EAST COAST
SENIORS/MASTERS/VETERANS

RUNNERS LIST

This list was begun a couple of years ago as a "Masters Mile Mail-
ing List." Its purpose was to list all of the better over-40 mile
competition runners in the northeast in order to facilitate the work
of meet directors who wished to assemble such a field for the inclu-
sion of a "Masters Mile" event on their programs. It was hoped that
such a list would also be of some value to the runners themselves if
only to acquaint them with the names of some of their fellow competitors.

Because of the tremendous upswing in popularity of this event
during these past two years it is now extremely difficult, if not
impossible, to list all those who rightfully qualify for a place on
this list. This is due mainly to the sheer numbers involved and the
inability of one person to track down the names and addresses of all
concerned. No one has been dropped from the original list unless he
has moved and his new location is unknown, or, he is no longer compet-
ing in running events.

Since few, if any, of those listed are strictly milers to the ex-
clusion of other distance running events, it was felt that this list
would be more helpful if it listed each man's preferred competing
distance(s), or range of distances. This has been done where such
information has been made available to the compiler.

Everyone here listed has run the mile in under 6 minutes; the
majority, however, have run this distance in under 5 minutes. To make
this list still more useful one or more stars (*) have been used to
indicate the approximate mile times of a runner according to the
following arrangement: **** (4-stars) indicate a runner's times are
within the range of 4:30 to 4:40; similarly *** indicates times between
4:40 and 4:50; ** 4:50 to 5:00; * 5:00 to 5:10; unstarrred names have
mile times between 5:10 and 6:00. In summary...

****4:30-4:40  ***4:50-5:00
***4:40-4:50  * 5:00-5:10
unstarrred 5:10-6:00

"Seniors," "Masters," or "Veterans"???...The term "Masters Mile"
first came into general use on the West Coast in the mid-sixties when
competition mile runs for the 40 and over age group became popular in
some of the bigger track meets out there. The same terminology was
adopted here in the East in the winter of 1968 when this event first
made a major appearance. Since that time the word, "Seniors," has
gained preference on the West Coast to designate an event for the 40
and over age group while the word, "Masters," still continues to be
used here in the East. To complicate things still further, the AAU
has recently adopted the word, "Seniors," to designate those runners
who fall into the 40 through 49 age group and the word, "Masters,"
for those who have reached 50 years of age or over. Finally, some have
decided to go their own way and use the word, "Veterans," for all who
are 40 or over.

Remember, this list is at best incomplete; however, it is felt that
even an incomplete list is better than no list at all. Any corrections,
additions, or subtractions that could be made to render this listing
more accurate and of more value would be appreciated.

Jim Hartshorne
EAST COAST
SENIORS/MASTERS/VETERANS
RUNNERS LIST

1) Leonard A. Bagley (8/21/27) - Long distance RR to marathon.
   88 Nettlecreek Rd., Fairport, N.Y. 14450 (716)-377-2059

2) Joseph J. Bessel (4/15/30) - 6-mi. XC; 1-2-mi. on track
   227 Lexington Ave., Freeport, N.Y. 11520 (516)-378-0057

3) George T. Drew (3/13/28) - 10-mi. on up.
   26 Washington Ave., Rumson, N.J. 07760 (201)-747-5992

4) Arnold G. Briggs (1/20/16) - Long distance events.
   118 Moore Ave., Syracuse, N.Y. 13210 (315)-478-5810

5) H. Ted Burkett (11/22/20) - 2-mi. run.
   2931 Lawrence Drive, Falls Church, Va. 22042 (703)-560-5326

6) Joseph F. Burns (2/20/29) - 3-mi. to marathon.
   446 Larch Ave., Bogota, N.J. 07603 (201)-489-8950

7) Andrew S. Crichton (9/2/23) - 5-mi. on up.
   230 Melbourne Ave., Mamaroneck, N.Y. 10543 (914)-698-7792

8) Arthur L. DeLaPorte (8/26/28) - 880, 5000, marathon.
   3035 E. Buckrun Drive, Marion, Ind. 46952 (317)-664-4072

9) Richard W. Fermoyle (3/7/27) - Distances up to 6-mi.
   473 Potter Rd., Framingham, Mass. 01701 (617)-877-2620

10) Robert S. Flite (7/20/27) - Middle distances.
    Colonial Hotel, Cape May, N.J. 08204 (609)-884-4323

11) Richard J. Frank (5/3/26) - 1-4-mi.

12) Ray Furbush (9/20/23) - 880.
    374 Water St., Framingham, Mass. 01701 (617)-877-3529

13) George J. Gavras (8/21/26) - 5-10-mi.
    103 Clark St., Groton, N.Y. 13073 (607)-898-5150

14) A. Ray Gordon, Jr. (5/30/18) - 440, 880, mile.
    5222 Sharon Road S.E., Washington, D.C. 20031 (301)-449-6262

15) James M. Hartshorne (10/11/23) - 880 through 10-mi.
    108 Kay Street, Ithaca, N.Y. 14850 (607)-257-0426

16) Harry P. Henriquez (5/17/27) - Mile.
    26 Ellis Drive, Basking Ridge, N.J. 07920 (201)-766-4565

17) Michael A. Hoffman (7/1/27) - 4-10-mi.
    The Hospital, Clifton Springs, N.Y. 14432 (315)-462-2121

18) William F. Hulse (12/12/20) - 880, mile.
    1700 Belvedere Ave., Havertown, Pa. 19080 (215)-446-4251

19) Ralph A. Jones (4/22/29) - 1-2-mi.
    105 Warwick Place, Ithaca, N.Y. 14850 (607)-257-0036

20) John A. Kelley (9/6/07) - 15-mi. RR.
    478 Rear Belmont St., Watertown, Mass. 02172 (617)-923-9033

21) Walter W. Korpman, Jr. (8/25/23) - 1-6-mi.
    5002 La Salle Ave., Baltimore, Md. 21206 (301)-488-1526

22) Robert C. MacVeigh (5/30/29) - 440, 880.
    41 Sutton Rd., Needham, Mass. 02192 (617)-444-8891

23) James A. McDonagh (2/14/24) - Marathon
    3451 Knox Place, Bronx, N.Y. 10467 (212)-231-5653

24) William P. McInnis (7/1/26) - 6-mi. to marathon.
    367 Princess Ave., London, Ontario, Canada (519)-471-2933

25) A. Richmond Morcom (5/1/21) - 880.
    Hutchinson Gym, Univ. of Penn., Phila, Pa. 19104 (215)-594-8383
EAST COAST MASTERS RUNNERS LIST (cont.):

26) R. Keith Munsey (2/26/26)- 2-6-miles
   Box 209, Schoolhouse Rd., Albany, N.Y. 12203  (518)-438-0412

27) Fred Norris (9/4/21)- XC
   503 W. Chestnut St., Brockton, Mass. 02401  (617)-583-3375

28) Edward F. O'Connell (8/26/26)- 1-10-miles.
   5 Oneida Rd., Winchester, Mass. 01890  (617)-729-1610

   57 Portsmouth St., Boston, Mass. 02125  (617)-254-4769

30) Graham Parnell (9/16/29)- Mile.
   100 Poole St., Brockton, Mass. 02401  (617)-583-9196

31) John Reeves (12/1/26)- 1-6-miles.
   c/o CBC, 354 Jarvis St., Toronto, Ontario, Canada  (416)-925-3311

32) Verne N. Rockcastle (1/1/20)- 1,2-miles.
   102 Sunset Drive, Ithaca, N.Y. 14850  (607)-273-1429

33) H. Browning Ross (4/26/24)- 6-10-miles.
   306 West Center St., Woodbury, N.J. 08096  (609)-845-5061

   45 Holland Ave., Lancaster, N.Y. 14086  (716)-685-2169

35) Nick Ruggieri (12/9/15)- Distance RR.
   11 O'Dell Ave., Endicott, N.Y. 13760  (607)-785-4081

36) Anthony Sapienza (4/12/29)- 5-miles.
   100 South Park St., Bradford, Mass. 01830  (617)-372-5325

37) Luther V. Shafer (2/14/13)-
   Lebanon, Hamilton, N.Y. 13346  (315)-824-2783

38) Mike Shea (10/1/28)- 880, 1, 2-miles, and XC.
   2705 Royster Rd., Raleigh, N.C. 27608  (919)-787-9684

39) George A. Sheehan (11/5/18)- 5-10-miles.
   55 Rumson Rd., Rumson, N.J. 07760  (201)-741-2077

   Main St., Downsville, NY. 13755  (607)-363-2544

41) Richard S. Snedeker (4/14/27)- 1,2-mile.
   R.D.1, Belfair Ave., Cranbury, N.J. 08512  (609)-799-1420

42) Edward P. Stabler (5/30/29)- 10-miles.
   206 Crestwood Drive, North Syracuse, N.Y. 13212  (315)-457-5272

43) William R. Thompson (5/1/16)- Distance RR.
   93 Main St., Bryantville, Mass. 02327  (617)-293-6622

44) Paul A. Thurston (12/21/20)- Mile to distance runs.
   11720 Lytle St., Silver Spring, Md. 20902  (301)-946-3888

45) Kim Valentine (6/10/8)- 2-mi. on up.
   77 Massachusetts Ave., Cambridge, Mass. 02139  (617)-864-6900

46) Ted Vogel (7/17/25)- XC
   309 Horridge Rd., Mamaroneck, N.Y. 10543  (914)-698-3352

47) John Wallace (12/29/26)- Mile to the marathon.
   91 Nahant Ave., Winthrop, Mass. 02152  (617)-846-0164

48) Thomas H. Walnut (5/22/24)- 1-3-miles.
   115 Croydon Lane, DeWitt, N.Y. 13224  (315)-446-5739

49) Alfred N. Williams (3/24/28)- Mile to the marathon.
   119-15 204th St., St. Albans, Queens, N.Y. 11412  (212)-276-0753

Key to Above Listing:
Name, Date of Birth, Distance(s) Preferred
Address, Phone No.

4:30-4:40  4:50-5:00
4:40-4:50  5:00-5:10
Unstarred 5:10-6:00
1970 EAST COAST MASTERS MILES
(Results of Some Major Meets)

* Mass. K of C
Boston Garden
Boston, Mass.
Jan. 10, 1970
1) Graham Parnell.....4:37.7
2) Tony Sapienza.....4:38
3) Dick Packard.....4:52
4) George Sheehan.....4:56
5) Bob MacVeigh.....4:58

Cornell Invitational
Barton Hall
Ithaca, N.Y.
Jan. 24, 1970
1) Ed Stabler.........4:49.5
2) Jim Hartshorne.....4:49.7
3) George Sheehan.....4:51.9
4) Dick Frank.........4:59.3
5) Paul Thurstone.....4:59.9
6) George Gavras.....5:05.0
7) Art DeLaPorte.....5:07.4
8) Mike Hoffman.....5:09.8
9) Bob MacVeigh.....5:18.9
10) Harry Henriques...5:22.6
11) Arny Briggs.......5:30.5
12) Ray Furbush.......5:33.0
13) Milt Smith.........5:34.9
14) Len Bagley.......5:37.4
15) Ralph Jones.......5:38.4
16) Luther Shafer.....5:56.9

Philadelphia Classic
Convention Hall
Jan. 24, 1970

Afternoon Unseeded Section
1) Brownie Ross.......4:55.8
2) Ed O'Connell.......5:23.0
3) Bob Mimm..........5:23.0
4) Charles Ruhtanen..5:54.3
5) George Brew.......5:54.3

Evening Seeded Section
1) Graham Parnell.....4:39.8
2) Tony Sapienza.....4:46.0
3) Boo Morcom.......5:16.3

* Washington Armory Meet
Albany, N.Y.
Jan. 31, 1970
1) Graham Parnell.....4:49
2) George Sheehan.....5:01
3) Dick Packard......5:03

Heptagonal Championships
Barton Hall
Ithaca, N.Y.
Feb. 28, 1970
1) Graham Parnell.....4:35.6
2) Tony Sapienza.....4:40.4
3) Jim Hartshorne....4:46.1
4) Ed Stabler.........4:47.6
5) Art DeLaPorte.....4:48.0
6) Dick Packard.....4:48.3
7) Bob MacVeigh.....4:55.4
8) George Sheehan.....4:57.6
9) Boo Morcom.......5:01.2
10) George Gavras....5:03.4

* Unofficial Times
1970 East Coast Masters Miles (cont)

Penn Relay Carnival
Franklin Field
Philadelphia, Pa
April 24,25, 1970

1) Joe Bessel..........4:36.7
2) Tony Sapienza.......4:41.3
3) Art DeLaPorte.......4:42.8
4) Graham Parnell......4:47.2
5) George Sheehan.......4:58.9
6) Joe Kernan..........4:59.0
7) Bob Fite...............4:59.5
8) Bob MacVeigh........? 
9) Boo Morcom...........? 
* 10) Paul Thurston........5:06
11) John Kane...........? 
* 12) Harry Henriques.....5:10
13) Bob Mims...............? 
14) Charles Huhtanen....? 

Martin Luther King, Jr.
International Freedom Games
Villanova Stadium
Villanova, Pa.
May 16, 1970

1) Joe Bessel..........4:35.8
2) Graham Parnell.......4:38.8
3) Tony Sapienza........4:42.7
4) Dick Packard..........4:49.0
5) Bob Fite................4:59.7

* Unofficial Times