

5 world age-group records broken at 6th annual Met. AAU Championships on Randall's Island

The Sixth Annual Metropolitan A.A.U. Masters Track and Field Championships, held at Randall's Island on June 19, 1977, saw five world age-group records broken.

Dick Lacey, 67, of the New York Pioneer Club accounted for three of them. Dick, the World Masters Division 3A 400-meter hurdle titlist, is clearly in top shape to defend his title. Dick ran the 220-yard dash in 28.8, the 440 run in 66.7 and the 120-yard hurdles in 20.0.

Rudy Valentine, 53, of the

Pioneers, who probably has set more Masters age-group records than any other athlete from the Metropolitan area and who was ranked second in the world in 1976 in the 100-meter, 200-meter and 400-meter, set two records. Rudy did the 220-yard dash in 25.0 and the 440-yard run in 54.6.

Lloyd Riddick, 42, of the Pioneers won the 100-yard dash in 10.0 and set a meet record in the 220-yard dash in 22.8.

John Connors won the 440 in 54.4 and the 880 in 2:11.7 in

Division 1. Augustus Prince, 53, of the Long Island Athletic Club won the six-mile in 38:10.3 and the three-mile in 18:10.9, both meet records. It was 90 degrees air temperature when these records were set. Prince also won the one-mile run in 5:22 over Archie Messinger of the Pioneers (5:23.2) in one of the closest races of the day. Archie previously won the 880 in meet record time in 2:19.7.

Vince Chiappeta, 42, of the Millrose A.C. won the three-mile

in 16:12.4; Marcus Neuhof, 61, of the Pioneers won the 100 in 12.1 and Conrad Boas, 73, N.Y. Pioneers, and the oldest competitor in the meet, won the 100 in 14.2—all of these were meet records.

Al Oerter, 40, of the New York Athletic Club came close to his American record in the discus with a toss of 202'8".

The New York Pioneer Club won 27 of the 42 individual titles awarded and scored more team points than all of the other teams combined.

PC=Pioneer Club
JG=Jacuar T.C.
LI=Long Island TC
AC=New York A.C.
MR=meet record
WR=world age-group record

100-YARD DASH

30-39
Minkoff, A 31 JG 10.2
Harris, J 34 JG 10.8
Perry, W 35 UN 10.8

40-49
Riddick, L 42 PC 10.0
Barnes, R 40 PC 10.2
Smith, R 41 JG 10.4
Kendrick, J 46 UN 10.9
Rizzo, R 40 PC 10.9
Brooks, T 47 PC 12.3

50-59
Valentine, R 53 PC 10.9
Jack, K 56 PC 11.1
Lentzer, M 51 PC 11.5

60-69
Neuhof, M 61 PC 12.1 MR

70-79
Boas, C 73 PC 14.2
MR
Feinstein 72 PC 16.0

Women 30-39
Fennell, B 34 UN 13.1

220-YARD DASH

30-39
Johnson, M 33 JG 22.9
Minkoff, A 31 JG 23.5
Perry, W 35 UN 24.9

40-49
Riddick, L 42 PC 22.8 MR
Barnes, R 40 PC 23.9
Gaton, A 40 PC 24.1
Smith, R 41 JG 24.5
Rizzo, R 40 PC 25.6

50-59
Valentine, R 53 PC 25.0 WR
Jack, K 56 PC 26.8
Lentzer, M 51 PC 29.0
Castle, W 59 UN 34.9

60-69
Lacey, R 67 PC 28.8 WR MR
Neuhof, M 61 PC 29.0

70-79
Boas, C 73 PC 33.5
Feinstein, M 72 PC 37.8

Women 30-39
Fennell, B 34 UN 31.0

440-YARD DASH

30-39
Harris, J 34 JG 53.1
O'Neal, M 39 PC 53.7

40-49
Connors, J 42 PC 54.4
Rizzo, R 40 PC 55.0
Gaton, A 40 PC 55.3
Smith, R 41 JG 58.6
Owens, K 40 JG 58.7
O'Sullivan, J 43 UN 58.9
Spitzer, D 48 PC 59.9

50-59
Valentine, R 53 PC 54.6 WR MR
Jack, K 56 PC 62.5

60-69
Lacey, R 67 PC 66.7 WR MR
Neuhof, M 61 PC 68.7

880-YARD RUN

30-39
Harris, J 34 JG 2:08.4
O'Neal, M 39 PC 2:18.9

40-49
Connors, J 42 PC 2:11.7
Owens, K 40 JG 2:23.0

50-59
Messinger, A 51 PC 2:19.7 MR
Bradley, A 51 UN 2:34.9

ONE-MILE RUN

30-39
Knapp, A 34 5:28.4

40-49
Fine, R 46 PC 5:04.8
Coiro, V 42 PC 5:30
Zinman, D 46 LI 5:34

50-59
Prince, A 53 LI 5:22.0
Messinger, A 54 PC 5:23.2
Popowich, J 59 PC 5:44.9

THREE-MILE RUN

30-39
Casas, J 31 EC 18:25.5
Casas, E 37 EC 22:00.2

40-49
Chiappeta, V 42 ML 16:12.4

Stern, L 43 PC 17:45.5
Zinman, D 46 LI 20:24.9

50-59
Prince, A 53 LI 18:10.9 MR

60-69
Westerholm, W 62 ML 23:01.2

SIX-MILE RUN

30-39
Knapp, A 34 OC 39:55.7

40-49
Feld, G 43 PC 39:19.5
Hoffman, T 41 PC 39:40.8
Brenner, L 40 UN 42:12.7

50-59
Prince, A 53 LI 38:10.3 MR
Capurso, M 50 UN 42:24.3

70-79
Jacobs, G 70 FM 50:28

120-YARD HURDLES

30-39
DeJesus, M 32 UN 16.7

40-49
Ryan, J 49 PC 19.6
Krastin, K 42 UN 21.3
Colen, H 49 PC 31.2

60-69
Neuhof, M 61 PC 18.8
Lacey, R 67 PC 20.0 WR

TWO-MILE WALK

40-49
Omeltchenko, B 47 PC 17:28.8
Fine, R 46 PC 17:53.9

50-59
Lentzer, M 51 PC 21:56.2

LONG JUMP

30-39
DeJesus, M 32 UN 20'13 3/4
Perry, W 35 UN 18'4

40-49
Smith, R 41 JG 18'8
Kendrick, J 46 UN 16'11
Ryan, J 49 PC 16'11
Colen, H 49 PC 16'7

16'7
Krastin, K 42 UN 13'8 3/4
Omeltchenko 47 PC 10'9 3/4

70-79
Boas, K 73 PC 12'3 MR

TRIPLE JUMP

40-49
Kendrick, J 46 UN 33'4
Blake, L 44 UN 32'2
Colen, H 49 PC 29'7

DISCUS meters

Oerter, A 40 AC 61.77 MR
Gonzales, B 44 UN 49.53
Wedderburn 48 PC 30.78
Carstenson 45 UN 26.24
Cantor, H 51 PC 39.36
Lentzer, M 51 PC 15.26
Partridge 66 PC 33.43 (1.6k)
Sereghy, P 61 PC 33.07
Eipel, B 64 AC 32.70
Boas, K 73 PC 23.77

SHOT PUT

Gonzales, B 44 UN 13.62
Carstenson 45 UN 10.85
Krastin, K 42 UN 10.19
Brooks, T 47 PC 9.32
Wedderburn 48 PC 7.95
Cantor, H 51 PC 12.71
Lentzer, M 51 PC 9.05
Sereghy, P 61 PC 12.33
Eipel, B 64 AC 13.10
Partridge, P 66 PC 8.15 (16#)
Colen 49 PC 26.18

JAVELIN

Gonzales 44 UN 36.58
Carstenson 45 UN 35.66
Brooks, T 47 PC 31.19
Krastin, K 42 UN 30.78
Wedderburn 48 PC 27.37
Cantor 51 PC 39.11
Lentzer 51 PC 27.26
Sereghy 61 PC 23.54
Eipel 64 AC 37.49
Partridge 66 PC 34.19 (800)

continued

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continued

Walking—the ideal Masters sport

HAMMER THROW	
Gonzales	44 UN 32.26
Carstenson	45 UN 24.66
Wedderburn	48 PC 19.20
Cantor	51 PC 39.11
Lentzer	51 PC 12.87
Eipel	64 AC 28.75
Sereghy	61 PC 28.58
Partridge	66 PC 22.58 (16#)
Boas	73 PC 16.25

Weight men can pile up more points

John Whittemore of 1000 Hot Springs Road, Santa Barbara, Calif. comments on the Masters decathlon and pentathlon:

"The use of lighter weights in the decathlon for older men gives an unfair advantage to the weight men. The runners have to run the full distances, but the weight men throw a lighter javelin, shot and discus. This enables the weight men to pile up a tremendous score in the three events.

"According to Masters Age Records of 1-1-76 for 70-year-olds, the top 100-meter man scored 142 points, the 1500 meter 259, the long jump 175, high jump 71, while the top shotput scored 624, the discus 569, and the javelin 341, all according to IAAF scoring table. I think for the decathlon standard weights should be used just as standard distances are run. The same applies to the pentathlon."

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By ALAN WOOD

We all know that walking is excellent for the person taking up physical fitness. Because it lends itself to moderation, walking is advocated as a starting point for any running program. This is particularly true for older people who are out of condition.

Medical evidence documented below indicates that walking may also be the best form of fitness for the older well-conditioned competitor because he can more closely approximate the times of his younger counterparts and thus maintain a strong motivation.

Walkers over 40 have been highly successful in open competition, and there is a reason for this. In the Nov. 1971 Runner's World booklet, "Running After 40," Dr. George Sheehan states that "the key to performance is the *maximum* pulse rate. This declines 5-10 beats a decade (from 200 beats at age 25 to 182 beats at age 40, etc.) Maximum heart rate is a key because it controls the oxygen that pumps through a racing body. The faster a man goes, the more he needs. But the older he grows, the less he gets." One could add to that that the slower he goes, the less he needs. The oxygen needs are less in walking races than in running races of the same distance.

A chart of running time comparisons by age in the same booklet is quite revealing. The 50 and 100-mile run records for both 40-49 and 50-59 were just 5% to 6% slower than the world record, while six out of seven faster runs were anywhere from 13% to 15% slower in 40-49 and 20% to 31% slower in 50-59. Clearly, the slower the event, the better chance the master athlete has of keeping up.

Since the walker is making fewer sudden movements and moving at a slower pace than a runner, injury is less likely to occur. This becomes more important the older we get. In the same booklet, Dr. Tom Waddell, an Olympic decathlete in 1968, says, "The cellular changes which occur with aging are very real. As one gets older, there is less protein in the

cells. There is less water in the body. The well-differentiated cells which aren't replaced when injured, like tendons, ligaments and muscles, receive less blood and are very slowly replaced by fibrous tissue. So you don't have a viable, stretchable, workable tissue."

Runner's World surveyed over 80 age 40-plus runners prior to doing the booklet and "general similarities came out of their answers. The vets as a group show considerably less raw speed than their younger brothers, but more staying power. They are perhaps more susceptible to injuries and they heal slower, but they display wisdom and caution which helps them avoid these problems. They're limited by family and occupational obligations, but they also have the

financial means to explore the running world. In short, the years have taken from the veterans, but time also has provided compensations."

Walking may get at muscles that running doesn't. "Exercises For Runners," R.W. booklet, Nov. 1973, states, "Running develops the legs, but in a very narrow way...the leg is never fully straightened..."

Finally, the walks lend themselves to more diversification than the runs. We walkers mostly try all distances, while runners specialize more. This allows us more chances for personal best times, which are quite rewarding at our age. (And if you miss your best time you can always rationalize that, after all, you *are* older.)

59 records set

NJAAU '77 Masters Outdoor Championships

Fifty-nine meet records were set at the New Jersey AAU 1977 Masters Outdoor Track & Field Championships at Bergen Community College on June 5.

The record setters were:

100-YARD DASH

SA—J. Suriano, West Orange Track Club, 10.8; IA—M. Brown, Shore AC, 10.8; IW—I. McConnell, Jersey Shore Track Club, 15.2; SB—F. Helfrich, Unat., 11.7; IB—R. Chernock, Unat., 11.2; IIB—J. Manno, No. Jersey Masters, 12.3; IIIB—M. D'Elia, NJM, 13.6.

220-YARD DASH

SA—D. Ball, Unat., 25.1; IA, M. Brown, Shore AC, 24.0; IIIA—W. Tashian, Unat., 28.1; SB—F. Helfrich, 26.6; IB—S. Thompson, Unat., 23.9; IIB—J. Manno, NJM, 28.2.

440-YARD DASH

SB—N. Quinn, JSTC, 59.3; IB—S. Thompson, 57.9.

880-YARD RUN

IIA—R. Cherniak, Central Jersey Track Club, 2:18.5.

ONE-MILE RUN

SA—D. Shonts, Shore AC, 4:47.2; IIA—R. Cherniak, CJTC, 5:12.6; IIB—T. Cash, Unat., 6:47.2; SB—D. Gibson, Unat., 4:48.4; IB—K. Brown, JSTC, 4:57.2; IIIA—A. Newman, JSTC, 5:38.8; IW—D. Wiedeman, Shore AC, 6:52.9.

THREE-MILE RUN

SA—D. Shonts, Shore AC, 16:31.8; IIA—H. Henriques, JSTC, 18:57.0; IW—D. Wiedeman, Shore AC, 22:43; SB—S. Sadowsky, Shore, 17:41; IB—W. McConnell, JSTC, 17:17.6; IIIA—M. Quackenbos, JSTC, 19:21.

SIX-MILE RUN

SA—E. O'Neill, Shore AC, 32:55.9; IIA—M. Barkenmeyer, Unat., 45:30.8; SB—S. Arnstein, WOTC, 42:12.8; IIIA—D. Johnson, Shore AC, 43:31.

440-YD. INTERMED. HURDLES
SB—A. Boyajian, Unat., 72.9; IA—L. Trout, Shore AC, 63.6; IB—W. McConnell, JSTC, 73.7.

120-YD. HIGH HURDLES

SA—R. Bury, WOTC, 23.9.

LONG JUMP

R. Bury, WOTC, 19'5½"; IA—L. Trout, Shore, 18'1½"; IIA—H. Miller, WOTC, 9'¼"; IIIA—S. Adams, NJM, 9'7"; SB—J. DeLuca, JSTC, 15'11"; IB—W. Cunningham, Unat., 16'7"; IIB—T. Ille, NJM, 14'6".

POLE VAULT

R. Bury, WOTC, 10'; IA—F. Illuzzi, Unat., 10'.

HIGH JUMP

SA—R. Bury, WOTC, 5'7"; IB—E. Stern, WOTC, 4'2½"; IA—L. Trout, Shore, 5'1"; IIB—T. Ille, NJM, 4'2½".

DISCUS

IA—J. McAllister, Shore, 110'8¼"; SB—R. Scully, WOTC, 119'2"; IIA—T. Dyas, NSM, 62'7".

SHOT PUT

SA—J. Yacka, Unat., 44'2½"; IIA—H. Miller, WOTC, 30'0".

JAVELIN

SA—R. Bury, 194'7"; IA—L. Trout, Shore, 151'0"; SB—R. Scully, WOTC, 135'6"; IIA—H. Miller, WOTC, 56'.

TWO-MILE WALK

IIA—R. Mimm, Shore, 16:49.9; IB—A. Wood, Shore, 19:54.2; IIIA—D. Johnson, Shore, 18:34.

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Records fall as 220 compete in 3rd annual meet in Conn.

Records fell by the dozens and the field itself was a record with 220 competitors on hand for the third annual National AAU Masters Track & Field Championships at Southern Connecticut State College, New Haven, Conn., March 13.

Thirty-six meet records were broken, one American AAU Masters record, four American age-group records and eight world age-group records.

The New York Pioneer Club's world record-holding two-mile relay team was pushed to the limit by the Boston Athletic Club as both teams broke the world two-mile relay record. Herb Zipper, who had won the 1000 in Division 1A earlier, made up a ten-yard deficit on the anchor leg to catch Art Conro, who had previously won the 600 in the same division. Art had less than 20 minutes to recover from his

victorious 600.

Outstanding performances abounded. Glynn Wood raced to a double meet record victory in the mile (4:26.7) and in the two-mile (9:48.0). His mile time was only two seconds off his world record.

Jim Hersberger, who flew in from Kansas with a medical history that made people wonder how he could even walk, proceeded to outkick both George Vernosky and Carl Genovese in the last 150 yards for the victory and a meet record in the 1B mile run in 4:38 flat.

Riza Ishman, 62, traveled all the way from Turkey to defend his mile title. He set a world age group record with a clocking of 5:36.2

The meet also possibly marked the first time a meet director won an event. Irv Black won the Division 1B weight throw by over four feet.

M=Meet record
A=American age-group record
W=World age-group record

50-YARD DASH

1A	
Wilson, L	40 PM 5.7 M
Riddick, L	42 NYPC 5.8
Hartensen, H	42 COLO 5.8
Bertrand, C	41 NYPC 5.9
Adams, R	40 PV 5.9
Smith, R	41 JAC 6.0

1B	
Giaquinto, N	46 NYPC 6.0M
Green, H	47 RTC 6.1
Mulkey, P	45 UNAT 6.1
Willi, R	47 BERK 6.2
Flint, A	48 UNAT 6.5

2A	
Valentine, R	53 NYPC 6.1
Lentzer, M	51 NYPC 6.6
Ulam, J	52 WP 6.7
Harris, D	54 PM 6.8
McNevin, G	53 UNAT 6.8
Goldsmith, M	UNAT 6.8

3A	
Edwards, R	63 PM 6.7 M
Sorlein, R	60 RITC 6.9
Hills, C	64 PM 6.9
Hanna, W	63 UNAT 7.8

3B	
D Elia, M	68 No.J 7.2
Kline, C	66 RTC 7.3
Pike, W	66 SEA 7.5
Vesco, A	65 STC 7.7
McCluskey, J	NYAC 7.8

4A	
Boas, K	73 UNAT 7.5 M
Schmidt, E	73 NYPC 7.6
Wright, C	72 PM 8.0

50-YARD HURDLES

1A	
Bertrand, C	41 NYPC 6.7 M
Butterfield, T	40 HTC 7.1
Trout, L	42 SHR 7.3
Clark, W	44 PM 7.6
Pistone, J	43 BAA 8.2

1B	
Mulkey, P	45 UNAT 6.9 M
Wallace, J	49 RTC 7.6
Hill, T	47 UNAT 8.2
Olson, L	45 G.MT 8.4
Womer, F	47 PM 8.5

2A	
Marr, F	52 ILL 8.2
Hemphill, D	52 PV 8.2

2B	
Morcom, R	55 PM 8.1
Hutchinson, J	55 TORR 8.2

3A	
Hume, I	62 CAN 8.5
Hills, C	64 PM 8.8

3B	
Lacey, R	66 NYPC 9.1
Pike, W	66 SEA 10.0
McCluskey, J	65 NYAC 10.2

300-YARD DASH

1A	
Bertrand, C	41 NYPC 34.4
Hartensen, H	42 COLO 34.8
Raynak, A	40 PV 35.2
Rizzo, R	40 NYPC 36.2
Gluppe, G	44 YORK 36.3

1B	
Giaquinto, N	46 NYPC 35.4 M
Green, H	47 RTC 36.1
Brooks, T	46 NYPC 36.5
Seelig, R	45 UNAT 37.2
Wallace, J	49 RTC 37.6
Brown, K	49 JS 39.8

2A	
Valentine, R	53 NYPC 35.2
Mills, E	52 NE 38.7
Lentzer, M	51 NYPC 40.5
Goldsmith, M	53 UNAT 40.7
Bradley, A	50 UNAT 42.5

2B	
Manno, J	56 No.J 40.3 M
Goodwin, P	56 UNAT 40.4
Hutchinson, J	55 TORR 40.4
Furbush, R	No.M 43.6
Greenberg, H	51 SHOR 44.7

3A	
Edwards, R	63 PM 42.3
Sorlien, R	60 RITC 43.0
Witkowski, C	63 JS 43.1
Hills, C	64 PM 45.7
Hanna, W	63 UNAT 47.5

3B	
Lacey, R	66 NYPC 43.0 M
D Elia, M	68 No.J 44.5
McCluskey, J	65 NYAC 51.3

600-YARD RUN

1A	
Conro, A	40 BAA 1:18.4M
Connor, J	42 NYPC 1:18.9
Lida, B	40 MA 1:19.4
Gluppe, G	44 YORK 1:20.9
Rizzo, R	40 NYPC 1:23.6
Owen, K	40 JAG 1:27.6

1B	
Connelly, T	46 NYPC 1:20.7

2A	
Treworthy, J	51 S.G. 1:27.4
Parsons, R	51 PM 1:28.8
Messinger, A	53 NYPC 1:29.0
Mills, JE	52 NE 1:29.9
Bradley, A	50 UNAT 1:35.4
Furbush, R	53 No.M 1:35.5

2B	
Greenberg, H	57 SHOR 1:35.5

3A	
Witkowski, C	63 No.J 1:39.8

3B	
Kline, C	66 RTC 1:53.0
McCluskey, J	65 NYAC 1:54.5

1000-YARD RUN

1A	
Zipper, H	42 NYPC 2:25.5
Kupczyk, H	44 ATL 2:27.7
Connor, J	42 NYPC 2:32.8
Sommer, M	42 PV 2:35.0
Hurley, J	40 BAA 2:36.5

1B	
Brown, K	49 JS 2:36.0
Fine, R	45 NYPC 2:41.6
Fandetti, V	45 HTC 2:43.7

2A	
Cherniak, R	50 CJ 2:38.0
Treworthy, J	51 S.G. 2:40.1
Messinger, A	53 NYPC 2:42.3
Prince, A	52 LIAC 2:53.3
Napoli, J	51 UNAT 3:00.0

2B	
Geer, D	57 CAP 2:56.0
Greenberg, H	57 SHR 3:02.2
Popowich, J	59 NYPC 3:12.0

3A	
Hills, C	64 PM 3:30

3B	
McCluskey	65 NYAC 3:31.7M

ONE-MILE RUN

1A	
Wood, G	42 PV 4:26.7 M,A
Doherty, P	42 HTC 4:36.3
Butler, B	44 PM 4:38.4
Thomas, R	41 No.M 4:42.0
Mueller, K	40 BAA 4:48.5
Tersago, W	41 JS 4:54.5

1B	
Hersberger, J	45 KU 4:38.0 M
Vernosky, G	46PV 4:39.0
Genovese, C	45 NYPC 4:41.5
Rubin, H	48 CAP 4:52.5

Nicholson, W	46 NO.J 5:00.2
Fandetti, V.	45 HTC 5:10.4

2A	
Schneider, L	50 M-D 5:05.6M
Garvas, G	50FL 5:16.7
Prince, A	52 LIAC 5:23.0
Cavanaugh, J	50 HTC 5:24.6
McCrane, J	53 TORR 5:45.0

2B	
Robbins, C	56 NYPC 5:09.4M
Hossack, A	55 Sp.Y 5:24.6
Greenberg, H	57 SHR 5:30.5
Popowich, J	59 NYPC 5:40.0
Geer, D	57 CAP

3A	
Ishman, R	62 TURK 5:36.2 W
May, H	61 HTC 5:38.0
Johnson, D	60 SHR 5:50.0

Winners of other events:

TWO-MILE RUN

1A—G. Wood, 42, PV 9:48.0M;
1B—G. Vernosky, 46, PV, 9:59.2M; 2A—G. Brown, 51, HTC, 11:10.6; 2B—L. Dreher, 55, PM, 11:06.1M; 3A—J. Wall, 63, HOW, 12:22.

TWO-MILE WALK

1A—J. Boitano, 44, UN, 15:41M;
1B—R. Fine, 45, NYPC, 17:26;
2A—R. Mimm, 52, SHR, 15:57;
2B—T. Dyas, 56, No.J., 19:57;
3A—D. Johnson, 60, SHR, 17:59M; 3B—D. Lakritz, 67, NYPC, 19:49M.

POLE VAULT

1A—L. Trout, 42, SHR, 9';
1B—P. Mulkey, 45, UN, 11'6";
2A—Hemphill, 52, PV, 9';
2B—R. Morcum, 55, PM, 13'M-W;
3A—I. Hume, 62, CAN, 7'4";
3B—W. Pike, 66, SEA, 5'.

WEIGHT THROW

35-lb.
1A—A. Hall, 42, NYAC, 64, 10¾M; 1B—I. Black, 46, CC, 44'10"; 2A—Backus, 50, NYAC, 61'1¼M; 2B—T. McDermott, 58, NYAC, 39'9½.
25-lb.
3A—Seraghy, 61, NYPC, 23'11; 3B—P. Partridge, 65, NYPC 29'4½M; 4A—C. Wright, 72, PM, 18'11.

SHOT PUT

1A—E. McComas, 42, UN, 48'2A; 1B—L. Olson, 45, GM, 42'4¼A; 2A—J. Ulam, 52, WP, 34'9½"; 2B—T. McDermott, 58, NYAC, 40'8¾W.
12lbs.
3A—W. Eipel, 63, NYAC, 40'10M-W; 3B—P. Partridge, 65, NYPC, 34'10¼M-W; 4A—E. Schmidt, 73, NYPC, 35'11W.

HIGH JUMP

1A—Langfield, T, 41, UN, 5'11½M; 1B—Hutchins, W., 45, PM, 5'4M; 2A—F. Marr, 51, UN, 4'8; 2B—R. Morcum, 55, PM, 5'4M; 3A—I. Hume, 62, CA, 4'8M; 3B—R. Lacey, 66, PC 4'2.

LONG JUMP

1A—J. Pistone, 43, BAA, 19'4;
1B—P. Mulkey, 45, UN, 18'7M;
2A—F. Marr, 52, UN, 15'10½;

continued

continued

2B—R. Morcum, 55, PM, 19'3¼;
3A—I. Hume, 62, CA, 15'3¼;
3B—W. Pike, 66, Sea, 12'4½;
4A—E. Schmidt, 73, PC 9'11½.

ONE-MILE RELAY

N.Y. Pioneer Club, 3:52.4—Connors, Rizzo, Valentine, Betrand.

TWO-MILE RELAY

N.Y. Pioneer Club, 8:30.0 (AAU Record)—Connelly, Krebs, Genovese, Zipper.

News notes from other newsletters

The West Penn Masters in the Pittsburgh, Pa., area won 21 events as they successfully defended their championship title in the fourth annual United States Track and Field Masters National Meet held at California State College (Pa.) June 18-19.

Setting meet records in the sub-masters division were Ed Likovich, Jim Stevenson and Jim Pauli. In the masters division Ed Hoyle and Russ Seitzinger picked up meet records while Tom Roehm and Dave Batchelor did the same in the post-masters competition.

Second place team was the Potomac Valley Seniors and the Atlanta Track Club was third. Fourth was the Hartford (Conn.) Track Club; fifth was the Clear Spring (Md.) Track Club and sixth was the North Jersey Seniors. Seventh through 10th place teams were the Akron Track Club, Nittany Valley Track Club, Charlottesville Track Club and Thunderbolt (Pa.) Track Club.

The March newsletter of the Potomac Valley Seniors Track Club notes that Harold Knapp, 52, claimed the 50-plus trophy for the second year in a row with a 3:01:36 effort in the George Washington's Birthday Marathon Feb. 20 in Washington, D.C. Herb Chisholm, 50, was second in 3:13:51 and John McIntyre, 56, was fifth at 3:28:26. The newsletter adds: "The Green and Gold were outstanding in the 40-49 division also, led by Pete Monahan, 42, third in 2:52:23, and Al Marcy, 41, fifth in 2:56:34, and followed by Art DuHaime, 44, seventh, and Harry Bratt, 48, 13th."

The PVS named William F. Hoss, Jr., 41, of Virginia Beach as its outstanding runner of the year in the 40-49 age group. Bill was first in the 40-44 age group in the Skylon International Marathon with a 2:41:37 and in the 1976 Boston Marathon scorching he was

continued

Mt. San Antonio Relays

MT. SAN ANTONIO RELAYS

APRIL 23 & 24, 1977 80

degrees, breeze

100-METER DASH

40-49
Dave Segal 11.4
Ted Cain 11.5
Nick Newton 11.6
Percy Knox 11.6
Geo. Waterman 11.6
Van Parish 11.7
Tony Nasralla 11.8
Ted Vick 11.8
Jim Parks 11.8

50-59

Wayne Ambrose 12.5
Pete Fetter 12.6
Clarence Killion 12.7
Al Guidet 12.8
Emson Grimm 15.8
Bill Burke 16.4

60 plus

Payton Jordan 12.3*
Bill Morales 13.5
Joe Caruso 14.0**
Tony Castro 14.3
Hugo DeGroot 15.5
Don Mowrer 16.4

*Meet Record. Old record of 13.9 held by Joe Caruso. World Record for 60-64. Old record 12.4 held by Y. Brange of Sweden. **Tied world age 67 record of Ken Carmine in '75.

1500 METERS

40-49
Bob Emmerling 4:27.3
Tom Sturak 4:30.3
Ed Field 4:35.9
Jerry Beeman 4:45.0
Ray Archibald 4:49.6
Bob Holmes 4:56.4

50 plus

Avery Bryant 4:42.1
Jim Oleson 5:02.8*
Tom Clayton 5:21.1
Ed Stotsenberg 5:26.0

*World age 59 record. Betters Ray Mahannah's 5:08.8 in '75.

400-METER RELAY

40 plus
Corona Del Mar "A" 45.27*
(Waterman, Jackson, Segal, Knox)
So. Calif. Striders "A" 46.53
Seniors 47.01
C.D.M. "B" 47.12
So. Calif. Striders "B" 47.45
C.D.M. "C" 48.0**
(Guidet, Ambrose, Fetter, Jordan)

*New Meet Record
**World 50-59 record

MILE RELAY

40 plus
So. Calif. Striders 3:41.7*
(Mack, Emmerling, Newton, Cain)
Seniors 3:50.5
C.D.M. 4:00.3

*New Meet Record

5000-METER RUN

40-49
Truman Clark 16:25.4
Jerry Smartt 17:21.1
Tom Sturak 17:27.6
Pete Mundle 17:31.7
Jim Davis 17:50.6
Ray Archibald 18:40.8

50 plus

Mauro Hernandez 17:23.1
Avery Bryant 18:33.5
Ray Gil 18:42.9

POLE VAULT

40-49
K.C. Keffer 11'6"
Hal Wallace 11'0"
Duane Telliano 11'0"
Doug Ditmar 11'0"
Ray Fitzhugh 11'0"

50-59

Dave Brown 11'0"*
Dave Brown 11'0"*
Don Grosh 10'0"
Orv Gillett 10'0"
Tom DeV Vaughn 9'6"

*Ties Meet Record

60 plus

Jim Vernon 10'6"
Bob McConaghy 9'0"
Hugh DeGroot 8'6"

*New event—establishes meet record

HIGH JUMP

40-49
Nick Newton 5'10¾"*
Leon Frankamp 5'4"
Ray Fitzhugh 5'2"
Doug Dittmar 4'10"
Hal Smith 4'10"
Hal Wallace 4'10"
Bob Perry 4'4"

*New Meet Record

50 plus

Burl Gist 5'2"
Orv Gillett 4'10"
Dave Brown 4'8"
Hugh DeGroot 4'6"*
Pete Fetter 4'4"
Bill Burke 4'0"

Southern Pacific AAU District Meet

The South Pacific AAU Championships were held at Northridge in the Los Angeles, Calif., area on June 11 with the temperature at 80 and a slight breeze.

Among the winners were:

Division I

100-yard dash—D. Segal, 10.3; 220-yd. dash—K. Dennis, 23.4; 440—T. Cain, 51.2; 880—E. Portillo, 2:07.7; Mile run—E. Fields, 4:56.0; 2-mile run—W. Williams, 10:23; 120-yd. hurdles—T. Cain, 15.1; 440-yd. relay—CDM, 44.6; Mile relay—STC,

Don Mowrer 4'0"

*New Meet Record for 60+

*New Meet Record for 60+

DISCUS

40-49
Bob Humphreys 163'1"
F. Stuart Thompson 148'11"
Ed Van Pelt 132'11"
Hal Wallace 107'7"
Hal Smith 103'2"

50-59

Fortune Gordien 152'
George Ker 133'2"
Dan Aldrich 119'6"
Red Doms 80'8"
Emson Grimm 57'2"

LONG JUMP

40-49
Shirley Davisson 21'6¼"
Dave Jackson 21'3¼"
Tony Nasralla 19'1¼"
Nick Newton 18'6"
Ray Fitzhugh 18'0½"
Phil Schlegel 17'1¼"

50-59

Tom Patsalis 19'2½"
Ray Spencer 16'11¼"
Dave Brown 16'3¼"
Bill Burke 11'6¼"

60 plus

Jim Vernon 14'8¼"*
Joe Caruso 13'4¼"
Art Vesco 12'1"
Don Mowrer 11'11¼"

*New Meet Record

DISCUS

60 plus
Jack Thatcher 142'10"*
Neel Buell 128'4"
Hugo DeGroot 125'11"
Red Doms 109'5"
Art Vesco 101'2"

*New Meet Record

From Ted Vick,
14665 Kokomo Rd.
Apple Valley, Calif. 92307
(714) 242-4564

3:50.5; Pole vault—K.C. Keffer, 11'7"; High jump—N. Newton, 5'8"; Triple jump—S. Davisson, 39'¼"; Long jump—D. Jackson, 20'11"; Hammer throw—G. Boblew, 164'2"; Shot put—B. Humphreys, 44'5½"; Discus—B. Humphreys, 148'0"; Javelin—H. Wallace, 147'5".

Division II

100-yd. dash—B. Watanabe, 11.1; 100-yd. dash, heat 2—T. Patsalis, 11.2; 220—B. Watanabe, 25.1; 440—D. Waggner,

continued

Southern Pacific

continued

59.8; 880—Ray Gil, 2:25.0; Mile run—A. Bryant, 5:00.7; 2-Mile—Ray Gil, 11:18.5; 120-yd. hurdles—T. Patsalis, 17.0; 440-yd. relay—CDM, NT; Pole vault—D. Brown, 11'1"; High jump—O. Gillett, 4'10"; Long jump—T. Patsalis, 18'11¼"; Triple jump—T. Patsalis, 38'5"; Hammer throw—T. DeVaughn, 101'6"; Discus—G. Ker, 132'6"; Javelin—Pete Fetter, 151'11".

Division III

100—J. Caruso, 12.6; 220—F. Sjostrand, 28.2; 440—F. Sjostrand, 63.1; 880—Sjostrand, 2:35.5; 120-yd. hurdles—J. Dick, 26.0; Pole vault—J. Vernon, 11'1"; High jump—J. Vernon, 4'10"; Long jump—J. Vernon, 15'7½"; Triple jump—J. Vernon, 30'10¾"; Hammer throw—R. Hubbell, ND; Shot put—J. Thatcher, 48'10"; Discus—Thatcher, 141'7"; Javelin—H. DeGroot, 143'11".

Women

100—C. Miller, 12.5; Javelin—C. Miller, 101'6"; Long jump—C. Miller, 14'7¼".

Division IV

100—B. Blakely, 15.5; 220—Blakely, 37.7; Long jump—Blakely, 9'8"; Shot put—B. DeGroot, 31'10"; Javelin—B. DeGroot, 67'7".

Tony Griswold won the Bill Ellis Memorial Pentathlon with 2627 total points in the open division. Phil Conley won the 40-49 division with 2554 points; Pete Fetter won the 50-59 group with 1690 points.

Conley set a new meet record and Fetter tied the meet record.

Winner in the high school class was Brian Davis with 1147 points.

The competition was held July 4 at Southwestern College with the temperature at 72 degrees.

News notes

continued

the top PVS finisher with a 2:52. He was also the top 40-49 finisher in the Virginia 10-Miler and in the Raleigh Southeastern Masters half-marathon. He was runnerup in the three-mile and one-mile runs there. He ran an 89:58 in the Charleston 15-miler. He also was tops in his age group in the Shamrock Marathon and won two masters events in the VMI Winter Relays—an indoor mile in 4:52 and a 440 in 60.3 seconds.

John Davenport was the PVS runner of the year in the 50's age division. He was tops in the 50-plus division in the Cherry Blossom 10-miler with a 62:45 for

continued

What the AAU is all about

By ROBERT G. FINE,
Chairman, AAU Masters
Track & Field Committee

As National Masters T & F Chairman I receive a great deal of correspondence from Masters that indicates that most of the Masters have no concept of how the A.A.U. functions. When I first got involved in the Masters movement I thought that the A.A.U. was an almost omnipotent group, well equipped with money and personnel to operate the Masters program and amateur athletics.

I took the attitude that if the "Gods" were pleased then they would operate the program and all that I would have to do was to appear at the meets, compete, and happily go home.

My initial experiences were so shocking, due to my naivete that my attitude soon swung to the other end of the pendulum. I then felt that the A.A.U. was composed of unthinking, uncaring cretons, concerned only with insipid rules, sanctions, entry fees and paper work. After working within the A.A.U. for five years I think that I now have things in proper perspective, namely that the A.A.U. overall does a good job but certainly can use more able workers.

The A.A.U. is one of the largest volunteer organizations in the world, with an estimated 300,000 volunteer workers. It supervises 35 separate sport categories, with Masters Track & Field and Masters Long Distance Running being two of them. The paid staff of the Union is less than a fraction of 1/10th of one per cent of the membership. There are 58 associations within the Union. Some associations represent one

state; some states, such as New York and California, have more than one association. Some associations, such as New England, cover more than one state. The associations have their own rules, not in conflict with the A.A.U. Code. Within each association are the local committees of the National Standing Sports Committee. These committees, with the approval of their associations, sanction and administer local competition and any regional or national meets awarded to them.

The activity of the various sport committees within each association varies greatly. It really narrows down to the quality of the people involved in these local committees. The national committees write the rules for each sport and select the sites for national championships but the people that the athlete most comes in contact with are the local committee members.

Most of the complaints about the A.A.U. center around the activities or lack of activities of the local sports committees. These are the groups that the concerned athlete must involve himself with. Each club in an association is entitled to representation on the local sports committees. Provisions are also made for members at large.

Dues are paid to the association. On dues of \$3.50 the association would keep \$1.50, with \$1.50 going to the national office and 50 cents going to the sport that the athlete has enrolled in. Other income, such as entry fees, TV income and special membership, are divided among the associations, national office and/or

the national standing sports committees in accordance with the A.A.U. Code. It should be noted that the National Masters T & F Committee has adopted the policy of waiving any fees, otherwise entitled to, from the various national championship. We've done this to keep the entry fees as low as possible. The money we receive from the local associations (50 cents per athlete) is used to underwrite meet expenses and various administrative and mailing costs.

The basic fact to recognize about the A.A.U. is that it is a volunteer organization. Some volunteers are inept and/or officious; some volunteers are exceptionally able and dedicated. In a volunteer organization, who is to reject any help offered and who is to determine which volunteer is good or bad? Furthermore, as in any group activity, only a small percentage of the participants do the bulk of the work. The problem about the quality and quantity of the A.A.U. volunteers is no different than one would find in any other group. There is no simple solution. However, the more people volunteering, the less work for each individual and the better chance for quality people to come to the fore. The associations have meetings not only of their sports committees but also of the entire association. Elections for officers and delegates to the A.A.U. convention are held yearly.

In future articles, I will discuss the conventions of the A.A.U., the standing sports committees, the procedures for changing the A.A.U. Code and changes presently going on in the structure of amateur athletics.

178 compete at Bethesda, Md., in 9th Eastern Masters event

A total of 178 competitors from the Eastern states competed in the 9th annual Eastern Masters A.A.U. Track & Field Championships at the Walter Johnson High School in Bethesda, Md., June 25 under sponsorship of the Potomac Valley Senior Track Club.

The host club won overwhelming team victories in divisions (40-49) and II (50-59). A three-way point tie for the team championships in Div. III and IV was awarded to the New York A.C. based on the greatest number of first places.

Warren Crutchfield, 42, of Potomac Valley was named the outstanding athlete after winning the 100-meter in 11.4, the 200-meter in 23.4 and the long jump in 18 feet, 11 inches. Since metric distances were used for the

first time, all winning performances constitute meet records. Runnerup for the award was the oldest competitor in the meet, Arthur Wright, 75, unattached, from Connecticut. Arthur won the hammer throw, shot put, discus and javelin.

Double winners included Harold Green, 48, of Richmond who won the 100 in 11.9 and the 200 in 24.5; Rudy Valentine, 53, of the N.Y. Pioneers, 24.9 in the 200 and 57.0 in the 400. Rudy suffered a rare defeat in the 100 when Larry Gregory of the Philadelphia Masters nipped him in 12.5.

George Vernosky, 47, of Potomac Valley continues to improve in winning the 1500-meter in 4:24.8 and the 5000 in 16.31. Ray Cherniak, 50, of the Central Jersey T.C. continues to dominate

the middle distances in Div. 2A, in winning the 800 in 2:17.5 and the 1500 in 4:40.0.

J. Edwards, 41, of Potomac Valley won the discus (34.94 meters), shot (11.48 meters) and the hammer (30.58 meters) in addition to taking third in the javelin.

Two other outstanding individual performances were turned in by members of the Potomac Valley club: Sal Corrallo walked the fastest time for any Easterner in the 5000-meter walk in 24:58 and Glynn Wood ran the 1500-meter in 4:07.3 in Div. 1A.

The Outstanding Women's Runners Award went to Martha Fairbanks of the North Carolina Track Club. Martha won the 100, 200, 400 and long jump.