

continued

Pentathlon, Javelin and Shot Put. Al Brenda from Turlock, Cal., garnered both jumps.

55-59. Indestructible Avery Bryant of Palos Verdes, California, won 4 events (and perhaps 5 when the 10,000 results for this division are determined). Bryant took the 800, 1500, 5000 and Steeple, seeming to get stronger as the weekend wore on.

Bob Hunt of Anaheim, California, won both hurdles. Bob Cooper of Davis, Calif., topped the 100 and 200 fields, defeating defending champ Jim Upham of Junction City, Kansas. Upham won the 400.

Ray Spencer of Chula Vista, Cal., nabbed the long jump, triple jump and Pentathlon.

60-64. Bill Bowers of Sagle, Idaho, won the 200 and 400 (and perhaps the 100?, results are missing). Portland's Clive Davies established a new American mark of 17:27.5 in the 5000, erasing the old mark of 17:35.0, set by Don Longnecker of Silver City, New Mexico, on June 25, 1978.

Santa Ana, California's Bill Morales won the long jump, javelin (Pentathlon results missing) and 110-hurdles.

Don Johnson garnered both walks and Jim Vernon repeated in the pole vault.

65-69. Harry Koppel of Belmont, Calif., won the 100, 200 and 400. He broke the 65-69 world 200 mark of 27.6, held jointly by Yngve Brange of Sweden and John Satti of San Francisco, with a 27.48. In the 400, Koppel broke his own world mark of 64.0 with a 63.88.

Bill Andberg of Anoka, Minnesota, quadrupled with triumphs in the 800, 1500, 5000 and 10,000. Gordon Wallace of Prescott, Arizona, notched both walks. Satti took both jumps. James York of Modesto, Cal., won the Shot, Discus and Hammer.

70-74. Ken Carnine of Sacramento took the sprints. Mel Shine of Lafayette, Cal., won the 400 and 800. Sid Madden of Santa Monica, Cal., coppered the 1500 and 5000. Win McFadden of San Diego notched both jumps. Carnine also won the Pentathlon and Discus.

75-79. Herb Anderson of Bellevue, Colorado, won 10 gold medals, sweeping the field events and hurdles. He was the only competitor in each of the ten events. Joe Packard of San Francisco took the 100, 200 and 400 in times just short of his world records. Harold Chapson of Honolulu, a perennial crowd-pleaser, successfully defended his national titles in the 800 and 1500.

80-84. Paul Spangler of San Luis Obispo, California, moved into Division 5 this year and kept rolling along with wins in the 200, 1500 and 10,000.

85-89. Oldest competitor in the meet was Collie Wheeler, 86, of Portland who competed in the long jump and discus.

WOMEN

30-34. Janice Henderson of Sacramento won the 100, 200 Javelin and Shot Put. Ramsey Huseny of San Francisco took the 800, 1500, Long Jump, Discus and Pentathlon.

35-39. Miki Hervey of Dallas took the 200, 400 and 800, topping Mountain View, California's Miriam Gerard in the 400, 64:07 to 64.79. In the 200, Gerard was leading but pulled a hamstring. Gerard earlier won the 100 in 13.7.

Judy Coroombridge of Seattle nabbed the 1500 and 5000 crowns.

40-44. Former Olympian Sandra Knott of Cleveland Heights, Ohio, impressively won the 1500 (4:58.2), 5000 (18:22.5) and 10,000 (38:05.5). Knott represented the U.S. in the 800 in Tokyo in 1964.

Christel Miller of Glendale, Calif., won the long jump, triple jump, and javelin and tied a division American mark in the high jump at 4'6".

She had to share the mark, however, and even lost the gold medal on the basis of fewer misses, to newly-turned-40 Cherrie Sherrard of Chico, Calif., who tied her own mark set on June 23.

Sherrard won the shot, discus and pentathlon.

Almeta Parish of San Francisco took the 200 and 400.

45-49. Irene Obera of Moraga, Calif., continued her demolition of women's age 45-49 division records. Once again, she lowered her 400 record of 64.6 to 61.73.

Ruth Anderson won the 800 (Ruth turned 50 on July 27) and Marjorie Fox of Smartville, Cal., took the javelin, shot and discus.

50-54. La Crescenta, California's Shirley Kinsey won the 200, 100, javelin, shot and discus, breaking her own division mark in the javelin with a 66'7" heave.

Ellen Rose of Irvine, Cal., broke her own 400 mark with a 74.81 and won the 1500.

55-59. Edith Leiby of Honolulu won the 100, 200, 400, 800 and 1500 in a busy weekend.

60-64. Josephine Kolda of San Francisco copped the 100, 200 and 400.

65-69. Multi-record holder Polly Clarke of Loveland, Colorado, won the 100, 200, 400 and 800.

important than winning.)

5) Others have simply dropped out. Why? Boredom? The sameness of it all, year after year? Not in shape? Too expensive to travel? Looking for more out of life? Family commitments? Career obligations?

Any opinions?

—Stu Thompson's got the right idea. He makes the nationals a camping outing for the family. The meet is a good excuse, but not the main reason, for a family fun trip.

—Didn't see a single AAU official the entire weekend, but what a dedicated, competent crew assembled by Jim Puckett. Dozens of people worked very long hours for three days to make the meet the success it was. Our thanks for a superb effort.

—Oregon people are among the friendliest in the world. Might be a great place to settle down. Weather good; overcast and a bit humid, but cool. Great running weather.

—Nike sponsored two seminars. Although we didn't hear all of it, what we did was informative. Those who attended said both were valuable. At Saturday's session, Gregory Heath, D.H.Sc., of the Washington University School of Medicine in St. Louis, discussed results of an ongoing study that suggests we don't necessarily slow down as we get older. At least, not so much as has been believed.

The Sunday panel on injury prevention and rehabilitation featured Jerome Bornstein, M.D., a Los Angeles orthopedic surgeon with extensive sports-medicine experience; Jack Foster, who offered many valuable insights and conditioning tips; Heath, who talked about applied physiology and nutrition, and Gary Moran, Ph.D. (Anatomy and Kinesiology), who works in Research and Development for Nike Sportshoes.

Reflections on the Nationals

The National Masters Track and Field Championships never disappoint.

It's always a pleasant time for renewing friendships, making new ones and enjoying the highest quality of competition.

Images:

—Jack Foster's smooth striding around 25 laps of Mt. Hood Community College's good track, lapping two and three times some of the finest Masters 10,000 runners in the world. Even Ray Hatton finally succumbed with a few laps to go.

—Foster will soon move to Beaverton, Oregon, to work for Nike. In his New Zealand government job, Jack has not had the freedom to travel and compete as much as he'd like. Now he will, and we look forward to seeing him run in the U.S. We also are eager to learn his secrets of running and conditioning.

—\$300 was stolen from the cash box of equipment receipts. Moral: 99% of Masters participants are honest. Maybe 100%. But guard against those who hang around.

—For the first time in memory, a Masters meet ran ahead of schedule. At 5:15 p.m. Saturday, nine minutes ahead of schedule, the 45-49 men's 800 began. Watching curiously while pulling on his spikes was one of the favorites, Gaylord Kalchschmid. "Weldy and Sturak are really warming up hard," he must have thought. Embarrassed officials let Gaylord run with the 50-54's (a tougher group). His 2:11.2 placed him 2nd in the 45-49 division. Could he have beaten John Weldy's 2:10.95? We'll never know, but everyone seemed satisfied with the outcome.

—Where is everybody? Although 413 showed up, it seemed like another 413 stayed home. Where was Al Guidet, Dave Jackson, Lloyd Riddick, Arnold Budd and Dave Segal?

Where was Bill Gaedke, Wendy Miller, Mary Czarapata, Jim Carter and Art Conro?

Where was Al Henry, Thane Baker, Miki Gorman, Dave Pain, Ed Phillips, Manny and Toshiko D'Elia, Lew Schneider, Ray Adams, Alvis Andrews, Cliff Bertrand and Bill Gookin?

How about John Brennan, Joe Burgasser, Bob Emmerling, Bob Packard, Ernie Portillo, John Sanders, Hike Van der Wal, Dan Aldrich and Payton Jordan?

Where were John Damski, Gordon Farrell, Ray Gordon, Nat Heard, Bob Boal, Joe Caruso, Tony Castro, Freitof Sjostrand, Dick Marlin, Don Cheek and Bill Adler?

What happened to George Ker, Dick Stolpe, Jack Noble, Dave Pratt, Jerry Smartt, Mauro Hernandez, Carole Brockman, Dick Marlin and Bob Messersmith?

We could go on. But you get the picture. A lot of very competitive Masters athletes didn't show up for the biggest national meet of the year.

Why?

1) Clearly, although Californians will travel anywhere for a meet, Easterners don't go to West Coast meets, even when it's the national championships. Of the 413 entrants, only a handful were from east of the Mississippi.

2) Hanover loomed. One trip was all the budgets of many could afford.

3) Many are injured. In an effort to attain peak form, many Masters are breaking down. The ranks thin noticeably as you move from the 40-44 group to the oldest. For many, the body can't take it year after year.

4) Many refuse to compete unless they're in top form. They pass up the track meets and run in the local 10K where they can relax in the middle of the pack. (Yet some show up even if not in peak form out of a love for the sport, and the belief that fun, friendship and competition are more

NUMBER OF PARTICIPANTS

Age	Men	Women
30-34	50	7
35-39	44	6
40-44	66	10
45-49	46	7
50-54	47	6
55-59	30	5
60-64	22	2
65-69	21	1
70-74	18	0
75-79	5	0
80-89	2	0
TOTAL	351	44

Miscellaneous - 18

TOTAL: 413

TWELFTH ANNUAL NATIONAL
AAU MASTERS TRACK & FIELD
OUTDOOR CHAMPIONSHIPS—
July 6, 7, 8, 1979, Mt. Hood
Community College, Gresham, Oregon.

100 meter dash

30-34 Trial heats Heat 1
Mike Marbut 33 WA 11.13
Mike Jackson DC 11.14
Clen Johnson 31 CA 11.17
Paul Dungan 34 OR 11.33
Ken Johnson CN 11.78
Frank Wojtech UT 11.84
John North 30 OR 11.98

Heat 2

Hilliard Sumner 32 CA 10.95
Leon Lincoln 33 OR 10.96
Greg Marshall 11.17
Dan Thiel 30 CA 11.47
Rod Ferguson 11.61
FINAL
Hilliard Sumner 32 CA 10.96
Mike Marbut 33 WA 10.94
Leon Lincoln 33 OR 10.95
Mike Jackson DC 11.03
Glen Johnson 31 CA 11.06
Greg Marshall CA 11.26
Paul Dungan 34 OR 11.27

35-39 Trial Heats Heat 1

Walt Butler 38 CA 10.93
Doug Smith 39 CA 11.27
Dan Fitzsimmons CA 11.38
Sam Robinson CA 11.56
Ron Mattile 37 WA 11.94

Heat 2

Tom Randolph 37 MH 11.53
Bobbie Simpson CA 11.58
Jim Puckett 39 OR 11.67
Lynn Eves 37 OR 12.06
Miguel Ucovich 38 CA 12.42
FINAL
Walt Butler 38 CA 11.16
Doug Smith 39 CA 11.28
Tom Randolph 37 MH 11.38
Dan Fitzsimmons CA 11.56
Bobbie Simpson CD 11.58
Jim Puckett 39 OR 11.62
Sam Robinson CA 11.73

40-44 FINALS

Lewis Smith 40 CA 11.60
Charles Fuller CA 12.00
Joseph Hoffman 44 OR 12.39

45-49 Trial heats Heat 1

Percy Knox 46 CA 11.73
Tony Nasralla 47 CA 12.09
James Parks 45 CA 12.13
Art Afremow 47 OR 12.71

100 meter dash

45-49 Trial heats heat 2
Nick Newton 46 CA 11.67
Bruce Springbett 47 CA 11.70
Van Parrish 45 CA 11.87
Harold Hitt 47 OR 12.36
Rich Richardson IL 12.81
Jack Coy 48 OR 12.97
Gene Ford 50 OR 14.14
FINAL
Percy Knox 46 CA 11.63
Van Parrish 45 CA 11.69
Nick Newton 46 CA 11.76
Bruce Springbett 47 CA 11.79
Harold Hitt 47 OR 12.23
Tony Nasralla 47 CA 12.28
Att Afremow 47 OR 12.88

50-54 Trial Heats Heat 1

Robert Watanabe 53 CA 12.58
George Weber 50 OR 13.83
Fremont Stumm OR 14.37
Emson Grimm 54 CA 16.09
Heat 2
Jack Greenwood 53 KN 12.43
Bob Roemer 54 CA 12.58
Delaine Wagner 53 CA 13.95
Ron Newton 50 WA 14.28
FINAL

55-59 Trial Heats Heat 1

Jack Greenwood 53 KN 12.16
Robert Watanabe 53 CA 12.44
Bob Roemer 54 CA 12.54
George Weber 50 OR 13.87
Delaine Wagner 53 CA 13.88
Ronald Newton 50 WA 14.51
Fremont Stumm OR 14.64
FINAL
Bob Cooper 55 CA 12.78
Jim Upham 58 KN 12.93
Bob Hunt 59 CA 13.39
John Ulam 53 PA 13.54
Lou Carline 59 OR 14.32

*=World Age Record
+=American Age Record

Merle Palmer 60 31.10 page 9 National Masters Newsletter

65-69 FINALS

*Harry Koppel 66 CA 27.48
John Satti 65 CA 29.13
Gerald Ward CA 30.55

70-74 FINALS

Ken Carnine 71 CA 31.36
Mel Shine 70 CA 32.75
John Clarke 72 CO 33.04

75-79 FINALS

*Josiah Packard 76 CA 31.08
*Herb Anderson 77 CO 33.22
Harold Chapson 77 HI 33.37
Sing Lum 75 CA 33.41

80-84 FINALS

*Paul Spangler 80 CA 39.50

400 Meter Dash Trial Heat 1

Hilliard Sumner 32 CA 50.04
Ruben Whitney 34 TX 52.13
Dan Theil 30 LA 54.28
Chuck Holt 32 IL 54.46

Heat 2

Matt Pruitt CA 50.00
Glenn Johnson 31 CA 50.69
Frank Wojtech UT 52.02
Bill Weller 52.22
George Jenkins 32 MI 53.56

FINALS

Hilliard Sumner 32 CA 48.07
Matt Pruitt 31 CO 48.41
Glenn Johnson 31 CA 50.13
Dai Thiel 30 LA 51.83
Bill Weller 52.26
Chuck Holt 32 IL 54.46

400 Meter Dash

35-39 FINALS
+ David Romain 37 CA 49.66
Dan Fitzsimmons CA 52.25
Lyn Eves 37 OR 51.65
Bryan Westfield 37 MI 53.03

40-44 FINALS

Gary Miller 42 CA 52.28
Jack Brocksmith 54.38
Haig Bohigian 43 NY 54.96
William Mayer 42 TX 55.22
Herb Blanchard CA 60.22
Bernard Babbitt 42 WA 63.98

45-49 FINALS

Nick Newton 46 CA 52.26
Harold Hitt 46 OR 54.28
Hans Brunner 46 CA 55.26
Tony Nasralla 47 CA 55.56
James Parks 45 CA 57.72

50-54 FINALS

* Jack Greenwood 53 KN 54.24
Ozzie Dawkins 50 CA 54.68
Dean Smith 53 IL 55.77
Bob Sieben 53 CA 56.29
Dan Jackson 53 CA 56.69
George Weber 50 OR 62.74

55-59 FINALS

Jim Upham 58 KN 58.73
Bob Hunt 59 CA 59.62
Wilbur Buchanan CA 60.03
Raymond Spencer 56 CA 61.24
Don Harris 57 PA 61.43
Calvin Boyd 58 OR 61.51
Mark Henderson 59 CA 67.50

60-64 FINALS

Bill Bowers 61 ID 63.96
Robert Littlejohn 60 WA 69.88
Merle Palmer 60 WA 71.95
Frans Pauwels 61 OR 74.36

65-69 FINALS

* Harry Koppel 66 CA 63.88
John Satti 65 CA 65.67
Chet Beach 67 CA 69.34
Bud Deacon 67 OR 70.58
Gerald Ward CD 71.44

70-74 FINALS

Mel Shine 70 CA 72.07
John Clarke 72 CO 72.20

75-79 FINALS

* Josiah Packard 76 CA 71.13
Sing Lum 75 CA 82.01

800 Meter

30-34
John Perry 34 CA 1.56.93
Hilliard Sumner 32 CA 1.58.15
Frank Wojtech UT 1.58.30
George Jenkins 32 MI 1.59.41
David Shilling 34 WA 1.59.57
Steve Waggener 34 CA 2.00.26

35-39
+ Ralph Lee 38 CA 1.53.76
+ David Romain 37 CD 1.54.78
Jack Petty 35 TX 1.58.35
John Prinos 37 WA 2.23.83

40-44
* Ernie Billups 42 IL 1.55.96
Jack Knebel 40 CA 2.00.16
William Mayer 42 TX 2.00.87
Pete Richardson 44 CA 2.01.67
Mel Elliot 41 CA 2.03.23
James Vella 42 OR 2.13.05
Walt Schaefer CA 2.14.12
Herb Blanchard CA 2.18.42
Bernard Babbitt 42 WA 2.27.02

45-49
John Weldy 43 AZ 2.10.95
Gaylord Kalchschmid CA 2.11.14
Tom Sturak 48 CA 2.15.18
Dick Katte 46 IN 2.16.86
John Harper 46 CA 2.20.26
Jack Randolph 46 CA 2.31.99
Sandor Szabo 47 OR 2.41.70

50-54
* Bill Fitzgerald 54 CA 2.04.76
* Dean Smith 53 IL 2.06.06
Kelsey Brown 52 NJ 2.06.80
Bob Sieben 53 CA 2.09.11
Don Jackson 53 CA 2.11.84
Ian Jamison CD 2.12.54
George Puterbaugh 54 OR 2.13.84
Robert Kuepper 51 OR 2.15.54
David Stevenson 51 CA 2.16.94
Robert Poet 54 CA 2.22.44

55-59
Avery Bryant 55 CA 2.17.43
Jack Rice 59 FL 2.21.86
Wilbur Buchanan 55 CA 2.29.22

60-64
Merle Palmer 60 WA 2.41.53
Frans Powells 61 OR 2.43.67

65-69
* William Andberg 68 MN 2.34.36
Bud Deacon 67 OR 2.43.66
Harry Koppel 66 CA 2.44.82
Norm Bright 69 WA 2.49.52

70-74
Mel Shine 70 CA 2.44.81
Sid Madden 72 CA 2.45.80
John Clarke 72 CO 2.45.97
Ken St. Clair 71 MO 3.24.33

75-79
Harold Chapson 77 HI 2.47.63

100 Meters
30-34
Steve Waggener 34 WA 4.08.36
Del Martin OR 4.09.61
Gordon Garlock 30 OR 4.12.56
George Jenkins 32 MI 4.14.01
David Shilling VA 4.14.25
Alan Lichtman 32 MD 4.17.48
Frank Wojtech UT 4.18.37
Marty Stitzel 34 WA 4.19.27

35-39
+ Jack Petty 35 TX 4.02.12
+ Ralph Lee 38 CA 4.02.55
Victor Wolfe 35 OR 4.08.55
David Bakley OR 4.15.27
Gene Timberlake 35 TX 4.19.95
John Prinos 37 WA 4.49.65
Ira Yawnick 38 CA 4.54.60
Ken Wilson 38 OR 5.09.00

40-44
+ Ernie Billups 42 IL 4.03.33
Jack Knebel 40 CA 4.14.05
Thomas Catheart 41 CA 4.23.21
Mel Elliott 41 CA 4.27.31
Bernard Babbitt 42 WA 4.50.58

45-49
John Weldy 45 AZ 4.31.01
Gaylord Kalchschmid CA 4.33.32
Martin Gurtin PA 4.34.29
Tom Sturak 48 CA 4.39.22
John Harper 46 CA 4.55.78

50-54
* Bill Fitzgerald 54 CA 4.21.94
+ Kelsey Brown 52 NJ 4.25.54
+ Dean Smith 53 IL 4.30.12
Iam Jamison CD 4.38.27
Robert Kuepper 51 OR 4.40.09
Bob Holmes 51 CA 4.34.39
George Puterbaugh 54 OR 4.48.99
Leo Sheffry 51 OR 4.49.50

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<u>55-59</u>	Avery Bryant	55 CA 4.42.26	Ron Gayer	37 OR 35:08.7	John Brocksmith	GA 60.13	<u>40-44</u>	Ron Laird	41 CA 1.51.50			
	Jack Rice	59 FL 5.19.52	Val Schultz	OR 35:24.5	Lewis Thorne	41 OR 60.99		Ray Fitzhugh	44 CA 2.29.15			
<u>60-64</u>	*Clive Davies	64 OR 4.54.19	John Prinos	37 WA 35:39.2	Bruce Mills	40 IL 66.27	<u>45-49</u>	<u>Bob Fine</u>	48 NY 1.55.49			
	Robert Lehman	60 CA 5.19.78	Earl Ellis	43 WA 33:00.8	Raymond Fitzhugh	44 CA 76.70		Dick Vanderhoff	47 WA 1.57.57			
	Alan Waterman	61 CA 5.21.79	David Pitkethly	43 WA 33:51.6	Van Parrish	45 CA 63.82		Paul Kaalb	46 WA 1.59.23			
	Frans Pauwels	61 OR 5.27.49	Truman Clark	44 CA 33:52.1	Tony Nasralla	47 CA 64.71	<u>50-54</u>	*Robert Mimm	54 NJ 1.52.53			
<u>65-69</u>	*William Andberg	68 MN 5.11.77	Bob Langenbach	42 WA 33:54.4	Al Sheahan	47 CA 65.00		John Friesen	52 CA 2.23.34			
	Norm Bright	69 WA 5.50.62	Jim Davis	34:41.3	<u>50-54</u>	+ Jack Greenwood	53 KN 60.08	<u>60-64</u>	John Johnson	62 NJ 2.04.20		
	Fred Bierlein	69 CA 5.52.90	Guy McFarland	43 IA 35:30.9	Dean Smith	53 IL 63.66		+ Gordon Wallace	69 AZ 2.12.45			
<u>70-74</u>	Sid Madden	72 CA 5.45.07	45-49	Jack Foster	47 NZ 30:48.5	Ed Dowell	52 CA 64.88	<u>Javelin</u>				
	Ken St. Clair	71 MO 6.53.00		Ray Hatton	47 OR 32:17.4	Bob Holmes	51 CA 67.07	<u>30-34</u>	Ken Johnson	CN 192'5		
<u>75-79</u>	*Harold Chapson	77 HI 5.46.36		Derek Mahaffey	45 WA 34:41.3	Bob McGuire	52 CA 68.88		Frederick Johnson	33 CA 174'9		
				Joe Livesay	45 AZ 35:03.9	David Stevenson	51 CA 69.00		Jim Trujillo	32 OR 173'4		
<u>80-84</u>	*Paul Spangler	80 CA 7.01.20		Ed Rockwell	46 35:11.2	<u>55-59</u>	Bob Hunt	59 CA 67.96		Richard Stepp	34 CA 143'1	
<u>5000 Meters</u>				Allyn Schwinkendorf	WA 36:51.5		Bob Pruitt	56 OR 69.18	<u>35-39</u>	Doug Wells	35 CA 200'10	
<u>30-34</u>	Steve Waggener	34 CA 16.26.4		WOMEN 45-59			Avery Bryant	55 CA 74.95		Cornelius McCormack	CA 165'11	
	Jacques Pittet	33 WA 16.33.7					<u>60-64</u>	* Alan Waterman	61 CA 76.06	<u>40-44</u>	Larry Stuart	CA 212'2
	Gordon Garlock	30 OR 17.47.4								Phil Conley	44 CA 192'0	
<u>35-39</u>	Harvey Franklin	CD 15.20.5								Robert Darling	44 OR 173'11	
	George Conefrey	37 OR 15.31.8					<u>45-49</u>	* Spencer Letcher	47 CA 181'0			
	David Hambly	39 WA 15.38.9								Ralph Sutton	48 CA 170'0	
	Jack Petty	35 TX 15.48.3								Robert Sonnenman	48 IL 126'7	
	Victor Wolfe	35 OR 15.53.9					<u>50-54</u>	Harry Hawke	50 CA 133'0			
	David Bakley	OR 17.21.5								Harold Wallace	52 CA 109'4	
	Neal Weber	OR 17.36.2								Phil Walden	52 OR 96'2	
<u>40-44</u>	Earl Ellis	43 WA 15.34.9								Emson Grimm	54 CA 49'4	
	Robert Welch	46 CA 16.04.3					<u>55-59</u>	John Ulam	55 PA 124'8			
	Truman Clark	44 CA 16.07.1								Bob Stone	59 CA 115'11	
	Jim Davis	OR 16.13.7								Don Harris	59 PA 105'3	
	Bob Langenbach	42 WA 16.29.5								Jim Holland	55 OR 91'6	
	Walt Schaefer	WA 16.39.3					<u>60-64</u>	* Bill Morales	63 CA 163'0			
	David Page	40 WA 16.40.6								Phillip Henn	66 IO 71'10	
	Thomas Cathcart	41 CA 17.20.8					<u>70-74</u>	* Winfield McFadden	74 CA 108'9			
	Bernard Babbit	42 WA 18.11.2								* Herb Anderson	77 CO 92'5	
<u>45-49</u>	+Ray Hatton	47 OR 15.35.5					<u>75-79</u>	Shot Put				
	Hal Higdon	48 IN 15.41.5										
	Derek Mahaffey	45 WA 16.16.5					<u>30-34</u>	Fred Johnston	33 CA 39'0			
	John Weldy	45 AZ 16.49.9								Warren Cummings	30 CA 36'3 3/4	
	Field Ryan	WA 18.31.5								William Henderson	33 CA 35'9	
	Sandor Szabo	47 OR 19.17.9					<u>35-39</u>	Doug Wells	35 CA 49'9 1/2			
<u>50-54</u>	Jim O'Neil	52 CA 16.41.6								Edward Hill	37 CA 4648	
	David Stevenson	51 CA 16.58.0								Cornelius McCormick	CA 38'3	
	Roland Anspach	53 OH 17.08.4					<u>40-44</u>	Doug Smart	43 WA 46'6			
	Don Pickett	51 CA 17.51.9								James Hart	43 HI 44'2	
	Leo Sherry	51 OR 18.11.4								Hal Smith	44 CA 42'2	
	Robert Keupper	51 OR 18.15.7								Richard Fox	41 CA 38'7 1/2	
	Bill Chesney	OR 18.27.8								Carl Klehm	41 IL 36'4 1/4	
	Ray Gill	CA 18.34.7					<u>45-49</u>	Phil Brady	45 CO 45'0			
<u>55-59</u>	Avery Bryant	55 CA 17.50.4								Stewart Thompson	46 CA 41'10 1/4	
	Joe Mallon	58 OR 19.05.9								Spencer Letcher	46 CA 33'11 1/2	
	Jack Rice	59 FL 19.58.0								Dave Douglass	48 NM 28'10 1/4	
	James Stephenson	59 CA 23.43.3					<u>50-54</u>	Harry Hawke	50 CA 43'0 1/2			
	Tom Holmer	55 OR 25.18.5								Harold Wallace	52 CA 37'1	
<u>60-64</u>	*Clive Davies	64 OR 17.27.5								Phil Walden	52 OR 35'3	
	James Olson	62 CA 18.31.3					<u>55-59</u>	Robert Mimm	54 NJ 25.26.0			
	Frans Pauwels	61 OR 19.06.5								John Friesen	52 CA 29.54.5	
	Robert Lehman	60 CA 20.36.1								Bob McGuire	52 CA 30.05.5	
<u>5000 Meters</u>							<u>60-64</u>	Don Johnson	62 NJ 28.08.5			
<u>65-69</u>	William Andberg	68 MN 19.11.7								Don Jacobs	60 OR 35.53.6	
	Norm Bright	69 WA 23.03.7								<u>70-74</u>	James Hollander	55 OR 39'2
<u>70-74</u>	Sid Madden	72 CA 22.03.3								David Batchelor	59 PA 35'4	
	Ken St. Clair	71 MO 24.48.1								<u>75-79</u>	William Walmroth	56 MI 46'8 1/4
	Paul Carmichael	71 CA 28.39.0									James Holland	55 OR 39'2
<u>10000 Meters</u>										David Batchelor	59 PA 35'4	
<u>30-34</u>	Del Martin	OR 33:43.8								<u>80-84</u>	Jack Thatcher	63 CA 45'11 3/4
	Jacques Pittet	30 WA 34:51.9									Mike Castaneda	60 MN 45'11 1/2
	Doug Sturm	WA 36:54.8									William Coleman	61 VI 44'11 1/2
<u>35-39</u>	George Conefrey	37 OR 32:04.5								<u>65-69</u>	James York	66 CA 43'4
	David Hambly	39 WA 32:22.7								Ross Carter	65 OR 41'11	
										Phillip Henn	66 IO 33'4	

continued

continued

Discus

30-34
Frederick Johnston 33 CA 118'1
Warren Cummings 30 CA 110'2
William Henderson 33 CA 92'6

35-39
Doug Wells 35 CA 148'2
Edward Hill 37 CA 144'9
Cornelius McCormack CA 123'9

40-44
Bob Humphreys 43 CA 148'3 1/2
James Hart 43 HI 138'8 3/4
Hal Smith 44 CA 122'2
Doug Smart 43 WA 121'1
Richard Fox 41 CA 115'10 1/2
Carl Klehm 41 IL 105'2 1/2
Sam Fortt 40 OR 91'3 1/4

45-49
Gordon Bobbell 43 CA 149'8
James Hart 43 HI 124'0
Carl Klehm 41 IL 114'2
Hal Smith 44 CA 101'7
Dick Fox 41 CA 75'2

50-54
Stewart Thomson 46 CA 159'5
Frank Miller 45 OR 112'2
Dave Douglass 48 NM 96'7
Gerald Wojeck 49 CA 93'1

55-59
David Batchelor 59 PA 111'1
Ralph Hassman 55 CA 99'4
R.K.Stone 59 CA 83'4
James Holland 55 OR 63'5

60-64
Phil Walden 52 OR 58'0
Emson Grimm 54 CA 48'9

65-69
+James York 66 CA 123'6
Phillip Henn 66 IO 83'1
B.J.LaBorde 69 OR 80'4

70-74
*Randolph Hubbell 70 CA 124'3
Louis Perfsenyi 71 CA 99'10
Jack Carson 70 HI 73'9

75-79
Herb Anderson 77 CO 64'3

High Jump
30-34
Dennis Olafson 32 OR 6'1
Ken Johnson CO 5'8
Warren Cummings 30 CA 5'4

35-39
Alonzo Littlejohn 37 MI 6'0
Mike Attermann 38 MI 5'6

40-44
Tom Langenfield 42 MN 5'10
Robert Darling 44 OR 5'8
Floyd Smith 44 IO 5'7

45-49
* Richard Richardson IL 6'0
**Nick Newton 46 CA 5'10
* Ed Austin 49 CA 5'6

50-54
Hal Buck 54 OR 4'10 1/8
Phil Walden 52 OR 4' 6 1/8
Harold Wallace 52 CA 4' 4 1/8

55-59
Burl Gist 59 CA 5' 3/4
Dave Brown 57 CA 4' 8 1/8
Bob Pruitt 56 CA 4' 6 1/8

60-64
Orval Gillett 60 CA 4'7 3/4
James Vernon 63 CA 4'4 1/8

65-69
James McCarthy 65 NV 4'4 1/8
Chet Beach 67 CA 4'2 1/8
Bud Deacon 67 OR 4' 1/8

70-74
Louis Perfsenyi 71 CA 3'10
Homer Van Gelder 74 CA 3'10
Winfield McFadden 74 CA 2'8 1/2

75-79
Herb Anderson 77 CO 4'2 1/8

60-64

Bill Morales 63 CA 15'4 1/4
Robert Littlejohn 60 WA 14'7

65-69
* John Satti 65 CA 15'8 3/4

70-74
* Winfield McFadden 74 CA 13' 1/4
Homer VanGelder 74 CA 11'3 1/4
Jack Carson 70 HI 9'5 1/4
Henry Schumacher 70 IO 9'3 3/4

75-79
Herb Anderson 77 CO 10'2 1/4

85-89
* Collie Wheeler 86 OR 8'3 3/4

TRIPLE JUMP

30-34
Carl Flowers 32 CA 42'10"
Paul Roberts 33 WA 42'1
Ken Johnson CO 38'11"

35-39
Miguel Ucovich 38 CA 38'1
Alonzo Littlejohn 37 MI 35'4

40-44
Melvin Ramey 41 CA 42'9
Kermitt Walker 43 CA 40'10"
Haig Bohigian 43 NY 35'4 1/2
Tom Langenfeld 42 MN 34'5 1/4

45-49
Shirley Davisson 49 CA 37' 1/2
Tony Nasralia 47 CA 36'4

50-54
Albert Brenda 51 CA 34'2 1/4
Donald Donnelly 51 CA 33'8

55-59
Phil Walden 52 OR 30'10"
Freeman Marr 54 TN 29'2 1/2
John Friesen 52 CA 26'10"

60-64
Raymond Spencer 56 CA 34'2 1/4
Dave Brown 57 CA 33'10"
James Johnson 57 CA 32'9 1/4

65-69
Robert Littlejohn 60 WA 27'1 1/2

70-74
John Satti 65 CA 29'5 1/4
Bud Deacon 67 OR 28'9 3/4

75-79
Herb Anderson 77 CO 24'1 1/2

POLE VAULT

30-34
Warren Cummings 30 CA 14'0
Richard Stepp 34 CA 12'6

35-39
Tim Sills 31 OR 12'6

40-44
Brian Bergman OR 12'6
Gary Isham WA 10'0

45-49
* Irene Obera 46 CA 61.73
* Gretchen Snyder 45 CA 68.36

50-54
* Ellen Rose 51 CA 74.81

55-59
* Edith Leiby 56 HI 88.13

60-64
* Josephine Kolda 61 CA 92.25

65-69
* Polly Clarke 68 CO 84.60

800 Meters

30-34
Remzy Hussey 33 CA 3,40,22

35-39
* Micki Hervey 37 TX 2,29,78

Miriam Gerard 38 CA 2,33,82

* Judy Groombridge 39 WA 2,39,68

40-44
* Noel Murchie 44 HI 2,39,49

45-49
* Ruth Anderson 49 CA 2,45,92

50-54
* Edith Leiby 56 HI 3,33.12

55-59
* Polly Clarke 68 CO 3,38.02

1500 Meters

30-34
Ramsey Hussey 33 CA 7,22,5

35-39
* Judy Groombridge 39 WA 5,23,52

Miriam Gerard 38 CA 5,44,38

40-44
Sandra Knott 42 OH 4,58,42

* Noel Murchie 44 HI 5,32,65

50-54
* Ellen Rose 51 CA 6,20,17

Maggie King 7,37,80

55-59
Edith Leiby 56 HI 7,14,47

