

**1975
A.A.U. MASTERS
WESTERN
TRACK & FIELD
CHAMPIONSHIPS
JULY 5 & 6**



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The First Annual Western Regional AAU Masters Track and Field Championships were held at Laney College, Oakland, California on the 5th and 6th of July, 1975. Almost 250 members of the Arizona, California, Nevada, Hawaii and Guam associations of the AAU participated. The meet was the first to offer open registration for women in three age classes and to provide a complete sub-Master schedule of events (ages 30 - 39). The success of the meet assures that next year's Western Regional Masters, to be held in San Diego, California, will be well attended and will provide even higher standards of performance than were attained this year.

The following pages list the results, by event and age group, of this year's events. Note that all of the field event results are presented in meters in the tables.

Triathlon (Women)

| Class/Name/Affiliation | Javelin | | 100M | | 800M | | Total |
|-----------------------------|-----------|----------|----------|----------|----------|----------|-------|
| | Mark Pts | Mark Pts | Mark Pts | Mark Pts | Mark Pts | Mark Pts | |
| OW | | | | | | | |
| 1. O'Neil, Rosi (PAT) | 21.72-155 | 14.0 | 498 | 2:32.1 | 629 | 1282 | |
| 2. Gerard, Mimi (WS) | 14.78-140 | 13.1 | 629 | 2:44.8 | 509 | 1007 | |
| 3. Parish, Almeta (NCSTC) | 13.13-216 | 13.2 | 614 | 2:42.7 | 528 | 926 | |
| 4. Conley, Fran (WVTC) | 21.57-148 | 16.8 | 170 | 2:50.2 | 462 | 780 | |
| IW | | | | | | | |
| 1. Carlson, Barbara (NCSTC) | 16.26 -72 | 16.9 | 160 | 2:52.2 | 444 | 532 | |
| 2. Stage, Florence (NCSTC) | 13.03-220 | 16.7 | 180 | 3:22.7 | 220 | 180 | |
| 3. Smith, Catherine (NCSTC) | 12.57-241 | 17.5 | -40 | 3:09.0 | 310 | 29 | |

Scored by the Portuguese Tables for Women

Pentathlon (Men)

| Class/Name/Affiliation | Long Jump | | Javelin | | 200 M | | Discus | | 1500M | | Total |
|----------------------------|-----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-------|
| | Mark Pts | Mark Pts | Mark Pts | Mark Pts | Mark Pts | Mark Pts | Mark Pts | Mark Pts | Mark Pts | Mark Pts | |
| OA | | | | | | | | | | | |
| 1. Ucovich, Miguel (NCSTC) | 5.58 | 510 | 24.0 | 220 | 24.1 | 635 | 26.52 | 392 | 5:33.7 | 243 | 2000 |
| OB | | | | | | | | | | | |
| 1. Adams, Hugh (CDM) | 6.48 | 710 | 36.1 | 431 | 23.3 | 710 | 32.5 | 529 | 4:51.0 | 458 | 2838 |
| 2. Tansley, John (STC) | 5.76 | 551 | 49.9 | 632 | 25.7 | 499 | 30.7 | 490 | 4:51.9 | 454 | 2626 |
| 3. Ramos, Don (NCSTC) | 5.44 | 477 | 41.1 | 507 | 24.0 | 644 | 36.1 | 606 | 5:46.5 | 189 | 2423 |
| 4. Mayer, Jim (NCSTC) | 5.23 | 427 | 34.1 | 400 | 26.8 | 415 | 34.4 | 571 | 6:08.9 | 103 | 1916 |
| 1A | | | | | | | | | | | |
| 1. Conley, Phil (WVTC) | 5.84 | 568 | 61.2 | 777 | 26.3 | 452 | 31.1 | 499 | 5:28.6 | 266 | 2562 |
| 2. Healy, Ed (UN) | 4.88 | 341 | 40.4 | 497 | 27.0 | 401 | 26.8 | 129 | 4:47.7 | 478 | 1846 |
| 3. Murphy, Mike (ESC) | 4.12 | 145 | 34.2 | 400 | 27.3 | 379 | 17.58 | 154 | 4:47.7 | 478 | 1556 |
| 1B | | | | | | | | | | | |
| 1. Wallace, Hal (STC) | 5.33 | 451 | 45.0 | 564 | 25.9 | 483 | 34.1 | 565 | 5:07.7 | 367 | 2430 |
| 2. Straub, Dick (SDTC) | 4.36 | 209 | 41.7 | 517 | 27.1 | 393 | 34.7 | 577 | 6:17.2 | 74 | 1770 |
| 3. Wojcik, Gerald (SFVTC) | 4.58 | 266 | 38.3 | 465 | 28.9 | 272 | 25.3 | 363 | 5:44.1 | 199 | 1565 |
| 2A | | | | | | | | | | | |
| 1. Roemer, Bob (NCSTC) | 5.21 | 423 | 31.4 | 354 | 25.6 | 507 | 26.1 | 383 | 5:13.5 | 338 | 2005 |
| 2. Spencer, Ray (SDTC) | 5.28 | 439 | 28.6 | 305 | 27.7 | 351 | 26.5 | 392 | 5:44.0 | 199 | 1686 |
| 3A | | | | | | | | | | | |
| 1. Wolfe, Bill (SDTC) | 2.75 | -- | 28.6 | 305 | 35.9 | -- | 24.7 | 349 | 8:45.2 | -- | 654 |
| 3B | | | | | | | | | | | |
| 1. Brosz, A. (S64T) | 3.18 | -- | 16.9 | 70 | 35.0 | -- | 16.8 | 131 | 8:06.5 | -- | 201 |
| 4 | | | | | | | | | | | |
| 1. Pennock, Frank (NCSTC) | 3.00 | -- | 19.7 | 133 | 36.7 | -- | 19.8 | 219 | 8:34.0 | -- | 352 |

Scored by the IAAF Tables for Men.

| | | | | | |
|--|------|------------------------------------|------|--|------|
| 100 m. Dash | | 1A | | 2A Final | |
| OW Final (wind 7.4 m. p. h. following) | | Heat 1 (4.4 m. p. h. headwind) | | 1. Clayton, Tom (CDM) 58.3 | |
| 1. Sherrard, Cherrie (NCSTC) | 12.4 | 1. Knox, Percy (CDM) | 25.0 | 2. Boyd, Cal (ORR) | 59.7 |
| 2. Gerard, Mimi (WS) | 12.6 | 2. Newton, Milton (BHS) | 26.2 | 3. Pain, David (SDTC) | 64.8 |
| 3. Ligon, Lucille (NCSTC) | 12.8 | 3. Hicks, Ed (BAS) | -- | 4. Smith, Emmett (NCSTC) | 67.0 |
| 1W Final (wind 7.4 m. p. h. following) | | Heat 2 (2.1 m. p. h. headwind) | | 2B Final | |
| 1. Obera, Irene (NCSTC) | 12.5 | 1. Lingel, Jim (BAS) | 24.1 | 1. Killion, Clarence (NCSTC) 64.0 | |
| 2. Monson, Libby (UN) | -- | 2. Bruhner, Hans (NCSTC) | 24.3 | 3A Final | |
| 3. Parish, Marge (UN) | -- | 3. Presber, Phil (NCSTC) | 24.3 | 1. Sjostrand, Fritiof (BHS) 60.2 | |
| OA Final (wind 2.8 m. p. h. following) | | 4. Frederickson, Bill (NCSTC) | | 2. Satti, John (NCSTC) 65.0 | |
| 1. Robinson, Sammie (UN) | 11.3 | 5. Letcher, Spencer (NCSTC) 26.2 | | 3B Final | |
| 2. Dobroth, John (BHS) | 11.3 | Final | | 1. Shine, Mel (NCSTC) 66.9 | |
| 3. Hee, Martin (HMTTC) | 11.3 | 1. Presber, Phil (NCSTC) 23.2 | | 2. Madden, Sid (BHS) 73.8 | |
| 4. Harth, Peter (UN) | 11.7 | 2. Lingel, Jim (BAS) 23.8 | | 3. Brosz, A. 92.5 | |
| 5. Ucovich, Miguel (NCSTC) | 11.8 | 3. Parish, Van (NCSTC) 23.8 | | 4 Final | |
| 6. Dittmore, Vincent (NYAC) | 12.1 | 4. Newton, Milton (BHS) (tie) 23.9 | | 1. Chapson, Harold (HMTTC) 68.1 | |
| OB Final (7.0 m. p. h. following) | | 6. Bruhner, Hans (NCSTC) 23.9 | | 800 Meter Run | |
| 1. Dennis, Ken (CDM) | 10.9 | 7. Frederickson, Bill (NCSTC) 24.6 | | OA | |
| 2. Anixter, Ben (NCSTC) | 10.9 | 7. Knox, Percy (CDM) 24.7 | | 1. Whitney, Ron (BHS) 1:57.4 | |
| 3. Adams, Hugh (CDM) | 11.0 | 8. Hicks, Ed (BAS) -- | | 2. Dressendorfer, Rudolph (HMTTC) 1:57.9 | |
| 4. Anderson, Tom (NCSTC) | 11.3 | 1B Final | | 3. Edwards, Paul (HMTTC) -- | |
| 5. Rostege, Tim (WVTC) | 11.3 | 1. Dawkins, Oswald (STC) 24.8 | | 4. Williams, Ron (NCSTC) 2:14.0 | |
| 1A | | 2. Washington, Huel (BAS) 24.9 | | OB | |
| Heat 1: | | 3. Cheek, Don (CDM) 25.0 | | 1. Cordy, Cliff (NCSTC) 1:58.0 | |
| 1. Newton, Milton (BHS) | 11.8 | 4. Marlin, Dick (NCSTC) 25.2 | | 2. Rustad, Norm (STC) 1:59.7 | |
| 2. Parish, Van (NCSTC) | 11.8 | 5. Jordan, Bob (NCSTC) 25.3 | | 3. Stack, Jim (UN) 2:00.0 | |
| 3. Presber, Phil (NCSTC) | 11.8 | 6. Wallace, Hal (STC) 27.1 | | 4. Anderson, Tom (NCSTC) 2:13.6 | |
| 4. Cobb, Hugh (BHS) | 11.9 | 2A Final | | 1A | |
| 5. Letcher, Spencer (NCSTC) | 12.1 | 1. Boyd, Cal (ORR) 27.8 | | 1. Richardson, Paul (UN) 2:02.4 | |
| 6. Thompson, Bill (UN) | 12.5 | 2. Jan, Dewey (NCSTC) 29.1 | | 2. Lloyd, Norman (SRC) 2:06.0 | |
| Heat 2: | | 2B Final | | 3. Kalchschmid, Gaylord (SFVTC) 2:06.3 | |
| 1. Knox, Percy (CDM) | 11.4 | 1. Hoover, Sam (NCSTC) 29.9 | | 4. Lewis, Jerome (NCSTC) 2:07.8 | |
| 2. Hicks, Ed (BAS) | 11.8 | 3A Final | | 5. Gee, Darrell (NCSTC) 2:15 | |
| 3. Frederickson, Bill (NCSTC) | 11.8 | 1. Sjostrand, Fritiof (BHS) 27.1 | | 6. Sturak, Tom (BHS) (tie) 2:18 | |
| 4. Lingel, Jim (BAS) | 11.8 | 2. Satti, John (NCSTC) 29.0 | | 8. Niedrauer, Ron (WVJS) 2:21 | |
| 5. De Maria, Robert (UN) | 12.3 | 3. Koppel, Harry (SMW) 32.9 | | 9. Phillips, Ed (NCSTC) 2:28 | |
| 6. Springbett, Bruce (NCSTC) | 12.6 | 3B Final | | 1B | |
| Final: (5.1 m. p. h. following) | | 1. Carnine, Ken (NCSTC) 30.5 | | 1. Palmer, Don (CDM) 2:16.9 | |
| 1. Knox, Percy (CDM) | 11.0 | 2. Puglizevich, A. J. (NCSTC) 32.7 | | 2. Bettencourt, Jack (NCSTC) 2:30.8 | |
| 2. Presber, Phil (NCSTC) | 11.0 | 3. Brosz, A. (S64T) 34.7 | | 3. Waste, James (NCSTC) 2:34.3 | |
| 3. Parish, Van (NCSTC) | 11.2 | 4 Final | | 2A | |
| 4. Lingel, Jim (BAS) | 11.5 | 1. Lum, Sing (BTC) 32.0 | | 1. Fitzgerald, Bill (STC) 2:01.8 | |
| 5. Newton, Milton (BHS) | 11.6 | 2. Chapson, Harold (HMTTC) 32.5 | | 2. Bryant, Avery (STC) 2:14.5 | |
| 6. Frederickson, Bill (NCSTC) | 11.6 | 400 Meters | | 3. Dale, Alan (NCSTC) 2:16.5 | |
| 7. Cobb, Hugh (BHS) | 11.8 | 1. Gerard, Mimi (WS) 61.0 | | 4. Gil, Ray (STC) 2:23.4 | |
| 8. Hicks, Ed (BAS) | 12.1 | 2. Parish, Almata (NCSTC) 62.5 | | 5. Smith, Emmett (NCSTC) 2:26.6 | |
| 1B Final (4.74 m. p. h. following) | | 1W Final | | 6. Pain, David (SDTC) 2:27 | |
| 1. Marlin, Dick (NCSTC) | 11.5 | 1. Obera, Irene (NCSTC) 66.1 | | 2B | |
| 2. Washington, Huel (BAS) | 11.5 | OA Final | | 1. Fairbank, Bill (NCSTC) 2:27 | |
| 3. Dawkins, Oswald (STC) | 11.6 | 1. Edwards, Paul (HMTTC) 51.8 | | 3B | |
| 4. Jordan, Bob (NCSTC) | 11.6 | 2. Harth, Peter (UN) 52.1 | | 1. Shine, Mel (NCSTC) 2:35.1 | |
| 5. Venning, Albert (UN) | 14.0 | 3. Weisel, Tom (UN) 55.5 | | 2. Madden, Sid (BHS) 2:45.3 | |
| 6. Grimm, Emson (STC) | 15.0 | 4. Williams, Ron (NCSTC) 56.3 | | 3. Bierlein, Fred (NCSTC) 2:47.1 | |
| 2A Final (4.35 m. p. h. following) | | OB Final | | 4 | |
| 1. Roemer, Bob (NCSTC) | 11.9 | 1. Cain, Ted (BHS) 50.1 | | 1. Chapson, Harold (HMTTC) 2:35.4 | |
| 2. Cooper, Bob (NCSTC) | 12.1 | 2. Adams, Hugh (CDM) 52.2 | | 2. Spangler, Paul (SLDC) 3:32.1 | |
| 3. Jan, Dewey (NCSTC) | 13.2 | 3. Anderson, Tom (NCSTC) 52.2 | | 1500 Meters | |
| 4. Leonard, George (ESC) | 13.2 | 1A Heat 1: | | OW | |
| 2B Final (8.2 m. p. h. following) | | 1. Jones, Gene (UN) 58.3 | | 1. O'Neill, Rosi (PAT) 5:15.9 | |
| 1. Killion, Clarence (NCSTC) | 12.4 | 2. Mahany, Ed (NCSTC) 60.5 | | 1W | |
| 2. Hoover, Sam (NCSTC) | 13.7 | 3. Bruhner, Hans (NCSTC) 67.8 | | 1. Carlson, Barbara (NCSTC) 5:42.4 | |
| 3. Donovan, Monte (UN) | 15.3 | 4. Sheahen, Al (SFVTC) 80.7 | | 2. Smith, Catherin (NCSTC) 6:06.3 | |
| 3A Final (5.1 m. p. h. following) | | Heat 2: | | OA | |
| 1. Sjostrand, Fritiof (BHS) | 13.1 | 1. Clark, Marshall (BAS) 56.0 | | 1. Dressendorfer, Rudolph (HMTTC) 4:02.9 | |
| 2. Satti, John (NCSTC) | 13.2 | 2. Spurrier, Lon (UN) 56.6 | | 2. Martin, Fred (UN) 4:31.7 | |
| 3B Final (5.9 m. p. h. following) | | 3. Newton, Milton (BHS) 57.1 | | OB | |
| 1. Caruso, Joe (STC) | 13.7 | 4. Frederickson, Bill (NCSTC) 57.6 | | 1. Rustad, Norm (STC) 4:06.8 | |
| 2. Puglizevich, A. J. (NCSTC) | 14.9 | 5. Channell, Jim (NCSTC) 61.8 | | 2. Bevins, Jim (UN) 4:09.1 | |
| 3. Brosz, A. (S64T) | 15.9 | Final | | 3. Moss, George (NCSTC) 4:51.0 | |
| 4 Final (4.75 m. p. h. following) | | 1. Clark, Marshall (BAS) 53.0 | | 1A | |
| 1. Lum, Sing (BTC) | 14.6 | 2. Newton, Milton (BHS) 53.3 | | 1. Richardson, Paul (UN) 4:16.2 | |
| 2. Thomassen, Peter (NCSTC) | 15.5 | 3. Bruhner, Hans (NCSTC) 53.5 | | 2. Kalchschmid, Gaylord (SFVTC) 4:19.6 | |
| 200 meter Dash | | 4. Spurrier, Lon (UN) 54.6 | | 3. Gee, Darrell (NCSTC) 4:47.5 | |
| OW Final | | 5. Frederickson, Bill (NCSTC) 56.0 | | 4. Sturak, Tom (BHS) 4:48.7 | |
| 1. Sherrard, Cherrie (NCSTC) | 26.0 | 6. Mahany, Ed (NCSTC) 56.3 | | 1B | |
| 2. Gerard, Mimi (NCSTC) | 27.7 | 7. Sheahen, Al (SFVTC) 59.8 | | 1. Malain, Bob (NCSTC) 4:25.5 | |
| 3. Parish, Almata (NCSTC) | 28.1 | Heat 2: | | 2. Bangs, Allan (SMTC) 5:01.9 | |
| 1W Final | | 1. Clark, Marshall (BAS) 56.0 | | 2A | |
| 1. Obera, Irene (NCSTC) | 27.3 | 2. Spurrier, Lon (UN) 56.6 | | 1. Fitzgerald, Bill (STC) 4:23.7 | |
| OA Final (4.8 m. p. h. headwind) | | 3. Newton, Milton (BHS) 57.1 | | 2. Bryant, Avery (STC) 4:30.3 | |
| 1. Harth, Peter (UN) | 24.1 | 4. Frederickson, Bill (NCSTC) 57.6 | | 3. Hernandez, Mauro (SMTC) 4:36.6 | |
| 2. Hee, Martin (HMTTC) | 24.2 | 5. Channell, Jim (NCSTC) 61.8 | | 4. Dale, Alan (NCSTC) 4:41.0 | |
| 3. Ucovich, Miguel (NCSTC) | 25.1 | Final | | 5. Smith, Emmett (NCSTC) 5:04.8 | |
| 4. Weisel, Tom (UN) | 25.3 | 1. Clark, Marshall (BAS) 53.2 | | | |
| OB Final | | 2. Washington, Huel (BAS) 55.7 | | | |
| 1. Dennis, Ken (CDM) | 22.2 | 3. Palmer, Don (CDM) 56.3 | | | |
| 2. Cain, Ted (BHS) | 23.0 | 4. Jordan, Bob (NCSTC) 56.9 | | | |
| 3. Adams, Hugh (CDM) | 23.2 | 5. Melgosa, Ruben (NCSTC) 60.1 | | | |
| 4. Rostege, Tim (WVTC) | 23.9 | 6. Orlovitz, Kosmon (NCSTC) 61.0 | | | |

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|---------------|------------------------------|---------|---|----------------------------|---------|---------------|---------------------------|
| 2B | | | 1B | | | Hammer Throw | |
| 1. | Preston, Ed (UN) | 4:54.2 | 1. | Smith, Ross (NNAC) | 34:10 | 2B (12 lb.) | |
| 2. | Carey, Joe (NCSTC) | 5:02.2 | 2. | Campbell, Keith (WVJS) | --- | 1. | McMahon, Charles (SDTC) |
| 3. | Lehman, Bob (HSTC) | --- | 3. | Sitonen, Harry (DSE) | --- | 3A (12 lb.) | |
| 3A | | | 2A | | | 1. | Montgomery, Tom (CDM) |
| 1. | Bigelow, Bill (NCSTC) | 6:01.8 | 1. | O'Neil, Jim (SFOC) | 35:39 | 2. | Vesco, Art (STC) |
| 2. | Chandler, Tertius (MTC) | 6:26.3 | 2. | Toabe, Sid (HSTC) | --- | 3B (12 lb.) | |
| 3B | | | 3. | O'Sullivan, Mike (UN) | 39:05 | 1. | Hubbell, Randolph (STC) |
| 1. | Madden, Sid (BHS) | 5:49.4 | 4. | Naylor, John (UN) | 40:15 | 2. | Brosz, A. (S64T) |
| 2. | Monheit, Bill (NCSTC) | 6:29.8 | 5. | Harvey, Ken (SLDC) | 44:04 | 3. | Ulsh, Bob (NCSTC) |
| 4 | | | 2B | | | 4 (12 lb.) | |
| 1. | Chapson, Harold (HMTC) | 5:22.0 | 1. | Oleson, Jim (SMTC) | 38:06 | 1. | Herrman, Stan (CW) |
| 2. | Spangler, Paul (SLDC) | 6:49.0 | 2. | Carey, Joe (NCSTC) | 40:52 | Discus | |
| 5000 Meters | | | 3. | Lehman, Bob (HSTC) | 43:31 | OA (2 Kgm.) | |
| OW | | | 3B | | | 1. | Pohl, Jens (CDM) |
| 1. | Conley, Fran (WVTC) | 20:47.4 | 1. | Monheit, Bill (NCSTC) | --- | OB (2 Kgm.) | |
| 1W | | | 4 | | | 1. | Mayer, Jim (NCSTC) |
| 1. | Anderson, Ruth (NCSTC) | 20:26.0 | 1. | Spangler, Paul (SLDC) | 50:36 | 2. | Ellis, Dudley (UN) |
| 2. | Carlson, Barbara (NCSTC) | 22:56 | 110 Meter Hurdles | | | 1A (2 Kgm.) | |
| 3. | Smith, Catherin (NCSTC) | 23.44 | OA (5.0 m. p.h. following wind) (39 inch) | | | 1. | Brady, Phil (JUD) |
| 4. | Paulson, Robyn (NCSTC) | 25.22 | 1. | McCormick, Cornielius (UN) | 14.2 | 2. | Wassam, Ted (NCSTC) |
| 5. | Bettencourt, Beverly (NCSTC) | 28:30.8 | 2. | Dobroth, John (BHS) | 14.8 | 3. | Long, Leo (UN) |
| 2W | | | 3. | Remmick | 16.8 | 1B (2 Kgm.) | |
| 1. | Thomas, Dorothy (FJ) | 24:05 | 4. | Hee, Martin (HMTC) | 17.6 | 1. | Straub, Dick (SDTC) |
| OA | | | OB (5.68 following) (39 inch) | | | 2. | Wallace, Hal (STC) |
| 1. | Reed, Walter (NCSTC) | 18.16 | 1. | Adams, Hugh (CDM) | 14.9 | 3. | Grimm, Emson (STC) |
| 2. | Main, Larry (UN) | 18:24 | 2. | Cain, Ted (BHS) | 15.1 | 2A (1.6 Kgm.) | |
| OB | | | 3. | Henry, Alvin (CDM) | 15.2 | 1. | Ker, George (CDM) |
| 1. | Guthrie, Kent (WVJS) | 15:58 | 4. | Mayer, Jim (NCSTC) | 19.4 | 2B (1.6 Kgm.) | |
| 2. | Moss, George (NCSTC) | 17:39 | 1A (3.73 following) (39 inch) | | | 1. | McMahon, Charles (SDTC) |
| 3. | Catanese, Bill (UN) | 17:46 | 1. | Jackson, Dave (CDM) | 15.3 | 3A (1.0 Kgm.) | |
| 4. | Spangler, Paul (TRAC) | 19.03 | 2. | Andrews, Mal (BAS) | 15.4 | 1. | Montgomery, Tom (CDM) |
| 1A | | | 3. | Adler, Bill (BHS) | 17.0 | 2. | York, Jim (NCSTC) |
| 1. | Stayton, John (STC) | 16:36 | 4. | Fitzhugh, Ray (USMC) | 18.1 | 3. | Archer, Earl (NCSTC) |
| 2. | Lewis, Jerome (NCSTC) | 16:54 | 5. | Parish, Van (NCSTC) | 19.2 | 4. | Walker, Bill (NCSTC) |
| 3. | Teequarden, Dennis (NCSTC) | 16:56 | 2B (2.9 following)(36 inch) | | | 5. | Vesco, Art (STC) |
| 4. | Neal, Mike (LVTC) | 17:09 | 1. | Killion | 21.7 | 3B (1.0 Kgm.) | |
| 5. | Wetzork, Gail (OYMCA) | 20:15 | 3A (2.9 following) (30 inch) | | | 1. | Carnine, Ken (NCSTC) |
| 1B | | | 1. | Hatlen, Ted (CW) | 20.3 | 2. | Doms, Red (BHS) |
| 1. | Mundle, Pete (SMTC) | 16:01 | 2. | McKinley, H. J. (UN) | 33.2 | 3. | Hubbell, Randolph (STC) |
| 2. | Smith, Ross (NNAC) | 16:15 | 3B (2.9 following) (30 inch) | | | 4. | Brosz, A. (S64T) |
| 3. | Malain, Bob (NCSTC) | 16:30 | 1. | Brosz, A (S64T) | 26.8 | 4 (1.0 Kgm.) | |
| 4. | Pickett, Don (MH) | 17:08 | 4 (2.9 following)(30 inch) | | | 1. | Herrman, Stan (CW) |
| 5. | Paulson, Phil (NCSTC) | 18:42 | 1. | Crane, Buell (UN) | 26.9 | 2. | Crane, Buell (UN) |
| 2A | | | 400 Meter Hurdles | | | 3. | Pennock, Frank (NCSTC) |
| 1. | O'Neil, Jim (SFOC) | 16:42 | 1. | Whitney, Ron (BHS) | 53.0 | Shot Put | |
| 2. | Hernandez, Mauro (SMTC) | 17:05 | 2. | Hee, Martin (HMTC) | 61.8 | OW (4 Kgm.) | |
| 3. | Toabe, Sid (HSTC) | 17:37 | OB | | | 1. | Rutledge, Cel (MLTC) |
| 4. | Gil, Ray (STC) | 18:00 | 1. | Cain, Ted (BHS) | 55.3 | 2. | Sherrard, Cherrie (NCSTC) |
| 5. | Naylor, John (UN) | 19:26 | 2. | Adams, Hugh (CDM) | 55.9 | 3. | Ligon, Lucille (NCSTC) |
| 6. | O'Sullivan, Mike (UN) | 20:03 | 3. | Mayer, Jim (NCSTC) | 71.9 | 1W (4 Kgm.) | |
| 7. | Harvey, Ken (SLDC) | 20:45 | 1A | | | 1. | Carlson, Barbara (NCSTC) |
| 8. | De Forest, Richard (UN) | 20:56 | 1. | Parish, Van (NCSTC) | 61.2 | OA (16 lbs.) | |
| 9. | Thomas, Lee (FJ) | 21:43 | 2. | Sheaen, Al (SFVTC) | 64.0 | 1. | Hann, Chuck (WVTC) |
| 2B | | | 3. | Fitzhugh, Ray (USMC) | 68.1 | OB (16 lbs) | |
| 1. | Preston, Ed (UN) | 17:42 | 2A | | | 1. | Smith, Hal (BHS) |
| 2. | Oleson, Jim (SMTC) | 18:55 | 1. | Clayton, Tom (CDM) | 69.2 | 2. | Mayer, Jim (NCSTC) |
| 3. | Lehman, Bob (HSTC) | 19:19 | 2. | Spencer, Ray (SDTC) | 69.6 | 1A (16 lbs.) | |
| 4. | Harder, Harry (HSTC) | 19:34 | 3. | Bryant, Avery (STC) | 73.3 | 1. | Wassam, Ted (NCSTC) |
| 3A | | | 3B | | | 2. | Long, Leo (UN) |
| 1. | Chandler, Tertius (MTC) | 22:55 | 1. | Brosz, A. (S64T) | 1:54.6 | 1B (16 lbs.) | |
| 2. | Bigelow, Bill (NCSTC) | 23:43 | 3000 Meters Steeplechase | | | 1. | Laut, Jim (CDM) |
| 3B | | | 1. | Chaffee, Don (ETC) | 10:37.6 | 2. | Grimm, Emson (STC) |
| 1. | Monheit, Bill (NCSTC) | 23:06 | 1A | | | 2A (12 lbs.) | |
| 4 | | | 1. | Shettler, Jim (WVJS) | 9:57.1 | 1. | Ker, George (CDM) |
| 1. | Spangler, Paul (SLDC) | 24:17 | 2. | Garnett, Jack (NCSTC) | 12:30.6 | 2. | Dunn, Martin (NCSTC) |
| 2. | Hirsh, Ben (NCSTC) | 29:48 | 3. | Evans, Frank (NCSTC) | 12:51.0 | 2B (12 lbs) | |
| 10,000 Meters | | | 1B | | | 1. | Minah, James (CW) |
| OA | | | 1. | Noble, John (STC) | 12:34.7 | 2. | McMahon, Charles (SDTC) |
| 1. | Spino, Mike (ESC) | --- | 2. | Bettencourt, Jack (NCSTC) | 12:47.5 | 3A (8 lbs.) | |
| 2. | Gleason, Tom (UN) | 36:11.8 | 2A | | | 1. | Montgomery, Tom (CDM) |
| OB | | | 1. | Bryant, Avery (STC) | 11:35.6 | 2. | York, Jim (NCSTC) |
| 1. | Harris, Charles (WVTC) | 32:56.8 | 2B | | | 3. | Vesco, Art (STC) |
| 2. | Bowles, Ralph (WVJS) | 35:24.3 | 1. | Fairbank, Bill (NCSTC) | 13:25.3 | 3B (8 lbs.) | |
| 3. | Engle, Jim (NVRTC) | 36:17 | 3A | | | 1. | Doms, Red (BHS) |
| 4. | Moss, George (NCSTC) | --- | 1. | Bigelow, Bill (NCSTC) | 15:16.8 | 2. | Brosz, A. (S64T) |
| 5. | Spangler, Paul (TRAC) | 40:43 | 4 (8 lbs.) | | | 1. | Herrman, Stan (CW) |
| 6. | Kennedy, Joe (UN) | --- | | | | | |
| 1A | | | | | | | |
| 1. | Healy, Mike (WVJS) | 35:00 | | | | | |
| 2. | Stayton, John (STC) | --- | | | | | |
| 3. | Nicholson, Jim (NCSTC) | --- | | | | | |
| 4. | Jacobs, Jim (NCSTC) | 37:39 | | | | | |
| 5. | Wetzork, Gail (OYMCA) | 40:10 | | | | | |

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| Javelin | |
| 1. OA (800 Kgm.) | |
| 1. Hee, Martin (HMTC) | 39.14 |
| OB (800 Kgm.) | |
| 1. Mayer, Jim (NCSTC) | 38.48 |
| 1A (800 Kgm.) | |
| 1. Conley, Phil (WVTC) | 63.22 |
| 2. Letcher, Spencer (NCSTC) | 50.50 |
| 3. Rose, Don (NCSTC) | 48.68 |
| 1B (800 Kgm.) | |
| 1. Wallace, Hal (STC) | 42.66 |
| 2. Straub, Dick (SDTC) | 41.10 |
| 3. Wojcik, Gerald (SFVTC) | 36.86 |
| 2A (800 Kgm.) | |
| 1. Kilbuck, John (UN) | 39.88 |
| 2B (800 Kgm.) | |
| 1. McMahon, Charles (SDTC) | 38.72 |
| 2. Donovan, Monte (UN) | 21.62 |
| 3A (600 Kgm) | |
| 2. Wolfe, Bill (SDTC) | 31.58 |
| 2. Archer, Earl (NCSTC) | 29.34 |
| 3B (600 Kgm.) | |
| 1. Carnine, Ken (NCSTC) | 34.16 |
| 2. Doms, Red (BHS) | 28.76 |
| 3. Brosz, A. (S64T) | 22.46 |
| 4 (600 Kgm.) | |
| 1. Crane, Buell (UN) | 24.80 |
| 2. Pennock, Frank (NCSTC) | 19.32 |
| Long Jump | |
| OW | |
| 1. Ligon, Lucille (NCSTC) | 3.65 |
| 1W | |
| 1. Obera, Irene (NCSTC) | 4.68 |
| OA | |
| 1. Vcovich, Miguel (NCSTC) | 5.82 |
| 2. Hee, Martin (HMTC) | 5.59 |
| OB | |
| 1. Adams, Hugh (CDM) | 6.47 |
| 2. Henry, Alvin (CDM) | 5.93 |
| 1A | |
| 1. Andrews, Hal (BAS) | 6.23 |
| 2. Jackson, Dave (CDM) | 6.19 |
| 3. Presber, Phil (NCSTC) | 6.19 |
| 4. Cobb, Hugh (BHS) | 6.04 |
| 5. Fitzhugh, Ray (USMC) | 5.38 |
| 6. Graf, Jack (UN) | 5.11 |
| 1B | |
| 1. Davisson, Shirley (CDM) | 6.25 |
| 2. Schlegel, Phil (CDM) | 5.84 |
| 3. Yonge, George (NCSTC) | 5.78 |
| 2A | |
| 1. Roemer, Bob (NCSTC) | 5.18 |
| 2. Spencer, Ray (SDTC) | 5.03 |
| 2B | |
| 1. Farrell, Gordon (CDM) | 5.29 |
| 3A | |
| 1. Satti, John (NCSTC) | 4.93 |
| 2. Hatlen, Ted (CW) | 3.85 |
| 3B | |
| 1. Caruso, Joe (STC) | 4.40 |
| 2. Brosz, A. (S64T) | 3.40 |
| 3. Doms, Red (BHS) | 3.28 |
| 4 | |
| 1. Crane, Buell (UN) | 3.36 |
| Triple Jump | |
| OA | |
| 1. Ucovich, Miguel (NCSTC) | 11.99 |
| 2. Hee, Martin (HMTC) | 11.56 |
| OB | |
| 1. Henry, Alvin (CDM) | 12.49 |
| 1A | |
| 1. Jackson, Dave (CDM) | 12.44 |
| 2. Conley, Phil (WVTC) | 12.09 |
| 3. Presber, Phil (NCSTC) | 10.46 |
| 1B | |
| 1. Schlegel, Phil (CDM) | 11.38 |
| 2. Davisson, Shirley (CDM) | 11.21 |
| 3. Wojcik, Gerald (SFVTC) | 9.76 |
| 2A | |
| 1. Spencer, Ray (SDTC) | 9.80 |

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| 2B | |
| 1. Farrell, Gordon (CDM) | 11.45 |
| 2. Ogle, Bob (CDM) | 9.85 |
| 3B | |
| 1. Caruso, Joe (STC) | 8.30 |
| 2. Doms, Red (BHS) | 7.17 |
| 3. Brosz, A. (S64T) | 5.59 |
| 4 | |
| 1. Crane, Buell (UN) | 7.15 |
| High Jump | |
| OA | |
| 1. Dobroth, John (BHS) | 1.98 |
| 2. Remick | 1.67 |
| OB | |
| 1. Adams, Hugh (CDM) | 1.62 |
| 2. Tansley, John (STC) | 1.57 |
| 3. Pfranger, Gandy (UN) | 1.52 |
| 1A | |
| 1. Rose, Don (NCSTC) | 1.72 |
| 2. Conley, Phil (WVTC) | 1.62 |
| 3. Graf, Jack, (UN) | 1.62 |
| 4. Fitzhugh, Ray (USMC) | 1.62 |
| 5. Durrenberger, Joe (NCSTC) | 1.52 |
| 6. Adler, Bill (BHS) | 1.47 |
| 7. Rawlings, Ken (NCSTC) | 1.42 |
| 1B | |
| 1. Davisson, Shirley (CDM) | 1.52 |
| 2. Garrett, Tom (UN) | 1.42 |
| 3. Yonge, George (NCSTC) | 1.32 |
| 2A | |
| 1. Brown, Dave (CDM) | 1.42 |
| 2B | |
| 1. Gillett, Orval (CDM) | 1.52 |
| 2. Ogle, Bob (CDM) | 1.47 |
| 3A | |
| 1. Satti, John (NCSTC) | 1.32 |
| 2. Hatlen, Ted (CW) | 1.27 |
| 3. Bigelow, Bill (NCSTC) | 1.22 |
| 4. Wolfe, Bill (SDTC) | 1.17 |
| 5. McKinley, H. J. (UN) | 1.12 |
| 3B | |
| 1. Bierlein, Fred (NCSTC) | 1.27 |
| 2. Brosz, A. | 1.12 |
| 4 | |
| 1. Crane, Buell (UN) | 1.17 |
| 2. Pennock, Frank (NCSTC) | 1.12 |
| Pole Vault | |
| OB | |
| 1. Fleming, Ron (SDTC) | 3.35 |
| 2. Tansley, John (STC) | 3.22 |
| 1A | |
| 1. Fitzhugh, Ray (USMC) | 3.22 |
| 2. Eller, Bill (NCSTC) | 2.92 |
| 1B | |
| 1. Wallace, Hal (STC) | 3.35 |
| 2A | |
| 1. Grosh, Don (CDM) | 3.22 |
| 2. Brown, Dave (CDM) | 3.07 |
| 2B | |
| 1. Vernon, Jim (STC) | 3.53 |
| 2. Gillett, Orval (CDM) | 3.07 |
| 3B | |
| 1. Brosz, A. (S64T) | 1.98 |
| 5 Km Walk | |
| 1. Smith, Catherin (NCSTC) | 35:35.6 |
| OB | |
| 1. Hickey, Robert (LAPRAC) | 24:37.8 |
| 1A | |
| 1. Phillips, Ed (NCSTC) | 31:26.6 |
| 1B | |
| 1. McGuire, Bob (PHT&FC) | 29:33.8 |
| 2A | |
| 1. Smith, Art (UN) | 29:18.6 |
| 2. Sekulich, Luka (NCSTC) | 31:26.7 |
| 2B | |
| 1. Mooers, Phil (WVTC) | 31:35.0 |
| 3A | |
| 1. Blakesley, Mickey (SDTC) | 35:00.6 |
| 3B | |
| 1. Unruh, Chesley (SDTC) | 34:17.0 |

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| 20 Km Walk | |
| OB | |
| 1. Hickey, Robert (LAPRAC) | 1:53:12 |
| 2A | |
| 1. Sekulich, Luka (NCSTC) | 2:19:37 |
| 2B | |
| 1. Mooers, Phil (WVTC) | 2:26:11 |
| 3A | |
| 1. Blakesley, Mickey (SDTC) | 2:38:18 |
| 400 M Relay | |
| Div. 1 | |
| 1. CDM (Schlegel, Jackson, Cheek, Knox) | 45.2 |
| 2. NCSTC (Presber, Frederickson, Marlin, Parish) | 45.3 |
| 3. BHS (Dawkins, Adler, Cobb, Newton) | 45.5 |
| 4. BAS (Washington, Hicks, Lingle, Clark) | 46.0 |
| Women's Challenge | |
| 1. NCSTC* (Gerard, Sherrard, Obera, Parish) | 50.9 |
| 2. TOM** (Farrel, Pain, Palmer, Clayton) | 52.3 |
| * Women | |
| ** Tired Old Men | |
| Mile Relay | |
| 1. Cin Cinderbells (Pickett, Healy, Bridgeman, Whitney) | 3:59.1 |
| 2. BHS (Bettencourt, Sturak, Waste, Sheehan) | 4:20.8 |
| BAS | Bay Area Striders |
| BHS | Beverly Hills Striders |
| BTC | Bakersfield Track Club |
| CDM | Corona Del Mar |
| CW | Club West |
| DSE | Dolphin South End Runners |
| ESC | Esalen Sports Center |
| ETC | Excelsior Track Club |
| FJ | Fresno Joggers |
| HMTC | Hawaii Masters Track Club |
| HSTC | High Sierra Track Club |
| JUD | The Judoka Inc. |
| LAPRAC | Los Angeles Police Revolver & Athletic Club |
| LVTC | Las Vegas Track Club |
| MH | Marin Harriers |
| MTC | Master Track Club |
| MTC | Middletown Track Club |
| MLTC | Millbrae Lions Track Club |
| NVRC | Napa Valley RC |
| NCSTC | Northern California Seniors Track Club |
| NNAC | Northern Nevada Athletic Club |
| ORR | Oregon Road Runners |
| OYMCA | Oakland YMCA |
| PAM | Pa Ma Kids |
| PAT | Patriots |
| PHTFC | Pleasant Hill Track & Field Club |
| SDTC | San Diego Track Club |
| SFOC | San Francisco Olympic Club |
| SFVTC | San Fernando Valley Track Club |
| SLDC | San Luis Distance Club |
| SMTC | Santa Monica Track Club |
| SMW | San Mateo Warlins |
| STC | Seniors Track Club |
| S64T | Sportclub 64 Toronto |
| TRAC | Tax Reducers Athletic Club |
| UN | Unattached |
| USMC | U. S. Marine Corps |
| WS | Woodside Striders |
| WVJS | West Valley Joggers & Striders |
| WVTC | West Valley Track Club |

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|---------|---------|---------|-------------------|
| Div. OA | 30 - 34 | Div. 3A | 60 - 64 |
| Div. OB | 35 - 39 | Div. 3B | 65 - 69 |
| Div. 1A | 40 - 44 | Div. 4 | 70 and over |
| Div. 1B | 45 - 49 | Div. OW | Women 30 - 39 |
| Div. 2A | 50 - 49 | Div. 1W | Women 40 - 49 |
| Div. 2B | 55 - 59 | Div. 2W | Women 50 and over |