

SAN FERNANDO VALLEY TRACK CLUB

Coach: Laszlo Tabori
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NEWSLETTER

JUNE, 1975

MAY HIGHLIGHTS

DAVE BABIRACKI just misses breaking 4-minute mile barrier with sensational 4:00.2 in Modesto; beats Frank Shorter in 8:42.0 two-mile in Fresno.

LASZLO TABORI feted by club on 20th anniversary of his 3:59.0 mile.

JOHN DAMSKI wins three events in Grandfather Games; voted outstanding athlete in 60-69 age group.

JACKI HANSEN wins women's 5000-meter run in Del Amo in 15:55.

MARK KENNEDY runs lifetime best mile in 4:07.0.

ALL-COMERS MEETS BEGIN JUNE 18

Anyone can -- and usually does -- enter the Wednesday All-Comers meets at Pierce College in Woodland Hills.

These meets are the ultimate in fun running. No matter how fast, or how slow you are, there's usually someone else just as fast or just as slow.

This is your chance to run with no pressure. It's like a workout, but you have plenty of company and you can get an official time.

If you're not in top condition, don't worry about it. Run anyway. That's the way to improve. You won't finish last. In 1974, the last finisher in a novice mile was timed in 9:23. In the 880, someone ran 3:45.

No registration is needed. Just go to the starting line and run. See you there!

COMING UP IN JUNE

June 7-8. SPA-AAU Men's & Women's Championships at UCLA.

June 7. SPA-AAU Masters Championships at Sunny Hills High, Fullerton.

June 14. Corona Del Mar Relays at Orange Coast College for over-30's.

June 20-21. National AAU Men's Championships in Eugene, Oregon. Babiracki runs in 5000 meters.

June 18. All-comers meets begin at Pierce College; every Wednesday thru July.

June 26. Monthly club meeting.

June 28-29. Senior Olympics, UC Irvine.

July 5-6. Western AAU Masters in Oakland.

WORKOUT SCHEDULE

Under the direction of Coach Laszlo Tabori, members run together on Tuesday and Thursday from 4:30PM to 7:30PM, and most Saturdays from 2:00 to 5:00PM, at Los Angeles Valley College, 5800 Ethel Avenue, Van Nuys. All club members are welcome.

ON THE BANQUET CIRCUIT

Dave Babiracki spoke at the weekly track writers' luncheon on May 27.

Send all newsletter material to Al Sheahan, 6200 Hazeltime Ave., Van Nuys 91401 by the 1st of July.

TRACK & FIELD SCHEDULE

O-Open; M-Masters(over 40); SM-Sub-masters(30-39); LM-Limited Masters events;
W-Women; OW-(Women 30+; LW-Limited women's events; G-Girls; B-Boys.

- June 7- 8 Southern Pacific Association (SPA) AAU 1975 Men's/Women's Track & Field Championships; UCLA; 9AM; (O,W,OW,G).
- June 7 SPA-AAU Master's Championships; Sunny Hills High, Fullerton, 11AM; (M,SM(35+only),LW).
- June 13-14 National Junior AAU Men's Championships; Knoxville, Tenn.
- June 14 Corona Del Mar Relays, Orange Coast College, Costa Mesa; (M,OW,SM). Dave Jackson, 19013 So. Andmark Ave., Carson 90746.
- June 14-15 USTFF National Masters Championships, California State College, California, Pa.; 12 Noon; (S,SM). John Harwick, 467 Beverly Rd., Pittsburgh, Pa. 15216.
- June 15 California AAU Women's Championships, Lemoore; (W).
- June 20-21 National AAU Men's Championships, Univ. of Oregon, Eugene; (O).
- June 16- All-comers meets, 7PM; Mondays at Gardena High; Tuesdays at Venice
July 25 High; Wednesdays at Pierce College in Woodland Hills; Thursdays at East LA College; (O,LM,LW, some girls & boys events at Pierce).
- June 24-25 National AAU Jr. Women's Championships, White Plains, N.Y.
- June 27-28 National AAU Sr. Women's Championships, White Plains, N.Y.
- June 28-29 Senior Olympics, UC Irvine, 9AM; (Five-year age groups for men and women over 25). Warren Blaney, 5225 Wilshire Blvd., Suite 302, LA 90036. 938-5548.
- July 5- 6 Western AAU Masters Championships, Laney College, Oakland, Cal., 9:30AM; (M,SM,OW). Ed Phillips, P.O. Box 1267, Los Altos 94022.
- July 12-13 Northwest Seniors Classic, Mt. Hood Community College, Gresham, Ore. (M,SM). Jim Puckett, Mt. Hood Community College, 26000 SE Stark Street, Gresham, Oregon 97030.
- July 19 Northern California Senior Track Club Meet, Foothill College, Los Altos, Calif., (M).
- Aug. 8-10 U.S. National AAU Masters Championships, White Plains, N.Y. (M,SM,OW) Bob Fine, Masters Sports Assoc., 11 Park Place, NYC 10007.
- Aug. 11-17 First World Masters Championships, Toronto, Canada. (M,SM,OW). David Pain, 1160 Via Espana, LaJolla, Cal. 92037.

LONG DISTANCE RUNNING SCHEDULE

- June 7 9:30AM 1st Annual Northridge 5000M Cross-country; Cal-State Northridge.
- June 14 9:00AM Hidden Valley 12-mile run.
8:00AM Palos Verdes Marathon.
- June 28 6:30PM 9th So. El Monte Run - 7.9 miles.
- July 4 10:30AM SPA-AAU 15km Championships, Santa Barbara.
- July 6 9:00AM College of the Canyons 6-mile run.
- July 12 9:00AM SPA & National AAU One Hour Run, San Luis Obispo High.
- July 19 4:00PM National Masters, Women's & Juniors SPA 1-hour run Championships, Santa Barbara.
- July 26 2:00PM National Open & SPA 1-hour run Championships, UC Santa Barbara.

If you are registered with the AAU as a "long-distance runner, you should be receiving their quarterly long-distance schedule. If not, call the AAU office at 877-0256.

**3RD ANNUAL CORONADA DEI MAP TRACK CLUB
RELAYS -- SAT. JUNE 14 -- 11:00 A.M.**

Place: Orange Coast College, 2649 Fairview Road, Costa Mesa, Calif., across the street from Costa Mesa High.

Facilities: Dirt running surface, rubberized runway, concrete rings, grass area for javelin.

Awards: Trophies: first 3 places in individual event; first place only if less than three relay entries, 2nd place if 3 relay teams start, 3rd if four enter.

Entry fee: \$5.00 registration fee and enter as many events as your strong body can withstand. Register at meet. Women pay no entry fee.

Divisions: X=30+Women; Y=30-39; 1=40-49; 2=50-59; 3=60-69; 4=70+.

Time	Event	Division
11:00	Long Jump	X,Y,1,2,3,4
"	Pole Vault	Y,1,2,3
"	Shot Put	Y,1,2,3,4
"	Javelin	Y,1,2,3,4
12:30	High Jump	Y,1,2,3
"	Discus	Y,1,2,3,4
"	Triple Jump	Y,1,2,3,4
1:55	40-yd dash	X
2:00	Sprint Medley Relay (220-220-440-880)	Y,1,2
2:30	440 Relay	Y,1,2
3:00	Dist. Medley Relay (440-880-1320-Mile)	Y,1,2
3:30	880 Relay	Y,1,2
3:55	220 Relay (4x55)	X
4:00	2 Mile Relay	Y,1,2
4:30	Mile Relay	Y,1,2

Meet director: Dave Jackson, 19103 S. Andmark Ave., Carson 90746.
(213) 638-7125

June 16 thru July 25 -- ALL COMERS MEETS....Mondays at Gardena High; Tuesdays at Venice High; Wednesdays at Pierce College in Woodland Hills; Thursdays at East LA College. No entry fee. No registration needed. Just show up at the starting line.

LOS ANGELES UNIFIED SCHOOL DISTRICT

YOUTH SERVICES SECTION

SUMMER 1975

ALL-COMERS

TRACK AND FIELD MEETS

for

MASTERS, BOYS, GIRLS, WOMEN, MEN

SIXTEENTH YEAR

ORDER OF EVENTS

JUNIOR HIGH SCHOOL and ELEMENTARY SCHOOL

6:00 P.M. Long Jump Jr. High School Boys and Girls
6:00 P.M. High Jump Jr. High School Boys and Girls
6:40 P.M. Long Jump Elementary Boys and Girls

RUNNING EVENTS -- START AT 6:00 P.M.

Mile Run	All Elementary and Junior High (Boys and Girls)
50 Yard Dash	Elementary (Boys and Girls)
100 Yard Dash	Junior High (Boys)
100 Yard Dash	Junior High (Girls)
660 Yard Run	Elementary (Boys and Girls)
660 Yard Run	Junior High (Boys)
440 Yard Run	Junior High (Girls)
1320 Yard Run	Junior High (Boys)
880 Yard Run	Junior High (Girls)
220 Yard Dash	Elementary (Boys and Girls)
80 Yard Low Hurdles	Junior High (Boys)
2 Mile Run	All Elementary and Junior High (Boys and Girls)

NOVICE, OPEN, WOMEN and MASTERS

ALL FIELD EVENTS -- START AT 7:00 P.M.

7:00 P.M.	120 Yard High Hurdles	OPEN
	120 Yard High Hurdles	NOVICE
	440 Yard Relay	WOMEN
	440 Yard Relay	OPEN
	Mile Run	WOMEN
	Mile Run	OPEN
	Mile Run	NOVICE
	Mile Run	MASTERS*
	100 Yard Dash	MASTERS*
	100 Yard Dash	OPEN
	100 Yard Dash	NOVICE
	100 Yard Dash	WOMEN
	880 Yard Run	NOVICE
	880 Yard Run	OPEN
	440 Yard Dash	NOVICE
	440 Yard Dash	WOMEN
	440 Yard Dash	OPEN
	440 Yard Dash	MASTERS*
	220 Yard Dash	OPEN
	220 Yard Dash	NOVICE
	220 Yard Dash	MASTERS*
	220 Yard Dash	WOMEN
	330 Yard Intermediate Hurdles	OPEN
	330 Yard Intermediate Hurdles	NOVICE
	2 Mile Run	NOVICE
	3 Mile Run	OPEN
	Mile Relay	NOVICE
	Mile Relay	OPEN

*Pierce College

MAY 3 - STRAWBERRY TROT 10 MILE

REID PRESSLEY ran a lifetime best of 61:17, placing 7th in the handicap division.

MAY 4 - LONG BEACH INVITATIONAL

MARK KENNEDY ran a lifetime best of 4:09 in the mile.

MAY 10 - WEST COAST RELAYS, FRESNO

DAVE BABIRACKI defeated Olympic marathon gold medal winner Frank Shorter in the 2-mile run in 8:42.0, tying his best mark set April 12 in San Diego. Shorter finished 2nd, forty yards back in 8:46.7.

JON SUTHERLAND took 3rd in the 5000 meter run in 15:27.9. CARL SMITH got a 4th in the 3000M Steeplechase in 9:18.0. MARK KENNEDY and TERRY EUBANKS placed 4th and 5th in the mile in 4:11.2 and 4:11.6, respectively.

MAY 17 - BAKERSFIELD CLASSIC

DAVE BABIRACKI took 3rd in the 5000M in 14:01.0, ten seconds off his best time of 13:51, set in April.

MAY 24 - DEL AMO 5000 METERS

JACKIE HANSEN won the women's division in 16:55. REID PRESSLEY ran a lifetime best 18:05 and continues to show fine improvement. AL SHEAHEN ran a lifetime best 19:23, and JACKIE GRABOYES did 19:57. The course was a difficult 10-laps with 90-degree turns in the Fashion Square parking lot. Over 400 entrants received a free hamburger following the race.

MAY 31 - UCLA WOMEN'S MEET

JACKIE GRABOYES made her first competitive mile a winning one, defeating her rivals in 5:35.1.

MAY 24 - CALIFORNIA RELAYS, MODESTO

Babiracki Nearly Breaks Magic 4-Minute Barrier

DAVE BABIRACKI came within two-tenths of a second of breaking the four-minute mile barrier, placing 5th in 4:00.2.

Dave might have broken the mark, but seemed to ease up in the final yards. "He misjudged the finish line," said Coach Tabori. "There were so many finish lines for different events that it was confusing."

Four runners broke four-minutes in the world-class field, led by Kenyan Wilson Waigwa's 3:55.6.

Babiracki followed the early pace in a 59 quarter and 1:59 830. The first seven runners were bunched at the 1320 in just under 3:00. Waigwa unleashed a 55.9 final lap to win going away.

Dave defeated his old rival and BYU roommate Paul Cummings, former NCAA champion, who set most of the pace before fading to seventh.

Tabori was disappointed that Babiracki didn't break the 4-minute mark, but was pleased that Dave lowered his lifetime best 2.7 seconds from his winning 4:02.9 in the Mt. San Antonio Relays.

"He'll go under four minutes," Laszlo said. "It's only a question of when."

MAY 31 - LONG BEACH CLASSIC

MARK KENNEDY took two seconds off his previous best with a 4:07.0 mile, good for 5th place in this very high quality meet. DAVE BARRY finished strong to place 4th in the 440 in 48.8, won by Eugene Driver in 47.3.

RON ADAMS took 3rd in the 3000-meter steeplechase in 9:47.0, and JOEL SCOTT clipped five seconds off his previous best with a 4:12.1 mile.

GRANDFATHER GAMES - MAY 17-18
VALLEY COLLEGE

JOHN DAMSKI won three events and was judged the outstanding 50-69 field athlete as the fifth annual Grandfather Games proved an enormous success with over 275 entries from five western states.

Damski, a Lockheed electrician who survived the German occupation of his native Warsaw, Poland in World War II, won the age 60-69 long jump in 14' 3/4", tied the meet record in the high jump in 4' 6", and broke the meet record with a triple jump of 31' 9 3/4".

GAYLORD KALCHSCHMID placed 2nd in the 880 in 2:08.6. He ran step for step with the near-legendary Bill Fitzgerald before succumbing in the stretch to Fitzgerald's 2:06.3.

AL SHEAHEN, who won the 330-hurdles in 1974 in 49.1, lost the race in 1975 in 44.5, finishing 2nd as the first three men all broke the old meet record of 45.6. Sheahen also took 4th in the 440 in 56.4.

REID PRESSLEY placed 4th in the 30-39 Mile in 5:04.9. One of these days, Reid will break the elusive 5-minute barrier; then, look out.

BOB PLASSMEYER took a 3rd in the 330-hurdles in 44.7 and 6th in the 120-hurdles in 16.2.

JERRY WOJCIK got a 5th in the 40-49 triple jump in 31' 4". WILBUR BUCHANAN gave it his best, but his groin-muscle-pull just wouldn't go away as he eased up in the 440.

DICK WAGER-SMITH ran a good 26.6 220, and led off the 880-relay team.

Followed by HANK NORTON, AL SHEAHEN and GAYLORD KALCHSCHMID, SFVTC took 3rd in the 40-49 division, in 1:48.

HANK NORTON ran 2:28 in the 40-49 880; President EARL RIPPEE turned in an iron-man double with a 19:33 3-mile and a 41:25 6-mile.

DAVE PARKER ran the first four miles of the 6-mile run in 23:38 before dropping out. Dave was fatigued from "too much speed work" on his home workout course the week before.

New member JOHN GRIMES won the 30-39 Pole Vault in 12'. Welcome, John.

Other highlights:

- Parry O'Brien, 43, two-time Olympic gold medal winner, set two meet records in winning the shot put in 52' 9 3/4" and the discus in 156' 8".
- Meet director George Ker won the 50-59 shot and discus with 52' 2 3/4" and 150' respectively.
- Bill Fitzgerald, who turned 50 on May 25, won the mile and 880 in the 40-49 division in 4:38.4 and 2:06.3 respectively.
- Al Guidet tripled in the 50-59 division with wins in the 100-11.3; 220-24.7; and 440-56.4.
- George Puterbaugh of Portland, Ore. broke the 50-59 880 meet record by ten seconds, winning in 2:09.1.
- Outstanding athlete awards went to:

Age	Track	Field
30-39	Walt Butler	John Dobroth
40-49	Phil Presber	Parry O'Brien
50-59	Al Guidet	Tom Patsalis
60-69	Freitiof Sjostrand	JOHN DAMSKI
70+	Win McFadden	Stan Hermann

- The Masters program got a boost from articles in the Valley News, LA Times, LA Herald, LA Free Press; from KNX and KABC radio; and from KNBC-TV (Ch. 4) who filmed and showed part of the meet on both the 5:30 and 11PM newscasts.

HIGH ALTITUDE TRAINING CAMP

"Get a leg up on your opposition," says innovative Dave Pain, who's organizing a training camp at Brian's Head, Utah -- altitude 5400' to 11,000' -- with two seven-day sessions scheduled for July 20-27 and July 27-Aug. 3.

Evenings will be devoted to lectures on training, shoes, injuries and other pertinent aspects of running. A special Masters training table featuring "a runner's diet" will offer breakfast and dinner. An all-weather track is close by (at 5100') for interval work.

The price is \$105/week double and \$110/week single. Contact USMTT, 1951 Cable St., San Diego 92107.

Tabori Honored on 'Anniversary'

San Fernando Valley Track Club Salutes Coach for Greatest Race

Our coach and good friend, Laszlo Tabori, was honored on May 28 by club members and guests in recognition of the 20th anniversary of the day he became the third man in history to break the four-minute mile barrier.

At a dinner at Josephina's Restaurant, Morrie Gleimer presented Laszlo with an anniversary cake in the shape of the London track where he ran a 3:59.0 mile on May 28, 1955, beating Britons Chris Chataway and Brian Hewson.

Al Sheahan presented the coach a framed copy of the Los Angeles Times Sports Page of May 29, 1955 which headlined the historic track event.

Tom Sturak of the Striders dug up several 1955 issues of Track & Field News, with stories of Laszlo breaking marks on a European tour.

Jacki Hansen, who did a fine job planning the event, presented Mrs. Tabori with a beautiful bouquet.

President Earl Rippee MC'd the festive occasion with his usual aplomb. It was good to see Ed Keysar there. Also nice to have Pam and Bill Adler from the Striders.

Sid Ross summed up the feelings of the club members, saying: "Laszlo, your 3:59.0 was a great achievement; the equivalent of Babe Ruth hitting 60 home runs. Yet, great as it was,

what you have done since then - for us - is even more significant and meaningful. You have taken the time to help us train; to build up our bodies and our health; to give many of us, through running, an identity which we might not otherwise have had; and to build a confidence in ourselves by showing us that we could accomplish goals which, at first, we thought impossible. For that, we thank you."

Laszlo recounted the famous race for the group, saying that the meet director didn't even want "a second-rate Hungarian" to run in the meet. (Laszlo had not won a major race at that point). Finally being allowed to compete, he followed the pace to the final 220, passed Hewson and ran on Chataway's shoulder around the final turn. The partisan London crowd of 50,000 in White Stadium was yelling "Chataway, Chataway." Then, getting strength from "I don't know where," he inched past Chataway to break the tape five yards in front.

The crowd fell silent for a moment, then cheered: "Bravo, Tabori; Bravo, Tabori."

He was not a "second-rate Hungarian" anymore.

MAY 29 CLUB MEETING

Should those 18 and under be admitted to club membership for \$5, \$2 or free, was a topic of discussion. Our by-laws do not spell this out. Tabled till June 26 meeting.

Suggestion made to have team captain for each age-group. Want to head up your group? Only official captain now is Jerry Wojcik for the 40-49 division.

We also need a program chairman to plan a speaker, movie, etc. for our meetings.

Material & results & upcoming events requested for newsletter. Uniforms will be available again soon. We now have 72 members.

Let's have a big turnout for the June 26 meeting, 7:30 PM in Bungalow 45 on the Valley College campus.

MASTERS SCENE

June 7 SPA-AAU Championships at Sunny Hills High in Fullerton. 10-year age groups, plus 35-39. SFVTC will enter a mile relay team in the 40-49 division.

June 14 Coron Del Mar Relays at Orange Coast College. Strictly relays, plus individual field events. Should be a lot of fun. Our Distance Medley Relay 40-49 team looks very formidable. There's also a 2-mile, 1-mile, 880, 440 and sprint medley relays for all divisions. Let's make a good showing.

June 28-29 Senior Olympics. 5-year age groups. 25 and over. 1600-meter relay, 440 relay.

JULY 5-6 Western AAU Masters, Oakland. If you're planning on competing, let Jerry Wojcik know (363-6652). 400 & 1600-meter relays.

If you'd like to run in any of the above relays, contact:

30-39 Reid Pressaley 968-5950
40-49 Jerrv Wojcik 363-6652
50-59 Wilbur Buchanan 899-8120
60-69 Morris Gleimer 340-8472

LONG DISTANCE RUNNERS TOUR TO JAPAN

A tour of Japan that features the 8th World-Best Veteran Long Distance Runners Competition, scheduled for September 15 at Lake Yamanaka at the foot of Mt. Fuji, is being offered in a tour by Japan Air Lines and Sports Travel International. Cost is \$1195. Details from any Japan Air Lines office or STI, 1951 Cable St., San Diego 92107.

ANNUAL STRIDER FUND-RAISER

You are invited to participate in the Striders annual fund-raiser by attending a preview of Paramount's DOG POUND SHUFFLE, family entertainment starring Ron Moody. All seats are \$3 and are tax deductible. Remit check or money order to:

Beverly Hills Striders
P.O. Box 5210
Beverly Hills 90210

Fri. June 13. 8:00 PM. At Directors Guild of America, 7920 Sunset Blvd.

EUROPEAN SCENE...Gaylord Kalchschmid

Lajos Gresa broke the Hungarian 100 meter record with a time of 10.2. Christa Vahlensieck of West Germany set a new women's world record in the one hour run with a distance of 16,872.4 meters (10miles,852 yards). She ran 10,000 meters in 35:45, just 44 seconds off the world record.

10,000 Meter World-Best list:

27:30.8	Bedford	England	'73
27:38.4	Viren	Finland	72
27:39.4	Clark	Australia	65
27:39.6	Puttemans	Belgium	72
27:41.0	Yifter	Ethiopia	72
27:43.6	Prefontaine	USA	74
27:46.4	Taylor	N.Zealand	74
27:48.2	Haro	Spain	72
27:48.6	Black	England	74
27:51.4	Shorter	USA	72
27:51.8	Vaatainen	Finland	71
27:53.4	Haase	E.Germany	71
27:54.8	Gammoudi	Tunisia	72
27:56.4	Scharafedinow	USSR	71
27:57.0	Juma	Kenya	74
27:58.4	Korica	Yugoslavia	71
27:58.6	Swiridow	USSR	73
27:59.6	Andrejew	USSR	73
28:01.0	Motschalow	USSR	73
28:01.4	Alvary	Spain	71
28:01.6	Simmons	England	73
28:03.8	Roelants	Belgium	72
28:05.6	Ngeno	Kenya	74
28:06.4	Keino	Kenya	68
28:07.6	Pollenius	Belgium	73
28:08.0	Fredericks	USA	72
28:08.0	Uhlemann	W.Germany	75

DISCOUNTS ON EQUIPMENT

Many sporting goods stores will give an automatic 10% discount to club members on shoes, sweat suits, etc. Among them are Magnolia Sporting Goods, 10634 Magnolia, N. Hollywood; All-Pro Sports, 16919 Ventura, Encino; Willis Sporting Goods, 19325 Saticoy, Reseda; The Athletic Department, 1317 Westwood Blvd., Westwood. Big 5 Sporting Goods has frequent sales, and sells a beautiful green (with white stripe) "Jogger" label sweat suit for \$19.95.

FIFTH ANNUAL GRANDFATHER GAMES

- HAMMER THROW-(30-39)-Bobell-141'11"
 (50-59)-Aldrich-96'2", McNahon-80'10", Ker-70'3"
 (60-69)-Montgomery-118'7", Hobbell-104'9", Blakesley 91'3", Vesco-90'6", Nichols-70
 (70+)-Herrmann-98'10", Whittemore-71'3", Mowrer-55'5", Lum-38'8" HERMANN-AGE GROUP
- 440 RELAY-(30-39)-Corona Del Mar T.C.#1 44.0, L.A. County Marshalls-46.1 WORLD RECORD
 (40-49)-Corona Del Mar T.C.#1 45.9, S.T.C.-45.9, Beverly Hills Striders-46.7
 (50-59)-Corona Del Mar T.C.-47.2
 (Women)-Beverly Hills Striders-61.3, Corona Del Mar T.C.-61.6, Santa Monica T.C. 67.3
- MILE RUN (30-39)-Murphy-4:27.6, Melady-4:30, Emmerling-4:34, Pressley-5:04.9, Ortiz-5:11
 (40-49)-Fitzgerald-4:38.4, Waldy-4:40.6, Archibald-4:55.3, Roberts-4:56.6, Fekkes-5:02.7
 (50-59)-Bryant-4:58.1, Gil-5:17.2, Halpin-5:26.4, Pain-5:28.9, Rens (60-69) 5:33.1
 (60-69)-Rens-5:33.1, Mihalo-7:26.
- 120 MH (30-39) Butler-14.2, Dobroth-15.2, Cain-15.4, Adams-15.5, Henry-15.6, Plasmeyer-16.2
 (40-49) Billings-17.3, Neal-17.3, Adler-17.4, Parish-18.5, Blakesley-21.3
- HIGH JUMP-(60-69) DAMSKI-4'6", McIntyre-4'2", Matlen-4'2", Weaver-3'10"
 (70+) Stephens-4'1/2" AGE GROUP WORLD RECORD, McFadden-3'8", Herrmann-3'8", Whittemore-3'8"
- 700H (50-59) PATSALIS-10.2, Gist-10.3, Ambrose-11.1, Morles-11.3, Ogle-11.4, Goady-13.1
 (60-69) Matlen-11.3, McIntyre-12.4, MacCawagay-12.5, Weaver-15.9
- SHOT PUT (30-39) Loughridge-34'9 3/4", Bobell-43'0", Morris-39'2 3/4", Eldridge-36'11"
 (40-49) O'Brien-52'9 3/4", Smith-47'3", Conkle-45'2 1/2", Richards-40'0", Stuckey-32'6"
- DISCUS (60-69) Hubell-100'2 1/2", Roth-97'3", Montgomery-99", Vesco-88'9"
 (50+) HERRMANN-113'8", WHITTEMORE-95'5 1/2", MCFADEN-88'11 3/4", MOWRER-81'9 3/4"
- 440 (40-49) ADAMS-51.1, CAIN-51.2, MCKENNY-51.9, DAWSON-53.2
 (40-49) PARKS-54.4, TIE (FREDERICKSON) 55.6, THOMAS-55.6, SHEEHAN-56.4, CUIR-56.5
 (50-59) GUIDET-56.4, BOWERS-58.4, CLAYTON-58.5, SJOSTRAND (60+) 60.8, PAET-62.7, BUSHMAN-62.8
 (60+) SJOSTRAND-60.8
- LONG JUMP ADAMS-20'6 3/4", DODROTH-19'7", HENRY-19'11", GRIMES-18'5 1/2", HAMLETT-17'4", BEEMAN-17'4" (60-69)
 (40-49) DAVISSON-20'9", PRESBER-20'2", SCHLEGE-19'1/2", COBB-19'0", CONLEY-17'11"
 (50-59) PATSALIS-19'4", MORALES-16'7", SPENCER-16'6 3/4", AMBROSE-15'2", JORDAN-14'11"
 (60-69) DAMSKI-14'3 1/4", MATLER-13'11 1/2", CARROSO-13'4", WEAVER-10'2 1/2"
 (70+) McFadden-13'2", Lum-10'9 3/4", Stephens-10'4", Morrer-9'2 1/2", Herrmann-6'9"
- SHOT PUT (50-59) KER-52'2 3/4", THATCHER-41'6 3/4", Aldrich-38'5 1/2", JORDAN-37'0"
- 100 (30-39) Butler-10.0, Dennis-10.3, Dobroth-10.4, Roberson-10.4, DAVIS-10.5, Segal-10.6
 (40-49) PRESBER-10.5, PARISH-10.6, NATERMAN-10.8, MARLIN-10.8, (WONTOSS), WENTON-10.8
 (50-59) GUIDET-11.3, PATSALIS-11.4, FETTER-11.8, KILLION-12.0, MORALES-12.4
 (60-69) CASTRO-12.8, CARROSO-12.8, HANSON-13.0, MATLEN-13.2, McIntyre-13.9
 (70+) Lum-14.1, Whittemore-18.5, MOWRER-19.4
 (Women) OBELL-12.3, PARISH-12.3, Schreiber-13.2, DERRYMAN-13.4, KEFFER-13.7
- HIGH JUMP-(50-59) Gist-5'4", Gillette-5'2", Ogle-4'10", Brown-4'8"
- DISCUS (30-39) Humphreys-164'11" (NEW AMERICAN RECORD), Higgins-152', Dobroth-128'6", Loughridge-115'
 (40-49) O'Brien-156'8", Hawke-154'9", CONKLE-124'7", RICHARDS-124'5", WATERMAN, 114'3"
- SHOT PUT-(60-69) YORK-43'7 3/4", MONTGOMERY-41'10 1/2", BOELL-40'10"
- HIGH JUMP-(40-49) Billings-5'6", Frankamp-5'4", Conley-5'4", Richards-5'2"
- 800 (30-39) Rustad-2:02.9, Murphy-2:04.5, Ralligan-2:06.1, Emmerling-2:06.2, Richards-2:08.7
 (40-49) Fitzgerald-2:06.3, Kalchschmid-2:08.6, Weldy-2:12.4, Mack-2:13.2, McGaffre-2:16.5
 (50-59) Purerbaugh-2:09.7, Gil-2:24.9, Halpin-2:25.0, Pain-2:25.8, Paet-2:30.0, Rens-2:30.1
- I. HURDLES (30-39) Butler-39.6, Cain-39.9, Plasmeyer-44.7, Sinclair-50.0
 (40-49) Parish-44.0, Sheehan-44.5, Nasralla-44.8, Hardin-57.5
 (50-59) Spencer-51.0, Clayton-52.1
- POLE VAULT-(30-39) GRIMES-12', MEM-11', Cots-11', Dobroth-10'6", Sinclair-10'6"
 (40-49) French-10'6", Kefffer-10'6", Wallace-10'5"
 (50-59) Vernon-11', Gresh-10'6", Gillett-10"
- HIGH JUMP (30-39) Dobroth-6'10", Higgins-6'2", Loughridge-5'10", ADAMS-5'6"
- SHOT PUT (70+) HERRMANN-38'17", WHITTEMORE-39'6", MOWRER-29'5"
- 220 (30-39) DENNIS-22.7, Adams-23.3, AMARILISE-23.7, ZAGLAKIS-24.1, Dobroth-24.8, Hamlett-25.2
- JAVELIN (30-39) Lange-164'8", MARLIN-142'11", SINCLAIR-142'11"
 (40-49) Conley-204'3", Wallace-146'7", Strunk-144'4", Kefffer-141'9"
 (70+) Whittemore-71'2", Mowrer-70'11", McFadden-60'5", Herrmann-54'9"

1976 MONTREAL OLYMPIC GAMES

At the suggestion of Strider Bill Adler, East Valley Oaks Travel is coordinating a package including accommodations and transportation to the Montreal Olympics in 1976.

The Canadian Government Olympic Committee has ruled, however, that lodging cannot be confirmed until you are in possession of your Games tickets. It is suggested that you secure the Official 1976 Olympics Schedule and Order Form from your nearest Montgomery Ward Dept. Store (catalogue section) or contact East Valley Oaks Travel by phone and they'll mail a copy to you.

If you're interested in going to the Olympics next year, you may wish to call them at (213) 789-0517, or stop by at 15137 Ventura Blvd., Sherman Oaks.

GRANDFATHER GAMES RESULTS (continued)

- 220-(40-49)-Presber-23.3, Newton-23.5, Parks-23.7, Parish-24.0, Waterman-24.0
 (50-59)-Guidet-24.7, Fetter-26.0, Bowers-26.3, Killion-27.1, Poet-27.2, Wright-30.2
 (60-69)-Sjostrand-26.9, Hanson-29.7
 (70+)-McFadden-31.1, Lum-31.1, Mowrer-49.1
 Triple Jump-(30-39)-Henry-40'7³/₄"", Hamlett-35'8"
 (40-49)-Andrews-42'8"
 (50-59)-Patsalis-38'7¹/₄"", Farrell-36'11"
 (60-69)-Damski-31'9-3/4", Caruso-24'11"
 (70+)-McFadden-28'10", Whittemore-18'1/4"
 Javelin-(50-59)-Morales-154'9³/₄"", Siefert-144'5", Aldrich-144'1/2", Fetter-141'6", McMahon-124'2"
 (60-69)-Both-113'7", Wolfe-109'5", MacConagay-108'8", Buel-103', Doms-101'6"
 Discus-(50-59)-Ker-150', Aldrich-131'9¹/₂"", Becotte-119'8"
 Three Mile-(30-39)-Larrieu-15:48, Atkins-16:20.2, Saylor-17:24
 (40-49)-Stayton-15:50.8, Mundle-15:55.7, Livesay-16:05, Roberts-17:30, Perez-17:55
 (50-59)-Gil-18:0, Long-18:45, Bilich-19:32, Rippee-19:33, Schneider-20:10
 (60+)-Mihalo-23:35.2
 880 Relay-(30-39)-Corona Del Mar T.C.#1-1:33.6, Beverly Hills Striders-1:36.2
 (40-49)-No. Cal. S.T.C.-1:36.5, S.T.C.-1:37.2, SFVTC-1:48
 (50-59)-Corona Del Mar T.C.#1-1:46.6

1 MILE WALK

30-39	Ron Laird	NYAC	6:55.1	40-49	Marz Turk	UN	10:03.6
50-59	Bob Long	BHS	9:30.5	60-69	Chesley Uhruh	SDTC	10:07.0
					Mickey Blakesley	SDTC	10:16.4
					Bill Mihale	UN	10:20.4

6 MILE RUN

<u>30-39</u>		<u>40-49</u>		<u>50-59</u>					
1.	T. Gleason	UN	34:23.0	Jerry Smartt	UN	33:29.0	M. Hernandez	SMTC	35:43
2.	David Sailor	CCAC	34:32.0	Joe Liavsky	SDTC	34:02.0	Rudy Ceda	STC	36:35
3.	Tim Wyndhan	UN	39:31.0	John Staylor	STC	34:26.0	Avery Bryant	STC	36:36
4.				Bill Fitzgerald	STC	35:14.0	Bob Donald	STC	39:25
5.				Frank Thomas	BHS	36:31.0	David Pain	SDTC	39:50
6.				Gil Perez	STC	37:25.0	Bob Long	BHS	40:23
7.				Robert Kay	STC	41:04.0	Earl Rippee	SFTC	41:25

SOUTHEASTERN MASTERS-RALEIGH, N.C.-APRIL 1975

100 YARD DASH - DIV I-A (Men 30-34)

1. WYNN, J. 10.2

DIV I-B (Men 35-39)

1. BUDD, A. (39) 10.3

DIV II-A (Men 40-44)

1. PALMER, W. (40) 10.3
2. BROWN, M. (41) 10.4
3. PARKS, J. (41) 10.95

DIV II-B (Men 45-49)

1. GREEN, H. (45) 10.6
2. SPANJERS, L. (47) 11.1
3. PAPPAS, A. (45) 11.4

DIV III (Men 50-59)

1. VALENTINE, R. (51) 10.9
2. BOWER, R. (51) 11.3
3. ULAM, J. (50) 11.8
4. PICKL, M. (57) 12.4

DIV IV (Men 60-69)

1. EDWARDS, R.C. (61) 12.0
2. HILLS, C. (62) 13.05

DIV V (Men 70 & Over)

1. MCFADDEN, Win.B. (70) 13.8

LADIES - DIV I (30-39)

1. PAPPAS, Betty J. (39) 13.7

220 YARD DASH -DIV I-A (Men 30-34)

1. WYNN, J. 25.5

DIV I-B (Men 35-39)

1. BUDD, A. (39) 23.5

DIV. II-A (Men 40-44)

1. PALMER, W. (40) 24.2
2. BROWN, M. (41) 24.6
3. PARKS, Jim (44) 24.8

DIV II-B (Men 45-49)

1. GREEN, H. (45) 25.4
2. PAPPAS, A. (45) 26.8
3. SPANJERS, L. (47) 26.9

DIV. III (Men 50-59)

1. VALENTINE, R. (51) 25.5
2. BOWER, R.R. (51) 26.3
3. FAIRBANK, H. () 26.8

DIV IV (Men 60-69)

1. EDWARDS, R. (61) 28.3
2. KLINE, C.E. (64) 30.6
3. HILLS, C. (62) 32.5

DIV V (Men 70 & Over)

1. MCFADDEN, Win. (70) 33.15

LADIES --DIV I (Ladies 30-39)

1. PAPPAS, Betty J. (39) 33.3

440 YARD DASH

DIV I-A (Men 30-34)

1. MAXWELL, R. (30) 51.2
2. CANOYER, M. (31) 53.4
3. O'HORA, T. (32) 53.6

DIV I-B (Men 35-39)

1. DRINKLEBERG, J. (36) 52.2
2. SANDERS, J. 52.4
3. CONRO, A. (38) 53.7

DIV. II-A (Men 40-44)

1. SHARP, W. 54.9
2. GLUPPE, G. (42) 55.2
3. LAWS, H. (41) 55.65
4. CLARENCE, R. (42) 56.5
5. MORAN, J. (42) 56.8

DIV II-B (Men 45-49)

1. WALLACE, J. (47) 59.5
2. SPANJERS, L. (47) 61.9
3. BUCHANAN, D.K. (45) 62.35

DIV III (Men 50-59)

1. VALENTINE, R. (51) 55.7
2. FAIRBANKS, H. (56) 58.1
3. MARTIN, J. (53) 61.1
4. POSTER, E. () 62.6
5. PETERS, R. (51) 64.8

DIV IV (Men 60-69)

1. CLINE, C.E. 71.2

LADIES ----440 YARD DASH---I

DIV II (Ladies 40-49)

1. KLOPPER, Martha (39) 70.2
2. PAPPAS, Betty J. (39) 76.1

1 MILE - LADIES

1. KLOPPER, Martha (39) 5:39.5
2. PURDY, Joyce (30) 6:35.65
3. HOGAN, Jane (41) 6:38.4
4. WILLIAMS, Sally (31) 6:42.65
5. HASTY, Cinthia (31) 6:57.4
6. FAIRBANK, Martha (53) 8:23.9

1 MILE - DIV I-A (Men 30-34)

1. MARTIN, G.D. (34) 4:40.9

DIV I-B (Men 35-39)

1. WAGNER, F. (36) 4:51.4
4. MORRISON, R.C. (36) 4:59.3

DIV II-A (Men 40-44)

1. DOHERTY, P. (40) 4:51.0
2. KLOPPER, P.H. (44) 5:08.2

DIV II-B (Men 45-49)

1. RULIFFSON, F.R. (49) 5:16.1

DIV. III (Men 50-59)

1. GASTON, E. D. (51) 5:20.3
2. ROLLINS, A. E. (51) 5:26.2

DIV IV (Men 60-69)

1. WALL, J.E. (61) 5:36.85
2. ESSIG, Otto (69) 6:13.6

880 YARD DASH

DIV I-A (Men 30-34)

1. MAXWELL, R.W. (30) 2:02.25

DIV I-B (Men 35-39)

1. SANDERS, J. (37) 2:08.4

DIV II-A (Men 40-44)

1. GLUPPE, G.R. (42) 2:13.3
2. LAWS, H. (41) 2:14.2
3. CLARENCE, R. (42) 2:27.35

DIV II-B (Men 45-49)

1. HUNDLEY, L.R. (48) 2:44.9

DIV III (Men 50-59)

1. FAIRBANK, H. (56) 2:21.0
2. ROLLINS, A.E. (51) 2:23.3
3. WATERMAN, A. (56) 2:24.2
4. BARRON, E. (51) 2:27.85
5. HUTCHINSON, Jon (53) 2:34.2
6. O'BRIEN, B. (50) 2:38.5
7. FOSTER, E.L. (52) 2:39.8

DIV IV (Men 60-69)

1. WALL, J.E. (61) 2:37.6

DIV V (Men 70 & Over)

1. MCFADDEN, Win (70) 3:33.1

2 MILE, DIV I-A (Men 30-34)

1. DENT, J.R. (32) 10:33.68
2. HILL, H.R. (32) 10:58.61
3. HASTY, J.V. (33) 11:27.49
4. BURNS, A.D. (33) 12:26.6
5. STERCHI, J. (34) 13:18.1

DIV I-B (Men 35-39)

1. BROWN, C. (36) 11:08.93
2. BAMMERLIN, J.L. (39) 11:30.32
3. KAUF, D.C. (35) 11:35.2

DIV II-A (Men 40-44)

1. DOHERTY, P. (40) 10:26.02
2. MCCONNELL, Walt (43) 11:13.87
3. SLOOP, R.F. (40) 15:51.4

DIV II-B (Men 45-49)

1. COLTON, D.L. (45) 10:42.12
2. DIAMOND, T.T. (45) 10:59.29
3. RULIFFSON, F.R. (49) 11:21.33
4. DRAPER, W.C. (46) 12:08.2

DIV III-(Men 50-59)

1. GASTON, E.D. (51) 11:19.73
2. WATERMAN, A.T. (56) 11:26.87
3. BARRON, E.S. (51) 11:34.77
4. ROLLINS, A.E. (51) 11:38.08
5. ROSS, J.B. (52) 12:37.8
6. MOSS, Harold (50) 15:04.5

HIGH JUMP DIV I-A (Men 30-34)

1. HORNER, D. (31) 5'7"

DIV I-B (Men 35-39)

1. KUHNS, J. (36) 5'9"

DIV II-A (Men 40-44)

1. MULKEY, P. (43) 5'6"

2. GILMORE, J.H. (40) 5'6"

DIV II-B (Men 45-49)

1. WALLACE, J.R. (47) 4'10"

DIV III (Men 50-59)

1. SIMMONS, F. (51) 5'0"

2. JOHANNESMEYER, C. (57) 4'10"

3. PETERS, R.L. (51) 4'10"

DIV IV (Men 60-69)

1. BOAL, R.S. (63) 4'2"

4. HILLS, C.H. (62) 3'8"

DIV V (Men 70 & Over)

1. MCFADDEN, WIN. (70) 3'8"

LONG JUMP DIV I-A (Men 30-34)

1. WYNN, J. (32) 20'2 1/2"

DIV I-B (Men 35-39)

1. BRADLEY, R. (37) 19'0"

DIV II-A (Men 40-44)

1. MULKEY, P. (44) 18'8 3/4"

2. CLARK, W. (42) 18'8 1/2"

3. GILMORE, J. (40) 17'10 1/2"

4. FRAUNDORFER, C. (43) 16'5 3/4"

DIV II-B (Men 45-49)

1. WALLACE, J. (47) 16'10"

2. COLEN, H. (47) 15' 3/4"

DIV III (Men 50-59)

1. MORCOM, R. (53) 18'10"

2. SIMMONS, F. (51) 17'6 1/2"

3. HUTCHINSON, Jon (53) 16'2"

4. MARTIN, J.E. (53) 16'1 1/2"

5. PICKL, M. (57) 15'5"

6. MARR, F. (50) 15 4 3/4"

DIV IV (Men 60-69)

1. MOODY, H. (63) 14'7"

2. HILLS, C. (62) 14' 3/4"

DIV V (Men 70 & Over)

1. MCFADDEN, WIN. (70) 13'10 1/2"

POLE VAULT DIV I-A (Men 30-34)

1. LILLY, H.G. (30) 13'0"

DIV I-B (Men 35-39)

1. CYPRUS, N.J. (37) 12'6"

DIV II-A (Men 40-44)

1. MULKEY, P. (43) 10'0"

DIV II-B (Men 45-49)

1. WALLACE, J.R. (47) 8'0"

DIV III (Men 50-59)

1. MORCOM, R. (53) 13'0"

DIV IV (Men 60-69)

1. HILLS, C.H. (62) 7'0"

DISCUS

DIV I-A (Men 30-34)

1. VAUGHAN, F. (30) 149'5"

DIV I-B (Men 35-39)

1. BARTER, L. (35) 139'8"

DIV II-A (Men 40-44)

1. MCCOMAS, E. (40) 158'4"

2. FRAUNDORFER, C. (43) 138'0"

3. OLSON, L.T. (43) 128'5"

DIV II-B (Men 45-49)

1. BRACKNEY, W. (46) 104'5"

DIV III (Men 50-59)

1. BANGERT, B. (51) 124'0"

5. KILBUCK, J. (51) 102'4 1/2"

DIV IV (Men 60-69)

1. PARTRIDGE, P. (64) 109'9 1/2"

3. HILLS, C. (62) 74'2 1/2"

DIV V (Men 70 & Over)

1. MCFADDEN, WIN. (70) 87'7 3/4"

HAMMER DIV I-A (Men 30-34)

1. HOYT, P.E. (34) 141'9"

DIV I-B (Men 35-39)

1. CYPRUS, N.J. (37) 129'11"

2. MAGNA, A.J. (36) 120'11"

3. BARTER, L.R. (35) 108'4 1/2"

DIV II-A (Men 40-44)

1. MCCOMAS, E.R. (40) 144'10 1/2"

2. OLSON, L.T. (43) 125'4"

3. POPE, T.A. (42) 98'10"

4. MULKEY, P. (43) 96'11"

5. WOERLE, M. (44) 90'5 1/2"

DIV II-B (Men 45-49)

1. BACKUS, R.H. (48) 157'8 1/2"

2. BRACKNEY, W.H. (46) 104'2"

DIV III (Men 50-59)

1. PATTERSON, S. (52) 119'4 1/2"

2. BANGERT, B. (51) 101' 8 1/2"

DIV IV (Men 60-69)

1. FOWLER, N. (61) 122'5 1/2"

2. PARTRIDGE, P.H. (64) 96'10"

JAVELIN DIV I-A (Men 30-34)

1. DAVIS, C. (32) 178'11"

2. KIRK, Ken (33) 177'10"

3. WOLFE, W.E. (33) 171'2"

DIV I-B (Men 35-39)

1. KOVALAKIDES, N. (35) 189'8"

2. BOWEN, R.L. (35) 156'9 1/2"

3. CYPRUS, N.J. (37) 153'1"

DIV II-A (Men 40-44)

1. GILMORE, J.H. (40) 167'2 1/2"

2. SODERBERG, D.W. (40) 139'8"

3. OLSON, L.T. (43) 144'6 1/2"

DIV II-B (Men 45-49)

1. WALLACE, J. (47) 97'

DIV III (Men 50-59)

1. ULAM, J.B. (50) 144'3"

2. GEITER, F.A. (55) 143'1"
3. SIMMONS, F. 130'7"
4. KILBUCK, J. 129'8"

DIV IV (Men 60-69)

1. PARTRIDGE, P.H. (64) 109'
2. HILLS, C.H. (62) 86'

DIV V (Men 70 & Over)

1. MCFADDEN, Win.B. (70) 61'5"
2. HILLS, C.H. (62) 86'

SHOT PUT DIV I-A (Men 30-34)

1. VAUGHAN F.W. (30) 44'1"

DIV I-B (Men 35-39)

1. BORDEN, R. (36) 44'3 1/2"

DIV II-A (Men 40-44)

1. MCCOMAS, E.R. (40) 41'9 3/4"

2. OLSON, L.T. (43) 42'5 1/2"

3. FRAUNDORFER, C. () 42'3"

4. POPE, T.A. (42) 36'3"

DIV II-B (Men 45-49)

1. BRACKNEY, W.A. (46) 37'4"

2. JONES, R.A. (49) 28'2"

3. COLEN, H. (47) 25'1/4"

DIV III (Men 50-59)

1. BANGERT, B. (51) 42' 1/2"

2. SIMMONS, F. (51) 39'8 1/2"

3. ULAM, J.B. (50) 36' 1/2"

4. KILBUCK, J. (51) 32'11 3/4"

5. PETERS, R.L. (51) 32'8 1/2"

DIV IV (Men 60-69)

1. FOWLER, N. (61) 30'7 3/4"

2. PARTRIDGE, P.H. (64) 29'3"

35# WEIGHT, DIV I-A (Men 30-34)

1. HOYT, Peter E. (34) 48'8"

DIV I-B (Men 35-39)

1. CYPRUS, N.J. (37) 44'8 1/2"

DIV II-A (Men 40-44)

1. MCCOMAS, E.R. (40) 47'1 1/2"

2. OLSON, L.T. (43) 38'8 3/4"

3. POPE, T.A. (47) 37'6 1/2"

DIV II-B (Men 45-49)

1. BACKUS, R.H. (48) 49'10"

2. BRACKNEY, W.A. (46) 38' 1"

DIV III (Men 50-59)

1. BANGERT, B. (51) 33'2 1/2"

2. GEITER, F. (55) 29'2"

3. PATTERSON, S. (54) 28'5 1/2"

56# WEIGHT DIV I-A (Men 30-34)

1. HOYT, P.E. (34) 33'1 1/2"

DIV I-B (Men 35-39)

1. CYPRUS, N. (37) 33'11 1/2"

DIV II-A (Men 40-44)

1. MCCOMAS, E.R. (40) 32'6 3/4"

2. OLSON, L.T. (43) 26'2 3/4"

3. POPE, T.A. (42) 22'8 1/2"

DIV II-B (Men 45-49)

1. BACKUS, R.H. (48) 34'2 1/2"

DIV III (Men 50-59)

1. BANGERT, B. (51) 26'6 1/2"

DIV IV (Men 60-69)

1. FOWLER, N. (61) 33'11"

TRACK AND FIELD AMERICAN AGE-GROUP RECORDS

Class 1 (Ages 40-49)			Class 2 (Ages 50-59)			Class 3 (Ages 60-69)		
<u>EVENT</u>	<u>CLASS</u>	<u>MARK</u>	<u>NAME (RESIDENCE)</u>			<u>AGE</u>	<u>MEET DATE</u>	
100M	1	10.7	*Thane Baker (Dallas, Texas)			40	9/13/72	
	2	11.4	*Alphonse Juilland (Stanford, Cal.)			50	8/18/73	
	3	12.8	*Virgil McIntyre (Prescott, Ariz.)			62	6/23/73	
200M	1	22.3y	*Thane Baker (Dallas, Texas)			42	7/13/74	
	2	23.6	*Al Guidet (California City, Cal.)			55	6/24/73	
	3	26.6y	*Virgil McIntyre (Prescott, Ariz.)			60	5/22/71	
400M	1	51.4y	Jim Lingel (Lafayette, Cal.)			40	4/ 1/72	
	2	55.7y	Rudolph Valentine (New York, N.Y.)			51	4/ 6/75	
	3	59.1	*Russ Niblock (Vancouver, Wash.)			60	7/ 6/74	
800M	1	1:57.6	David Pratt (Davis, Cal.)			41	7/ 6/73	
	2	2:09.1y	George Puterbaugh (Lake Oswego, Ore.)			50	5/17/75	
	3	2:23.1	*Bud Deacon (Honolulu, Hawaii)			63	5/ 3/74	
1500M	1	4:05.9	Wilbur Williams (Los Angeles, Cal.)			40	6/23/73	
	2	4:33.5	Avery Bryant (Palos Verdes, Cal.)			50	12/26/74	
	3	4:53.2	*William Andberg (Anoka, Minn.)			61	8/31/72	
MILE	1	4:24.3	Wilbur Williams (Los Angeles, Cal.)			40	6/ 2/73	
		4:24.3	Glynn Wood (Washington, D.C.)			40	5/ 4/74	
	2	4:52.1	George Sheehan (Rumson, N.J.)			50	4/26/69	
	3	5:18.8	*William Andberg (Anoka, Minn.)			60	7/ 3/71	
3000M	1	8:52.2	Ray Hatton (Bend, Ore.)			42	5/ 4/74	
	2	10:04.4	Leon Dreher (Philadelphia, Pa.)			53	12/26/74	
	3	11:33.0	Bud Deacon (Honolulu, Hawaii)			61	2/18/73	
2-MILE	1	9:17.6	Ray Hatton (Bend, Ore.)			40	4/ 1/72	
	2	10:42.2	Augie Escamilla (San Diego, Cal.)			50	8/24/73	
	3	11:28.0	*Norm Bright (Seattle, Wash.)			61	7/18/71	
3-MILE	1	14:29.2	Ray Hatton (Bend, Ore.)			42	6/15/74	
	2	16:22.0	*Leon Dreher (Philadelphia, Pa.)			53	12/21/74	
	3	18:02.6	*Norman Bright (Seattle, Wash.)			61	7/18/71	
5000M	1	14:59.6	Hal Higdon (Michigan City, Ind.)			41	8/25/72	
	2	17:05.2	Leon Dreher (Philadelphia, Pa.)			53	12/26/74	
	3	17:42.6	William Andberg (Anoka, Minn.)			60	7/ 3/71	
6-MILE	1	30:10.4	Hal Higdon (Michigan City, Ind.)			41	8/25/72	
	2	35:02.0	Ed Keysar (Sherman Oaks, Cal.)			51	7/ 6/73	
	3	36:49.2	*Norman Bright (Seattle, Wash.)			61	6/24/71	
10000M	1	31:09.2	Hal Higdon (Michigan City, Ind.)			41	4/29/73	
	2	36:14.0	Ed Keysar (Sherman Oaks, Cal.)			51	7/ 6/73	
		36:14.0	Avery Bryant (Palos Verdes, Cal.)			50	7/ 5/74	
	3	37:08.0	William Andberg (Anoka, Minn.)			62	7/ 6/73	
1 HOUR RUN	1	11M 677Y	Hal Higdon (Michigan City, Ind.)			41	4/29/73	
	2	10M 273Y	Ed Keysar (Sherman Oaks, Cal.)			51	7/28/73	
	3	9M 880Y	*William Andberg (Anoka, Minn.)			60	9/26/71	



SIXTH
ANNUAL

SENIOR OLYMPICS

GENERAL INFORMATION

ELIGIBILITY -- Any man/woman, age 25 & over (except as noted), who does not gain his/her livelihood from playing the sport entered.

ENTRY -- The general entry on the inside may be used for any & all sports. If you wish acknowledgement of your entry, enclose a stamped, self-addressed envelope with your entry.

ENTRY DEADLINE -- One week prior to start of competition (except where noted) in your sport(s). Incomplete &/or late entries will be returned. This applies to relays as well as individual/team events.

AGE GROUPS -- Generally in 5 year age groups: 25-29, 30-34, 35-39, etc. You will be placed in appropriate group. Age of youngest team member or twosome determines age group except for soccer.

FEES -- Entry fee is \$5 per person for one's first event & \$3 per person per event for each additional event. This applies to doubles, team & relay competitions. **No Refunds.** In addition to the entry fee certain sports charge nominal fees for facilities, administration, parties, etc.

AWARDS -- Participation award to all entrants. Three place awards -- gold, silver & bronze with appropriate ribbon -- in each age group in each event. Awards presented upon completion of each event. **All awards not presented on day of event will only be mailed at the expense (postage plus \$1 handling) of recipient.**

SPECIFIC EVENT INFORMATION -- If you did not receive this information on your sport(s) with this brochure send in a stamped, self-addressed envelope with your entry so it can be mailed to you.

SOUVENIR PROGRAM -- In order to have your name & picture in the 32 pg. program, your entry must be received by 5/1/75. Only black/white passport size pictures (2"x2") will be accepted. Pictures are non-returnable. Individual pictures for individual events & team pictures for team events only. Reserve your copies of 1975's souvenir program (printed & mailed in June) & the 8 page Highlights/Results (mailed in Sept.) now by enclosing an additional \$2 with your entry. Postpaid. For U.S. Airmail, add 50c. Foreign airmail, add 75 c for program and 25c for Results.

The Senior Olympics is presented annually by Senior Sports International, Inc., a non-profit corporation, located at 5225 Wilshire Blvd., # 302; Los Angeles, Ca. 90036. Enclose a self-addressed, stamped envelope with all correspondence.

ALL FEES, DONATIONS, ETC. PAID TO SENIOR OLYMPICS* ARE TAX DEDUCTIBLE TO THE FULL EXTENT OF THE LAW.* Not part of International or U.S. Olympic Committees.

LICK THE PHYSICAL FITNESS CRISIS -- EXERCISE

ENTRY

ENTRY

SENIOR OLYMPICS -- 75

(entry may be duplicated)

Write names & ages of team & relay members, and doubles partners on reverse side of this sheet. **Doubles players: Each Player must submit own entry.** Swimmers & Track/Field entrants: List best recent time in parenthesis after each event entered. Boxers, Powerlifters, & Wrestlers list your weight.

TYPE OR PRINT WITH INK THE SPORT(S) AND EVENT(S)

ENTERED

DETACH AND MAIL

Please enter me (us) in the event(s) listed above for which is enclosed \$_____ at the rate of \$5 for the first event & \$3 for each additional event. Include an additional \$2 if you wish to reserve your 1975 souvenir program & Highlights/Results. They will be mailed to you postage paid during September. Make checks payable to Senior Olympics-75 and mail to Senior Olympics: 5225 Wilshire Blvd. # 302; Los Angeles, Ca. 90036. If you wish an acknowledgement of your entry enclose a stamped, self-addressed envelope.

print name

print address zip

print birthdate age list sporting achievements

DETACH AND RETAIN FOR YOUR RECORDS

104-428

104-428

Printed in U.S.A.

SENIOR OLYMPICS

TIME SCHEDULE

Saturday, June 28

TRACK

9:00 a.m. 5,000 walk final
9:40 a.m. 100 sprint trials
10:10 a.m. 10,000 run final (50 & over)
11:10 a.m. 100 sprint finals
11:40 a.m. 400 trials
12:10 p.m. 110 hurdles finals
1:00 p.m. 1,500 finals
1:50 p.m. 400 relay finals
2:30 p.m. 5,000 run final (25-49)
3:00 p.m. 200 family relay final

FIELD

8:30 a.m. Javelin (25-49)
8:30 a.m. High Jump (25-49)
10:00 a.m. Javelin (50 & over)
10:00 a.m. High Jump (50 & over)
11:45 a.m. Long Jump (25-49)
11:45 a.m. Shot Put (25-49)
1:30 p.m. Long Jump (50 & over)
1:30 p.m. Shot Put (50 & over)

Sunday, June 29

TRACK

8:45 a.m. 10,000 walk final
9:30 a.m. 10,000 run final (25-49)
10:00 a.m. 200 sprint trials
10:35 a.m. 3,000 steeplechase final
11:05 a.m. 400 finals
11:50 a.m. 200 sprint finals
12:25 p.m. 800 finals
1:10 p.m. 400 hurdles finals
1:40 p.m. 5,000 run final (50 & over)
2:10 p.m. 1,600 relay finals

FIELD

8:30 a.m. Pole Vault (25-49)
8:30 a.m. Hammer (25-49)
10:30 a.m. Pole Vault (50 & over)
10:30 a.m. Hammer (50 & over)
12:00 noon Discus (25-49)
12:00 noon Triple Jump (25-49)
1:30 p.m. Discus (50 & over)
1:30 p.m. Triple Jump (50 & over)

NOTES:

Running Order: Oldest age groups to youngest. In certain events, depending upon number entered, more than one age group will run concurrently. Awards and records always based upon 5 year age groups.

Conflict in Schedule: Notify field event officials.

Women: Run with oldest men's group unless sufficient entries dictate otherwise. In 5,000 and 10,000 runs and field events, perform with 50 and over group.

Track Availability: During the day prior to meet and from 8 a.m. on Sat. & Sun. of the meet.

Registration: Pick up packet at participant's gate. If you have any questions regarding your entry see the Clerk of Course at east end of track. REMEMBER: ENTRIES CLOSE JUNE 21st. NO POST ENTRIES (INCLUDES RELAYS).

Starting Blocks/Batons/Poles: Local entrants bring blocks with small spikes in case UCI is unable to supply requirements at meet time. Bring your own batons and vaulting poles.

Numbers: Place numbers on back only.

TRACK & FIELD AMERICAN AGE-GROUP RECORDS (Page 2)

<u>EVENT</u>	<u>CLASS</u>	<u>MARK</u>	<u>NAME (RESIDENCE)</u>	<u>AGE</u>	<u>MEET DATE</u>
MARATHON	1	2:28:27	Virgil Yehreert (Akron, Ohio)	42	4/20/70
	2	2:37:42	John Kelley (Watertown, Mass.)	54	5/13/62
	3	3:53:03	*Monty Montgomery (Sherman, Okla., Cal.)	65	12/ 5/71
300M	1	9:36.2	Hal Higdon (Michigan City, Ind.)	41	8/24/72
STEEPLE-	2	11:42.2	alan waterman (San Francisco, Cal.)	54	9/14/72
CHASE	3	12:25.8	*Robert MacTarnahan (Portland, Ore.)	62	7/ 6/74
110M HURDLES	1 (39")	15.0	Dave Jackson (Carson, Cal.)	40	7/ 2/72
		15.0	Jack Greenwood (Mendocino Lodge, Kans.)	46	9/14/72
	2 (36")	16.8	*Charles Beaudry (Edinburg, Texas)	55	8/24/74
	3 (33")	17.9	*Bud Deacon (Honolulu, Hawaii)	63	5/18/74
400M HURDLES	1 (36")	55.7	Jack Greenwood (Mendocino Lodge, Kans.)	46	8/24/72
	2 (33")	63.6	*Al Guidet (California City, Cal.)	55	6/24/73
	3 (30")	69.1	*Bud Deacon (Honolulu, Hawaii)	63	6/23/74
HIGH JUMP	1	6' 5/8"	Bruce Hescoock (Bethany, Conn.)	40	8/ 2/74
	2	5'8 1/2"	*Orval Gillett (Porterville, Cal.)	52	/71
	3	5'2"	*Virgil McIntyre (Prescott, Ariz.)	63	5/ 5/74
POLE VAULT	1	15'1 1/2"	Roger Ruth (US, Victoria, Can.)	44	9/27/72
	2	14'0"	Richard Morcom (Philadelphia, Pa.)	51	6/17/72
	3	10'6 1/2"	Bud Deacon (Honolulu, Hawaii)	62	7/22/73
LONG JUMP	1	22'9 1/2"	*Dave Jackson (Carson, Cal.)	40	9/11/71
	2	20'5 1/2"	*Richard Morcom (Philadelphia, Pa.)	51	6/17/72
	3	16'6 1/2"	*Mike Anders (La Jolla, Cal.)	61	4/21/73
TRIPLE JUMP	1	46'11"	Dave Jackson (Carson, Cal.)	41	7/ 7/73
	2	39' 6"	*Gordon Farrell (Van Nuys, Cal.)	54	7/26/72
	3	33'7 1/4"	*Bud Deacon (Honolulu, Hawaii)	63	6/23/74
SHOT PUT	1 (16#)	52'9 1/2"	Edward McComas (Baltimore, Md.)	40	7/31/74
	2 (12#)	54'6 1/2"	*George Ker (Granada Hills, Cal.)	51	6/10/74
	3 (12#)	34'4"	*Philip Partridge (New York, N.Y.)	61	/72
DISCUS	1 (2KG)	152'6"	Sam Adams (Santa Barbara, Cal.)	42	4/27/74
	2 (L 6KG)	177'9"	Fortune Gordien (San Bernardino, Cal.)	48	7/ 2/71
	3 (L 6KG)	115'10"	Neel Buell (Villa Park, Cal.)	60	12/26/74
JAVELIN	1 (800G)	229'3 1/2"	Bud Held (San Diego, Cal.)	42	7/ 3/70
	2 "	180'9"	*Bill Morales (Santa Ana, Cal.)	56	4/19/73
	3 "	121'8"	*Philip Partridge (New York, N.Y.)	62	6/16/73
HAMMER THROW	1 (16#)	224'1"	Harold Connolly (Santa Monica, Cal.)	40	5/ 7/72
	2 (16#)	165'6"	Matt McGrath	50	6/ 4/27
	3 (12#)	122'7"	Tom Montgomery (Los Angeles, Cal.)	61	3/15/75
DECATHLON	1	5987	Bruce Hescoock, (Bethany, Conn.)	40	8/ 2/74
	2	4951	Richard Morcom (Philadelphia, Pa.)	50	3/12/72
	3	4038	*Bud Deacon (Honolulu, Hawaii)	63	5/17/74

*Also world record

Compiled by Jack Shepard, Wally Donovan and Peter Mundle; Edited by Track and Field News; Updated through May 18, 1975 by San Fernando Valley Track Club

OFFICIAL ENTRY FORM FOR THE 1975 A.A.U. MASTERS AND SUBMASTERS
WESTERN REGIONAL TRACK & FIELD CHAMPIONSHIPS

Please enter me in the following events and accommodations for which I have enclosed payment. Entries must be received by the Meet Director by 6:00 pm, Monday, June 23, 1975, at P.O. Box 1267, Los Altos, California 94022. Entries received after that date will be returned. Incomplete entries, including those without proper payment, A.A.U. Registration, Athlete's Release, signatures, etc., will be assessed an additional fee of \$2.00.

TRACK & FIELD EVENTS

MEN'S EVENTS (at \$5.00 each, except \$10.00 for Pentathlon):

Event	Best Mark/Estimate	Fee
Pentathlon	_____	_____
100 Meters	_____	_____
200 Meters	_____	_____
400 Meters	_____	_____
800 Meters	_____	_____
1500 Meters	_____	_____
5000 Meters	_____	_____
10,000 Meters	_____	_____
110-Meter Hurdles	_____	_____
400-Meter Hurdles	_____	_____
3000-Meter Steeple Chase	_____	_____
Hammer	_____	_____
Discus	_____	_____
Shot Put	_____	_____
Javelin	_____	_____
Long Jump	_____	_____
Triple Jump	_____	_____
High Jump	_____	_____
Pole Vault	_____	_____
5-Kilometer Walk	_____	_____
20-Kilometer Walk	_____	_____

WOMEN'S EVENTS (at \$5.00 each, except \$10.00 for Triathlon.)

Event	Best Mark/Estimate	Fee
Triathlon	_____	_____
100 Meters	_____	_____
200 Meters	_____	_____
400 Meters	_____	_____
1500 Meters	_____	_____
5000 Meters	_____	_____
Shot Put	_____	_____
Long Jump	_____	_____
5-Kilometer Walk	_____	_____

TOTAL MEET ENTRY FEE \$ _____

Accommodations: (Includes 2 nights lodging, with full maid service, 2 breakfasts, reception, banquet, and bus service to the meet.)

Double Occupancy @ \$29.00 per person \$ _____
Roommate's name, if known _____
(NOTE: Roommate's entry must have your name, if roommate is a competitor.)

Single Occupancy @ \$33.00 per person \$ _____

Reception & Banquet Only: (For those not accepting lodging accommodations.)

Reception @ \$3.00 per person \$ _____

Banquet @ \$7.50 per person \$ _____

Ballgame: (Includes Oakland A's versus California Angels ballgame, fireworks, and bus transport.)

Ballgame @ \$5.00 per person \$ _____

TOTAL ACCOMMODATIONS FEE \$ _____

TOTAL REMITTANCE (Sum of Meet and Accommodations Fees) \$ _____

NOTE: All events for which a registration will be printed following are: W, LW, TW, A, 1P, 1A, 1P, 2A, 2P, 3A, 3P, 4A, 4P.

1975 A.A.U. REGISTRATION CARD

WESTERN REGIONAL TRACK

GENERAL TRACK

9:30 am	Pentathlon Long Jump	9:30 am	Hammer (at UC Berkeley)
9:30 am	5-Kilometer Walk (women)	9:35 am	Triathlon Javelin
9:35 am	5-Kilometer Walk (men)	9:30 am	20-Kilometer Walk
10:00 am	Pentathlon Javelin	10:35 am	Triathlon 200 Meters
10:30 am	Pentathlon 200 Meters	11:00 am	Triathlon 800 Meters
11:00 am	400-Meter Prelims	12:00 noon	3000-Meter Steeple Chase Final
11:00 am	Pentathlon Discus	12:00 noon	Discus
11:30 am	Pentathlon 1500 Meters	1:00 pm	Triple Jump
12:00 noon	100-Meter Prelims	1:00 pm	High Jump
1:00 pm	110-Meter Hurdles	1:00 pm	200-Meter Prelims
1:00 pm	Shot Put	1:45 pm	400-Meter Hurdles
1:00 pm	Long Jump	2:00 pm	5000-Meter Final (women)
1:00 pm	Pole Vault	2:30 pm	5000-Meter Final (Divisions 2, 3 & 4)
1:30 pm	1500-Meter Finals	3:00 pm	5000-Meter Final (Divisions 2, 3 & 4)
2:30 pm	100-Meter Finals	3:00 pm	Javelin
3:00 pm	400-Meter Finals	3:30 pm	200-Meter Finals
3:30 pm	10,000-Meter Finals	4:00 pm	800-Meter Finals
4:30 pm	400-Meter Relays	4:30 pm	1600-Meter Relays

ATHLETIC INFORMATION:

Name: _____

(Please type or print legibly.)

(Signature)

Date of Birth: _____ Affiliation: _____

Month Day Year

Address: _____

Telephone No. () _____ School/College: _____ Years _____

Notable past performances, championships, etc. _____

(Please enclose a recent black & white action photo - non-returnable - for possible inclusion in the program.)

Your occupation: _____ Your local paper: _____

(Name)

(Address)

1975 A.A.U. REGISTRATION INFORMATION:

Association Name: _____ 1975 Registration No. _____

ATHLETE'S RELEASE: (Must be signed.)

In consideration of your acceptance of my entry I do hereby, for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me against Laney College, the City of Oakland, the Amateur Athletic Union of the United States, and the Pacific Association of the A.A.U., or their officers and agents, for any and all damages which may be suffered by me in connection with my entry or association with the 1975 A.A.U. MASTERS and SUB-MASTERS WESTERN REGIONAL TRACK & FIELD CHAMPIONSHIPS. I certify that my level of training is such that I am prepared to compete and recognize the right of the Meet Director to require supplementary training and/or medical evidence before allowing me to compete, and further recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

Date: _____ Athlete's Signature _____

NEW MEMBERS

Jim Witkowsky
9337 Wystone
Northridge 91324
349-2921
7-3-57
440 - 52.3
330LH- 42.0

Win Severn
16919 Ventura Bl.
Encino 91316
981-5624
880-4238
11-30-42

Bill Gearhart
17819 Merridy St.
Northridge 91324
349-5138
9-12-56
6 mile - 32:37
Marathon- 2:52

Earl Finmark
10400 Hayvenhurst
Granada Hills 91344
360-4682 - home
343-4662 - bus.

Hank Norton
13111 Vanowen St.#5
N. Hollywood 91605
764-9658, home
782-1393. bus.
3-26-34
3 mile - 18:13

Tim Wyndham
9021 Wildwood Ave.
Sun Valley 91352
767-1213
7-6-40
Javelin
6 mile - 39:00

Steve Brown
13531 Wangoon St.
Arleta 91331
780-8438
11-6-52
Mile - 4:15.7
2 mile - 8:55.6
3 mile - 13:47.8
6 mile - 28:55.0 (X-C)

Dave Norton
13111 Vanowen St.
N. Hollywood 91605
764-9658
12-29-60

Membership dues are \$10 per year. Mail check to San Fernando Valley Track Club; 18321 Ventura Blvd., Suite 900; Tarzana, Calif. 91356.