

SAN FERNANDO VALLEY TRACK CLUB

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NEWSLETTER

NOVEMBER, 1975

SEPTEMBER-OCTOBER HIGHLIGHTS

JACKIE HANSEN sets new world record of 2:38:19 in women's marathon; wins Huntington Beach 10-miler.

DAVE BABIRACKI wins national AAU 20km in Boston; wins SPAAAU 20km.

BILL SCOBAY wins Will Rogers 15km; 2nd in SPAAAU 20km; 2nd in Mt. Baldy 8-mile climb; 3rd in Huntington Beach 10-mile.

AJIM BAKSH wins Huntington Beach 10-miler; 3rd in Santa Monica 10km.

JOHN DAMSKI wins long jump, triple jump and high jump in 60-64 division at Santa Barbara Masters meet.

JERRY WOJCIK wins javelin and takes 2nd in 45-49 division at Santa Barbara.

MIKI GORMAN wins women's Santa Monica 10km; wins women's vets Huntington Beach 10-miler; runs 2:52 marathon.

SUE KINSEY wins women's SPA AAU 20km.

REID PRESSLEY wins handicap division in Walnut 6-mile.

RAY HUGHES wins sub-masters Will Rogers 15km; wins sub-masters Malibu Canyon 10km; 4th in SPA AAU 20km.

DICK ORTIZ takes 2nd in Masters 2.4 mile Griffith Park run.

BRIAN STANSAUK places 2nd in 2nd quarter cumulative LDR standings.

SPVTC WOMEN'S CROSS COUNTRY TEAM takes 2nd in Blue Angels 5000-meter run.

MARK KENNEDY wins All-Comers mile in 4:08.2 at UCLA.

JON SUTHERLAND wins Griffith Park 2.7 miler.

COMING UP IN NOVEMBER

Nov. 6. Party at Earl Rippee's to honor Jackie Hansen, new world record holder in women's marathon.

Nov. 8. California team Cross-Country Championships in Santa Maria.

Nov. 15. SPA AAU Cross-Country Championships at Long Beach State.

Nov. 22. Masters and Submasters Western Regional Cross Country Championships in San Jose.

Dec. 7. Western Hemisphere and National Marathon Championships in Culver City.

Women's WR For Hansen

JACKIE HANSEN re-established her claim to the title of the world's top woman distance runner by setting a new world record of 2:38:19 in the women's marathon in Eugene, Oregon on October 12.

Averaging a phenomenal 6:05 per mile for the 26-mile, 385-yard course, Jackie broke the old record of 2:40:15 set by Christa Vahlensiek of West Germany earlier this year.

Her time was 5 seconds faster than her old American mark of 2:43, set in last December's Culver City Marathon.

"It was just what I wanted," she said. "There was no wind, no sun...it was a flat course over bicycle paths and through the Oregon woods. Everything was perfect."

(continued on page 2)

Jackie, a Cal-State Northridge graduate now working in a Los Angeles insurance office, was the first woman finisher in the 1973 Boston Marathon, running 3:05 in 80-degree heat. In September, 1974, she placed fifth in the first women's world championship marathon in West Germany in 2:56.

Why the steady improvement? "Confidence in Laszlo's training program, for one thing," she said. "He always knows when you're ready and will tell you exactly where you are."

Hansen says she follows the "carbohydrate-loading" diet the week before a big race, as do practically all long distance runners.

"A week before the race, I went on a 19-mile depletion run at an easy 7½-minute-per-mile pace. Then for 3 days, I ate protein...meat, fish, eggs, lettuce, tea. Three days before the race, I added carbohydrates...potatoes, spaghetti, rice, cake, cookies and bread. Then I ate a light meal the night before the race."

After the race, Jackie told Track and Field News that she wanted to break 2:40 as a form of protest over the absence of a women's marathon on the Olympic program. "The officials say women are not strong enough for it," she said incredulously.

Jackie will compete in the Honolulu Marathon in Hawaii on December 14th.

Babiracki's Mark Sets New Record

San Fernando Valley Track Club's Dave Babiracki won the National AAU 20-kilometer (12.4-mile) run in Gardiner, Mass. in a course-record time of 60 minutes, 20 seconds, beating 1975 Boston Marathon winner Bill Rodgers by four seconds.

Babiracki and Rodgers ran as a team for the last three miles, with the Valley Star's now-famous kick being the difference in the final strides.

The third-place finisher was more than two minutes behind the leaders.

Babiracki's time broke the old course record by nearly two minutes and added to his growing stature as one of the nation's premiere distance runners.

"Rodgers opened up about 40 yards on me in the first half of the race," Babiracki said, "but I gained a little on him going up the hills. We were really flying. We averaged about 4:50 a mile."

Coach Laszlo Tabori's star runner qualified for the race by winning the local Southern Pacific AAU district 20-kilometer run in 62:21, beating fellow Valley Track Club runners Bill Scobey and Ray Hughes, who finished second and fourth, respectively, in 63:59 and 64:32, among the 75 runners.

Babiracki, Scobey and Hughes, along with

female distance stars Jackie Hansen and Miki Gormart, will lead Valley Track Club runners in the local SPAAU cross-country championships at Long Beach State Nov. 15. Winners will compete in the national AAU championships in Maryland Nov. 29.

"I think I'm in good enough shape to win," said Babiracki, "but the competition is always tough. Gary Tuttle of the Striders looks very strong. I'll have to be at my best to beat him."

LONG DISTANCE RUNNING SCHEDULE

DATE/TIME	EVENT/DISTANCE	DIRECTOR/LDR LIAISON MAN	AWARDS	COURSE/FACILITIES/DIRECTIONS
SAT NOV 8 11:00am	California AAU Team XC Championships. Also Open 10km Santa Maria	Steve Harney, 953 E. Jones #209A, Santa Maria	Medals to 4 best 5 man teams; 10 open; 3 16-19; 2 13-15; 1 12-U; 2 Women; Women Vets 2/2/1	This race is the CA. state AAU Team XC Champs, & will include teams from San Francisco, San Diego, L.A. & Central Valley. An open XC race will be held in conjunction with the team race. Write Steve Harney for details. Santa Maria is 1/2 way between L.A. & San Francisco.
NOTE: Help is urgently needed for California AAU Team XC Champs. Contact Steve Harney above.				
SAT NOV 15 11:00am	SPA AAU Cross Country Championships	Ron Alice, L.B. State College, 6101 E. 7th Long Beach	Open-10; 35-39 3; 3 open teams of 5; 1 35+ team of 3; 13-15 3; 12-U 2; W/W/G 1/1/1	Winner gets free air fare to National 10km. Check in at track in Long Beach State Col. Entry lines close 30min. prior to start for this race.
SAT NOV 22 10:00am	Phelan 15mi Handicap	Connie Rodewald, 852 Sharon Drive Camarillo 93010	5 HDCCP; open, sub-master; vets (40+,50+) G/W/WV. Awards beyond 1st to be by attendance.	Two laps of the traditional triangular course on roads. 5,000ft elevation, no smog & a real challenge for HDCCP. Antelope Valley Fwy to Barstow Fwy to Hwy 138 into Phelan. Community center. Restrooms.
SUN NOV 23 9:00am	7th Pico Rivera Turkey Trot	(The Pico Rivera Turkey Trot will be followed by a LDRC Meeting. Each club should send 1 (one) delegate.		Paved roads through city of Pico Rivera. Restrooms. Check in at Smith Park, 6016 Rosemead Blvd., Pico Rivera.
IN ORDER TO AVOID CANCELLATION OF SOME RACES WITHOUT NOTICE, YOUR CHAIRMAN MUST HAVE A CONSTANT SUPPLY OF HELPERS FOR TIMING, RECORDING, SIGN-INS, ETC. VOLUNTEER TO DO YOUR SHARE OF THE WORK. CONTACT STEVE BROTEN, 13512 E. RAMONA DR., WHITTIER.				
SUN NOV 30 9:00am	24th Annual Rosebowl Handicap	10.8 Miles 3.1 Miles	Fast times - 10 HDCCP -10 13-15 5; 12-U 4; W/G 2/2	3 loops plus a flat course around Rosebowl complex. Check in just South of Rosebowl in Pasadena.
SUN DEC 7 9:00am	Western Hemisphere Marathon & Nat'l. Championships	Many awards including medals to all finishers under 3 hours.		Pre entry required write: Carl Porter, Culver City Rec. Dept., P.O. BOX 507, Culver City, CA. 90230
SUN DEC 14 11:00am 12noon	14th Annual Apple Valley 6.3mi Handicap	Jim Correll, 14576 Hopi Rd., Apple Valley CA. 92307	1-5 fast time; 1-5 HDCCP; W/WV 1/1 MS 1-5; JH 1-3; Girls 1-3; Elm 1; Local awards	From San Bernardino take Barstow Fwy to Victorville, off through Victorville on 7th St. to Hwy 18, to Apple Valley Inn. Check in at Apples Valley Parking Lot.
SAT DEC 20 9:00am	Mt. Tom 4.0 Mile Hill Climb	Larry Knuth	Open 1-10; 40-49 1-3; 50-59 1-3; 60+ 1-2; W 1-3; W/W 1-2; Girls 1-3; MS 1-3; JH 1-3; Elm 1-3; Local Award.	Tough Hill course, from Glendale College track to peak of Mt. Tom. No Down Hill. Ventura Fwy (134) E. to Glendale Blvd. W. to Glendale College.
SUN DEC 21 10:00am	Skunk Hollow 15km Handicap	Connie Rodewald 852 Sharon Dr. Camarillo 93010	5 HDCCP; open; Sub-Master Vets 40,50; G/W/WV; 15-U 16-19; Awards beyond 1st to be by attendance	Paved hilly road through the golf course & agricultural land, last 2 mi are dirt. Ventura Fwy to Las Posas Rd. N. 1mi to Crestview Park. Restrooms.
Trophies are needed by the Long Distance Running Committee for recycling into new awards. If you are tired of looking at all your old trophies, contact Alan Haas, 1507 Old Mill Road, San Marino, CA. 91108.				
SAT DEC 27 9:00am	Elysian Park 5km Cross Country		Open-10; Vets 3/2/1; W/WV 1/1; Teams: Open 3 5 man teams; sub-masters 1 5 man team; 40+1 5 man team	Roads & trails in Elysian Park. Take Golden State Fwy to stadium Way. N. up Stadium Way until you reach starting point just below Dodger Stadium.

NOTES

- Entry fee is \$1.50 for all SPA races shorter than the marathon distance. The entry fee for the marathons and 50km will be determined by the race director. Boys 19 & under and Girls 13 & under pay \$1.00 for races less than the marathon distance if they run in their division. All SPA Championship fees will be \$2.00 regardless of age. For all team races, a team entry fee of \$1.00 per team will be charged.
- Girls (12 & U); Women (13-29); Women Vets 30+ must either run in their division or in the OPEN; same for boys in 16-19; 13-15; and 12-U division. In cases where a person is eligible for two categories, that person must declare for one or the other at sign-in. He or she cannot compete in both.
- AAU card must be SHOWN upon entering or entry fee is doubled.
- LDRC cannot guarantee that all awards listed will be given. The number and type of awards is at the discretion of the Race Director and is based in part upon participation.
- Race marked "TENTATIVE" were so at the time the schedule was published. Announcements regarding these races will be made at earlier races.
- Results of races will be available at succeeding races after about two weeks. They are never mailed out.

ANNOUNCEMENTS

UNIFORMS. Club uniforms now available in S, M and L from Earl Rippee. Send \$11 -- payable to SFVTC -- to Earl at the club office, 18321 Ventura Blvd., Tarzana 91356.

SWEAT SUITS. Also available from Earl for \$22. Solid green. Mark Kennedy will do the lettering gratis.

NEXT MASTERS TRACK & FIELD MEET will be held on January 10th at the CDMTC College of the Desert Meet in Palm Desert. Very fast grass track and top weather conditions. Hopefully we will also have Masters participation in the Southern California Indoor Games in January.

LDR chairman Steve Broten reminds us that this year's Culver City (Western Hemisphere) Marathon on December 7th is a National Championship race, which means that the Long Distance Running Committee will need plenty of help in timers, recorders and people calling out numbers as runners cross the finish line. If you are not planning to run that day and are interested in helping out, feel free to contact Steve at 13512 E. Ramona Dr., Whittier 90602.

THE 1ST ANNUAL SAN BERNARDINO ARROWHEAD MARATHON will be held Sat. December 13, 1975. AAU sanctioned. \$7.50 entry fee. 8:00 AM. Contact Keith Dolan and Bob Henley, Meet Directors, San Bernardino Marathon, San Bernardino Chamber of Commerce, P.O. Box 658, San Bernardino 92402.

HAWAIIAN MASTERS MEET set for April 1976, during Easter week, April 13-20. Round-trip Los Angeles/Honolulu and 7 nights hotel lodging, per person, double occupancy will be \$273. Contact Sports Travel International, 4869 Santa Monica Avenue, San Diego 92107.

WANT A FAST MARATHON TIME? The annual Mission Bay Marathon will be run at 8AM on Sat. January 10, 1976. It's a flat course and the weather is always cool and overcast.

Good to see ERIC LAWSON at the Valley College workouts. Eric was hospitalized last March with a very serious condition. Looks like he's on the way to recovery.

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

NEWSLETTER. Your October newsletter didn't get lost in the mail; we didn't print one, mainly because your editor was in Europe. It frankly points up the need for more input from club members who know what's going on. If, for example, you competed in a recent road race and we did not report it in this newsletter, that is unfortunate and we regret it. But you can prevent that in the future by simply mailing your personal results to us by the 30th of each month. Also feel free to submit the results of other club members. Even when we receive the long distance results from the computer print-out, it's two or four weeks after the event. You can help speed up the process if you're on the scene of the race. Thanks to JON SUTHERLAND and JACKIE HANSEN for useful contributions this month. Send all materials to Al Sheahan, 6200 Hazel-tine Ave., Van Nuys 91401. Or call 785-1895.

An OLYMPIC 64-page book of facts and figures is available from Track & Field News for \$2.90. 6-deep all-time results each event, men & women, 1896 thru 1972; records, reviews, '76 qualifying standards and track time schedule. Mail to Box 296, Los Altos, Cal. 94022.

NATIONAL AAU MASTERS CROSS-COUNTRY CHAMPIONSHIP. Men 40+; open race men 30-39 and women 30+. Nov. 15, Van Cortlandt Park, Bronx, N.Y. Masters Sports Assoc., 11 Park Place, NYC 10007.

MEMBERSHIP FEES are \$10 per year for an individual; \$15 for a family. Mail to SFVTC, 18321 Ventura Blvd., Suite 900, Tarzana 91356.

MONTHLY MEETING location will be changed to a site to be announced.

R E S U L T S

AUGUST 3 - WALNUT SPORTS FESTIVAL - 6 MI.

REID PRESSLEY won the handicap division. His 36:40 actual time, less his handicap of 8:10, gave him an overall time of 28:30, 1st among the 30 runners. BRIAN STANSAUK's 36:08 less a 5:10 handicap for 30:58 was good for 8th place.

In a Masters 3-miler, associate member JOHN COOK took 4th in the 40-49 division in 19:13, and associate BOB LONG won the 50+ division in 19:27.

AUGUST 9 - HUNTINGTON BEACH DERBY - 10 MI.

AJIM BAKSH, SFVTC's 18-year old running sensation, won in 49:28. New member BILL SCOBNEY 30, placed 3rd behind Dave White in 50:38. MARK COVERT finished 8th in 51:55. New member RAY HUGHES 36, finished 19th in 54:45. BRIAN STANSAUK 23, was 49th among the 221 finishers in 58:32. JACKIE HANSEN, won the women's division in 59:09. MIKI GORMAN won the women's veteran division with a 1:02:02. EARL RIPPEE 55, ran a very good 1:07:32. BAKSH beat White by 3 seconds, both breaking the course record of 50:27 set by Ron Kurlle in 1974. This is one of Southern California's most popular races, and the conditions are always excellent.

AUGUST 16 - ORANGE COUNTY 10 KM (6.2 MI.)

BRIAN STANSAUK placed a good 29th among the 127 finishers in 36:15 on a hot and dry day.

AUGUST 24 - SANTA MONICA SPORTS FESTIVAL 10 KM

AJIM BAKSH placed 3rd out of over 200 starters in this traditional race along the Santa Monica Park walkway which overlooks the ocean. The first four runners were only five seconds apart. The Lompoc star Terry Williams won in a fast 30:26, followed by Dave White in 30:27, BAKSH in 30:29 and Jim Shankle in 30:30. Jerry Smartt set a new course record for 40+ with a 32:05. MIKI GORMAN won the women's division in a fast 36:19, better than a 6-minute-mile clip.

SEPTEMBER 1 - MT. BALDY RACE TO THE TOP - 8 MILES - From 6500 ft. elevation to 10,064 ft.

BILL SCOBNEY proved he can run hills as well as the flat with a second place finish in perhaps the toughest race extant in the world of running. Gasping for oxygen in the thin air, and freezing in the icy gale above the timber line, 85 of the 125 starters managed to reach the top. Bill's 1:06:55 was four minutes behind winner and course-record-holder Chuck Smead's 1:02:44. BOB LONG 56, finished a creditable 48th in 1:31:50...an excellent effort...and 1st in the 50+ division.

SEPTEMBER 7 - GRIFFITH PARK CROSS-COUNTRY - 2.4 MILES MASTERS RACE

DICK ORTIZ took second place in 14:34. It took a new course record 14:10 by Bill Crum to beat Dick, who is one of SFVTC's top runners in the Masters division.

SEPTEMBER 14 - WILL ROGERS 15 KM CROSS COUNTRY

Clearly in top form, BILL SCOBNEY defeated a field of 168 runners in this scenic, hilly course in 49:58, nearly a minute ahead of Bob Branch's 50:40. RAY HUGHES finished 3rd in a tremendous 50:54 to easily win the 35-39 submasters division. BRIAN STANSAUK ran a good 58:12 to place 32nd.

SEPTEMBER 27 - SPA AAU 20 KM CHAMPIONSHIPS - GRIFFITH PARK

DAVE BABIRACKI, BILL SCOBNEY and RAY HUGHES turned this race into an almost-all SFVTC show by finishing 1st, 2nd and 4th, respectively, among 75 runners. DAVE won in 62:21 to earn a trip at SPAAAU expense to the National Championships in Boston. (Which he also won; see separate story) Bill ran 63:59 and Ray did 64:32, behind Paul Cook's 64:11. SUE KINSEY won the Women's division in 77:58. Jerry Smartt won the 40-49 competition in 69:01; Ray Gil topped the 50-59's in 79:10; and the indefatigable John Montoya whipped the 60+ group with an 85:20.

SEPTEMBER 27 - LONG BEACH GRAND PRIX
5000 METER RUN

This run, sponsored by Nike and sanctioned by the USTFF, was a success with over 160 finishers. The race was run over the 2-mile automobile grand prix circuit in Long Beach, during a break in qualifying attempts, before 30,000 spectators. SFVTC's tall JON SUTHERLAND ran an excellent 14:59 to place 3rd in the large field. CHARLES HORN took 4th in 15:04. MARK KENNEDY finished 8th.

4TH MALIBU CANYON-TAPIA PARK 10KM CROSS
COUNTRY - OCTOBER 5

New member CHARLES HORN took 3rd on this tough course with a 33:50, just 12 seconds behind winner Paul Cook. RAY HUGHES won the sub-masters (35-39) division in 34:56. BRIAN STANSAUK placed 44th among the 141 finishers in 39:44.

CUMULATIVE SCORES - LONG DISTANCE RUNS -
2ND QUARTER, 1975

BRIAN STANSAUK placed 2nd among all Southern California long-distance runners, in these rankings determined by awarding points to each runner in each of 10 major races. Points for a runner's best seven races count in the final totals. Congratulations, Brian.

NATIONAL AAU MASTERS MARATHON - MEDFORD,
OREGON, - OCTOBER 12

Associate member DAVE (DOC) PARKER 45, placed 7th in an excellent 2:46:28. Clive Davies of Oregon set a new world record in the 60+ division with a mark of 2:48:43, an astonishing performance.

Summary:

1. Ray Menzie	40	Calif.	2:36:40
2. Ross Smith	47	Nevada	2:39:15
3. Bill Beckwith	42	Oregon	2:40:22
4. Vance Parkhurst	41	Oregon	2:40:39
5. Stewart Fall	41	Vanc.	2:40:49
6. Dennis Coveney	42	Vanc.	2:46:07
7. DAVE PARKER	45	Calif.	2:46:28
8. Clive Davies	60	Oregon	2:28:43
9. Conrad Eroen	46	Calif.	2:48:43
10. Len Escarda	44	Calif.	2:49:34

OCTOBER 4 - BLUE ANGELS SPORTS FESTIVAL
5000-METER CROSS-COUNTRY RUN

The SFVTC's women's cross-country team made an impressive debut with a 2nd-place finish, narrowly losing to the Road Runners, 38-41. SUE KINSEY was 2nd, JACKIE HANSEN 3rd, HEATHER TOLFORD 9th, LEAL REINHART 10th, and JACKIE GRAYBOYES 17th.

OCTOBER 4 - 2ND ANNUAL SANTA BARBARA
MASTERS TRACK & FIELD MEET

While most SFVTC Masters athletes were nursing injuries, out of shape, or otherwise occupied, JOHN DAMSKI and JERRY WOJCIK were picking up medals in Santa Barbara.

JOHN 60, who won two silver medals in the International Masters Championships in Toronto, found the competition a trifle easier as he won all three of his events in this meet. In the 60-64 division, he won the high jump in 4'4", the long jump in 14'2", and the triple jump in 31'2".

JERRY 46, won 1st place in the 45-49 javelin, defeating his nemesis Hal Wallace for the first time. Jerry's throw was 117'6", below his normal 128', but he's not going to give the medal back. Jerry also took 2nd in the triple jump with a 33' leap.

Outstanding athlete awards went to:
Track - Paul Spangler 76 - 21 points
Field - Stan Herrmann 71 - 27 points
Total Pts. - Buell Crane 75 - 36 pts.

LATE RESULTS

On August 23rd at the final All-Comers meet at UCLA, MARK KENNEDY and JON SUTHERLAND turned in solid performances. Mark flew by the 880 mark in 1:59 to discourage all opposition, and came home in an excellent 4:08.2, close to his 1975 best of 4:07. In the 3-mile, Jon ran a good 14:10.

CROSS COUNTRY REPORT

The 1975 Cross Country season is now well under way. SFVTC has already shown glimpses of the form that established us as the SPAAU team champions of 1974.

Although we have not yet entered a full 5-man team at any race, there have been some fine individual performances to date.

On September 9th, JON SUTHERLAND easily outdistanced the competition at the annual Griffith Park 3.7-miler over sand and hills in 18:35. MARK KENNEDY placed 5th in 19:09.

DAVE BABIRACKI made an auspicious cross country debut for 1975 at the USTFF regional at El Dorado Park. In a very high quality field, Dave whipped previously unbeaten Tom Steiner with a strong kick in the last half-mile, running a fine 29:11 for 6 miles on a flat but soggy course.

Now the focus turns to the California team championships in Santa Maria on November 8th, and the SPA AAU team championships at Long Beach State on November 15th.

The prospects for another SPA AAU team championship look bright with the likes of DAVE BABIRACKI, JON SUTHERLAND, CARL SMITH, CHARLIE HORN, MARK COVERT, MARK KENNEDY, plus new members BILL SCOBHEY and RAY HUGHES. Conceivably, SFVTC could become the best California cross country team.

All members interested in competing at these meets are reminded to contact Laszlo Tabori or Dave Babiracki for the open division, and Earl Rippee for the Masters division.

NEW MEMBERS

Some of the top distance runners in Southern California have joined SFVTC in recent weeks and we welcome them with open arms.

BILL SCOBHEY is a familiar face in SPA running circles. Just turned 30 this year, Bill has a 4:03 mile, 13:32 3-mile, and 28:22 six-mile to his credit as well as a sensational 2:15:21 marathon effort. Welcome, Bill.

RAY HUGHES 36, has run a 28:37.6 6-mile, and a 2:21:45 marathon and is eating up the sub-masters, 35-39 division.

HEATHER TOLFORD 17, is a top, improving young runner with times of 5:19-mile, 12:01-2-mile, and 18:14 3-mile to her credit.

LEAL-ANN REINHART 28, has run a 39:42 10km.

LIST OF NEW MEMBERS

Bill Chapman
4340 Ledge Ave.
North Hollywood 91602
761-6101
1-15-27

Herb Honor
22445 MacFarlane Drive
Woodland Hills 91364
348-5162; 886-2211
6-20-31

Ray Hughes
P.O. Box 1372
Mt. Baldy 91759
(714) 985-9185
1-26-39

John O'Sullivan
20716 Burbank Blvd.
Woodland Hills 91364
346-6939
3-27-37

Leal-Ann Reinhart
11915 Goshen Ave. #2
Los Angeles 90049
820-5168
10-11-47

Ernie Portillo
8461 Casaba Ave.
Canoga Park 91306
341-6971
1-8-37

Bill Scobey
6221 Bristol Rd.
Ventura 93003
(805) 647-7343; (213) 344-5324
3-13-45

Heather Tolford
22430 Domingo Rd.
Woodland Hills 91364
348-3127
3-27-58

Mike O'Sullivan... 9-10-65
Tom O'Sullivan ... 11-10-67
Marie O'Sullivan.. 2-24-70
20716 Burbank Blvd.
Woodland Hills 91364
346-6939

1975 AAU MASTERS TRACK AND FIELD CHAMPIONSHIPS - WHITE PLAINS, N.Y. - AUG. 8-10.

1975 1ST WORLD MASTERS TRACK AND FIELD CHAMPIONSHIPS - TORONTO, CANADA - AUGUST 11-16.

IA (40-44)
 100m(w), Whilden (unat) 10.7, 200, Thomas (NYPC) 22.3, 400, Thomas 51.4, 800, Richardson (unat) 1:58.7, 1500, Thomas' (Aus) 3:58.2, 2, Higdon (Ind Strid) 4:06.1, St. MacDonald' (NZ) 9:29.8, ... 3, Shettler (WVJS) 9:45.6, 5000, Thomas' 14:49.8, 2, Higdon 15:13.4, 10,000, Harland' (GB) 32:19.0, 2, Noreen (unat) 32:31.8, 5000W, Thorpe' (GB) 23:18.2, 2, Reed' (NZ) 23:52.8, ... 4, Irwin (AAVAL) 24:21.0, 110HH, Burger' (S Afr) 15.2, 2, Jackson (CDM) 15.9, 400H, Shettler' (GB) 59.4, ... 4, Parish (Sr TC) 60.7.
 HJ, Petterson' (Swe) 8-6; 2, Langenfeld (unat) 8-0, PV, Lunn' (S Afr) 11-0, ... 3, Fitzhugh (USMITT) 10-6, LJ, Jackson 20-8 1/2, TJ, Jackson 43-7, SP, McComas (unat) 53-3 1/2, DT, McComas 154-9, HT, Payne' (GB) 200-0, 2, Black (unat) 165-8, JT, Conley (WVTC) 221-11, Pent, Conley 2926.

IIB (45-49)
 100m(w), Greenwood (Sr TC) 11.4, 200, Greenwood 23.2, 400, Greenwood 52.0, 800, Smith (unat) 2:08.9, 1500, Jernhester' (Swe) 4:18.2, 2, Rubin (Cap TC) 4:28.5, St. Stock (SDTC) 10:50.0, 5000, Munde (SMTC) 15:55.8, 10,000, Sapienza (BAA) 34:09.2, 5000W, Kelly (BHS) 24:10.6, 110HH, Greenwood 15.3, 400H, Greenwood 58.7.
 HJ, Austin (CDM) 5-8, PV, Donley (unat) 12-0, LJ, Schnegal (CDM) 19-4 1/2, TJ, Davison (CDM) 40-3, SP, Hawke (SDTC) 37-7, DT, DuPlessis' (S Afr) 137-11, 2, Hawke 123-11, HT, Mullins' (Aus) 172-10, 2, Backus (NYAC) 170-9, JT, Wallace (Sr TC) 154-7, Pent, Hawke 2278.

IIA (50-54)
 100m(w), Stolpe (CDM) 11.5, 200, Stolpe 23.9, 400, Stolpe 54.8, 800, Fitzgerald (Sr TC) 2:03.8, 1500, Bryant (Sr TC) 4:27.9, St. Gaeton (Ket Strid) 11:55.0, 5000, Brown' (GB) 18:14.0, 2, O'Neil (SFOC) 18:19.5, 10,000, O'Neil 34:46.8, 5000W, Mimm (unat) 26:37.0, 110HH, Bertlett' (Aus) 17-2, 2, Roemer (Sr TC) 18.8, 400H, Ambrose (CDM) 58.2.
 HJ, Bertlett' 8-4; 2, Simmons (unat) 5-4, PV, Morcom (Phil Mas) 11-0, LJ, Moxson 17-1 1/2, TJ, Lukert (Bry Chi) 34-10 1/2, SP, Ker (CDM) 50-10 1/2, DT, Ker 149-0, HT, Petterson (unat) 106-5, JT, Pavulins' (Aus) 150-0, ... 3, Ruckert (unat) 137-3, Pent, Roemer 1992.

IIB (55-59)
 100m(w), Guidet (CDM) 12.2, 200, Guidet 24.5, 400, Guidet 57.4, 800, Stavens' (Aus) 2:17.1, 2, Fairbank (USMITT) 2:17.9, 1500, Gilmour' (Aus) 4:41.0, 2, Sheehan (Shore AC) 4:45.7, St. Long (BHS) 12:13.0, 5000, Gilmour' 16:25.8, 2, Olsson (SMTC) 17:57.0, 10,000, Gilmour' 35:06.4, 2, Lafferty (SDTC) 37:36.2, 5000W, Johnson (Shore AC) 27:09.0, 110HH, Reiser (SDTC) 20.3, 400H, Guidet 68.6.
 HJ, Gist (CDM) 5-4, PV, Vernon (unat) 9-6, LJ, Farrell (CDM) 15-6 1/2, TJ, Farrell 35-9 1/2, SP, Heintz (CDM) 43-8 1/2, DT, Aldrich (CDM) 139-7, HT, McDermott (Mad YC) 133-5, JT, Morales (CDM) 144-6, Pent, Morales 1627.

IIA (60-64)
 100m(w), Sjostrand (BHS) 13.6, 200, Sjostrand 25.9, 400, Sjostrand 53.7, 800, Andberg (TCTC) 2:27.2, 1500, Andberg 5:04.0, St. McTernahan (USMITT) 11:56, 5000, Andberg 18:44.6, 10,000, Wall (Ind Str) 40:28, 5000W, Medeiros (unat) 27:31, 110HH, Braceland (Phil Mas) 19.2, 400H, Braceland 75.8.
 HJ, Hume' (Can) 4-10 1/2, 2, Neuhof (unat) 4-8, PV, Deacon (Haw Mas) 11-6, LJ, Satti (NCSTC) 15-8 1/2, TJ, Teresi' (Japan) 34-4, 2, Damski (S Fern TC) 31-6 1/2, SP, Maksimczyk' (GB) 39-6, 2, Montgomery (CDM) 38-2, DT, Maksimczyk' 135-6, 2, Schroder (unat) 109-9, HT, Fraser' (GB) 143-6, ... 3, Fowler (unat) 123-2, JT, McMahon (SDTC) 122-9, Pent, Braceland 1441.

IIB (65-69)
 100m(w), Williams' (Aus) 13.0, 2, Carnine (NCSTC) 13.5, 200, Williams' 27.9, 2, Carnine 28.3, 400, Kline (Rich TC) 65.1, 800, Kline 2:32.8, 1500, Jenkinson' (Aus) 5:03.3, 2, Essig (unat) 5:26.3, St. Carmichael (SFOC) 16:27, 5000, Heiketh' (Aus) 20:05.4, 2, Essig 20:23.0, 10,000, Heiketh' 42:02, 110HH, Lacey (NYPC) 22.5, 400H, Lacey 82.9.
 HJ, Lacey 4-2, PV, Brosz' (Can) 8-6, LJ, Caruso (Sr TC) 10-5 1/2, TJ, Caruso 27-9 1/2, SP, Pugjzovich (NCSTC) 28-5, DT, Carnine 105-4, HT, Hubbell (Sr TC) 102-7, JT, Dunham (unat) 107-3, 2, Carnine 107-2, Pent, Carnine 1258.

IWA (70-74)
 100m(w), McFadden (SDTC) 14.4, 200, McFadden 31.0, 400, Chapson (Haw Mas) 59.9, 800, Chapson 2:42.4, 1500, Chapson 5:21.1, 5000, Healy (Canton RR) 25:44, 400H, Anderson (unat) 1:52.3.
 HJ, McFadden 3-9, LJ, McFadden 13-3, TJ, McFadden 28-1, SP, Herrmann (CW) 26-4, DT, Herrmann 102-0, HT, Herrmann 97-0, JT, Anderson (unat) 72-9, Pent, Anderson 426.

IVB (75 & Over)
 100m(w), Okada' (Japan) 15.1, 400, Spangler (S Lus DC) 58.7, 800, Spangler 2:27.7, 1500, Spangler 6:33.9, 5000, Spangler 23:30, 10,000, Spangler 54:47.
 HJ, Westbrook (unat) 3-6, LJ, Westbrook 11-8 1/2, TJ, Westbrook 23-3 1/2.

IA (40-44)
 100m, Baker (US) 11.1, 2, Taylor (GB) 11.1, 200, Garbisch (WG) 22.7, 2, Scott (GB) 400, Garbisch 50.7, 2, Leroy (GB) 51.1, 800, Means (US) 2:00.2, 2, Roberts (Aus) 2:00.4, 1500, Thomas (Aus) 3:59.5, 2, Roberts 4:01.3, 3000, Thomas 8:26.7, 2, MacDonald (NZ) 8:42.4, St. Higdon (US) 9:18.6, 2, Worling (Aus) 9:22.4, 5000, Fowler (GB) 14:52.0, 2, Harland (GB) 15:06.0, 10,000, Fowler 31:19.6, 2, MacDonald 31:49.6, 10kCC, Fowler (GB) 32:51, 2, MacDonald (NZ) 33:44, Mar, Austin (US) 2, Nikula (Finl) 110HH, Marlen (Bel) 14.7, 2, Jackson (US) 15.8, H, Shatto (GB) 60.0, 2, Burger (S Afr) 60.3, 25kW, Thorpe (GB) 2:02.45, 2, Farrelly (Can) 2:07:32.
 HJ, Petterson (Swe) 6-4 1/2, 2, Boler (WG) 5-7, PV, Kestic (Can) 14-6, 2, Mulkey (US) 12-9 1/2, LJ, Jackson (US) 20-10 1/2, 2, Marlen (Bel) 20-1 1/2, TJ, Jackson 44-8 1/2, 2, Andrews (US) 44-3 1/2, SP, McComas (US) 53-3, 2, Clark (GB) 52-9, DT, McComas 163-8, 2, Potich (Aus) 157-11, HT, Payne (GB) 207-5, 2, Potich 200-11, JT, Conley (US) 206-0, 2, Youngs (US) 185-7, Pent, Conley 2704, 2, Lawson (US) 2641.

IIB (45-49)
 100m, Greenwood (US) 11.6, 2, Melendez-Duke (Can) 11.7, 200, Greenwood 23.8, 2, Dawkins (US) 24.3, 400, Cheek (US) 52.9, 2, Chandra (Sing) 53.3, 800, Vagymyr (Nor) 2:02.6, 2, Simpson (GB) 2:03.2, 1500, Hughes (GB) 4:15.3, 2, Simpson (GB) 4:15.7, 3000, Hughes 9:11.8, 2, Beatty (Can) 9:22.0.
 St. Jernhester (Swe) 10:28.0, 2, Stock (US) 10:50.0, 5000, Jernhester 16:25.0, 2, Smith (US) 16:41.8, 10,000, Franklin (GB) 40:01.6, 2, Hermalind (Swe) 35:21.2, 10kCC, Taylor (Can) 35:50, 2, Jernhester 36:38, Mar, Walselm (GB) 2, Taylor (Can), 110HH, Greenwood (US) 15.6, 2, Wallace (US) 17.8, 400H, Greenwood 57.8, 2, Wallace 63.1, 25kW, Oakley (Can) 2:06:26, 2, Kelly (US) 2:13:48.
 HJ, Austin (US) 5-5, 2, Gustavson (Swe) 5-3, PV, Ruth (Can) 14-0, 2, Donley 11-11 1/2, LJ, Davison (US) 21-4 1/2, 2, Guardia (Ven) 20-3 1/2, TJ, Guardia 41-10 1/2, 2, Davison 40-5 1/2, SP, Pawelich (Can) 41-1 1/2, 2, Hawke (US) 38-8 1/2, DT, Duplessis (S Afr) 147-8, 2, Pawelich 138-8, HT, Mullins (Aus) 176-0, 2, Backus (US) 169-3, JT, Werner (Can) 179-0, 2, Grayburn (NZ) 174-2, Pent, Bart (Swe) 2249, 2, Hawke 2214.

IIA (50-54)
 100m, Stolpe (US) 11.7, 2, Stein (GB) 12.1, 200, Stolpe 24.7, 2, Roemer (US) 25.4, 400, Stolpe 55.1, 2, Paterbaugh (US) 57.9, 800, Fitzgerald (US) 2:01.9, 2, Paterbaugh 2:08.2, 1500, Fitzgerald 4:23.4, 2, Orr (Aus) 4:28.6, 3000, Orr 9:22.2, 2, Boutard (Frl) 9:33.8
 St. Orr 10:36.6, 2, Kystac (Nor) 11:20.4, 5000, Orr 16:41.0, 2, O'Neil (US) 16:50.8, 10,000, Vande Wattyne (Bel) 36:01.6, 2, Rabelle (US) 36:17.2, 10kCC, Vande Wattyne 36:53, 2, Olsson (Swe) 37:21, Mar, Carlsson (Swe), 2, Rabelle (US) 110HH, Fiedeli (Fr) 15-9, 2, Bartlett (Aus) 18-2, H, Sheppard (Aus) 65-3, 2, Fiedeli 55.4, 25kW, Souerlund (Swe) 2:15:38, 2, Fottage (Aus) 2:16:47.
 HJ, Bertlett (Aus) 5-2 1/2, 2, Simmons (US) 5-2 1/2, PV, Brown (US) 10-8, 2, Bartlett 9-8 1/2, LJ, Morcom (US) 18-3 1/2, 2, Gott (Aus) 17-1 1/2, TJ, Bartlett 36-1, 2, Lukens (US) 35-10 1/2, SP, Hombrecher (WG) 57-7 1/2, 2, Ker (US) 50-11 1/2, DT, Juppala (Finl) 169.4, 2, Hombrecher 158.2, HJ, Vanhegan (GB) 133-9, 2, Frawley (Aus) 113-1, JT, Mikatsons (Can) 155.4, 2, Pavulins (Aus) 144-11, Pent, Roemer (US) 2007, 2, Simmons (US) 1952.

IIB (55-59)
 100m, Guidet (US) 12.1, 2, Dillon (Can) 12.6, 200, Guidet 25.3, 2, Dillon 26.8, 400, Guidet 57.4, 2, Halpin (US) 50.0, 800, Stevens (Aus) 2:21.3, 2, Halpin 2:21.8, 1500, Eivland 4:28.2, 2, Halpin 2, Halpin 4:51.3, 3000, Gilmour (Aus) 9:18.0, 2, Herman (US) 10:19.8.
 St. Eivland 11:43.6, 2, Herman 12:15.0, 5000, Gilmour 17:02.0, 2, Herman 17:46.4, 10,000, McGrath (Aus) 34:05.4, 2, Herman 36:22.0, 10kCC, Herman 39:10, 2, Warren (US) 40:24, Mar, McGrath (Aus), 2, Buckingham (GB) 110HH, Gist (US) 18.9, 2, Guidet 19.2, H, Guinet 67.9, 2, Reiner (US) 74.0, 5kW, Gould (Can) 25:44.4, 2, Svensson (Swe) 26:15.6, 25kW, Gould 2:19:33, 2, Svensson 2:25:21.
 HJ, Gist (US) 5-2 1/2, 2, Gillett (US) 5-3 1/2, PV, Vernon (US) 11-2, 2, Gillett (US) 10-2, LJ, Farrell (US) 16-4, 2, Ludwig (WG) 16-1, TJ, Farrell (US) 35-4 1/2, 2, Hatteland (Nor) 33-4 1/2, SP, Heard (US) 44-7, 2, McDermott (US) 43-5 1/2, DT, McDermott 133-9, 2, Heard 113-2, HT, McDermott 129-8, 2, Heard 103-0, JT, Morales (US) 158-9, 2, Aldrich (US) 148-5, Pent, Morales 1789, 2, Huseny (US) 1243.

IIIA (60-64)
 100m, Brange (Swe) 12.9, 2, Duncan (Can) 12.9, 200, Sjostrand (US) 27.2, 2, Duncan 27.5, 400, Sjostrand 50.2, 2, Batt (GB) 63.2, 800, Isman (Tur) 2:23.9, 2, Stranhage (Swe) 2:25.3, 1500, Ansborg (US) 5:01.3, 2, Rolis (GB) 5:24.9, 3000, Andberg 10:46.9, 2, Isman 10:51.8.
 St. Boal (US) 12:33.6, 2, Goodnow (US) 15:33.0, 5000, McMinis (GB) 18:26.4, 2, Silveira (Bra) 19:42.6, 10,000, McMinis 38:17.0, 2, Silveira 40:50.2, 10kCC, McMinis 41:03, 2, Wallace (GB) 44:36, Mara, Porteous (GB), 2, Wall (US), 110HH, Braceland (US) 20.2, 2, Nichols (US) 20.7, H, Braceland 72.9, 2, Deacon (US) 73.9, 5kW, Horsley 2:29:34, 2, Mueller (WG) 2:40:28, HJ, Hume (Can) 4-9, 2, Damski (Can) 4-7 1/2, PV, Hume 9-2 1/2, Braceland 8-0 1/2, LJ, Schneider (WG) 16-0 1/2, 2, Lash (WG) 15-11, TJ, Hume 34-3 1/2, 2, Damski 33-2 1/2, SP, Marsmichick (GB) 39-3, 2, Schneider 39-3, DT, Marsmichick 140-3, 2, Fanning (US) 123-1, HT, Fraser (GB) 146-0, 2, Montgomery (US) 126-6, JT, McMaher (US) 124-0, 2, Schneider 122.6, Pent, Schneider 1472, 2, Braceland 1169.

IIB (65-69)
 100m, Caruso (US) 13.6, 2, Carnine (US) 13.6, 200, Carnine 29.6, 2, d'Elis (US) 29.8, 400, Kline (US) 65.8, 2, Carnine 69.0, 800, Bright (US) 2:27.2, 2, Jenkinson (Aus) 2:30.6, 1500, Bright 4:59.8, 2, Jenkinson 5:13.0, 3000, Jenkinson 10:52.0, 2, Bright 10:54.0.
 St. Bright 12:24.8, 2, Carmichael (US) 17:07.0, 5000, Jensen (Swe) 19:04.2, 2, Nordin (Swe) 20:05.0, 10,000, Jensen 39:16.0, 2, Hesketh (Aus) 42:58.0, 10kCC, Jensen 42:08, 2, Bright 42:56, Mara, Haiho (Finl), 2, Bole (US), 110HH, Lacey (US) 23.0, 2, MacConaghy (US) 24.3, HJ, Lacey 84.5, 2, Hines (GB) 94.6, 5kW, Smith (GB) 29:57, 2, Unruh (US) 32:12, 25kW, Smith 2:37:20, 2, O'Neil (US) 2:49:26.
 HJ, Reiser (WG) 4-3 1/2, 2, Bierlein (US) 4-1 1/2, PV, MacConaghy 8-0 1/2, 2, Westbrook (US) 6-4 1/2, LJ, Caruso 12:10 1/2, 2, Reiser 12:0 1/2, TJ, Caruso 28:19, 2, McFadden (US) 27:11 1/2, SP, Resell (Nor) 33-3 1/2, 2, Lonitz (WG) 32-4 1/2, DT, Carnine 110-3, 2, Resell 99-8, HT, Reiser 108-0, 2, Hubbell (US) 107-3, JT, MacConaghy 113-5, 2, Carnine 109-9, Pent, Carnine 1161, 2, Brosz (Can) 340.

IV (70 & over)
 100m, McFadden (US) 14.6, 2, Lum (US) 15.0, 5000, Barlow (Aus) 21:06.4, 2, White (GB) 24:22.8, 10kCC, Hirsch (US) 47:11, 5kW, Roberts (GB) 28:09, 2, Bruun (Nor) 31:42, 25kW, Roberts 2:37:56, 2, Theobald (Aus) 2:48:43, SP, Posiluchni (WG) 41 1/2, 2, Herrmann (US) 37-1 1/2, DT, Herrmann 112-9, 2, Cullen (GB) 96-0, 1]



1975

OFFICIAL ENTRY BLANK

SOUTHERN PACIFIC ASSOCIATION A.A.U.
WOMEN'S LONG DISTANCE RUNNING MEETS

SANCTIONS: Southern Pacific Association of the A.A.U.

LDR CHAIRMAN: Dave Japs, 835 Oakdale, Rialto, CA. 92376. Tel. (714) 875-8047

SCHEDULE: Each meet director will send out an information sheet about his meet detailing starting times, types and total number of races, entry fees, awards, and directions to the course site. This schedule is subject to change and is not good for meets outside the Southern Pacific Association and the September 7th meet (*).

DATE	MEET	SITE	MEET DIRECTOR
Sept 6-Sat	Orange County Blue Angel	Laguna Niguel Park	Joe Salcido (714) 556-1513
*Sept 7-Sun	Japanese Optimist	Griffith Park	Fred Honda (213) 485-4871
Sept 13-Sat	Long Beach Run	39th Pl. & Ocean Ave.	Ken Karnes (213) 431-7096
Sept 20-Sat	Patriots Invitational	Laguna Niguel Park	Bob Glazier (714) 586-1858
Sept 27-Sat	South Bay Striders	Harbor Regional Park	Jim Folkens (213) 543-3178
Oct 4-Sat	Blue Angel Invitational	Mile Square Park-F.V.	Don De Noon (714) 894-8041
*Oct 11-Sat	Reedley Road Run	Reedley (Downtown)	Lloyd Geist (209) 638-2604
Oct 12-Sun	Quad Cities Invitational	Stevenson Ranch	Jim Allen (714) 626-8054
Oct 19-Sun	So. Calif. Cheatah Inv.	Mt. Sac College	Bill Petersen (714) 599-4569
Oct 25-Sat	Rialto Distance Carnival	Parris Hill Park, S. Bern.	Bruce Hammerstein (714) 875-2092
Nov 1-Sat	Ventura Invitational	Arroyo Verde Park	John Corcoran (805) 644-3283
Nov 9-Sun	SPA District Champs.	Glen Helen Park	Bill Petersen (714) 599-4569
Nov 16-Sun	Calif. State Champs.	Mile Square Park-F.V.	Don De Noon (714) 894-8041
Nov 22-Sat	SPA Jr. Olympics Champs.	Nordoff H S., Ojai	Marty Young (805) 646-7116
*Nov 29-Sat	National AAU Champs.	San Mateo	Harmon Brown (415) 341-5726
Dec 6-Sat	Jr. Olympics Champs. (Reg.13)	Mt. SAC	Dave Japs (714) 875-8047
Dec 7-Sun	SPA Marathon Champs.	Culver City	Dave Japs (714) 875-8047
*Dec 13-Sat	National Jr. Olympic Champs.	Houston, Texas	Jerry Montgomery (713) 492-1568

AGE CLASS: An athlete's age on January 1, 1975, determines what age division she must compete in. Exception: an athlete that becomes 14 years of age after January 1, 1975, may compete in one of the over 14 age divisions if she wishes to. However, once she has competed in one of those age divisions, she cannot compete in the youth (12-13) Age Group Division again. Unless otherwise indicated on meet information sheets, the standard race divisions will be: Masters (30 & Over); Senior Women (14 & Over); Junior Women (14-18); Intermediate (14-15) Age Group; Youth (12-13) Age Group; Midget (10-11) Age Group; and Bantam (9 & Under) Age Group. Some Open (Novice) races will be conducted. Entry fees for Open races will be collected at the starting line (50¢).

REGISTRATION: All competitors must have a valid 1975 AAU card to compete. AAU cards can be purchased at the meet site.

ENTRY DEADLINE: Entries must be postmarked no later than the TUESDAY prior to the scheduled meet.

TEAM SCORING: Teams may consist of no less than five (5) or more than eight (8) athletes. The first five (5) to finish will count in team scoring with low score winning. All competitors in a race are given points.

OPEN RACES: Open (Novice) races will also be conducted at the meets for non long distance and beginning runners. Race distances will usually be one (1) mile. No pre entry is required and competitors will pay 50¢ at the starting line.

WAIVER: (Applicable to all entrants listed herein). In consideration for my entry being accepted, I intend to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages, which I may have or which may hereafter accrue to me against the Amateur Athletic Union of the United States, the Southern Pacific Association of the AAU, sponsors of sanctioned 1975 Women's long distance running meets in the Southern Pacific Association, their agents, representatives, successors and/or assigns for any and all damages which may be sustained and suffered by me in connection with my association with or entry in any event and for arising out of my traveling to, participating in, and returning from sanctioned 1975 Women's long distance running meets held in the Southern Pacific Association of the AAU.

CERTIFICATION: The undersigned hereby certifies that the athletes being entered in this competition are: (1) medically adjudged to be female, (2) properly registered with (or certified by) the AAU, (3) competing in the proper age division, (4) physically sound and fit to compete in their event.

Signature of Coach/Team Official _____ Date _____

Address _____ Club _____

Telephone _____

INSTRUCTIONS: On the backside list meet entered, team name, athlete's name and AAU number. Label each column with an age division race. Put an (X) in the appropriate column to indicate what race the athlete has entered. Be sure to indicate in the far right hand column whether the runner is on the "A", "B", or "C" team.

1975 MASTERS AND SUBMASTERS
WESTERN REGIONAL CROSS COUNTRY
CHAMPIONSHIPS

10:00 A.M. Saturday, November 22, 1975
Coyote River Park, San Jose, California

This is your invitation to compete in the 1975 Western Regional Masters and Submasters Cross Country Championships on Saturday, November 22, 1975. They will be run at 10:00 A.M. at Coyote River Park on a new course generally parallel to the river and involving one substantial hill and four water fordings.

The championships are open to all persons 30 years of age or older (as of Nov. 22). The format is to be a single race of 10,000 meters with age divisions of five-year increments for men and ten-year increments for women.

This race is to be operated in the form of an invitational meeting presented by myself, as meet director, to anyone over the age of 30 who wishes to enter. It does not have AAU sanction. Further, I am announcing my resignation as Chairman of the AAU Western Masters. I have created a bank account in the name of WESTERN MASTERS and will handle all meet funds through that account. The body of this paper will attempt to explain the reasons behind these actions and propose the creation of U.S. MASTERS ATHLETICS PROGRAM independent of the AAU.

I, like many of you, am a busy person actively engaged in making a living within one of the professions (engineering) and find myself rapidly approaching middle age totally over committed in life. I don't really have adequate time to perform my full Masters commitments properly. So far, that has been beside the point. I've tried to get the job done anyway. The thing I absolutely will not do is waste unreasonable amounts of time embroiled in senseless jurisdictional disputes within the structure of various committees of AAU Athletics. I don't care whether they will let women compete in our meets, or whether it is allowable for us to invite submasters to compete, or whether we can call the winners of these groups champions, or whether our regional areas coincide with LDR's sectional areas (or what the hell you call them for that matter), or whether we got approval of the national committee to have these meets, or whether a particular association bid for this championship or that championship, or whether we are to be forced to charge a \$2 entry fee (which is supposed to be turned over to a National AAU Committee in some cases) and be left with an amount totally inadequate to run a particular event, or whether we choose to divide ourselves by five year divisions instead of the AAU Code Book specified ten year groupings (for LDR), or whatever else they decide to throw at us next.

Simply put -- they can stick the whole mess in their collective ear. The point the hierarchy of the AAU seems totally unaware of is that we need or want all this like another hole in the head. The only hold the AAU has over any athlete is that they may bar him or her from AAU competition or not issue a travel permit when requested. The fact that we competed without such documents at Toronto and run our own meetings will serve to illustrate how little we need be concerned about that kind of pressure. Incidentally, if you have never seen a travel permit request form you ought to look at one just to gain perspective. They are clearly the most demeaning objects a mature, law abiding person will ever be subjected to in these United States of America.

At one time or another I have run afoul of every point made in the above paragraph and somehow managed to find a way through the difficulties and do the thing that is important -- namely put on the meet in question. However, with this one that just has not proven possible. I'll not bore you with all the gory details but the final result is that in order to get a meet sanction I would have had to have had age groups of 40-49, 50-59, 60-69 and 70 and over and been forced to exclude our submaster and women competitors altogether. Most of our clubs have gone to great trouble to attract valued members in these categories and I am unwilling to discard them for the sake of expediency. Further, having ten year age groups amounts to one giant step backward -- one that I am unwilling to take. Masters athletics has come too far to put up with this sort of thing any longer.

Therefore, I propose that we transfer our existing national and regional officers and very loose structure from under the jurisdiction of the AAU Men's Track and Field Committee to our own jurisdiction and invite anyone who qualifies age wise to compete in any event within the area of Athletics (Track and Field, Long Distance Running and Race Walking) without any further qualification or red tape. Further, I offer the proposed set of By-laws to govern (and frankly, restrict) the actions of our leadership to those which are to our liking and are therefore likely to build our sport the way we (the athletes) want it.

If such action is taken I would urge all of our leadership to unite and form a cohesive group -- ready, willing, and able to make this operation run. I for one hereby volunteer to take my corresponding position and do whatever else I can to help make it a success.

* * * Proposed * * *

BY-LAWS FOR THE U.S. MASTERS COMMITTEE FOR ATHLETICS

I. NATIONAL COMMITTEE

A. Functions

1. To develop and implement the National Masters Program
2. To approve National Masters Records
3. To establish avenues of responsiveness to the wishes of Masters Athletes.
4. To sanction National and publicize Regional and National Masters events.
5. To certify U.S. Masters Athletes for International Competition.
6. To publish World and National Masters Records and Regional, National, and International Masters Meet Results regularly.
7. To levy reasonable assessments to implement the above.

B. Composition

1. Chairman
2. Vice-Chairman
3. Secretary-Treasurer
4. Regional Chairmen
5. Most recent Past Chairman
6. Such committee chairmen as shall be appointed by the chairman to implement the functions listed above.

II. REGIONAL COMMITTEES

A. Functions

1. To develop and implement Regional Masters Programs.
2. To approve Regional Masters Records.
3. To sanction Regional and publicize Regional and Local Masters Events.
4. To publish Regional Masters Records and the results of Local and Regional Masters Events.
5. To levy reasonable assessments to implement the above.

B. Composition

1. Chairman
2. Vice-Chairman
3. Secretary-Treasurer
4. Local Chairmen
5. Most recent Past Chairman
6. Such committee chairmen as shall be appointed by the chairman to implement the functions listed above.

C. Areas

1. **Eastern:** Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, New York, New Jersey, Delaware, Pennsylvania, Maryland, and District of Columbia.
2. **Southeastern:** Virginia, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Louisiana, Tennessee, and West Virginia.
3. **Mid-Western:** Ohio, Kentucky, Indiana, Illinois, Wisconsin, and Michigan.
4. **Mid-American:** Minnesota, Iowa, Missouri, Arkansas, Oklahoma, Kansas, Nebraska, North Dakota, and South Dakota.
5. **Southwestern:** Texas and New Mexico.
6. **Northwestern:** Montana, Wyoming, Colorado, Utah, Idaho, Oregon, Washington, and Alaska.
7. **Western:** Arizona, California, Nevada, Hawaii and Guam.

III. LOCAL COMMITTEES

A. Functions

1. To develop and implement Local Masters Programs.
2. To promote Masters Clubs.
3. To sanction and publicize Local Meets.

B. Composition

1. Chairman
2. Such other members necessary to implement the functions listed above.

IV. MEETINGS

Meetings shall be held in conjunction with championship events at all levels. These meetings will be open to all athletes present and committee persons will be accountable to the athletes present. Other meetings will occur as required and by whatever means possible in order to conduct the day to day business of Masters Athletics.

V. SELECTIONS

Committee persons, general interest sports rules, and future meet sites will be selected by popular vote of those athletes assembled at the meetings. Special interest sports rules will be selected by popular vote of those athletes within said special interest groups assembled at the meetings. (I.e., Group 3 weightmen shall decide for themselves what implements they wish to use.)

VI. RULES

To compete as a Master or Sub-Master any athlete need only provide evidence of his birthdate in order to qualify for inclusion in a particular age division. A meet director may require a medical/legal release and reasonable fee from an athlete as a condition for entry into any sanctioned competition.

VII. DIVISIONS:

Masters and Sub-Masters competition shall be by age and sex groupings as follows:

Men			
0A: 30 - 34		0W: 30 - 39*	
0B: 35 - 39	Submaster	1W: 40 - 49	
1A: 40 - 44		2W: 50 and	
1B: 45 - 49		over	
2A: 50 - 54			
2B: 55 - 59		* Note: 30-34	
3A: 60 - 64		is Submaster by	
3B: 65 - 69		international	
4A: 70 - 74		rules adopted at	
4B: 75 - 79		Toronto, Can., '75	
5:	Special competitions by invitation as deemed worthy by meet directors.		

Meet directors may combine divisions as required to facilitate competition but the intent is to promote Masters athletics to the point where peer age/sex groupings are possible at all levels.

The basic intent of these by-laws is to promote a continuing U.S. Masters Athletics program that is as unstructured as possible and one that is run by the athletes themselves as they see fit when they see fit. By requiring each level to publicize the next lower level's events it is hoped that illogical calendar (and other) conflicts will be avoided by mutual consent instead of by the rigid formal procedures we are all too familiar with. Similarly, by making our officers directly accountable to the athletes, it is hoped that said officers will also be competitors first and therefore be responsible to our needs as opposed to their iron fist, uncompromizing counterparts found in all too many places within the AAU structure.

Many of you have asked those of us who have donated time, money, and effort toward the Masters program what you could do to show your appreciation. Now is the time that you can do something for me. I need your support in this matter. I am sending this entry form and attending statement all over the country in the hopes of creating a unified body supporting these proposals. The evidence of such support I am asking for is that each of you that can march to the tune played here-in will execute the entry form and at least send the \$3.00 donation portion of our entry fee. By doing so you will place your name on a U.S. Masters mailing list as well as cast your vote for what has been proposed. Funds generated in excess of the meet expenses will be used first to correct negative cash flow in the AAU Western Masters. These dollars are presently tied up in excess awards bearing the designation AAU. Secondly, they will be used to create working capital for the National and Regional committees. Your early entry will be very much appreciated.

Actually, I hope as many of you as possible will come to San Jose and run in this meet. If you do you will find a good course with friendly overseers (Santa Clara County Parks and Recreation Department), competition in all 11 age groups, outstanding medals, championship patches, and a picnic following the race. If 1000 or more of you enter, the facility can handle the load. We will just run heats by age groupings as the course does not retrace itself and heats can be run with 20 minute intervals between starting times. The marshalling and picnic area will be in a section of this huge park called "Peace Park" on Coyote Road just southeast of US 101 about 2 miles north of Ford Road. Course and location maps will be included with entry confirmation. If you have not received your confirmation by Nov. 17th please contact me prior to Thursday, Nov. 20.

The founding meeting will be at the picnic mentioned above. Please plan to attend if you wish to contribute your thoughts.

SPECIAL INFORMATION

Fees: The entry fee is \$2.00 plus a donation of \$3.00 for a total of \$5.00. There will be no spectator fee.

Entry Deadline: 6:00 P.M., Monday, Nov. 10, 1975

Make Checks Payable to: WESTERN MASTERS

Please mail entries to: Ed Phillips, Meet Director
Western Regional Championships
P.O. Box 1267
Los Altos, California 94022

Registration: Registration will be at Peace Park,
8:00 A.M. to 9:30 A.M. on November 22nd.

"It is not the critic who counts; not the one who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the one who is actually in the arena; who strives again and again; who knows the great enthusiasm and the great devotion and spends himself in a worthy cause; who, at the best, knows in the end the triumph of high achievement; and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat." -- Theodore Roosevelt

THE SAN FERNANDO VALLEY TRACK CLUB is a group of men and women of all ages whose purpose is to promote and participate in amateur track and field events, and to encourage exercise programs for health, fun and friendship.

Under the direction of Coach Laszlo Tabori, former Olympian and sub-four-minute-miler, members run together on Tuesday and Thursday from 5:00PM to 7:30PM, and most Saturdays from 2:00PM to 4:30PM, at Los Angeles Valley College, 5800 Fulton Avenue, Van Nuys, California.

Meetings of the club, where members may meet one another in a body, and promote good fellowship, are held on the final Thursday of each month at 7:30PM in bungalow 45 on the Valley College campus.

The club offers discounts on equipment to members. It publishes a monthly newsletter, outlining club activities, summarizing race results and listing upcoming events.

OCTOBER 4, 1975

TRACK

SECOND ANNUAL SANTA BARBARA WINTERMEET

Age 60-64

Hurdles - 1. D. Jackson 13.4; 400 relay - 1. Corone Del Mar 44.4; 100 - 1. P. Neaz 10.4; 2. M. Newton; 3. H. Cobb 48.0 - 1. O. Much 2:19.2; 2. D. Herrmann 2:00 - 1. W. Huxton 2:12; 3. P. Kopp; 3. T. Herrera 12. High jump - 1. B. Evans 5.4; 2. Frankamp; 3. J. Graf. Triple Jump - 1. D. Jackson 41.2; Shot Put - 1. H. Smith 45.1; 2. L. Frankamp; 3. D. Douglas. Long Jump - 1. D. Jackson 58.4; 2. H. Cobb; 3. J. Graf. Hammer - 1. D. Douglas 107.1; Discus - 1. L. Kranskop 184; 2. D. Douglas; 3. H. Smith. Pole Vault - 1. E. Dittmar 11.4; 2. D. Douglas. Javelin - 1. L. Kranskop 111.1.

65-69

Mile - 1. J. Noble 5:14.2; 2. D. Bloderman 1:00 - 1. T. Vick 11.1; 3. E. Sarliana; 3. E. Grimm 1:00 - 1. T. Vick 15.4; 2. W. Wallace 2:04 - 1. J. Noble 11:56. High Jump - 1. E. Austin 5.7; 2. H. Wallace. Triple Jump - 1. S. Davison 40.4; 2. J. Noble 38.3; 3. H. Wallace. Shot Put - 1. S. Lamb 38.2; 2. W. Wallace; 3. E. Grimm. Long Jump - 1. S. Davison 31.11 (world record); Discus - 1. H. Wallace 162; 2. J. Weick; 3. E. Grimm. Pole Vault - 1. D. Dittmar 11.4; 2. D. Douglas. Javelin - 1. J. Weick 113.4; 2. H. Wallace.

70-74

Hurdles - 1. W. Ambrose 15.8; 400 relay - 1. Corone Del Mar 50.5; 400 - 1. T. Clayton 59.9; 100 - 1. W. Ambrose 11.5; 2. D. Venti; 3. R. Baum. 800 - 1. D. Lewis 2:18.8; 100 - 1. D. Venti 16.4; 2. W. Ambrose. Mile Relay - 1. Corone Del Mar 4:21.8; Shot Put - 1. P. Fetter 37.4; 2. R. Baum. Long Jump - 1. W. Ambrose 16.1; Discus - 1. P. Fetter 91.10; 2. R. Baum. Pole Vault - 1.8. Gresh 8.0; 2. T. DeVaeghe. Javelin - 1. P. Fetter 111.1.

55-59

Mile - 1. E. Halpin 5:25.4; 2. F. Reuss. 100 - 1. J. Feron 12.4; 400 - 1. E. Halpin 2:30.1; 2. F. Reuss 2:28 - 1. G. Farrell 10.8. High Jump - O. M. Gillett 5.1; 2. B. Dyle; 3. J. Veran. Shot Put - 1. J. Siefert 39.0; 2. J. Thaler; 3. J. Beckett. Long Jump - 1. G. Farrell 14.5; Discus - 1. J. Beckett 117.7; Pole Vault - 1. J. Veran 11.4; 2. O. M. Gillett. Javelin - 1. J. Siefert 125.3.

60-64

Hurdles - 1. T. Hatten 11.5; Mile - 1. W. Ambrose 7:20.7; 400 - 1. D. Mowrer 1:02.7; 100 - 1. T. Mahan 12.5; 2. D. Mowrer. 2 mile - 1. W. Ambrose 14:31.4. High Jump - 1. T. Hatten 5.4; 2. E. Halpin; 3. D. Mowrer. Triple Jump - 1. J. Denny 31.2; 2. J. Hatten; 3. A. Vesce. Shot Put - 1. T. Montgomery 42.5; 2. J. C. McManis; 3. R. Wolfe. Long Jump - 1. J. Denny 31.2; 2. D. Mowrer; 3. T. Hatten. Hammer - 1. T. Montgomery 124.2; 2. C. McManis; 3. A. Vesce. Discus - 1. C. McManis 128.2; 2. T. Montgomery; 3. A. Vesce. Javelin - 1. E. McManis 120.1; 2. E. Wolfe; 3. A. Vesce.

45-49

Hurdles - 1. R. Hargreaves 11.8; 2. R. Dennis. Mile - 1. S. Madden 5:55.8; 2. R. Williams 4:05 - 1. R. Hargreaves 1:14.9; 100 - 1. J. Caruso 11.7; 2. R. Hargreaves. 200 - 1. R. Hargreaves 21.8; 7 mile - 1. R. Williams 13:27.4; 3. S. Madden. Triple Jump - 1. J. Caruso 29.1; 2. R. Dennis. Shot Put - 1. V. Chae 46.2; 2. E. Lamb; 3. R. Dennis. Long Jump - 1. J. Caruso 14.8 (world record); 2. R. Hargreaves; Hammer - 1. R. Hubbard 104.6; 2. R. Dennis. Discus - 1. V. Chae 112.1; 2. R. Dennis; 3. B. McConaghy. Pole Vault - 1. B. McConaghy 9.4; Javelin - 1. B. McConaghy 119.2; 2. R. Dennis; 3. J. McKnight.

75-79

Mile - 1. H. Dowler 8:22.4; 400 - 1. H. Dowler 1:41.8; 100 - 1. S. Lum 14.8; 2. M. Dowler. 200 - 1. S. Lum 21.4; 2. M. Dowler. 2 mile - 1. H. Dowler 13:24.4. High Jump - 1. P. Stephens 4.0; 2. S. Herrmann. Shot Put - 1. S. Herrmann 46.7; Long Jump - 1. H. P. Stephens 20.5; Herrmann 19.4; (world record); Discus - 1. S. Herrmann 106.26; Javelin - 1. S. Herrmann 45.8.

80-84

Hurdles - 1. B. Crane 24.8; Mile - 1. P. Spangler 7:17.2; 400 - 1. P. Spangler 1:35.8; 100 - 1. B. Crane 14.7; 2. T. Mumbly; 3. P. Spangler. 800 - 1. P. Spangler 7:16.4; 2 mile - 1. P. Spangler 15:16.7; High Jump - 1. B. Crane 3.10; 2. T. Mumbly; 3. J. Whittemore. Triple Jump - 1. B. Crane 27.0; 2. J. Whittemore. Shot Put - 1. B. Crane 30.18; 2. G. Mowrer; 3. J. Whittemore. Long Jump - 1. J. Whittemore 7.10; Hammer - 1. J. Whittemore 71.8; 2. T. Mumbly. Discus - 1. J. Whittemore 14.4; 3. G. Mowrer; 3. B. Crane. Javelin - 1. J. Whittemore 11.4; 2. G. Mowrer; 3. T. Mumbly.

85-89

High Jump - 1. T. O'Conner 24. Shot Put - 1. T. O'Conner 26.11; Long Jump - 1. T. O'Conner 4.8; Discus - 1. T. O'Conner 31.3; Javelin - 1. T. O'Conner 31.4.