

# MCRRC Intervals

May 2019

Newsletter of the *montgomery county road runners club*

## On the Horizon

**May 4**

La Milla de Mayo  
Gaithersburg, MD

**May 11**

Kids on the Run  
Bohrer Park  
Gaithersburg, MD

**May 12**

Run Aware 5K  
Cabin John Regional Park  
Bethesda, MD

**May 18**

Germantown 5 Miler  
Germantown, MD  
[www.germantown5miler.com](http://www.germantown5miler.com)

**May 27**

Memorial 4 Miler  
Rockville, MD

**June 8**

Comus 5K  
Dickerson, MD

**June 15**

Run for Roses (ladies only!)  
Wheaton, MD  
[www.mcrrcrunforroses.org](http://www.mcrrcrunforroses.org)

**June 22**

Suds & Soles  
Rockville, MD  
[www.mcrrcsudsandsoles.org](http://www.mcrrcsudsandsoles.org)

**June 29**

Little Bennett XC  
Clarksburg, MD

For complete details of MCRRC's races and programs, visit [www.mcrrc.org](http://www.mcrrc.org)

## Board Meetings

Board Meetings are held on the second Thursday of each month.

## Annual Banquet Cake Contest



Photo: Dan Reichmann

A place for every cake!



Photo: Dan Reichmann

Muddy Buddy cake.



# Relentless Forward Progress

by Scott Brown, Editor

If you've ever run an ultramarathon (or maybe if you've just read about ultras), you're probably familiar with the concept of making "relentless forward progress." In other words, the key to completing an ultra, or any race, is to keep moving forward, no matter how fast (or slow) you may be going at any given moment. It's a lesson I've taken to heart in my two most recent ultras, last year's Stone Mill 50 Miler and this spring's Greenway 50K, both of which featured some of thickest mud and most challenging trail conditions I've encountered in Montgomery County.

From the inauguration of a new MCRRC Board, to ramping up training for fall marathons, to recovering from health setbacks, this month's issue of *Intervals* is all about ways the Club continues to make relentless forward progress.

First up, we are formally introduced to newly elected MCRRC President Ken Earley. If you've had the pleasure of running within earshot of "Sherpa," you'll know he's a genuinely good guy who has been heavily involved with the Club, volunteering his time at races, coaching training programs, and serving on the Board, most recently as Vice President. So, welcome aboard, Ken!

In that spirit, Ken takes over the "From the Board" column in this issue and provides a frank assessment of some of the significant obstacles MCRRC faces

in a changing running landscape. If you have ideas for how the Club should tackle these moving forward, reach out to Ken.

Also in this issue, Harold Rosen and Bill Loomis of MCRRC's Experienced Marathon Program (XMP) provide a fascinating rundown of XMP's history and its impressive record leading runners of all age groups to terrific marathon performances. I can vouch for the effectiveness of XMP training, as it has helped me turn in strong marathon performances each fall, including some big PRs, since I started training with it several years ago. If you're looking to run a strong marathon this fall or are looking to qualify for the Boston Marathon, I highly recommended checking it out. XMP starts in June and registration via [mcrcc.org](http://mcrcc.org) will open by May 1.

For this month's runner profile, Lisa Reichmann features Erin Linton and her comeback from a serious health scare earlier this year. Erin offers some great advice, both for avoiding similar health scares and for the importance of listening to our bodies every day before we go out to run. Fortunately, Erin is on the road to recovery (and running again), so good luck and keep moving forward, Erin!

Finally, this issue also acknowledges all the honorees recognized at the Club's recent annual awards banquet. Congratulations to all the nominees and winners!

## MCRRC Intervals

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### Board of Directors

#### President

Ken Earley

#### Vice President

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#### Publisher

Ken Earley

#### Managing Editor

Freddi Carlip

#### Editor

Scott Brown

#### Photo Editor

Dan DiFonzo

#### Production Designer

Bob Dilorio

#### Contributors

Bill Loomis

Lisa Levin Reichmann

Harold Rosen

**Have comments or questions? Or want to help?**  
Contact us at [Intervals@mcrcc.org](mailto:Intervals@mcrcc.org).

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*Intervals* is published bimonthly by the Montgomery County Road Runners, P.O. Box 1703, Rockville MD 20849.

MCRRC is a non-profit, educational organization which promotes personal health and fitness through the sport of running. The club conducts regular running activities, including training sessions races, seminars, and social events.





## Meet the New Boss

by Ken Earley

To begin with, I'd like to thank the members of MCRRC for instilling your trust in me to serve as President of this magnificent Club. It is a huge honor and a huge responsibility, and I hope to earn the former by serving the latter. I'd also like to thank my fellow Board members for their new or recurring service; having been told you would be serving with me must have given you all pause, and I appreciate you overcoming that hesitation and serving the Club. I also want to thank the Nominating Committee for its tireless devotion to the Club and seeing through the process of providing a slate of candidates. It is a behind-the-scenes, quiet job, thankless and unknown, but of critical importance to the Club. Lastly I want to thank our outgoing Board members: Gretchen Bolton, Dave Haaga and Mike Acuna.

I lied. I also want to thank the previous Presidents of MCRRC who have been part of the Boards on which I have served, or who were nominated by the Nominating Committees on which I served: Jean Arthur, Karen Kincer, Don Shulman, and Mike Acuna. I am standing on the shoulders of giants, and that is a mixed blessing. I have great role models and a solid Club to work with, but on the other side I can really screw stuff up.

So as soon as I was elected president of MCRRC, Mike Acuna pointed out to me that I had to write the first of many columns for *Intervals*. I was a bit surprised to find this out, as I had spent the previous two years ignoring his column entirely. I suspect he and many of you will do the same with mine going forward. I am not offended.

By the time you read this, we will have had our first Board meeting, but

I write this while it's still fresh in my mind. Our Club has made money exactly once in the last five years. We have lost money in four of the last five years. Let that sink in. When we spoke to you at the Business Meeting in December, we had a rosy outlook, but then our Q4 numbers were atrocious. They looked better once we sorted through the numbers and saw 2019 Q1 numbers. Perhaps this instance was a matter of timing, but the real bottom line is that we are spending more as a Club than we take in. This must change.

I have asked the Board to consider who and what we are as a Club, what we should be, what we can be, and what we would need to do to get there. We are evaluating the things we do to raise money and the ways we choose to spend money. Our competitive landscape has never been greater, with more races, training programs, and

timing companies competing with MCRRC's offerings.

Your Nominating Committee got this right. I truly believe we have a Board that can get us through this, and I am eager to work with them to make sure we are a solvent and permanent player in Montgomery County.

I know this wasn't the column you wanted. I am supposed to be all upbeat and happy in my first stab at this, but I want to start out with transparency.

In the meantime, I get pinged a few times a day with ways the Club can spend money, but rarely with ways the Club can make money. We have great minds here, so maybe we can flip that?

Send me your ideas.

— Ken Earley is the President of MCRRC. He can be reached at [president@mcrrc.org](mailto:president@mcrrc.org).

### Keep up with the latest news and information about MCRRC events and happenings!

Like us on Facebook – Montgomery County Road Runners

Follow us on Twitter - @MCRRC

Connect with us on LinkedIn - Montgomery County Road Runners

Instagram account - @MCRRC

Subscribe to our Yahoo Groups!

**mcrrc-alert** for breaking news alerts (track closed due to thunderstorms)

**mcrrc-info** for general news and information about club events

**mcrrc-discuss** for discussion with other club members about anything running or club related

<http://sports.groups.yahoo.com/group/mcrrc-info/>

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# Successes of our XMP Training Program

by Harol Roden and Bill Loomis

**T**he Club's Experienced Marathon Training Program ("XMP") is about to enter its 18<sup>th</sup> season. XMP was started by MCRRC in 2002 with Michael Broderick at the helm. For those who did not know Mike, he took up running later in life and at the same time changed his career to personal trainer, running coach and teacher of the RRCA certified coaches course. He first coached with the Club's First Time Marathon Program and then realized that the Club could use a more advanced marathon training program. Mike developed the program and remained at the helm of XMP through the program's 9<sup>th</sup> season, until he passed away a day short of his 54<sup>th</sup> birthday. Since then, the program has been entrusted to Harold Rosen at Mike's request shortly before he passed away. For Mike's efforts, in 2011, the Club recognized him posthumously with its Lifetime Achievement Award.

Now entering its 18<sup>th</sup> season, XMP remains faithful to the tenets upon which it was originally based: long runs at "long slow distance" pace, speed work, quality tempo runs and hills. XMP never has had one "goal" marathon. From its inception, the program training schedule has been tailored to eight different marathon weekends (and can accommodate other weekends as well). The schedule adjusts for marathons as early as Erie in September and as late as Philadelphia in November.

Over the years, there have been subtle changes to the program. How has it changed? In short, (1) the training season has been lengthened, primarily to accommodate earlier season marathons including Erie and Wineglass; (2) more track work has been added; (3) more hills have been added, particularly to the long runs; (4) runners have become more accepting of the long slow run training pace; and (5) runners have come to

the realization that each pace group member is a training partner, rather than competitor. Roman Gurule, who has trained with XMP the past four XMP seasons and has run a PR each of those years, puts it this way: "Running is often thought of as an individual sport but the running success in XMP results from teamwork. XMP places together pace group members that start as individuals and then become 'teammates' within their pace group, all striving to achieve against a well-conceived and well-coached training plan. We learn from one another, inspire one another, and we end with the coaches and our pace group members cheering our achievements as we cross the finish line."

XMP has a phenomenal record of its runners producing excellent results. The program maintains a database of each season's marathon results. Over the past five years, 450 XMP runners ran 249 Boston qualifiers (BQs) and 252 personal records (PRs), an average of 50 a season, and in each year, one-third of XMP runners who ran marathons achieved PRs and BQs.

From the 2018 season alone, XMP runners ran 102 marathons before the "books" were closed (some ran later marathons). Of these 102 marathons, 53 were BQs and 51 were PRs, or about 50 for each. In addition, in 2018, XMP had 21 age group podium finishers. At the same time, the program is acutely aware that there is more to it than just running PRs and BQs, and that success is measured by individual runners by their own individual successes.

Another measure of success is the fact that lately, XMP has been joined by second generation runners. In the 2018 season, the son of one of XMP's original runners (Sarah Barpoulis), trained with XMP to run his first marathon. Nick ran 2:57:59 at Marine Corps as his parents followed him along the course on bikes. As Nick put it, "training with

a group that had gone the distance before and in furtherance of a tried and true training schedule was invaluable." Other "second generation" runners in XMP have included the daughters of Donna Barnett and Anny Rosenthal, with their daughters running PRs along the way.

Aside from marathon results, XMP maintains in its database other related pertinent data. The XMP population is almost evenly split between male and female runners. The largest age groups are 40-49 and 50-59, making the high percentage of PRs that much more amazing. The youngest runners are normally in their 20s while the oldest are in their early 80s. The largest pace groups, as measured by long slow distance training pace, are 9:00-9:15 and 9:15-9:30 per mile. The median marathon time by season is about 3:56:00. XMP normally has multiple sub-3:00 finishers. The data also show that the most popular marathons with XMP are Marine Corps, in part because of convenience and training run purposes, followed by Erie, for Boston qualifier reasons, and Richmond and Rehoboth, for late-season purposes. For travelling far and wide, XMP normally has a group running Berlin (13 runners last season). For residences, the bulk of XMP runners reside in Rockville, Bethesda and Silver Spring, but at the same time, XMP normally has runners from the District of Columbia and Virginia, as well as from other parts of Montgomery County and beyond.

XMP has been very successful over the years. Not taking anything away from MCRRC's First Time Program, designed as it is for achieving first marathon successes, for which it, too, is justly proud, but it is unlikely that any other club-based marathon training program achieves the results achieved by XMP. Kudos to MCRRC and its great training programs!

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# Award Winners

**Lifetime Achievement Award:** Jim Whitnah

**President's Award:** Travisha Gunter, Catherine Poole, Danny Talmage, Conroy Zien

**Coaches of the Year:** Keith and Laura Evans

**Journalism Award:** Melissa Hutchinson

**Humanitarian Award:** Dayna Rashidian and Keri Jacobs (22 Too Many)

**Race Director of the Year:** Karen Kincer

**Volunteer of the Year:** Bill Lee (posthumous)

**Youth Volunteer of the Year:** Mary Kincer

**Most Improved Runners:** Maria Margarita Garcia Ripa and Adam Kiely

**Outstanding Running Achievement:** Constance Roberts

**Outstanding High School Runners:** Nandini Satsangi, Margaret Lilyestrom, Aidan Smyth, Leoluca Cannuscio

**Runners of the Year:** Stuart Gordon, Audrey Fincher, Tom DiChiara, Julie Sapper, Chris Sloane, Silvia Baage

**Runner of the Year Recognition:** Kirk Gordon, Koji

Takeuchi, Catherine Baker, Yuji Funakoshi, Jim Dahlem, Kaari Liisi Linask, Courtney Perna, Shlomo Fishman, Adrian Spencer, Monika Schneider

**Volunteer Service Awards:** Dan DiFonzo, Barry Hauptman, Wendy Young

**Participation Series:** Mark Adams, Melanie Barzik, Alex Booth, Cindy Cohen, Yukun Fung, Martin Kiebert, Leonard Lee, Brian Murphy, Jennifer Murphy, Robert Palmer, Catherine Poole, Lloyd Rawley, Dan Reichmann, Rodney Rivera, John Way, Jim Whitnah, Tom Young

## Championship Series

**Open Female:** 1. Kristin Lemos, 2. Michelle Miller, 3. Monika Schneider

**Open Male:** 1. Nicolas Crouzier, 2. Adrian Spencer, 3. Mark Neff

**Female, 1-14:** 1. Anna Arnold, 2. Elina Lee

**Male, 1-14:** 1. Brandon Kim, 2. Ian Parsons, 3. Gabriel Yee

**Female, 15-19:** 1. Adriana Rosas, 2. Brenda Rosas

**Male, 15-19:** 1. Mark Rosas, 2. Thomas Parsons

**Female, 20-24:** No qualifiers

**Male, 20-24:** No qualifiers

**Female, 25-29:** 1. Ashlyn Sinclair

**Male, 25-29:** 1. Matthew Sushinsky

**Female, 30-34:** 1. Jayna Resman

**Male, 30-34:** 1. Brian Murphy, 2. Aaron Trulock, 3. Kevin Anderson

**Female, 35-39:** 1. Colleen Dahlem, 2. Jennifer Murphy

**Male, 35-39:** 1. Rodney Rivera, 2. Alexander Paplomatas, 3. Andrew Strikwerda

**Female, 40-44:** 1. Jennifer Sample, 2. Lisa Parsons, 3. Agnese Arnold

**Male, 40-44:** 1. Jim Dahlem, 2. Yuji Funakoshi, 3. Robert Palmer

**Female, 45-49:** 1. Karyn Ryan, 2. Cindy Cohen

**Male, 45-49:** 1. Matthew Mullally, 2. Brian Hensel, 3. Alan Mulindwa

**Female, 50-54:** 1. Sharlene Deskins

**Male, 50-54:** 1. Pete Wergin, 2. Wayne Breslyn, 3. Adam Kiely

**Female, 55-59:** 1. Heather Chen-Mayer, 2. Pamela Yao, 3. Melinda Krummerich

**Male, 55-59:** 1. David Haaga, 2. Ted Poulos, 3. Marty Horan

**Female, 60-64:** 1. Janet Bergman, 2. Jeanne Larrison

**Male, 60-64:** 1. Dan Lawson, 2. Bill Loomis, 3. Kirk Gordon

**Female, 65-69:** 1. Wanda Walters

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*continued on page 8*

# Erin Linton



by Lisa Levin Reichmann

*By all outward appearances, MCRRC member Erin Linton is the picture of health. Although she wasn't athletic in high school and struggled with outdoor sports growing up in hot, humid New Orleans, Erin ran her first marathon in 2001 and hasn't looked back since. Over the past 18 years, Erin has run countless races from the 5K through the ultra distance, most recently finishing the Rehoboth Half Marathon this past December. However, shortly after that race, in mid-January, and without any warning signs, Erin experienced an aneurysm while doing a training run in the early morning hours on a treadmill in the basement of her house. Fortunately, Erin is back on her feet, but only after several months of recovery, during which Erin is learning to be patient with the process. Erin lives in Potomac with her husband, Tony, and their two sons, Dylan (13) and Ryan (16), and recently returned to her job as a regional liability manager.*

## **How did you start running?**

I joined Team in Training (TNT) through the Leukemia and Lymphoma Society in 2000, shortly after moving to Maryland. I had never run a mile let alone a race in my life. My goal was never actually to become a "runner," but to meet new friends. Through training, I met three of my very best friends and, to my surprise, fell in love with marathon training.

I still wasn't really into doing the races; it was all about doing long runs together, then having coffee with my friends.

## **When and why did you first join MCRRC?**

I ran my first few marathons with the friends I met through TNT, but then kids, injuries, and a move made it difficult for us to run



Photo: Erin Linton

Erin Linton

together every Saturday. I started looking online for other people to run with and discovered MCRRC. My first experience with MCRRC was joining the Speed Development Program (SDP), which I believe was in 2007. After successfully finishing SDP and gaining some speed I was hooked, so I rolled right into the First Time Marathon

(FTM) Program the following summer. I met even more running friends and, of course, ended up running even more races through FTM and later the Experienced Marathon Program (XMP). I've now run 17 marathons, two ultras and countless other races with the Club. I started to get more serious about running and setting goals once I joined MCRRC. I was even inspired by all of my coaches to get my Road Runners Club of America (RRCA) coaching certification.

## **You were running on the treadmill earlier this year when you experienced an aneurysm. Can you explain what happened?**

On January 15, I was running on the treadmill in my basement because there was ice on the ground. My plan was a six-mile run, but just past 3.5 miles, I got the headache of my life. The pain nearly knocked me off my feet. My first thought was to finish that mile but then I immediately felt dizzy and couldn't take another step. I stepped off the treadmill and my neck at the base of my head started hurting really badly. All of this happened so quickly, in the span of one minute. I knew something was wrong because I couldn't move or turn my neck or head in either direction and I was in excruciating pain. I crawled upstairs to wake up my husband and we headed to Shady Grove hospital where I

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was told I had blood in my brain and needed to have emergency brain surgery. That was my last memory of that day. I learned the following day that I had suffered a subarachnoid hemorrhage caused by a ruptured cerebral aneurysm.

***Up until that point, did you know anything about aneurysms? What do you know now that you wish you had known earlier, or that you would like others to know?***

I mistakenly thought that you couldn't survive an aneurysm. In fact, before going to the hospital my husband Googled my symptoms and suggested I might have had an aneurysm but I was certain he was wrong because I was still alive. Since going through this I've learned that aneurysms are much more common than I had known. They are hereditary and can be found and monitored before they rupture.

***What has your recovery timeline been like?***

I am still recovering, more than three months after it happened. I spent two weeks in ICU then several weeks at home recovering. I just recently returned to work full time. I'm thankful, it could have been a lot worse.

***What are the positive takeaways from your experience?***

I'm more grateful than ever for my life, my family and friends. I don't take anything I'm able to do for granted.

***Will you continue to experience any residual effects from the aneurysm?***

Maybe. I'm taking it one day at a time. I get really tired and have daily headaches. Getting lots of sleep and knowing my limits both help a lot.

I can't do as much as I used to in a day but I can do more than I did a month ago. I try to concentrate on the forward progress.

***What sort of follow-up will you have moving forward?***

I'll have to have MRA/MRI scans at least yearly to monitor for any changes.

***Were your doctors supportive of your return to running?***

Yes. All of my doctors and nurses at the hospital knew all about my running and were extremely supportive of returning to run. In the hospital the nurses made sure I walked the halls every day. During discharge my surgeon asked which marathon I was planning for the fall. At follow-ups, we discuss my return to running and she tells me to "do what feels good and if it doesn't, stop." She believes my active lifestyle is what saved my life.

***How have you eased back into running?***

After leaving the hospital I continued with short walks in my neighborhood. Eventually I started walking longer and incorporating some short run intervals. My coaches, Lisa Reichmann and Julie Sapper, with Run Farther & Faster helped me transition back into running safely, starting with run/walk intervals. I still have good days and bad, but having a flexible plan geared towards my recovery has been key. Starting over was not ideal but it is what it is. In the beginning I had a bit of PTSD about running but I'm much more comfortable now, and over the past few months have worked up gradually to running almost 20 miles per week and a long run of

seven miles. I'm grateful I can still run and truly, I am so grateful for the support I've received from my running friends who've walked with me, run with me, and cooked meals for me and my family.

***Have you had any concerns about exercising again after your aneurysm? How have you addressed those concerns?***

I listen to my body. I'm not going to do anything that does not feel good. If it's not a good day or I need more sleep, I sleep in and skip the run. I love running but my recovery comes first.

***Now that you are up and running again, what are your running-related goals for 2019?***

I ran the Richmond marathon in 2018 and loved it. I plan to go back for 2019 as long as I continue to progress.

***Are there any precautions people can take to prevent or detect an aneurysm early?***

While you cannot prevent an aneurysm, it's important to know your family history and talk to your doctor if you suspect you are at risk. If you are, and if you have an aneurysm, you can be monitored. Not all aneurysms rupture, but knowing you have one can make a difference. You can live a full life with an aneurysm and never have a rupture, but it's so critical to know the risk factors and symptoms so you can be proactive.

— Lisa Levin Reichmann is a member of the MCRRC racing team, sponsorship coordinator for the Parks Half Marathon and Pike's Peek 10K, and an RRCA-certified running coach and co-founder of Run Farther & Faster.

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## Award Winners

*continued from page 5*

**Male, 65-69:** 1. Mark Zimmermann, 2. Vincent Opperman, 3. Fred Bateman

**Female, 70-74:** 1. Linda Yarr, 2. Clare Imholtz, 3. Jeanette Novak

**Male, 70-74:** 1. Richard Jefferson, 2. Igor Lvovskyi, 3. Walter Brown

**Female, 75-79:** 1. Patricia Rich

**Male, 75-79:** 1. Bill Sollers, 2. Louis Shapiro

**Female, 80-99:** No qualifiers

**Male, 80-99:** 1. Jack McMahon, 2. Robert Smith

## Cross Country Series

**Open Female:** 1. Kristen Lemos, 2. Monika Schneider, 3. Heather Fisher-Clarke

**Open Male:** 1. Nicolas Crouzier, 2. Chris Shaw, 3. Alex Booth

**Female, 1-14:** 1. Anna Arnold, 2. Elina Lee

**Male, 1-14:** 1. Ian Parsons

**Female, 15-19:** No qualifiers

**Male, 15-19:** No qualifiers

**Female, 20-24:** No qualifiers

**Male, 20-24:** 1. Luke Schoppert

**Female, 25-29:** 1. Laura Newcomb, 2. Ashlyn Sinclair

**Male, 25-29:** 1. Andy Bell, 2. Matthew Sushinsky

**Female, 30-34:** 1. Lyudmyla Panashchenko

**Male, 30-34:** 1. Daniel George, 2. Aaron Trulock

**Female, 35-39:** No qualifiers

**Male, 35-39:** 1. Rodney Rivera, 2. Yukun Fung

**Female, 40-44:** 1. Agnese Arnold, 2. Lisa Parsons

**Male, 40-44:** 1. Rob Palmer, 2. Omar Guevara

**Female, 45-49:** 1. Kimberly Price, 2. Melanie Barzik

**Male, 45-49:** 1. Art Drisko, 2. Jean-Luc Bald

**Female, 50-54:** 1. Cindy Cohen, 2. Monika Bachmann

**Male, 50-54:** 1. John Romano, 2. Adam Kiely

**Female, 55-59:** 1. Stephanie Daugherty, 2. Licia Scarce

**Male, 55-59:** 1. Jeff Duyn, 2. David Haaga

**Female, 60-64:** 1. Michele McLeod, 2. Jeanne Larrison

**Male, 60-64:** 1. Kirk Gordon, 2. Koji Takeuchi

**Female, 65-69:** 1. Anne Forsha

**Male, 65-69:** 1. Ken Umbarger, 2. Robert Yarchoan

**Female, 70-74:** 1. Clare Imholtz

**Male, 70-74:** 1. Igor Lvovskyi, 2. Walter Brown

**Female, 75-79:** No qualifiers

**Male, 75-79:** 1. Alan Degen

**Female, 80-99:** No qualifiers

**Male, 80-99:** 1. Robert Smith

