Jay Sweet 5:02.6 M45 Curtis Davis 5:12.2 M50 Bruce Hamilton 4:55.5	Craig Davis M60 Danvers Long* M70 AldoViravo	5:12.73 5:37.62 5:55.87 6:29.68	100m M30 Daryl Mitchell M35 Tecumseh Peete	11.84 11.12	M50 Ernie Snodgrass 13.0 M60 Ray Bentley 15.5 M75 Chuck Sochor 17.4
M90 Frank Levine 11:44.3 W40 Lorraine Jasper 5:18.0 W45 Joan Affleck 6:29.1	W45 Bonnie Holzman fac 18.35 W50 Jocelyn Lowther+ fac 14.28 W55 Joan Truchelut fac 19.25 200m	M55 J J Wind 6:37.7 M60 Jim Noone 5:50.3 3000m M30 Karsten Brown 10:52.8	M75 Martin Quinn* 3000m M30 Charles Oswald M35 Aldo Virano	8-11-54	M40 Marcus Shute M45 Alan Sigmon M50 Anthony Searles M55 Greg Marshall	11.68 15.31 12.00 12.81	M35 David Bowers 23.9 M40 Steve Gallero 28.6
400m M45 Bob Trojak 1:05.8 Tom Yunker 1:07.2 M50 Russ Patton 58.2	M30 Jeff Mack 24.07 M35 Aaron Prather+ 22.96 M40 Fran Kester 27.20	M35 Malcolm Lester 10:08.6 M40 Ted Poulos 10:49.1 M45 Kirk Gordon 12:19.2	M40 Kevin Beck Miguel Dias	10:41.95	M60 Sam Hall M75 Larry Greco W40 Regina Richardson	13.11 18.26 13.69	M45 Jeff Ziel 28.8 M50 Ernie Snodgrass 27.0 M55 Al Arnold 32.1 M60 Leon Savenas 29.5

100m	
M35 David Bowers	11.7
M40 Dean Clemons	13.3
M45 Rodney Wilson	12.3
Paul Zelmanski	12.9
Jim Carr, Jr	19.0
M50 Ernie Snodgrass	13.0
M60 Ray Bentley	15.5
M75 Chuck Sochor	17.4
200m	
M35 David Bowers	23.9
M40 Steve Gallero	28.6
M45 Jeff Ziel	28.8
M50 Ernie Snodgrass	27.0
M55 Al Arnold	
M60 Leon Savenes	32.1

Ray Bentley M75 Chuck Sochor

400m M40 Steve Gallero M45 Jeff Ziel M60 Leon Savenas -W40 Pamela Malmsten

W40 Pamela Mainsten 800m M50 Wally Barnowski M55 Al Arnold M65 Rod Smith 1500m M35 Williams Walters M40 Jamey Lubdell M50 Wally Barnowski M55 Mitchell Garner Bruce Watson Al Arnold M65 Rod Smith 5000m M35 Williams Walters

Al Amoid
M65 Rod Smith
5000m
M35 Williams Walters
M35 Williams Walters
Bruce Watson
Short Hurdles
M45 Paul Zelmanski
M75 Chuck Sochlor
W35 Vikixi Michell
Long Hurdles
W35 Vikixi Michell
M75 Chuck Sochor
High Jump
M35 Guy Stockard
M40 Dean Clemons
M55 Dave Knot
M60 Ray Bentley
W35 Vikixi Michell
Pole Vault
M50 Bob Levering
M55 Matti Kilpelalnen
M60 Howard Booth
Long Jump
M45 Paul Zelmanski
M60 Howard Booth
Ray Bentley
W75 Chuck Sochor
Shot Put
M35 Tobias Pallett

Chuck Sochor
Put
Tobias Pallett
Marty Malcom
Eric Seel
Robert O'Higgens
Larry Munski
Don Bailey
Toby Bedford
Hilary Goerge
Jerry Bowersox
Karlis Ezerins
Monica Thornton

5 Monica Thornton 5 Eric Forshaw Marty Malsom 5 Eric Seel 6 Don Bailey Robert O'Higgins Paul Walderzak 10 Hilary Goerge 6 Karlis Ezerins 5 Joan Berman 1 Marty Maldolm 5 Robert O'Higgins Larry Munski Paul Walderzak 1 John Partridge 1 Hilary Goerge Dave Knott Jerry Bowersox 1 Jerry Bowersox

Jerry Bowersox
Javelin
M40 Dean Clemons
Steve Gallero
M45 Rodney Wilson
M50 Mark Ewiek
M55 Dave Knott
Hilary Goerge
M60 Ray Bentley
M75 Karlis Ezerins
W45 Monica Thornton
W65 Joan Berman

15th Annual Dayton Masters

T&F Classic, Perc Welcome

T&F Classic, Perc Welcome
Stadium, Dayton, OH July 9
(* Meet Record)
100m
W50 Mary Jilka * 15.1
W55 Carol Simons 42.2
M30 Kelvin Riiggins 11.5
M35 Robert Thomas 10.9
Whit Whitaker 11.7
Tim Wilson 12.6
M45 Wurt Koehiler 12.9
Tom Lange 13.4
Lawrence Finley 14.4
M55 Michael Daniels 12.6
Lioyd Hathoock 12.6
David Shields 13.6
M60 Clarence Ray * 12.8
Allen Hult 13.2
Larry Howell 13.9
Bruce Cosmik 15.6
M75 Bytord Reed 15.9
200m
W50 Mary Jilka 33.9

Larry Howell
Bruce Cosmik
M75 Byford Reed
200m
W50 Mary Jilka
W80 Ernestine Yeomans
M30 Kelvin Riggins
M35 Robert Thomas
Whit Whitaker
M40 Douglas Hock
M45 Joe Schwieterman
Lindsey Thurmond
Tom Lange
M55 Michael Daniels
Lloyd Hathcock
M60 Larry Howell
Bruce Cosmik
M65 Harry Tolliver
M75 Byford Reed
400m

M75 Bylord Heed
400m
W40 Susan Maack
W80 Ernestine Yeomans
M30 Gordon Benning
M35 Robert Thomas
Wayne Lawrence
Whit Whitaker
Paul Organ
Lawrence Finley
M50 Walter Hawkins
Fritz Yunck
M55 David Jones
M60 Allen Huft *
800m
W80 Ernestine Yeomans
M40 Brad Kenney

Shot M35

M50 M55 M75 W45

Disc M35

M50 M55

10

32.3

1:07.4 1:04.0 1:05.0 1:11.0

4:54.3 4:40.5 4:58.4 5:03.9 5:19.8 5:39.7 5:52.6

18:26.7 17:52.2 18:55.0

20.1 19.5 20.7

1.73 1.68 1.37 1.07 1.37

2.74 3.66 2.85

4.69 4.21 3.97 3.52

14.22 13.32 8.67 13.38 12.10 12.00 10.85 13.51 9.46 10.08

54.28 36.47 27.40 38.98 38.61 35.80 41.50 41.10 32.10 19.03

34.62 45.99 31.18 29.71 41.29 37.52 34.06 33.20

45.55 35.88 32.62 49.40 37.72 31.90 19.77 26.98 14.60 13.47

33.9 1:59.0 25.3 22.7 24.4 28.8 25.7 26.4 27.7 26.8 29.9 30.2 34.2 27.1 35.1

80.2 4:02.2 52.7 49.5 54.4 54.8 59.4 71.2 61.9 68.5 67.0 60.5

M80 Fred Hirsimaki
Long Jump
M35 Whit Whitaker
M50 Tim Walters
George Gustovich
Jerry Boswell
John Jones
William Butzin
M75 Cliff Dickman
M80 Fred Hirsimaki
Triple Jump
M50 George Gustovich
M55 Jerry Boswell
Robert Juett
M60 Phineas Anderson
M80 Fred Hirsimaki
1500 Racewalk
W55 Carol Simons
M55 William Butzin
M65 James Lagger
M75 Samuel Mukes

MID-AMERICA Jolly Jogathan Marysville, KS; June 5

Marysville, KS; Ju
60m
M30 Shawn Dolezilek
M40 Rodney Robison
M50 Ernie Snodgrass
W30 Holly Haufler
W50 Cheryl Uhrmacher
100m
M30 Shawn Dolezilek
M40 Jeff Hageman
M50 Ernie Snodgrass
W30 Holly Haufler
W50 Cheryl Uhrmacher
200m
M40 Jeff Hageman
M50 Ernie Snodgrass
W30 Kelly Knight
W50 Cheryl Uhrmacher
400m
M40 Jeff Hageman
M80 Bill Perish
W50 Cheryl Uhrmacher
400m
M40 Jeff Hageman
M80 Bill Perish
W50 Cheryl Uhrmacher
800m
M40 Rod Zook

6:15.09

11.82

17-7.50 12-4.50 10-1.50 14-4 4-6

29-5.25

53-5 40-9.50 32-3.50 40-2.50 24-2 22-7 27-1 19-5

148-11

Augu	st 2005	August 2005
Charles Green M40 Trent Hagler	11.67 11.36	M45 Benedict Olusola Donald Keller
Andrew Seach Dudley Wright	11.36 12.56 12.76 12.40	Ricardo Alanis M50 Sergio Angulo M55 Dennis Schmitt
James Fountain	12.66 13.00	M55 Dennis Schmitt M60 Ray Kozusko Bob Lewis
M50 Rick Riddle John Dolan Sergio Angulo	13.28 13.51	M65 James Tinelli Don Isett Luis Guiterrez
M55 Paul Blankenship Clint Harris M60 Don Denson	13.58 13.61 13.08	M75 Ed Williams M80 Adolph Hoffman
M65 Wayne Bennett Mack Stewart	14.08 13.29 13.45	W85 Armando Estano W35 Sarah Boyd W65 Rosa Fuentes
Hoy Eisenbach	15.64	Triple Jump M30 Eustace Isidore M45 Monzell Baker
Salvador Perez M75 Wilford Scott M80 Bob Wingo	18.68 15.87 18.68	Donald Keller Rocardp Alanis M50 Sergio Angulo
W30 Carol Aikels	12.67	M60 Bob Lewis
W35 Sarah Boyd W45 Rose Seach	13.90 18.37	M65 Pete LaBarge Jerrol Springer W35 Sarah Boyd Shot Put
M30 Robert Draper	21.78 23.15	M40 Brian Suter J Nicholopoulos Cecilio Lopez Ja
Joe Kralik Sean Williams M35 Derwin Hall	26 60	M45 Rick Roberson David Bolles
M35 Derwin Hall Reggie Pendland Charles Green M40 Trent Hegler David Jones David Smith	23.88 24.15 24.31 23.32 23.49 25.04 27.48	Bill Paye M50 Dan Roloff John Stilbert
David Jones David Smith	23.49 25.04	Miguel Contreras M60 Jeff Harrell Eulogio Arroyo David Moore
Keith Kishbaugh	21.02	M65 Jerrol Springer Victor Valles
M50 Rick Riddle Jerry Briggs M55 Clint Harris	25.87 30.28 28.11	M70 Dean Hesse
Paul Blankenship John Dion	29.08 29.18	James Carney M75 Jim Gerhardt Agopito Rocha M80 Adolph Hoffman
M60 Don Denson M65 Wayne Bennett Mack Stewart	28.11 36.55 27.98	M80 Adolph Hoffman Guy Sievert M85 Armando Estano
Kent Acord M50 Rick Riddle Jerry Briggs M55 Clint Harris Paul Blankenship John Dion M60 Don Denson M65 Wayne Bennett Mack Stewart Don Isett M70 Herbert Acord M80 Bob Wingo W30 Carol Aikels	32.18 36.55 41.56	W45 Carol Finsrud W50 Yolanda Hernand W55 Elena Proa
W40 Lisa Mane hender	26.94 38.35	Teresa Rodrigue W65 Bertha Guereca
M30 Yancy Culp M40 David Jones	54.64 51.07 54.97	Rosa Puentes Discus M40 Dave Rothenburg
Bill DeLoache Henry Landry M45 Howard Knaub	54.97 57.21 1:03.49	Brian Suter Cecilio Lopez Jan M45 David Bolles
M50 Larry Donehower Dave Moore	59.55 1:02.99	Ricardo Alanis M50 Lynn Becker Roger Conboy
Henry Landry M45 Howard Knaub M50 Larry Donehower Dave Moore Jerry Briggs M55 John Dion M65 Mack Stewart W35 Dionne Bruff W40 Liz McIllece W45 Betsy Fiedler 800m	1:06.99 1:02.39	Dan Roloff M60 Jeff Harrell David Moore
W35 Dionne Bruff W40 Liz McIllece W45 Betsy Fiedler	1:00.70 1:29.49 1:18.29	M65 Pete LaBarge
M30 Yancy Culp M40 Barry Coffman	2:06:38	Jerrol Springer Carlos Viojo M70 Dean Hesse
M30 Yancy Culp M40 Barry Coffman M45 Tom Sherwood Wayne Rutledge Bill Paye M50 Dave Moore	2:11.06 2:30.99	James Carney M75 Jim Gerhardt
M50 Dave Moore M55 Bill Lewis Davis Phillips	2:31.17 2:49.22 3:04.22	Agopito Rocha M80 Adolph Hoffman Guy Sievert W45 Carol Finsrud
M65 Mack Stewart W40 Liz McIllece W45 Barbara Ross	2:30.44 3:32.02	W50 Yoland Hernande W55 Elena Proa
1500m M35 Jamin Carson		W65 Bertha Guereca W70 Phyllis Provost
1500m M35 Jamin Carson M50 Jose Martinez W40 Lynn Doelger 3000m	5:02.18 5:36.19	M40 Dave Rothenburn Rick Cawley
M35 Jesse Devlyn M45 Tom Sherwood	10:05.17 9:54.75 10:03.72	M45 David Bolies Ricardo Alanis M50 Roger Conboy Dan Roloff
Ricardo Alanis M50 Jose Martinez	10:10.32 10:34.90	Dan Roloff John Stilbert M55 Dannis Schmitt
W40 Lynn Doelger W55 Eloina Trevino	11:52.68 13:19.27	M60 Jeff Harrell Ray Kozusko
Short Hurdles M40 Kerry Sloan M50 Sergio Angulo	15.07 14.60	M55 Dannis Schmitt M60 Jeff Harrell Ray Kozusko Eulogio Arroyo M65 Pete LaBarge James Tinelli Carlos Viejo M70 Jack Parker M75 Jim Gerbardt
M60 Bob Lewis W40 Lisa Marie Render	19.77 21.87	Carlos Viejo M70 Jack Parker M75 Jim Gerhardt
M30 Jeff Welty M35 Don Drummond	44.99 38.32	Agopito Rocha M80 Adolph Hoffman Guy Sievert Weight Throw
M40 Kerry Sloan M45 Brian Shilcutt	38.75 50.13 50.13	Weight Throw M40 Dave Rothenbury
M50 Sergio Angulo Lamar Galloway W35 Sarah Boyd	47.77 50.57 57.24	M40 Dave Rothenbury Brian Suter M45 Ken Jansson Rick Roberson M50 Dan Roloff
MSU Jose Martinez W40 Lynn Doelger 3000m M55 Jesse Devlyn M45 Tom Sherwood Mac Allen Ricardo Alanis M50 Jose Martinez Don O'Neal W40 Lynn Doelger W55 Eloina Trevino Short Hurdles M40 Kerry Sloan M50 Sergio Angulo M60 Bob Lewis W40 Lisa Marie Render Long Hurdles M30 Jeff Welty M35 Don Drummond Chris Grant M40 Kerry Sloan M45 Brian Shilcutt M40 Kerry Sloan M45 Brian Shilcutt M50 Sergio Angulo Lamar Galloway W35 Sarah Boyd 4x100m Relay M35 SW Sprinters (Drummond/Hagler/ Jones/Hall) M40 Houston Elite B	5:00.31 5:02.18 5:02.18 5:36.19 10:05.17 9:54.75 10:03.72 10:10.32 10:34.45 11:52.68 13:19.27 15.07 14.60 19.77 21.87 44.99 38.32 38.75 50.13 47.77 50.57 57.24 42.91	M50 Dan Roloff Miguel Contreras
Jones/Hall) M40 Houston Elite B	45.84	M50 Dan Roloff Miguel Contreras M60 Eulogio Arroyo M65 Pete LaBarge Victor Valles Jerol Springer M75 Agopito Rocha M80 Adolph Hoffman W45 Carol Finsrud W50 Yolanda Hernand W55 Elena Proa Teresa Rodriguez Superweight
(Green/Syms/Landr Sioan) High Jump	γ/	M75 Agopito Rocha M80 Adolph Hoffman
M40 Gregg Mercier Stefan Steffansson M45 Benedict Olusola	6-0 5-2 5-4	W45 Carol Finsrud W50 Yolanda Hernandi W55 Elena Proa
Don Arnold M60 Ray Kozusko Boh Lewis	4-4 4-6	Teresa Rodriguez Superweight M45 Ken Jansson
M65 Don Isett Jerrol Springer	4-6 4-0	Teresa Rodriguez Superweight M45 Ken Jansson M50 Dan Roloff M60 Eulogio Arroyo M65 Victor Valles M80 Adolph Hoffman W45 Carol Finsrud W50 Yolanda Hernand W55 Beresa Rodriguez
M75 Ed Williams M80 Adolph Hoffman	3-8 3-8 3-2	M80 Adolph Hoffman W45 Carol Finsrud
M30 Kris Allison M40 Grego Mecier	N/A 9-6	W50 Yolanda Hernand W55 Reresa Rodrigue: Elena Proa 1500m RW
M45 Brad McFarling	9-0	M40 Alberto Medina
Don Arnold M50 John Worcester	11-0 12-6	M55 Benjamin Lopez M60 Jorge Herrera
M55 Clint Schmitt Dennis Schmitt Robert Duncan	9-6 9-6 8-0	M70 Salvador Perez M75 John O'Sullivan
M60 Stephen Warr Richard Evans	10-6 9-0	M85 Armando Estanol W40 Victoria Cruz
M65 James Tinelli Don Isett	9-6 8-6	1500m RW M40 Alberto Medina M45 Ricardo Alanix M55 Benjamin Lopez M60 Jorge Herrera M65 John Knottin M70 Salvador Perez M75 John O'Sullivan M85 Armando Estanol W40 Victoria Cruz W45 Maria Cruz W50 Delia Vargas W60 Bertha Guereca 3000m RW
M80 Adolph Hoffman Long Jump	7-0 6-0	3000m RW M40 Alberto Medina M45 Ricardo Alanis
4x100m Relay M35 SW Sprinters (Drummond/Hagler/ Jones/Hail) M40 Houston Elite B (Green/Syms/Landr Sloan) High Jump M40 Greeg Mercier Stefan Steffansson M55 Benedict Olusola Don Arnold M60 Ray Kozusko Bob Lewis M65 Don Isett Jerrol Springer Luis Gutierrez M75 Ed Williams M80 Adolph Hoffman Pole Vault M30 Kris Allison M40 Gregg Mecier Doug Niels M45 Brad McFarling Coy Akers Don Arnold M50 John Worcester M55 Clint Schmitt Dennis Schmitt Robert Duncan M60 Stephen Warr Richard Evans Bob Lewis M65 James Tinelli Don Isett M75 Ed Williams M80 Adolph Hoffman Long Jump M40 Alan Sims	18-9.50	M55 Benjamin Lopez

		Natio
M45 Paul Organ M50 Curtis Caughey Walter Hawkins Fritz Yunck M55 David Jones Ronald Ruffin Al Arnold	2:12.5	M80 Bill Perish W30 Kelly Knight
Walter Hawkins	2:35.0	1600m
Fritz Yunck	2:42.1	W30 Brenda Peschel 3200m
M55 David Jones Ronald Ruffin	2:40.0	M60 Ron Grauer W30 Brenda Peschel
Al Arnold	2:58.8	W30 Brenda Peschel
1500m M40 Brad Kenney M45 Kurt Koehler M50 Curtis Caughey Steven Barker M55 David Jones 3000m	5:23.2	Short Hurdles W30 Holly Haufler
M45 Kurt Koehler	6:52.0	W30 Holly Hauner High Jump M40 Lyle Whitaker M60 Jerrol Springer W30 Holly Haufler W50 Cheryl Uhrmacher Pole Vault M40 Mark Breault W30 Angle Cohorst
Steven Barker	6:06.6	M60 Jerrol Springer
M55 David Jones	5:37.6	W30 Holly Haufler
M45 Bill Valenzano	10:07.8	Pole Vault
M50 Curtis Caughey	10:16.2	W30 Angie Cohorst
M45 Bill Valenzano M50 Curtis Caughey M55 Ronald Ruffin Al Arnold	12:30.4	
Hurdles M45 Joe Schwietermai M50 Tim Walters * M60 Phineas Andersor M80 Fred Hirsimaki * Javelin	168	M30 Shawn Dolezilek M50 Bruce Busing M60 Jerrol Springer W30 Angie Cohorst W30 Holly Haufler
M50 Tim Walters *	14.9	M60 Jerrol Springer
M60 Phineas Anderson	1 21.2	W30 Angle Conorst W30 Holly Haufler
Javelin		Triple Jump W30 Angie Cohorst
W30 Tinette Chambers	76' 5"	Shot Put
M45 Kurt Koehler	107'8"	M30 Mike Stang M40 Rick Anderson
M50 Tim Walters M55 Dave Knott	121'2"	M50 Charlie Eberspacher
Robert Juett	96' 0"	M60 Dick Pilgrim
M60 Mickey Bitsko	88'11"	W30 Anita Mick
Javelin W30 Tinette Chambers W55 Mary Hartzler M45 Kurt Koehler M50 Tim Walters M50 Dave Knott Robert Juett William Butzin M60 Mickey Bitsko M75 Cliff Dickman M80 Fred Hirsimaki Discus	60' 4"	M60 Dick Pilgrim M80 Bill Trimmell W30 Anita Mick W40 Cindy Thorson W60 Vera Gushard
Discus	09 3	Discus
W30 Tinette Chambers	90'51/2"	M30 Mike Stang M40 Rick Anderson M50 Bob Maltby
W65 Rita Matz	59'81/2"	M50 Bob Maltby
M30 Loren Burkey *	150' 11"	W60 Vera Gushard Javelin
M45 Kurt Koehler	103' 91/2"	M30 Darwin Gushard
Earl Curry	96'81/2"	M40 Jon Williams M60 Jerrol Springer
M55 Dave Knott	109' 10"	M80 Jay Hays W30 Kelly Knight
William Butzin	104' 51/2"	W30 Kelly Knight W40 Kayelynn Degenhardt
Mickey Bitsko	32' 101/2"	WWW Rayeryini Degennardi
M75 Cill Dickman M80 Fred Hirsimaki * Discus W30 Tinette Chambers W55 Mary Hartzler * W65 Rita Matz M30 Loren Burkey * M35 David Witt M45 Kurt Koehler Earl Curry M50 Tim Walters M50 Dave Knott William Butzin M60 Loarn Robertson Mickey Bitsko Bill Meacham M65 Ronald Small Paul Deem, Sr William Edwards M70 Everett Hardy Cyrus Deem M75 Clift Dickman * Shot Put W30 Tinette Chambers W456 Tinette Chambers	121' 91/2"	Iowa Senior Olymp
Paul Deem, Sr	118' 10"	W. Des Moines; June
M70 Everett Hardy	115'71/2"	50m
Cyrus Deem	95' 71/2"	M50 Paul Matzen M55 Steve Dakin M60 Ed Fielman
Shot Put	85 1 1/2	M60 Ed Eielman
M75 Cliff Dickman * Shot Put W30 Tinette Chambers W55 Mary Hartzler * W65 Rita Matz M35 David Witt M45 Earl Curry Kurt Koehler M50 Tim Quinn Tim Walters M55 William Butzin Paul Bulord Loarn Robertson * Mike Creagar Mickey Bitsko M65 William Edwards Paul Deem, Sr M70 Cyrus Deem M75 Pete Augsburger * Cliff Dickman Allen Ward Pole Vault M30 Ben Shaffer	29'3"	M60 Ed Eielman M65 Mike Murphy M70 Robert Conzemius M75 Darrell Mitchell M80 Melvin Larsen
W55 Mary Hartzler * W65 Rita Matz	26' 1"	M75 Darrell Mitchell
M35 David Witt	33' 51/2"	M90 Adoolh Peschke
M45 Earl Curry Kurt Koehler	31'81/2"	
M50 Tim Quinn	42' 1/2"	W55 Denise Miller W60 Barbara Allison W70 Rosemary Dejoode
M55 William Butzin	35.9"	W70 Rosemary Dejoode W75 Frances Young
Paul Buford	25' 11"	W75 Frances Young
M60 Loarn Robertson *	43' 4"	MEO David Materia
Mickey Bitsko	40' 11"	M50 Paul Matzen M55 Mike Lyod TX David Brown M60 Les Lane
M65 William Edwards Paul Deem, Sr	33' 101/2"	M60 Les Lane M65 Mike Murphy M70 Robert Conzemius
M70 Cyrus Deem	35' 11/2"	M70 Robert Conzemius
M75 Pete Augsburger * Cliff Dickman	33' 1/2"	I M80 Melvin Larsen
Pole Vault	27' 111/2"	M90 Adolph Peschke W50 Kay Glynn W60 Barbara Allison
Pole Vault M30 Ben Shaffer M45 Jack Grubb Dow Rogers M50 Tom Stover	14'0"	W60 Barbara Allison
M45 Jack Grubb	11'0"	W70 Rosemary Dejoode W75 Frances Young
M50 Tom Stover Rick Christoph	12.0	
Rick Christoph	12' 0" 12' 0" 9' 6" 5' 6"	M55 John Bartello
M80 Fred Hirsimaki *	5'6"	M60 Les Lane
High Jump M35 Albert Ignacio	6'0"	M50 Paul Matzen M55 John Bartello M60 Les Lane M65 Bill Joslyn M70 Robert Conzemius
High Jump M35 Albert Ignacio M45 Barry Ward M50 George Gustovich M55 Al Gabbard * Robert Juett Dave Knott Paul Buford Jerry Boswell M50 Phineas Anderson M75 Cilit Dickman	5.0.	M75 Darrell Mitchell M80 Melvin Larson
M50 George Gustovich	4' 6"	W50 Kay Glynn
Robert Juett	4'8"	W60 Barbara Allison W70 Carolyn Dodd W75 Frances Young
Dave Knott	4'6"	W70 Carolyn Dodd W75 Frances Young
Jerry Boswell	3'2"	1 400m
M60 Phineas Anderson	4'0"	M50 David Miller M55 John Bartello M60 Ed Dieleman
M80 Fred Hirsimaki *	4'0"	M60 Ed Dieleman
Long Jump M35 Whit Whitaker M50 Tim Walters	1710 4107	M65 Bill Joslyn M70 Robert Conzemius
M50 Tim Walters	16' 9 2/4"	M75 Darrell Mitchell

17' 6 1/2" 16' 8 3/4" 16' 8 3/4" 17' 1/2" 15' 1 3/4" 7' 10 1/4" 10' 1/4" 10' 5"

vich 31' 8" 32' 10" 26' 4 3/4" 25' 11" 23' 4 1/4"

14:37.7 11:53.0 9:13.6 16:43.1

9.65 9.82

12.21 12.03 13.09 15.56 16.75

24.08 26.53 33.65 36.08

54.58 1:23.78 1:35.6h

2:08.12

Javelin	44-4	9
M30 Danvin Gushard	108-0 137-0 74-3 81-3	
M60 Jerrol Springer	74-3	1
M80 Jay Hays W30 Kelly Knight		~
W40 Kayelynn Degenhard	45-6 it 67-4	
Iowa Senior Olym	pics	2
W. Des Moines; Jun	e 9-12	
50m		N
M50 Paul Matzen M55 Steve Dakin	7.07 7.88	
MICO FAFI-I	8.07 8.31	V
M65 Mike Murphy M70 Robert Conzemius	7.68	W
M65 Mike Murphy M70 Robert Conzemius M75 Darrell Mitchell M80 Melvin Larsen M90 Adoplh Peschke W50 Kay Glynn	7.68 9.53 8.28 18.22	28888
M90 Adopih Peschke	18.22	N
W50 Kay Glynn W55 Denise Miller	8.15 11.41	M
W60 Barbara Allison		N
W70 Rosemary Dejoode W75 Frances Young	11.97 14.53	
100m M50 Paul Matzen M55 Mike Lyod TX	1260	252222
M55 Mike Lyod TX David Brown	13.07	N
M60 Les Lane	13.07 19.00 12.74 14.91	V
M60 Les Lane M65 Mike Murphy M70 Robert Conzemius	14.91	Ň
M80 Melvin Larsen	12.32	
M90 Adolph Peschke W50 Kay Glynn	37.63 14.88	N
W60 Rarbara Allison	17.75	N
W75 Frances Young	14.91 13.88 12.32 37.63 14.88 17.75 22.91 27.69	8
200m		Ň
M50 Paul Matzen M55 John Bartello M60 Les Lane	32.66	N
M60 Les Lane M65 Bill Joslyn	33.60	W
M70 Robert Conzemius	29.43	i
M75 Darrell Mitchell M80 Melvin Larson	33.24	N
M60 Les Lane M65 Bill Joslyn M70 Robert Conzemius M75 Darrell Mitchell M80 Melvin Larson W50 Kay Glynn W60 Barbara Allison W70 Carolyn Dodd W75 Frances Young 400m	31.25	W
W70 Carolyn Dodd	1:00.50	5
W75 Frances Young 400m	1:13.22	200000000000000000000000000000000000000
M50 David Miller	1:03.50 1:09.04	S
M60 Ed Dieleman	1:15.63	Ň
M/U Hobert Conzemius	1:07.79	N
		222
M50 David Miller M55 John Bartello	2:24.93 2:27.03 2:56.91 2:45.00	N
M55 John Bartello M60 Ed Dieleman	2:27.03	
M60 Ed Dieleman M65 Mike Bender M70 Alvin Ravenscroft	2:45.00	Ĥ
W55 Roberta Blakeman	3:10.04 3:34.92	NH NA
1500m M50 Gree Madison	5:34.08	
M50 Greg Madison M55 John Bartello M60 Ed Dieleman M70 Alvin Ravenscroft	5:04.34	22250222
M70 Alvin Ravenscroft	6:12.05	N
High Jump	4-8	P
M60 Les Lane	4.6	Ň
M65 Jerrol Springer KS Al Matheis IL	3-4	M
Al Matheis IL M70 Lyle Pfaff KS M75 Frank Bollinger MO W50 Kay Glynn	4-2 3-4 3-8 3-6	M
W50 Kay Glynn Long Jump M50 Paul Matzen	4-4	22722
M50 Paul Matzen	12-3.50	N
M55 Tarry Cory	15-7	N
M65 Richard Angove	15-4 8-4.25	N
M70 Lee Kane M75 Frank Bollinger MO	8-5 8-9	N
W50 Kay Glynn	14-4	Ň
W50 Kay Glynn W70 Rosemary Dejoode W75 Frances Young Shot Put	6-2.50 3-7.50	v
Shot Put M50 Matt Byrnes M55 Tarry Cory	37-9	XT 222228822
M60 Jack Strong	37-9 33-3	Ň
M60 Jack Strong M65 John Haarlung	33-8 31-3 29-2	N
M65 John Haarlung M70 Stanley Sheichel M79 Donald Huffman M80 Howard Dewell IL M90 Adolph Peschke	31-4	N
M80 Howard Dewell IL M90 Adolph Peschke	31-4 21-8	V
W50 Linda Rowe W55 Barb Tiedemann	14-9 30-2	S
W60 Lois Kolbe	26-10	N
W65 Leona Gaines	8-10 16-7	N
W65 Leona Gaines W70 Nancy Baker W75 Frances Young	16-1 9-5	
M50 Bruce Schenck	82-3	N
M55 Tarry Cory	114-7	

al M	asters News		
19.25	M60 Ronald Wheeler M65 Richard Angove	111-5 98-5	1
15.09	M70 Stanley Whelchel	98-5 92-1 65-1 72-7 42-5	N
49.08	M80 Howard Dewell IL M90 Adolph Peschke	42-5 96-6	
26.0h	M80 Howard Dewell IL M90 Adolph Peschke W50 Linda Rowe W55 Barb Tiedemann W65 Leona Gaines W70 Nancy Baker	60-6	V
5-0 3-8	W65 Leona Gaines W70 Nancy Baker W75 Frances Young 5K Road Race	38-1 35-3 20-0	y
3-8 4-6 3-9	W/76 Naincy Saker W/75 Frances Young 5K Road Race M50 Greg Madison M55 John Bartello M60 Tom Kirkwood M70 Abin Ravenscroft	20:33 19:04	22204
12-0 5-6			١
The second second	MEE David Brown	1:33.32	٨
7.50 -4.50 -1.50	M55 David Brown M65 Jim Kee 1500m RW		٨
14-4 4-6	M55 David Brown	12:05.99 9:01.77	N
-5.25	M70 Tom Novak M75 Frank Bollinger MO	10:46.00 13:18.50	1
53-5 -9.50 -3.50 -2.50	W55 Lynn Johnson W70 Carolyn Dodd	10:23.00	
-2.50 24-2 22-7 27-1	M70 Tom Novak M75 Frank Bollinger MO W50 Jane Hein W55 Lynn Johnson W70 Carolyn Dodd W75 Frances Young 5000m RW	14:27.42	1
27-1 19-5	M60 Gary O'Daniels M65 Harold Schulze	31:04	N
48-11	M75 Ralph Scott W50 Jane Hein	39:01 32:45	1
39-3 100-9 44-4	USATF Mid-Amer Regional Champion		1
08-0	Edwardsville, IL; Jun	e 11-12	769
37-0 74-3 81-3	M30 Kurvin Wallace Alty Pettes Shawn Dolezilek M40 John Brady M45 Rodney Wilson Kurt Koehler Joseph Peebles M55 Dennis Rexroad M60 David Golen James Snook M65 Alby Williams W40 Patrica Hodge W45 Lillie Kelley 200m M30 Alty Pettes Shawn Dolezilek	10.8	1
45-6 67-4	Shawn Dolezilek M40 John Brady	12.0	١,
12	M45 Rodney Wilson Kurt Koehler	12.9	1
	M55 Dennis Rexroad M60 David Golen	13.4	
7.07 7.88 8.07 8.31	James Snook M65 Alby Williams	15.2 13.1	
8.31 7.68	W40 Patricia Hodge W45 Denise McField W55 Lillie Kelley	17.8 13.7 17.8	200
7.68 9.53 8.28 18.22	W55 Lillie Kelley 200m M30 Alfy Pettes	22.9	1
11 41	M35 Robert Thomas M40 John Brady	24.7 22.8	1
9.59 11.97	M45 Kurt Koehler Joseph Peebles	27.5 27.9	1
14.53	M50 David Hansen M55 Dennis Rexroad M60 James Snook M65 Alby Williams	41.2 29.2 32.1	4
12.69 13.07 19.00 12.74	200m M30 Alfy Pettes Shawn Dolezilek M35 Robert Thomas M40 John Brady M45 Kurt Koehler Joseph Peebles M50 David Hansen M55 Dennis Rexroad M60 James Snook M65 Alby Williams W45 Denise McField 400m	26.8 28.4	8
4.91 3.88	M35 Robert Thomas Jonathon Stone	50.1 58.8	22.2
37.63 14.88	M40 John Longland M45 John Adams	1:08.2	1 1
14.91 13.88 12.32 37.63 14.88 17.75 22.91 27.69	M65 Alby Williams W45 Denise McField 400m M35 Robert Thomas Jonathon Stone M40 John Longland M45 John Adams Joseph Peebles M65 Alby Williams Harry Tolliver 800m	1:02.1	N V 4 N N 8 N N N 1 N 5 N S N
26.97	James Bennett	2:05.9	222
32.66 27.78 33.60	M75 Joseph Bell W40 Alison Slabach W55 Jane Hutchison	3:22.8 2:51.7	777
33.60 29.43 36.65	1500m M35 David Buysse	4:20.6	N
33.24 31.25 40.75 00.50 3.22	1500m M35 David Buysse M55 Joel Fingerman W40 Wanda Scheib W55 Jane Hutchison 5000m	5:45.6 5:05.9 5:59.5	8
0.50 3.22	5000m M50 John Dickey	22:10.6	H2222222212
3.50 9.04	M50 John Dickey W55 Jane Hutchison Short Hurdles M40 Scott Mosser	18.3	202
5.63 0.16 07.79	M50 Douglas Boehr Kim Brokaw	20.4	2 2 2
5.02	W70 Christel Donley Long Hurdles	15.90	L
4.93 7.03 6.91 5.00	M40 Brad Thomas Scott Mosser M50 Douglas Boehr	1:02.1 1:06.1	N N N T
5.00 0.04 4.92	High Jump M40 Lyle Whitaker	1.52	Ť
4.08	Douglas Boehr M55 Dave Knott	1.47	2022
8.42 2.05	M70 C L Bruce M75 Jerry Donley	1.22	222222
4-8 4-6	Pole Vault M40 James Pitcher	3.65	2 2
4.2	M45 Jerry Hohn M50 Kim Brokaw Stephen Estep	3.65 3.05 2.90	202
3-4 3-8 3-6 4-4	M70 C L Bruce M75 Jerry Donley	1.68 2.74	2
IF ALL LAGS	M30 Shawn Dolezilek M40 Lyle Whitaker	5.75 4.10	222
-3.50 15-7 15-4 4.25	M45 Joseph Peebles M50 Dourlas Boehr Gary Firch	4.26 4.37 4.26	2
8-9	M55 Larry Rodenbeck	2.92 4.73	72
2.50 7.50	M50 John Dickey M55 Jane Hutchison Short Hurdles M40 Scott Mosser M50 Douglas Boehr Kim Brokaw M70 C L Bruce W70 Christel Donley Long Hurdles M40 Brad Thomas Scott Mosser M50 Douglas Boehr High Jump M40 Lyle Whitaker M50 Lyle Whitaker M55 Dave Knott M70 C L Bruce M75 Jerry Donley W70 Christel Donley Pole Vault M40 James Pitcher M45 Jerry Rohn M50 Kim Brokaw Stephen Estep M50 C L Bruce M75 Jerry Donley W70 C L Bruce M75 Jerry Ponley W70 C L Bruce M75 Jerry Rohn M50 Kim Brokaw Stephen Estep M50 Dourlas Boehr Gary Firch David Hansen M55 Larry Rodenbeck M70 C L Bruce M75 Jerry Donley Long Jump M30 Shawn Dolezilek M40 Lyle Whitaker M45 Joseph Peebles M50 Dourlas Boehr Gary Firch David Hansen M55 Larry Rodenbeck M70 C L Bruce W40 Patricia Hodge Triple Jump M30 Shawn Dolezilek M70 C L Bruce	3.31 4.90	22222222
37-9 33-3	W40 Patricia Hodge Triple Jump M30 Shawn Dolezilek M40 Lyle Whataker M50 Gary Pirch M55 Larry Rodenbeck M60 James Snook M70 C L Bruce W40 Patricia Hodge Shot Put M35 Todd Johnson M40 Todd Davis Lyle Whitaker Lyle Whataker	11.91	22522
37-9 33-3 33-8 31-3 29-2 31-4 21-8	M50 Gary Pirch M55 Larry Rodenbeck	9.07	2
31-4 21-8	M70 C L Bruce W40 Patricia Hodge	7.57 7.01 6.71	-
30-2	Shot Put M35 Todd Johnson M40 Todd Davis	11.02	1
8-10 16-7 16-1	Lyle Whitaker M45 Ed Cockrell David Doty	9.82 13.92 12.04	,
9-5	David Doty Ray Surrell M50 Ron Summers	12.04 10.08 15.15	ķ
82-3 114-7	M45 Ed Cockrell David Doty Ray Surrell M50 Ron Summers Willis Garland David Hansen	15.15 11.22 10.60	٨
- 11		W. High	

M55	Kevin Shaner Bob Maltby Paul Middleton Julius Cassels C L Bruce Jim Krull	10.45 9.71 9.53
M60	Paul Middleton Julius Cassels	9.53
M70	Jim Krull	11.11 10.07 9.71 9.92
M75 W40	Boh Maschal	7.40
W70	Patricia Hodge	6.05 7.54
Disc M30	Will Summers	51.10
M35 M40	Mark Collier Todd Davis Lyle Whitaker	47.43 31.68
M45	Scott Mosser Kurt Koehler	51.69 47.43 31.68 25.38 30.65
M50	Scott Mosser Kurt Koehler Ray Surrell Ron Summers	44.61
M55	Willis Garland David Hansen Gregory Zachwieia	32.01 34.62
	Kevin Shaner Dave Knott	34.62 31.90 31.74 31.35 29.09
M60 M70	Julius Cassels	29.09
M75	Ron Jelinek Phillip Brusca Bob Maschal	29.09 28.98 27.29 33.57 12.25
Ham	mer	
M40 M50	Ron Rummers David Hansen	39.94 41.30 19.10
M55	Gregory Zachwieja Bob Maltby	19.10 33.17 25.90 27.30 27.16
M60 M75	Julius Cassels Phillip Brusca Im RW	27.30 27.16
M65	Robert Nichols	35:42.3
	SATF Minnesota Clasters Champion	
100	Blaine; June 1	2
M35 M40	Dwight Nelson Jeffery Stone	12.39 12.62
M45 M50 M55	James Rosamilia Paul Montgomery	14.05 13.76 13.36 16.29
M60 M65	Richard Miller George LaBelle	16.29 14.93 18.23
M70 W40 200r	Steve Keough James Rosamilia Paul Montgomery Richard Miller George LaBelle John Bursema J Jackson-Matthews	13.65
M40 M45	Jeffery Stone Jim Wolter Jim Schoffman Paul Montgomery James Michaels George LaBelle	26.32 28.04
M50 M55	Jim Schoffman Paul Montgomery	28.04 26.38 28.06 33.72 32.45
M60 M65 M70		33.72 32.45 40.42
W40 400r	J Jackson-Matthews	29.98
M50 M60	Jim Schoffman James Michaux	57.61 1:15.48
M40 M45	Patrick Eastman Rick Peterson Gerald Matykowski	2:10.77
1500	Gerald Matykowski m Michael Bjornberg	
5000 M65	M Ronald Jarvinen	31:15.02
Shor	t Hurdles	20.00
M65 Long	George Labelle	
M55 M60	Carter Holmes Michael Burns George LaBelle Jump	54.71 1:04.01
M45 M50	Kevin McLaughlin Valeriy Snezhko	1.71 1.65 1.68
M55 M65	Kevin McLaughlin Valeriy Snezhko Michael Moser Tom Langenfeld Edward Failor	1.32
Pole M30		
M40 M45 M50	Stephen White Doug Weimerskirch Jim Wolter	3.66 3.5 3.20
Long	Jump Korry Bayabia	4.07
M45 M55 M65	Kerry Bauabie Michael Moser George LaBelle	4.97 3.72 3.37 3.91
W40 Tripl	Michael Moser George LaBelle J Jackson-Matthews e Jump George LaBelle Put	3.91
Shot	Put Tim Kasper	7.35
MISO	illi Kasper	14.10
M45 M50	James Fahle Robert Jones Dean Klocow Stephen Pearson Michael Moser George LaBelle Perry Brown us	10.94 11.94
M65 M70	George LaBelle Perry Brown	11.94 9.05 9.96 28.47
Disc M30	us Tim Kasper	41.73
M35 M40	Jim Kasper James Fahle Robert Jones Dean Klocow Stephen Pearson Michael Moser George LaBelle Buzz Luse Edward Failor	41.73 37.66 39.83 31.30 34.04
M50 M55	Stephen Pearson Michael Moser	34.04 28.55
M65 M70	George LaBelle Buzz Luse	28.55 26.34 21.82
M75 Jave M40	Edward Failor IIn Doug Weimerskirch Kevin McLaughlin James Rosamilia George LaBelle Perry Brown Edward Failor RW	42.71
M45 M50	Kevin McLaughlin James Rosamilia	42.71 41.36 40.42
M65 M70 M75	Perry Brown	30.65 28.19
5000 M65	Perry Brown Edward Failor m RW Gernie Finch Kathy Finch	26.03
W50		
	SOUTHWES	
	th Annual Lions C ships, Austin, TX;	
100n M30	Paston Coke	10.70
	Robert Draper Jermaine Scantlebur Derwin Hall Reggie Pendland	y 10.97
M35	Derwin Hall	11.10

22.44	Jerrol Springer
	Luis Gutierrez M75 Ed Williams M80 Adolph Hoffman Pole Vault M30 Kris Allison M40 Gregg Mecier Doug Niels Brad McFarling Coy Akers
1	Don Arnold M50 John Worcester M55 Clint Schmitt Dennis Schmitt
	M60 Stephen Warr Richard Evans Bob Lewis
10.70 10.73 10.97 11.10 11.67	M65 James Tinelli Don Isett M75 Ed Williams M80 Adolph Hoffman Long Jump M40 Alan Sims
	42.71 41.36 40.42 30.65 28.19 26.03 4.02.13 4.58.66 10.70 10.73 10.73 11.10

August 2005				Nati	ionai M	asters News			
M45 Benedict Olusola	14-8	M60 Jorge Herrera Kong Goh	18:16.44 22:22.99	M50 Mike Pannell M55 Charles Fuller	59.29 1.18.05 1.47.82	David Hughes M45 Dan Barry	2:13.36 2:11.30	M65 Ron Kirkpatrick M75 Andy Anderson	14.22 14.83
Donald Keller Ricardo Alanis M50 Sergio Angulo	13-4.50 11-6 14-6	M70 Salvador Perez M75 John O'Sullivan M85 Armando Estanol	20:48.16 30:12.51 23:25.66	M75 Chet Warwick W40 Michaeli Smith W50 Karen Blackmore	1.47.82 1.08.91 1.27.70	Mark Lewis Mark Cleary	2:12.48 2:21.54	OW Jenny Gonzales W50 Eleanor Gipson W55 Jane Fuller	14.83 21.53 15.75
M55 Dennis Schmitt M60 Ray Kozusko	15-10	W50 Delia Vargas Janet O'Neal	18:22.46 24:38.52	W50 Karen Blackmore W70 Joan Blair 1500m	2.41.95	M50 Gary Shapiro Phil Vallicella Steve Lassegard	2:10.01 2:34.28 2:38.90	W70 Joan Blair 200M	21.63 27.03
Bob Lewis M65 James Tinelli	12-7 14-1	W60 Dolores Vasquez	22:29.80	M60 David Johnson Tom Windes	6.31.9 7.21.7	W40 Lisa Davis Jai Black	2:22.43	M50 Mike Pannell	27.11 29.76
Don Isett Luis Guiterrez M75 Ed Williams	13-11 10-11 8-2-50	Sooner State Ga Moore Sports Com		5000m M45 Steve Nunley M50 Richard Dafter	23.41.1	W50 Denise Janneck 1500m	2:49.90	Jim Fallen M55 Chuck Fuller M60 Donald Neidig	30.33
M80 Adolph Hoffman M85 Armando Estanol	8-2.50 8-7.50 7-9 15-9.50	100m June 25		M60 David Johnson 400m Hurdles	21.48.8 22.05.2	M35 John Oakes Aaron goodall M45 Mark Cleary	4:29.2h 4:42.9h	M65 Ron Kirkpatrick M75 Andy Anderson W40 Michaeli Smith	25.24 29.44 34.28 29.91
W35 Sarah Boyd W65 Rosa Fuentes	15-9.50 5-11	M35 Demetrious Thoma M40 Christian Boda	12.32	M50 Mike Pannell Long Jump M45 Ken Minschwaner	1.04.3	Matt Neve M50 Hugo Velazquez	4:41.3h 5:07.0h 4:52.5h	W50 Karen Blackmore	38.73 51.95
M30 Eustace Isidore M45 Monzell Baker	38-11 40-2	M45 Roger Davis M50 Bill Newman M55 Jesse Eakers	13.09 14.22 14.63	M65 Wayne Skartwed	3.00	Steve Lassegard M60 John Dischingerh	5:13.9h 5:28.0 4:54.1h	W70 Joan Blair 400M	1:05.43
Donald Keller Rocardo Alanis	31-8 24-5	M60 Ron Colliver M70 Victor Aktansel	14.28 17.56	M75 Chét Warwick Triple Jump M65 Wayne Skartwed	2.50 6.17	W40 Lisa Davis Carrie Sherburne Keena Carstensen	4:54.1h 4:59.7h	M30 Douglas Deming Toby Lafave M45 Mike Rzendzian	52.96 55.74 1:02.43
M50 Sergio Angulo M60 Bob Lewis	28-6.50 22-1.50	M80 Ted McDade M85 Mahlon Bennett	19.85 39.59	High Jumpl M60 Richard Wild	0.32	W45 Debbid Lee 5000m	5:16.4h 5:26.5h	M50 Mike Pannell M55 Chuck Fuller	59.12 1:11.59
M65 Pete LaBarge Jerrol Springer	27-4 21-8 33-10	W35 Elaine Boda W40 Andrea Troupe W60 Nina Bryant	14.90 15.25	W40 Trish Porter W50 Karen Blackmore	1.70 1.08	M45 Brian Nelson M50 Barry Schaeffer	17:04.02 19:24.69	W40 Michaeli Smith	1:54.64 1:06.95
W35 Sarah Boyd Shot Put M40 Brian Suter	45-9.50	200m M40 Christian Boda	18.94	M40 George Barber M50 Brad Winter	4.27 3.66	W40 Maria Rogers Short Hurdles	23:00.13	W50 Karen Blackmore W70 Joan Blair 800M	1:25.07 2:46.82
J Nicholopoulos Cecilio Lopez Jara	36-6.50 34-2	M45 Roger Davis M50 Mark Cherry	25.59 28.69	Shot Put M50 Rick Gonzales	11.02	M35 Rod Jett Richard Holmes M40 Willie Gault	NTA NTA NTA	M30 Douglas Deming	2:17.24 2:18.34
M45 Rick Roberson David Bolles	32-1 32-0 25.0.50	M55 Jim Dolezel M60 Willis Johnson M65 Victor Aktansel	27.24 48.18 39.46	M55 Paul Economides	8.55 13.73	Henry Andrade Kerry Sloan M45 Jeff Davison	NTA NTA	M50 Larry Walker Jim Fallen M75 Arnold Meardon	2:33.36 3:35.05
M50 Dan Roloff John Stilbert	45-7 32-10.50	W35 Elaine Boda	32.18	Jim Lister William Skyles M60 Terry Livermore	13.42 8.45 13.55	M50 Andrew Hecker	NTA 17.15	M40 David Meyer 5000M	4:34.59
Miguel Contreras M60 Jeff Harrell	27-2.50 38-5	M30 Russell Chandler M45 Roger Davis	53.13 58.10	M70 James Koch Discus	13.99	Long Hurdles M30 Aaron lacy	52.18	M40 David Meyer 3000M RACEWALK	17:29.46
Eulogio Arroyo David Moore	35-4.50 32-0	M50 Mark Cherry M60 Ron Colliver 800m	1:10.05 1:06.95	M50 Dennis Umshler Rick Gonzales	46.24 40.26	M40 Kerry Sloan W35 Anne Marie Lunsmi W40 Caren Ware	an 1:13.45 1:18.63	W40 Laura Draelos Marina Day	18:25.06 26:13.67
M65 Jerrol Springer Victor Valles Carlos Viejo	28-0 27-2.50 26-5.50	M45 Brooks Wright M50 Michael Tinney	2:24.26 2:45.80	Patrick Jaramillo M55 Paul Economides Jim Lister	27.17 44.86 38.02	W45 Elizabeth Monday 4x100m Relay	1:31.10	W60 Sally McLean W70 Joan Blair 100M HURDLES	24:05.98 28:06.00
M70 Dean Hesse James Carney	40-3 32-0	M55 Richard Golden	3:48.39	John Orman M60 Terry Livermore	21.17 40.65	M40 Speedwest TC WF (Thigpen/Berry/Mor	ning/	M50 Stacey Price Mike Pannell	14.97 15.48
M75 Jim Gerhardt Agopito Rocha	37-11.50 27-9.50	M50 Steve Calonkey M55 Richard Golden	5:20.49 6:56.59	M80 Edwin Johnson Javelin	18.05	Gault) (Speedwest TC/42.	20/2004)	M65 Ron Kirkpatrick 300M HURDLES	20.53
M80 Adolph Hoffman Guy Sievert M85 Armando Estanol	25-3 16-6.50 23-10	M40 Denny Moore M45 Johnny Crabtree	20:42.28 25:29.94	M50 Rick Gonzales Patrick Jaramillo M55 Jim Lister	35.72 28.86 41.10	4x400m Relay M30 Future Track High Jump	3:54.06	M65 Ron Kirkpatrick 400M HURDLES M50 Mike Pannell	54.09 1.03.18
W45 Carol Finsrud W50 Yolanda Hernandez	39-2.50 24-2.50	M50 Steve Calonkey M55 Richard Golden	25:29.94 20:13.52 24:08.64	John Orman M75 Chet Warwick	24.25 18.63	M40 Tom Van Zandt	1 78	Gene Iwen	1.13.89
W55 Elena Proa Teresa Rodriguez	24-11.50 18-0.50	M30 Cecil Ferris	16.07	M50 Greg Jochems	7.59.4	M45 Henry Watson Rob Duncanson M50 Douglas Schuessle	1.62 1.32	M45 Tom Csanadi M50 Gene Iwen	4.95 4.53
W65 Bertha Guereca Rosa Puentes Discus	19-2 18-0	M45 Ken Ellis Long Hurdles M55 Jim Dolezel	17.72	M65 Bob Baker W40 Laura Draelos W70 Joan Blair	11.53.3 8.30.6 13.46.1	M50 Douglas Schuessle Jason Meisler M60 James Goodreau	1.57 1.57 1.47	Patrick Jaramillo M60 Richard Wild M70 Richard Hein	3.22 4.32
M40 Dave Rothenbury Brian Suter	127-3 106-0	W30 Carol Ferris 2000m Steeplechase	1:04.76	Southern California		M75 Barney Phillips W55 A Steekelenburg	0.93	M70 Hichard Hein M75 Chet Warwick TRIPLE JUMP	3.24 2.39
M45 David Bolles	102-3 94-11	M45 Johnny Crabtree M50 Steve Calonkey	11:26.01 9:40.21	Masters Champior	nships	Pole Vault M40 Dolf Berle	3.65	M50 Gene Iwen HIGH JUMP	9.36
M50 Lynn Becker Roger Conboy	46-3 124-2 122-7	High Jump M40 Herbert Ford M45 Ken Ellis	5-6 5-8	West L.A. Colle Culver City, CA; J	une 11	M50 Murray Mead Jim Hoste M55 Steve Morris	3.96 2.59 3.35	M50 Patrick Jaramillo M70 Richard Hein W50 Eleanor Gipson	1.27 1.22 1.37
Dan Roloff M60 Jeff Harrell	122-7 113-1 155-9	M50 Jim Blevins M60 Ron Colliver	4-1 5-0	M40 Kent Wilson M45 Rob Duncanson	7.19 7.72	Long Jump M30 Kyle Hopkins	6.25	W50 Eleanor Gipson Karen Blackmore POLE VAULT	1.06
David Moore Eulogio Arroyo	128-5 126-4 128-2	M75 Ross Vrooman M85 Mahlon Bennett	3-11 3-0 5-4	MEO Donald Price	9.00	M35 Vincent Martin M40 Lavell Davenport	6.94 5.45	M50 Brad Winter SHOT PUT	3.66
M65 Pete LaBarge Jerrol Springer Carlos Viojo	128-2 118-11 85-4	W35 Leslie Adams Pole Vault M45 Ken Ellis	12-6	M55 Patrick Lyona M65 Doug Smith W30 Julie Sleshman	7.77 9.05	Logan Culp M45 William Long Rob Duncanson	5.00 6.15 4.78	M35 Patrick Hochanadel M40 Mark Ihlefeld M45 Calvin Steckler	13.50 8.77 7.88
M70 Dean Hesse James Carney	113-5 92-11	M50 Jim Blevins	10-6	W35 Colleen Barney 100m M30 Jon Gilmer	7.82	M50 John Kuechle M60 Ron Muranaka	5.56 4.54	M50 Steve Ross Rick Gonzales	14.30
Agopito Rocha	58-0	M55 Jim Dolezel M60 Ron Colliver Long Jump W30 Cecil Ferris	10-6 17-2.50	Ervin Orlando Manu Torke	11.81 13.25	M65 Otis Williams Joseph Ellis	4.21 3.19	M55 Paul Economides Jim Lister	14.34
M80 Adolph Hoffman Guy Sievert W45 Carol Finsrud	69-10 2-3 154-6	M40 Manuel Reavis M50 Jim Blevins	9-5.50 16-10.50	M35 Colin Policki M40 Willie Gault	13.13	M75 Barney Phillips W45 Elizabeth Monday Triple Jump	2.95 3.57	M60 Richard Hunnicutt Mickey Miller Marc Bradshaw	11.49 10.36 9.07
W50 Yoland Hernandez W55 Elena Proa	60-9 60-3	M55 Jim Dolezel M60 Ron Colliver	16-4 14-9	Aaron Thigpen Kettrell Berry M45 Kevin Morning	10.68	M35 Stuart Richmond M40 Lavell Davenport	14.85 12.64	M65 Stephen Cohen M70 James Koch	11.19
Teresa Rodriguez W65 Bertha Guereca W70 Phyllis Provost	49-0 41-4 47-6	M75 Ross Vrooman M85 Mahlon Bennett W70 Sue Tunnicliff	6-8 7-0 8-10	M45 Kevin Morning Rob Duncanson Alvin Millerbis	11.28 12.85 12.86	Logan Culp M45 Willie Banks	10.75 13.06	Richard Hein Alfred Clowser	10.25 9.27
Javelin M40 Dave Rothenbury	125-5	Triple Jump M45 Paul Bradford	34-4	M50 Calvin Evans Ken Stone	12.70 13.39	W40 Caren Ware W55 A Steekelenburg Shot Put	8.96 8.87	M85 Hugh Hackett DISCUS M35 Patrick Hochanadel	5.07 36.29
Rick Cawley M45 David Bolles	120-8 128-6	M50 Jim Blevins M55 Jim Dolezel	34-5 33-11	M55 Raymond Yeck	14.20 12.73	M50 Gary Schmidt M55 Mike Nash	12.35 13.60	M40 Mark Ihlefeld M45 Calvin Steckler	21.58
M50 Roger Conboy Dan Roloff	65-6 131-4 128-3	M60 Mike Wilhite M85 Mahlon Bennett Shot Put	NDA 14-4.50	Ernie Stucki Patrick Lyons M60 Ray Muranaka	12.88 13.37 14.70	M65 Alan Rosen M75 Barney Phillips	8.42 6.59	M50 Dennis Umshler Steve Ross Rick Gonzales	45.18 43.17 40.34
John Stilbert M55 Dannis Schmitt	102-11 86-1	M30 Robert Duncan M40 Walter Hamilton	20-4.25 39-9.25	Dan Girling Ron Stock	15.07 15.09	W30 V Chukuwoemenca W55 Latanya Glass	n 18.04 9.22	Patrick Jaramillo M55 Paul Economides	30.49 44.78
M60 Jeff Harrell Ray Kozusko	118-3 105-7 103-0	M50 Dee Hines M55 Barton Green	31-8	M65 Doug Smith Maynard Morris	13.15 14.99	M40 Logan Culp M45 Robert Thompson	28.12 16.30	Jim Lister M60 Mickey Miller Marc Bradshaw	37.75 35.14
M65 Pete LaBarge James Tinelli	103-0 142-4 127-3	M60 Sheppard Miers M75 David Foerster M85 Mahlon Bennett	41-2 30-9 17-3	W30 L Ayetotche-Parker	15.64 12.55 13.37	M50 Gary Schmidt M60 Mike Woodward	37.60 41.73	Marc Bradshaw M65 Stephen Cohen M70 Alfred Clowser	21.90 40.38
M70 Jack Parker	92-5 120-7	W45 Joann McBride W60 Sue Tunnicliff W70 Nina Bryant	23-10.50 23-6 21-1	W35 Colleen Barney W45 Elizabeth Monday W60 Nadine O'Connor	16.50 14.13	M65 Alan Rosen Hammer	33.20	M85 Hugh Hackett HAMMER	27.22 15.32
M75 Jim Gerhardt Agopito Rocha	107-2 56-9 58-8	W70 Nina Bryant Discus M30 Robert Duncan	50-8	Mary Jane McMaste	er 24.86	M50 Gary Schmidt Al Cain Javelin	33.05 22.14	M35 Patrick Hochanadel M40 Mark Ihlefeld	19.48
M80 Adolph Hoffman Guy Sievert Weight Throw	58-8 38-0	M40 Walter Hamilton M45 Ken Ellis	122-8 116-0	M30 Keita Cline Orlando Ervin	21.25 23.77	M45 Robert Thompson	22.35 34.19	M45 Calvin Steckler M50 Rick Gonzales M55 Paul Economides	17.89 25.12 48.39
M40 Dave Rothenbury Brian Suter	42-5 40-7	M50 Dee Hines M55 Barton Green	124-6 85-0	M40 Willie Gault Ketrell Berry	21.80 22.21 25.83	M50 Gary Schmidt M55 Sy Silverstein W50 Claudette Fabian	43.55 39.25	M60 Marc Bradshaw	23.60 21.24 29.32
M45 Ken Jansson Rick Roberson	40-7 55-7 29-9 37-3	M60 Shepard Miers M75 David Foerster M85 Mahlon Bennett	142-9 94-4 42-9	M45 James Chinn Dave DiMassa	25.83 23.38 24.89	5000m RW	25.43	M70 Alfred Clowser M85 Hugh Hackett JAVELIN	29.32 24.15
M50 Dan Roloff Miguel Contreras M60 Eulogio Arroyo	37-3 20-7 45-1 46-8	M85 Mahlon Bennett W45 Joan McBride W60 Nina Bryant	53-11 41-6	Rob Duncanson M50 Steve Kloch	25.39 27.29	M45 Ray Bilig M60 Stuart Ray M65 Bob Nyman	34:35.77 31:25.95 32:58.09	M35 Patrick Hochanadel M40 Mark Ihlefeld	34.16 27.57
M60 Eulogio Arroyo M65 Pete LaBarge Victor Valles	46-8 33-4	W70 Sue Tunnicliff Javelin	65-9	Jerry Beatty M55 Raymond Yeck	29.93 26.07	Arvid Rolle	36:40.29	M45 Calvin Steckler M50 Rick Gonzales	30.66
Jerrol Springer M75 Agopito Rocha M80 Adolph Hoffman	33-4 27-6 20-4 38-4	M30 William Wasson M40 Martin McNeely M45 Ken Ellis	30.94 59-11 42.02	Emie Stucki M60 Ron Stock M65 Doug Smith	26.35 37.19 27.37	Lloyd McGuire M75 Bill Moremen	38:39.81 33:09.34	Patrick Jaramillo M55 Jim Lister	30.06 37.79
W45 Carol Finsrud W50 Yolanda Hernandez	40-9	M45 Ken Ellis M60 Mike Wilhite M85 Mahlon Bennett	19.12 8.77	M65 Doug Smith Joseph Ellis W30 Julie Fleshman	31.91 32.62	W45 Deborah Raymer Mary Schoenbaum W55 Carol Bertino	31:44.66 31:50:30 31:44:34	M60 Mickey Miller Marc Bradshaw M70 Alfred Clowser	39.88 16.70 22.27
W55 Elena Proa Teresa Rodriguez	30-0 18-7 16-2	W45 Sue Tunnicliff W60 Nina Bryant	14.48 15.13	W35 Colleen Barney W50 Denise Janneck	27.18 32.73	W60 Janet Robinson W65 Shirley Capps	32:01.21 36:04.50	M75 Chet Warwick	18.44 16.22
Superweight M45 Ken Jansson M50 Dan Roloff	36-4	WEST		M35 Bao Kim Coleman	1:00.05	USATF New Mexico		M85 Hugh Hackett WEIGHT THROW M35 Patrick Hochanadel	7.74
M60 Eulogio Arroyo M65 Victor Valles	18-6 18-8 9-3	New Mexico Ga	mes	Vaughn Kastor Robert Hersch	56.07	Pentathion, Milne S Albuquerque; Jui LJ/JT/200/DT/1500	ne 19	M40 Mark Ihlefeld M45 Calvin Steckler M50 Rick Gonzales	6.01 7.66 13.51
M80 Adolph Hoffman W45 Carol Finsrud	9-3 18-8 27-0	Albuquerque, NM;	June 5	M45 James Chinn Dave DiMassa	53.72 55.89	M40 Gathern Jones	2302	M55 Jim Lister M60 Marc Bradshaw	13.51 8.78 6.05
W50 Yolanda Hernandez W55 Reresa Rodriguez	16-10 12-1	M45 Tony Teague Ken Minschwaner	13.14	M50 Bill Fitzpatrick Steve Kloch	58.49 1:01.67 1:02.14	4.57/40.21/2763/3341/6:1 M45 Tom Csanadi 5.25/36.77/34.25/33.14/6	2257	M70 Alfred Clowser	10.98
1500m RW M40 Alberto Medina	7:21.44	M55 Charles Fuller John Orman M65 Ron Kirkpatrick	14.63 15.41 14.59	Phil Vallicella	1:04.01 1:02.84	M50 Steve Ross 3.52/35.02/35.87/41.39/0 Dennis Umshler	1680	M85 Hugh Hackett WEIGHT PENTATHLON HT/SP/DT/JT/WT M35 Patrick Hochanadel	2220
M45 Ricardo Alanix M55 Benjamin Lopez	9:27.17 9:19.13	M75 Andy Anderson W55 Jane Fuller	15.56 22.88	M60 Ronald Salupo M65 George Cohen Dave Schwartz	1:07.39	0/0/0/43.60/0	738 2677	M35 Patrick Hochanadel 22.44/13.50/35.63/3 M40 Mark Ihlefeld	1462
M60 Jorge Herrera M65 John Knoftin	8:49.09 9:36.02	200m	25.49	W35 Ann Marie Lunsman	1:27.36	M60 Jim Francis 3.74/34.15/29.12/27.19/6	59.66	16.52/8.74/21.58/27 M45 Calvin Steckler	1534
M75 John O'Sullivan M85 Armando Estanol	9:38.42 11:09.07 9:52.67	M45 Ken Minschwaner M50 Mike Pannell M55 Charles Fuller	28.77 27.18 31.29	W40 Carrie Sherburne Caren Ware W45 Debbie Lee	1:03.94 1:08.51 1:13.52	USATF New Mexico Championship		M50 Rick Gonzales 5.12/11.53/39.17/31	.04/12.41
W40 Victoria Cruz W45 Maria Cruz	10:17.67	John Orman M65 Ron Kirkpatrick	34.10 29.77	W50 Denise Janneck W60 Mary Jane McMaste	1:12.71	U. of New Mexico,		M55 Jim Lister 22.50/12.90/37.75/3	3008
W50 Delia Vargas W60 Bertha Guereca 3000m RW	8:35.23 11.28.00	M75 Andy Anderson W55 Jane Fuller	33.45 54.46	M35 Miguel Magana	2:02.85	M30 Toby Lafave M55 Andrew Gipson	12.03 13.09	M60 Marc Bradshaw 19.24/9.07/21.90/16	1709
M40 Alberto Medina M45 Ricardo Alanis	15:07.79 20:54.68	W70 Joan Blair 400m M40 Michael Montoya	63.86 58.25	John Oakes Larry Gessler M40 Brett Darrington	2:09.66 2:14.32 2:11.81	Chuck Fuller M60 Donald Neidig	14.53 12.35	M70 Alfred Clowser 29.32/9.27/24.57/22 M85 Hugh Hackett	27/10.73
M55 Benjamin Lopez	19:26/47	I monaci wontoya	30.23	MAO Diett Darrington	2.11.61	Richard Wild	13.71	24.15/5.07/14.36/16	3.22/9.90

M65 M75	Ron Kirkpatrick Andy Anderson	14.22 14.83 21.53 15.75 21.63 27.03	7
M65 M75 DW W50 W55 W70	Andy Anderson Jenny Gonzales Eleanor Gipson Jane Fuller	21.53 15.75	
V55 V70		21.63 27.03	
00M	Mike Pannell	27.11 29.76	10
455 460	Mike Pannell Jim Fallen Chuck Fuller Donald Neidig	29.76 30.33 25.24 29.44 34.28	10 M: M:
465 475	Ron Kirkpatrick Andy Anderson	29.44 34.28	- M
V40 V50		29.91 38.73	M: M: M:
V55 V70	Karen Blackmore Jane Fuller Joan Blair	29.91 38.73 51.95 1:05.43	M M
00M	Douglas Domina	52.96	- M
oby 445 450 455 475	Lafave Mike Rzendzian Mike Pannell Chuck Fuller Chet Warwick Michaeli Smith Karen Blackmore	1:02.43 59.12 1:11.59 1:54.64 1:06.95	M9 W1 W20 M3
455 475	Chuck Fuller Chet Warwick	1:11.59	20 M3
V40 V50	Michaeli Smith Karen Blackmore	1:06.95 1:25.07 2:46.82	M4 M5 M6
V70 00M	Joan Blair	The second second	M6 M7
130 150	Douglas Deming Larry Walker Jim Fallen	2:17.24 2:18.34 2:33.36 3:35.05	ME
175 500	Arnold Meardon	3:35.05	40
/40 000	M David Meyer M David Meyer M RACEWALK Laura Draelos Marina Day Sally McLean Joan Blair	4:34.59	MS MS
140	David Meyer M RACEWALK	17:29.46	Mt
V40	Laura Draelos Marina Day	18:25.06 26:13.67	M: 80 M: M:
V60 V70	Sally McLean Joan Blair	24:05.98 28:06.00	M.
00M 150	Joan Blair HURDLES Stacey Price Mike Pannell Ron Kirkpatrick HURDLES	14.97	15 M3 M5
165	Ron Kirkpatrick	15.48 20.53	M
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ON(Iom Csanadi	CONTROL A SAME AND ADDRESS.	W
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160 170	Patrick Jaramillo Richard Wild Richard Hein	4.32 3.24	4x MS
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IIGH	Gene iwen	9.36	Hi M. M. M.
450 470	Thomas of Front	1.27 1.22 1.37	M
V50 POLE	Karen Blackmore	1.06	M
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145 150	Steve Ross	13.50 8.77 7.88 14.30	M
155	Rick Gonzales Paul Economides	11 60 1	M
160	Jim Lister Richard Hunnicutt Mickey Miller Marc Bradshaw	14.34 12.90 11.49 10.36	22222
ACE	Marc Bradshaw	9.07	8.4
165 170	Stephen Cohen James Koch Richard Hein	11.19 14.04 10.25	M
185	Alfred Clowser Hugh Hackett	9.27 5.07	Tr
NSC M35	US Patrick Hochanadel	at little	M-
140	Mark Ihlefeld Calvin Steckler Dennis Umshler	36.29 21.58 19.02	M
150	Dennis Umshler Steve Ross Rick Gonzales	45.18 43.17 40.34	SI
	Patrick Jaramillo	40.34 30.49 44.78	M
155	Paul Economides Jim Lister	3/./3	M
160	Mickey Miller Marc Bradshaw Stephen Cohen Alfred Clowser	35.14 21.90 40.38 27.22	M M
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IAM 135	Hugh Hackett MER Patrick Hochanadel	22.44	M
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160	Jim Lister	23.60 21.24 29.32	W
470 485	Alfred Clowser Hugh Hackett	29.32 24.15	Ja
135	Patrick Hochanadel	The second second	M
140	Calvin Steckler	34.16 27.57 21.30	M
450	Rick Gonzales Patrick Jaramillo	30.66 30.06 37.79 39.88 16.70 22.27	W-
455 460	Patrick Jaramillo Jim Lister Mickey Miller Marc Bradshaw Alfred Clowser Chet Warwick Hugh Hackett	39.88	M
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135 140	Patrick Hochanadel	7.74 6.01	W 30
145	Mark Ihlefeld Calvin Steckler Rick Gonzales	7.66	M
455 460	Jim Lister Marc Bradshaw	13.51 8.78 6.05	M
170	Alfred Clowser	10.98	W

NORTHWEST

Seattle Parks Meet Seattle, WA; June 4

	Seattle, WA; June	4
M30 M M35 D	Marcus Schimmel	11.9
M35 D	Marcus Schimmel Derek Beraeg Michael Weller Dave Ortman	12.0
		12.0 11.8 12.3 13.0 14.1
M60 C	George Lyden Mike Flynn Oon Kane	14.1 15.1 15.7
M70 C	on Kane Vavne Keller	19.8
M75 V M80 L M90 N	Vayne Keller en Tritschi AamikovPogosherka	17.6 42.7
W35 L	aurie Michela delya Knight	15.3
200m		14.4
M35 D M45 A	Perek Bergry Nex Johnson	24.8 26.1
M55 V M60 C	Alex Johnson Vance Jacobson Charlie Walsh Paul Stepan	26.1 25.7 32.5 32.6
M65 P	Paul Stepan Vayne Keller en Tritsch	
M80 L W45 N	en Tritsch Martha Mendenhall	39.1 29.6
400m	ave Ortman	56.0
M55 E M60 T	tryre ucker	64.0
M65 S	Stepan Oon Kane	76.0
	auriah Michael	71.1
M35 Ja	ha Wall	2:26
1500m	Mark Sheeks	
M35 D	David Miskmens Michael Allison Peter O'Neil	4:29 4:52
M55 P	eter O'Neil Careen Steen	5:29
5000m M40 D	avid WhiteEspin	17:23
M55 P	eter O'Neil Roger Dean	17:23 19:40 24:16
W35 L	auriah Michael Joreen Crouse	24:16 22:46 29:06
4x100r	n Villiams/Snipe/Sheph	
4x400r	on/Keller	1:25
M55 V	Villiams/Snipe/Sheph on/Keller	erd- 8:14
High J	ump	
M40 M	ke Toll	1.70
M50 C M55 C M60 F	an Cole	1.65
M60 F M65 F M35 J	Dan Cole Ron Sipe Roger Brown Julie Toll	1.00 1.25 1.20
W45 M	ulie Toll artha Mendenhall	1.20
Pole V M45 L	ault ouis Baucom	4.11
M50 C M55 C	ouis Baucom Carl Cody Dick Clintworth John Steinman	3.54 2.93 2.43 2.43
M65 M70	John Steinman	2.43
W45 F	Allen Morris Pam Trautman Jump	2.63
MAO N	Aike Toll	5.94 4.88
M50 C M55 J	Scott Copeland Carl Cody Im Crillenden	4.96 5.18
M70 F	Richard Harrison	3.46 3.81
Triple	Jump Mike Toll	
M45 S	Scott Copeland	12.31 9.48
M60 F	(ameran Mitchell Ron Sipe Julie Toll	8.66 3.55
Shot P	urt	8.60
M50 J	ohn Wells	11.72 12.03 10.41
M60 F M65 J	Chris Dariotis Peter Larsen John Steinman	
M70 E	Bob Lawson Vayne Keller	12.72 7.18
M80 V Discus	Varren Schramm	5.12
M50 C	reg Williams	39.07 34.41
MACO C	Oouglas Korhel Gordon Stenerson Conrad Sundholm	48.51
M70 B	ob Lawson	39.92 40.07
M75 V M80 V	Vayne Keller Varren Schramm	21.98 15.59 20.21
W50 L	delze Knight ynn Dow	20.21
Javelir M40 D	an Scott	45.29
M50 C	reg Williams	31.08
M60 F	ance Jacobson Ion Snipe ohn King	20.56 21.53 24.53
M70 F W40 N	ohn King Richard Harrison Melissa Moore	24.53
1500m	Racewalk Atchell Young	-
M40 N M45 T M60 J	ommy Auman ames Fricke Paul Kaald	8:53 7:45 11:05
M70 P	aul Kaald	10:44
W45 A	Chuck King	8:20
3000m	Racewalk	
M45 T	Mitchell Young ommy Auman	19:52 16:10 16:16
M70 P	ob Novak Paul Kaald	21:14
W65 E	Sev La Veck	18:42
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Hayward Classic T&F Meet,	2 Lance Podolski 3 Mike Davis 4 Galen Martin M50 1 Dave Clingan 2 Basil Scott 3 James Stasiak M55 1 Gary Hall 2 Mike Lamm M60 1 Fred Clark 2 Leonard Davies M65 1 Jerome Lys 2 Larry Wright M55 1 David Miskimens M40 1 Dan Gonzalez 2 Joseph Dudman 3 James Bogus 4 Brent Halse W40 1 Wanda Toro Scheib M50 1 Basil Scott 2 Michael Allison 3 Ken Bell 4 John W Taylor 5 Scott Jackson W50 1 Sherri Prather M55 1 Keith Schramm 2 Ron Ackerman 3 Ron Pate M60 1 Tom Balcom 2 Keith McConnell M65 1 Jerome Lys 2 Larry Wright M70 1 Jack Keener M75 1 Bill McChesney National Masters News A-G Name Dave Clingan Roger Davies 70 CAN Jack Miller Jack Miller JeanetteGroesz 5 Cont JeanetteGroesz 4 Go TM Mary Harada Tom Cushman DanMcCormack 1 Go CAN Jack Miller JeanetteGroesz 4 Go TM Mary Harada Tom Cushman DanMcCormack 1 Se una DanMcCormack 2 Una Dan Scott Prey 1 Janes Bogus 1 Se una DanMcCormack 1 Se una DanMcCormack 1 Se una DanMcCormack 1	Time AG% 489.9 443.67 87.6 89.9 5.53.67 87.6 87.6 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LaVeck M65 1 Dona Lafayette M65 1 Bev LaVeck M70 1 Dick Vaughn W70 1 Julie Johnson W65 1 Bev LaVeck M65 1 Bev LaVeck M65 1 Bev LaVeck M65 1 Bev LaVeck M60 1 Larry Norris M75 1 James Stookey 110m Hurdles M60 1 Larry Norris M70 1 Bob Golly M75 1 James Stookey 400m Hurdles M60 1 Larry Norris M70 1 Bob Golly M75 1 James Stookey 400m Hurdles M50 1 John W Taylor M55 1 Bill Phillips M50 1 John Wallips M50 1 VS M60 1 Tred Clark 2 Gale Pfueller M70 1 Gordon McClenat M60 1 Chris Yorges 2 David Miskimens M40 1 Rick Sherman M55 1 Ron Pate 4x100m Relay M50 1 VS M51 Tardie, Ri 4x100m Relay M50 1 VS M60 1 OTCM (Lamster, Stringer, M60 1 OTCM (Lamster, Stringer, M60 1 Druh M55 1 Ron Pate 4x100m Relay M50 1 VS M51 Tardie, Ri M54 1 Julie Toll W45 1 Martha Mendenh W55 1 Caroline Cooney W60 1 Marg Radcliff W55 1 Sandy Anderson 2 Becky Sisley M51 1 Andrew Jannsen M60 1 John Forier 2 Mike Toll M51 1 Fick Vincent M52 1 Pay Huller M53 1 Julie Toll W45 1 Martha Mendenh W55 1 Caroline Cooney W60 1 Marg Radcliff W55 1 Sandy Anderson 2 Don McCrea M51 1 Fick Vincent M51 1 Fick Vincent M53 1 Andrew Jannsen M60 1 David Ortman M70 1 Bob Golly M75 1 Julie Toll W45 1 Martha Mendenh W55 1 Caroline Cooney W60 1 David Ortman M70 1 David Ortman M70 1 Da	PMTC 23:18.69 OTCM 25:17.41 UNA 38:51.00 PILG 36:39:93 OTCM 33:52.72 OTCM 34:45.73 OTCM 45:22.65 PMTC 47:15.73 OTCM 66:23.55 OTCM 1:02:31:91 UNA 11:18.71 UNA 7:59:70 RWNW 8:04.39 RWNW 10:34:12 UNA 26:15.34 PP 30:11.90 RWNW 27:41.54 UNA 26:15.34 PP 30:11.90 RWNW 27:41.54 UNA 26:15.34 PP 30:11.90 RWNW 27:47.58 RWNW 27:47.58 RWNW 27:47.58 RWNW 28:51:20 PP 27:31.34 RWNW 32:250.32 RWNW 32:250.32 RWNW 33:20.66 UNA 27:47.54 UNA 32:33.39 RWNW 33:20.66 UNA 27:47.54 UNA 32:33.39 RWNW 33:20.66 UNA 27:47.54 UNA 32:33.99 RWNW 33:20.66 UNA 27:47.54 UNA 32:30.39 RWNW 36:29.46 UNA 32:30.86 RWNW 36:29.46 UNA 17:67 OTCM 10:124 PYTC 54.17 GBR 1:09:21 UNA 1:16.85 UNA 1:16.85 UNA 1:16.85 UNA 1:16.85 UNA 1:20 OTCM 1:29 UNA 1:49m UNA 1:49m UNA 1:49m UNA 1:49m UNA 1:54m	4 John Steinman 5 Mohler Simpson W65 1 Becky Sisley M70 1 Robert Hewitt 2 Allen Morris 3 Bob Golly M75 1 Harvey Lewellen M80 1 John Cleveland Long Jump W40 1 Veronica Amarasel W45 1 Anne Murfitt W55 1 Caroline Cooney W65 1 Sandy Anderson W70 1 Audrey Lary W75 1 Melicent Whinston W85 1 Olga Kotelko M40 1 Mise Toll 2 John Forier M50 1 David Ortman 2 Steve Worley M55 1 Robert Rice M60 1 Victor Chaney M60 1 Victor Chaney M60 1 Victor Chaney M70 1 Audrey Lary M65 1 James Slookey Triple Jump W35 1 Julie Toll W70 1 Audrey Lary M40 1 Brian Coushay 2 Mike Toll M50 1 Scott Jackson M70 1 Robert Hewitt 2 Bob Golly M75 1 James Slookey Triple Jump W35 1 Julie Toll M70 1 Robert Hewitt 2 Bob Golly M75 1 James Slookey Triple Jump W35 1 Julie Toll M70 1 Robert Hewitt 2 Bob Golly M75 1 James Slookey Triple Jump W35 1 Julie Toll W70 1 Audrey Lary M40 1 Brian Coushay 1 Norman MacLeod M70 1 Robert Hewitt 2 Bob Golly M75 1 James Slookey M65 1 Norman MacLeod M70 1 Robert Hewitt W40 1 Veronica Amarase W45 1 Anne Murfitt W60 1 Georgia Cutler W65 1 Sandy Anderson 2 Carol Young W75 1 Melicent Whinston 2 Carol Young W75 1 Melicent Whinston 2 Tolga Kotelko M35 1 Mike Curry M40 1 Ray Biggs 2 Carol Young W75 1 Ray Bilggs 2 Patricia Osmon W80 1 Melanie Reske W85 1 Olga Kotelko M35 1 Nike Curry M40 1 Ray Biggs 2 Patricia Osmon W80 1 Melanie Reske W85 1 Olga Kotelko M35 1 Nike Curry M40 1 Ray Biggs 2 Jerry Fasteen 3 Joe Myers 4 John King M70 1 Bob Lawson 2 Doug Tomlinson 3 Robert Jordan 4 Owen Sabin M75 1 Patricia Osmon W80 1 Georgia Cutler W65 1 Carol Young 2 Sandy Anderson W75 1 Patricia Osmon W80 1 Georgia Cutler W65 1 Carol Young 2 Steven Banton 2 Doug Tomlinson 3 Robert Jordan 4 Owen Sabin M75 1 Patricia Osmon W80 1 Georgia Cutler W65 1 Carol Young 2 Steven Banton 3 Robert Jordan 4 Owen Sabin M75 1 Patricia Osmon W80 1 Georgia Cutler W65 1 Carol Young 3 Rick Hebbo M50 1 Jim Murray Discus M60 1 Georgia Cutler W65 1 Carol Young 3 Rick Hebbo M50 1 Fatricia Osmon W60 1 Georgia Cutler W65 1 Carol Young 3 Rick Hebbo M50 1 Georgia Cutler W60 1 Geo	CAN 2.14m CAN 2.71m PVTC 3.42m OTCM 2.21m OTCM 2.21m CAN 1.99m OTCM 6.29m UNA 5.58m UNA 5.58m UNA 4.20m UNA 9.49m UNA 9.49m UNA 9.72m UNA 9.49m UNA 6.55m	3 Tom Allison M85 1 Dan Bulkley M90 1 Jim Murray Hammer W45 1 Anne Murfitt W50 1 Joyce Taylor W60 1 Georgia Cutler W65 1 Carol Young 2 Sandy Anderson W85 1 Olga Kotelko M35 1 Mike Curry M40 1 Ray Biggs M45 1 Ray Burton M50 1 Thomas Meyer M55 1 Todd Taylor M60 1 George Mathews M65 1 Richard Hotchkiss 2 Jerry Fasteen M50 1 Bob Lawson 3 Owen Sabin 4 Robert Jordan M75 1 Harvey Lewellen 2 Jerry Wojcik 3 Tom Allison M90 1 Jim Murray JavelIn W40 1 Melissa Moore W45 1 Anne Murfitt W60 1 Marg Radcliff 2 Georgia Cutler W55 1 Becky Sisley 2 Sandy Anderson 3 Carol Young 4 Laura Stephan W75 1 Patricia Osmon M75 1 Patricia Osmon M75 1 Patricia Osmon M35 1 Corey Swim 2 Mike Curry M40 1 Daniel Scott 2 Rick Hebb M51 John Hansen 2 Brian Valley 3 Mark Bozzini 4 Greg Hodson M50 1 Paul McPherson 2 Barry Warmerdam 3 Steven Banton 4 Foloi Poasa M55 1 Robert Rice 2 Ray Milojevich 3 Bob Hibschman M60 1 Doug Appel 2 Don McCrea M55 1 Robert Rice 2 Ray Milojevich 3 Bob Hibschman M60 1 Doug Appel M65 1 Malcolm Russell 2 Robert Darling 3 Jarry Fasteen 4 John King M70 1 Bob Lawson 2 Gary Loosli 3 Doug Tomlinson 4 Owen Sabin M75 1 Tom Allison M75 1 Melicent Whiston M75 1 Tom Allison M75 1 Tom Allison M75 1 Hole Curry M40 1 Ray Biggs M45 1 Jarry Fasteen 4 John King M70 1 Bob Lawson 2 Doug Tomlinson M75 1 Tom Allison M75 1 Tom Allison M75 1 Melicent Whiston M75 1 Tom Allison M75 1 Hole Curry M40 1 Ray Biggs M45 1 Jarry Fasteen M50 1 Jore Taylor M60 1 Georgia Cutler M55 1 Todd Taylor M60 1 Georgia Cutler M56 1 Larry Fasteen M57 1 Hay Burton M75 1 Hay Burton M75 1 Hay Burton M75 1 Hay Burton M75 1 H	UNA 26.03m PMTC 37.80m PMTC 37.80m PMTC 37.80m PMTC 37.80m PMTC 37.80m PMTC 37.80m UNA 28.55m UNA 28.55m UNA 30.35m UNA 28.55m UNA 30.36m CAN 11.47m OTCM 29.25m OTCM 29.25m OTCM 10.92m ATC 20.25m OTCM 20.25m OTCM 10.92m UNA 32.60m UNA 33.04m UNA 33.04m UNA 34.06m UNA 33.04m UNA 34.06m UNA 34.06m UNA 34.06m UNA 38.15m UNA 34.06m UNA 38.15m UNA 38.15m UNA 38.15m UNA 38.15m UNA 38.15m UNA 39.15m UNA 49.55m
3 Ray Graves UNA 31.24 4 Benson Ford NCS 32.25 M75 1 Rodney Brown SCS 32.47 M85 1 Dan Bulkley PMTC 43.86 4000 W35 1 Paula Leslie UNA 1:08.64 W40 1 Mary Johnson OTCM 1:09.76 UNA 1:11.87 W85 1 Olga Kotelko M5 1 Rebecca Mitchell UNA 1:11.87 W85 1 Olga Kotelko M5 1 Chris Yorges FIBO 57.24 M40 1 Steve Gideon UNA 2:34.93 M55 1 Clark Walles UNA 56.58 M50 1 Ronald Richard UNA 56.58 M55 1 Eddie Ortiz-Hernand M60 1 Larry Norris OTCM 1:03.61 M55 1 Eddie Ortiz-Hernand PMTC 1:00.46 M55 1 Gary Sims UNA 1:08.14 M65 1 Gary Sims UNA 1:08.14 M65 1 Gary Sims UNA 1:08.22 Dan McCormack UNA 1:08.14 Jerome Lys UNA 1:08.26 Jerome Lys UNA 1:18.60 Jerome Lys UNA 1:08.19 Jerome Lys UNA 1:18.60 Jerome Lys	6 Handy Hilliard M5 1 Chuck Coats 2 Odis Sanders M50 1 Basil Scott 4 Ken Bell 3 Rick Russell W55 1 Jennifer Teppo W55 1 Wendy Johnson 2 Julie Thomas S Sherri Sims W50 1 Wendy Johnson 2 Julie Thomas 3 Sherri Sims W50 1 Hobin Vesey W80 1 Helen Lachman M55 1 Wendy Johnson 2 Julie Thomas C Julie Thomas W50 1 Hobin Vesey W80 1 Helen Lachman M55 1 Tomas Kreuzpeinine M40 1 Keefer Whan 2 Dale Londos 3 Joseph Dudman 4 Todd Shelden 5 David Hatfield 6 Scott Frey 7 Brent Halse S Hyan Niewald M50 1 Leonard Hill 2 Keith McConnell M60 1 Jack Miller 2 Keith McConnell M65 1 Jim Davis McHone, Keoni M66 1 Jim Davis McHone, Keoni M66 3 36 Wight, Larry Hoffman, JC 3 31.82 Flanagan, Paul Ballantine, Bill 3 38.16 Woolworth, Sherti 2 38.92	DICM 10:37.70 BAC 9:03:99 OTCM 9:23:35 WTC 10:17.22 UNA 10:50:06 BNW 10:40:85 UNA 11:52:00 UNA 11:52:00 UNA 11:52:00 UNA 11:55:06 PMTC 17:59:31 UNA 14:51:93 UNA 14:51:93 UNA 14:51:93 UNA 14:51:93 UNA 14:51:93 UNA 14:51:93 UNA 12:16:00 UNA 21:16:00 UNA 21:16:00 UNA 21:16:00 UNA 21:16:00 UNA 15:46:73 UNA 15:46:73 UNA 15:46:73 UNA 17:00:25 UNA 19:36:30 UNA	W45 1 Martha Mendenh W55 1 Caroline Cooney W60 1 Marg Radcliff W65 1 Sandy Anderson 2 Becky Sisley M35 1 Andrew Jannsen M40 1 John Forier 2 Mike Toll 3 Stephen Pinney M45 1 Rick Vincent 2 Greg Hodson M50 1 David Ortman M55 1 Richard Jensen 2 Mark Wysong M60 1 Jay Edwards 2 Don McCrea M65 1 Dick Cunninghan 2 John Steinman M70 1 Bob Golly 2 Jark Keener M70 1 Jares Stookey 2 Harvey Lewellen M80 1 Gilbert Young M60 1 Jay Edwards 1 Dan Hoff M30 1 Ray Stallsworth M35 1 Dan Umenhoter 2 Louis Baucom 3 Tom Rosenthal 4 Rod Jacobson M55 1 John Altendorf 2 Dennis Phillips M65 1 Terry Cannon 2 Jim Matejka 3 Dick Cunninghan	ABII UNA 1.49m PMTC 1.12m CAN 1.12m CAN 1.12m CAN 1.12m OTCM J1.12m UNA 1.69m UNA 1.69m UNA 1.64m UNA 1.29m UNA 1.29m UNA 1.29m UNA 1.29m UNA 1.29m UNA 1.36m PMTC 1.28m UNA 1.30m OTCM 1.24m UNA 1.30m PMTC 1.08m PMTC 1.24m UNA 3.20m OTCM 1.24m UNA 3.50m UNA 3.40m UNA 3.50m	M90 1 Jim Murray Discus W45 1 Anne Murfitt W50 1 Lynn Dow W60 1 Georgia Cutter W55 1 Carof Young 2 Sandy Anderson W51 1 Sabra Cleveland W75 1 Patricia Osmon W85 1 Olga Kotelko M35 1 Mike Curry M40 1 Richard Ward 2 Ray Biggs 3 Rick Hebb M45 1 Ray Burton 2 Brian Valley 3 Mark Bozzini 4 Greg Hodson M50 1 Lorin Zastoupil 2 Steven Banton 3 Daniel West 4 Foloi Poasa M60 1 Gordon Stenerson M50 1 Lorin Zastoupil 2 Steven Banton 3 Daniel West 4 Foloi Poasa M60 1 Gordon Stenerson M50 1 Conrad Sundholm 2 Doe Myers 3 Neil Saling 7 Jerry Fasteen M70 1 Bob Lawson 2 Doug Tomlinson 3 Robert Darling 6 John King 7 Jerry Fasteen M70 1 Bob Lawson 2 Doug Tomlinson 3 Robert Jordan 4 Gary Loosli M75 1 Harvey Lewellen 2 Hal Wallace 16.03.27 13:27.89 14:08.79 10:46.13 M60 Peirc 18:37.93 17:08.98 M50 Detic Frani M70 19:02.46 M60 Opsas 11 Figure M60 Peirc 18:37.93 17:08.98 M60 Opsas 19:02.46 M60 Opsas 10:04.95 M60 Opsas	CAN 6.14m CAN 13.50m UNA 21.53m OTCM 21.73m ATC 19.14m CAN 17.95m OTCM 10.07m CAN 14.18m LST 31.84m UNA 34.79m RTA 34.30m UNA 34.52m UNA 34.56m UNA 33.56m UNA 41.18m UNA 43.34m UNA 43.34m UNA 33.56m UNA 33.56m UNA 33.56m UNA 33.51m UNA 33.59m UNA 33.59m UNA 33.59m UNA 33.59m UNA 33.59m UNA 33.59m OTCM 34.19m PMTC 38.10m PMTC 38.10m SCS 36.05m UNA 33.53m UNA 33.53m UNA 33.59m OTCM 34.19m PMTC 38.10m SCS 36.05m UNA 33.59m OTCM 38.23m UNA 33.59m OTCM 38.23m OTCM 28.75m OTCM 38.23m OTCM 38.23m UNA 32.89m e. 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M80 Ballantine, Bill 17.99 W50 W35 Hewett, Kelley 14.05 W40 Mulligan-Jackson, Marg 13.66 W45 Knight, Edelza 14.19 W55 Puterbaugh, Candy 15.52 Bell, Teddle 17.25 Cooney, Caroline 17.25	Jacquet-Acea, Russell 101 63 Taylor, John 102 37 Peirce, Stephen 102 37 Peirce, Stephen 112 91 Tanner, Ed 117 35 Stepan, Paul 115 74 Sawyer, Dale 117 04 Wright, Larry 123 02 Flanagan, Paul 122 45 Ballantine, Bill 129 32 Hewett, Kelley 102 58 Puterbaugh, Candy 112 52 Hlavacs, John 214 55 King II, John 205 85 King II, John 206 88 Praulik, Kevin 206 88 Prather, Bob 206 35 Taylor, John 219 99	M50 Allison, Bell, Ke Kessler, M55 Schram	lan 4:30.24 Michael 4:46.12 n 4:55.49 N 55.269 N 7.55.49	Wright, Larry Ogden, Ken Ogden, Ken Hewett, Jane Y50 Prather, Sherri V80 Lachman, Hele 0,000m J30 Davis, Paul M40 Vander/ugt, Tin M45 Punches, Hicha M50 Harter, Reid M65 Wright, Larry Jacquet-Acea, R M60 Peirce, Stephen Tanner, Ed 10m HH M35 Jannsen, Andrew	22:55.62 W60 Lafay 24:46.13 S000m Rae 25:25 M45 Auna 26:10.12 M50 Detto Frani M55 Nova M60 Opsa M60 Opsa M60 M55 Back W55 Back W5	ette, Donná pewalk n, Tommy Bart n, Tommy Bart ff, Pat	34.95 34.95 44.46 45.19 40.37 30.28 45.94 40.37 30.28 45.95 46.96 47.97 48.95	Martha 1.48 pline 1.48 pline 1.07 Robert 3.45 plis 4.15 pm 3.35 pm 3.35 pm 3.25 pm 3.25 pm 3.25 pm 2.25 pm 2.25 pm 2.75 pm 2.75 pm 2.75 pm 2.75 pm 2.75

Comparison	August 2005	A STATE OF THE PERSON NAMED IN	National Ma	asters News		page 25
March Marc	Long Jump M40 Toll, Mike 6.01	King, John W. 6.94 M70 "Ward, Bob 18.08	M50 Brian Berquist 31.48 M60 Bob Edwards 29.24	W50 Kathryn Martin 39:46	Donald Dayton 2:00:00 M75 Robert Hall 2:09:22	Doug Brown 19:23 John Nowatkowski 20:37
March Control Contro	M50 Worley, Steve 4.97	*Tomlison, Doug 13.39	Hammer	W55 Ann Davies 48:03	Richard Busa 2:11:53 Peter Pantelis 2:33:53	M65 Bob Aromando 19:58
March Control 1	Rice, Robert 4.22	M75 Lewellen, Harvey 15.01	Javalin	W65 Mary Roberts 56:10 W70 Ginette Bedard 50:40	M80 Cariton Mendell 2:49:19 M85 George Etzweiler 2:33:20 W40 Cathy Pearce 1:20:15	M70 Georgie Studzinski 22:35
The content of the	Peirce, Stephen 3.65 Kirkpatrick, Douglas 3.49	Allison, Tom 11.44	W65 Margaret Tosh W75 Anne Cholod 14.71	W80 Y Marios-Fricker 1:23:59	Suzy West 1:21:24 Chari Walsh 1:23:23	M75 Bill Welsh 37:36
Common Process Comm	M65 Macleod, Norm 4.47	W60 Cutler, Georgia 13.09	M50 Brian Berquist 35.01 M60 Doug Renwick 26.31		W45 Donna Smyers 1:27:53	W40 Anne Britt 18:53 Debby Hall 19:46
Description Company	W55 Cooney, Caroline 2.89	Osmon, Patricia 5.82	M65 Bob Edwards 24.78 M70 Andrew Dziadyk 14.67	The state of the s	W50 Jacqueline Gareau 1:27:08	W45 Beth Moras 19:50
Description Color	Triple Jump	M35 Payne, Bryan 5.82	LONG	Wilson Komen 27 30:24 Tatyana Chulakh 23 35:33	Peg Donovan 1:42:59	Joanne Jack 21:24
March Marc	M45 Copeland, Scott 9.72 M60 Chaney, Victor 9.56	M50 Grigsby, Jan 4.42 M55 Taylor, Todd 8.57	The second secon	J Arcaz 36:11	Nancy Brennan 2:07:07 Patricia Ballard 2:11:34	Gail Kislevitz 21:54
March Marc	Peirce, Stephen 6.54	M60 Schiavo, Luigi 3.22 Peirce, Stephen 2.64		M45 John Tuttle 33:35	W60 Mariorie Kos 1:49:50	W55 Erika Campbell 21:53 Joann Coffee 23:57
CALLY Company Property Com	M75 Propst, Ray (WG=-1.1) 7.87	I M/U Ward, Bob 9.96	RUNNING	Mark Malander 35:07	W65 Carrie Parsi 1:50:36	W60 Eileen Holzman 24:22
March Programme Programm	Shot Put	Sabin, Wayne 6.65	EAST	Richard Adams Jr 38:59 David Wild 39:30	W70 Barbara Robinson 2:01:34	W65 Imme Dyson 25:22
March Company Compan	M35 Payne, Bryan 12.81 M40 Hebb, Rick 9.17	Allison, Tom 6.00 W50 Taylor, Joyce 7.54	A. A	M55 Gerard Cabrol 42:07 Michael Wesbecher 42:25	W75 Hildy Fosse 2:39:06	W70 Toshiko d'Elia 27:48
Control Cont	M50 Grigsby, Jan 8.78 M55 Ford Jerry 12.04	Sellereite, Sharon 4.63	Masters Women's Champion-	M60 Lou Shapiro 42:41		
CANADA 1	M60 Flint, Larry 12.80	W75 Whinston, Melicent 3.53 Osmon, Patricia 3.06	Printed to the contract of the	John Churchman 44:04 M65 Malcolm O'hagan 44:42	Overall	Run 5 Miles, Central Park
Cate	Long, Bob 8.65		Atalelech Ketema 22 16:40	Stephen Forman 45:48 Richard Williams 50:34	Guillermo Fuentes 40 56:34	Overall
Sandarchement May 7 107 107 107 108 109 109 109 109 109 109 109	Kondrasuk, Jack 8.40 Schiavo Luigi 7.71	Percival Mercury Spring	Ken Rolek 16:14	Robert Gurtler 59:04	M35 Pat McCloskey 61:21 M40 G Fuentes 56:34 William Oebrien 58:33	Wierslaw Perszke 45 26:26
Comparison 192	M65 Ward, Robert 12.34 "Humphreys, Bob 11.17	Classic, Regina, Saskatchewan: May 7	Christopher Potter 17:00 Rodriego Caceres 17:44	M80 Paul Lackey 61:42 Walt Washburn 68:57	Silas Murray 61:35	M45 Wierslaw Perszke 26:26
1.00 1.00	Saling, Neil 10.56	100m	M45 Wieslaw Perszke 15:49 Randall White 16:56	W40 Robyn Humphrey 40:35 Julie Thienel 43:06	M45 Michael Robles 59:23 Gerard Ford 63:37	M55 Edgar Sandoval 31:34 M60 Thomas Maile 35:24
Comparison Com	King, John W. 7.44 M70 *Koch, James 13.92	M70 Ted Rowan 14.42	Gerard Colonel 18:02	W45 Liliana Baron 44:05	M50 Kevin Carroll 60:14	M65 Roger Robinson 36:06 M70 Alfred Finger 36:00
September 1987 19	*Ward. Bob 13.10	W50 Selina Coward 31.10	M50 Bill Bosmann 18:19	Ann Kurzweil 48:34	John Martellucci 66:27	M80 Sab Koide 49:15
Acade Acad	Sabin, Wayne 9.55	M70 Ted Rowan 31.34	Mitchell Pineda 18:44 Tom Fitzgerald 19:17	Marjorie Marque 51:01 Sue Hagedorn 51:40	Greg Karl 71:14 Amos Benhorin 73:08	W50 Deborah Hamm 41:23
Wolf Lange Machan 1947 1948	M75 *Gerhardt, Jim 11.24	M35 Rex Selby 63.74	M55 Chris Lefiman 19:11 Julio Aguirre 19:19	Nancy Avitabile 51:21	Daniel Badalement 73:53	W55 Teresa Otto 9:46 W60 M Greeley-Walsh 38:54
Best Description 1997	Wallace, Hal 10.64 Lewellen, Harvey 10.34	W40 Laurie Meloche 2:28.77	Roger Price 20:17	W60 Martha Mcjunkin 73:40	M65 Jose Mendez 14:27 Mel Cowgill 75:53	W65 Edith Jones 45:41 W70 Jeanne Shiff 54:17
Stein Stein (1997) 1. Outcome Products (1997) 1. Outcome	M80 Weber, Frank 6.55	1500m	Pat Cosgrove 20:29 Arthur Weisberg 21:29	Elizabeth Lloyd 81:21	Carlos Morales 1:43:16 W35 Laura Brown 71:05	
March Control Contro	W40 Johnson, Kam 10.45	10,000m M50 Ted Jaleta 33:53.02	M65 Bob Aromando 20:12 James Leitz 21:17	W85 Hedy Marque 86:27	W40 K Cotty 67:52 Susan Murray 68:58	
Mode Process	W75 Osmon, Patricia 4.95 Whinston, Melicent 4.85	Long Jump	M70 Joseph LaBruno 26:41		W45 Linda Ottaviano 74:01	Overall Mark Churchill 29 16:48
Mode Section	M30 Gleason, Kirby 24.82	M70 Ted Rowan 3.35	Richard Wilde 30:21	The same of the sa	Debbie Blair 77:23	Liz Fagan 29 18:49 M40 William Brosmith 17:35
1965 Wishon, Congress 14.50 1.5	M40 Ward, Richard 36.61	W45 Marjorie Schwab 9.42 W50 Selina Coward	Bill Welsh 44:37 Bill O'Brien 45:00	Pilar Hodriguez 30 31:50	Cathy Oefirlein 78:42 Zoila Denis 80:07	Charlie Mitchell 17:57
Comp Figure Comp	M45 Valley, Brian 44.68 Burton, Ray 31.93	M60 Bob Edwards 8.87	M85 Vincent Carnevale 58:17	John Conforti 32:03	Hilory Boucher 84:31	Scott Abercrombie 19:07
Section Control Cont	M65 Myers, Joseph 41.63	M60 Bob Edwards 28.17	W40 HeatherGraciePetty 18:40 Olena Plastinina 19:08	Daniel Mccarthy 34:24	Sarah Pettinato 92:22 W65 Ellen Duffy 98:38	M60 Don Hirschfeld 22:03 Frank Lang 23:39
Special Control Cont	Sundholm, Conrad 40.09	M60 Bob Edwards 25.58 Javelin 25.58	CathStoneBorkowski 19:14 Joyce Jaworowski 19:40	M60+Frank Donovan 40:01	Kate Shreck 98:43	Sean Fogarty 24:26 M70 Geoff Etherington 23:53
March Marc	*LaBarge, Pete 38.89 Darling, Bob 37.62		W45 Jean Stemm 18:56	Ryan Buckley 49:32 W40 Maureen Connolly 34:50		W40 Debra Kenney 22:15 Linda Cordova 22:28
The content of the	King, John W. 30.76	Saskatoon, Saskatchewan	Judy Rubin 20:37 Molly Garone 21:26	Georgia Cady 36:57 Marylou Cavanaugh 39:15		W50 Sarah Vaughan 23:58
Sach, Wayner 28.85 W80 Conclaf-greefBoyd 1.58 W80 Conclaf-greefBoyd 1.58 W80 Conclaf-greefBoyd 1.58 W80 Conclaf-greefBoyd 2.58 W80 Conc	*Ward, Bob 40.45	100m	Pamela Fales 21:30 W50 Jane Parks 21:12	Kris Guyot 43:05		Carol Dillon 26:15 Jan McKeown 30:45
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Web Content	M75 Lewellen, Harvey 36.76 *Gerhardt, Jim 36.45	M45 Bruce Wilson 13.69 M50 John Wood 13.26	Kuniko Hurley 22:46 W55 Susan Juronics 21:15		M45 Wierslaw Perszke 26:13 M50 Steve Calidonna 28:06	
Web Content	Allison, Tom 31.70	M55 Keith Burr 16.01	Erika Campbell 21:49	Overall Tammie Robie 30 17:45	M55 Edgar Sandoval 30:04 M60 Luis Flores 31:56	Overall Tatiana Chulabk 23 17:03
Wide Chief Clarge	Knight, Edelza 18.87	1 200m	Lily Kosaka 25:32 Cande Olsen 25:59	W35 Karen Thistle 18:20	Mos Signay Howard 33:45	W35 Denise Knickman 18:34 W40 Mauren Hall 19:28
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Propost Pay 14 14 15 15 15 15 15 15	M75 Lewellen, Harvey 38.99	M55 Ron Fairbrother 71.99	W75 Toshiko d'Elia AR 26:35 (Clarke/27:17/1987)			Overall Adam Sutton 24 24:32
Sellereite, Sharon 28-32 W40 Laurie Meloche 227.75 Javesi Juves Ju	Propst, Ray 24.56 W50 Taylor, Joyce 34.64	M65 Norman Cote 1:43.5	Lois Filreis 34:00 Patricia Tummey 44:13		Festival, Portland, ME	M40 Wayne Levy 26:08
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MSS Watson Douglas 1568 1509	M40 Scott, Dan 45.05 Hebb. Rick 37.29	M55 Hon Fairbrother 2:48.13	Company of the second s	Katie Danner 31		Dennis Hart 31:36 Rudy Mcgourty 32:03
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Lawson, Bob 34.27 Tomison, Doug 29.44 Sabin, Wayne 18.28 M75 "Gerhardt, Jim 31.39 Alison, Tom 29.66 Sullivan, Dennis 26.26 Mallor, Joseph 19.22 M85 Buikley, Dan Mallon, Joseph 19.23 M85 Buikley, Dan M85 Buikley, Dan M95 Buikley, Dan W75 Geriga Care 19.94 W75 Selin Leddie 23.18 W75 Coron, Pat 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Bayra 10.02 W75 Stepan, Bayra 10.02 W75 Stepan, Bayra 10.90 W75 Stepan, Bayra	M60 Reddaway, Gary 44.85	M35 Rex Selby 19:39.39	M55 Mick Slonacker 19:04	M65 Fred Bostrom 1:48:35	RICHARD BISSONNETT 5:43	W50 Alda Cossi 37:17
Lawson, Bob 34.27 Tomison, Doug 29.44 Sabin, Wayne 18.28 M75 "Gerhardt, Jim 31.39 Alison, Tom 29.66 Sullivan, Dennis 26.26 Mallor, Joseph 19.22 M85 Buikley, Dan Mallon, Joseph 19.23 M85 Buikley, Dan M85 Buikley, Dan M95 Buikley, Dan W75 Geriga Care 19.94 W75 Selin Leddie 23.18 W75 Coron, Pat 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Bayra 10.02 W75 Stepan, Bayra 10.02 W75 Stepan, Bayra 10.90 W75 Stepan, Bayra	McCrea. Don 30.22	2000mSC W55 Judy Warick 9:31 99	M65 Stan Newmann 22:24	W40 Christa Winslow 1:27:46 W45 Eileen Mushalla 1:40:32	M60 HARRY WHITE 6:18 M70 LLOYD SLOCUM 6:02	Judy Mcintyre 42:12
Lawson, Bob 34.27 Tomison, Doug 29.44 Sabin, Wayne 18.28 M75 "Gerhardt, Jim 31.39 Alison, Tom 29.66 Sullivan, Dennis 26.26 Mallor, Joseph 19.22 M85 Buikley, Dan Mallon, Joseph 19.23 M85 Buikley, Dan M85 Buikley, Dan M95 Buikley, Dan W75 Geriga Care 19.94 W75 Selin Leddie 23.18 W75 Coron, Pat 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Bayra 10.02 W75 Stepan, Bayra 10.02 W75 Stepan, Bayra 10.90 W75 Stepan, Bayra	Banister, Ora 28.14 M65 Darling, Bob 35.53	M60 Doug Renwick 8:46.36	W40 Maureen Hall 18:59	W50 Nancy Werthmuller 1:43:21	W30 STEPHANIE ATKINSON 5:24 W40 REGAN HORNNEY 5:56	and the second s
Lawson, Bob 34.27 Tomison, Doug 29.44 Sabin, Wayne 18.28 M75 "Gerhardt, Jim 31.39 Alison, Tom 29.66 Sullivan, Dennis 26.26 Mallor, Joseph 19.22 M85 Buikley, Dan Mallon, Joseph 19.23 M85 Buikley, Dan M85 Buikley, Dan M95 Buikley, Dan W75 Geriga Care 19.94 W75 Selin Leddie 23.18 W75 Coron, Pat 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Laura 10.90 W75 Stepan, Bayra 10.02 W75 Stepan, Bayra 10.02 W75 Stepan, Bayra 10.90 W75 Stepan, Bayra	*Humphreys, Bob 26.82	M35 Rex Selby 12:52:32 4x100 Relay	W50 Debbie Devlin 24:31 W55 Esther Buchser 23:27		HEATHER KEAST 6:09	
Lawson, Bob 34.27 "Tomilison, Doug 29.44 More Frank 16.06 Carol LafayeteBoyd Wallace, Hal Mallon, Joseph 13.23 Mob Weber, Frank Mallon, Joseph 13.23 Mob Weber, Frank Mallon, Joseph 13.23 Mob Weber, Frank Mass Bulkley, Dan 15.98 Web Garol LafayeteBoyd Work Monica Grillo Work Monica Grillo Work Monica Grillo Work Monica Grillo Work Sieley, Becky Sieley, Becky Sieley, Becky Sieley, Burne, Laura 10.90 Work Monica Grillo Work Work Monica Gril	Loosli C. Gary 35.68	W40 Masters Sask A 59.44 M45 Century TC A 57.36	W60 Marjean Apland 26:49 W65 Bertha Flens 33:11	7.6M Uphill Climb Mt. Washington, NH: June 18	EILEEN HAMILTON 8:29	Overall Ethan Hemphill 32 33:02
Alison, Tom 29 66 Sullivan, Dennis 26 26 Sullivan, Dennis 26 26 26 M50 Brian Berquist 4.07 M50 Brian Berquist 4.05	Lawson, Bob 34.27 *Tomlison, Doug 29.44	M60 RolandDelhomeau 1.25 M70 Ted Rowan 1.05	A STATE OF THE STA	TO A SECOND PROPERTY OF THE PR	W60 PAT BUCKLEY 67 10:00	Joan Samuelson 47 37:16
Sullivan, Dennis 26.26 Molice Hal 26.10 Molice	M75 *Gerhardt, Jim 31.39	W60 Caroll stayeteBoyd 4 07	Festival 5K	Melissa Moon 35 1:10:11	President's Cup Nite Race 5K/USATF-NJ Open Men's	Todd Coffin 34:22
Mailon, Joseph 13.23 M85 Buildey, Dan 15.98 M86 CarollaFayeteBoyd 8.76 M95 Beil, Teddie 23.18 M95 Beil, Teddie	Wallace, Hal 26.10	M50 Brian Berquist 4.70 M60 Doug Renwick 3.97	AND DESCRIPTION OF THE PARTY OF	Dan Verrington 1:09:23	Championships, Millburn	M50 Danny Paul 36:36 John Mollica 39:18
W55 Bell, Teddle 23.18 W60 RolandDelhomeau M50 Belize Burden M50 Buzz Burrell 1:17:20 Tek Kilgore M60 Brown Davis M60 Buzz Burrell 1:17:20 Tek Kilgore M60 Brown Davis M	M80 Weber, Frank 16.06 Mallon, Joseph 13.23	Triple Jump W60 Carol aFaveteBovd 8.76	Hilary Cairns 34 18:42 W35 Samantha Kirby 20:33	M45 Brad Lebo 1:14:43	Section 1. Section 2. Section 2.	Gordon Scannell 39:41 M60 Joel Croteau 41:38
W65 Sisley, Becky 27.84 Stepan, Laura 14.28 W50 Selina Coward W65 Tami Graf 26.02 W65	M85 Bulkley Dan 15.98	M50 Brian Berquist 9.05 M60 RolandDelhomeau 8.19	W40 Monica Grillo 19:30 W45 Jennifer Westfall-McGrall 23:52 W50 Betty Blank 21:20	M50 Buzz Burrell 1:17:20	Stephen Ondieki 14:51 Julie Culley 16:54	Harry White 44:51 Richard Blacklow 44:57
Weight Throw Weight William	W65 Sisley, Becky 27.84	M70 Ted Rowan 7.96	W60 Janet Newburgh 30:20	M55 Jerry Learned 1:27:11	M40 Drew Davis 15:44 Jeremy Stratton 16:06	Joseph Burke Sr. 1:04:09
M45 Burlon, Ray 14.74 M50 Grigsby, Jan 9.05 M50 Grigsby, Jan 9.05 M50 Schlavo, Luigi 94.75 M60 Schlavo, Luigi 97.75 M60 S	W75 Osmon, Pat 10.90 Weight Throw	W65 Margaret Tosh 8.40	W65 Tami Graf 28:04	Michael Mccusker 1:28:01 Don Zimmerman 1:29:41	M45 Rick Pingitore 16:27 Peter Allen 16:41	W35 Marjorie Graff 40:38 W40 Joan Samuelson 37:16
M50 Schiavo, Luigi 9.47 W55 Judy Warick 21.17 Peirce, Stephen 6.75 W65 Margaret Tosh 21.71 Long M50 Schiavo Luigi 9.47 W65 Margaret Tosh 21.71 Long M50 Schiavo Luigi 9.47 W65 Margaret Tosh 21.71 Long M50 Schiavo Luigi 9.47 W65 Margaret Tosh 21.71 Long M50 Schiavo Luigi 9.47 W65 Margaret Tosh 21.71 Long M50 Schiavo Luigi 9.47 W65 Margaret Tosh 21.71 Long M60 Schiavo Luigi 9.47 W65 M60 Schiavo	M35 Payne Boyen 10.02	M60 Bod Edwards 8.69	Mini 10K, Central Park, NYC	Jonathan Stableford 1:30:25	M50 Harry Palerson 17:34	Suzanne Myette 40:55
Peirce, Stephen 6.75 W65 Margaret Tosh 21.71 Hard Kipleget 31 31:44 M70 John Howe 1:56:35 Wayne Bell 20:01 Poly Kenniston 44:35 Wayne Bell 20:01 Poly Kenniston 54:35	M55 Taylor, Todd 17.58 M60 Schiavo Luidi 9.47	M70 Andrew Dziadyk 9.73 Discus	June 11	M65 John Pelton 1:40:23 Anthony Federer 1:47:16	Bill Bosmann 18:39	Bonnie Heag 49:02 Rosalyn Randall 50:18
	Peirce, Stephen 6.75 M65 *Labarge, Pete 14.87	W65 Margaret Tosh 21.71	Lomah Kiplagat 31 31:44	M70 John Howe 1:49:28	Wayne Bell 20:01	Polly Kenniston 54:35
	"Humphreys, Bob 13.89		1770 Edile Tribulorkowska 30.03	Bruce Brinkema 1:59:14	M60 Feliciano Periera 19:01	Beth Branson 1:01:56

August 2005

g Island Summer omen's Run	W4 W4 W5 W5
dale, NY; July 9	W5

Vytra Long Island Summer 5K Women's Run			
F	armingdale, NY; July	9	
Over			
TATY	ANA HLAYDE	15:57	
W35	LAURA GLUF	19:52	
W40	MIMI FALLON	17:40	
	DEBORAH GAEBLER	19:07	
	OLENA PLASTININA	19:14	
W45	LINDA OTTAULANO	21:27	
	LORI HARFENES	21:36	
	DOLORES DOMAN	22:19	
W50	KATHRYN MARTIN	18:35	
	KATHY GRIBBON	21:31	
	HELEN VISGAUSS	21:46	
W55	MELISSA KENNEDY	21:54	
	ELIZABETH PENAGOS	25:39	
	LORRAINE DESPOSITO	25:51	
W60	MARIE LOUISE MICHELSOHN	21:19	
	BETTY HORSTMANN	22:16	
	SARAH PETTINATO	26:36	
W65	KATE SHRECK	28:11	
	JOAN BONDELL	28:13	
	PATRICIA DELANEY	31:41	
W70+	ALEXANDRA FINGER	30:36	
	RUTH MALLER	36:37	
	DOLLY FINKELSTEIN	36:56	

Utica Boilermaker 15K

	Utica, NY; July	10
Ove	rall	
Gilbe	ert Okari	43:22
Sally	Barsosio	50:11
M35	Andrew Latincsics	51:46
M40	Paul Aufdemberge	48:02
	Eric W. Morse	50:21
	Lance Denning	50:26
M45	Jim M. Fiore	54:27
	Tim Dwyer	55:50
	Marty L. DiBattista	56:57
M50	Gary Romesser Mark J. Rybinski	52:12
	Mark J. Rybinski	55:37
	Dennis P. Fillmore	58:42
M55	Richard Stankivitz	59:00
	Thomas R. Hiten	59:07
	James R. Mattingly	1:01:18
M60	Doug Goodhue	59:42
	Paul L. Collard	1:02:31
	Roger E. Cobbledick	1:07:07
M65	Fay Bradley	1:06:37
	Carl E. Grimm Gian Carlo Mangano	1:13:12
	Gian Carlo Mangano	1:13:34
M70	Jerry J. Looker	1:13:18
	Rich Hause	1:14:29
	George A. Hirsch	1:15:18
M75	Richard D. Sullivan	1:26:51
	Robert T. Ealy	1:31:10
	Joseph Penabad	1:33:22
M80	Joseph G. Familo	2:29:18
	Donald McWilliams	2:43:05
W35	Patricia Pitcher	58:28
W40	F Sultanova-Zhdanov	a 52:19
	Ramilya Burangulova	
	Elena Paramonova	57:38
W45	S. Sivers-Corrigan	1:05:55
	Nancy R. Potter	1:08:29
	Carolyn J. Corgel Karen E. Provencher	1:10:05
W50	Karen E. Provencher	1:07:12
	Beth A. Howlett	1:09:32
	Frances E. Reilly	
W55		1:09:01
	Deborah M. Boak	1:14:32
	Karen E. Davies	1:17:30
W60	Kate H. Clark	1:17:08
	Joanne Cunningham	1:18:20
1.75	Jayne Zinke	1:23:50
W65	Valerie Kilpatrick	1:19:33
	Helen E. Botti	1:24:52
	Edye Radice	1:49:32
W70	Edna E. Hyer	1:51:54
	Gloria M. Santarpia Maureen T. Dooley	1:53:21
	Maureen T. Dooley	2:08:32
W75	Toshiko K. D'Elia	1:24:57
	Helen J. Bueme	1:57:23
	Regina Tumidajewicz	2:12:22

SOUTHEAST

Civitans 10K Fredericksburg, VA; May 30

32:46
39:16
36:20
36:59
39:51
42:26
39:14
48:59
57:29
40:45
41:09
44:55
46:43
59:38

Tim Harmon 5K

Fairtax, VA; June	18
Overall	
Phillippe Rolly 32	15:29
Jacqueline Concaugh 30	17:28
M40 Ted Poulos	17:06
M45 Robert Johnson	17:32
M50 Richard Adams	17:57
M55 Samuel Ackley	21:42
M60 Patrick Griffith	18:46
M65 Steve Forman	21:10
M70 Terrence Macarthy	25:21
M80 Paul Lackey	28:53
W40 Cecilia Lutz	19:17
W45 Becky Roed	22:12
W50 Jenny Rexrode	21:42
W55 Mary Alice Curtis	24:42
W60 Rosemary Jellish	31:56
W65 Betty Lou Wolfe	42:03
W70 Priscilla Demo	34:11

Hugh Jascourt 4 Mile

Overall	
Richard Rapine 33	21:08
Toni Marie Diegoli 26	25:00
M40 Ted Poulos	22:09
M45 Mike Hart	22:24
M50 Gary Grimsley	23:38
M55 Dave Crawford	25:15
M60 John Haubert	26:00
M65 Roger Burkhart	36:10
M70 Larry Dickerson	33:12
M80 Walf Washburn	41:51

W40	Janet Abbate	31:25
W45	Darlene Gauthier	28:56
W50	Betty Blank	26:34
	Leslie Stanfield	32:45
W60	Priscila Prunella	32:13
W65	Tami Graf	36:51

Loudoun Street Mile Winchester, VA; June 25

Overall	
Jason Long 26	4:19
Victoria Lynch 31	5:01
M35 Raymond Bollock	5:03
Bill Blackstone	5:21
M40 Mark Stickley	4:38
Ted Poulos	5:02
Duane Williamson	5:20
M45 Steve Nearman	4:45
Jim Shea	5:11
Myron Kremer	5:38
M50 Michael Fitzgerald 50	5:15
Fred Franklin 54	5:32
Bill Senseney 56	5:35
M60 Ed Mayhew 60	6:19
Glenn Luttrell 62	8:01
M80+Bob Atkins 80	13:42
Robie Cone 81	14:10
W35 Susan Gray	5:23
Laura Nelson	5:32
W40 Maria Spinnler	5:30
Kelly Stallard	7:49
W45 Nancy Felicio	8:37
W50 Sandra Adams 55	6:17
KathyManzoCasanov	7:00

Flo 10	rida Hospital Fireci K/5K, Daytona Bead	ch, FL	ľ
	June 26		١,
Ove	rall		Гí
JUST	TAIL IN HARBOR 17 LORY DUNN 21 DANIEL MCCARTHY GRAHAM WHITE TODD GRAFF MIKE CAIN PAUL RICE DAVE DUNN PATRICK MCKEEFERY	33:43	100
MALI	LORY DUNN 21	41:04	1
M35	DANIEL MCCARTHY	38:46	i é
M40	GRAHAM WHITE	38:32	-
TO CALL	TODD GRAFF	39:39	1
M45	MIKE CAIN	38:51	IV
	PAUL RICE	40:02	1
M50	DAVE DUNN	40:26	19
THE	PATRICK MCKEEFERY	42:21	I۷
M55	ARUN DHAND	49:06	16
	HAL ALLRED	50:02	
M60	CHARLIE KEATING	46:10	V
11200	SILKY SULLIVAN	48:02	
M65	DAVE DUNIT PATRICK MCKEEFERY ARUN DHAND HAL ALLRED CHARLIE KEATING SILKY SULLIVAN PATRICK ZIER HORACE BRANNON EPIFAANIO AGOSTO 75 RICHARD DILLARD STACY EERDIED	51:46	
	HORACE BRANNON	1:04:02	I۷
M70+	EPIFAANIO AGOSTO 75	54:47	1
	RICHARD DILLARD	1:01:16	10
W35	STACY FERNER	50:24	-
W40	SHARON SCHEPPELE	47:41	-
	OLGA ORTIZ	58:02	
W45	DARLA BENNETT	47:14	
	AMY ELLIS	52:36	1 8
W50	LYNDA COGAR	52:58	Į
WINDS.	KATHIE JOHNSON	56:30	Ī
W55	LINDA TAMERIS	1:05:38	(
Section 1	KAREN ALLMAN	1:06:15	١
W60	GERRI SCHULTZ	1:24:11	1
W65	LYNETTE RING	1:21:24	١.
5K	STACY FERNER SHARON SCHEPPELE OLGA ORTIZ DARLA BENNETT AMY ELIS LYNDA COGAR KATHE JOHNSON LINDA TAMERIS KAREN ALLMAN GERRI SCHULTZ LYNETTE RING		1
Over	all		- 2
DAN	IEL DUNN 16	17:54	١,
KELS	SEY DUNN 16	21:16	ı '
M35	RANDY LEEPER	18:54	١,
M40	JODY MAROLF	20:01	I
M45	ROBERT CAMERON	21:55	
M50	JAMES JOHNSON	21:19	l !
M55	ADAM RAFALSKI	22:52	I۷
M60	BOB BROADWATER	22:56	
M65	ROBERT EWEN	26:44	١,
M70	RALPH HARKLEROAD	48:14	1
W35	TERRY SNYDER	26:23	
W40	SALLY CHAPPELL	22:47	١,
W45	JANE KWILECKI	25:43	١,٧
W50	CINDY CLARK	24:11	١.
W55	JEANIE BURGESS	28:05	1 4
W60	IL SEY DUNN 16 SEY DUNN 16 SEY DUNN 16 RANDY LEEPER JODY MAROLE, ROBERT CAMERON JAMES JOHNSON ADAM RAFALSKI BOB BROADWATER ROBERT EWEN RALPH HARKLEROAD TERRY SNYDER SALLY CHAPPELL JANE KWILECKI CINDY CLARK JEANIE BURGESS BARBARA TROY	41:36	13
	S. S. SAIDT THOU	41.50	1 4
- Ci	roomacker EV Bun fe	- 64	T!

Firecracker 5K Run for St

I III COI GONCII ON MUIII I	UI St.
Jude, Memphis, TN;	July 3
Overall	
Jacob Rotich 28	15:0
Susannah Moroney 27	18:1
M35 Jeff Haushalter	16:5
M40 Mark Newman	15:5
M45 Danny Greer	18:2
M50+Alberto Velasco	18:3
M55 Les Macdiarmid	22:1
M60 Don Spencer	
M65 Neil Hall	22:0
	22:1
M70+Gerald Holbrook	26:3
W35 Kelley Willis	22:5
W40 Chris Bilsky	19:5
W45 Lisa Evans	23:5
W50 Marian Gann	24:5
W55 Jeannie Weathers	26:0
W60 Betty Shadish	28:5
W65 Gloria Folk *	38:5
W70+Margaret Wong 80	39:0

Peachtree 10K Atlanta, GA; July 4

1	(no masters age-groups tallied at this	race)
١	Top M40+	
	Mbarak Hussein, 40, USA	
ı	29:41	saulier.
	Patrick Fuller, 40, OR	30:51
٠	Paul Aufdemberge, 40, MI	31:04
١	Brian Pope, 42, MS	31:20
	David Matherne, 40, GA	33:37
	Mark Coughlin, 41, GA	34:13
	Tim Ensign, 42, TN	34:16
١	Mike Fitzgerald, 44, GA/IRL	34:49
	Adam Pinkston, 42, NC	35:23
7	Ken Youngers, 48, GA	35:54
Н	David Reid, 42, Toronto, CAN	36:13
	Bob Dalton, 52, GA	36:17
	Mike Guilbeau, 43, GA	36:28
٦	Tim Unger, 45, FL	36:29
	Marty Clarke, 43, AL	36:33
н	Clint Prouty, 42, NC	36:38
Н	Kevin Mccauley, 45, GA	36:42
П	Bobby Aswell, 42, NC	36:43
и	Robert Feldman, 50, GA	36:59
Н	Michael Newberry, 45, GA	37:02
И	Top W40+	
Н	Colleen De Reuck, 41, CO	33:13
	Firaya Sultanova-Zhd'ova, 44, RUS	34:06
	Ramilia Burangulova, 43, RUS	34:58
П	Carmen Ayala-Troncoso, 46, TX	35:34
u	Zinaida Semenova, 43, RUS	35:53
H	Elena Paramanova, 43, RUS	36:32
	Sarah Docter-Williams, 41, FL	36:44
ľ	Barbara Jarnigan, 40, GA	38:42
	The second secon	THE RESERVE

Patti Stewart-Garbrec, 43, Fl Patricia A Foell, 43, GA	L 40:2
Patrice Combs, 47, GA Lynn Mooney, 43, GA	40:4
Jill Spiegel, 42, GA	42:3
Barbara Chandler, 42, GA Donna Lee, 40, GA	42:4
Velda Balmer, 42, GA	42:5
Mary Gay Li, 41, GA Kay Entrekin, 43, GA	43:2
Kris Kester, 40, GA	43:4

MIDWEST

Oak Apple 10K Royal Oak, MI; June 4 Overall Steven Mance 21 Kathy Rink 38 M40 David Watkins 33

ш	M40 David Walkins	33.11
ı	Mark Neal	36:4
1	Ben Bush	41:15
ı	M45 Michael Frank	38:3
ı	David Wulbrecht	39:21
١	Steven Sumner	40:2
ı	M50 John Tarkowski	39:11
ı	Mike Stone	39:53
ì	Donn Knight	45:00
ı	M55 Marty Povirk	43:3
ı	Bob Kosen	45:10
ı	Greg Knoff	45:2
ı	M60 Jerome Mittman	53:03
ı	David Evans	53:50
1	Kenneth Ray	57:44
ı	M65 Jim Karner	53:40
ı	John Wehrly	53:53
ı	Richard O'malley	58:00
ı	M70 Peter Kalison	1:08:1
ı	Joseph Williams	1:09:2
ı	Bob Littky	1:15:3
ı	M75 Fred Hagen	59:1
ı	John Tanzer	1:04:3
ı	Kingsley Sears	1:15:1
ı	M85 Joseph Thornburg	1:39:5
ı	W40 Linda Ewing	42:00
ı	Laurie Kimsal	45:52
ı	Shelley Feist	47:2
ı	W45 Jackie Blair	45:4: 46:1
ı	Marcy Kossak	46:17
1	Gina Norris	46.46
۱	W50 Janet Shoemaker	51:49 52:53 53:2 59:5
۱	K Maliszewski	52:5
1	Geri Reuss	53:2
۱	W55 Christine Azbell	59.5
۱	B Blakemore	1:33:4
ı	Patricia Smith	1:35:3
ı	raticia Smith	1.33.3

Flirt With Dirt 5K & 10K Novi, MI; June 4

1:33:45

DK .	1
Overall	
Daniel Ringlen 37	19:2
Colleen Zathen 27	22:0
M40 Glen Maylath	22:2: 25:0
Tom Cornellier	25:0
Mary Weigelin	30:1
M45 Kev in Naughton	20:4
Phil French	22.2
Rob Wilke	24:1
M50 Richard Bazzy	22:4
Steve Jochmans	22:5
M55 Michael Muirhead	46:0
M60 Leonard Block	27:3
M65 Thomas Halsted	24:3
W40 Mary Weigelin	30:10
Debbie Forshee	30:3
Karin Demuth	30:3
W45 Jackie Roehl	31:2
Connie Cessant	31:4
Linda Doll	32:3
W50 Tamara Savage	28:29
Lisa Melcher	39:0
W55 Yvonne moore	36:3
10K	30.5
Overall	
Trevor Step 20	35:5
Rachel Bowmen 25	45:2
M40 Ioan Froman	40:5
Kris Hasse	42:5
Dave Mann	45:2
Add to marin	43.2

Dave Mann M45 Douglas Bajor Gordon Swirls Robert Florka M50 Doug Soliz David Mann Mike Keck 46:45 49:23 50:08 41:26 48:13 48:50 49:55 55:55 57:46 49:16 52:34 45:32 46:29 47:34 57:21 47:34 57:21 10:8:07 David Mann Mike Keck M55 Shawn wehrly Ron Marinucci M60 Walf Storrs M65 John Wehrly W40 Beth Gilday Heather McNamara Pat Barron W45 Michelle Fields Wanda Gunderson Julia Frasier W50 Cathy Susan Nancy Marcotte W55 P Richardson Kathleen Gina

Steamboat Classic 4M

300	Peoria, IL; June 11	
Cons M35	irack Kosgei 21 Itantina Tomescu-Dita 35 Mike Heffron Keith Bruch Dan Gray Kenneth Endrizzi	21:
M45	Jerry Lack Steve Kilburg Wade Zwiener Joe Thiel Jim Desjardins Anthony Razo Martyn Brewer	22 23 23 23 23 23 24
M50	Leo Vandervlugt John Shostrom Jeff Miller John Hartnett Dennis Landwehr	23 24 24 25 26 23
M55	Ken Jagmin Merlin Anderson Angelo Rinchiuso Rick Neuber Robert Barra	23: 24: 25: 25: 28:
M60	Larry Mcmasters Robert Burk William Feuchter Tony Phillips	26: 26: 29: 30:

| Mohican Trail 100M/50M | Loudonville, OH; June 18-19 | 100 Mile | Overall | Sean Andrish 35 | 16:45:33 | Stephanie Ehret 42 | 20:21:59 | M40 Bob Pokorny David Selders | 28:20:00 | M45 Todd Baum Mike Cargill | 25:41:22 | Ronald Ross | 27:24:08 | M50 Roy Heger | 21:28:20 | Paul Schmidt | 28:45:48 | M55 Frederick Davis III | M55 Frederick Davis III | M60 Frank Probst | 20:21:59 | W40 Stephanie Ehret Kim Martin | 23:15:56 | W50 Cathy Tibbetts | 22:14:09 | June Gessner | 24:01:36 | Constitution | 24:01:36 | Constitution | Consti 50 Mile Overall Rich Wis Terri Ler M40 J. M45 Br M55 Hc M60 Wi M65 Jir M70 Wis W35 Ca W40 Ja W45 Ga W55 Hc eral h Wisneski 36 h Lemke 44 0 J. Russel Gill 5 Bruce Purdy 0 Tanya Cady 5 Howard Stewart 0 William Lawrence 5 Jim McKee 0 Norman Carlson 5 Cassandra McCune 0 Janet Brown 5 Geneva Stephens 0 Barbara Bellows 5 Helen Malmberg

Firecracker 4M Hales Corners, WI; July 4 Overall NICK FULTON 20:4

JODI JAKUBEK

M35	COREY BINNEBOSE	22:2
M40		22:1
	RICK STEFANOVIC	22:3
	RICK STEFANOVIC DAVE DEHART MIKE DOYLE	23:5
M45	MIKE DOYLE	22:4
	BILL GILMORE	23:1
M50	PAUL BADURA	23:1:
	JOHN MCCARTHY	25:2
	JOHN MCCARTHY SCOTT BRICKERD JOSE RODRIGUEZ RON ERHARDT	25:4
M55	JOSE RODRIGUEZ	24:4
	RON ERHARDT	26:3
	RALPH GRAF ERNST WENDLAND	27:4
M60	ERNST WENDLAND	25:0
there's		
	RONALD GOTTSCHALK	30:1
M65	RON CARUSO	31:0
-	DAVID STUCKSLAGER	36:2
	ED PARKER	26.2
M70	IACK KROLL	35:4
	JAMES WENDERS	39.5
	DR. GILMORE	40.2
M75+	DANIEL MURPHY	40:0
	DR. GILMORE DANIEL MURPHY PAUL GIONFRIDDO	42:0
	JAMES KAEGI	46:3
W35	MICHELLE LANOUETTE SALLY SCHUMACHER	27:4
W40	SALLY SCHUMACHER	28:1
100	PATRICIA SINGLETON MARGARET NEALON	30:5
	MARGARET NEALON	31:5
W45	LORI STAUDER	28:11
100	VICKIE KALLIEN	31:5
	KARIN SCHWARTZ	31:5
W50	NANCY SANDLIN	31:0
Section 2	EILEEN SHERBURNE	33:30
	MARY WYSOCKI	
W55	MARY WYSOCKI LYNNE MUNDIGLER	38:5
	DOTTI ROSE	52:50
W60	ALLES AND ALLES	
Section 1	MARY KLUG	40:08
	MARY KLUG KARLA KNUTSEN BERGLIOT LUEDTKE	49:51
W65	BERGLIOT LUEDTKE	41.02
W70	LOIS GILMORE AGNES REINHARD JEAN SIEGEL	35:15
MIZE	AGNES REINHARD	43:57

20th Fifth Season 8K

Cedar Rapids, IA; J	uly 4
Overall Julius Kiptoo 27 Atalelech Ketema 21 M40 Mike Carney Phil Kauder M45 Jim McCoy M50 Thomas Gaudette M60 Sylvan Apoink M70 Tom Novak W35 Bonnie Sons W40 Sharon Stubler	23.03 26.56 27.09 27.11 27.53 30.23 35.42 40.23 29.09 30.52

30:53 28:46 33:38 44:42 47:01 Kim Anderson W45 Janet Robertz W50 Julie Virkus W60 Jane Niemeier W70+Marilyn Wickenkamp MID-AMERICA

Grandma's Marathon & Gary Bjorkland Half-Marathon & William A. Irvin 5K

32.08 93.04 93.05

100	Duluth, MN; June 1	18	
Over	all		
West	y Ngetich	2:13:	
Halin	a Karnatsevich 35	2:28:	42
	Pavel Andreev	2:13:	45
M40	Jeffrey Jacobs John Mirth	2:24:	28
20000	John Mirth	2:26	43
1000	John Ofstedal	2:26 2:35 2:37	2/
7.7	Jim Ramacier	2:37	39
	Matt Barnard	2:41	53
1000	Scott Niemela	2:44	27
	Stuart Kolb	2:45	
	Rick Cleary	2:45	
M45	Brent Smith	2:41	30
Sec. of	David Johnson	2:44	53
	Paul Brown	2:45	
	David Tappe	2:49	
	Paul Holyko	2:50	UI
	Robert Steinbach	2:50	
	Timothy Johnson	2:52	
	Mark Lohman	2:53	
M50	Joseph Haynes	2:48	43
70030	Terry Stewart	2:50	:01
100	Jess Koski	2:51	:02
No.	Allen Zetterlund	2 50 2 51 2 52 2 57	5/
	Bill Raabe	2:57	:17
	Stephen Styron	2:59	:07
M55	Douglas Newton	3:05	35
CHAR	Terrence Hakkola	3:07	:08
	Larry Cerling	3:07	:17
315	Merfin Anderson	3:10	:25
	John Naslund	3:11	04
2000	Daniel Barnhart	3:13	:39
M60	Jared Mondry	2:57	:22
1900	James Graupner	3:09	:25
200	Norman Purrington	3:12	
	Paul Bauer	3:14	
	Sylvan Addink	3:18	
M65	Edward Rousseau	3:41	:57
SMAKE	Jim Mayerle	3:44	:38
	Darrell Christensen	3:49	:38
	Jim Fitch Sr	3:56	:08
	Joe Brazil	3:57	:23
M70-	-Jim Schleisman	3:35	:03
WAY TO	Richard Burch	4:00	:47
and a	William Hollihan	4:34	:39
200	Leslie Bergquist Sr	5:04	:15
ALC: T	Walter Lower	5:05	:45
W35		2:28	:43
W40	Ramilia Burangulova	2:33	:03
THEOLOGY	Firaya SultZhdanova	2:45	:00
	Elana Daramanaua		·EC

	MAZO	Jim Schleisman
1	101704	Richard Burch
E	45.7	William Hollihan
	200	
8	4000	Leslie Bergquist Sr
5	14105	Walter Lower
7	W35	Halina Karnatsevich
3.1	W40	Ramilia Burangulova Firaya SultZhdanov Elena Paramonova
5	THE REAL PROPERTY.	Firaya SultZhdanov
6	3 10 10	Elena Paramonova
٠,	4	Kelly Dworak
7	7 1 20	Laurie Hanscom
	3	Karen Schoenrock
+	W45	Pamela Weier
		Marla Rhoden
ĩ.	7927.3	Doris Windsand-Dausm
5	2000	Cindylee Torres
	1000	Sherry Case
	ALTER OF	Deborah Fredericks
	W50	Kristine Guderyon-Goet
	2010/02	Jane Lanford
	1000	Andriette Wickstrom
	1477	Barbara Leininger
		Melinda Silbernick
	W55	Faye Berger
	The same of	Sue Wise
	THE R	Francine Lepage
	3000	Kathi Peck
6	75.17	Carolyn Mather

	· 克里尔士斯马	Carolyn Mather	4:02:1
	W60	Lea Stabinski	4:21:4
	1000	Jan Rohde	4:26:4
	200	Elizabeth Bramsen	4:50:3
	ALICH	Karen Evans	5:31:3
	W65	Nancy Gibbons	6:52:4
	W70.	Helen Klein 82	4:57:3
	1170	Patricia Amidon	5:22:5
	11/10	Joy Johnson	5:57:4
	10000	Rose Walton	6:41:4
	Half	Marathon	0.41.4
	Over		1:06:3
ı	nyan	Meissen	1:17:4
H	Jen E		1:13:3
ı	M35	Steve Frericks	1:10:2
H	M40	Patrick Billig	
	30000	Digger Carlson	1:11:4
ļ	16000	David Zapzalka	1:16:4
ł		Leon Ball	1:16:5
ı	20.35	Michael Moulsoff	1:19:4
1	1363/17	Jonathan Lindberg	1:21:1
į	M45	Kevin Haas	1:11:3
ı	1000000	Thomas Stambaugh	1:18:4
ı	100000	Scott Hansen	1:18:5
ı	100	Mike Davis	1:19:0
ì	1000	Bobby Paxton Dennis Wallach	1:19:1
i		Dennis Wallach	1:22:0
1	M50	Mark Leduc	1:21:4
1	Name and	John Kann	1:22:0
1	THE RESERVE OF	Jessy Doutel	1.22.2

27	1000	Jonathan Lindberg	1.21.10
6	M45	Kevin Haas	1:11:31
5	The said	Thomas Stambaugh	1:18:43
0	700	Scott Hansen	1:18:57
2	1.55	Mike Davis	1:19:06
4	1000	Bobby Paxton	1:19:13
ii i	10.00	Dennis Wallach	1:22:07
0	M50	Mark Leduc	1:18:57 1:19:06 1:19:13 1:22:07 1:21:49
7	1000000	John Kann	1:22:01
4	1000	Jerry Beutel	1:22:22
4	1000	Jeff Boyle	1:22:46
3	M55	William Hidding	1:27:58
ĭ	200000	Ken Borchert	1:34:51
2	7000	Mark Luker	1:35:44
2	100000	Jeff Schwantes	1:35:44
6	M60	Severin Blenkush	1:38:30
0	100,000	Percy Anderson	1:40-E0
3	4000000	Percy Anderson Jerry Sazama William Haugen Dan Conway Bayard Shaver li	1:41:09
8		William Haugen	1:43:46
6	M65	Dan Conway	1:25:00
8	Books	Bayard Shaver li	1:43:43
8	3	Milan Mader	1:47:04
1	-	James Conway	1:56:16
2	M704	Bulent Ugurlu	1:50:55
5		Ronald Rude	1:55:38
7	1000	Stanley Bell	1:59:58
7		Ralph Mondor	2:00:26
	W35	Shelly Larson Robin Balder-Lazoue	1:21:25
200	The same	Robin Balder-Lazoue	1:27:27
æ.	10000000	Bengtson Wendy	1:27:28
	W40	Kimberly Anderson	1:24:17
	100,000	Connie Bauman	1:24:57
	455.00	Jeanne Fleck	1:29:20
3	CORP.	Jill Anderson	1:32:16
0	Santa Line	Marybeth Thorsgaard	1:32:29
9	W45	Ann Ringlein	1:25:42
1	100000	Kristi Larson	1:34:33
3	100	Mary Moline	1:36:52
3	200	Ann Dolence	1:37:04
3691332392	1	Ann Dolence Janice Watson Ryan	1:38:01
ă	W50	Janet Rosen	1:30:33
2	15 Part I	Julie Virkus	1:31:00
-		Suzanne Ray	1:32:12
3			

Kathleen Wendel	1:44:16
W55 Gloria Jansen	1:35:27
Barbara Jacobson	1:40:20
Diane Stoneking	1:42:13
Kathleen Schmitt	1:49:51
W60 Kathleen Peterson	1:48:13
Marilyn Schnobrich	1:48:13
Ethel Morse	2:13:02
Mary Permuth	2:15:17
W65 Patricia Wolkoff	2:28:47
Margaret Cass	2:58:36
W70+Wen-Shi Yu	2:06:46
Lorraine Whitesell	2:50:40
Deette Andersen	2:55:09
Carol Duffy	2:57:53
William Irvin 5K	
Overall	
Patrick Russell 29	15:28
Michelle Oman 31	18:24
M35 Geoffrey Douglas	15:59
M40 Steve Burt	16:53
M45 William Markwardt	17:11
M50 Bob Garcia	17:28
M55 Donald Weyer	20:29
M60 David Gibson	21:39
m65 James Geegan	27:37
M70 Jack Wagensteen	27:56
W35 Michele Sailstad	22:02
W40 Kari Campbell W45 Kris Fossum	20:33
	22:00
W50 Ann Haugejorde W55 Carol Kuschke	21:53
	24:22
W60 Shirley Masessa W65 Marie Peterson	24:08
W70 Dorothy Muha	30:25
W/O Dorothy Muna	32:22

Lyons River Run 5K Boulder, CO; June 26

Over		
	h Hill 26	16:0
	Blackett 28	18:0
M35	Eric Schwartz	16:1
M40	Scott King	17:1
	Dean A Maruna	18:0
Car May	Rick Bruess	18:0
M50	Dave Dooley	18:3
	Rich Holston	19:5
	Simon Martin	21:5
M60		22:3
	Jeff Martin	23:1
	Roger Wittner	24:0
M70	Jose Cardenas	21:2
	Don Hayes	27:3
	Ritch L White	30:2
M80-	Bert Tolbert	58:4
W35	Uta Pippig	18:1
W40	Laura Bruess	19:1
	Kelly Carlson	19:2
	Kristi Jordan	20:2
W50	Jan Vermilye	23:3
	Ellen Rickert	25:1
	Mary Ann Berlin	25:3
W60	Chery Lyn Ryan Toni Atkinson	29:45
Mark	Toni Atkinson	35:30
	Carole R Litt	37:15
W70	Vici Adele Dehaan	30:14
Lands.	Becky Laurine Williamson	30:14
	Matilee Christman	59:54
W80-	+Eunice V Shephard	41:29
-		-

Coors Freedom 1	
Junction City, KS;	July 4
M35 David Halterty M40 Ross McDonald	36:41
Terry Criss	39:38
Tom Silovsky	39:47
M45 Marc Moore	38:15
Doug Johnson	39:07
Stacy Cooke	40:23
M50 Myron Leinweller	41:03
Charles Koehn	44:28 44:52
M55 David Zlab	39:38
James Lathrop	49:38
M60+Dale Channel	47:29
Bob Schmoekel	49:07
M70+Marvin Hachmeister	
W40+Alice Stuckey	46:57
Hether Birchmeir	56:52
R WinterSchelles W50+Patricia Dozier	57:58 81:25
Maggie Mizes	84:22
waygie wizes	04.22

SOUTHWEST

Panera Super Summer 8K Oklahoma City, OK; June 24

	Over	all	
4	Jerry	Faulkner 23	26:34
		lja Voellmecke 20	35:4
V		Jorge Rangel	29:20
	M40	David Wray	31:25
-	A September	Ron Ruyle	34:2
		Mike King	34:46
Н	M45	Mark Bravo	32:23
	Belliot	Donnis Harris	33:2
	1	James Butler	33:25 35:5
	M50	Steve Spielman	36:0
-		Derle Smith	36:3
	1	Douglas Cunningham	36:5
	M55	Mike Haeger	32:0
	14100	Sid Scakucger	34:4
	9.00	Bill London	35:0
	M50	Ron Kuykendall	
Н	IVISO	Richard Uar	36:0
			40:4
	MOE	David Taylor	41:0
	M65		40:4
	90.0	Bob Bish	43:0
1		Kent Frates	43:3
	M70		43:5
	30000	Gena Groff	54:5
	1000	Don Smith	55:0
	M75	Jim Hoker	51:2
7,	The Later	Don Gugel	1:12:4
١	M80		51:5
	The same of	Lowell Green	55:1
Н	W35	Laurie Dietrich	38:3
	W40	Pam Welene	41:1
9	Married Street	Mary Mikkelson	41:4
F	1000	Sharon Haley	45:4
	W45	Jane Pace	39:1
П	Sec. Land	Mary Hammer	39:5
H		Marcia Walker	42:5
	W50	Pam Bell	43:0
9		Jodie Spielman	
2		Betty Sadler	44:5
Н	WEE	Carole Call	45:3
	Weo	Potty Poll	39:4
Ĭ.	***	Betty Bell	55:1
п		Sherri Rector	58:1
Œ	MICE	Marlene Robinson	1:01:3
	W65		58:1
	2000	Sharon Edwards	1:15:2

WEST

Valley	Crest	Ha	f-Mar	athon
			June	

Reseda, CA; Jun	le 12
Overall	4.40.07
Saul Bautista	1:16:27
Rhonda Kilfoyle	1:38:31
M35 Joe Harkin	1:24:25
Charlie Mercer	1:35:27
M40 Steven Schuman	1:23:42
Robert Leonardo	1:24:13
Robert Muschek	1:32:27
M45 Jeff Snyder Howard Cohen	1:29:05
Sheldon Subith	1:35:10
M50 Arturo Martinez	1:32:10
David Louks	1:32:15
Paul Nicholson	1:34:15
M55 Keith Noren	1:45:13
Jake Jacobson	1:55:01
M60 Trini Espinoza	1:45:13
John Tessiq	2:08:01
M65 Harry Pantelas	2:05:32
Roger Smith	2-13-08
M70+Stan Block	2.52.12 2.54.00
Loren Leonard	2:54:00
W35 Rebecca Gallivan	1:38:31
Rhonda Khalil	1:52:37
W40 Marie Hermann	1:41:54
Julie Carpenter	1:51:26
Susan Spira	1:54:35
W45 Chris Lange	1:54:11
Dorothy Forbes	2:05:30
Donna Urban	2:18:27
W50 Arlene Lewis	2:00:54
Blyth Matsuoka	2:05:33
Debra Schrotz	2:12:58
W55 Alfreda Iglehart	1:50:55
Maryam Burcham	2:11:28
W60 Julia Dunphy	2:09:58
Pauline Freeland	2:36:07

Fleet Feet Women's Fitness Festival 5K

Sacramento, CA, Ju	ine 12
Overall	17.00
Ceci St Geme 42	17:38
W35 Kyle Merriam	21:03
W40 Ceci St Geme	17:38
Carla Kehoe	20:17
Leilani Dunmoyer	21:34
W45 Theresa Brown	20:21
Clare Lewis	22:37
Desiree Wilson	23:08
W50 Cindy Scott	21:01
Sarah Lin-Aamodt	23:18
Dawnelle Ronne	23:53
W55 Yvonne Nickel	24:07
Ines Wright	25:36
Sharon Ballinger	27:28
W60 Barbara Colton	26:03
Judy Covin	31:58
Karen Crick	37:51
W65 Marge Dunlap	29:58
Florence Fong	34:00
Arlene Bidwell	
	35:54
W70 Ramona Sovereign	1:00:46
W75 Helen Tom	44:27
Irene Yenna	48:17

State Street Mile Santa Barbara, CA; June 19

Over		
	phat Keino 25	4:01
	sa McBain 24	4:33
	Kristen Dowell	5:20
W40	Debra Powell	5:35
	Elizabeth North	5:44
	Gina Fennell	5:47
W45	Patricia Contreras	5:28
	Dianna Hall	5:29
	Debbie Lee	5:29 5:33
W50	Deborah Flores	5:58
	Cathy Kennedy	6:25
	Marcella Young	7:07
W55	Gail Ward	6:57
	Janice Maggiore	7:43
	Maria Perkins	8:57
W60		8:18
*****	Pat L. Lambert	10:26
W65	Vicki Bigelow	6:51
*****	RoseMarie Rockenbach	
	Linda Hill	9:18
W75		11:09
M35		4:14
M40		
M40		4:22
	Brett Darrington	4:30
M45	Octavio Morales	4:37
M45	Tim Mock	4:39
	Denny Nivens Shigy Suzuki	4:57
	Shigy Suzuki	5:00
M50	Steve Wulf	4:47
	Barry Molony	4:47
	Peter Mogg	5:16
M55		5:20
	Russell Stockard	5:20
	Keith Noren	5:27
M60	Robin Taliaferro	5:28
	Bill Arnerich	6:03
	Jack Bianchi	6:17
M65	Don L. Truex	6:07
-	Patrick Higgins	6:48
	Tom Rooney	7:41
M70	Gordon McClenathen	6:32
	Hendryk Gralewski	7:00
	Richard Shobe	7:03
	THORIGING SHOOT	, .00

Walt Stack Trail 10K San Francisco, CA June 19

Overall	
John Sullivan 39	38:36
Sunanda Minarikova 31	47:04
M40 Buzz Brown	43:06
M45 Pete Nowicki	40:34
M50 Peking Duck	1:03:31
M55 Patrick Lee	49:43
M60 Jim Buck	45:25
M65 Jim Kauffold	59:52
M70 Bill Woolf	1:06:02
M75 Bruce Oliver	1:17:17
W35 Dana Goff	48:35
W40 Diane Swick	48:28
W50 Suzana Seban	59:25
W55 Joanna Merriss	56:44
W60 Jane Colman	1:10:12
W65 Kay Teiber	1:09:07
(-results unofficial	-)

Western States 100M Endurance Run, Cool, CA;

	June 25	
Over		
Scott	Jurek 31	16:40:45
	tte Bednosky 38	18:39:01
M35	Andy Jones-Wilkins	17:07:13
M40	James Kerby	18:01:33
The state of	Dean Karnazes	18:14:17
	Craig Thornley	18:25:41
M45	John Ticer	18:03:17
	Tom Nielsen	18:18:00
	Tim Twietmeyer	18-31-30
M50	Michael F. Vieyra	18:31:30 22:32:27
	Allen Rodger Boyce	23:15:54
	Robert Cain	23:24:19
M55		23:28:55
14133	Gordy Ainsleigh	23:47:16
	David Kamp	23:50:16
M60	Dana Gard	26:11:08
MICO	Paul Akiyama	27:14:00
	Nick Bassett	
M65	Hans-Dieter Weisshaar	27:25:00
MOS	Stuart Nelson	27:40:00
		27:57:00
W35	Ralph Hirt	29:18:00 19:58:46
W40		
**+0	Luanne Park	19:16:25
		21:31:21
W45	Leslie Bardessono	23:39:27
4442		25:34:45
	Mary Kitchens	26:02:26
	Connie Ridenour	26:34:29
W50		28:21:00
	Melanie Johnson	29:17:00
	Mary Lou Lackey	29:18:00
W55		29:16:00
	Becky Morris	29:36:00
W60		25:40:28
	Barbara Elia	29:37:00
	Chalanala OV	Act of the last
-	Shriner's 8K	00

Shriner's 8K Sacramento, CA; June 25 Overall Richie Boulet 32 24:1 Ms Tanner' 27 29:1 M35 Gustavo Perez 26:4 440 Jose P. Aispurp 26:2

M40		26:2 26:3
1000	Bill Bushnell	26:3
41000	Vitas Ezerskis	26:5
M45		27:2 27:3 27:4 27:4
200	Dwight Smith	27:3
17.00	Tom O'Reilly	27:4
M50		27:4
Second P	Joe Schieffer	29:0
I valence	Tom Bernhard	29:0
M55		28:2
Marin	Chuck Nichols	30:3
	Bill Dunn	30:4
M60	Mike Ammon	30:3
Street,	Fred Martin	31:0 32:2 34:3
	Perry Hayden	32:2
M65		34:3
	Doug Braasch	35:3
	Ricardo Guidolin	35:3
M70		36:0
	Roger Fong	37:3
	Gard Leighton	38:1
M75		41:1
SHAR	Edgar Brichta	51:2
	Chris Brodehl	59:3
M80		1:01:3
	Ellis Katz	59:3 1:01:3 1:08:3 30:2 30:4
	Becca Doane	30:2
W40		30:4
	Pamela Hayes	30:5
*****	Jenny Hitchings	31:3
W45		32:1 32:3 33:1
	Theresa McCourt	32:3
14150	Carolyn McCarter	33:1
W50	Melinda Morse	33:0
1000	Cindy Scott	33:5
*****	Kim Rupert	35:1
W55	Jessie Stratton	37:3
	Irene Herman	37:5
14100	Yvonne Nickel	37:5 40:0 34:1
W60	Shirley Matson	34:1
	Laury Fisher	30-1

Will Rogers 10K

W65

Pacific Palisades,	CA; July 4
Overall	Carried Town
Kevin Koeper 27	31:54
Lucy Fitzgerald 33 M40 David Olds	39:33
M40 David Olds	33:38
Tyrone Black	36:34
Conal Tepper	37:10
Michael Higgins	37:10 37:30 37:57
M45 Ron Paquette	37:57
Peter Glassman	39:13
Thomas Hathaw	
Gilberto Alavez	42:29
M50 Barry Schaeffer	38:41
Murray Greenbe	rg 40:57
Ted Craver	43:30
M55 Jussi Hamalaine	n 41:10
Gilbert Gelfand	42:30
Jack McDowell	44:08
M60 Michael Payne	45:00
Ken Aerni	46:10
M65 Mervyn Cooper	52:05
Bill Hinds	54:18
M70 Andrew Martin	52:54
Stephen Bland	60:49
M75+Ralph Wilcox 76	85:27
W40 Rikako Takei	42:35
Nina Greenberg	
Carolyn Scott	44:11
W45 Diane Rush	45:30
Cherryl Rose	46:50
Maria Marrone	47:17
W50 Carol Salomons Cathy Coleman	44:00
Cathy Coleman	48:44
Sonia Nam	49:00
W55 Sharon Yamato	52:17
Larue Chalekson	
W60 Cherie Gruenfeld	
Greer Goldman	58:37
W65 Roberta Elliott	59:20

Albuquerque, NM;	,
Susan Brozik 38	19:40
W40 Alison Fletcher	20:32
Roxanne Miller	24:11
W45 Jean Herbert	20:03
Gina Pomo	21:32
W50 Cece Niemczyk	23:03
Gloria Cohen	26:21

W55 Jean Garlie	24:56
Karla Vlahoulis	28:37
W60 Irene Terronez	28:39
Judith Engen	44:00
W70+Mary Daniels 72	44:02

Fleet Feet Davis Mile Davis, CA; July 10

Overall Overall	
Jim Sorensen 38	
Elissa Riedy 27	
M40 Bill Bushnell	
Jose P. Aispuro	
Jeff Mann	
M45 Tim O'Rourke	
Thom Trimble	
Tom O'Reilly	
M50 Arthur Beckert	
Lloyd Stephenson	
Tom Bernhard	
M55 Jim Gorman	
Don Paul	
Don Porteous	
M60 Fred Martin	
Len Goldman	- 1
Dick Chimenti	
M65 Neal Chappell	
Al Shook	
Jeremy Lys	- 1
M70+Roger Fong	
Sam Hirabayashi	
William Flodberg	
W40 Jenny Hitchings	
Karen Jeffers	- 3
Kimberly Fanady	
W45 Theresa McCourt	
Theresa Brown	
Tina Beal	- 8
W50 Melinda Morse	
Cindy Scott	- 3
Kim Upert	- 1
W55 Irene Herman	
Yvonne Nickel	
Heather Bracken	
W60 Shirley Matson	- 1
Laury Fisher	
Rusty Barnett	ì
W65 Eve Pell	
Vicki Bigelow	
Nova Poff	
W70+Po Adams 81	1

NORTHWEST

Alaska Run for Women 5M

A	aska Hun for Wom Inchorage, AK; Jur	
Over	rall er Jurasek	30:04
W40	+Kyle Gauthier	32:43
W35	Jennifer Perez	36:16
W40	Karin Gillis	34:36
	Janet Mamikunian	35:13
1000	Amy Johns	35:19
W45	Susan Windle Beam	36:49
	Mauri Long	37:07
14/50	Veronica Beagan	37:16
W50	Mary Barrett	36:56
	Carol Jewell Josefa LaFurney	38:06
W55	Colleen Peterson	39:52
*****	Nancy Collins	40:23
	Mary Flanigin	40:25
W60	Maria Cobb	40:25 37:24
	Joan Clark	45:31
1000	Birgitta Martin	45:53
W65	Mary Marsolais	43:30
	Teresa Hull	47:18
14770	Mary Hensel	54:11
W/U	Kaz Teekell	54:16
	Carol Stickney Blanche Crandall	1:03:45
W75		52:53
****	Merilyn Swanson	1:05:39
	Sallie Hogg	1:20:23
W80	+Wilma Larsen	1:14:41
	Ann Hagen	1:29:08

Bighorn Mountain Wild & Scenic Trail 30K, 50K, 50M, 100M, Sheridan, WY June 17-18

June 17-18	
30K	
Overall	2.00.10
Joe Hall 27 Jody Aslett 37	2:02:19
M35 Anthony Quinn	2:12:22
M40 John Bernhisel	2:23:19
M45 Bruce Daniels	2:30:52
M50 Roger Heacock	2:42:03
M55 Duane Cole M60 Bill Harrington	3:06:08
M60 Bill Harrington M65 Richard Warren	3:34:03
M70 Harrison Fagg	4:50:31
M75 Bob Hayes	7:35:43 2:27:11
W35 Jody Aslett	2:27:11
W40 Lisa Diekmann W45 Kathy Wilkinson	2:53:36
W45 Kathy Wilkinson W50 Diane Boyd	3:01:52
W55 Isabel Sorensen	6:26:07
W60 Tricia Decker	3:37:42
W65 June Bender	5:42:26
W75 Ann Hayes	7:35:43
50K Overall	
Tim Burke 46	5:09:47
Paula Bowman 43	5:27:37
M35 Hunter Coleman	6:12:26
M40 Joe Bundy M45 Tim Burke	5:43:00 5:09:47
Jay Layman	5:51:30
M50 Rob Walker	6:37:00
M55 John Marini	7:47:20
M60 Rich Garrison	6:55:39
M65 Robert Beck W35 Wendy Lloyd	10:44:43 5:58:10
W40 Paula Bowman	5:27:37
Karen Yokley	5:58:57
W45 Tracy McNab	6:15:11
W50 Gail Leedy W55 Karen Maier	6:47:39
W55 Karen Maier W60 Neroli Brook	9:35:54 9:31:38
50 Mile	5.51.50
Overall	
Rick Hessek 39	8:23:0
Betsy Kalmeyer 43 M35 Rick Hessek	10:50:42 8:23:04
M40 Mike Loos	10:09:38
M45 Ken Ellis	9:58:2

1	W35	Celeste Walz	13:55:48
	W40	Betsy Kalmeyer Nadia White	10:50:42
	W45	Margarita Phillips	11:25:14
1	W50	Cheri Bashor	14:04:16
_	W55	Georgia Nothdurft	13:52:53
П	100 M	Alle	
П	Over	rowning 33	21:54:59
	Kim (Simenez 40	27:19:06
	M35		26:38:53
1	M40	Kirk Apt	26:05:39
	M45	Roch Horton	26:35:01
ġ	M50		29:44:36
П	M55		29:44:41
П	M60	Gary Knipling	29:42:41
9	M65	John DeWall	33:09:46
	W35 W40	Laurie Nakauchi-Hawn Kim Gimenez	27:19:06
ч	****	Susan Donnelly	32:49:52
5	W45	Diane Van Deren	31:36:36
	W50	Susan Gebhart	31:36:36

	Paise ID: Int	
T.	Boise, ID; July	
1 (ance Denning	4:32.96
Ιŭ	ichael Carlson	4:39.76
	ave Clingan	4:42.95
ΙŤ	op W40+	4.42.00
Is	arah Krakoff	5:17.59
I P	atti Bellan	5:27.42
S	heri Wright	5:28.44
I M	40+L Denning	4:32.96
0.0	M Carlson	4:39.76
1	Blas Guerra	4:59.14
	Mike Nielsen	5:02.26
	Ron Hanson	5:07.91
١.,	Wayne Rancourt	5:09.83
I M	50+D Clingan Bob Walker	4:42.95
	David Keane	5:04.43 5:23.22
12	Werner Hoeger	5:46.59
I M	60+Dwight Schuh	6:45.63
1 "	Dennis Parks	7:31.97
	Rohit Parekh	7:57.78
M	70+Joe Zimmer	7:30.86
100	Ken Karcher	8:01.88
W	40+Sarah Krakoff	5:17.59
100	Patti Bellan	5:27.42
-37	Sheri Wright	5:28.44
	Catriona Dowling	5:34.33
4 W	50+Ann Dallas	7:33.62
1	Anne Jeffery /60+Dee Lamott	7:37.02
W	Sally Bishop	8:59.69 13:38.74
	Sally Dishop	13.30.74

Sierra Mist Butte to Butte

_ 1	OK, Eugene, OR; Ju	ıly 4
Over	Rogers 30	20.27
NICK	Rogers 30	30:37 37:28
Lap	Sopagna 24 Greg Menegat	34:01
MOO	Brian Stockdale	38:28
	Cameron Hanes	38:35
M40	Tim Vandervlugt	34:18
MITO	David Haushalter	36:23
	Alan Whalen	36:54
	Scott Frey	37:22
M45	Scott Buttinghausen	35:10
	Daniel Wojcik	36:06
	Tom Bascom	37:36
	Bruce Wilson	38:42
M50	Ed Spinney	38:44
	Rick Russell	42:14
	Jim Barta	42:56
M55		42:29
	Michael Garcia	45:04
	Terry Habecker	45:25
M60		44:38
	Gary Craven	44:47
1	Larry Dunlap	46:00
M65		47:21
	Richard Leutzinger	50:15
	Bill Robbins	52:45
M70		48:21
	John Hepner	50:36
	Art Dietz	58:40
M75	+Bll McChesney 77	55:43
	Fred Mesarie 77	62:32
MOF	Linn Spaulding 83	88:11
W35		39:00
	Denise Kelp	41:05
WAO	LauraLamena-Coll	41:05 41:57 40:16
VV40	Christy Phillips Julie Kolpin	40:16
	Karen White	43:26

W40 Christy Prindling Karen White W45 Denise Skinner Kathy Ward Kate Samuelson Marilyn Nippold Her Locke Lizkowitz

	W50 Marilyn Nippold
	Esther Locke
	Sandy Itzkowitz
	W55 Jean White
- 1	CatherineCalbreath
	Sarah Kerr-Daly
- 1	W60 Judy Ellen Harold
	Nini Monroe
	W65 Joyce Foster
	Jane Dods
	W70 Donye Larson
١	W75+Ruth Anderson 75

Foot Traffic Flat Marathon

& Half-Maratho Portland, OR; Jul	
Overall	, ,
Overall Tom Mann 39	2:51:09
Annie Thiessen 34	3:05:44
M40 Tony Phillippi	3:05:42
Crain Sowash	3:27:26
Craig Sowash Jim Wiechmann	3:28:17
M45 Michael Grant	2:58:53
Dan Kearns	3:03:37
Bob Stiner	3:07:24
M50 Dennis Frisby	3:15:34
Allen Boyce	3:15:58
Scott Richardson	3:29:24
M55 Charles Zemanek	3:41:39
Steve Engel	4:17:25
Aslam Khalil	4:28:32
M60 Laurence Macon	5:05:57
M65 Peter Chao	4:16:02
M35 Tom Mann	2:51:09
W35 Arlene Bitmansour	3:38:02
W40 Alicia Britt	3:23:05
Merrilee Manwaring	3:30:33
Suzi Dyches	3:47:40
W45 Gail Edwards	4:15:48
Katherine Barrett	4:34:44
Lorna Strey	4:46:03
W50 Amy Yanni	3:23:21
Debbie Moriarty	4:23:59

W55	Sue Fauerbach	5:03:2
W60	Corine Knudsen	4:18:34
	Franceska Drozdz	5:09:40
Half-	Marathon	
Over	all	
John	Dimoff 34	1:09:20
Danie	elle Quatrochi 28	1:20:50
M40	Joseph Dudman	1:15:00
	Scotland Thede	1:25:44
	Maxwell Thomas	1:26:3
M45	Richard Punches	1:15:2
Section 1	Larry Mock	1:24:14
	Joe Hoerner	1:27:20
M50	John Stolz	1:14:03
-	Clayton Bastian	1:19:5
	Eddie Diaz	1:22:45
M55	Francis Kessler	1:22:55
	Jim Crawford	1:32:34
	Charles Conrow	1:32:3
M60		1:30:09
	Bernie Blazek	1:30:24
		1:32:2
M65	Gary Reddaway Paul Hagemann	1:51:11
Section 2	David Loprinzi	1:56:09
	Allen Sandstrom	2:03:11
M704	Dave Harrison	1:58:20
W40	Nikki Rafie	1:27:13
The same	Kelly Daugherty	1:32:3
	Liz Hendrie	1:35:5
W45	Lisa Wish-Anderson	1:41:30
200	Liza Whitaker	1:43:39
	Laura DeSimone	1:47:0
W50	Barbara Larrain	1:49:12
The same	Marjorie Palmrose-Mace	1:50:4
	Rebecca Garner	1:50:2
W55	Jeanette Groesz	1.50.2 1.40.1 1.46.1
Statement.	Mary Johnson	1:46:1
	Victoria Tino	1:53:3
W60	Janice Boyer	2:00:1
	Kathy Ryan	2:09:49
	Patti Finke	2:13:2
W65	Dolores Scott	2:08:4

CANADA Scotiabank Vancouver Half-

Marat	
Vancouver, E	C; June 26
Overall	SECTION STORY OF THE PERSON NAMED IN
Giitah MacHaria	1:04:55
Lioudmila Kortchag	uina 1:14:3
M40+Norman Tink	ham 1:12:08
Richard Lee	1:14:20
Art Boileau	1:18:42
M35 Bruce Deaco	n 1:06:50
M40 Norman Tink	ham 1:12:00
Richard Lee	1:14:20
Jamie Black	1:19:03
M45 Art Boileau	1:18:4
David Taylor	1:19:0
Jamie McSki	mming 1:20:00
M50 Peter Fillingh	am 1:26:5
John Neels	1:28:0
Brian Mac Do	onald 1:28:10 1:24:3
M55 lain Fisher	1:24:3
Ed Ansems	1:30:4 1:32:4
Jim Cornish	1:32:4
M60 Frank Towler	1:38:5
Paul Knellwo	1:47:2
Dave Silcock M65 Peter Barring	1:47:2
M65 Peter Barring	ton 1:35:5
Rod Waterlo	w 1:40:4
Michael Dun	n 1:58:1
M70+Roger Routo	sse 1:54:5
Lionel Edwar Nester Slywk W40+Nancy Tinari	ds 1:56:0
Nester Slywk	a 2:04:3
W4U+Nancy Tinan	1:19:2
Nancy Baxer	ndale 1:21:5 kas 1:27:1
Rita Ivanaus	kas 1:2/:1
W35 Darcie Montg	omery 1:21:4
W40 Nancy Baxer	idale 1:21:5
Rita Ivanaus	
Josephine Ki	lleen 1:30:2
W45 Leslie Black	1:28:0
Diane Winrai	m 1:31:1
Mary Steinbe	erg 1:35:0
W50 Ann Hayes	m 1:31:10 org 1:35:0 1:39:1
Sandy Perrin	1:40:4
Ruby Willis W55 Rose Pals	1:44:2
W55 Rose Pals	1:38:3
Jane Wintern	
Karen Knott	1:47:0
W60 Geraldine W	heland 2:00:10
Sherrie Webl	2:15:0
Norma Bond	2:15:0
W65 Irene Neave	s 1:56:2 s 2:28:2
Violet Holme	s 2:28:2
Muriel Shaw	2:39:3
W70+Bettyjean Mo	Hugh 1:58:2
Lilias Camero	on 2:37:04
INTERDA	TIONAL

INTERNATIONAL

Gold Coast Airport Marathon Southport, Gold Coast, AUS July 3

Over	on Marwa	2:16:11
Jacki	e Fairweather	2:34:42
M35	Macous Micheleson	2:28:24
MAAO	Magnus Michelsson Chris Richards	2:35:20
M4U	Andrew Baron	2:40:16
	Chris Corney	2:42:32
1445	Bert Pelgrim	2:37:27
MIAO	Peter O'Sullivan	2:45:59
	Takayuki Yamamoto	2:52:10
M50	Ron Peters	2:38:56
MISO	Peter Kim	2:48:14
	Bob Webster	2:54:34
MEE	Peter Fitzpatrick	3:00:07
MOO	Richard Magee	3:04:16
	Pay James	3:12:02
M60	Ray James Paul Comerford	3:10:51
MOO	Koichiro Ando	3:18:37
	Ronald Clissold	3:20:19
M65		3:21:50
MOS	Tony Kean	3:24:52
	Kanetaka Orita	3:35:01
M70		3:43:45
WI7 U	Katsuhiko Watanabe	3:50:01
	Daniel Shuff	3:58:06
M75	Teruhiko Iwashita	4:38:55
MITS	Roger Dorier	5:01:33
	Shozo Yamaguchi	6:43:39
M80	Ken Matchett	5:44:35
W35		2 43 31
W40	Glenda Banaghan	3:01:39
****	Kim Grylls	3:09:04
	Donna Foster	3:12:45
WAS	Noriko Horikawa	3:10:20
	Theresa Fabian	3:27:26

No.	Toni Taylor	3:28:17
W50	Susan Harvey	3:24:35
	Catherine Grattan	3:42:40
	Kinuko Mouri	3:47:51
W55	Catherine Henderson	3:50:55
	Joan Gilson	4:18:25
	Joan Darlington	4:18:27
W60	Lesley Le Vaillant	3:53:06
District	Colleen Falloon	4:14:20
	Teiko Kudo	4:33:08
W65	Sadako Inamasu	4:49:42
	Val Chesterton	5:36:01
	Corinne Collins	5:51:41
W70	Midori Ondo	6:05:30
****	Tomo Hosoda	7:44:34
W75	Norma Wallett	5:58:51
4412	reciting evalien	0.50.5

RACEWALKING

USATF National Masters 15K RW Championships

THE PARTY	Riverside, CA; May	15
M45	Chris Rael	1:25:14
101-4-5	Pedro Santoni	1:26:08
M50	Mike Counts	1:27:47
(Deviced)	Roderick MacElwain	1:36:44
M55		1:26:32
	Buck Ehrgood	1:44:59
M60	James Carmines	1:19:06
	Bob Weeks	1:36:53
	Juanmanuel Garcia	1:41:04
M65	Paul Johnson	1:31:46
	John Backlund	1:42:58
1470	Bob Nyman Cliff Elkins	1.51.52
M/U	Arvid rolle	1:51:52 1:56:30
M75	Jack Starr	1:42:13
	Robert Mimm	1:52:00
	Liz Salvato	1:34:15
	Sloan Zsiros	1:39:56
	Trisha Petragli	1:48:01
	Heide Hauch	1:27:27
W50	Ann Gerhardt	1:36.07
	Susan Mears	1:43:46
	Susan Cottey	1:54:53
W55	Carol Bertino	1:44:40
	Kathy Frable	1:49:32
MED	Jolene Steigerwalt	1:41:27
AAGO	Kathleen Balser	1:45:36
	Martha Fitzpatrick	1:58:08
W65	Shirley Capps	1:58:05
	Patti Dennedy	2:10:10
W75	Claire Elkins	2:06:53
110	DIAMA SHOW DIVI	

NCCWMA 5/10K RW Championships/Art Keay Memorial Racewalks, Toronto, Canada May 28

Paul Tucknott	30:46
Nil Lavallee	24:28
Juliellen Rosinski	32:36
Don Krueger	30:39
Mary Magni	36:10
Nanci Sweazev	26:31
Lily Whalen	31:22
Valery Wilshynsky	37:29
A M Rosenitsch	31:45
	35:58
Allen James	45:18
	59:45
	1:01:52
	1:02:53
Kitty Cashman	57:38
Nancy Leo	1:03:26
Marilyn Chute	1:08:25
Joan Christensen	1:06:19
Jeannie McKeigan	1:16:07
	Paul Tucknott Nil Lavallee Juliellen Rosinski Don Krueger Mary Magni Nanci Sweazey Lily Whalen Valery Wilshynsky A M Rosenitsch Dianne van Leeuwen Allen James Don Ramsden Patrick King Stuart Summerhaye Kitty Cashman Nancy Leo Marilyn Chute Joan Christensen Jeannie McKeigan

MAC Assn 10K RW Championships Central Park, NYC; June 18

THE REAL PROPERTY AND ADDRESS OF THE PARTY AND	
Overall	
Leo Romero 21	47:39.24
Alice Li Mei Tan 21	1:02:36.30
M30 Jussi Koski	51:00.25
M40 Alexis Davidson	59:08.29
Ray Nieves 47	1:08:52.34
Julio Silverio 46	1:21:11.39
M50 Vlado Haluska	58:27.28
Jon Zalam	1:04:28.31
M60 Gary Null	1:00:24.29
Kiri Baguma	1:16:33.36
Bob Thaler 67	1:13:44.36
M70+C Robinson 77	1:12:46.36
W30 E McCormich	1:05:11.32
Melissa Goldman	1:12:06.35
Cyvonne Moore	1:17:07.38
W40 Shohreh Tehrani	1:27:24.42
W50 Louanne Pennesi	1:04:06.30
Ruth Gersh	1:09:06.34
Lynne Conant	1:12:45.36
Debra Dawkins	1:14:29.36
Sonia Mohamed	1:16:54.40
W60 Elton Richardson	1:05:58.32
Megan Sampson	1:27:24.19
iviegan bampaon	1 00 50 10

Taranaki Walks, New Ply-mouth, New Zealand June 18

10K		714
M60	Bob Hopkins	1:02:20
	Bart Jones	1:04:31
	David Lonsdale	1:08:09
	Brian O'Shea	1:11:04
	Evan Davies	1:12:51
W30	Michelle Lie	54:13
	Donna Bainbridge	1:08:54
	Shirley Dixon	1:06:47
	Julie Griffin	1:07:21
W55	Marlene White	1:10:49
	Carmel Hopkins	1:11.00
Wen	Sandra Moratti	1:02:32
*****	Sue Park	1:16:15
15K	JUG F AIR	1.10.15
	Lynton McLay	1:39:19
	Nield	1:42:57
		1:22:37
MOU	Eric Kemsley	
	Ian Bailey Kevin Waters	1:31:48
-		1:34:31
	Burrell	1:34:37
M55	Peter Baillie	1:26:42
	Ian Andrews	1:43:09
50K		
M30	Craig Barrett	3:59:27

WILL THIS EVER REPLACE WILLPOWER?

WILL THIS MAKE 6 A.M. ANY LATER?

WILL THIS MAKE A COLD WIND ANY WARMER?

WILL THIS MAKE A PR ANY EASIER?

WILL THIS MAKE TOFU ANY YUMMIER?





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