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SAN FERNANDO VALLEY TRACK CLUB

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NEWSLETTER

JULY, 1975

JUNE HIGHLIGHTS

DAVE BABIRACKI wins SPAAAU 1500 in 3:46.4, places 7th out of 26 in U.S. AAU 5000 in 13:43.2, and is invited to Europe to compete for U.S. team.

JACKI HANSEN wins SPAAAU Women's 2-mile in 10:28; wins Puerto Rico 32km invitational.

AL SHEAHEN wins SPAAAU Masters 880, and sets two American age records in 400-meter hurdles.

JOHN DAMSKI wins triple jump in Senior Olympics.

DICK WAGER-SMITH wins 400-hurdles in Senior Olympics.

GAYLORD KALCHSCHMID wins Masters Mile in 4:52.6 in Pierce All-comers meet.

DICK ORTIZ wins Masters Mile in 4:50.0 and 440 in 2nd Pierce meet.

MARK KENNEDY wins Open Mile in both Pierce meets in 4:13.4 and 4:14.1.

Masters relay teams nab two firsts and a second in Corona Del Mar Relays.

JUNE 20 - U.S. AAU CHAMPIONSHIPS Eugene, Oregon

DAVE BABIRACKI carried the green colors of the San Fernando Valley Track Club to a strong seventh place finish in the U.S. Open Men's AAU Championships 5000 meter run in 13:43.2, eight seconds faster than his previous lifetime best.

The race was won by Marty Liquori in 13:29.0. Dave's splits were 4:22, 4:25 and 4:26.

His performance earned him an invitation to join the U.S. AAU team which is now touring Europe.

COMING UP IN JULY

July 2-23. All-comers meets each Wednesday at 7PM at Pierce College.

July 5-Aug. 23. All-comers meets each Saturday (except July 12) at 3PM at UCLA.

July 5-6. Western AAU Masters Regional Championships in Oakland.

July 19. National Masters & Women's SPA 1-hour run Championships, UCSB.

July 25. All-comers Finals at Pierce

July 26. National Open 1-hour run Championships, UC Santa Barbara.

July 31. Monthly club meeting.

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 2:00PM to 5:00PM, at Los Angeles Valley College, 5800 Ethel Avenue, Van Nuys. All club members are welcome.

ALL-COMERS MEETS

Mon. 7PM Gardena High - thru 7/21
Tues. 7PM Venice High - thru 7/22
*Wed. 7PM Pierce College - thru 7/23
Thurs. 7PM East LA College " 7/24
*Sat. 3PM UCLA - thru 8/23 except
July 12

*Masters, Women's, Girls & Boys, in addition to Open & Novice

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 age groups; B-Boys.

- July 1-24 All-comers meets, 7PM; Mondays at Gardena High; Tuesdays at Venice High; Wednesdays at Pierce College in Woodland Hills; Thursdays at East LA College; (O,LM,LW,G,B).
- July 5- 6 Western AAU Masters Championships, Laney College, Oakland, Cal., 9:30AM: (M,SM,OW).
- July 5- August 23 All-comers meets, each Saturday at 3PM, except July 12, UCLA; (O,M,W,G). Chuck Debus, 454-8675.
- July 12 U.S. AAU Decathlon Championships, Univ. Cal. at Santa Barbara.
- July 12-13 Northwest Seniors Classic, Mt. Hood Community College, Gresham, Ore., (M,SM). Jim Puckett, Mt. Hood Community College, 26000 SE Stark St., Gresham, Oregon 97030. Entry deadline: July 3.
- July 18 USA, Africa, West Germany meet, Durham, N. Carolina.
- July 20 Eastern AAU Masters Championships, Monmouth College, West Long Branch, N.J. (M,SM,LW).
- July 25 All-comers Finals at Pierce College, Woodland Hills, 7PM. (Top qualifiers from 24 previous meets from June 16 to July 24)
- July 25-27 International AAU Championships, Montreal, Canada.
Aug. 2- 3
- July 26 East Coast Invitational Age Group Championships, Fort Meade, Md. (between Baltimore and Washington). (Boys and Girls Age-Groups, 9& under thru 17). Qualifying standards. Charles Ryan, Governor's Regional Office, 9300 Kenilworth Ave., Greenbelt, Md. 20770. (301)474-2500.
- 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. Entry deadline: July 15.
- Aug. 9-10 USA,USSR,Poland Decathlon Championships, Eugene, Oregon.
- Aug. 11-17 First World Masters Championships, Toronto, Canada. (M,SM,OW). David Pain, 1160 Via Espana, LaJolla, Cal. 92037. Entries closed.
- Aug. 15-16 Pan-American Trials, Bakersfield, Cal. (O).
- Oct. 12-26 Pan-American Games.

LONG DISTANCE RUNNING SCHEDULE

- 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 13 9:00AM Cerritos Sports Festival 2-man, 10-mile relay, Cerritos Park.
- July 19 4:00PM National Masters, Women's & Juniors SPAAAU 1-hour run Championships, Santa Barbara.
- July 20 9:00AM Stallion Springs 14-mile run, Tehachapi, Cal.
- July 26 2:00PM National Open & SPAAAU 1-hour run Championships, UC Santa Barbara. (LDRC meeting follows race)
- Aug. 2 8:00AM 3rd Griffith Park 13km.
- Aug. 3 4:00PM Walnut Sports Festival 6-mile run, 6-mile walk, 3-mile run, 2-mile walk, Walnut, Calif. (near Mt. Sac).
- Aug. 9 8:30AM 21st Huntington Beach Distance Derby, 10mi, 3mi & 1.5mi.

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. (2)

SOUTHERN PACIFIC ASSOCIATION AAU 1975 UCLA MEN/WOMEN'S ALL COMERS MEETS

SPONSOR: UCLA Dept. of Women's Intercollegiate Sports and the SPA-AAU Women's Track & Field Committee.

MEET DIRECTORS: Chuck Debus (454-8675), Bob Seaman, Phil Snyder, Pete Scanlan.

DATES: Each Saturday, from July 5 through August 23, EXCEPT July 12.

TIME: Starting time is 3:00 P.M. for track and field events.

SITE: Drake Stadium, UCLA.

PARKING: \$1.00 fee in UCLA lots. Free on Gayley, Veteran or Sunset Blvds.

FACILITIES: Tartan track, tartan runways. One of fastest tracks in nation.

DIVISIONS: Men's novice; Men's Open; Men's Masters (40 and over); Women's Open; Women's Masters (30 and over); Women's Age-Group (14-18, 14-15, 12-13, 10-11).

ENTRY FEE: 50¢ per athlete per event. Pay at meet site.

DRESSING: No facilities. Rest rooms will be open.

REGISTRATION: AAU registration forms will be available.

SCHEDULE:

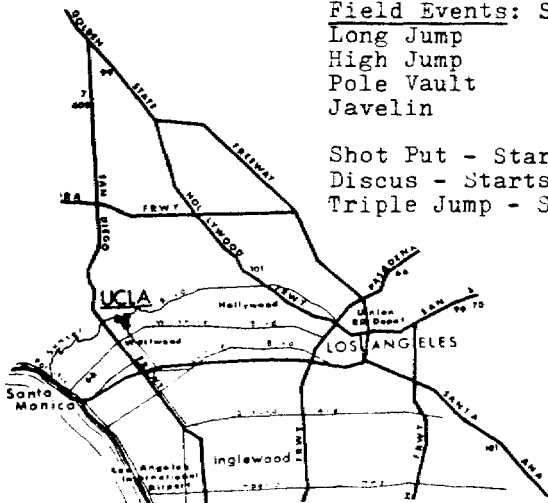
Running Events: Start at 3 P.M.

| | |
|--------------|---------------------------------------|
| 3000M SC | Open/Novice |
| 440 Yd Relay | Open/Novice/Women's/Age Group |
| 1 Mile Run | Open/Novice/Masters/Women's/Age Group |
| 1 Mile Walk | Open/Novice/Masters/Women's/Age Group |
| 120 Yd HHur. | Open/Novice |
| 100M Hur. | Women |
| 80M Hur. | Age Group |
| 440 Yd Run | Open/Novice/Masters/Women's/Age Group |
| 100 Yd Dash | Open/Novice/Masters/Women's/Age Group |
| 880 Yd Run | Open/Novice/Masters/Women's/Age Group |
| 400M Hur. | Open/Women's |
| 300M Hur. | Novice/Women's |
| 200M Hur. | Age Group |
| 220 Yd Dash | Open/Novice/Masters/Women's/Age Group |
| 2 Mile Run | Open/Novice/Masters/Women's |
| 1 Mile Relay | Open/Novice/Masters/Women's/Age Group |

Field Events: Start at 3 P.M. (All Divisions)

Long Jump
High Jump
Pole Vault
Javelin

Shot Put - Starts on completion of Javelin
Discus - Starts on completion of Shot Put
Triple Jump - Starts on completion of Long Jump



JUNE 7-8 -- SPA-AAU CHAMPIONSHIPS
UCLA & Sunny Hills High, Fullerton

Babiracki Continues Successful Campaign

Coach Laszlo Tabori's San Fernando Valley Track Club made a creditable showing in the Southern Pacific Association Amateur Athletic Union Track and Field Championships at UCLA and Fullerton, picking up victories in the men's, women's and masters divisions.

Dave Babiracki continued to perform in world-class fashion by winning the man's 1500-meter run in 3:48.4 and Jacki Hansen won the women's two-mile run in 10:28.2.

Al Sheahen set an American age (42) record of 62.1 in the 400-meter intermediate hurdles, won the masters 880 in 2:21.2, and placed second in the masters 440 in 56.3.

Joel Scott, coming off a lifetime best mile of 4:12.1 in May, ran fourth in a remarkable 3:50.8 in the 1500, the equivalent of about a 4:08 mile.

Jacki Graboyes took fourth in the women's 1500 in 5:08; Hank Norton placed second in the masters 880 in 2:29; Jerry Wojcik garnered third in the masters javelin with a 131-ft. throw; and Don Grimes took third in the sub-masters pole vault (age 30-39) in 11 ft. 10 in.

Bill Entz placed second in the men's open 3000-meter steeplechase in 10:15.0.

Valley College track and field coach George Ker won the masters 50-59 shot put in 52-4.5 and won the discus in 143-4. Bill Adler of Woodland Hills took second in the 40-49 120-yard hurdles in 17.4.

Bill Fitzgerald of Palos Verdes broke the world record for men 50 years of age and older with a 4:37.1 mile, breaking the old mark of 4:47.0, set in 1972 by Australia's Wally Sheppard.

Fitzgerald also broke the American 880 50-plus rec-

ord with a 2:07.2, beating the three-week old record of 2:09.1 set in the Grandfather Games at Valley College May 17.

JUNE 14 -- CORONA DEL MAR RELAYS
Orange Coast College; Costa Mesa

SFVTC Masters runners won the distance medley relay and the two-mile relay, and placed second in the mile relay in the 40-49 age division in the third annual Corona Del Mar Relays.

The meet drew over 100 athletes over 30 years of age who competed in six relays in each ten-year age group: 30-39; 40-49; 50-59.

Entering just three relays, we almost went 3-for-3. Dick Wager-Smith (440 in :59), Al Sheahen (880 in 2:17), Dick Ortiz (1320 in 3:38), and Gaylord Kalchschmid (Mile in 5:01) won the distance medley relay in 11:56. Ortiz, Sheahen, Kalchschmid and Earl Rippee won the 2-mile relay easily in 9:54.5. Wager-Smith, Ortiz, Sheahen and Kalchschmid placed second in 4:01.2 in the mile relay, losing to the Seniors Track Club.

In the unofficial team scoring, SFVTC tied for first in the 40-49 division, and finished fourth overall, ahead of the Striders. Corona Del Mar, with enormous strength in the 30's and 50's, won the unofficial team title.

JUNE 14 -- PALOS VERDES MARATHON

REID PRESSLEY represented the club in the scenic, ocean-rimmed Palos Verdes Marathon, running a lifetime best 3:26.

74 runners were under 3 hours; 278 were under 3:30. Results:

1. Ed Chaidez (Cal-State) 2:20:04
2. Joe Carlson (Avenue TC) 2:24:14
3. Ken Moffitt (Oxy) 2:24:48
4. Dave White (Avenue TC) 2:26:01
5. Jim Arquilla (Avenue TC) 2:28:01

Masters Division

1. John Rudberg (40-49) 2:42:52
1. John Montoya (60-69) 3:20:54

JUNE 19 -- ALL COMERS MEET
Pierce College - Woodland Hills

In the first of six Wednesday evening All-Comers meets, GAYLORD KALCHSCHMID won the Masters Mile in 4:52.6 (68-71-75-78). DAVE BEIDERMAN was second in 5:34.5, and EARL RIPPEE made it an all-SFVTC show with a 3rd in 5:45.5.

DAVE BERRY took 2nd in the Open 820 in 22.2; MARK KENNEDY won the Open mile in 4:13.6; JOEL SCOTT took 4th in the 3-mile in 15:15.1; DICK WAGER-SMITH got a 2nd in the Masters 440 in 60.3; and AL SHEAHEN set a lifetime best personal mark of 2:11.6 in the novice 880.

RICHARD NANCE took 3rd in the open 880 in 1:57.3; and JOHN STAYTON, a member of the Seniors Track Club who trains with SFVTC, set an American age-43 record of 9:31.1 in the 3000 meters.

JUNE 26 -- ALL COMERS MEET - Pierce

DICK ORTIZ won the Masters Mile in 4:50.9 (70-74-74-72). Look for a great matchup when Dick and Gaylord clash in the finals on Friday, July 25. Dick also won the Masters 440 in 58.5, and completed an incredible triple with a good 2:13 in the congested novice 880, with so many entrants it looked like the march on the Winter Palace.

MARK KENNEDY again won the open mile in 4:14.1; BILL ENTZ ran 15:11 in the 3-mile run; HANK NORTON ran 12.5 in the Masters 100, 27.3 in the 220, edging DICK WAGER-SMITH by a short nose, and 60.9 in the 440, good for 2nd place. Wager-Smith also ran a 12.2 in the 100.

JERRY WOJCIK, versatile Masters javelin and triple-jumper, warmed up for the Pentathlon on July 5 in Oakland with a 13.3 in the 100. BOB PLASSMEYER, ~~lanky~~ 36-year old hurdler, ran the 120 highs in 16.6 and the 330 intermediates in 45.2.

JUNE 28-29 - SENIOR OLYMPICS - UC IRVINE

Top senior athletes over age 25 from throughout the United States, and from Venezuela, Great Britain and Mexico competed in the 6th annual Senior Olympics.

JOHN DAMSKI and DICK WAGER-SMITH won first places for us in the 60-64 triple jump and the 45-49 400-hurdles, respectively.

Damski's jump of 31'8" was less than two inches short of his own 60-year old American record. He also took 2nd in the high jump in 4'6" and 3rd in the long jump in 15'1 3/4".

AL SHEAHEN placed second in the 400-hurdles in 62.0, setting a new American age-43 record in the process. JERRY WOJCIK garnered a 2nd in the 45-49 javelin and 3rd in the triple jump. ✓

BOB PLASSMEYER took 2nd in the 400-hurdles in the 35-39 division in 65.0, and 3rd in the 110 high-hurdles in 15.8. GAYLORD KALCHSCHMID placed 2nd in the 1500 in 4:26.0, in the 40-44 group.

REID PRESSLEY, attempting an unheard-of quadruple -- the 800, 1500, 5000 and 10,000 -- managed two thirds in the 5000 and 10000 in the 30-34 age group. His 4:37.3 in the 1500, however, was a new PR (personal record). His 18:11.0 in the 5000 was only five seconds off his previous best. But his second day events showed the strain. His 41:18 in the 10,000 was six minutes off his best, and his 2:22 in the 800 was slower than his Tuesday workouts. Good try, Reid.

MORRIE GLEIMER picked up two 3rds in the 60-64 triple jump in 27' and the 100 in 14.6, finishing right behind Senator Alan Cranston's 14.5.

EARL RIPPEE ran a tough triple -- the 800 in 2:35, 1500 in 5:18, and 5000 in 20:03, picking up one third in the rugged 55-59 division.

WAGER-SMITH also ran a creditable 26.3 in the 200, and broke the minute-mark for the first time with a 59.0 400.

JUNE 29 -- LOMPOC FESTIVAL

JON SUTHERLAND ran the 6-mile Lompoc Invitational in 29:29.1, good for 6th in the race won by Schankel of Cal Poly in 28:53.4.

U.S. MASTERS REPORT

Less than two weeks after turning 50, the legendary Bill Fitzgerald of Palos Verdes, a member of the Seniors Track Club, broke the world record for men 50 and over with a 4:37.1 mile at the SPA-AAU Masters Championships at Sunny Hills High in Fullerton on June 7.

Fitz' time broke the old mark by ten seconds -- a 4:47.0 set by Australia's Wally Sheppard in 1972.

He also broke the American 880 50+ record with a 2:07.2, beating the 3-week old record of 2:09.1, set in the Grandfather Games by George Puterbaugh of Lake Oswego, Oregon.

Fitzgerald holds virtually every world middle-distance record from age 44 thru 49 - a total of 18 records in all. His 1:58.1 800-meter run in 1973 at the age of 48 has been called "the most outstanding track achievement of all time, surpassing even Jim Ryan's 3:51.1 mile set at age 20."

Fitzgerald's world age records:

| Year | Age | 400M | 800M | 1500M | Mile |
|------|-----|------|---------|--------|--------|
| 1969 | 44 | 52.3 | 1:59.8y | | 4:28.0 |
| 1970 | 45 | | 2:01.4y | 4:13.6 | |
| 1971 | 46 | 52.2 | 2:00.0y | | 4:29.5 |
| 1972 | 47 | | 1:58.4 | 4:10.4 | 4:34.5 |
| 1973 | 48 | | 1:58.1 | 4:12.1 | 4:32.8 |
| 1974 | 49 | | 1:59.5 | 4:12.8 | 4:37.7 |
| 1975 | 50 | | *2:00.0 | | 4:37.1 |

*On June 29, at the Senior Olympics at UC Irvine, he broke the WORLD 800-meter record of 2:05.0 by five seconds in 2:00.0. This unbelievable mark, according to Age-Graded Tables, is the equivalent of a 1:39.8 by a 25-year old. (The current world 800 record is 1:43.7)

Also at Irvine, John Satti broke the world over 60-long jump record of 16'6½" with a leap of 17'4". Al Feola broke Dave Jackson's 40-44 110-meter hurdle mark of 15.0 with a time of 14.9. (An American mark; the world mark is 14.4)

at the U.S. Track & Field Federation Masters Championships in Pittsburgh, Pa. on June 14, Henry Kupczyk ran a very creditable 880 in 2:03 and Mile in 4:36, in the over-40 division.

Other winning times:

100-11.2; 220-25.4; 440-58.8;
120HH-18.1; 400IH-65.0; 3-Mile-16:10.6
6-mile-34:00; LJ-16'; HJ-5'10";
TJ-31'9"; SP-38'9"; Discus-102'1";
Javelin-171'2"

Ray Hatton of Bend, Oregon set a new American 40-49 6-mile record, running 29:59.0 in the Eugene Twilight meet won by Steve Prefontaine in 28:08.9 in one of his last races before his tragic death on May 30. Hatton's mark betteres Hal Higdon's U.S. 1972 record of 30:10.4, and approaches Britain's Fred Norris' 1962 mark of 29:25.0 Ray will meet world 40-49 10,000 record holder (29:14.4) Jack Foster of New Zealand in Toronto in a classic match-up.

Out for the season with a broken foot are Dave Pratt, 43, of Davis, winner of the U.S. Masters 800 in '73 and '74, and Bill Gookin, 43, of San Diego, U.S. Masters Marathon winner in '73.

Late report that Mauro Hernandez, 51, broke Ed Keysar's American 50-59 record in the 6-mile run at Chapman College on May 4 with a 34:56 clocking, bettering Ed's 35:02 set in 1973.

NEW WORLD'S WOMEN'S MARATHON MARK

Christa Vahlensiek broke the world's women's marathon record on May 3, 1975 in Dulmen, West Germany with a time of 2:40:15. The old mark was 2:42, set by West Germany's Liane Winter in the 1975 Boston Marathon. SFVTC's Jacki Hansen holds the American record of 2:43, set in last December's Culver City Marathon.

MEMBERSHIP

membership dues are \$10 per year. Mail to SFVTC, 18321 Ventura Blvd., Suite 900, Tarzana 91356.

OVERSEAS MAILING REPORT

Some of the times recorded by veteran runners abroad are breathtaking. If you're an American middle-distance Masters runner, they're positively frightening.

Highlights:

- Alby Thomas, 40, Australia, ran a 1500m in 3:55.4 on March 29. The world record is 3:52.0, held by Michel Bernard of France. The American record is 4:05.9 by Wilbur Williams.
- Thomas ran the 5000m in 14:50.8, short of Jack Foster's world mark of 14:07.0, but faster than Hal Higdon's American mark of 14:59.6.
- Jack Brown, 49, England, ran 10,000 in 32:56.8. At Toronto, Jack will be 50, challenging Alain Mimoun's world mark of 32:14. Our own SFVTC member Ed Keysar holds the American record of 36:14.0.
- Jim MacDonald, 40, New Zealand, lowered his own 3000-meter Steeplechase mark from 9:19.2 to 9:16.6.
- Roy Williams, 40, New Zealand, broke Dave Jackson's world long-jump record of 22'9 1/2" with a leap of 23'3 1/2".
- In an incredible two-day performance, MacDonald recorded:
 400 - 56.8 3000 - 8:29.0
 800 - 1:58.6 5000 - 15:15.8
 1500- 3:58.4 3000sc- 9:16.6
- George McGrath, 55, ran a 16:02.4 5000m, just short of the 50-59 world mark of 15:54, set by Australia's Jack Ryan last November. The American 50-59 mark is 17:05.2, held by Leon Dreher of Philadelphia.
- Reg McRae, 50, Australia, set a new world 400-meter mark of 55.0.
- Roy Williams broke the world decathlon 40+ record with 6110 points: 100-11.5; 400-54.9; 1500-5:33; LJ-23'1"; Shot-41'5 1/2"; hJ-5'8 1/2"; 110H-17.0; Discus-147'4"; Javelin-151'; Pole Vault-11'9".

EUROPEAN SCENE by Gaylord Kalchschmid

Something new is occurring in the field of sports in West Germany; 509 top athletes have become soldiers.

West Germany now has its own brand of state amateurs. In 1974, the German Government gave the Army \$26.5 million to expand its athletic facilities in track, swimming, soccer, etc., and to hire into the Army top athletes and coaches.

One of the training coaches is none other than Harald Norpoth, prize pupil of Dr. Ernst Val. Laken.

Another is P. Nolke, five-time European swimming champion, who receives \$400 a month from the Army, plus \$107 a month from the German Sports Association. "The salary isn't too good, but where else can I train daily, and get the best attention," says Nolke. "No club is able to do that for its performers."

Perhaps this is the answer if we want U.S. champions in the future. Even the late Avery Brundage, a man very strict in holding the amateur line, had no objection to this kind of government subsidy.

SECOND ANNUAL CITY OF CERRITOS SPORTS AND ARTS FESTIVAL AAU 2-MAN, 10-MILE RELAY -- SUNDAY, JULY 13, 1975

Cerritos Park East, 13234 E. 160th St., Cerritos.

Each entrant will run 10 half-mile loops, and will be responsible for keeping his own time. Check-in 8 to 9AM. A blind draw will be held for those who don't have a second runner.

Entry fee: \$1.50 per man. Race starts at 9AM. Trophies for fastest team in each division.

Divisions will be based on combined age:

| <u>Division</u> | <u>Combined age</u> | <u>Div.</u> | <u>Com. Age</u> |
|-----------------|---------------------|-------------|-----------------|
| A | 0-40 | D | 81-100 |
| B | 41-60 | E | 101-over |
| C | 61-80 | F | Women |

This sort of event should be duck soup for those of us who run tough repeat intervals under Laszlo's direction. Let's enter, have some fun, and win some trophies.

WOMEN'S SPA-AAU TRACK & FIELD CHAMPIONSHIPS - JUNE 7, 1975 - UCLA

| <u>Open - 14 & over</u> | | | <u>14-18</u> | | <u>14-15</u> | |
|-----------------------------|---------------|------------|------------------|------------|----------------------|---------|
| 100 | R. Rowen | 11.4 | S. Howard | 11.0 | K. Robinson | 11.1 |
| 200 | R. Rowen | 23.6 | C. Banks | 25.1 | D. Eddington | 25.1y |
| 400 | J. Scott | 53.3 | Y. Rich | 55.0 | K. Bell | 57.8y |
| 800 | J. Brown | 2:08.0 | T. Caudillo | 2:11.4 | P. Rose | 2:14.2y |
| 1500 | K. Keyes | 4:17.3 | C. Flournoy | 4:56.5* | P. Rose | 4:50.8* |
| 2-M | Jacki Hansen | 10:28.0 | | | S. Keith | 10:42.0 |
| 100H | P. Donnelly | 13.8 | L. Hightower | 15.6 | A. Reed | 15.2 |
| 400H | J. Lester | 59.9 | P. Cape | 62.3 | C. Glazier (330) | 44.9 |
| Jav | K. Schmidt | 203'3" | | | R. Radean | 130'2" |
| SP4k | E. Dole | 50'2" | M. Peterson | 38'7" | | |
| Disc | M. Driscoll | 162'7" | J. Duran | 83'10" | E. Hogue | 115'3" |
| HJ | Cathy Gilbert | 5'6" | N. Shallenberger | 5'2" | L. Carman | 5'4" |
| LJ | D. Gauthier | 18'1" | J. Anderson | 19'5" | K. Moran | 17'7" |
| <u>12-13</u> | | | <u>10-11</u> | | <u>9 & under</u> | |
| 100y | D. Smith | 11.8 | T. Scott | 11.6 | S. Granger | 12.5 |
| 220y | J. Ballard | 25.5 | T. Scott | 26.0 | S. Granger | 29.1 |
| 440y | B. Carral | 57.9 | L. Dawkins | 61.0 | K. Tanabe | 68.0 |
| 880y | S. Husle | 2:14.8 | S. Hatfield | 2:26.0 | K. Kiernan | 2:35.0 |
| Mile | D. Sanchez | 5:06.4 | V. Cook | 5:08.9 | | |
| 200H | T. Singleton | 27.7 | | | | |
| LJ | E. Pike | 18' 5 3/4" | D. Dahlke | 15' 1 3/4" | D. Evans | 12'6" |
| Jav | J. Nelson | 125'8" | | | | |
| SP | S. Ray | 46'4" | B. Greer | 34'1" | | |
| Dis | J. Nelson | 112'3" | | | | |
| HJ | C. Acres | 5'4" | J. Gillingham | 4'8" | J. Faust | 4'2" |

JUNE 9 -- AAU MEN'S T&F MEETING

The main purpose of the meeting was to allocate transportation funds to deserving athletes for the June 20-21 AAU U.S. Championships in Eugene, Oregon.

The local SPA-AAU had \$5400 to allocate; \$180 to each of 30 athletes. After some discussion, several names were dropped until 30 remained, one of whom was Dave Babiracki.

The national AAU had \$20,000 to allocate to its regional chapters. The Southern Pacific area was to receive \$1000, or 5 percent. The group felt this was intolerable and an insult to our large area with top-caliber talent.

It then voted not to send ANYONE to the meet unless national came up with more money. If no more money was sent, then the local AAU would REIMBURSE all performers who finished in the top eight.

(Babiracki finished seventh in the 5000-meter run among 26 entrants.)

The U.S. Olympic trials will be held from June 18-27, 1976. The 1976 Olympics will be in Montreal from July 23-31.

Montreal will pick up the room and board tab for all athletes. Some, or perhaps, all transportation expense will be paid for the top 12 in each event.

Qualifying times must be recorded between May 31, 1975 and July, 1976. "Yard" times will not be convertible into metric time for qualifying purposes. (i.e., if you run an 880 in 1:46, that's it. You can't drop it down to a 1:45.3 metric equivalent.)

SENIOR OLYMPICS -- JUNE 28-29, 1975 -- UNIV. OF CALIFORNIA AT IRVINE

Listed by lowest age in 5-year age group (25=25-29; 40=40-44; 55=55-59; etc.)

100M

| | | |
|----|--------------------|------|
| 70 | Sing Lum | 14.6 |
| 65 | Joe Caruso | 13.8 |
| 60 | Freitiof Sjostrand | 13.2 |
| | Alan Cranston | 14.5 |
| | MORRIS GLEIMAN | 14.6 |
| 55 | Al Guidet | 12.0 |
| 50 | Dick Stolpe | 11.9 |
| 45 | Dick Marlin | 11.4 |
| | Ozzie Dawkins | 11.6 |
| 40 | Phil Presber | 11.3 |
| | Percy Knox | 11.5 |
| | Van Parish | 11.5 |
| | Jim Parks | 11.6 |
| | Nick Newton | 11.6 |
| 35 | Ken Dennis | 10.8 |
| | Dave Segal | 11.0 |
| 30 | John Dobroth | 11.1 |
| 25 | Mike Jackson | 10.4 |

400M

| | | |
|----|--------------------|------|
| 70 | Harold Chapson | 68.2 |
| 65 | Mel Shine | 67.3 |
| 60 | Freitiof Sjostrand | 60.0 |
| 55 | Bill Bowen | 58.3 |
| 50 | Dick Stolpe | 56.3 |
| | George Puterbaugh | 57.3 |
| 45 | Don Cheek | 53.6 |
| | Bob Jordan | 56.9 |
| 40 | Jim Parks | 54.2 |
| | Tony Nasralla | 54.7 |
| | Bob Lualhati | 55.2 |
| 35 | Hugh Adams | 51.2 |
| 30 | Woody Studemand | 50.2 |
| 25 | Eugene Driver | 50.6 |

800M

| | | |
|----|-----------------|---------|
| 70 | Harold Chapson | 2:36.4 |
| 60 | Bud Deacon | 2:34.4 |
| 55 | Bob McDonald | 2:21.0 |
| 50 | Bill Fitzgerald | 2:00.0* |
| 45 | Don Palmer | 2:13.4 |
| 40 | Bob Lualhati | 2:11.8 |
| 35 | Norm Rustad | 1:58.6 |
| 30 | Nat White | 1:59.1 |
| 25 | Jim Toomey | 2:08.2 |

1000M

| | | |
|----|----------------|---------|
| 45 | Peter Mundle | 33:34.0 |
| 40 | Jerry Smartt | 32:36.1 |
| 35 | John Brennan | 32:13.5 |
| 30 | Dennis Fridley | 33:14.0 |
| 25 | Jim Flanagan | 33:25.0 |

1500M

| | | |
|----|-----------------|--------|
| 65 | Sid Madden | 5:56.5 |
| 55 | Ed Halpin | 5:01.0 |
| 50 | Bill Fitzgerald | 4:18.5 |
| | Geo. Puterbaugh | 4:36.4 |
| | Avery Bryant | 4:36.5 |
| 45 | Peter Mundle | 4:21.0 |
| 40 | Bob Weldy | 4:19.0 |
| | GAYLORD KALS'MD | 4:26.2 |
| 35 | Norm Rustad | 4:07.0 |
| | Dave Mellady | 4:08.0 |
| | Jim Murphy | 4:15.2 |
| 30 | Nat White | 4:03.0 |
| 25 | John Flanagan | 4:33.0 |

110HH

| | | |
|----|------------------|-------|
| 60 | Bud Deacon | 18.7 |
| 50 | Tom Patsalis | 18.0 |
| 40 | Al Feola | 14.9# |
| | Dave Jackson | 15.4 |
| | Bob Billings | 16.1 |
| 35 | Hugh Adams | 14.8 |
| | Al Henry | 15.0 |
| | BOB PLASSMEYER | 15.8 |
| 30 | Corn's McCormick | 14.1 |
| | John Dobroth | 14.8 |
| 25 | Randall West | 14.6 |

400IH

| | | |
|----|------------------|------|
| 65 | Walt Frederick | 91.0 |
| 60 | Bud Deacon | 71.3 |
| 55 | Ed Keiner | 76.2 |
| 50 | Wayne Amrose | 67.4 |
| 45 | DICK WAGER-SMITH | 84.0 |
| 40 | Van Parish | 61.9 |
| | AL SHEAHEN | 62.0 |
| 35 | Hugh Adams | 56.5 |
| | BOB PLASSMEYER | 65.0 |
| 30 | Corn. McCormick | 56.3 |
| 25 | Randall West | 58.2 |

3000M STEEPLECHASE

| | | |
|----|---------------|---------|
| 55 | Bob Long | 11:58.0 |
| 50 | Avery Bryant | 11:25.0 |
| 45 | Lew Roberts | 10:26.0 |
| 40 | Marshall Hara | 11:30.0 |
| 35 | Jim Bevins | 10:22.0 |

*World Age-Group record
#American " "

HIGH JUMP

| | | |
|----|---------------|---------------------|
| 60 | Ted Wilson | 4'6" |
| | JOHN DAMSKI | 4'6" |
| | Bud Deacon | 4'2" |
| 55 | Orval Gillett | 5'0" |
| 50 | Dave Brown | 4'10" |
| 45 | Ed Austin | 5'6" |
| 40 | Don Rose | 5'10" |
| 35 | Hugh Adams | 5'4" |
| 30 | John Dobroth | 6'8 $\frac{1}{2}$ " |
| 25 | Dave Loera | 5'6" |

LONG JUMP

| | | |
|----|------------------|-----------------------|
| 65 | Joe Caruso | 11'10 $\frac{1}{2}$ " |
| 60 | John Satti | * 17'4" |
| | Mike Andors | 16'2 $\frac{1}{2}$ " |
| | JOHN DAMSKI | 15'1 $\frac{1}{2}$ " |
| 55 | Gordon Farrell | 17'3 $\frac{1}{2}$ " |
| 50 | George King | 18'7" |
| 45 | Shirley Davisson | 21'4" |
| | Phil Schlegel | 20'5 $\frac{1}{2}$ " |
| 40 | Dave Jackson | 21'7 $\frac{1}{2}$ " |
| 35 | Hugh Adams | 21'10" |
| 30 | Bob Gonzales | 21'5 $\frac{1}{2}$ " |
| 25 | Michial Clark | 22'6 $\frac{1}{2}$ " |

TRIPLE JUMP

| | | |
|----|------------------|----------------------|
| 70 | Win McFadden | 29'5" |
| 65 | Joe Caruso | 27'4" |
| 45 | Shirley Davisson | 40'5 $\frac{1}{2}$ " |
| 40 | Dave Jackson | 44'8" |
| 60 | JOHN DAMSKI | 31'8" |
| 35 | Al Henry | 41'7" |
| 30 | John Russell | 39'3" |
| 25 | Michial Clark | 48'6" |

SHOT PUT

| | | |
|----|--------------------|-----------------------|
| 65 | Vernon Cheadle | 43' |
| 60 | Tom Montgomery | 45'10" |
| 55 | Dan Aldrich | 36'8 $\frac{1}{2}$ " |
| 50 | George Ker | 52' $\frac{1}{2}$ " |
| 45 | James Laut | 39'6" |
| 40 | Carlos Fraumierier | 44'9" |
| 35 | Hal Smith | 46'3" |
| 30 | Lou Cerda | 42'3" |
| 25 | Jay Bottomley | 37'10 $\frac{1}{2}$ " |

DISCUS

| | | |
|----|--------------------|-----------------------|
| 55 | Dan Aldrich | 142' |
| 50 | George Ker | 151'9 $\frac{1}{2}$ " |
| 45 | Harry Hawks | 138'7" |
| 40 | Carlos Fraumierier | 146'10" |
| 35 | Bob Humphreys | 170'2" |
| 30 | Doug Wells | 155'10" |

AUSTRALIAN VETERANS TRACK & FIELD CHAMPIONSHIPS, MARCH 29-30, 1975

Class 1A (40-44) Class 1B (45-49) Class 2A (50-54) Class 2B (55-59)
Class 3 (60+)

100 Meters

1A L. Snelling 11.5
1B R. Hochreiter 11.9
2A J. Tennant 12.4
2B J. Stevens 13.2
3 V. Pye 14.2

200 Meters

1A L. Snelling 24.2
1B R. Hochreiter 24.6
2A R. Clarke 26.7
2B J. Stevens 27.3
3 V. Pye 29.9

400 Meters

1A T. Roberts 52.4
1B D. Brodie 55.8
2A Reg McRae 55.0
2B J. Stevens 59.4
3 S. Nicholls 67.3

800 Meters

1A Graham Wise 1:58.5
1B R. O'Neill 2:13.2
2A Reg McRae 2:06.7
2B John Gilmour 2:16.9
3 S. Nicholls 2:32.8

1500 Meters

1A Alby Thomas 3:55.4
Graham Wise 3:58.0
D. Worling 4:05.3
1B P. Piper 4:25.8
2A Jack Ryan 4:23.5
2B John Gilmour 4:53.0
3 S. Nicholls 5:21.8

3000 Meter Steeplechase

1A D. Worling 9:31.6
1B R. O'Neill 11:04.0

5000 Meters

1A Alby Thomas 14:50.8
1B D. Power 15:33.6
2A T. Orr 16:11.9
2B John Gilmour 16:28.3
3 S. Nicholls 18:41.0

10,000 Meters

1A Alby Thomas 31:00.8
1B D. Power 32:35.3
2A T. Orr 34:43.5
2B John Gilmour 35:06.5
3 A. Tovey 39:07.5

400 Meter Hurdles

1A N. Fletcher 64.1
1B D. Brodie 63.4
2A D. Kimber 77.4
2B A. Lampard 77.8

High Jump

1A D. Williams 5' 5"
1B R. Hochreiter 5' 0"
2A G. Bartlett 5' 2"
2B H. Logan 4' 7"
3 V. Pye 3' 11"

Pole Vault

1A J. McGrath 11' 2"
1B H. Wynhoven 9' 2"
2A G. Bartlett 9' 9"

Long Jump

1A L. Schaefer 18' 8 $\frac{1}{2}$ "
1B R. Hochreiter 16' 9 $\frac{1}{2}$ "
2A N. Goff 17' 11"
2B H. Logan 16' 0"
3 V. Pye 13' 11"

Triple Jump

1A L. Schaefer 41' 9"
1B R. Hochreiter 35' 5 $\frac{1}{2}$ "
2A A. Pavulins --
2B R. Foley 32' 3 $\frac{1}{2}$ "
3 H. Jones 31' 10 $\frac{1}{2}$ "

Hammer Throw

1A D. Leadbetter 157' 6"
1B A. Gordon 134' 1 $\frac{1}{2}$ "
2A D. Frawley 139' 6"
2B R. Foley 121' 0"
3 W. Tunsley 95' 5"

NEW ZEALAND TRACK & FIELD CHAMPIONSHIPS, MARCH 29-30

100 Meters

1A R. Williams 11.9
1B G. Buck 12.9
2A J. Holland 14.6
3A P. Stanton 14.6

200 Meters

1A R. Williams 24.1
1B D. Barry 26.0
2A F. Hamlin 29.3
3A N. Hawae 34.1

400 Meters

1A B. Kerr 55.4
1B C. Kernahan 58.0
2A F. Hamlin 63.0

800 Meters

1A W. Baillie 1:59.6
Jim McDonald 2:01.5
1B I. Mallows 2:08.5
2A J. Daly 2:15.3
2B G. Currie 2:53.7

1500 Meters

1A W. Baillie 4:05.0
Jim MacDonald 4:13.0
1B I. Mallows 4:24.3
2A J. Daly 4:22.2
3A A. Wayman 5:53.8

5000 Meters

1A Jim MacDonald 15:15.8
1B W. Hobbs 17:12.8
2A J. Daly 16:30.4
2B B. Evans 17:24.7
3A W. Abel 21:03.0

10,000 Meters

1A Jack Foster 29:35.6
1B D. Cooley 36:03.7
2A J. Daly 35:37.0
2B B. Evans 36:37.0
3A T. Blin 41:00.0

NEW ZEALAND (cont.)400 Meter Hurdles

1A L. Maxted 71.8

3000 Meter Steeplechase1A Jim macdonald 9:27.1
2A H. Nelson 11:42.9High Jump1A A. Williams 5' 3 $\frac{1}{2}$ "
3A N. Hawke 3' 10 $\frac{1}{2}$ "Long Jump1A Roy Williams 21' 1"
3A N. Hawke 11' 8 $\frac{1}{2}$ "Triple Jump

1A C. Keeble 37' 2"

Discus1A Roy Williams 142' 6 $\frac{1}{2}$ "
1B J. King 113' 9"
2A S. Johnson 114' 7"
3A N. Hawke 114' 7"Pole Vault1A K. Clewwater 8' 6 $\frac{1}{2}$ "Javelin1A M. Lusty 126' 3"
1B A. Grayburn 133' 8 $\frac{1}{2}$ "
3A N. Hawke 106' 7"Shot Put1A Roy Williams 38' 8"
1B D. Bell 32' 9"
2A S. Johnson 40' 11 $\frac{1}{2}$ "
3A N. Hawke 35' 6"SR. OLYMPICS (cont.)JAVELIN65 Bob MacConeghy 119' 2"
60 Bud Deacon 120' 2"
55 Bill Morales 165' 11"
50 Pete Fetter 144' 11"
45 Rich Straub 151' 4"
JERRY WOJCIK 126' 5 $\frac{1}{2}$ "
41 Phil Conley * 225' 11"
35 Michael Fiore 152' 3"
30 Sam West 167' 2"
25 Warren Wilke 166' 9 $\frac{1}{2}$ "500045 Frank Thomas 17:43.0
40 Jerry Smartt 15:45.0
Joe Livesay 16:30.0
John Stayton 16:42.0
35 Jim Bevins 16:31.0
Miguel Ruiz 16:32.0
30 Dennis Fridley 16:10.0
Steve Humphrey 18:10.0
REID PRESSLEY 18:11.0
25 Tony Gerardo 17:19.020070 Win McFadden 30.2
Sing Lum 31.1
65 Ken Carnine 29.6
60 Freitiof Sjostrand 26.6
John Satti 27.8
55 Bill Bowen 26.2
50 Dick Stolpe 24.1
45 Ozzie Dawkins 24.4
40 --- 22.9
35 Ken Dennis 22.1
30 Woody Studemand 22.9
25 Mike Jackson 21.5HANSEN WINS IN PUERTO RICO

Jacki Hansen travelled to Puerto Rico for the 32km (20mi) Invitational. She won the women's division as the only female entrant in 2:11, finishing an excellent 37th among the 200 male runners. "The humidity was exceptionally high, and they kept dumping buckets of water on the runners to cool us off, so we were all sloshing around. It was a great trip and I'm glad I could go."

Jacki then flew to New York for the US AAU Women's Championships, finishing 12th out of 39 in the 3000-meter run in 9:55.0.

She'll defend her title in the SPAAU 15km on July 4 in Santa Barbara, and in the 1-hour run on July 19, also in Santa Barbara.

JUNE 26 -- CLUB MEETING

Dick Wager-Smith showed films of the June 14 Corona Del Mar Relays.

Laszlo said that Valley College may start assessing each runner who trains on Tuesday and Thursday a nominal fee. No firm fee yet established, however.

Uniforms ordered and due soon. Sweat suits -- green, of course -- available from Earl Rippee for \$25. Call Earl at 996-1400 or 345-0292.

T-shirts with club name will be ordered. Reid Pressley working on club logo. Upcoming events announced. Sponsorship funding needed by club.

Next meeting: Thursday, July 31.
Bungalow 45, Valley College campus.

①

1975 SPA-AAU MASTERS TRACK & FIELD CHAMPIONSHIPS -- JUNE 7 - SUNNY HILLS HIGH

| DIVISION | EVENT | RESULTS |
|----------|---------|---|
| SM | 100 | 1-Baehler Hal 9.8 2-Dennis Ken 9.9 3-Dobroth John 10.0 4-Simmons Bob 10.2 5-Barnett Alden 10.4 |
| I | 100 | 1-Waterman George 10.3 2-Knox Percy 10.4 tie 3rd Masralla Tony - Newman Nick 10.4 |
| II | 100 | 1-Gillet Al 11.0 2-Ambrose Wayne 11.1 3-Patsalis Tom 11.3 4-Petters Pete 11.4 |
| III | 100 | 1-Sjostrand Fritiof 11.8 2-Caruso Joe 12.4 |
| IV | 100 | 1-Hermann Stan 15.0 2-Whittemore John 19.4 3-Spangler Paul 19.5 Fun Song Bakersfield set new 70 yr old world record 100 yd 13.1 |
| SM | 220 | 1-Baehler Hal 23.0 2-Dennis Ken 23.0 3-McKenney 23.7 4-Simmons Bob 24.0 |
| I | 220 | Heat 1: 1-Horton Nick 23.4 2-Parks Jim 25.8 3-Waterman George 23.8 |
| II | 220 | Heat 2: 1-Vick Ted 25.4 2-Adams Herb 25.5 (Heat I seeded for fast times) |
| III | 220 | 1-Gillet Al 25.0 2-Ambrose Wayne 25.4 3-Clayton Tom 25.5 |
| IV | 220 | 1-Sjostrand Fritiof 29.3 2-Hanson Gene 29.7 |
| SM | 400 | 1-Whittemore John 43.7 2-Spangler Paul 46.5 Fun Song 51.7 Possible 70 yr. old world age group record |
| I | 400 | 1-Powell Wayne 53.1 tie 2nd Simmons Bob - Richards Tom 54.2 |
| II | 400 | 1-Parks Jim 55.3 2-Noonan Al 56.3 3-Horton Nick 55.3 4-Tack David 57.3 |
| III | 400 | 1-Gillet Al 58.8 2-Clayton Tom 59.5 3-Pee's Bob 62.1 |
| IV | 400 | 1-Sjostrand Fritiof 61.3 2-Hanson Gene 73.6 |
| SM | 800 | 1-Spangler Paul 1:42.5 |
| I | 800 | 1-Nickel Norman 2:01.7 2-Richards Tom 2:01.9 3-Barnett Al 2:14.5 |
| II | 800 | 1-Spangler Al 2:21.4 2-Norton Hank 2:29.2 3-Sturak Tom 2:33.2 |
| III | 800 | 1-Bryant Avery 2:25.2 2-Post Bob 2:30.8 3-Lewis Dave 2:54.6 Ritgerald Lill ran 2:07.1 record attempt |
| IV | 800 | 1-Spangler Paul 3:30.0 |
| SM | 1M | 1-Rasheed Norman 4:31.5 2-Harrison Angus 4:45.9 3-Field Ed 4:52.5 4-Abbins Orville 4:53.4 |
| I | 1M | 1-Clinton John 5:01 2-Sturak Tom 5:47 |
| II | 1M | 1-Ritgerald Bill 4:37.1 2-Bryant Avery 5:00.6 3-Gil Ray 5:13.1 |
| III | 1M | 1-Spangler Paul 7:33.5 |
| IV | 1M | 1-Cheever John 11:23 |
| SM | 2M | 1-Smartt Jerry 10:41.7 2-Thomas Frank 11:22.5 |
| I | 2M | 1-Bryant Avery 11:12.2 2-Gil Ray 11:48 3-Long Bob 12:43 4-Daughters Hal 13:13 |
| II | 2M | 1-Spangler Paul 16:28 |
| III | 2M | 1-Loyal Phil 30:07 2-Cheever John 35:15 |
| IV | 2M | 1-Smartt Jerry 32:10.3 2-Huddle Pete 32:19.5 3-Stayton John 34:11.8 |
| SM | 5 | 1-Thomas Frank 35:42.7 5-Coltrel Dick 38:25 |
| I | 5 | 1-Pollack Min 43:51 |
| II | 1M walk | 1-Fields James 9:00 2-Turk Mare 9:44 |
| III | 1M walk | 1-Herg Bob 6:10 2-Williams 9:11 |
| IV | 1M walk | 1-Urie Chesley 8:45 (Guest) 2-Blakesley Nicky 10:00 (Guest) |
| SM | Trijump | 1-Henry Alvin 40'9 3/4" 2-Barnett Alden 33'4" |
| I | Trijump | 1-Anderson Alvin 44'3 3/4" 2-Jackson Dave 44' 3/4" 3-Schiagel Phil 37'3 3/4" 4-Burkess Shirley 37'2 1/2" 5-Havens John 31'2 1/4" |
| II | Trijump | 1-Patsalis Tom 37'2" 2-Cole Bob 30'16" 3-Jordan Erich 26'0 1/2" |
| III | Trijump | 1-Caruso Joe 25'12" 2-Dons Red 22'3" 3-Hubbell Randy 17'3" |
| IV | Trijump | 1-Whittemore John 17'3" 2-Spangler Paul 9'10" 3-Hermann Stan 8'6" |
| SM | PeVault | 1-Simons Don 11' 2-Sinclair 10'6" 3-Dobroth John 10'6" |
| I | PeVault | 1-Pollack Duane 10' 2-Kelifer K.G. 9'6" |
| II | PeVault | 1-Weyton Jim 11' 2-Grost Don 10'6" 3-Brown Dave 10' 4-DeVaughn 9'5" |
| III | PeVault | 1-McDonagh Bob 8'6" |
| IV | PeVault | 1-Hermann 38'5" 2-Marenin Roman 38'2" 3-Sinclair Peter 35'3 1/2" |
| SM | SH Put | 1-Briden Percy 50'5" 2-Smith Hal 48'6" 3-Waterman George 48'4" |
| I | SH Put | 4-Tomas Erson 22'8" Ken George #16 shot 43'10 1/2" Div II |
| II | SH Put | 1-Ler George 52'4 1/2" 2-Thacher Jack 40'1 1/2" 3-Aldridge Dan 38'6 1/2" |
| III | SH Put | 4-Tack James 36'1 1/2" 5-Jordan Erich 35'2" |
| IV | SH Put | 1-Whittemore John 42'11 1/2" 2-Dons Red 41' 2 1/2" 3-Vesco Art 37'1 1/2" 4-Hubbell Randy 34'1 1/2" |
| SM | SH Put | 1-Simons Stan 38'6 3/4" 2-Whittemore John 27'7 1/2" 3-Spangler Paul 23' 1 1/2" |

(12)

| | | | |
|---------|-----------|--|------------------------------------|
| SM | Juv. | 1-McCarty Peter 147'1" | 2-Marenin Roman 152'5" |
| I | | 1-Kruger Ed. 134'6" | 2-Whitlock Clark 141'1" |
| II | | 1-DeLoe 143'2" | 2-Bridgman Dan 140'6" |
| III | | 1-McKneigh Robert 105'0" | 2-Both Edwin 101'11" |
| IV | | 1-Jones 88'1" | 2-Montgomery Tom 82' |
| SM | 120 HH | 1-McCarty John 147' | 2-Hermann Stan 86'4" |
| I | | 1-McCarty Bob 150'7" | 2-Dobroth John 128'2" |
| II | | 1-Hatlen Terry 151'7" | 2-Waterman George 125'8" |
| III | | 1-DeLoe George 143'4" | 2-Aldridge Dan 137'6" |
| IV | | 1-Butcher Jack 110'5" | 2-Jordan Erich 109'6" |
| SM | 150 HH | 1-Montgomery Tom 105' | 2-Both Edwin 103' |
| I | | 1-Hermann Stan 111'3" | 2-Whittemore John 94'9" |
| II | | 1-Dobroth John 6'5" | 2-Beeman Ray 5'7" |
| III | | 1-Austin Ed 5'10" | 2-Evans Bill 5'8" |
| IV | | 1-Gist Burt 5'6" | 2-Gyle Bob 5'2" |
| SM | 180 HH | 1-Hatlen Ted 4'2" | 2-Carusio Joe 3'4" |
| I | | 1-Hermann Stan 3'10" | 2-Whittemore John 3'6" |
| SM | Lo Ju. | 1-Henry Alvin 19'1/2" | 2-Barnett Alden 18'8" |
| Div I | Lo Ju. | 1-Jackson Dave 20'92" | 2-Davisson Shirley 20'8" |
| Div II | Lo Ju. | 1-Patsalis Tom 18'1" | 2-Ambrose Wayne 14'1/2" |
| Div III | Lo Ju. | 1-Carusio 13'1/2" | 2-Hatlen Ted 12'5" |
| Div IV | Lo Ju. | 1-Hermann Stan 8'7" | 2-Whittemore John 8' |
| SM | Ham | 1-Bobell Gordon 167'5" | 2-Hatterman Carl 107'10" |
| SM | Ham | 1-Aldridge Dan 123'1" | |
| SM | Ham | 1-Montgomery Tom 112'11" | 2-Hubbell Randy 101'11" |
| SM | 120 HH | 1-Hermann Stan 90'6" | 2-Whittemore John 76'11" |
| SM | 120 HH | 1-Butler Walt 14.4 | 2-Dobroth John 14.8 |
| SM | 120 HH | 1-Neal Reginald 17.2 | 2-Adler Bill 17.3 |
| SM | 120 HH | 1-Gist Burl 17.9 | 2-Patsalis Tom 18.0 |
| SM | 120 HH | 1-Hatlen Ted 20.8 | 2-McKneigh Robert 23.2 |
| SM | 440 Relay | 1-Howard - Butler - Dobroth 45:2 | 2-Dennis - Davisson - Perry 46:0 |
| SM | 880 Relay | 1-Vick - Waterman - Jackson - Knox 46:0 | 2-Parks - Dawkins - Adams 46:0 |
| SM | 1M Relay | 1-Adams - Howard - Powell - McKinney 3:45.1 | 2-Henry - Dennis - Richards 3:45.6 |
| SM | 1M Relay | 1-Nasralla - Fitzgerald - Denkins - Parks 4:02.7 | |
| SM | 1M Relay | 1-Post - Gil - Bryant 4:45.2 | |

WOMEN

| | | |
|----|-----|--|
| SM | 100 | 1-Schreier Ursula 13.0 |
| SM | 100 | 1-Rose Ellen - 14:2 (HARRER GAYLE 13.4 SM) |
| SM | 1M | 1-Barnett Della 2:45.7 |
| SM | 1M | 1-Collins Barb 7:47 |
| SM | 1M | 1-Rose Ellen 7:09.0 |

Send all newsletter material to Al Sheahan, 6200 Hazeltine Ave., Van Nuys 91401 by the 31st.

Active athletes, and even joggers, will have no need to be told that regular exercise is good for the body's metabolism. It "vents" the whole system, disposing of toxic wastes and preventing the build-up of waste products. The more efficient this process becomes, the more readily the system can be flooded with life-giving oxygen. In other words, the oxygen transport capacity is improved. To the athlete the advantages are obvious, as he tends to think of the purely physical benefits - raised pain threshold, delayed oxygen debt, improved mobility etc. But what of the other benefits? For instance, can it improve the efficiency of the brain also and improve mental performance? Medical researchers have known for some time that when brain cells are deprived of oxygen they do not perform their work efficiently. Conversely, a group of clinical psychologists have demonstrated that when pure oxygen is administered daily to senile hospital patients placed in a pressurized chamber, the patients' scores in standard memory tests jump by as much as 25 per cent in 15 days. Stimulating the brain's environment can clearly affect the growth and maturity of the cells, and experiments with rats have indicated that when exposed to a varied and stimulating environment the brain can benefit enormously. Exercise is one part of the equation, a happy and varied life-style the other. Of course there is little point in flooding your brain with oxygen if you are going to use it for nothing else than running!

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3rd ANNUAL CORONA DEL MAR RELAYS - Costa Mesa, California - Saturday, June 14, 1975

Pleasant 70° Weather

| 40 Yard DASH - Children, Girls | | 40 Yard DASH - Children, Boys | | 40 Yard DASH - Women, 30+ | |
|--|----------|--|---------|--|---------|
| 1. Andrea Keffer | 6.3 | Steve Keffer | 6.0 | Gayle Keffer | 6.3 |
| 2. P. Dasilva | 7.3 | Kirt Schlegel | 6.8 | Sheila Newton | 6.3 |
| 3. Pam Jackson | 7.6 | Tony Amarillas | 7.0 | Paula Barnes | 6.8 |
| 4. Karl Keffer | 11.5 | Anthony Zoolakis | 7.4 | June Cobb | 6.8 |
| 5. | | Ben Segal | - | Pam Adler | 6.8 |
| | | Steve Miller | | | |
| | | Doug Miller | | | |
| 220 Yard RELAY - Women | | 440 Yard RELAY - Women | | | |
| 1. BHS | 35.1 | BHS | 1:07.9 | | |
| Sheila Newton, June Cobb, Pam Adler, Gayle Keffer | | Sheila Newton, June Cobb, Pam Adler, Gayle Keffer | | | |
| 2. UN | 34.3 | UN | 1:08.4 | | |
| Paula Barnes, Della Barrett, Carol Thomas, Karen Cota | | Paula Barnes, Della Barrett, Carol Thomas, Karen Cota | | | |
| DISTANT MEDLEY RELAY (30-39) | | (40-49) | | (50-59) | |
| 1. SMC | 11:16.5* | SFVTC | 11:56.0 | STC | 13:38.9 |
| Barrett, Field, Mandle, Murphy | | Wager-Smith, Sheahan, Ortiz, Kalchschmid | | Gil, Ortiz, Bryant, Peterbaugh | |
| * New Record - Old Record 11:49.1 SMC 1974 | | | | | |
| 2. | | STC | 13:06.5 | CIM | 13:41.6 |
| | | Wagner, Poet, Wallace, Noble | | Winton, Lewis, Long, Halpin | |
| 2 Mile RELAY (40-49) | | (50-59) | | | |
| 1. SFVTC | 9:54.5 | STC | 10:22.7 | | |
| Ortiz, Rippee, Sheahan, Kalchschmid | | Gil, Fitzgerald, Bryant, Puterbaugh | | | |
| 2. | | CIM | 10:58.3 | | |
| | | Lewis, Rems, Long, Halpin | | | |
| Mile RELAY (30-39) | | (40-49) | | (50-59) | |
| 1. CIM | 3:35.6* | STC | 3:47.0 | STC | 4:05.6* |
| Richards, Dennis, Miller, Adams | | Wagner, Parks, Dawkins, Nasralla | | Puterbaugh, Gil, Poet, Bryant | |
| 2. | | SFVTC | 4:01.2 | CIM | 4:07.1 |
| | | Ortiz, Wager-Smith, Kalchschmid, Sheahan | | Fetter, Ambrose, Clayton, Halpin | |
| * New Record - Old Record CIM 3:59.4 1974 | | | | * New Record - Old Record SMC 4:17.3 1973 | |
| SPRINT MEDLEY (30-39) | | (40-49) | | (50-59) | |
| 1. CIM | 3:45.1* | STC | 3:53.6* | STC | 4:18.4* |
| Segal, Zoolakis, Miller, Richards | | Nasralla, Wagner, Dawkins, Parks | | Gil, Bryant, Puterbaugh, Fitzgerald | |
| 2. | | CIM | 4:00.6 | CIM | 4:20.8 |
| | | Waterman, Knox, Cheek, Palmer | | Ambrose, Fetter, Guidet, Halpin | |
| 3. | | BHS | 4:00.7 | | |
| | | Quill, Cobb, Newton, Mack | | | |
| *New Record - Old Record 4:01.1 BHS 1974 | | *New Record - Old Record SMC 1973 | | *New Record - Old Record 4:35.4 1973 | |
| 440 Yard RELAY (30-39) | | (40-49) | | (50-59) | |
| 1. CIM | 45.9* | CIM | 45.7* | CIM | 49.4 |
| Dennis, Adams, Amarillas, Segal | | Waterman, Jackson, Cheek, Knox | | Fetter, Calyton, Ambrose, Guidet | |
| 2. COMPTON | 44.4 | BHS | 46.9 | CIM | 57.3 |
| Loughridge, Robinson, Eldridge, Smith | | Newton, Quill, Cobb, Adams | | Brown, Gist, Winton, Grosh | |
| 3. BHS | 46.0 | CIM | 47.5 | | |
| DoBroth, Howard, Powell, Butler | | Vick, Schlegel, Palmer, Radford | | | |
| 4. | | SENIORS | 48.2 | | |
| | | Nasralla, Parks, Dawkins, Wallace | | | |
| 5. | | BHS | - | | |
| | | Evans, Mack, Smith, Adler | | | |
| *New Record - Old Record 45.4 CIM 1974 | | *New Record - Old Record 46.2 CIM 1974 | | | |
| 880 Yard RELAY (30-39) | | (40-49) | | (50-59) | |
| 1. CIM | 1:31.8* | CIM | 1:35.8 | CIM | 1:43.4* |
| Dennis, Amarillas, Adams, Segal | | Waterman, Jackson, Cheek, Knox | | Ambrose, Clayton, Fetter, Guidet | |
| 2. COMPTON | 1:33.5 | BHS | 1:36.5 | CIM | 1:53.5 |
| Loughridge, Eldridge, Robinson, Smith | | Newton, Quill, Cobb, Jim | | Lewis, Rems, Halpin, Winton | |
| 3. BHS | 1:35.2 | CIM | 1:40.0 | | |
| DoBroth, Al-Karish, Powell, Butler | | Vick, Schlegel, Palmer, Radford | | | |
| *New Record - Old Record 1:33.6 CIM 1973 | | | | *New Record - Old Record 1:48.7 CIM 1973 | |

Unofficial scoring for relays: (1st-5 pts.; 2nd-3 pts.; 3rd-1 pt.)

30-39

Corona Del Mar TC 20
Compton 6
Santa Monica TC 5
Bev. Hills Striders 2

40-49

SAN FERNANDO VALLEY TC 13
Seniors Track Club 13
Corona Del Mar TC 13
Beverly Hills Striders 7

50-59

Corona Del Mar TC 28
Seniors Track Club 20

Combined scoring: 1) Corona Del Mar 61; 2) Seniors 33; 3) SFVTC 13; 4) B.H. Striders 9; 5) Compton 6; 6) Santa Monica 5.

(14)

Corona Del Mar relays (cont.)

| | | | | | |
|--|-----------------|------------------------------------|----------------|---------------|----------------|
| <u>LONG JUMP</u> (50-59) | | (70+) | | | |
| 1. Mike Andors | STTC 14'10-1/2" | Win McFadden | STTC 13'8-1/2" | | |
| 2. T. Hatlen | OW 13'2" | Stan Herrmann | 9'0-3/4" | | |
| 3. Art Vesco | SJC 11'9-1/4" | | | | |
| 4. Bill Wolfe | STTC 11'8-1/2" | | | | |
| <u>HIGH JUMP</u> (30-39) | | (40-49) | | (50-59) | |
| 1. John DeBroth | BHS 6'6" | Ed Austin | CIM 5'6" | Burt Gist | CIM 5'2" |
| 2. Hugh Adams | CIM 5'4" | Phil Conley | WVTC 5'4" | Bob Ogle | CIM 5'2" |
| 3. Ray Beamon | CIM 5'4" | Bill Evans | BHS 5'4" | Orv Gillett | CIM 5'0" |
| 4. Tom Montgomery | CIM 5'0" | Gene Frankamp | CIM 5'0" | Gene Brown | CIM 4'10" |
| 5. | | Bill Miller | BHS 4'10" | | |
| 6. | | Hugh Cobb | BHS 4'10" | | |
| <u>HIGH JUMP</u> (60-69) | | | | | |
| 1. Ted Hatlen | OW 4'11" | | | | |
| 2. Bill Wolfe | STTC 3'10" | | | | |
| <u>TRIPLE JUMP</u> (30-39) | | (40-49) | | (50-59) | |
| 1. Gary Miller | CIM 40'6-1/2" | Dave Jackson | CIM 41'8-1/4" | Bob Ogle | CIM 32'5-3/4" |
| 2. Don Grimes | UN 35'7-3/4" | Phil Conley | WVTC 39'7" | Don Grosh | CIM 27'1" |
| 3. Ray Beamon | CIM 27'2" | Phil Schlegel | CIM 38'2-1/2" | Tom DeVaughn | CIM 25'9-3/4" |
| 4. | | Hal Smith | BHS 29'7-3/4" | Bob Long | BHS 22'10-1/2" |
| 5. | | Leon Frankamp | CIM 29'3-1/2" | | |
| <u>TRIPLE JUMP</u> (60-69) | | (70+) | | | |
| 1. Mike Andors | STTC 29'9" | Win McFadden | STTC 29'7-1/2" | | |
| 2. Red Doms | BHS 25'11/2" | | | | |
| 3. T. Hatlen | OW 24'10" | | | | |
| <u>SHOT PUT</u> (30-39) | | (40-49) | | (50-59) | |
| 1. Bob Humphreys | CIM 42'6-1/4" | Hal Smith | BHS 45'4" | George Ker | CIM 50'10" |
| 2. Lange | UN 40'11-3/4" | George Waterman | CIM 40'4-1/2" | Jack Thatcher | CIM 40'2-3/4" |
| 3. G. Loughbridge | C 40'4-3/4" | Leon Frankamp | CIM 32'0" | Pete Fetter | CIM 35'6" |
| 4. G. Hattermann | UN 38'6" | Dave Douglass | BHS 31'3" | John Belotte | STC 35'1-1/4" |
| 5. John DeBroth | BHS 37'4" | Enson Grimm | STC 22'8" | Chuck McMahon | STTC 34'7-1/2" |
| 6. B. Eldridge | C 35'4" | | | Ross Winton | CIM 34'4-1/2" |
| 7. Pete Sinclair | UN 35'2" | | | | |
| *New Record - Old Record 41'3-1/2" | | | | | |
| Neal 1974 | | | | | |
| <u>SHOT PUT</u> (60-69) | | (70+) | | | |
| 1. Tom Montgomery | CIM 42'0" | Stan Herrmann | OW 38'4-1/2" | | |
| 2. Red Doms | BHS 39'11/2" | G. Mowrer | UN 30'6-1/2" | | |
| 3. Art Vesco | STC 38'9-3/4" | | | | |
| 4. Bill Wolfe | STTC 35'9-3/4" | | | | |
| 5. R. Hubbell | STC 34'10-3/4" | | | | |
| <u>DISCUS</u> (30-39) | | (40-49) | | (50-59) | |
| 1. Bob Humphreys | CIM 163'9" | Harry Hawke | STTC 126'7" | George Ker | CIM 150'11" |
| 2. Lange | UN 126'8" | Dick Straub | STTC 116'4" | John Beotte | STC 117'10" |
| 3. John DeBroth | BHS 124'5" | George Waterman | CIM 116'1" | Jack Thatcher | CIM 116'11" |
| 4. G. Loughbridge | C 106'4" | Hal Wallace | STC 101'1" | Ross Winton | CIM 108'6" |
| 5. Ron Eldridge | C 104'4" | Hal Smith | BHS 97'10" | Chuck McMahon | STTC 108'6" |
| 6. | | Clark Devilbiss | CIM 94'4" | Rich Baum | UN 88'3" |
| 7. | | Dave Douglass | BHS 82'10" | | |
| *New Record - Old Record 116'11-1/2" | | | | | |
| Neal 1974 | | | | | |
| <u>DISCUS</u> (60-69) | | (70+) | | | |
| 1. Ed Both | CIM 131'9" | Stan Herrmann | OW 111'5" | | |
| 2. Red Doms | BHS 110'9" | Win McFadden | STTC 86'11" | | |
| 3. Art Vesco | STC 109'5" | G. T. Mowrer | UN 81'11" | | |
| 4. Bill Wolfe | STTC 106'10" | | | | |
| 5. Bob MacConaghy | CIM 103'0" | *New Record - Old Record 95'6-1/2" | | | |
| 6. Tom Montgomery | CIM 104'11" | Herrmann 1974 | | | |
| 7. Mickey Blakesley | STTC 104'6" | | | | |
| 8. R. Hubbell | STC 95'6" | | | | |
| <u>POLE VAULT</u> (30-39) | | (40-49) | | (50-59) | |
| 1. Don Grimes | SVTC 12'0" | Hal Wallace | STC 10'6" | Jim Vernon | STC 11'0" |
| 2. Ron Fleming | STTC 11'6" | Duane Teiliano | STC 10'0" | Don Grosh | CIM 10'6" |
| 3. Carlos Cota | 11'6" | John Blakesley | STC 9'0" | Orv Gillett | CIM 9'6" |
| 4. Stiles | UN 11'0" | Dave Douglass | BHS 9'0" | Dave Brown | CIM 9'6" |
| 5. Pete Sinclair | UN 9'6" | | | Tom DeVaughn | CIM 9'6" |
| 6. Ron DeVoe | SVTC 9'0" | | | | |
| *Ties Fleming's Record 1974 | | | | | |
| *Ties Own Record 1973 & 1974 | | | | | |
| *New Record - Old Record 10'6" Brown & Gillett 1973 & 74 10'6" | | | | | |
| <u>POLE VAULT</u> (60-69) | | | | | |
| 1. Bob MacConaghy | CIM 9'6" | | | | |

Corona Del Mar Relays (cont.)

| JAVELIN (30-39) | | | (40-49) | | | (50-59) | | |
|---------------------------------|---------------|------------|-----------------|------|--------|---------------|------|---------|
| 1. | O. Lange | UN 178'10" | Phil Conley | WUTC | 195'2" | Bill Morales | CIM | 159'10" |
| 2. | Pete Sinclair | UN 141'5" | Dick Straub | SITC | 149'3" | Pete Fetter | CIM | 127'2" |
| 3. | R. Stiles | UN 114'3" | Hal Wallace | STC | 139'1" | Chuck McMahon | SITC | 122'6" |
| 4. | | | Clark Devilbiss | CIM | 130'4" | Don Grosh | CIM | 97'2" |
| 5. | | | Hal Smith | BHS | 121'5" | Joe Sanz | CIM | 82'11" |
| 6. | | | Dave Douglass | BHS | 91'0" | | | |
| *New Record - Old Record 164'5" | | | | | | | | |
| Brayton Norton CIM 1973 | | | | | | | | |

| JAVELIN (60-69) | | | (70+) | | |
|--------------------------------------|----------------|-------------|--------------------------------|------|--------|
| 1. | Bob MacConaghy | CIM 115'10" | G. T. Mowrer | UN | 74'11" |
| 2. | Ed Both | CIM 111'10" | Win McFadden | SITC | 73'6" |
| 3. | Red Doms | BHS 102'9" | Stan Herrmann | OW | 65'4" |
| 4. | Bill Weife | SITC 99'3" | | | |
| 5. | R. Hubbell | STC 90'8" | | | |
| 6. | Art Vesco | STC 87'10" | | | |
| *New Record - Old Record 102'10-1/2" | | | *New Record - Old Record 60'4" | | |
| Both 1974 | | | Herrmann 1974 | | |

| HAMMER (30-39) | | | (40-49) | | | (50-59) | | |
|----------------|----------------|------------|-----------------|------|--------|--|------|---------|
| 1. | Gordon Dobell | CIM 166'8" | Dave Douglass | BHS | 108'3" | Chuck McMahon | SITC | 109'11" |
| 2. | Carl Hatterman | UN - | Clark Devilbiss | CIM | 75'3" | Jack Thatcher | CIM | 85'4" |
| | | | Harry Hawke | SITC | 29'9" | *New Age 59 Record. Old Age 59 Record 101'2". | | |

| HAMMER (60-69) | | | (70+) | | |
|----------------|------------------|------------|-------------------------------|----|--------|
| 1. | Tom Montgomery | CIM 116'2" | Stan Herrmann | OW | 87'11" |
| 2. | R. Hubbell | STC 98'0" | Gt. Mowrer | UN | 51'5" |
| 3. | Art Vesco | STC 94'0" | | | |
| 4. | Mickey Blakesley | SITC 92'6" | *New Record. Old Record 66'9" | | |
| 5. | Bob MacConaghy | CIM 52'1" | Herrmann 1974 | | |

| LONG JUMP (30+) Women | | | Men under 5' tall | | |
|------------------------|--------------|---------------|-------------------|-----|-------|
| 1. | Gayle Keffer | CIM 13'6-1/2" | Enson Grimm | STC | 11'6" |

| LONG JUMP (30-39) | | | (40-49) | | | (50-59) | | |
|------------------------------------|---------------|---------------|-------------------------------|------|-----------|---------------|-----|------------|
| 1. | Hugh Adams | CIM 20'8" | Dave Jackson | CIM | 21'7" | Burt Gist | CIM | 16'10-1/4" |
| 2. | Don Grimes | UN 19'10" | Phil Conley | WUTC | 19'3-1/2" | Pete Fetter | CIM | 16'5-1/2" |
| 3. | Tom Marumoto | CIM 18'3" | Hugh Cobb | BHS | 19'1/2" | Bill Morales | CIM | 16'1/4" |
| 4. | Ray Beamon | CIM 17'10" | Harry Hawke | SITC | 17'2" | Bob Ogic | CIM | 15'10-3/4" |
| 5. | Pete Sinclair | UN 16'10-1/2" | John Blakesley | STC | 15'7-1/2" | Wayne Ambrose | CIM | 15'10" |
| 6. | | | Leon Frankump | CIM | 15'7-1/4" | Bob Long | BHS | 10'0" |
| *New Record - Old Record 19'7-1/2" | | | *New Record- Old Record 21'0" | | | | | |
| Al Henry 1974 | | | Shirley Iovissou 1974 | | | | | |

NEW MEMBERS

Barry Fosse
11415 Kismet Ave.
Lakeview Terrace 91342
896-6383
5-28-47
10-mile - 54:00
Marathon - 2:50

Dick Ortiz
8523 Sylmar Ave.
Panorama City 91402
847-2720
880 - 1:53.8 (1959)
mile - 4:18.8 "

Peter La Mont
9021 Wildwood Ave.
Sun Valley 91352
2-22-47
767-1213
LDR

Jerry Meisner
5127 Hazeltine Ave.
Sherman Oaks 91423
788-9250
2-17-42
Track & LDR

Don Grimes
4439 Canoga Ave.
Woodland Hills 91364
347-5697
7-26-44
Pole Vault - 13'
Long Jump - 20'8"

(16)