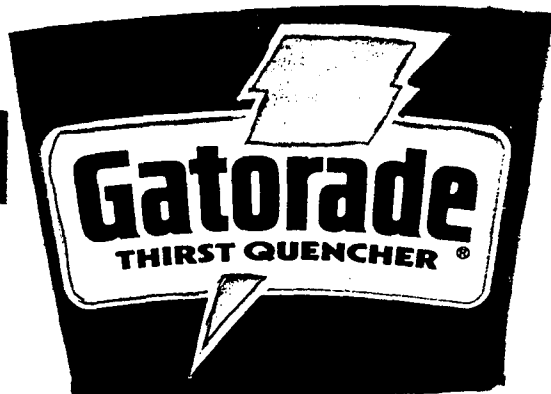


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MID-ATLANTIC

CORPORATE

RELAYS

RESULTS

PowerBar[®]
ATHLETIC ENERGY FOOD
Fuel for Optimum Performance[®]

WESTINGHOUSE PULLS AHEAD OF NEWPORT NEWS SHIPBUILDING

It was the 10th Annual Mid-Atlantic Corporate Relays (Saturday, June 5, 1993) at Montgomery College in Rockville, Maryland. The early Saturday morning rain pushed the temperature and humidity down and left near picture perfect racing conditions. The day proved to be the best in ten years.

The quality of each team was defined by the commitment of each participant to do their best from the five minute to ten minute milers. The winning teams developed self-confidence, learned how to work more efficiently and built upon individual and collective skills. Some of the participants took risk and attempted new challenges, like the shot put and the long jump. The basic goals were to enjoy the competition and to have fun.

The event opened with the Women's 5K on the track and Martin Marietta's Janet Healy successfully defended her 1992 win (17:58) with an 18:01. The first master was Cynthia Baird of Westinghouse with 19:32. All scoring was based upon team completion of the best three in the various age groups. The final numbers placed Newport News Shipbuilding in first place. In second place was Potomac Electric Power Company (PEPCO).

Healy holds the record for the 5K and Baird set a new meet record for masters by shaving off nine seconds of 1991 time of 19:41 set by Sharon Dolan of IBM.

In a runaway effort Peter Kirk of Martin Marietta took first place with 15:36. The meet record stands at 15:09 set by Farley Simon (U.S. Marine Corps 1991). The first master was Stephan Fowler of Westinghouse with 17:09 (fifth place overall). The meet record was set in 1991 by David King of General Electric (1991 - 16:42).

The first place team was Martin Marietta followed by Westinghouse and Newport News Shipbuilding was third place.

In the Men's Mile team race a total of ten teams were entered (two runners on each team with their times totaled). Of the twenty runners, fifteen were under five minutes with Bill Ledger of Logistic Management Institute clocking a 4:29.

The Women's Relay (three runners with legs of 400, 800 and 400 meters). The anchor for Newport News Shipbuilders was Deanna Naylor who had about a twenty-five meter lead over CIGNA's Donna Morris. Coming off the last turn it was Naylor with a slight lead but Morris was able to dig deep and pulled ahead to win by one second.

The next record to fall was the President's Relay (three runners, 800, 400, and 1600 meters, each runner a vice-president or above). The Hughes team clocked 8:48 to destroy the 8:56 (1990 - U.S. Marine Corps). The anchor leg was pulled by Michael Mutek, the other members were Bill Vest and Thomas Gaske.

In the quest to dominate, Newport News Shipbuilders managed to set another meet record in the Master's Relay (three runners, legs of 800, 400, and 800 meters). The old time was set in 1992 by Westinghouse (5:29) and the new record is 5:21.

In the most explosive event of the day, Sprint Relay (six runners, two must be female and one runner of the remaining four must be forty or older, the legs were 200, 200, 400, 400, 200 and 200 meters). The event was closely watched and it was evident that Newport News Shipbuilders (NNS) was thirsty. The prior record set by NNS in 1986 (3:28). The anchor leg was pulled by Russell Pettaway show burned the last 200 meters to clock the new record of 3:24.

In field events, Newport News Shipbuilders lead in the team jump (a combination of the high jump and long jump). Westinghouse trailed in second place. In the shot put Martin Marietta dominated and captured first and second went to Newport News Shipbuilding.

Throughout the day Westinghouse and Newport News Shipbuilders were playing cat and mouse with the lead. The excitement hit at the final award when, a tie had taken place with Westinghouse and Newport News Shipbuilders both with 676 points. The tie was broken by adding the total of first and second place finishes. This process did yield a 12 to 10 score and Westinghouse was awarded first place and Newport News Shipbuilding took second. The team from Hughes Network System captured third with 608 points.

4	PEPCO	578
5	Logistic Management Institute	551
6	Martin Marietta	466
7	IIT Research Institute	444
8	AMC Striders	392
9	CIGNA	366
10	IBM Corporation	138
11	GTE Spacenet	72

A special note of thanks to the Montgomery County Road Runners' Club. Also to Power Bars, Gatorade, Runner's World Magazine, MATOL, the Bethesda Marriott and Lee Stone.

06/05/93 14:41:02

***** MID-ATLANTIC CORPORATE RELAYS *****
-- CURRENT POINT TOTALS --

TEAM	TOTAL	EVENT															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
-----	----	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
AMC Striders	392		35	33	32	32	32	35	31	33	31		32	34	32		
Cigna	366				50	50	35		33	50	38		41		36	33	
GTE Spacenet	72			36		36											
Hughes Network System	608	38	34	38	35	38	38	38	41	35	32	50	38	35	41	36	41
IBM Corporation	138								35		33					35	35
IIT Research Institute	444			32	33		33	36	32	34	34	45	33	33	33	32	34
Logistic Management Inst.	551		36	34	34	34	34	34	45	32	45	41	35	36	34	41	36
Martin Marietta	460		50	35	36	33	41		34	38	36		34	38	35	50	
Newport News Shipbuilding	676	50	41	45	41	35	50	45	38	45	41		50	50	50	45	50
Potomac Electric Power	578	45	38	41	38	41	36	41	36	36	35		36	41	38	38	38
W ighthouse	676	41	45	50	45	45	45	50	50	41	50		45	45	45	34	45

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MID-ATLANTIC CORPORATE RELAYS -- EVENT RANK SUMMARY

TEAM RANKS FOR EACH EVENT

TEAM	EVENT															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
----- AMC Striders		6	8	9	9	9	6	10	8	10		9	7	9		
Cigna				1	1	6		8	1	4		3		5	8	
GTE Spacenet			5		5											
Hughes Network System	4	7	4	6	4	4	4	3	6	9	1	4	6	3	5	3
IBM Corporation								6		8					6	6
IIT Research Institute			9	8		8	5	9	7	7	2	8	8	8	9	7
Logistic Management Inst.		5	7	7	7	7	7	2	9	2	3	6	5	7	3	5
Martin Marietta		1	6	5	8	3		7	4	5		7	4	6	1	
Newport News Shipbuilding	1	3	2	3	6	1	2	4	2	3		1	1	1	2	1
Potomac Electric Power	2	4	3	4	3	5	3	5	5	6		5	3	4	4	4
Westinghouse	3	2	1	2	2	2	1	1	3	1		2	2	2	7	2

10th ANNUAL MID-ATLANTIC CORPORATE RELAYS
 SATURDAY JUNE 5, 1993
 MONTGOMERY COLLEGE, ROCKVILLE, MARYLAND

OVERALL RANKINGS	POINTS
1 WESTINGHOUSE	676
2 NEWPORT NEWS SHIPBUILDING (TENNECO)	676
3 HUGHES NETWORK SYSTEMS	608
4 POTOMAC ELECTRIC POWER COMPANY (PEPCO)	578
5 LOGISTIC MANAGEMENT INSTITUTE (LMI)	551
6 MARTIN MARIETTA	460
7 IIT RESEARCH INSTITUTE (IITRI)	444
8 AMC STRIDERS	392
9 CIGNA	366
10 IBM CORPORATION	138
11 GTE SPACENET	72

The tie was broken by adding up the total number of first and second place finishes.

Westinghouse	1st 4	2nd 8	12
Newport News Shipbuilding	1st 6	2nd 4	10

EVENT 1 WOMEN'S 5K TRACK

TEAM	TIME	PLACE (3 score)
Newport News Shipbuilding		1
PEPCO		2
Westinghouse		3
Hughes Network System		4
Open Janet Healy (Martin Marietta)	18:01	1st
Master Cynthia Baird (Westinghouse)	19:32	2nd NEW RECORD

EVENT 2 MEN'S 5K TRACK

TEAM	TIME	PLACE (5 score)
Martin Marietta		1
Westinghouse		2
Newport News Shipbuilding		3
PEPCO		4
LMI		5
AMC Striders		6
Hughes Network System		7
Open	Peter Kirk (Martin Marietta) 15:36	1st
Master	Stephen Fowler (Westinghouse) 17:09	5th

EVENT 3 DISTANCE RELAY

1600,800,1600 (Master),3200, 1600 Meters

TEAM	TIME	PLACE
Westinghouse	27:42	1
Newport News Shipbuilding	28:16	2
PEPCO	30:17	3
Hughes Network System	30:22	4
GTE Spacenet	30:49	5
Martin Marietta	30:52	6
LMI	33:58	7
AMC Striders	35:53	8
IIT Research Institute	38:43	9

EVENT 4 SUB-MASTERS DISTANCE RELAY

800,400,1200,1600 Meters

All runners 30+,minimum 1 female, 2 runners 35+

TEAM	TIME	PLACE
Cigna	11:28	1
Westinghouse	11:40	2
Newport News Shipbuilding	12:01	3
PEPCO	12:20	4
Martin Marietta	12:52	5
Hughes Network System	13:13	6
LMI	13:30	7
IIT Research Institute	15:11	8
AMC Striders	18:10	9

EVENT 5 WOMEN'S 800 METER TEAM RACE

2 runners each running 800 meter together, summed times

TEAM	TIME	PLACE
Cigna	5:08	1
Westinghouse	5:21	2
PEPCO	5:46	3
Hughes Network System	5:55	4
GTE Spacenet	6:24	5
Newport News Shipbuilding	6:37	6
LMI	6:45	7
Martin Marietta	7:19	8
AMC Striders	7:52	9

EVENT 6 3 LAP SPRINT

200,200,400,400 Meters (Minimum 1 female)

TEAM	TIME	PLACE
Newport News Shipbuilding	2:34	1
Westinghouse	2:44	2
Martin Marietta	2:57	3
Hughes Network System	3:00	4
PEPCO	3:06	5
Cigna	3:16	6
LMI	3:20	7
IIT Research Institute	3:29	8
AMC Striders	4:30	9

EVENT 7 EXECUTIVE RELAY

800,400,1600,3200 Meters (Manager of managers)

TEAM	TIME	PLACE
Westinghouse	19:44	1
Newport News Shipbuilding	20:09	2
PEPCO	20:43	3
Hughes Network System	22:21	4
IIT Research Institute	24:41	5
AMC Striders	26:25	6
LMI	26:37	7

EVENT 8 MEN'S MILE TEAM RACE
 2 running a mile together, summed times

TEAM	TIME	PLACE
Westinghouse	9:12	1
LMI	9:20	2
Hughes Network System	9:45	3
Newport News Shipbuilding	9:47	4
PEPCO	9:48	5
IBM Corporation	9:54	6
Martin Marietta	10:08	7
Cigna	10:15	8
IIT Research Institute	11:02	9
AMC Striders	11:19	10

EVENT 9 WOMEN'S RELAY

400,800,400 Meters

TEAM	TIME	PLACE
Cigna	4:43	1
Newport News Shipbuilding	4:44	2
Westinghouse	5:00	3
Martin Marietta	5:11	4
PEPCO	5:12	5
Hughes Network System	6:03	6
IIT Research Institute	6:25	7
AMC Striders	6:45	8
LMI	6:47	9

EVENT 10 SUB-MASTER'S SPRINT RELAY

200,400,800,800 Meters ,all over 30 (2- 35+) and 1 female

TEAM	TIME	PLACE
Westinghouse	3:52 *	1
LMI	4:00	2
Newport News Shipbuilding	4:03	3
Cigna	4:09	4
Martin Marietta	4:11	5
PEPCO	4:14	6
IIT Research Institute	4:26	7
IBM Corporation	4:36	8
Hughes Network System	4:41	9
AMC Striders	5:04	10

* Tied event record set in 1990 by Newport News Shipbuilding

EVENT 11 PRESIDENT'S RELAY

800,400,800 All Vice-Presidents (or 05) and above, age 40+

TEAM	TIME	PLACE	
Huges Network System	8:48	1	NEW RECORD
IIT Research Institute	11:11	2	
LMI	13:09	3	

EVENT 12 PYRAMID RELAY

400,800,1200,800,1600 Meters (Minimum 2 females)

TEAM	TIME	PLACE	
Newport News Shipbuilding	10:15	1	
Westinghouse	10:26	2	
Cigna	11:05	3	
Hughes Network System	11:24	4	
PEPCO	11:28	5	
LMI	11:39	6	
Martin Marietta	12:59	7	
IIT Research Institute	13:20	8	
AMC Striders	14:21	9	

EVENT 13 MASTER'S RELAY

800,400,800 Meters, all 40+

TEAM	TIME	PLACE	
Newport News Shipbuilding	5:21	1	NEW RECORD
Westinghouse	5:36	2	
PEPCO	5:41	3	
Martin Marietta	5:56	4	
LMI	6:22	5	
Hughes Network System	6:59	6	
AMC Striders	7:03	7	
IIT Research Institute	7:08	8	

EVENT 14 SPRINT RELAY

200,200,400,400,200,200 Meters (Minimum 2 females + 1 age 40+)

TEAM	TIME	PLACE
Newport News Shipbuilding	3:24	1 NEW RECORD
Westinghouse	3:41	2
Hughes Network System	3:46	3
PEPCO	3:51	4
Cigna	3:57	5
Martin Marietta	3:57	6
LMI	4:13	7
IIT Research Institute	4:39	8
AMC Striders	5:31	9

EVENT 15 TEAM SHOT PUT

2 or 3 athletes throwing standard international weights for age and sex adjusted scale, summed scores of the best athletes (decathlon scoring).

TEAM	PLACE
Martin Marietta	1
Newport News Shipbuilding	2
LMI	3
PEPCO	4
Hughes Network System	5
IBM Corporation	6
Westinghouse	7
Cigna	8
IIT Research Institute	9

EVENT 16 TEAM JUMP

High jump and long jump, 2 athletes doing BOTH, decathlon type scoring on age and sex adjusted scale, summed score.

TEAM	PLACE
Newport News Shipbuilding	1
Westinghouse	2
Hughes Network System	3
PEPCO	4
LMI	5
IBM Corporation	6
IIT Research Institute	7

Shotput Scoring Worksheet

Team: MARTIN MARIETTA

Athlete	Age	Shot Dist		THROW				Best	Perf. Level *
		Wt	Std.	1	2	3	4		
1 JOHNS	M 36	16	18.94	13.2	13.27	14.3		14.3	0.7550 1
2 HOWARD	F 25	4	19.58	6.2	6.24	7.03	7.12	7.12	0.3636 1
3 RINDIN	F 27	4	19.58	6.03	5.83	5.86	5.34	6.03	0.3080
Team Score									1.1187

Team: CIGNA

Athlete	Age	Shot Dist		THROW				Best	Perf. Level *
		Wt	Std.	1	2	3	4		
1 OMALLEY	M 30	16	30.16	8.78	0	7.99	0	8.78	0.2911 1
2 OMALLEY	F 29	4	19.58	6.86	6.9	7.17	7.65	7.65	0.3907 1
3				1 0	0	0	0	0	0.0000
Team Score									0.6818

Team: HUGHES

Athlete	Age	Shot Dist		THROW				Best	Perf. Level *
		Wt	Std.	1	2	3	4		
1 CLARK	F 27	4	19.58	6.4	7.41	0	7.67	7.67	0.3917 1
2 DAVIS	M 28	16	20.4	8.9	9.07	0	8.42	9.07	0.4446 1
3				1 0	0	0	0	0	0.0000
Team Score									0.8363

Team: NEWPORT NEWS

Athlete	Age	Shot Dist		THROW				Best	Perf. Level *
		Wt	Std.	1	2	3	4		
1 TURNER	F 27	4	19.58	7.37	0	6.59	6.69	7.37	0.3764 1
2 WILLIAMS	F 22	4	19.58	7.11	6.84	7.22	6.98	7.22	0.3687 0
3 DOUGLAS	M 20	16	20.4	11.67	11.38	11.31	11.8	11.8	0.5784 1
Team Score									0.9548

Team: LMI

Athlete	Age	Shot Dist		1	THROW				Best	Perf. Level *
		Wt	Std.		2	3	4	"		
1 EICHORN	M 33	16	19.55	9.47	9.63	9.89	9.44	9.89	0.5059	1
2 FRANK	M 37	16	18.73	7.32	7.2	7.92	7.78	7.92	0.4229	1
3 STANTON	M			1 0	0	0	0	0	0.0000	0
Team Score									0.9287	

Team: PEPCO

Athlete	Age	Shot Dist		1	THROW				Best	Perf. Level *
		Wt	Std.		2	3	4	"		
1 STEWART	F 25	4	19.58	6.93	6.68	6.46	6.71	6.93	0.3539	0
2 GILL	F 34	4	18.32	8.26	8.14	8.48	8.51	8.51	0.4645	1
3 PALMER	M 27	16	20.4	7.6	7.76	8.04	7.84	8.04	0.3941	1
Team Score									0.8586	

Team: WESTINGHOUSE

Athlete	Age	Shot Dist		1	THROW				Best	Perf. Level *
		Wt	Std.		2	3	4	"		
1 CALDWELL	M 30	16	30.16	7.45	8.19	8.26	7.8	8.26	0.2739	0
2 VAUGHAN	M 34	16	19.55	7.33	7.7	7.76	7.62	7.76	0.3969	1
3 BAKER	M 37	16	18.73	0	6.34	0	0	6.34	0.3385	1
Team Score									0.7354	

Team: IBM

Athlete	Age	Shot Dist		1	THROW				Best	Perf. Level *
		Wt	Std.		2	3	4	"		
1 BUDD	M 32	16	19.75	8.06	8.04	8	7.03	8.06	0.4081	1
2 BANKER	M 43	16	17.53	5.99	6.05	6.18	5.88	6.18	0.3525	1
3 PRZYGODA	M 37	16	18.73	3.54	0	5.42	5	5.42	0.2894	0
Team Score									0.7606	

Team: IITRI

Athlete	Age	Shot Dist		1	THROW				Best	Perf. Level *
		Wt	Std.		2	3	4	"		
1 CARBAUGH	M 30	16	20.4	5.86	5.81	0	0	5.86	0.2873	1
2 MCNULTY	M 43	16	17.53	5.4	6.02	5.5	5.28	6.02	0.3434	1
3				1 0	0	0	0	0	0.0000	0
Team Score									0.6307	

TEAM JUMP WORKSHEET

TEAM: HUGHES

NAME	SEX	LONG JUMP-----			HIGH JUMP-----			PERF	SUM *
		STD	BEST	PERF.	STD	BEST	PERF		
CONNELLY	M	8.79	5.12	0.58	2.42	1.42	0.59	1.17	1
CLARK	F	7.45	4.05	0.54	2.09	1.24	0.59	1.14	1
GREEN	M	8.79	4.71	0.54	2.42	1.36	0.56	1.10	

TEAM SCORE 2.306

TEAM: WESTINGHOUSE

NAME	SEX	LONG JUMP-----			HIGH JUMP-----			PERF	SUM *
		STD	BEST	PERF.	STD	BEST	PERF		
ALDI	M	8.79	5.09	0.58	2.42	1.42	0.59	1.17	1
CALDWELL	M	8.61	4.67	0.54	2.37	1.76	0.74	1.29	1
-		1.00	0.00	0.00	2.42	0.00	0.00	0.00	

TEAM SCORE 2.451

TEAM: PEPCO

NAME	SEX	LONG JUMP-----			HIGH JUMP-----			PERF	SUM *
		STD	BEST	PERF.	STD	BEST	PERF		
GRIER	F	7.45	4.56	0.61	2.09	1.30	0.62	1.23	1
ADUSEI	M	8.79	4.23	0.48	2.42	1.42	0.59	1.07	1
-		1.00	0.00	0.00	2.42	0.00	0.00	0.00	

TEAM SCORE 2.302

TEAM: IBM

NAME	SEX	LONG JUMP-----			HIGH JUMP-----			PERF	SUM *
		STD	BEST	PERF.	STD	BEST	PERF		
BUDD	M	8.45	5.25	0.62	2.33	1.54	0.66	1.28	1
BANKER	M	7.50	3.48	0.46	2.10	1.00	0.48	0.94	1
PRZY..	M	8.02	2.18	0.27	2.23	0.00	0.00	0.27	

TEAM SCORE 2.222

TEAM: LMI

NAME	SEX	LONG JUMP-----			HIGH JUMP-----			PERF	SUM *
		STD	BEST	PERF.	STD	BEST	PERF		
MURRAY	M	8.79	4.71	0.54	2.42	1.54	0.64	1.17	1
FRANK	M	8.02	4.18	0.52	2.23	1.24	0.56	1.08	0
EICHORN	M	8.37	4.19	0.50	2.31	1.36	0.59	1.09	1

TEAM SCORE 2.262

TEAM: NEWPORT NEWS

LONG JUMP----- HIGH JUMP----- PERF

NAME	SEX	STD	BEST	PERF.	STD	BEST	PERF	SUM	*
------	-----	-----	------	-------	-----	------	------	-----	---

NAYLOR	F	7.45	3.86	0.52	2.09	1.12	0.54	1.05	1
TUNSTAL	M	8.79	6.20	0.71	2.42	1.82	0.75	1.46	1
-		8.37	0.00	0.00	2.31	0.00	0.00	0.00	0

TEAM SCORE 2.511

TEAM: IITRI

NAME	SEX	LONG JUMP-----			HIGH JUMP-----			PERF	SUM	*
		STD	BEST	PERF.	STD	BEST	PERF			
SCRIVINER	M	7.59	4.19	0.55	2.12	1.30	0.61	1.17	1	
YOUNG	M	8.79	3.27	0.37	2.42	0.00	0.00	0.37	0	
-		8.37	0.00	0.00	2.31	0.00	0.00	0.00	0	

TEAM SCORE 1.165

Mid-Atlantic Corporate Relays

Montgomery College
 Rockville, Maryland
 Saturday, June 5, 1993

Women's Results

PLACE	DIV/TOT	AGE	NAME	TEAM	TIME
1	1/5	32	JANET HEALY	MARTIN MARIETTA	18:01
2	1/2	40	CYNTHIA BAIRD	WESTINGHOUSE	19:32
3	2/5	30	INGRID VAUGHAN	WESTINGHOUSE	20:46
4	3/5	34	TRACY BENNY	WESTINGHOUSE	21:04
5	1/2	29	CAROL POLIT	HUGHES NETWORK SYSTEM	21:14
6	4/5	33	MARY CONNELL	NEWPORT NEWS SHIPBUILDING	21:11
7	1/2	23	CHRISTINE JANKOWSKI	NEWPORT NEWS SHIPBUILDING	22:30
8	1/1	39	RHONDA GURDIAN	POTOMAC ELECTRIC POWER (P	22:55
9	2/2	25	DIANE STEWART	POTOMAC ELECTRIC POWER (P	23:25
10	2/2	40	KAREN ALMQUIST	POTOMAC ELECTRIC POWER (P	24:38
11	2/2	24	DIANE FORETICH	NEWPORT NEWS SHIPBUILDING	25:43
12	1/3	51	LYNN COOPER	ANC STRIDERS	25:55
13	1/2	58	LILLIAN LITZ	HUGHES NETWORK SYSTEM	28:21
14	2/3	52	BILLIE LABHART	ANC STRIDERS	28:42
15	3/3	50	DIANE WHITTIER	WESTINGHOUSE	29:49
16	2/2	62	GWEN HOLT	NEWPORT NEWS SHIPBUILDING	35:03
17	5/5	31	STACY BURRIER	HUGHES NETWORK SYSTEM	35:10

Mid-Atlantic Corporate Relays

Montgomery College
 Rockville, Maryland
 Saturday, June 5, 1993

Men's Results

PLACE	DIV/TOT	AGE	NAME	TEAM	TIME
1	1/5	36	PETER KIRK	MARTIN MARIETTA	15:36
2	1/10	30	ROBERT GOODMAN	MARTIN MARIETTA	16:18
3	2/10	32	DAVE KEATON	IBM	16:58
4	3/10	31	TED POULOS	IBM	17:03
5	1/9	41	STEPHEN FOWLER	WESTINGHOUSE	17:09
6	1/5	46	ROBERT WHITE	NEWPORT NEWS SHIPBUILDING	17:09
7	1/6	55	DICK AMATO	WESTINGHOUSE	17:28*
8	2/5	37	NEAL LINEBERRY JR	NEWPORT NEWS SHIPBUILDING	18:18
9	2/9	41	TIMOTHY MACDONALD	POTOMAC ELECTRIC POWER (P	18:21
10	4/10	34	JOHN VAUGHAN	WESTINGHOUSE	18:26
11	3/5	37	RICHARD BAKER	WESTINGHOUSE	18:34
12	2/5	46	ED PRYTHERCH	WESTINGHOUSE	18:55
13	1/6	52	FRED SHANKLIN	POTOMAC ELECTRIC POWER (P	19:03
14	3/9	44	ROBERT MORGAN	NEWPORT NEWS SHIPBUILDING	19:15
15	2/6	54	JEROME ANDERSEN	MARTIN MARIETTA	19:17
16	1/1	21	CHRIS OWEBY	NEWPORT NEWS SHIPBUILDING	19:29
17	4/5	37	DONALD FRANK	LOGITICS MANAGEMENT INSTI	19:51
18	2/6	56	DONALD KOHLER	MARTIN MARIETTA	19:53
19	5/10	30	DAVID CRAMER	POTOMAC ELECTRIC POWER (P	20:09
20	4/9	40	TOM HARDCASTLE	LOGITICS MANAGEMENT INSTI	20:28
21	3/6	62	DICKERSON LAWRENCE	MARTIN MARIETTA	20:31
22	3/6	50	CLIFFORD THORSON	AMC STRIDERS	20:36
23	6/10	32	JOHN GRADOWSKI	POTOMAC ELECTRIC POWER (P	20:40
24	4/6	50	JAY ELLIOTT	WESTINGHOUSE	21:06
25	7/10	30	HAMED MOUSSAVI-NEJAD	HUGHES NETWORK SYSTEM	21:10
26	4/6	69	ROBERT WHITE	NEWPORT NEWS SHIPBUILDING	21:21*
27	5/9	43	MANUEL VERA	POTOMAC ELECTRIC POWER (P	21:27
28	8/10	30	ADAM DOOLEY	LOGITICS MANAGEMENT INSTI	21:29
29	1/4	29	ROBERT HAZAN	LOGITICS MANAGEMENT INSTI	21:41
30	3/5	46	WALTER COOPER	LOGITICS MANAGEMENT INSTI	21:50
31	9/10	30	TERRENCE OMAHONY	IIT RESEARCH INSTITUTE	21:54
32	2/4	25	MICHAEL DONAHER	POTOMAC ELECTRIC POWER (P	21:58
33	5/6	52	JOHN SISSALA	MARTIN MARIETTA	22:23
34	10/10	30	JEFFREY CARLSON	IIT RESEARCH INSTITUTE	22:24
35	5/6	62	PATRICK MENDOLA	NEWPORT NEWS SHIPBUILDING	22:30
36	5/5	38	HARRY GEORGE III	HUGHES NETWORK SYSTEM	22:32
37	3/4	29	DONN SCHROEDER	HUGHES NETWORK SYSTEM	24:04
38	6/6	52	LEONARD MAGUIRE	AMC STRIDERS	24:42
39	6/9	41	PETER MCCLELLAN	AMC STRIDERS	24:55
40	4/5	45	ARCHIE FORD	AMC STRIDERS	27:07
41	7/9	44	JAMES KERR	AMC STRIDERS	27:07
42	6/6	57	MARTIN ACEVEDO	HUGHES NETWORK SYSTEM	27:07
43	8/9	41	DAN WENDLING	HUGHES NETWORK SYSTEM	27:12
44	5/5	45	JOHN STODOLA	HUGHES NETWORK SYSTEM	27:15
45	9/9	44	ROBERT DESCHON	AMC STRIDERS	28:41
46	4/4	28	PATRICK CUSTRED	AMC STRIDERS	30:48

* Under TACSTATS Age-Group guideline

MID-ATLANTIC CORPORATE RELAYS

MEET RECORDS 1983 - 1993

EVENT	TIME	TEAM	YEAR
WOMEN'S OPEN 5K ROAD	17:35	TENNECO Lorraine Hochella	1988+
MASTER	19:55	IBM Sharon Hamilton-Dolan	1990+
MEN'S OPEN 10K	31:46	PEPCO	1986
OPEN 10K	33:00	USMC Henderson Hall	1990+
MASTER	35:30	USMC Henderson Hall	1990+
WOMEN'S OPEN 5K TRACK	17:58	GE Janet Healy	1992**
MASTER	19:32	Westinghouse Cynthia Baird	1993**
MEN'S OPEN 5K TRACK	15:09	USMC Henderson Hall F.Simon	1991**
MASTER	16:42	GE David King	1991**
DISTANCE RELAY *	25:45	Westinghouse	1988
WOMEN'S 800 METER TEAM RACE	4:58	Westinghouse	1990
PYRAMID RELAY	9:26	Westinghouse	1988
3 LAP SPRINT	2:31	TENNECO (NNS)	1986
MEN'S MILE TEAM RACE	8:43	Westinghouse	1986
WOMEN'S RELAY	4:38	TENNECO (NNS)	1986
PRESIDENT'S RELAY	8:48	Hughes Network System	1993
MASTER'S RELAY	5:21	Newport News Shipbuilding	1993
EXECUTIVE RELAY	18:55	DuPont	1989
SPRINT RELAY	3:24	TENNECO (NNS)	1993
SUB-MASTER DISTANCE	11:16	Westinghouse	1988
SUB-MASTER SPRINT	3:52	TENNECO (NNS)	1990

* Last leg changed in 1988 from 400 meters to 1600 meters

+ New course at Gallaudet University (1987-1990)

** 5K held on track at Montgomery College, Rockville, Maryland.

MID-ATLANTIC CORPORATE RELAYS 10th
WINNING TIMES JUNE 5, 1993

EVENT	TIME	TEAM
WOMEN'S 5K TRACK	18:01	Martin Marietta Janet Healy
MEN'S 5K TRACK	15:36	Martin Marietta Peter Kirk
DISTANCE RELAY	27:42	Westinghouse
WOMEN'S 800 METER TEAM RACE	5:08	Cigna
PYRAMID RELAY	10:15	Newport News Shipbuilding
3 LAP SPRINT	2:34	Newport News Shipbuilding
MEN'S MILE TEAM RACE	9:12	Westinghouse
WOMEN'S RELAY	4:43	Cigna
PRESIDENT'S RELAY	8:48	Hughes Network System
MASTER'S RELAY	5:21	Newport News Shipbuilding
EXECUTIVE RELAY	19:44	Westinghouse
SPRINT RELAY	3:24	Newport News Shipbuilding
SUB-MASTER DISTANCE	11:28	Cigna
SUB-MASTER SPRINT	3:52	Westinghouse

Top Three Team By Points

1.	Westinghouse	676
2.	Newport News Shipbuilding	676
3.	Hughes Network System	608