

Maine Track Club

September 1989

Run with a friend...



UPCOMING MEETINGS

"Nutrition"

Wed. Sept. 13, SMVTI

Machine Tool Auditorium, 7-9 pm

Susanne Wieder, director of nutrition at Hannaford Brothers, will discuss proper diet and how to shop for the right foods. Hannaford Brothers, through its Shop N Save supermarkets, is becoming a leader in bringing nutrition topics to the attention of shoppers.

Race Volunteer Lists

If your name is missing from the volunteer list of a race that you worked, please call Ruth Hefflefinger at 797-4625. She is keeping the log of all volunteers for the year.

Race Directors, please send one copy of your list to Ruth and one to the newsletter for publication.

Montreal International Marathon

Lots of club members are going to race this marathon and it has a great reputation for fun. Ron Cedrone says rooms are going fast, and you should reserve now if you are even thinking of going, because you can always cancel.

Sept. 24, 1989. Race start 9:15 a.m. Entry \$15 (Canadian). Limit 12,000. No race day registration. Race is a point-point-point, mostly flat course. One of the most well-organized big city marathons in the world. Contact: COMIM, PO Box 1570, Station B, Montreal, Quebec H3B 3L2. (514) 879-1027. Official hotel — Delta Montreal 800-877-1133.

2nd Maine Track Club Yard Sale

Location: Nancy and Bruce Stedman's
150 Coyle Street
Portland, ME
774-4013

Date: Saturday, September 16
8:30 A.M. - 3:00 P.M.

Items Needed:
Old and new furniture (beds, bureaus, chairs, etc.) Jewelry, Knick-knacks, Collectables, Glassware, Bowls, Dishes, Glasses, Postcards, Paperbacks, Unique Items

No clothing please unless 1950's vintage or older.

Drop off items the week before in the mud room (back entrance, 1st floor.) Call 774-4013 to make arrangements for large items. Price your donations if possible.

Volunteers Needed:
3 to set up Friday night, 3:30-7:00 P.M.
3 to finish set up, 7 A.M. and work morning
3 to work afternoon
3 to clean up at 3 P.M.
Call Nancy or Bruce to volunteer.

MTC Weekly Runs— Everyone welcome!

Portland Wednesday at 5:30 P.M., Intervals
Strom, 799-7705

Sunday, early A.M., Long runs
from Payson Park, call John Gale,
775-5017

So. Portland Saturday at 7:00 A.M., Long runs
from SMVTI
Sunday at 1:00 P.M. (if no local
race) Fun runs from SMVTI, call
Herb Strom, 799-7705.

Briefing

Press Herald 7/23/89

Sports Festival: Bickford prevails in half marathon

Maine native Bruce Bickford won the men's half marathon Thursday at the U.S. Olympic Festival in Oklahoma City.

Bickford, of East Wellesley, Mass., won the race in 1 hour, 6 minutes, 33 seconds. Don Johns of North Center Line, Mich., was second in 1:06.36.

EDITOR'S COLUMN

This is farewell from me, after 3 years helping with the MTC newsletter, and a sincere welcome to Erin Maclean, a new club member who has come forth to be the new MTC Editor. Erin has only been running a year, but has completed 2 marathons, the Marine Corps and Sugarloaf. Her husband, Andy, is also an accomplished runner, completing 5 marathons. Erin has lots of energy, is new to town and works as a Project Assistant at the Liberty Group in Portland. Welcome Erin!

Sincerely, Deb Merrill

DEB

Erin is up and running after working on this issue with me - let's all support her efforts by writing articles!



Track

TAC

FRANK SABASTEANSKI MEET at Bowdoin College, Brunswick MEN

Sub 5 (Bangor area) 154', Twin K (Kennebunk, Kennebunkport) 107, Pine Cone Flyers (northern Maine) 34

10k Frank Glynn Memorial—1. Tom Dann, Twin K, 33:34.03; 2. Barry O'Neill, unattached, 41:57.6.

100—1. Andy Lawler, unattached, Falmouth, 11.8; 2. Mark Robinson, Pine Cone Flyers, 12.1; 3. Josh Gottlieb, unattached, So. Portland, 12.3; 4. Philip Jackson, unattached, Farmington, 12.3.

200—1. Andy Lawler, unattached, Falmouth, 23.6; 2. Mark Robinson, Pine Cone Flyers, 24.4; 3. Sam Wilbur, Pine Cone Flyers, 25.6; 4. Chip Noble, Gorham, 26.9; 5. Mike Raymond, unattached, Dover-Foxcroft, 28.5.

400—1. Eric Nedeau, Twin K, 50.8; 2. David Pinkham, unattached, Windham; 3. Clint Merrill, MTC-Brunswick, 56.2; 4. James Cook, unattached, Winter Harbor, 56.3; 5. tie, Charles Noble, unattached, Gorham, Matt Ross, Sub 5, 56.4.

800—1. David Pinkham, unattached, Windham, 2:02.8; 2. Steve Smith, Sub 5, 2:07.8; 3. Michael Sargent, Sub 5, 2:08.8; 4. Eric Pulsifer, Topsham, 2:13.6; 5. Ethan Nedeau, Twin K, 2:19.7.

1,500—1. Allan Muir, Nike-Portland, 4:03.5; 2. Brent Leighton, Sub 5, 4:07.1; 3. Lee Petty, unattached, 4:09.2; 4. Eric Nedeau, Twin K, 4:12.1; 5. Michael Gage, Sub 5, 4:13.9; 6. Mike Sargent, Sub 5, 4:18.0.

5,000—1. Roy Morris, Sub 5, 15:27.0; 2. Mike Raymond, Pine Cone Flyers, 15:46.4; 3. Doug DeAngelis, Sub 5, 16:22.2; 4. Jeff Bickart, unattached, Bath; 5. David Brewer, Sub 5, 18:50.5.

3,000 steeplechase—1. Roy Morris, Sub 5, 10:06.4; 2. Mike Gage, Sub 5, 10:22.7; 3. Eric Nedeau, Twin K, 10:25; 4. Doug DeAngelis, Sub 5, 10:52.4; 5. Sam Wilbur, Pine Cone Flyers, 11:21.6; 6. Ethan Nedeau, Twin K, 12:03.9.

5,000 race walk—1. Sam Wilbur, Pine Cone Flyers, 32:33.9.

110 hurdles—1. Eric Nedeau, Twin K, 16.4; 2. Robert Jewell, unattached, 19.9.

400 hurdles—1. Eric Nedeau, Twin K, 1:04.7; 2. Mike Giard, Sub 5, 1:05.7.

400 relay—1. Twin K, 48.1; 2. Sub 5, 50.3.

1,600 relay—1. Sub 5 (A), 3:50.0; 2. Sub 5 (B), 4:36.8.

WOMEN

No team scores available

10k Frank Glynn Memorial—1. Elenna Themes, unattached, 52:45.2; 2. Kim Banks, unattached, 53:03.3.

100—1. Melissa Roberts, unattached, 13.9; 2. Maureen Whyte, Brunswick Rec, 14.5; 3. Amanda Pulsifer, Topsham Rec, 18.5.

200—1. Erin Barry, Portland, 28.2; 2. Lisa Vinton, unattached, Bucksport, 28.8; 3. Melissa Roberts, unattached, Hampden, 29.5; 4. Maureen Whyte, unattached, Brunswick, 30.9.

400—1. Lisa Vinton, unattached, Bucksport, 1:04.1; 2. Erin Barry, Portland, 1:04.5; 3. Melissa Roberts, unattached, Hampden, 1:07.0; 4. Lauren Eastler, unattached, Farmington, 1:08.6; 5. Stephanie Peters, unattached, Buxton, 1:13.2; 6. Rebecca Reed, Portland Track, 1:15.6.

800—1. Melissa Lockman, Sub 5, 2:39.3; 2. Samantha Brochu, Sub 5, 3:37.5.

1,500—1. Serena Pottle, Sub 5, 5:15.5; 2. Melissa Lockman, Sub 5, 5:21.5; 3. Kimberly Pierce, Sub 5, 5:22.9.

3,000—1. Serena Pottle, Sub 5, 11:50.4; 2. Kim Pierce, Sub 5, 12:04.5; 3. Samantha Brochu, Sub 5, 14:43.5.

100 hurdles—1. Vicki Hutchinson, unattached, Brunswick, 17.8; 2. Natasha Watson, unattached, Brunswick, 18.0.

400 hurdles—1. Natasha Watson, Brunswick Rec, 1:27.2.

3,000 race walk—1. Gretchen Eastler, unattached, Farmington, 15:13.6; 2. Kathy Drew, Twin K, 21:31.4.

1,600 relay—1. Sub 5, 5:38.5.

MEMB. MEETING NOTES

MTC MEMBERSHIP MEETING AUGUST 2, 1989

President Herb Strom opened the meeting. Member, Phil Pierce spoke on his experience in the Western States 100 Mile Race. (Awesome, Phil!)

Vice-President, Bill Stuart, announced the September program and reported on the Pat's Pizza Race. 560 finishers and a management fee of \$700 to the club.

Treasurer, Rick reported the balance of \$4390.

Race Reports

Peaks Island, \$404 management fee to the club, 300 meals served by the Lions Club.

Cape Challenge, direct mail has been done, calls for volunteers will be made soon.

Women's Distance Festival, Oct. 1, breakfast to follow the race.

Bowdoin 10 Miler, 12 volunteers needed for finish line and results.

Corporate Heart Run, Sep. 24, MTC will do finish line and results.

President's Report, Herb has arranged for intervals at the Portland Track, 5:30 Weds. P.M. and long runs, Sat. at 7:00 and fun runs, Sun. at 1:00, from SMVTI. Everyweek, everyone welcome.

Newsletter

Erin MacLean will be the new editor. The next deadline is August 20.

Peace Run

Call Herb if interested in running August 4. Yard Sale

Nancy and Bruce Stedman will host the yard sale, September 16. Post cards will go out to all members. Volunteers call 774-4013.

Hash

Bill Davenney announced the next hash, Aug. 25. 6:00 P.M. at the Eastern Prom Gazebo. Pizza and beer at Bruno's, \$3-4.

Refreshments

Provided by Ruth Hefflefinger, Carlton Mendell and Brenda Cushman.

Respectfully submitted,
Susan Davenney

Secretary

HANCOCK LOBSTER CLASSIC

10 miles, at Hancock
MEN

1. Hiram Curvas, New York City, 51:33; 2. Tom St. Germaine, Bar Harbor, 54:34; 3. Michael Gage, Bangor, 56:43; 4. Jim Newell, Ellsworth 57:22; 5. Dave Renault, Northeast Harbor, 59:10; 6. Gary Larson, Dover-Foxcroft, 61:00; 7. James Esty-Kendall, Glenburn, 61:11; 8. Robert Whitehead, Hamilton, Ont., 62:06; 9. Mike Carter, Northfield, 62:13; 10. Ed Brown, Somerville, Mass., 62:58.

WOMEN

1. Marcy Thomas, Medway, Mass., 68:05; 2. Nancy Ellis, Wiscasset, 69:00; 3. Dianne Louder, Portland, 70:04; 4. Rene Collins, Brewer, 75:32; 5. Nancy Reid, Randolph, Vt., 77:10; 6. Joan Meriam, Bucksport, 79:16; 7. Eileen Granahan, Hancock, 81:49; 8. Robin Jordan, Ellsworth, 85:53; 9. Kathy Christie, Stockton Springs, 85:59; 10. Tammy Ward, Amherst, Mass., 87:48.



Road racing

7/21/89

BOWDOIN AND BACK

10 miles in Brunswick
MEN

1. Peter Lessard, 53:04; 2. Lance Giuliani, 54:37; 3. Jim Toulouse, 55:21; 4. Thomas Bennett, 56:36; 5. Lance Hickey, 56:46; 6. Peter Hall, 57:08; 7. Rock Green, 57:17; 8. Chris Staehli, 57:31; 9. Guy Martin, 57:48; 10. Sam Wilbur, 57:57.

WOMEN

1. Nancy Grant, 1:08:45; 2. Ellen Grant, 1:08:50; 3. Nancy Ellis, 1:08:10; 4. Ruth Hall, 1:08:32; 5. Cheryl McMahon, 1:08:50; 6. Valerie Hodgkin, 1:10:0; 7. Sarah Andrus, 1:10:18; 8. Joan Lee, 1:11:20; 9. Maureen Sprout, 1:11:48; 10. Deb Merrill, 1:12:12.

NEW MEMBERS

Name & Address	Phone	Occupation	Age
Nancy Batchelor 11 Wellstone Drive Portland, ME 04103	H871-9244 W879-3370	RN, Mercy Hospital	37
Alan Brooks 24A Sea Garden Circle Kennebunk, ME 04043	H967-0954	Teacher Town of Weston	42
James Bunnell c/o Bay Club One City Center Portland, ME 04101	W772-5444	General Manager Bay Club	31
Clemence, Tom & Jeanne Andrew 5 Shady Lane Falmouth, ME 04105	H781-5122 W761-2344-T W772-7553-J	Pharmacist Orthodontist	32 40
Jim Elliott 6 Windy Point Lane Saco, ME 04072	H282-5839 W282-6155 or 883-6316	General Manager Shape Inc.	
Jennifer Gould 80 Deerfield Road Portland, ME 04103	H773-0629 W772-2363	Account Manager Xerox Corp.	25
Steven Jacobsen 56 Woodside Drive Kennebunk, ME 04043	H985-4107 W985-2941	Insurance Agent Morris Insurance	39
Larry Mead 9 Bea Lane Cumberland, ME 04021	H829-5739 W874-8793	Recreation Director City of Portland	36
Dennis & Kathy Simmons Dennis Jr., Jesse 269 Pine Street So. Portland, ME 04106	H767-5429 W797-5700-D W324-6000-K	Plumber - Holden Co. Engineer - Cyro Ind.	35 33 13 10
Gail Turner 135 Pleasant St. Yarmouth, ME 04096	H846-6541		29
Larry Zellers 64 Vera Street Portland, ME 04103	H761-4269 W797-0017	President Atlantic Business Products	35



Road racing

GORHAM ARTS COUNCIL 3 MILE RUN

at Gorham
TOP 10 MEN

1. Kenneth Botting, 14:38; 2. Roland Thibault, 15:21; 3. Kevin Gile, 16:45; 4. Dennis Smith, 16:47; 5. Kenneth Jenkins, 16:52; 6. David Peterson, 16:53; 7. Joe St. Hilaire, 18:05; 8. Les Berry, 18:10; 9. Eric Ellis, 18:21; 10. John Thibault, 18:32.

TOP 7 WOMEN

1. Lisa Wakem, 16:38; 2. Lauri Nichols, 20:25; 3. Betty Barber, 22:27; 4. Carolyn Bowers, 22:28; 5. Vicki Werman, 22:58; 6. Linda Hunt, 24:32; 7. Theresa Jewell, 28:48.

7.9.89

ST. MARY'S FESTIVAL

Three miles, at Biddisford
Men

1. Bob Winn, 14:22; 2. Stuart Hogen, 15:02; 3. Mike Lyons, 15:10; 4. Ken Botting, 15:11; 5. Scott Brown, 15:26; 6. Rick Garcia, 15:40; 7. Brian Corcoran, 15:45; 8. Dan Barker, 15:54; 9. Dan McManus, 15:55; 10. Bill Skerritt, 16:03.

Women

1. Christine Snow, 16:55; 2. Wanda Bratte, 17:27; 3. Claire Melanson, 18:19; 4. Mary Ann Doss, 18:55; 5. Jean Lamontagne, 19:19; 6. Janet Poirier, 19:26; 7. Carol Weeks, 19:38; 8. Carol Pierce, 20:22; 9. Leslie Couture, 20:37; 10. Laurie Nichols, 20:52.

Oldest finisher

James Carroll, 75, 23:54.

8.5.89

The starting line of
↓ Bridgton 4 Miler



TREASURER'S REPORT

July 5, 1989

Funds on Deposit June 5, 1989

\$ 5,385.70

Receipts:

Clothing	\$ 654.00	
Officer Friendly Race	\$ 213.00	
Mark Hoffmaster Race	\$ 559.00	
Bruce Ellis Fund	\$ 130.00	
Dare Race	\$ 95.00	
Patron Ad	\$ 25.00	
Memberships	\$ 340.00	
Interest	\$ 25.58	\$ 2,041.58
		\$ 7,427.28

Disbursements:

*Maine Running & Outing	\$ 75.00	
Mark Hoffmaster Race		
*Jane Dolley - Photos	\$ 21.90	
Milk Run	\$ 10.00	
*Maine TAC, Milk Run	\$ 100.00	
*TAC-USA Milk Run		
*Coastal Silkscreen - T-shirt	\$ 215.25	
Mark Hoffmaster Race		
*D.P. Trophy World	\$ 61.95	
Mark Hoffmaster		
*Rainbow Racing System		
Numbers Milk Run	\$ 188.00	
Porta Chute	\$ 390.00	
500 type C numbers	\$ 90.00	
*Dale Rand Printing		
flyers - Pat's Pizza	\$ 229.53	
*TAC - USA		
Mark Hoffmaster	\$ 15.00	
TAC Maine - Hoffmaster	\$ 10.00	
*Big Red Q. Printing		
Newsletter	\$ 154.25	
*Ted Cunningham		
Ink Pad - Chrominex	\$ 3.94	
*Sue Davenny - Milk Run		
Pins, labels	\$ 14.10	
*Dare Race		
Race Proceeds	\$ 95.00	
*Melvin Rineberg		
Supplies	\$ 9.79	
*Herb Strom, expenses		
RRCA Convention	\$ 300.00	
*Sue Davenny		
Supplies	\$ 10.12	
*Ruth Hefflefinger		
Postage	\$ 150.00	
*Postmaster - Portland		
Box Rent	\$ 39.00	
*Coastal Silkscreen - T-shirts	\$ 265.86	
*TAC - Maine	\$ 10.00	
TAC - USA	\$ 100.00	
WCSH - Blvd. Four		
*Dale Rand Printing		
Flyers - Cape Challenge	\$ 346.00	
*Charlie Scribner - repair		
Key pad chrominex	\$ 55.00	
*Nancy Stedman		
Supplies Club picnic	\$ 76.68	\$ 3,036.37

Funds on Deposit July 5, 1989

\$4,390.91

Richard K. Strout
Richard K. Strout
Treasurer

Editor's Omission:

Apologies go to David Crawford who was omitted from the Bud Light Raising Kane Triathlon results. He had a terrific race and placed 4th overall (first in his age) in 1:44:35. This was a very competitive race in N.H. on June 4th. Congratulations Dave! Send us more of your results—I know you are racing very well this year!

Also —
David Crawford,
4th overall and
first in age.
Deb Merrill
3rd in age.
Paul Alpert
Paul Merrill
Joel Titcomb

Many thanks to the following volunteers for the Peaks Island Race.

Sue Davenny Terry McGovern
Ben Davenny Bob Perkins
Dru Jones Danielle Jones
Anne Vadakin John Gale
John Watson Ted Cunningham
Ken Dolley John Pierson

Sumner & Carol Weeks
Race Directors

Maine TAC Masters Championship

July 29, Auburn

Clint Merrill - Masters age group

100M	12.5	1st
200M	26.3	1st
400M	57.8	1st
800M	2:58	1st

Deb Merrill - Junior Masters age group

1 Mile 5:54 1st (after running Casco Days 4 Miler!)

Bath Triathlon, Bath 7/4/89

Swim 1 mi, Bike 25, Run 6.2

Barry Fifield	2nd in 30-39	2:12:01
Deb Merrill	1st in 30-39	2:38:26
Barbara Hamaluck	2nd in 40-49	3:13:26

TRIATHLON

World Championships

at Avignon, France

(1,640-yard swim, 24.9-mile cycle and a 6.2-mile run):

1. Mark Allen, United States, 1 hour, 58 minutes, 46 seconds; 2. Glen Cook, Britain, 2:00:04; 3. Richard Wells, New Zealand, 2:00:56; 4. Miles Stewart, Australia, 2:01:36; 5. Rob Barel, Netherlands, 2:02:01; 6. Brad Beven, Australia, 2:02:21; 7. Mike Pigg, United States, 2:02:25; 8. Karel Blondeel, Belgium, 2:03:11; 9. Spot Anderson, Australia, 2:03:29; 10. Wolfgang Katting, Austria, 2:03:38.

Women — 1. Erin Baker, New Zealand, 2:10:02.

N.E. Series

at Naples, Maine

(1/4-mile swim, 24-mile bike, 6.2-mile run):

1. Guy Stearn, Portsmouth, N.H., 1:42:07; 2. Larry Briggs, Winsted, Conn., 1:42:45; 3. Paul Barford, Marlborough, 1:43:42; 4. Bill Solimine, Mansfield, 1:46:04; 5. Jonathan Bold, Falmouth, 1:46:30.

Women — 1. Donna Kay, Stonington, Conn., 1:52:30; 2. Kim Cohen, New York, 1:56:44; 3. Kim Walsh, East Greenwich, R.I., 2:00:00.

places unknown so far. Next issue.

VIII World Veterans Games

by John Woods

The 8th biennial World Veteran's Games were held, for the first time, in the United States' Eugene, Oregon from July 26 thru August 6, 1989. It was the largest track & field meet that has ever been held. With running events from 100 meters thru marathon and a full complement of jumps and throws, there were more than 1300 events. Much of this was because competition was in 5 year age groups from 40-44 to 95-99 men and then women. There were heats and semis, particularly in the younger ages, up thru 1500 meters. There were 4925 competitors from 58 countries. Competition was on 2 tracks simultaneously from early morning into the night under floodlights.

On opening day we competitors marched by age groups onto the field to deafening applause from both large grandstands packed with spectators, all standing.

All airport shuttles and bus transportation were free. Natives volunteered to eat at home to free the restaurants for competitors. Foreign athletes by the hundreds were invited to peoples homes for dinner, or the theatre (My Fair Lady) or for a drive to the mountains or to the seacoast. Race administration was, as in Australia, thoroughly professional but also friendly and as considerate as possible.

Competition was more severe and times faster than in Melbourne, Australia only 2 years ago. In Melbourne, lacking only 2 months for my 70th birthday, I ran 10km on the track in 46 minutes. Wishfully looking at the times of the 70 year olds, I would have placed 4th. That time in Eugene would have brought 12th.

In Eugene, my 10km time was my recent best, 48:24. I placed 9th, just below the middle of the pack. The winner shattered the World Record with 38:49.45. That same man, an Australian, also ran the 800 heats 800 finals, 1500 heats, 1500 finals, 5000 m, 10000m road race, 10000m track, Cross Country, and marathon. He was miraculously beaten by U.S.A's Dan Bulkley at 800 in 2:37.6, but won the others with 3 World Records. Runners ahead of me were from Australia, Italy, Sweden, Great Britain, Germany, USA, Taipei, and Sweden. The last place time was 53:41.30

I also ran a very good 5000m for me with 23:25.52, and placed 17th, just below the middle of the pack. Weather was 50 degrees F with slight drizzle. I was exhausted from my last race, the Cross Country, which had a beautiful setting at a community college in the country. It was 10km, 3 laps around the track, a field, a wooded area and a lake. There was a barrier of logs, a ditch, some soft sand and two steep, short hills. The heat and the course cut about 5 minutes off the times everybody had run on the track.

Also at 5000m, Wilson Waigwa, 40, ran 14:26.43 while Antonio Villanueva, 48, managed 14:46.66. After I left some 40 year old covered 400m in 48 seconds. Two Englishmen went under 1:56 at 800 meters. Again at 5000 meters, USA's Eddy Benham, age 82, ran a 22:08, but failed to break his own World Record of 44:26 at 10KM.

The marathon and the 1500 finals were after I left, but the contest between Wilson Waigwa and the two Englishmen, Ron Bell and Peter Browne, must have been the battle of the century.

I apologize that my data is so skewed toward the events in which I participated. Women represented the biggest increase in numbers, up to something like 25% of the total. Perhaps every third time female medal winners mounted the stand, a new World Record was announced. I watched the W55 5km race on the track. It was a beautiful performance by trained, disciplined athletes. I don't remember the time but, at 10km the winner's time was 40:37.

One event that brought down the house was at 100m in the 95-99 age group. Two competitors duked it out. I am told that the Finlander was ahead, but paused to wave at the standing, cheering crowd. The Chinaman elbowed him out of the way and sprinted for a Gold Medal.

The unbelievable performances (a 57 year old 10km in 33 flat and a 60 year old at 34:30) were only part of the show. The Cameradie was fabulous with language no barrier to friendship. Excitement throughout the whole 10 days (one opening day one rest day, one WAVA political meetings day and 9 competing days) was electric. It was glorious to be part of it - to be on the track while a World Record was being broken. And even I was a long way from coming in last. So also could you. Plan, therefore, to travel to Finland in the summer of 1991 for the 9th World Veterans Games. Grit your teeth and get in some interval work. Be part of an enormous demonstration to the World of what older people can do.



Road racing

FOUR ON THE FOURTH

at Bridgton
TOP 50 MEN

1. Andy Palmer, 19:33; 2. Todd McGraw, 19:48; 3. Sean Livingston, 20:35; 4. Arthur Feeley, 20:36.5; 5. Pete Lessard, 20:40; 6. George Bockus Jr., 20:41; 7. Jeffrey Young, 20:45; 8. Robert Sprague, 21:07; 9. Kevin Way, 21:10; 10. Carl Burgess, 21:18; 11. Henry Finch, 21:18; 12. David Hollings, 21:19; 13. Mark Snow, 21:21; 14. Kevin McDonald, 21:24; 15. Jim Toulouse, 21:28; 16. Rick Garcia, 21:29; 17. Daniel Verrington, 21:44; 18. John Stroug, 21:50; 19. Lucien Gadoury, 22:00; 20. Benjamin Endres, 22:12; 21. Alton Stevens, 22:12; 22. Bill Skeritt, 22:16; 24. John Hemmonds, 22:24; 25. Richard Sellinger, 22:40.
26. Bill Hine, 22:41; 27. Bob Crabtree, 22:50; 28. Jim Burnett, 22:55; 29. Zac Laidley, 22:56; 30. Chad Crabtree, 22:57; 31. Bruce Elby, 23:01; 32. Steven Hightower, 23:02; 33. Gary McIver, 23:03; 34. Jason Wilson, 23:08; 35. Stephen Nickerson, 23:10; 36. Robert Payne, 23:11; 37. Jamie Bollinger, 23:18; 38. Isaac Hutchinson, 23:20; 39. Dale Talbot, 23:30; 40. Tim Livingston, 23:31; 43. Peter Flink, 23:38; 44. Steven Robertson, 23:38; 45. Kevin Gile, 23:39; 46. Glen Roy, 23:40; 47. Terry Coolidge, 23:41; 48. Gailry Salomone, 23:45; 49. Jeff Wright, 23:48; 50. Tom Swan, 23:49; 51. Roger Bush, 23:50; 53. Thad Thorne, 23:53; 54. Michael Thompson, 23:54.
10-under — Peter Broomhall, 27:58. 11-13 — Josh Burek, 29:49. 14-18 — Robert Sprague, 21:07. 19-29 — Todd McGraw, 19:48. 30-39 — Andy Palmer, 19:33. 40-49 — Henry Finch, 21:18. 50-59 — Robert Payne, 23:11. 60-over — John Chandler, 28:21.

TOP 50 WOMEN

23. Charlotte Thomas, 22:20; 41. Deb Potter, 23:35; 42. Christine Snow, 23:37; 52. Lorraine Butterfield, 23:53; 61. Wanda Binette, 24:12; 84. Cathy Livingston, 24:54; 90. Sara Sundborg, 25:06; 94. Patricia Robinson, 25:11; 102. Terry Livinston, 25:29; 120. Sharon Gilligan, 25:56; 122. Erika Maddaleni, 25:58; 133. Anne Ricardelli, 26:17; 138. Cathy Jurgelivich, 26:23; 143. Ellen Conlon, 26:28; 151. Carol Weeks, 26:42; 158. Sharon Hathaway, 26:50; 175. Susan Ernsdorf, 27:17; 178. Alice Goodwin, 27:22; 193. Faye Ggnon, 27:40; 210. Heidi Pike, 28:10; 212. Lynne Bell, 28:11; 215. Laura Lavoie, 28:17; 235. Rayns Deniord, 28:42; 236. Erin MacLean, 28:43; 237. Lois Todd, 28:44; 245. Tina Wilson, 28:57; 250. Gail Heinrich, 29:04; 251. Kim Gluck, 29:06; 255. Laurie Reeder, 29:12; 258. Elizabeth Bolduc, 29:15; 281. Kirsten Bendoratis, 29:40; 282. Marie Cutting, 29:42; 283. Eileen Granahan, 29:43; 290. Mary Sampson, 29:51; 292. Elizabeth Phillips, 29:52; 295. Stephanie Mathussen, 29:53; 298. Ellen Chandler, 29:58; 300. Beth Durril, 30:00; 302. Tina Lee, 30:01; 306. Kathryn Brown, 30:18; 316. Lucia Worswick, 30:34; 328. Vanessa Reichartinger, 30:50; 329. Gina Melargno, 30:51; 334. Tessa Bollinger, 30:54; 337. Sally Swenson, 30:59; 343. Patricia Kieley, 31:07; 344. Maria Keefe, 31:07; 345. Tina Zerbst, 31:08; 350. Tricia Linton, 31:16; 356. Denise Gerit, 31:19.
10-under — Carolyn Shorey, 39:28. 11-13 — Rayna Deniord, 28:42. 14-18 — Mary Sampson, 29:51. 19-29 — Christine Snow, 23:37. 30-39 — Charlotte Thomas, 22:20. 40-49 — Sharon Gilligan, 25:56. 50-59 — Jean Thomas, 32:28. 60-over — Margaret Sawyer, 45:33.

RACE RESULTS

By Don Penta

1989 Pat's Pizza Classic 5 Miler
Yarmouth, Me - 15 July 1989 - 564 Fin.

Top Finishers (overall):

1 Tim Wakeland open	24	24:54
2 Patrick O'Malley	22	25:34
3 Dan Dearing	27	26:04
4 Mark Hatch	24	26:29
5 Lance Guliani 1,30-34	30	26:37
30 Christine Snow open (CR)	23	28:45*
44 Wanda H. Binette (MTC)	23	29:17*
83 Gail Turner (MTC)	29	31:11*
88 Christine Bracer (MTC)	26	31:15*
110 Mary Meehan	23	31:38*

Other Top Divisions:

7 Bob Kahn 35-39	39	27:08
12 Ben Endres 16-18	18	27:29
19 Rick Lane 40-44	42	27:58
21 Lawson Noyes 45-49	47	28:12
40 Bob Coughlin 50-59	50	29:12
144 Seth Denning 15&under	15	32:23
145 Ellen Grant 30-34	31	32:25*
150 Carla Lemieux 16-18	18	32:39*
165 Nancy Ellis (MTC) 35-39	36	33:02*
176 Carol Weeks (MTC) 40-44	40	33:19*
233 Bill Tribou 60&over	68	34:35
344 Aletha DeVos 45-49	46	37:11
401 Jane Rasmussen 50-59	53	38:50*
433 Jenny Popp 15&under	15	40:01*
519 Victoria Poole 60&over	62	44:33*

Other MTC Finishers:

25 Robert Jones (PR)	16	28:34
26 Bill Bristol	32	28:35
31 Richard Mulhern	35	28:49
35 Willie Emerson	25	29:02
37 Harry Nelson	35	29:05
45 Ron Cedrone	40	29:25

More MTC Finishers:

49 Dennis Smith	39	29:34
50 Joe Richards 2,45-49	45	29:37
74 Ronald Deprez	45	30:38
79 Bob Jolicoeur 3,50-59	52	31:00
82 Roy Morejon	46	31:10
87 Tom Allen	33	31:13
91 Mike Reali	35	31:19
92 Frank Ferland	40	31:21
103 George Prescott	41	31:34
105 Peter Bastow	52	31:36
113 Lloyd LaFountain III	27	31:41
118 John Braccio	35	31:49
131 Chris McDonald	25	32:03
132 Philip Pierce	47	32:05
140 Dr. Mark Metz	32	32:15
141 Don McGilvery	37	32:17
146 Rick Strout	50	32:27
149 Bob Hazzard	57	32:37
151 William Rouse	37	32:40
161 Norman Locke	30	32:52
167 Mark Finnerty	30	33:06
169 Deb Merrill	33	33:09*
178 Sumner Weeks, Jr.	40	33:21
180 John Gale	33	33:22
183 Eric Ellis	36	33:26
186 Dale Rines	37	33:32
190 James St. John	21	33:37
191 Richard Stott	44	33:37
192 Scott Strout	27	33:38
195 Mike Towle	41	33:41
198 Jeff Babino	34	33:43
199 Dr. David Haskell	44	33:44
201 John LeRoy	52	33:46
209 Maureen Sproul	33	33:58*
215 Craig Robinson	43	34:07
227 Neil Martin	46	34:26
246 Walter Webber	58	35:06
249 Orlando Delogu	52	35:09
256 Richard Robinov	29	35:13
272 Cindy Vokey	31	35:39*
273 Chris Taylor	11	35:40
286 Raphael DePrez	49	35:58
287 Warren Foye	41	36:00
292 Russ Bradley 2,60&over	65	36:04
305 Sterling MacLean	26	36:24
308 Oscar Cloutier	54	36:25

318 Paul D'Amboise	59	36:40
324 Brian Cullen	47	36:49
359 Phil Tinkham	42	37:34
360 Bob Laskey	26	37:35
362 Tom Menendez	35	37:37
374 Nancy Rouse	36	37:53*
396 Lori Towle	16	38:44*
407 Ed St. John	49	39:03
412 Warren Wilson	55	39:10
422 Robert Wyman	52	39:28
426 Candace Karu	36	39:40*
432 John Woods 3,60&over	71	40:00
438 Allen Pusch	55	40:12
443 Philip Meyers	44	40:26
444 Wendy Estabrook	25	40:28*
445 Katherine Gardiner 3,45-49	47	40:34*
449 Evelyn Kieltyka	35	40:50*
458 Widgery Thomas	65	41:20
470 Bill Lovett	47	42:01
500 Dr. Steve Monaghan	62	43:12
505 Kathy Urban	39	43:24*
506 Everett Moulton	43	43:25
514 Wayne Newland	51	43:56
520 Sara Hobson	28	44:43*
528 Ramona Metz	30	45:45*
537 Sally Paterson	47	46:29*
548 Sue Morejon	36	47:53*
564 Donna Moulton	40	54:13*

CONGRATULATIONS to the 85 MTC FINISHERS!

18th Ann. Old Home Days Pancake 4.2 Miler
Buxton, Me - 15 July '89 - 78 Fin.

1 Dan McManus open	19	22:26
2 Roland Thibault	21	22:33
3 Rick Licht	29	23:34
4 Conrad A. Labelle	34	23:52
5 Lisa Wakem open	22	24:07*
6 Peter Flaherty 40-49	42	24:24
8 Richard Scribner (MTC)	38	24:51
9 Joel Anderson 18&under	18	25:03
11 Donna Hubert (MTC) 2nd	22	25:24*
13 David Smith (MTC)	47	26:05
14 Les Berry (MTC)	41	26:10
27 Carol Pierce (MTC) 3rd&40-49	42	29:14*
28 Henry Wolstat 50-59	55	29:21
30 Kristin Lindholm 18&under	17	30:00*
31 Marla Keefe (MTC) 30-39	35	30:43*
45 Bob Cushman (MTC)	51	33:56
46 Donald E. Johnson (MTC)	58	34:04
51 Linda W. Hunt (MTC) 2,40-49	42	35:55*
68 Brenda Cushman (MTC) 3,40-49	48	38:53*
73 Zachary Hunt (MTC)	12	42:24

Omissions:

Paul D'Amboise: 5/21/89, Sugarloaf
Marathon, Kingfield, 3,42,40, 2nd Mar-
athon, PR, 124/171 overall.
Ron Deprez: Sugarloaf, 3,13:10, 1st
Marathon, 537/171 overall.
Don Johnson: 7/4/89, Bridgton Four
on the Fourth, 33:38, 437/758 overall.
Jennifer Labrecque: 6/2/89, YMCA Back
Bay 5K, Portland, 34:36, 140/147 overall.

Inaugural LBCA Sebago Days 5K - 142 Fin.
East Sebago, Me - 22 July 1989

Top Finishers (overall):

1 Mark Snow open	15:46
2 Bob Kahn 30-39	16:05
3 Kevin Connor	16:09
4 Dan McManus 14-19	16:31
13 Christine Snow open	17:47*
20 Cathy Livingston	18:21*
25 Mary Ann Doss	18:33*
31 Kathy Jungelvitich	19:35*

Other Top Divisions:

12 Joe Richards (MTC) 40-49	17:45
37 John Chandler 60&over	20:18
41 Peter Broomhall 13&under	20:30
44 Joan Lavin (MTC) 40-49	20:33*
47 Oscar Cloutier (MTC) 50-59	20:54
73 Jean Finocchetti 14-19	24:10*
91 Jaclyn Ouillette 13&under	26:19*
111 Pat Buckley (MTC) 50-59	27:53*
132 Sally Hammond 60&over	44:25*

Other MTC Finishers:

16 Richard Scribner	18:01
18 Steven Robertson	18:17
19 Frank Ferland 2,40-49	18:20
32 Norman Locke	19:39
54 Thomas Carll	21:20
83 Sherry Carll	25:15*
88 Linda Hunt	25:56*
89 Dawn Hunt	25:59*
105 Maggie Soule	27:37*
120 Lori Robertson	29:30*

11th Annual Casco Days Country Run 4 Mi.
Casco Village, Me - 7/29/89 - 349 Fin.

1 Bob Sprague open	21:05
2 Mark Snow 18-29	21:38
3 Kevin McDonald 30-39	21:48
4 Sean Keough (MTC) 2,30-39	22:07
9 George Clark 40-49	23:12
10 Robert Payne (MTC) 50&+ (PR)	23:13
15 Susan Dugas open	24:25*
17 Richard Scribner (MTC)	24:28
19 Frank Ferland (MTC)	24:59
46 Jennifer Rolfe 18-29	26:26*
52 Deb Merrill (MTC) 30-39 (PR)	26:57*
62 Maureen Sproul (MTC) 2,30-39	27:42*
90 Debbie McCleery 40-49	30:04*
120 Stanley Harmon (MTC)	31:50
170 Donald Penta (MTC)	34:57

Notes: Bob Payne's & Deb Merrill's PR's
are for this course. Bob Sprague's &
Susan Dugas's times may be course rec-
ords. 349 Finishers is a record.

Notes:

Milton Bailey: 6/4/89, Fleet Feet Five,
Caribou, 47:05, 57th/62 overall.

Christine Bracer: 5/21/89, 5th Ann-
ual Epstein's 5 Aces 5K, Brewer, 3rd;
open women, 18:21, 13/229 overall.

Eric Ellis: 5/28/89, 11th Annual Rang-
eley Moose Run 5.2 Miler, 33:59, 10/34
overall.

Carlton Mendell: 5/29/89, Marsh Stream
Stampede 10K, Monroe, 1st; 60&over, 44:28,
33/59 overall.

Lloyd Smith: Fleet Feet Five, 37:22,
44/62 overall.

10th Annual St. Mary's Festival 3 Miler
Biddeford, Me - 4 August '89 - 148 Fin.

Top Finishers (overall):

1	Bob Wynn open	30	14:22
2	Stuart Hogan	27	15:02
3	Mike Lyons (MTC)	18	15:10
4	Ken Botting	28	15:11
5	Scott Brown	31	15:26
21	Christine Snow open	23	16:55*
27	Wanda Haney Binette (MTC) 23	17:28*	
38	Claire Malonson 30-39	36	18:19*
47	Mary Ann Doss	29	18:56*
55	Jean Lamontagne	26	19:20*

Other MTC Finishers:

19 Bob Payne 1,50-59	51	16:50
20 Dennis Smith	39	16:51
22 Malcolm Kidd	33	17:06
30 Joe Richards 2,40-49	46	17:35
32 Richard Scribner	38	17:46
34 Bob Jolicoeur	52	18:01
58 Eric R. Ellis	36	19:25
64 Sumner Weeks	40	19:36
66 Carol Weeks 1,40-49	40	19:39*
72 Dale Rines	37	20:00
78 Carol Pierce 2,40-49	42	20:23*
81 Raphael DePrez	49	20:36
92 Oscar Cloutier	54	21:07
95 Carlton Mendell 1,60&+	67	21:12
98 Russ Bradley 2,60&+	65	21:21
111 Rick O'Brien	42	22:58
113 Dave Horne	52	23:18
122 Don Penta	43	24:36
124 Wayne Newland	51	25:09
128 Linda Hunt	42	25:50*

RACE RESULTS

By Don Penta

8th Annual China 10K Classic - 97 Fin. S. China, Me - 13 May '89

Top Finishers (overall) & Divisions:

1 Todd McGraw open	24	31:31
2 Bruce Freme	33	34:45
3 Alton Stevens 40-44	41	35:29
4 Doug Ludewig 45-49	49	36:40
12 Robin Emery Rappa open	42	39:34*
14 Mary James	32	40:00*
24 Dick Cummings	51	41:10
38 Cyndi Haselton	34	42:41*
57 Louisa Dunlap 45-49	48	46:20*
58 Russ Bradley (MTC) 60+	65	46:25

Other MTC Finishers:

40 Rosalyn Randall 1,35-39	39	42:58*
64 Carol Pierce 2,40-44	42	47:19*
78 Warren Wilson	55	49:55

Inaugural Nike Store Run - 90 Finishers Freeport, Me - 5 Miles - 14 May 1989

Top Finishers (overall) & Divisions:

1 Jamie LaChance open	18	26:28
2 Lance Gulliani	30	26:34
3 Tom Dann	32	27:02
4 Bob Kahn	39	28:02
10 Joe Richards (MTC) 45-49	45	30:35
14 Frank Ferland (MTC) 40-44	40	30:51
24 Cheryl Bascomb open	28	32:41*
32 Cathy Jurgelvitch	25	33:55*
36 Deb Merrill (MTC)	33	34:44*
38 Chris Taylor (MTC) 15&-	11	34:52
61 Paul McCourt 50-59	53	38:48
68 Donna LaPierre 45-49	49	39:33*
72 Henry Welzel 60+	62	40:35

Other MTC Finishers:

9 Steven Robertson	29	30:33
22 Tom Allen	33	31:39
26 Roy Morejon 2,45-49	46	32:45
29 Scott Fone	29	32:55
50 Clint Merrill	40	36:14
62 Tom Atchison	40	38:49
63 Brian Cullen	47	38:57
67 Tom Menendez	35	39:29
73 Nancy Rouse	36	40:38*
74 William Rouse	37	40:39
82 Robert Wyman 2,50-59	52	44:04
83 Marianne Gagne 2,45-49	49	44:06*
85 Bill Lovett	47	45:17

Downeast Dog Trot 3 Miler - 19 Fin. Camden, Me - 20 May '89

1 Mike Sargent & Ariel	18:27
2 Mark McClellan & Moxie	18:42
3 Denton Haynes & Bo	19:47
5 Shelly Haynes* & Pippier	21:36
7 Toni Goodrich* & Sconset	22:48
16 Brenda Cushman(MTC)* & Abby*	29:22

One Mile Fun Run (6 Finishers):

1 Robert Cushman (MTC) & Abby*	7:44
2 Jessica Toubman* & Kemo	8:22

8th Annual Apple Blossom 15K - 47 Fin. Monmouth, Me - 28 May '89

1 Steve O'Connell open	31	54:50
2 Mitch Lovering	39	57:07
3 John Manzer	35	57:21
4 Neil Miner	39	57:52
5 Mike Mendonca	32	57:59
6 Awani Love	15	59:14
7 Doug Ludewig 40-49	49	59:15
12 Bob Jolicoeur(MTC) 50-59	52	1:02:41
19 Connie McLellan open	38	1:04:09*
24 Cheryl MacMahon (MTC) 2	25	1:06:19*
25 Scott Fone (MTC)	29	1:06:57
30 Jack Ireton-Bewitt (MTC)	51	1:08:51
39 Brian Cullen (MTC)	47	1:14:25
45 Edward St.John (MTC)	49	1:17:42
47 Marge Blisson 40-49	49	1:23:15*

8th Annual Peter Ott's 10K - 122 Fin. Camden, Me - 4 June 1989

1 Tom Dann open	32:39
2 Peter Millard	32:56
7 Coleen Skelly open	35:37*
19 Rhonda Prime (2nd)	38:13*
41 Nancy Ellis (MTC) 1,Sub (3rd)	41:10*
44 Susan Lundquist 1,18&-	41:21*
69 Rich Robinov (MTC)	44:43

Country Kitchen 10K - 78 Finishers Auburn, Me - 4 June 1989

1 Todd McGraw open	31:35
2 Mark Hatch	33:59
3 Kim Wettlaufer	34:02
4 Tom Thibeau	34:08
8 Willie Emerson (MTC)	35:45
13 Steven Robertson (MTC)	38:00
22 Veronica Knight open	39:56*
38 George Liming (MTC)	41:39
41 Scott Fone (MTC)	42:07
47 Kim Vandermeulen (2nd)	44:22*
62 Phil Tinkham (MTC)	48:49

3rd Annual Blood, Sweat, & Cheers 5K Fairfield, Me - 18 June '89 - 91 Fin.

1 Greg Hale open	26	14:32
2 Todd McGraw	24	14:44
3 Tim Wakeland	24	15:13
6 Gordon Hartwell 30-39	31	16:28
15 Myles Lemieux 40-49	47	18:30
30 Gary Wakeland 50-59	50	19:16
32 Eunice Phillips open	38	19:21*
41 Amy Tripp (2)	19	20:48*
43 Joan Lavin (MTC) 40-49	41	21:11*
45 Kathy Chabot 18&-	15	21:26*
47 Donna Nale 30-39	31	21:33*
48 Nancy Stedman (MTC) 2,30-39	38	21:36*
62 Warren Wilson (MTC)	55	23:14

8th Annual Pottle Hill 10K - 64 Fin. Mechanic Falls, Me - 21 June '89

1 Jeff Meserve	34:14
2 Mark Hatch	35:01
3 Lee Petty	35:09
4 Danny Paul	35:37
5 Brent Leighton	35:49
14 Harry Nelson (MTC)	39:16
16 Tina Meserve open	39:32*
24 Donna Hubert (MTC) (2nd)	41:31*
27 Bob Jones (MTC)	42:47
31 Linda LaRue-Keniston (3rd)	43:20*
50 Paul D'Amboise (MTC)	48:59
51 Carlton Mendell (MTC)	49:12
58 William Kerwin (MTC)	52:31

14th Annual Tour Du Lac 10 Miler Bucksport, Me - 24 June '89 - 59 Fin.

1 Mike Sargent open	38	56:44
2 Jim Newett	31	57:46
3 Andrew Spaulding	18	59:21
7 Deb Potter open	34	1:01:03*
18 Susan Hawkins (2nd)	27	1:07:05*
25 Connie McLellan (3rd)	38	1:09:42*
30 Scott Fone (MTC)	29	1:10:25
33 Nancy Ellis (MTC) (4th)	36	1:11:04*
47 Carlton Mendell (MTC) 60+	67	1:15:51

11th Annual Gardiner Common 5 Miler Gardiner, Me - 25 June '89 - 77 Fin.

1 Tim Wakeland open	24	25:26
2 Tom Thibeau	31	27:12
5 Rick Lane 40-44	42	28:53
8 Doug Ludewig 45-49	49	29:12
19 Joe Richards (MTC)	45	30:54
23 Bruce Bell 50-59	50	31:51
40 Bob Hazzard (MTC)	57	33:59
41 Sarah Andrus open	34	34:05*
55 Carlton Mendell (MTC) 60+	67	37:18
76 Steve Monaghan(MTC) 2,60+	62	45:07

1989 L.L. Bean 10K - 405 Finishers Freeport, Me - 4 July 1989

Top Finishers (overall):

1 Bob Winn	30	30:32
2 Greg Hale	26	31:33
3 Dan Dearing	27	32:30
4 Pat O'Malley	22	33:09
5 Lance Gulliani	30	33:23
24 Joan B. Samuelson (H.MTC)	32	37:11*
55 Christine Braceras (MTC)	26	39:14*
71 Amy Tripp	19	39:58*
76 Veronica Knight	22	40:08*
82 Ruth Hall (MTC)	31	40:24*

Other Top Divisions:

15 Rusty Lamade 50-59	52	36:16
18 Robert Jones (MTC) 18&-	16	36:32
21 Joel Croteau 40-49	45	36:42
179 Joan Lavin (MTC) 40-49	41	44:14*
220 Russ Bradley (MTC) 60+	65	46:10
285 Carlene Sproul 50-59	50	49:08*
320 Kathleen Jackson 18&-	14	51:36
395 Ruth Hefflefinger(MTC) 60+	60	62:40*

Other MTC Finishers:

8 Peter Hall	27	34:27
11 Sean Keough	34	34:56
27 Ron Cedrone 2,40-49	40	37:34
36 Russ Connors	57	38:30
41 Alburn Butler	35	38:47
47 Malcolm Kidd	33	39:00
53 Bob Jolicoeur	52	39:10
54 Tom Allen	33	39:12
61 Roy Morejon	46	39:33
64 Frank Ferland	40	39:42
68 Ron Deprez	45	39:51
80 Michael Reali	35	40:21
86 John Gale	33	40:32
90 Nancy Ellis	36	40:41*
92 Michael Cowell	51	40:44
94 Richard Scribner	38	40:48
102 Bob Hazzard	57	41:05
114 Lloyd LaFountain	27	41:28
119 Harley Lee	35	41:40
121 Norman Locke	30	41:49
122 Richard Strout	50	41:52
127 Bill Davenny	44	42:12
128 Joan Lee	35	42:13*
129 Donald McGilvery	37	42:13
141 Barry Howgate	40	42:50
142 Dale Rines	37	42:50
146 Maureen Sproul	33	43:04*
158 John LeRoy	52	43:46
169 Loren Lathrop	40	44:01
171 Stephen DiPalma	33	44:02
194 Stephen Jacobsen	39	44:59
196 Will Stackpole	31	45:00
200 Cynthia Vokey	31	45:28*
206 Orlando Delogu	52	45:43
208 Diane Flanders	32	45:44*
210 Paul D'Amboise	59	45:49
218 Carl Hefflefinger	29	46:08
221 James St.John	21	46:12
235 Warren Foye	41	46:57
242 Sterling MacLean	26	47:09
250 Jane Dolley 2,40-49	41	47:41*
251 Deb Merrill	33	47:42*
260 Brian Cullen	47	48:01
264 Edward St.John	49	48:04
286 Rick O'Brien	42	49:24
297 Tom Menendez	35	49:59
304 Barbara Coughlin	46	50:31*
307 Robert Wyman	52	50:38
317 John Woods 2,60+	71	51:15
321 Candace Karu	36	51:42*
329 James Donald	47	52:21
330 Widgery Thomas	64	52:23
331 Allen Pusich	55	52:24
338 Craig Cunningham	30	53:19
370 Mel Fineberg	53	56:10
374 Wayne Newland	51	57:30
375 William Stuart	31	57:35
389 Camille Hefflefinger	34	1:00:07*
392 Sara Hobson	28	1:01:34*
396 David Hefflefinger	32	1:03:04
397 Sally Peterson	47	1:03:05*

continued...

RACE RESULTS

By Don Penta

(More L.L. BEAN);

130 Maggie Soule	47	26:08*
135 Zachary Hunt	12	27:21
139 Pat Buckley	51	28:05*
141 Ted Cunningham	62	28:43
143 James Carroll	79	29:54

Also:

28 Donald Wilson 1,40-49	42	17:29
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Apologies for any omissions of members or of award recognitions at St. Mary's -- MTC statistician.

9th Annual Doc's Tavern 3 Miler Saco, Me - 250 Finishers - 16 June '89

Top Finishers (Men & /*/ Women: overall):

1 Andy Palmer 35-39	35	14:19
2 Ken Botting open	28	14:50
3 Tom Dann 30-34	32	14:56
4 Jim Quadros	26	15:04
5 Mark Hatch	24	15:17
24 Sally Perkins open	26	16:30*
37 Christine Snow	23	17:09*
44 Diane Lounder	27	17:27*
46 Veronica Knight	22	17:31*
58 Erika Maddaleni	23	18:03*

Other Top Divisions:

9 Guy Martin 40-44	42	15:37
17 Scott Smith 18 & under	16	16:21
18 Lawson Noyes 45-49	45	16:29
26 Bob Payne (MTC) 50-59	50	16:39
89 Carol Weeks (MTC) 40-44	40	19:15*
113 Robin Fagan 30-34	32	19:49*
124 Carlton Mendell (MTC) 60+	67	20:12
154 Nina Stoddard (MTC) 35-39	37	21:15*
173 Jean Krystal 18 & under	16	22:23*
176 Jean Thomas (MTC) 50-59	52	22:31*
177 Sandy Utterstrom (MTC) 45-49	45	22:31*
201 Dottie Gray 60+	64	24:10*

Other MTC Finishers:

13 Peter Dubé	26	15:52
22 George Towle	39	16:29
32 Joe Richards	45	16:54
59 Donna Hubert	22	18:05*
60 Lloyd LaFountain, III	27	18:07
66 Eric Ellis	36	18:24
90 Sumner Weeks	40	19:16
93 Dale Rines	36	19:21
119 Michele Jordan	23	20:01*
121 Tom Atchison	40	20:08
137 Raphael P. dePrez	49	20:48
139 Dean Stoddard	45	20:52
146 Dennis Smith	39	20:58
149 Russ Bradley 2,60+ PR	65	21:01
157 Rick O'Brien	42	21:16
159 Marla Keefe	35	21:28*
183 Beth Thompson	29	22:49*
184 Adrienne McGuigan	30	22:49*
190 Richard Scribner	37	23:01
202 Jill Dolby 2,18 & under	17	24:16*
207 Ken Dolby	41	24:54
209 Carrie Wood	26	25:04*
211 Bill Stuart	31	25:11
215 Sue Kingsbury	24	25:30*
224 Patience Buckley 2,50-59	51	27:02*
228 Maggie Soule 2,45-49	47	27:27*
234 Claire Jordan	43	27:49*
242 Paula Dolby	42	30:06*
245 Brian St. Pierre		31:01

1989 Bath Heritage Days 5 Miler - 61 Fin. Bath, Maine - 4 July 1989

1 Sam Wilbur open	16	27:26
2 Bob Provost	40	29:02
3 Jeff Bengtsson	30	29:09
4 Joe Richards (MTC)	45	29:34
16 Scott Pone (MTC)	29	32:10
27 Rita Losse open	47	35:50*
45 Fran Brennan (MTC)	52	39:06
58 C.R. Davis	43	42:50

7th Annual Celebrate Gorham 3 Miler Gorham, Me - 8 July '89 - 46 Finishers

1 Kenneth Botting open	14:48
2 Roland Thibault	15:21
3 Lisa Wakem open	16:38*
4 Kevin Gile 30-39	16:45
5 Dennis Smith (MTC)	16:47
8 Joe St. Hilaire 40-49	18:05
9 Les Berry (MTC)	18:10
10 Eric Ellis (MTC)	18:21
13 Craig Robinson (MTC)	18:56
15 Robert Green (MTC)	19:03
20 Laurie Nicholas (2nd)	20:25*
22 Wilbur Spencer 50-59	20:43
26 Bob Perkins (MTC)	21:41
28 Philip Meyers (MTC)	22:04
30 Betty Barber 30-39	22:27*
31 Carolyn Bowers 40-49	22:28*
39 Linda Hunt (MTC)	24:32*

Inaugural Bruce Ellis Memorial 5K Exeter, N.H. - 8 July '89

MTC Finishers:

Pat Buckley	29:05*
James Carroll	30:21
Russ Connors	18:30
Benjamin Davenney	24:00
Susan Davenney	25:27*
William Davenney (PR)	20:32
Nancy Ellis	20:12*
Mel Fineberg	27:16
Warren Foye	22:10
Marianne Gagne	26:07*
Peter Hall	
Ruth Hall	*
Ruth Hefflefinger	29:57*
Jenny Labrecque	35:47*
Everett Moulton	26:46
Dale Rines	21:28
Jean Thomas	24:14*
Sandy Utterstrom	23:19*
Martin Weiss	24:10
Warren Wilson	24:03
Robert Wyman	24:06

(Apologies for any omissions.)

More Notes:

Congratulations to Virginia Connors-Holmes who finished eighth overall in the great time of 28:34 in a highly competitive women's field at the National TAC 8K (4.97 M.) Championship of Riverside Park, Agawam, Mass., on 21 May 1989.
Marianne Gagne: 4/9/89, Red's Shoe Barn 5 Miler, Dover, N.H., 44:37; 6/3/89, Nubble Light Runaway 10K, York, Me, 3rd, 45-49, 57:34; 6/10/89, Market Square 10K, Portsmouth, N.H., 3rd, 45-49, 52:51, PR.
Robert Wyman: 6/3/89, Nubble Light Runaway 10K, 56:34; 6/10/89, Market Square 10K, 49:45.

RACE RESULTS

By Don Penta

The Bridgton News 8/3/89. Record Field (349)

Sprague Denies Snow At Casco Days Race

Bob Sprague of Gray denied Mark Snow of Sebago of winning his second consecutive running race title by outdistancing his closest competitor by 33 seconds.

Sprague won the annual four-miler, posting a time of 21:05. Snow, who won the Sebago Days race the previous weekend, took second at 21:38.

Kevin McDonald of Lovell was third at 21:48.

Susan Dugas won the ladies' competition by a full two minutes over Jennifer Rolfe. Dugas crossed the line in 24:25 with Rolfe finishing at 26:26. Deb Merrill was third at 26:57.

The race proved to be another success with 349 runners finishing.

Here's some final race results:

Men's Results

1. Bob Sprague	21:05
2. Mark Snow	21:38
3. Kevin McDonald	21:48
4. Sean Keough MTC	22:07
5. Chris May	22:24
6. Ben Bendres	22:29
7. Glen Roy	22:40
8. Brian Flanders	22:58
9. George Clark	23:12
10. Robert Payne MTC	23:13
11. Bruce Bixby	23:18
12. Joel Croteau	23:25
13. Carrie Drost	23:30
14. Dennis McIver	24:02
15. Josh Brown	24:28
16. Richard Scribner MTC	24:28
17. Paul Casey	24:34
18. Frank Ferland MTC	24:59
19. Roger Foster	25:00
20. Sean Durkin	25:03

Maureen Sproul 27:45 (MTC)

Women's Results

1. Susan Dugas	24:25
2. Jennifer Rolfe	26:26
3. Deb Merrill MTC	26:57
4. Johanne Morgan	27:27
5. Hillary Bramwell	28:34
6. Krista Purinton	29:19
7. Becky Wallace	29:21
8. Nancy Millen	29:42
9. Debbie McCleery	29:48
10. Missy Watkins	31:15

Age Division Winners

12 & Under	
1. Jessica Shellabarger	
Ken Leonczyk Jr.	
2. Laura Krakow	
David Salerno	
13 To 17	
1. Hillary Bramwell	
Bob McCleery	
2. Krista Purinton	

Peter Fickett

18 To 29

1. Jennifer Rolfe
Mark Snow
2. Kelly Thibodeau
Chris May

30 To 37

1. Maureen Sproul MTC
Kevin McDonald
2. Nancy Millen
Shawn Keough

40 To 49

1. Debbie McCleery
George Clark
2. Marilyn Salerno
Joel Croteau

50 Plus

1. Mimi Wetzel
Robert Payne MTC
2. Priscilla Pike
Dick Cummings

Palmer outruns large field

7/5/89 Portland Telegram

By RICK WRIGHT

Western Maine Correspondent

BRIDGTON — Veteran distance runner Andy Palmer shook off a strong challenge from defending champion Todd McGraw to win his first Four On The Fourth road race Tuesday.

Palmer, a two-time Olympic Trials qualifier, outran a record field of 819 to win the 4-mile race in 19 minutes, 33 seconds. The men's record is 18:46, set by Colin Peddie in 1987.

It was a sweet victory for Palmer, a 35-year-old teacher from Alfred who finished second and third in previous Four On The Fourth races.

"I was happy, real happy," he said. "I'd hoped to win this and I did."

Charlotte Thomas of San Diego was the women's winner in 22:20, well off the record of 21:56 set in 1987 by Michele Hallett. Thomas finished second that year in her only previous appearance in the Four On The Fourth.

Palmer and McGraw pulled away after the first mile, running together until the first hill, where McGraw made his attempt to open a lead.

"Up the hill, Todd was pushing real hard," Palmer said. "I had all I could do to hang with Todd."

But Palmer followed until McGraw opened a lead at a steep hill around the 2-mile mark.

"I thought he was going to break me there," Palmer said.

But Palmer rallied again, catching and passing McGraw near the 3-mile mark and holding the lead over the final mile, winning by 15 seconds.

"I felt I had him at (3 miles), but he's running so strong right now that I didn't dare let up at all," Palmer said. "After I got that 5, 6 or 7 seconds on him, I just held it. I couldn't get any more and he couldn't close it."

Thomas, who finished 23rd overall, went out fast, maintained a steady pace and led from start to finish.

"Everybody jokes with me that I've got only one speed," Thomas said.

She was never seriously threatened, beating Deb Potter, the No. 2 female who finished 41st overall, by 1 minute, 15 seconds.

The experienced Thomas, 32, qualified for the Olympic Marathon Trials in 1988. In April, she competed with the World Cup Marathon team in Milan, Italy.

Although primarily accustomed to running on tracks and flat surfaces, Thomas was not bothered by Bridgton's hilly course.

Thomas set a strong 5:18 pace in the first mile, built a large lead, then cruised over the final three miles for an easy victory.

"I really didn't know much about the other competition, so I didn't know how close they'd be to that pace," she said. "So I just had to press the whole way. I knew it was hilly, but it wasn't going to absolutely crush you. So I decided to just go out really hard the first mile and hang on."

Sean Livingston of Conway, N.H., was third overall and Christine Snow of Old Orchard Beach was the No. 3 female finisher, 42nd overall.

The Four On The Fourth, Maine's largest July 4 race, drew runners from such states as Florida, New York, Idaho, Texas and Kentucky. There were also runners from England, Australia, the Soviet Union, West Germany and The Netherlands.

The field also included 100 campers and counselors from Camp Owatonna and Camp Newfound in Harrison.

Benoit to keep running through pregnancy

Joan Benoit Samuelson at a Glance



AGE: 32
RESIDENCE: Freeport
CAREER HIGHLIGHTS: Won Boston Marathon in 1979 and 1983; won women's Olympic Marathon Trials on May 12, 1984; captured gold medal in first women's Olympic Marathon in Los Angeles, Aug. 5, 1984; posted best marathon time (2:21:21) in winning 1985 Chicago Marathon.
PERSONAL: Husband — Scott Samuelson; daughter — Abigail.

By **SARA HOBSON**
 Staff Writer

Portland
 Telegram

Olympic champion Joan Benoit Samuelson and husband Scott are expecting their second child in early February.

Benoit, 32, of Freeport, won the gold medal in the first women's marathon at the 1984 Olympics in Los Angeles and twice won the Boston Marathon (1979 and '83). She holds the U.S. record of 2 hours, 21 minutes, 21 seconds set at Chicago in 1985.

Benoit said she plans to continue running through her pregnancy, just as she did before the birth of her daughter, Abigail, in October 1987. Benoit ran the For Kids Sake 4-mile race in Portland just three weeks before giving birth and finished second in her age group.

Benoit said she's feeling fine and running 6 to 13 miles per day. She won the women's division of a 10-kilometer race on July 4.

Before a 7.1-mile race Aug. 17 at Falmouth, Mass., Benoit plans to conduct a clinic dealing with running during pregnancy. She won't compete in that race, which she once won, but is considering entering the Kingfield 10-K next month.

After finishing a disappointing ninth at the Boston Marathon in April, Benoit decided to take time off from competition to recover from injuries, but planned to make a comeback.

"Her hope is that she can get back into (the marathon) at least for one more go-around," Scott Samuelson said. "She's definitely staying in shape. Once the baby's born, her intent is to run with the elite again."

Benoit's obstetrician is Dr. David C. Ernst of Portland.

Track: Ivan sets women's record

Paula Ivan of Romania set a world record in the women's mile with a time of 4 minutes, 15.61 seconds at a track and field meet in Nice, France.

Ivan, the Olympic 1,500-meter champion bettered the mark of 4:16.71 set by American Mary Slaney in August 1985 in Zurich, Switzerland.

— From Wire Service Reports



7/24/89
Track

CORPORATE

MECTA CHAMPIONSHIPS

Class A: Unum 619, Bath Iron Works 272, New England Telephone 261, S.D. Warren 248, L.L. Bean 173, Hennesford Brothers 59½, Pease Air Force Base 43, Guy Gannett 31½, National Semiconductor 30½, Central Maine Power 29, Blue Cross and Blue Shield 16.

Class B: C.E. Environmental 280, Maine Savings 66, Key Bank 17, Richardson & Trough 14.

Open men

1600—Ashbey (BW), 4:33. 400 relay—BW, 46.9. 100—Yeboah (Unum), 10.9 (meet record). 400—Yeboah (Unum), 51.6 (meet record). Shot put—Lacke (Key), 40-10¼. 3200—Ashbey (BW), 10:12. Long jump—Strong (Han), 20-1 (meet record). 1000 relay—BW, 3:49. 200—Yeboah (Unum), 23.7. 800—Pinkham (BW), 2:02. High jump—Kuprewicz (Unum), 6-0.

Submaster men

1600—Muir (R&T), 4:23. 400 relay—Unum, 47.9. 100—Whittaker (Unum), 11.2 (meet record). 400—Merrill (SDW), 54.7. Shot put—Snyder (BW), 40-¼. 3200—Flanders (LLB), 10:10. Long jump—Whittaker (Unum), 18-5¼. 1600 relay—Unum, 3:54 (meet record). 200—Whittaker (Unum), 24.6. 800—Guiliani (BW), 2:03. High jump—Iran (CEE), 5-4.

Master men

1600—Martin (NET), 4:51. 400 relay—Unum, 52.0. 100—Merrill (BW), 12.4. 400—Merrill (BW), 57.5 (meet record). Shot put—Dearborn (CEE), 38-7¼. 3200—Martin (NET), 10:30. Long jump—Curry (Unum), 16-1¼. 1600 relay—Unum, 4:08.6. 200—Merrill (BW), 25.9. 800—Merrill (BW), 2:21. High jump—Curry (Unum), 4-8.

Senior men

1600—Payne (NET), 5:13. 400 relay—SDW, 1:13.2. 100—Cummings (NET), 14.64. 400—Payne (NET), 1:04.7 (meet record). 3200—Payne (NET), 11:17 (meet record). Shot put—Cuccaro (CEE), 33-10. Long jump—Harris (SDW), 13-1¼. 1600 relay—SDW, 5:49. 200—Comstock (Unum), 32.0. 800—Payne (NET), 2:29. High jump—Cummings (NET), 4-4.

Open women

1600—Campbell (Unum), 5:28. 400 relay—Unum, 54.8. 100—Kane (Unum), 13.4. 400—Kane (Unum), 1:04.3. Shot put—Hodgkin (LLB), 32-5¼. 3200—Allard (Han), 13:38. 1600 relay—Unum, 4:48.9 (meet record). Long jump—Storey (MSB), 16-½. 200—Lanemaid (Unum), 29.0. 800—McCosh (BW), 2:25. High jump—Bangs (CEE) and Pottle (MSB), 4-4.

Submaster women

1600—Hall (SDW), 5:38. 400 relay—CEE, 1:03.4. 100—Heckley (LLB), 14.4. 400—Heckley (LLB), 1:08.3. Shot put—Clancey (NSC), 23-¼. 3200—Townsend (LLB), 13:03. 1600 relay—Unum, 5:00. Long jump—Hairshine (Unum), 13-1. 200—Heckley (Unum), 31.0. 800—Hall (SDW), 2:38.2. High jump—Hairshine (MSB), 4-8.

Master women

1600—Clarke (Unum), 6:16. 400 relay—Unum, 1:09.82. 100—Gallagher (LLB), 16.1. 400—Gallagher (LLB), 1:11.5. 3200—Cloughlin (Unum), 14:04. Shot put—Albrecht (SDW), 24-6¼. Long jump—Alexander (LLB), 9-6. 1600 relay—Unum, 5:52. 200—Clarke (Unum), 35.0. 800—Anderson (Unum), 3:22.

Senior women

1600—Whitney (NET), 6:04. 2. 100—Harmon (Unum), 16.4. 3. 400—Whitney (NET), 1:32.4. Shot put—Jasper (BW), 21-7¼. Long jump—Jasper (BW), 7-10¼. 200—Harmon (Unum), 38.5. 800—Whitney (NET), 3:32.

LOBSTER FESTIVAL

10k at Rockland MEN

1. Tom Thibau, 33:18; 2. Paul Cole, 33:26; 3. Tom Rhodes, 35:10; 4. Brian Daughett, 35:25; 5. Jim Wyatt, 36:07; 6. Ian Davidson, 36:17; 7. Larry Tonzl, 38:21; 8. Greg Wilson, 38:24; 9. Bob Provost, 38:27; 10. Doug Ludwig, 38:54.

WOMEN

1. Diane Roy, 40:26; 2. Carol Weeks, 41:53; 3. Sara Andrus, 41:55; 4. Anne-Marie Davee, 42:12; 5. Dot Neely-Guerra, 45:18.

7/24/89
B. Globe

TRIATHLON

Bay State Event

at Medford

(Mile swim, 40-mile bike, 10-mile run):

Men's Open

1. Paul Barford, Marlborough, 2:45:07; 2. John Brockenbrough, New Kensington, Pa., 2:45:33; 3. Paulo Saldanha, Quebec, 2:45:59; 4. Eben Jones, Ossining, N.Y., 2:47:28; 5. Guy Stearns, Portsmouth, N.H., 2:49:14; 6. Peter Albert, Boston, 2:49:20; 7. Michael McCormack, 2:51:04; 8. Lawrence Briggs, Winstead, Conn., 2:51:30; 9. Chris Willis, Boston, 2:53:12; 10. Mac Martin, Aspinwall, Pa., 2:54:00; 11. Bill Sollimine, Mansfield, 2:54:20; 12. John Nickles, Great Falls, Va., 2:55:27; 13. Tom Fowler, 2:57:04; 14. George Altieri, Philadelphia, 2:58:16; 15. Dana Guidice, Summit, N.J., 2:58:32.

Women's Open

1. Karen Smyers, Medford, 3:02:12; 2. Paula Johnson, Tallahassee, Fla., 3:06:26; 3. Renee Goldhirsch, Medford, N.J., 3:06:51; 4. Tamera Gebo, Great Barrington, 3:12:43; 5. Janine Daley, Encinitas, Calif., 3:15:28; 6. Kimberly Walsh, East Greenwich, R.I., 3:16:51; 7. Nancy Rogers, Roseland, N.J., 3:16:42; 8. Clare Morey, Brighton, 3:19:20; 9. Beth Nelson, East Harwich, 3:20:23; 10. Linda Wessling, Winthrop, 3:21:07.

Men's 19-under

Mark Ouellette, Lawrence, 3:07:39.

Men's 20-24

Paul Kent Jr., West Chester, Pa., 3:00:22.

Men's 25-29

Dave Leslie, Durnam, N.C., 3:09:06.

Men's 30-34

Paul McCallum, Hingham, 2:57:44.

Men's 35-39

Michael King, Medford, 3:08:04.

Men's 40-44

David Crawford, Cumberland, Maine, 2:55:36.

Men's 45-49

Fred Ratcliffe, Shirley, 3:09:37.

Men's 50-54

William Riley, Marston Mills, 3:16:21.



Road racing

CASCO DAYS COUNTRY RUN

4 miles, at Casco
MEN

1. Bob Sprague, 21:05; 2. Mark Snow, 21:38; 3. Kevin McDonald, 21:48; 4. Sean Keough, 22:07; 5. Chris May, 22:24; 6. Ben Bendres, 22:29; 7. Glen Roy, 22:40; 8. Brian Flinders, 22:58; 9. George Clark, 23:12; 10. Robert Payne, 23:13; 11. Bruce Bixby, 23:18; 12. Joel Croteau, 23:26; 13. Carrie Drost, 23:30; 14. Dennis McIver, 24:02; 15. Josh Brown, 24:28; 16. Richard Scribner, 24:28; 17. Paul Casey, 24:34; 18. Frank Ferland, 24:59; 19. Roger Foster, 25:00; 20. Sean Durkin, 25:03.

WOMEN

1. Susan Dugas, 24:25; 2. Jennifer Rolfe, 26:26; 3. Deb Merrill, 26:57; 4. Johanne Morgan, 27:27; 5. Hilary Bramwell, 28:34; 6. Krista Purinton, 29:19; 7. Becky Wallace, 29:21; 8. Nancy Millen, 29:42; 9. Debbie McCleary, 29:48; 10. Missy Watkins, 31:15.
NOTE: 5. Maureen Sproul, 27:45.

PEAKS ISLAND ROAD RACE

5 miles, at Peaks Island
MEN

1. Mark Hatch, 26:43; 2. Roy Morris, 27:19; 3. Ken Flinders, 27:40; 4. Larry Greer, 27:45; 5. Dan Barker, 27:55; 6. Bill Skerritt, 28:03; 7. Glen Ugoune, 28:27; 8. Willie Emerson, 28:45; 9. Patrick Bernier, 28:45; 10. Bill Hine, 28:51; 11. Len Morley, 29:22; 12. Bob Porier, 29:42; 13. Bob Jones, 29:44; 14. Gary Cochran, 29:45; 15. Bob Coughlin, 29:47; 16. Bill Bristol, 29:50; 17. Andy Getz, 29:55; 18. Joe Hayes, 30:11; 19. Steve Hightower, 30:21; 20. Ken O'Regan, 30:50; 21. Tom Getchell, 30:56; 22. Steve Wilson, 31:01; 23. John Donato, 31:05; 24. Terry Edwards, 31:15; 25. Sam Sharzer, 31:21.

WOMEN

1. Christine Snow, 29:58; 2. Wanda Haney, 30:08; 3. Christine Braceras, 31:41; 4. Maryann Doss, 32:11; 5. Diane Roy, 33:00; 6. Cheryl MacMahon, 33:51; 7. Sara Andrus, 33:53; 8. Kris Campbell, 34:36; 9. Carol Macrea, 34:41; 10. Jean Mitchell, 34:57; 11. Faye Gagnon, 35:02; 12. Rosalyn Randall, 35:07; 13. Carol Pierce, 35:15; 14. Deb Raszmann, 35:38; 15. Serena Potts, 36:07.

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