

NORTHERN CALIFORNIA SENIORS TRACK CLUB

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NUMBER 44

Late April, 1973

COMING EVENTS

- Sun Apr 29 NCSTC Track Meet at Sonoma State College, Rohnert Park, 1pm.
(See elsewhere in this issue for details.) (Set clock up 1 hr.)
- Sun May 6 NCSTC Track Meet at Modesto. At Downey High School, Coffee
Road, Modesto, 1:00pm. (See elsewhere in this issue.)
- Sun May 6 Avenue of the Giants Marathon (Certified), Weott, 9am. Six
Rivers RC, Dick Gilchrist, 281 Hidden Valley Rd., Bayside,
Ca. 95525. (The PAAAU schedule lists wrong date and time.)
- Sun May 6 Guardsman Angel Island Race & Picnic, 11:30am, 5.25 Mi. The
Guardsmen, c/o Phil Fernandez, 12 Geary St., S.F. 94108.
- Sat May 12 8 Mi. Road Race, Golden Gate Park, S.F., 9am. Rich Perry,
3909 Peppertree Ct., Redwood City, Ca. 94061.
- Sun May 13 DSE 5 Mi Golden Gate Bridge Vista Run. Meet at Legion of
Honor Parking Lot, 10am.
- Sun May 13 Manresa Beach Runs (RRC), 1, 2, & 8 Mi, 1:30pm. Bill Flodberg,
12925 Foothill Ave, San Martin, Ca. 95046.
- Sat May 19 PAAAU One Hour Run Championships. Mt. Tamalpais High School,
Mill Valley, Ca. (5pm.) Rich Perry, 3903 Pepper Tree Ct.,
Redwood City, Ca 94061. (His Zip varies on Schedule, better check
- Sun May 20 NCSTC Track Meet at Los Altos High School, 1pm. (See elsewhere
in this issue for details.)
- Sun May 20 Bay-to-Breakers, 7.8 Mi, San Francisco, Ca. (10am) San Fran-
cisco Examiner, World's Largest Footrace. Frank R. Geis,
942 Market St., San Francisco, 94102. NO POST ENTRIES.
(This is another correction to the listing in the PAAAU Schedule.
The schedule erroneously lists it 3 weeks later.)
- Sat May 26 Fourth Annual Golden Gate Marathon, Tiburon to San Francisco,
7:30am, PAAAU LDR. Rich Perry, 3903 Pepper Tree Ct, Redwood
City, Calif. 94064 (Better check Zip Code, see above.)
- Sun June 3 NCSTC Track Meet at Woodland High School, 1pm. Ed Dowell,
Director, 422 North St, Woodland, Ca 95695, Phone 916-666-0328.
(Details in next issue.)
- Sun June 3 Sacramento River Run, 7.6 Mi, Redding, Ca. 9am. Redding Chamber
of Commerce, Robert Malain, 1870 Wisconsin, Redding 96001.
- Sat June 9 Newtown X Country Race, 5 Mi (Cross Country) 10am, 9 miles
East of Placerville, Calif., on Newtown Road. Kiwanis Hangtown
Harriers, Kiwanis Club of Placerville and Bay Area Road Runners,
Ernie Marinoni. 5101 Newtown Road, Placerville, Ca. 95667.
- Sat June 9 PAAAU Track & Field Championships. Place and director not yet
announced. (See elsewhere for Senior events and qualifying,
which will be at NCSTC Woodland Meet, June 3.)
- Sun Jun 17 National AAU Marathon Championships, Burlingame-San Mateo, Ca.,
9am. West Valley Track Club-San Mateo Recreation Dept. Co-
Sponsors. Jack Leydig, P.O. Box 1551, San Mateo, Ca. 94401.

Dues and Membership

Dues for 1973 were due April 15. If you were distracted by the IRS and failed to get your \$6.00 to our treasury on time you might receive merciful treatment from Secretary-Treasurer John Hutchinson if you will quickly make out a \$6.00 check to Northern California Seniors Track Club and rush it to John at 225 San Marcos Avenue, San Francisco, Calif., 94116.

Your Editor's only available membership list for issue #43 (Late March) turned out to be badly out of date. It appears that nearly 50 members were not on the list. Although we had 235 copies run we had so many ex-members on the list that there are not enough left over to take care of those who were missed. We will try to get a few more of Issue #43 run, but it may not be possible. We now have the current list and will make every effort to see that everybody who is a member gets his copy on time.

If you newer members do not see yourselves publicly welcomed in this issue it will be because we may not have time to include the welcome and still have a good chance to get the issue to you before our April 29 meet. (If you did not get Issue #43 this might be the first you would hear of it.)

After-Race Picnics--First One Sunday, May 20

In the hopes of improving social relationships in the club, we intend to plan after-race picnics. After the Bay-to-Breakers (May 20th), bring your - spouse - kids and friends along with a lunch - beer - wine or whatever you like to Speedway Meadows in Golden Gate Park - at approximately 30th Avenue and Kennedy Drive. Remember a blanket, too. We hope to see you there!

Robyn Paulson

Women in Track & Field

The track & field men have assured me that if enough females show up at any NCSTC meets they could have a race for women - whatever the distance they might choose - 100 ye dash up to 1 - 2 miles. So, check your calendar, girls, and try to represent senior women in the track meets!

Robyn Paulson

NCSTC Track Meet, Los Altos High School, Sunday, May 20, 1 P.M.

The meet will follow our usual schedule, except that races longer than 440 yards will be scratched because of competition from the Bay-to-Breakers. There will be all field events except the Pole Vault and Hammer Throw.

The track is dirt. Run ways are tartan.

Director is Ed Phillips, 144 Ashby Lane, Los Altos 94022. Phone 941-1606.

Scheduling Difficulties

With the growing popularity of senior running and road racing in general it is becoming increasingly difficult to find track and field facilities available at a time when a meet will not be in competition with some other popular running event. The competition for dates during middle or late May (a suitable time for a track meet between our May 6 and June 3 meets) was overwhelming. Joe Carey comments on this and other matters.....

Fellow members of NCSTC:

I've competed with you, I've worked as meet director for us, I've written reports for this bulletin, and I've attended one very critical meeting of club officers. I've enjoyed the benefits of your efforts along these same lines for almost two years.

I want to introduce some provocative comments. I think they are timely, because right now our club, like many similar organizations, is in the throes of expansion.

1. We ought to advertise the club more effectively, but only if the publicity is directed toward some worthy purpose. As I see it, the primary worthy purpose for ourselves and for society in general will be to swell our membership with the many joggers and competitive runners, presently unaffiliated, who are now enjoying the benefits of regular training. They need the camaraderie and the incentive to "stick with it" that only we can provide.
2. As a corollary of (1) above, we ought to forget about "conflicts" in meets and barge ahead with scheduling meets wherever sufficient interest is indicated. Generally speaking, we compete in those meets we are best suited for, whether it be a sophisticated world-class track competition, a big traditional cross-country run, or a local sand-lot "joggers' mile." The latter create interest in the former, in the long run, both from a spectator standpoint and from a competitor's standpoint. So-called "conflicts" do nothing worse than require decisive action in a few isolated instances, and decisions are healthy for any man -- or woman.
3. As seniors, our attitudes and interests indicate better-than-average leaning toward community services. But we must be practical. My idea for a blood bank last year was listened to attentively, and that is all I asked for. It turned out to be impractical, but there are other activities in which we could be very effective. I think officiating at the "Retarded Olympics" may be excellent. It certainly presents a marvelous opportunity for advertising the club, as suggested in (1) above. But for goodness' sakes let's get the newspapers to print the address and telephone number of our membership chairman. And if possible a description of our activities in general.

Let's have some comments along these lines.

Sincerely,
Joe Carey

Northern California Seniors Track Meet at Sonoma State

Time: Sunday, April 29, 1973, 1:00 PM. (Daylight Time!)

Place: Sonoma State College, Rohnert Park, California. It is about 10 miles or so south of Santa Rosa, and near Cotati.

Meet Information: The meet will follow our standard schedule, with possibly an intermediate hurdle race added near the end.

1:00p	120 Hurdles	Schedule of field events will be announced at the meet.
1:20	100 Yd	
1:50	Mile	
2:20	440	
2:50	880	
3:20	220	
3:50	3 Mile	

Equipment: All running or jumping events will be with spiles no longer than 1/4 inch, or with flats or bare feet. The track and runways are grasstex. It is sometimes hard to get implements of all the required weights, so bring your own if you can.

Meet Director: Al Guidet, 71 Raymond, Petaluma 94952. Ph 707-762-7679

Northern California Seniors Track Meet at Modesto, May 6

Time: Sunday, May 6, 1973, 1:00 PM.
 Place: Downey High School, Coffee Rd., Modesto
 Track: One of those fast clay tracks typical of the San Joaquin Valley. Long spikes will be helpful. You may need short spikes for jumps.
 Meet Director: Dick Marlin, 3413 Stembridge, Modesto 95350. Phone 523-5329.
 General: Last year we had a big turnout for this one, and some great performances. Five year age groups, starting at age 30. There will be the usual schedule: 1:00p 120 Hurdles; 1:20p 100; 1:50p Mile; 2:20p 440; 2:50p 880; 3:20p 220; 3:50p 3 Mile. It is always well to bring your own shot, discus, etc. as a complete set of the various weights is hard for any one person to collect for a meet.

Northern California Seniors Track Meet at Los Altos, May 20

Time: Sunday, May 20, 1973, 1:00 PM. *San Antonio Rd. Almond Ave*
 Place: Los Altos High School, in the city of Los Altos *(mile beyond El Camino)*
 Track: Dirt track, tartan runways. *left 2000 to H.S.*
 Meet Director: Ed Phillips, 144 Ashby Lane, Los Altos, Ca 94022, Phone 415-941-1606.
 General: The meet will have all field events except pole vault and hammer throw. Because it is on the same day as the Bay-to-Breakers there will be no running events longer than 440 yards.

Northern California Seniors Track Meet at Woodland, June 3

Time: Sunday, June 3, 1973, 1:00PM.
 Place: Woodland High School
 Track: Dirt track, may need short spikes for long jump.
 Meet Director: Ed Dowell, 422 North Street, Woodland, Ca 95695 Phone 916-666-0328
 Special Importance: This will be the meet in you can qualify for the senior events in the Pacific Association AAU Championships. Those events will be:
 100 yd for 40 + and 50+
 Mile for 40+
 Long Jump for 40+
 Shot Put for 40+
 880 yd for 50+
 General: Events will have the usual order at the Woodland meet, with the 100 yd trials at 1:20p, Mile at 1:50p and 880 at 2:50p.

NCSTC Championship Meet, College of Marin, June 17

Time: Sunday, June 17, 1973, 1:00PM
 Place: College of Marin, Kentfield (Near San Rafael)
 Track: All-weather, similar to tartan. Requires flats or spikes no longer than 1/4". Runways of same material.
 Meet Director: Bruce Grant, 430 Canal St #4, San Rafael, Ca 94901 Phone 457-9232.

NOTICE TO SENIOR (40+) MALE TRACK AND FIELD ATHLETES

April 20, 1973

The 1973 Pacific Track & Field Championships are scheduled for June 9, 1973. The place and meet director have not yet been selected, so the events for seniors are not yet definite.

The following events will be requested:

100 Yard Dash for 40+ and 50+

Mile Run for 40+

Long Jump for 40+

Shot Put for 40+

880 Yard Run for 50+

Qualifying trials will be held as part of a track meet, sponsored by the Northern California Seniors Track Club, on Sunday, June 3rd:

Woodland High School, Woodland

Time: First Event 1:00 PM sharp

Track: Hard packed decomposed granite

Meet Director: Ed Dowell, 422 North Street, Woodland
(916) 666-0328

(Signed)

2766 Summit Drive
Hillsborough, Calif. 94010
(415) 342-6993

Emmett Smith
Seniors Commissioner
PA-AAU

Big Masters Track Meets

- June 23, 24 Senior Sports International, Los Angeles, California. (Formerly known as Senior Olympics.) Five year age groups, believed to start from age 35. Warren Blaney, 619 S. Dunsmuir, Los Angeles, Ca 90036
- June 30 Masters Track & Field Meet, with British Masters, at University of California, Irvine. Bill Toomey, Track Coach, Athletic Dept., University of California, Irvine, California.
- July 6, 7, 8 National AAU Masters Track & Field Championships and Marathon, San Diego, California. San Diego Track Club, P. O. Box 1142, San Diego, Ca 92112.
- Nov 11, 1973 National AAU Masters Cross-Country, 10 Km. WNY T & F Assn. Niagara, Buffalo, N. Y.
- Dec 13, 1973 to Jan 1, 1974 U. S. Masters South Pacific Tour, Fiji, Australia, New Zealand. Optional 11-day extension to tour New Zealand's South Island. David and Helen Pain, Co-directors, 1160 Via Espana, La Jolla, Ca 92037. (714) 459-6362. (Many NCSTC members already have a leaflet giving full information on this tour.)

SENIORS RESULTS LAKE MERCED - MARCH 31, 1973

- | | | |
|--|--|---|
| 1. O'Neil, Jim
40+ 26:51 | 19. Armstrong, John
40+ 30:12 | 37. Bill Mott
40+ 32:10 |
| 2. Napier, Ken
40+ 26:54 | 20. Nachbar, D.L.
40+ 30:29 | 38. Baptiste, Will
40+ 32:32 |
| 3. Shettler, James
40+ 27:00 | 21. Koerner, Vance
40+ 30:43 | 39. Treach, Jim
40+ 32:23 |
| 4. Teeguarden, Dennis
40+ 28:11 | 22. Getas, John
50+ 30:44
<u>2nd over 50</u> | 40. Beale, Fax
40+ 32:25 |
| 5. Neal, Mike
40+ 28:24 | 23. Allen, Jim
50+ 30:49
<u>3rd over 50</u> | 41. Marston, Dick
40+ 32:33 |
| 6. Parin, Gil
40+ 28:29 | 24. Adams, Lee
40+ 30:53 | 42. Ackerman, Bob
40+ 32:45 |
| 7. Holley, Lee
40+ 28:56 | 25. Paulson, Phil
40+ 31:12 | 43. Cuzzillo, Frank
50+ 32:54 |
| 8. Cunneen, Pat
40+ 28:57 | 26. Carey
50+ 31:15 | 44. Ketterer
40+ 32:59 |
| 9. Harrison, Frank
40+ 29:00 | 27. Evans, Frank
40+ 31:17 | 45. Elliott, John
50+ 33:32 |
| 10. Pierce, Tom
40+ 29:05 | 28. Hughes, Don
40+ 31:25 | 46. Newland, Grant
40+ 33:40 |
| 11. Snavelly, Bill
40+ 29:22 | 29. Cort, Robert
50+ 31:41 | 47. Suyehiro, Tok
40+ 33:45 |
| 12. Romero, John
40+ 29:24 | 30. Moore, Doug
40+ 31:42 | 48. Valasek
40+ 33:46 |
| 13. Preston, Ed
50+ 29:25
<u>1st Over 50</u> | 31. Hill, Harry
40+ 31:47 | 49. Berger, Bernard
40+ 33:49 |
| 14. King, Joe
40+ 29:38 | 32. Crowder, D.
40+ 31:50 | 50. Fields, Lou
50+ 33:58 |
| 15. Porter, Bob
40+ 29:39 | 33. Collins, Seymour
40+ 31:51 | 51. Barraza, Eve
Woman - 33:59
<u>1st Woman</u> |
| 16. Pickett, Don
40+ 29:40 | 34. Byrd, Walt
40+ 31:52 | 52. Boutell, Wayne
50+ 34:05 |
| 17. Nicholson, James
40+ 30:04 | 35. Slocum, R.C.
40+ 31:59 | 53. Rodd, Flory
50+ 34:29 |
| 18. Perkins, John
40+ 30:09 | 36. Smith, Emmett
50+ 32:00 | 54. Williams, Dee
40+ 34:33 |

SENIOR RESULTS - CONTINUED

- | | | |
|--|--|--|
| 55. Rodiger, Werner
40+ 34:44 | 73. Mellmer, Andrew
40+ 36:56 | 89. Sommeraur, Otto
50+ 39:36 |
| 56. Talavera, Ray
50+ 34:50 | 74. Pearl, Dick
40+ 37:05 | 90. Randall, Carl
40+ 39:49 |
| 57. Devlin, Don
40+ 35:12 | 75. Monheit, Bill
60+ 37:13
<u>1st over 60</u> | 91. Upton, Earl
40+ 40:03 |
| 58. Barraza, Pete
40+ 35:13 | 76. Williams, Harry
40+ 37:21 | 92. Paulson, Robyn
Woman - 40:22 |
| 59. Aaron, Carl
40+ 35:15 | 77. Satti, John
50+ 37:23 | 93. Cunneen, Betty
Woman - 41:06 |
| 60. McGee, Joe
40+ 35:27 | 78. Cantrell, Don
40+ 37:26 | 94. Noon, Hank
50+ 41:12 |
| 61. Crosett, Vic
40+ 35:37 | 79. Stack, Walt
60+ 37:41
<u>2nd over 60</u> | 95. Midgley, Don
40+ 41:13 |
| 62. Knapp, Robert
35:43 | 80. Osborne, Garland
50+ 37:56 | 96. Buckley, Wm
50+ 41:44 |
| 63. Dingwall, Bruce
40+ 35:54 | 81. Stratta, Tony
40+ 38:06 | 97. Hanson, Wally
60+ 42:05
<u>3rd over 60</u> |
| 64. Chandler, F.
50+ 35:55 | 82. Kaster, John
40+ 38:10 | 98. Motron, A.J.
60+ 42:14 |
| 65. Zimmerman, Bill
50+ 36:00 | 83. Collins, Virginia
Woman 38:14
<u>3rd Woman</u> | 99. Carmichael, Paul
60+ 42:56 |
| 66. Pajish, Arnold
40+ 36:05 | 84. Guess, C.J.
40+ 38:20 | 100. Martin, Geo.
40+ 43:14 |
| 67. Good, Ed
40+ 36:15 | 85. Dyer, Bill
40+ 38:58 | 101. Rohovit, Don
40+ 44:02 |
| 68. Trauner, Don
40+ 36:19 | 86. Then, Louis
39:10 | 102. Midgley, Elaine
40+ 46:10 |
| 69. Attwood, Charles
40+ 36:24 | 87. Artuso, Dominic
40+ 39:12 | 103. Leavitt, Ken
60+ 47:51 |
| 70. Kosman, Zukor
40+ 36:36 | 88. McKeever, Ed
40+ 39:29 | 104. Adams, Betty
Woman - 47:56 |
| 71. O'Conner, Carroll
Woman 36:48
<u>2nd woman</u> | | 105. Powell, Jim
50+ 50:02 |
| 72. Gibson, Harry
40+ 36:49 | | 106. Hirsch, B-
60+ 50:02 |
| | | 107. Dettering, Ruth
Woman - (Went
Wrong Way) |

Results by Jack Bettencourt,
Meet Director.

Jim O'Neil now has two consecutive wins in this race, and the best scratch time for a third year. (It was a handicap race in 1971.) His time, while terrific, left his record 26:37 of 1972 still standing. Eve Barraza's 1972 women's record of 33:32 also stood up, but her 33:59 indicates she has worked her way back to the same ability she had before her injuries. Total number of finishers was up from previous high of 101 in 1972.

NCSTC Track Meet, College of Marin, March 18, 1973

Our first meet of the season drew 30 entrants, and 3 world records were set. Age groups were: 1, 30-34; 2, 35-39; 3, 40-44; 4, 45-49; 5, 50-54; 6, 55-59; 7, 60-64; 8, 65-69. To save us a lot of work we will report each contestant's name, age group and time or distance in the order they appear on the entry sheet. We regret that the individual reader may need to juggle a bit to figure out where each contestant finished in his division competition. Fortunately, each division seems listed in order.

100 yd

Buenrostro (?)	10.9
Duran (1)	11.0
Deves (1)	11.1
Semler (1)	11.5
Cain (2)	10.8
Marlin (3)	10.8
Frederickson (3)	10.9
Manougian (3)	11.6
Caesar (3)	12.5
Melgosa (4)	11.4
Jordan (4)	11.9
Guidet (6)	11.1
Carnine (8)	13.0

440 yd

Erlwein (0)	56.0
T. Smith (0)	58.3
Semler (1)	57.7
Cain (2)	53.4
Bettencourt (4)	73.0
Emmett Smith (5)	66.3
Satti (6)	80.0
Carnine (8)	68.3
Shine (8)	70.0

Mile

Buenrostro (0, age 18)	4:44.8
Grant (4)	5:25.7
Bettencourt (4)	6:11.6
DeKay (5)	6:04.9

Discus

Yerian (2, 16#)	36	8 $\frac{1}{2}$
Steele (3, 16#)	35	1 $\frac{1}{2}$
Hill (5, 12#)	34	2 $\frac{1}{4}$
Carnine (8, 8#)	37	7 $\frac{1}{4}$
(World record by 7 inches)		

High Jump

Rose (2)	5	9	3/4
Cain (2)	5	7	3/4

Javelin

Rose (2)	161	4
Phillips (3)	142	11 $\frac{1}{2}$
McIver (3)	125	5

220 yd

Earlwein (0-age 17)	25.3
Duran (1)	24.4
Semler (1)	25.0
Deves (1)	25.4
Cain (2)	23.7
Frederickson (3)	24.5
Melgosa (4)	25.6
Jordan (4)	26.3
Guidet (6)	24.5 (World Record)

880 yd

Hutchinson (4)	2:22.5
Bettencourt (4)	2:51.7
Shine (8)	2:53.2

3 Miles

Fairbanks (2)	17:19.4
Hutchinson (4)	17:55
Grant (4)	18:36.1
Bettencourt (4)	20:46
Orlovitz (4)	18:36 (11 laps)
Emmett Smith (5)	19:26.1
DeKay (5)	20:52
Hill (5)	21:40
Satti (6)	23:20

Discus

Yerian (2, 2KG)	93	10
Phillips (3, 2KG)	109	
Steele (3, 2KG)	106	7 $\frac{1}{4}$
Carnine (8, 1KG)	130	6 $\frac{1}{2}$
(World Record by 37%)		

Results compiled and submitted by John Hutchinson.

Second Annual Tracy Masters Track & Field Meet, April 8

Director Chet Steele rates congratulations for organizing and directing this one. Two very important records were set: Most entrants in a NCSTC meet--53; Most space in a daily newspaper--one full page (in the Tracy Press). Out on the field, Ken Carnine set World Records for age 65 in the high school discus and the 1kg discus; Chet Steele for age 43 in the high school discus; and Jim York for age 59 in the 8# shot. Carnine also got two age 65 WR's on the track--100yd and 220yd. Results, with only the bottom year of the 5-year age group given:

<u>100yd</u>		<u>220 yd</u>	
25	Karl Locke 10.2	25	Karl Locke 24.5
25	Tom Bonin 10.4	25	Dave Koutsoulis 24.7
25	Frank Quilantang 11.0	25	Ernest Green 24.8
30	Robert L. Brown 10.3	30	Robert L. Brown 23.7
30	John Semler 10.6	30	John Semler 23.8
30	Joe Deves 10.9	30	James Robinson 24.0
35	Ben Anixter 10.2	35	Ben Anixter 24.3
35	Tom Anderson 10.4	35	Tom Anderson 25.1
35	Dick Hickman 10.6	35	Dick Hickman 25.4
40	Huel Washington 10.9	40	Huel Washington 25.1
40	Hans Bruhner 11.2	40	Hans Bruhner 25.9
40	John Green 11.8	45	Ted Rademacher 26.0
45	Ted Rademacher 10.9	45	Bob Jordan 26.7
45	Al Diaz 11.0	45	Howard Stokes 28.8
45	Bob Roemer 11.8	55	Al Guidet 25.1
50	Art Frazier 14.0	65	Ken Carnine 30.0 WR
60	Frankie Hicks 14.9		
65	Ken Carnine 12.4 WR		
<u>440 yd</u>		<u>880 yd</u>	
25	Ernest Green 55.0	40	Kosman Orlovitz 2:28.5
25	Dave Koutsoulis 59.6	45	Bruce Grant 2:24.6
25	Herbert Ng 82.5	55	Ray Mahannah 2:27.4
30	Robert L. Brown 53.4		
30	John Semler 54.3	<u>Mile</u>	
30	James Robinson 57.2	30	Foster Wright 5:54.3
35	Dick Hickman 56.0	40	Bill Snavelly 5:15.7
35	Dick Glasgow 57.4	45	Derl Crowder 5:20.2
40	John Green 62.0	45	Howard Buckner 5:21.4
45	Bruce Grant 58.7	45	Al Diaz 5:53.8
		50	Bill Shank 5:23.8
		50	Carl Reiterman 7:12.5
<u>3-Mile</u>		<u>440 Relay--mixed ages</u>	
45	Derl Crowder 18:58.0	Glasgow, Semler, Deves, Brown 46.5	
45	Howard Stokes 22:26.0	Washington, Frieger, Green, Robinson 48.8	
50	Bill Shank 18:53.5	<u>High Jump</u>	
50	John Hill 23:01.0	25	Karl Locke 5 6 (fewer misses)
50	Carl Reiterman 25:55.0	25	Tom Bonin 5 6
<u>Hammer, 16#</u>		25	Frank Quilantang 5 2
25	Karl Locke 75 1½	30	Dan Agundez 5 0
25	Mike Snider 67 8½	30	James Robinson 4 8
30	Dan Agundez 70 7 3/4	35	Don Rose 5 10½
35	Don Yerian 66 2	35	Tom Anderson 5 2 (fewer misses)
35	Dick Glasgow 60 5½	35	Neil Negley 5 2
40	Chet Steele 104 7½		

Tracy Meet, Continued

<u>Shot Put</u>				<u>Discus, College Weight</u>	
25	16#	Cecil Little	41-5	25	Karl Locke 98-0 $\frac{1}{2}$
25	16#	Tom Bonin	40-8 $\frac{1}{2}$	25	Mike Snider 78-6
25	16#	Karl Locke	33-3 $\frac{3}{4}$	30	Dan Agundez 93-0 $\frac{1}{2}$
30	16#	Dan Agundez	30-10 $\frac{1}{2}$	35	Don Yerian 92-7
35	16#	Don Yerian	37-7 $\frac{1}{2}$	40	Chet Steele 108-11 $\frac{1}{2}$
40	16#	Chet Steele	30-11 $\frac{1}{2}$	40	Ed Phillips 106-0
50	12#	John Hill	33-10 $\frac{1}{2}$	40	Gene Inveranty 79-10
50	12#	Bob Stevens	23-6		
55	12#	Mark Gruler	31-2	<u>Discus, High School Weight</u>	
60	8#	Jim York	39-8 $\frac{1}{4}$ WR59	40	Chet Steele 120-4 $\frac{1}{2}$ WR43
60	8#	Frankie Hicks	31-8	40	Ed Phillips 110-11
				50	Bob Stevens 65-0
<u>Javelin, 800grams</u>				65	Ken Carnine 130-3 $\frac{3}{4}$ WR65
25		Tom Bonin	151-11	<u>Long Jump</u>	
25		Cecil Little	135-3	25	Tom Bonin 21-1
25		Karl Locke	109-9	25	Wardell Black 18-1
30		Dan Agundez	128-3	30	Dan Agundez 17-9
35		Don Rose	155-1	30	John Semler 17-0 $\frac{1}{2}$
40		Ed Phillips	148-10	30	James Robinson 14-10
<u>Javelin, 600grams</u>				35	Jim Golden 16-2 $\frac{1}{2}$
60		Frankie Hicks	67-2	40	John Green 16-3 $\frac{1}{2}$
65		Ken Carnine	115-11	45	Bruce Grant 16-2 $\frac{1}{2}$
<u>Light Weight Discus</u>				45	Bob Roemer 16-0 $\frac{1}{2}$
60		Jim York	106-1 $\frac{1}{4}$	50	Bob Stevens 9-7
60		Frankie Hicks	78-0		
65		Ken Carnine	130-3 $\frac{1}{4}$ WR65		

Carnine, Steele, Agundez, Locke and Bonin were named the five outstanding athletes of the meet. Carnine took top honors among trackmen and Steele topped the balloting among field contestants. Expert officiating was provided by starter Bill Davis, a Tracy High coach; head timer Norm Halbert, and Tracy High track coach Henry Welch and members of his track team. The Tracy Recreation Commission joined with NCSTC in sponsoring this meet.

Taken from story in the Tracy Press mailed here by
Chet Steele.

Second Annual Hawaiian Invitational Masters, April 19, 20, 21

A note from John Satti reads in part: "I just got back from Hawaii, and had a wonderful time. The weather was just wonderful for running.

"The meet was real nice. The track was like rubber. ..

"...A. J. Puglizevich and myself were the only one's from the club... I ran 5 events; finished 4 2nds and 1st in 15 KM. They were confused in the 100 yd dash. They listed me as third, but gave me second place... ..sending you the results..."

100yd John Satti(see above) 13.0 A. J. Puglizevich 1st (65-69) 13.2
220yd John Satti 2nd (55-59) 29.4 A. J. Puglizevich 1st (65-69) 30.1
880yd Satti 2nd 2:42.6 Long Jump Satti 2nd 15-2 $\frac{1}{4}$
15KM Satti 1st 91:40 Shot 8# Puglizevich 1st 43-0 $\frac{3}{4}$
Discus Puglizevich 1st 106-1 $\frac{1}{2}$ High Jump Puglizevich 2nd 3-6
Puglizevich filled in on the Corona Del Mar 440 and Mile relay teams in the 50-59 class and helped them to winning times of 60.4 and 5:50.5.

Grandfather Games, Los Angeles Valley College, April 7

40+ 100yd Dick Marlin 2nd 10.9 50+ 100 Al Guidet 1st 10.9
 Bill Frederickson Tie 3rd 11.0 50+ 220 Guidet 1st 24.8
 Ruben Melgosa 11.5 50+ 70yd HH Guidet hit 1st
 40+ 220yd Frederickson 3rd 23.9 and 2nd hurdles, "quit
 Dick Marlin pulled a muscle while still alive."
 100 yds out.
 40+ 440yd Melgosa 5th 56.3 40+ 440yd Relay
 60+ 440yd Shine 2nd 71.5 Team of Marlin, Melgosa, Guidet and
 Frederickson won in 46.3 on stick
 60+ Shot, 8# Puglizevich 2nd at passing. Corona del Mar was 2nd,
 40-2 $\frac{1}{4}$, only 1 $\frac{1}{2}$ inches behind San Diego 3rd.
 winning throw of 40-4 by Submitted by Al Guidet
 Herrmann of STC of Los Angeles.

First Annual Sugar Beet 6Mile Run, Manteca, March 18

Age was served in this race, with 9 of the 22 finishers over 40 and only 6 under 30. Nick Rodriguez of Manteca (age 18-21) won in 32:13. Frank Rodriguez, also from Manteca and in age 18-21 class grabbed second, but only by 15 seconds over late-thirty-ish Walt Lange, 33:18 to 33:33. Over 40's and other NCSTC members:

5. Gil Tarin	35:41	15. Gordan Gain	39:35
7. Bill Snavely	36:30	19. Ray Mahannah 55+	44:20
11. Art Freiler	37:13	20. Bill Lawson	47:47
12. Paul Reese 55	39:14	21. Noel Negley	49:20 (tie)
13. Derl Crowder	39:20	21. Dick Glasgow	49:20 (tie)
14. Doug Moore	39:30		

Susan Stenberg was the only finisher in the women's division in 52:44.

Results by Meet Director
 Dick Glasgow.

El Dorado Burro Trail Race, 14 Miles, April 21, 1973

Pat and Mike Buzbee of Chico (brothers, we presume) finished first and second, respectively, both timed in 1:19:25. They were more than 2 minutes ahead of Skip Houk (1:21:37) who edged out Mike Cenary (1:21:43) for 3rd. Ray Menzie, a soon-to-be-senior, grabbed 5th ahead of such past winners and contenders as Darryl Beardall and Doug Butt. Paul Reese (15th, 1:36:38) was the first over 50, and actually finished ahead of all high school or 40+ runners. Tertius Chandler (34th, 1:52:57) was 2nd over 50 and also ahead of the 40-49ers. Pat Bunds (38th, 1:54:25) was first in 40-49 class. Other seniors:

39. Mike O'Neal	40+	1:57:40	42. Ray Mahannah	50+	1:59:46
41. Dan Dickey	40+	1:58:45	47. Carl Reiterman	50+	NT

Results by Ernie Marinoni, Meet Director.

LATE PROBLEM! ATTENTION PRESIDENT OR TREASURER! HELP!!

A brand new member, Jack Fink, is an investigator by occupation. He investigated our arrangements for getting running uniforms and got this reply on a Flying Goose memo:

"Cannot complete your order. We no longer have stock available, and Northern California Seniors has not placed a re-order."

Here we are out of time and space again. Sorry we had to leave out several items we had hoped to include. Thanks to many of you for a generous supply of news and comments. Keep them coming and we will try to squeeze them in, and manage it practically every time. It is sure a lot better than in the days when it was hard to find enough to fill the pages.