



Over The Hill Track Club

October, 1999

OFFICERS

President	Norman Thomas
V.P. Programs	Bob Thomas
V.P. Communications	Jeff Gerson
Secretary	Rex Harvey
Treasurer	Jack Brunner

Coordinators

Women (all)	Diane Friedman	216-291-1009
Men - Open	Bob Thomas	216-382-5170
30-39	Lawrence Finley	440-735-0837
40-49	Norman Thomas	330-425-8219
50-59	Jeff Gerson	440-473-0636
60-69	Grover Coats	216-464-3865
70+	Jack Greenwald	330-769-5361
Weight Events	John Sloan	330-477-3994
Multi Events	Rex Harvey	440-954-8122
Out of State	Rod Wilson	517-353-0971
Racewalk	-vacant-	

PRESIDENT'S MESSAGE

The crisp weather of fall is here. This is the time of the year to get healthy, to extend summer conditioning, and to make plans for the indoor season.

We are currently compiling the results of the summer meets. Send in any road race, cross country race, or any track and field event results to Jeff Gerson.

Both of our club sponsored events were a success. The Norm Bower Meet and the Cross Country Classic were reasonably well attended. We would like to see more club members participating at these events.

Sometime next month we expect to get indoor schedules for 2000. We will again build our club schedule in December, at our annual meeting.

We are entertaining ideas for an end-of-the-year get together. If you have ideas, contact any one of the officers or coordinators.

Results for Ev Poe - 1999 Season (70-74 age grp.)

Date	Distance - Event	Meet Name	Finish Time; Height; Distance	Place
5-22	-	Northcoast Sr. Olympics ^(Kirtland)	(Calf muscle pull)	-
5-23	Independence	North Coast Invitational	" " "	-
6-5	100	Regional Senior Olympics	15.3	3 rd
	200	" (Canton) "	32.9	1 st
	HJ	" " " "	3'6"	3 rd
	PV	" " " "	6'	1 st
	LJ	" " " "	9'6"	3 rd
6-12	60	Disc. Drug Mart - Medina	9.4	2 nd
	100	" " " "	15.4	3 rd
	200	" " " "	33.0	3 rd
	LJ	" " " "	9'7 1/2"	2 nd
	SLJ	" " " "	6'6 1/2"	2 nd
	HJ	" " " "	ZIP ^(misses 3'6")	-
6-20	100	Lake Erie Assn. VAATF	14.4 (9.3 in!)	1 st
	200	" " " (Independence)	32.7	1 st
	P.V.	" " " "	6'9"	1 st
7-11	60	Cleveland Track Classic	9.3	1 st
	P.V.	" " (Independence)	7'4"	1 st
	Jav.	" " " "	79'1"	1 st
7-18	100	Ohio Games	15.6	2 nd
	200	" " (Berea, Oh.)	33.0	3 rd
7-24	100	Dayton Track Classic	15.1	2 nd
	200	" " (Dayton, Oh)	33.0	3 rd
	H.J.	" " " "	3'8"	3 rd
	P.V.	" " " "	7'6"	2 nd
7-31	P.V.	Midwest Masters	7'0"	1 st
	Jav.	" (Huntington, W.V.)	76'7"	1 st
	100	" " "	14.9	2 nd
	200	" " "	32.7	2 nd
8-27, 28, 29	100	National Masters	14.88	5 th
	200	" " (Orlando, Fl.)	31.82	5 th
	P.V.	" " "	7'8"	2 nd
	Jav.	" " "	77'8"	4 th
9-4, 5	P.V.	Potomac Valley Games	6'6"	1 st
	H.J.	" (Alexandria, Va.)	3'6"	1 st
	100	" " " "	15.3	1 st
	200	" " " "	31.4	1 st
	Jav.	" " " "	72'4"	1 st



Over The Hill Track Club

Results of OTHTC Annual 5km Cross Country Classic
University School, Pepper Pike, OH.
Sunday, September 26, 1999

MEN

Overall Male Winner
Rich Coreno 19:45

14 and under

1. Steve Wentz 22:21
2. David Castro 24:23
3. David Turner 26:43
4. Arvind Narayanan 33:36

35-39

1. Lou Callahan 21:10
2. Mike Rabin 21:24

40-44

1. Mike Castro 23:33

45-49

1. Rick Armstrong 21:11
2. Larry Begue 27:51

50-54

1. Ed Best 19:58
2. Norman Thomas 23:32
3. Robert DeQuinze 30:53
4. Rex Harvey 44:26

60-64

1. Grover Coats 28:12
2. Paul Wild 31:31

WOMEN

Overall Female Winner
Barb Rabin 23:54

14 and under

1. Krystal Turner 26:01
2. Tiffany Turner 44:18

30-34

1. Sheri Liebschner 24:26
2. Richee Kennedy 27:30

50-54

1. Cathi Gerson 29:04

Third Annual Norm Bower Memorial Weight Pentathlon

Sponsored by the Over The Hill Track Club

Proceeds to Emma Rose, the infant daughter of Norm Bower
Kent State University 09/11/99

Athlete Name	Points	HT	SP	DT	JT	WT
----- M15-16 -----						
1 Jeremy Silverman	M16 986	DNS	FOUL	45.42 m	DNS	DNS
----- M25-29 -----						
1 Brent Bower	M27 772	DNS	8.83 m	DNS	DNS	8.27 m
----- M30 -----						
1 John Wirtz	M30 3623	43.94 m	16.34 m	54.78 m	44.44 m	14.33 m
----- M35 -----						
1 Glenn Thompson	M35 1827	DNS	16.88 m	52.45 m	DNS	DNS
2 John Toman	M39 1068	40.02 m	ND	DNS	DNS	11.40 m
----- M40 -----						
1 Michael Hambrick	M40 3567	46.29 m	13.29 m	48.82 m	42.41 m	14.09 m
2 Frank Makozy	M40 1457	DNS	9.13 m	30.66 m	38.00 m	DNS
3 Charlie Green	M41 934	DNS	DNS	DNS	61.64 m	DNS
4 Warren Taylor	M40 794	DNS	DNS	ND	46.33 m	DNS
----- M50 -----						
1 Allen Ray	M52 3306	33.82 m	11.14 m	36.73 m	38.05 m	14.00 m
2 Doug Weikert	M53 2969	32.60 m	9.82 m	37.23 m	34.27 m	11.67 m
3 Don Ragon	M52 2570	23.45 m	9.81 m	32.02 m	29.25 m	11.75 m
----- M55 -----						
1 Micky Bitsko	M56 3957	46.54 m	12.40 m	37.87 m	29.81 m	14.10 m
2 John Sloan	M59 2836	25.48 m	9.15 m	31.20 m	32.51 m	10.06 m
3 Abe Sheinker	M59 1854	26.61 m	6.88 m	25.06 m	10.74 m	7.19 m
----- M65 -----						
1 Pay Carstensen	M67 3632	34.80 m	9.69 m	31.29 m	27.83 m	14.46 m
----- M95+ -----						
1 Everett Hosack	M97 613	DNS	DNS	9.74 m	DNS	DNS
----- W40 -----						
1 Sue Bower	W40 733	7.22 m	4.44 m	12.81 m	8.09 m	3.90 m
----- W50 -----						
1 Charlotte Jarvis	W50 2266	24.30 m	8.74 m	19.62 m	18.19 m	6.84 m
----- W70 -----						
1 Bernice Holland	W72 4015	24.51 m	7.56 m	22.26 m	20.69 m	8.52 m

Results from optional three additional throws:

SHOT PUT

Jeremy Silverman M16	15.11 m	Everett Hosack M97	10.20 m
Brent Bower M27	8.69 m	Charlotte Jarvis W50	21.71 m
John Wirtz M30	17.11 m		
Glenn Thompson M40	17.06 m		
Warren Taylor M40	14.51 m		
Frank Makozy M40	9.25 m		
Micky Bitsko M56	12.17 m		
Pay Carstensen M67	10.34 m		
Charlotte Jarvis W50	8.78 m		
Bernice Holland W72	7.66 m		

HAMMER THROW

Doug Weikert M53	33.15 m
Abe Sheinker M59	26.63 m
Pay Carstensen M67	36.36 m
Charlotte Jarvis W50	23.84 m

JAVELIN THROW

Charlie Green M41	61.06 m
Michael Hambrick M40	42.19 m
Frank Makozy M40	39.22 m
Doug Weikert M53	35.19 m
John Sloan M59	32.47 m
Charlotte Jarvis W50	17.72 m
Bernice Holland W72	20.95 m

WEIGHT THROW

Charlotte Jarvis W50	8.17 m
Bernice Holland W72	8.17 m

DISCUS THROW

Jeremy Silverman M16	42.98 m
John Wirtz M30	52.45 m
Glenn Thompson M35	50.80 m
Michael Hambrick M40	48.56 m
Warren Taylor M40	44.88 m
Frank Makozy M40	31.55 m
Doug Weikert M53	36.40 m
Micky Bitsko M56	39.17 m
Abe Sheinker M59	25.47 m

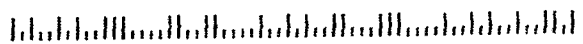
OVER THE HILL TRACK CLUB
c/o Jeff Gerson
5091 Hickory Dr.
Lyndhurst OH 44124

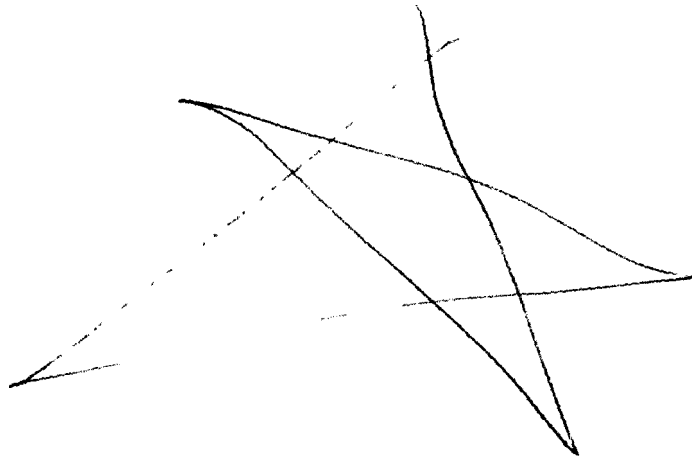
EX #1 CLEVELAND OHIO 44101 10-22-99 174



Rex Harvey
6744 Connecticut Colony Crl
Mentor OH 44060

44060>4470





REPLACE
IN
GRAYSCALE