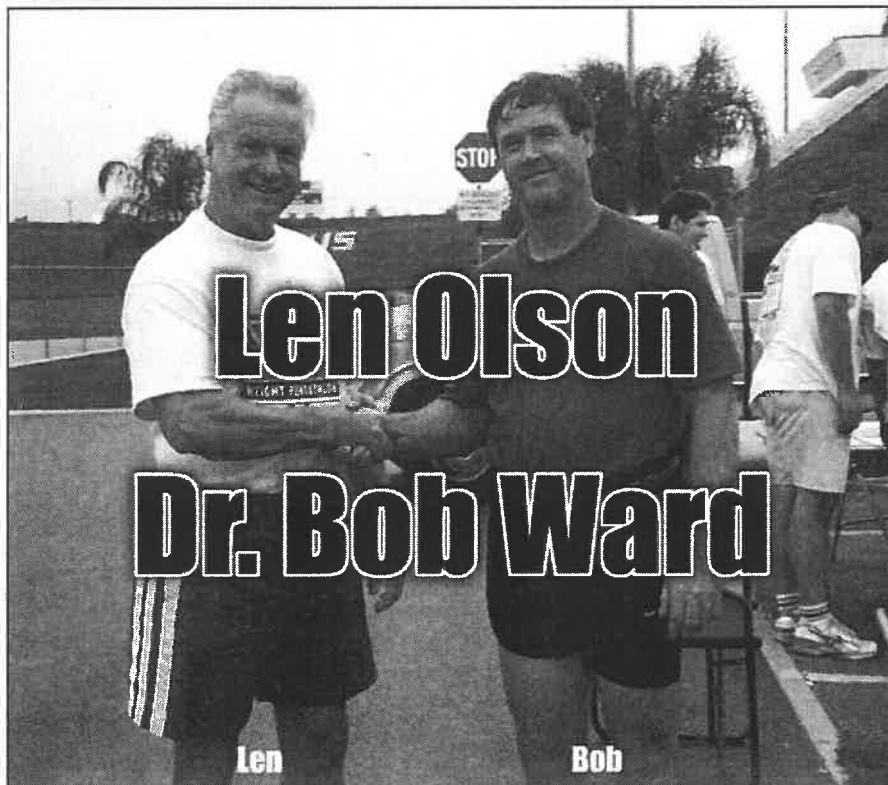


WEIGHT PENTATHLON *History*

1955 - 2004



Len Olson

Dr. Bob Ward

Len

Bob

ACKNOWLEDGEMENTS

First, we'd like to give thanks to the great throwers of the past who formed the first meet, primarily because they loved to throw. Certainly, those throwers who competed in the All-Around Throwing Competition some 50 years ago are the pioneers of the present-day Weight Pentathlon?

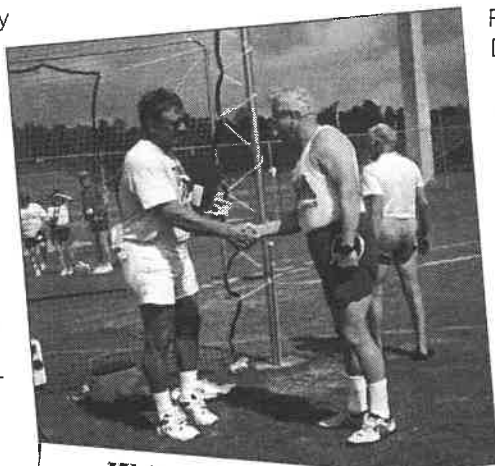
Further, this Weight Pentathlon History 1955 to 2004 would have been impossible without the assistance of many crucial contributors—their time, their knowledge and their financial support.

It would be very difficult, if not impossible; to find anyone that has contributed more to the Weight Pentathlon than Mark Chapman and Cheryl Mellenthin. They are competitors, meet administrators of Weight Pentathlons Meets, and have significantly contributed financially to the USATF National Weight Pentathlon

Championship Meets—Past and present.

Rising to meet the financial needs, fellow competitors generously have made donations to support the costs of producing this publication: Mark Chapman, Cheryl Mellenthin, Bob Humphreys, Tom Allison, Dave Rothenbury, Jerry Wojcik, Jim Gerhardt, Dick Hotchkiss and Bob Ward.

Finally, to the advertisers, we want to thank them for their assistance in making this History possible. Their vision into the value of documenting past performances, and the throwers who made their marks is a conformation that it is important to keep records, and to pass them on to future throwers as standards to guide them, and for them to exceed: AdvoCare, Mannatech Inc, Mark Chapman Foundation, On Track, APEX, LSTJ, Breunig Commercial.



Weight Pentathletes Break Records in Fort Collins

FORT COLLINS, Colo. — Four world and six U.S. records were set at the 2003 USATF National Masters Weight Pentathlon Championships held here on Aug. 23-24.

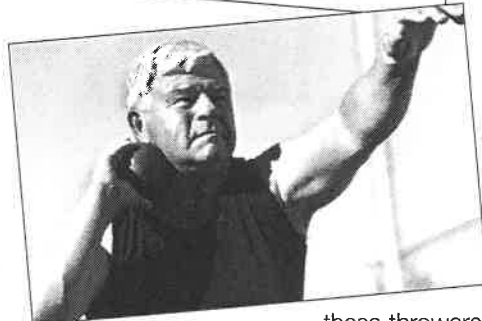
World records were broken by Cecilia Lewis, 43, Bayside, N.Y., Carol Finrud, 46, Lockhart, Texas, and

Bob Ward, 70, Carrollton, Texas, in the overall weight pentathlon. Lewis and Finrud's scores of 5261 and 5233 points, respectively, broke their own previous records set at the World Masters Athletics Championships in Puerto Rico in July.

Continued on page 8



Top four M55+ USATF National Masters Weight Pentathlon Championships: Robert Herron, second, Bob Humphreys, first, Vern Spencer, third, and (standing) Chuck Pitzer/Soury.



these throwers.

A summary of some training principles have been included to help you compare what you are doing to accepted methods, and to assist you in developing and refining your own training and throwing programs.

To help you sift through a lot of nutrition misinformation found in a variety of common sources of information we have provided some important nutritional guides that are essen-

PREFACE

Weight Pentathlon (WP) has energized and enriched the lives of the competitive throwing world. The purpose of this presentation is to document the history of how the WP originated, how it progressed as well as its growing pains and what lies ahead in the future. Record performances are highlighted. A large number of photos of participants in the WP are interspersed throughout review. It is clear that the WP has blossomed into popular competition throughout the world with expanded participation both men and women. On the local and regional levels, there have been dozens of WPs conducted every year throughout the USA and Canada alone. Many countries throughout the World hold their local and National WP championships as well as European and Asian Championships. In order to contain this large proliferation of data, his effort will center on the USA National Championships and the International WAVA championships.

Section II covers the USA and World gender-specific age-group records for all events and total scores.

The philosophy and inspiration material provides you with some guiding principles that will help you develop, and evaluate your throwing and training programs.

A review of the scientific literature is given to you so that you can get an accurate look at the "effects of aging" on

your performance, and help you establish a program that will work best for you. Along with this review is statistical analysis of the WP Performances from 1994-2004 was given to show you the real time performance levels across all ages. Note that due to the lack of data at certain ages spiking occurs. Obviously, this isn't a true reflection of the population of performances at that age. Therefore, data will be added, periodically, to the database, and these spikes will lessen and, eventually, the curve will become smoother. Future updates of this material can be found at www.sportsscience.com.

To relate to real life situations two yearly performance curves of two athletes who have competed for many years (9 and 17 years) have been plotted to show the impact of age, injury and disease on performance. It would be a good exercise for you to plot your own performance curve on a similar graph to see how you compare to

tials for an elite performance nutrition program. In addition, you can use this material to compare what you are presently doing in the area of nutrition to the accepted scientific standards of today.

Everybody needs a good coach...consequently, "The Perfect Coach" portion was included to identify some outstanding coaches who have made a major contribution to throwing and/or the WP. These

coaches can serve as models for you, if you want, or need to find a coach to improve your throwing or training. Knowing the character of these coaches, I am certain that they would be glad to share their knowledge with you and/or give you their advice on any of the event(s), or help you in selecting a good throwing coach. In the near future, a communication link to such coaches will

be made available on the web at www.sportsscience.com.

INTRODUCTION

This manuscript documents the history of the WP from its origins in 1955 when it was called the All-Around Weight Throwing Competition.

In 1974, the event was resurrected and restructured. Its name was changed to simply to the Weight Pentathlon. Many changes took place over the years relative to the growth of the WP, including changes in the age groups, addition of women, and various scoring tables, and implements, number of throws per event and sequence of the throwing events.

A brief chronological history of the

past, present and future trends will be covered. Numerous photos of various WP champions competing at National and World Championships will be featured. It also contains lists of the present American and World Record holders as well as event records for championship events. Competitors who scored over 4000 and 5000 points since 1993 are featured.

Growth curves showing the progress of the WP depicted as participation vs. time. Finally, the effects of aging, nutrition, and the future of the WP are featured.

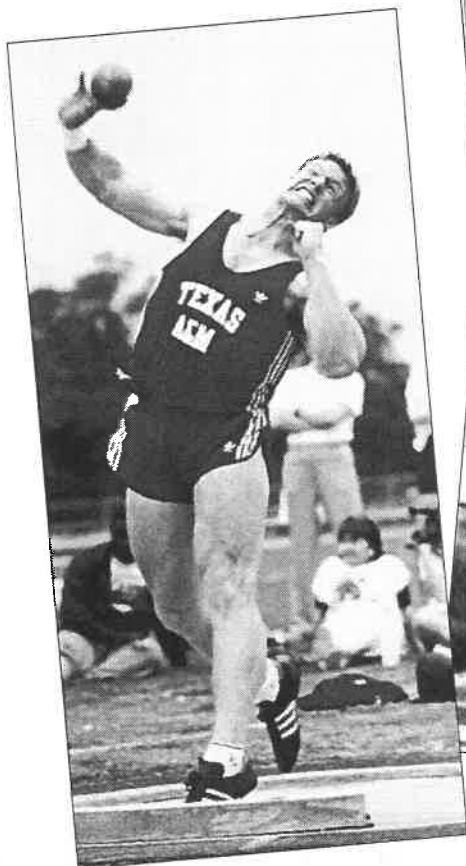
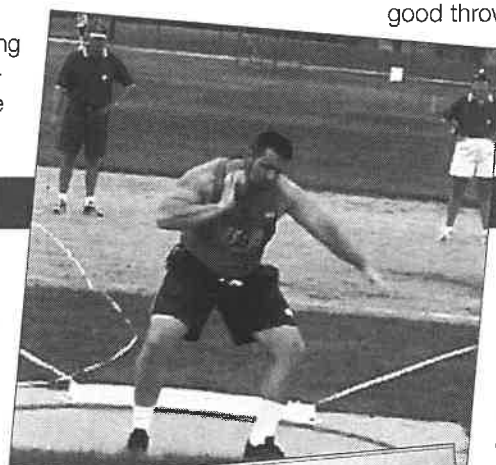


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I've just started on this part

Section I

ORIGINS OF THE WEIGHT PENTATHLON - 1955

Saturday, September 10, 1955 - Noon
Hinchliffe Stadium, New Jersey

Original 1955 concept implemented:

- First Annual "All-Around Weight Throwing Competition"

The first meet was called the:

- "All-Around Weight Throwing Competition"

The first meet consisted of the following eight events:

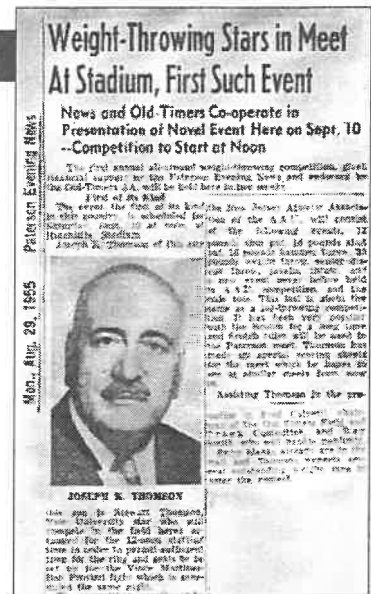
- 16 lb. Hammer
- 16 lb. Shot
- 12 lb. Shot
- Caber
- 2K Discus
- 56 lb. Weight
- 800 g Javelin
- 35 lb. Weight

Results (Points):

- | | | | |
|--------------------|---------|-------------------|---------|
| 1. Stew Thompson | (8,124) | 7. Marty Engel | (6,762) |
| 2. Bob Backus | (7,800) | 8. Steve Dillon | (6,675) |
| 3. Harold Connolly | (7,619) | 9. Vince Gattullo | (6,596) |
| 4. Bill Bangert | (7,232) | 10. James Feeney | (6,419) |
| 5. Ken Bantum | (7,231) | 11. Tom Pagani | (6,326) |
| 6. Al Hall | (6,926) | | |

Individual Event Winners:

- | | | | |
|------------------------|---------------------|-------------------------|-----------------------|
| <u>16 lb. Shot</u> | <u>12 lb. Shot</u> | <u>35 lb. Weight</u> | <u>Discus</u> |
| 1. Bangert - 54' 6.5" | 1. Bangert - 60' 4" | 1. Bob Backus - 59' .5" | 1. Thomson - 160' 10" |
| 2. Bantum | 2. Bantum | 2. Connolly | 2. Bantum |
| 3. Thomson | 3. Thomson | 3. Thomson | 3. Bangert |
| 4. Engel | 4. Hall | 4. Al Hall | 4. Backus |
| 5. Connolly | 5. Gattullo | 5. Steve Dillon | 5. Connolly |
| <u>16 lb. Hammer</u> | <u>Javelin</u> | <u>56 lb. Weight</u> | |
| 1. Connolly - 199' 11" | 1. Pagani - 141' 1" | 1. Backus - 40' 4" | |
| 2. Backus | 2. Bangert | 2. Thomson | |
| 3. Thomson | 2. (Tie) Thomson | 3. Hall | |
| 4. Engel | 4. Engel | 4. Connolly | |
| 5. Vince Gattullo | 5. Backus | 5. Feeney | |



Joseph K. Thomson conceived and organized the first All-Around Weight Throwing Competition.



Eleven national caliber throwers competed in the original All-Around Weight Throwing Competition:
Left to right: Vince Gattullo, Ken Bantum, Stewart Thomson, James Feeny, Bill Bangert, Bob Backus, Tom Pagani, Steven Dillon, Marty Engel, Harold Connolly, and Al Hall.

Note: Harold Connolly took an extra throw of the 16 lb. hammer to try to better his World Record of 206' 10", but came up just a few inches short!

In 1956, The "All-Around Weight Throwing Competition" was reduced to five events (and continued for about 11 years* with no changes in events):

- 16 lb. Hammer
- 16 lb. Shot
- 2K Discus
- 800 g Javelin
- 56 lb. Weight

Dozens of different athletes tried their hand in the "All-Around" over the years. Now, 50 years later, there are still five athletes from the "All-Around" era that compete in the modern "Weight Pentathlon" version:

- Stewart Thompson
- Len Olson
- Norman Cyprus
- Carl Wallin
- Robert Cahners

What became of the others?

- Bill Bangert competed regularly up until a few years ago.
- Sid Kiwitt still competes in the Javelin only.
- Tom Pagani, Hal Connolly and Ken Bantum no longer compete but are heavily involved in Coaching Field events.
- Bob Mead still competes in throwing events in the New England region
- Al Hall, Tom McDermott and Bob Backus have passed away.
- All the others have retired or disappeared from the Track and Field world.




HISTORY OF THE ALL-AROUND

The number of athletes in the "All-Around" increased gradually from 11 up to 23 competitors. Below and on the following page is a copy of the program for the 11th Annual, and final, competition in Bayonne, New Jersey. It is quite evident that the "All-Around" favors the hammer thrower since two out of five events are essentially hammer throws. The past winners over the previous 10 years were all outstanding hammer throwers!

Among the competitors were Al Oerter, Olympic discus champion, Carl Wallin, 60 foot shot putter, Tom Pagani, Cliff Larrabee and Stew Thomson, World class hammer throwers, to mention a few. The Stadium records holders all competed in the All-Around, such as Gary Gubner, a 60' shot putter and World Class Olympic Weight lifter, Jack Ellis, National class discus thrower Bob Backus, World Record holder in 56 lb. weight throw and Olympian hammer thrower Al Hall.

Point scoring tables changed in 1958.

<p>16 Pound Shot Put 16 Pound Hammer Throw Discus Throw Javelin Throw 56 Pound Weight Throw</p> <p>Total point score accumulated in above five events determines winner)</p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;"><u>COMPETITORS</u></p>
<p>No. 1-- Kevin P. Killgallon, New York A.C. 2-- Carl Wallin, Northeastern Univ. Track Club 3-- P. Stewart Thomson, New York A.C. 4-- Robert Steigerwald, Manhattan College 5--Richard Robinson, New York A.C. 6--Ira Wolfe, Indian Track Club 7--Al Oerter, New York A.C. 8--Norman Cyprus, New York A.C. 9--Clifford E. Larrabee, Unattached 10--Thomas Pagani, New York A.C. 11--Robert Mead, Manhattan College 12--Robert Cahners, Southern Calif. Striders 13--Peter J. Mastaglio, New York A.C. 14--Stuart Levitt, Grand Street Boys 15--Leonard T. Olson, New York A.C. 16--Charles H. Scott, Unattached 17--Thomas M. McDermott, New York A.C. 18--Danis Kanach, Manhattan College Freshman 19--Andrew J. Magna, New York A.C. 20--Bruce Weberbauer, Manhattan College Freshman 21--Wayne Ferguson, New York A.C. 22--Edward Janor, Manhattan College Freshman 23--Richard Blameo, Manhattan College Freshman</p>



ELEVENTH ANNUAL INVITATION ALL AROUND WEIGHT THROWING COMPETITION

Sponsored by
DEPARTMENT OF PARKS AND RECREATION
City of Bayonne, New Jersey
at the
NINTH ANNUAL BAYONNE DEPARTMENT OF PARKS FIELD GAMES

SUNDAY, October 10, 1965 - 10:30 A.M.

BAYONNE CITY PARK STADIUM
West 19th Street and Avenue A, Bayonne, N.J.

SANCTIONED BY

Metropolitan Association of
The Amateur Athletic Union

Francis G. Fitzpatrick, Mayor
George J. Prandeville, Director
Michael Okel, Superintendent
Daniel J. Boyls, Recreation Director

OFFICIALS

REFEREE
 Alfred J. Bundies.....Hudson County A.A.U. Commissioner

CHIEF JUDGE
 Louis Pagani.....Fordham A.A. Spike Shoe Club

JUDGES
 Mario Tromzo.....Assumption Track and Field
 John Koppl.....Villanova University, New York A.C.
 Raymond Chackey.....Bayonne Department of Parks

SCORERS
 Joseph K. Thomson.....Paterson, New Jersey
 William C. LaneSt. Peter's College

ANNOUNCER AND PRESS STEWARD
 Don Carroll.....Bayonne Department of Parks

MARSHALS AND FIELD SUPERVISOR
 Michael GhalBayonne Department of Parks
 Henry Lisocki.....Bayonne Department of Parks

CUSTOMER OF PRIZES & REMISEMENTS
 Cecille Holloway..... Bayonne Department of Parks

MEET DIRECTOR
 Peter Stridgen..... Villanova University, New York Athletic Club

ELEVENTH ANNUAL ALL AROUND WEIGHT THROWING COMPETITION

This event was inaugurated ten years ago in Paterson, New Jersey, as an eight event program, introduced by Joseph K. Thomson.

During the following two years, the New York Athletic Club sponsored the event at their Travers Island Manor, with a reduction in the number of events to five. The events deleted were the 35 lb. weight throw, 12 pound shot put and the colour toss. For the last seven years, the Bayonne Parks Department substituted the all-around as their program for the Annual Field Event Games.

The points accumulated by each competitor are based on internationally accepted scoring tables such as is used for the decathlon. These points are awarded to competitors proportional to actual performance as reflected in these tables and not to places won in each event. The competitor scoring the most points in this manner after concluding five events is the winner. Point scorings will be announced as the program proceeds.

PAST WINNERS OF THE ALL AROUND WEIGHT THROWING COMPETITION

YEAR	AFFILIATION	Pts.	Location
1955	F. Stewart Thomson Yale University		Paterson, N. J.
1956	Albert W. Hall Cornell University		Travers Island, N.Y.
1957	Albert W. Hall U. S. Army		Travers Island, N.Y.
1958	F. Stewart Thomson New York A.C.	4460	Bayonne, N.J.
1959	F. Stewart Thomson New York A.C.	4454	Bayonne, N.J.
1960	F. Stewart Thomson New York A.C.	4413	Bayonne, N.J.
1961	F. Stewart Thomson New York A.C.	4351	Bayonne, N.J.
1962	Thomas Pagani New York A.C.	4472	Bayonne, N.J.
1963	Thomas Pagani New York A.C.	4583	Bayonne, N.J.
1964	Thomas Pagani New York A.C.	4542	Bayonne, N.J.

BAYONNE CITY PARK STADIUM RECORDS

Event	Competitor	Affiliation	Distance	Yr. Made
16 lb. Shot Put	Gary Gutner	N. Y. Univ.	57 ft. 1 1/2 in.	1961
16 lb. Hammer Throw	Albert Hall	N.Y.A.C.	206 ft. 5 in.	1959
Discus Throw	Jack Ellis	N.Y.A.C.	181 ft.	1957
Javelin	Sidney Kimmitt	N.Y.P.C.	233 ft. 4 1/2 in.	1957
56 lb. Weight	Robert Backus	N.Y.A.C.	45 ft. 1 in.	1959
All Around Points	Thomas Pagani	N.Y.A.C.	4583 Points	1963

ORIGIN OF THE MODERN WEIGHT PENTATHLON - 1974

April 7, 1974

Raleigh, North Carolina

After a lapse of nine years, the "ALL-AROUND WEIGHT THROWING COMPETITION" concept was re-introduced by Bob Boal and A.C. Linnerud at the 4th Annual Southeastern Masters meet at North Carolina State University. The event was now called the "WEIGHT PENTATHLON".

The first Weight Pentathlon allowed six throws for each event. The order of events was not restricted. The hammer was the first event and it was held at a separate location (Method Field). This was followed by the shot, discus, weight and javelin throws which were held at North Carolina State University. It was held on Sunday following all the individual Track and Field events on Saturday the preceding day. Needless to say, everyone was tired and sore, but all enjoyed the new event.



Bob Boal (right) organized the first "modern" Weight Pentathlon.

TEN COMPETITORS (One change in events was implemented. The 56 lb. weight was changed to 35 lb. weight.)

THE STANDARD OLYMPIC IMPLEMENTS WERE USED BY ALL COMPETITORS. Four of the five events used the same National AAU Rulebook scoring used in the previous All-Around. There were no scores for the 35 lb. weight throw. A.C. Linnerud from Raleigh, NC and Gary Purdy, who worked for the Cooper Aerobic Center in Dallas, TX, noticed that the 35 lb. weight throw and the shot put were very close in distances. So they used the shot table to score the 35 lb. weight throw for this competition. It soon became apparent that the Olympic implements were too heavy for older athletes. Modifications for fairer scoring tables were gradually implemented. Eventually, implement weights were reduced as well.

Finally, in 1994 WAVA age-grading tables were introduced. Some changes to these tables were made in 2002 by a WAVA committee headed by Rex Harvey. These changes lowered the points for a given performance in the shot put and discus and raised the points for performances in the hammer and weight. Today, these tables are being modified again. Thus, with all these changes, it is virtually impossible to make an apples-to-apples comparison of pre-1994 scores to post 1994 scoring.

This first Weight Pentathlon competition had only ten competitors. Two sub-masters (30-34), eight Masters (40+). (NO WOMEN). This humble but small beginning has spread to the popular worldwide event that we enjoy today!

Ten year age groups were in effect for the Masters (5 YEAR FOR SUB-MASTERS).

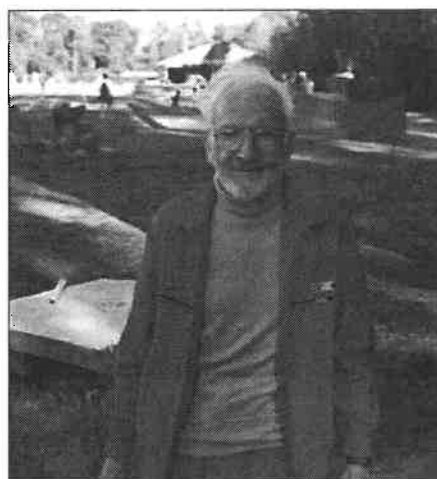
NAME	AGE	16 lb. SHOT		16 lb. HAMMER		2K DISCUS		JAVELIN		35 lb. WT		TOTAL
		METERS	PTS	METERS	PTS	METERS	PTS	METERS	PTS	METERS	PTS	
M30-34												
1. P. Hoyt	33	12.43	628	40.54	664	32.80	537	40.75	502	14.38	751	3082
2. L. Bartek	34	12.79	651	28.66	464	40.77	701	42.32	525	9.81	446	2787
M35-39												
1. P. McComas	39	15.21	801	41.26	675	43.50	753	38.63	470	13.85	719	3418
2. A. Magna	35	9.49	422	32.55	553	26.40	389	26.52	68	9.09		
3. G. Forshee	36	9.02	387	14.84	168	25.33	363	32.04	364	6.00	130	1412
M40-49												
1. L. Olson	42	12.79	651	35.42	582	37.64	638	40.94	505	10.30	482	2860
M50-59												
1. F. Geiter	54	10.16	471	18.40	247	27.22	409	36.00	435	6.82	206	1769
2. J. Keefe	50	8.05	310	14.30	154	20.10	226	22.32	187	6.57	183	160
3. E. Dorman	54	7.30	248	12.30	100	14.99	73	9.75	118	5.40	72	375
M60-69												
1. P. Partridge	60	9.13	395	27.5	442	31.37	505	0	0	6.88	21	1553

IT SHOULD BE NOTED THAT BOB BOAL AND HIS SOUTHEASTERN MASTERS HAVE HELD A WEIGHT PENTATHLON EVERY YEAR SINCE 1974! (31 years)

The year 2005 also marks the 50th anniversary of the original concept for the "All-Around Weight Throwing Competition".

He conducted two more meets later the same year in the New York area, followed by many more in the years to follow. Dozens and dozens of Weight Pentathlons at regional and local levels across the country and throughout out the World were initiated.

Occasional attempts were made to change the events. For example, drop the Javelin and add/or another weight event. As it stands, the Weight Pentathlon still strongly favors a hammer/weight thrower as it accounts for 40% of the points e.g. high point scorers like Tom Gage and Bob Ward are outstanding hammer throwers. For example, in the 2002 National Masters Weight Pentathlon, Oneitha Lewis scored 1305 points in the hammer throw (51.22m) and 1413 points in the weight throw (17.60m) for a total of 2718 points. This amounts to 53% of the total points (5114). The message here is to concentrate on improving your hammer and weight throws for higher scores.



Bob Boal
N. C. State University
Raleigh, North Carolina

The following chronological data will center on National Championship Weight Pentathlons and World Championship Pentathlons for the following reasons:

1. WAVA and/or USATF regulations are mandatory. All implements are checked and must meet proper weight and specifications.
2. Certified officials are required.
3. Results of the competition are well documented in the National Masters News, by Meet Scoring officials and most local newspapers.
4. To include all the results of Regional, Local and International meets would be an unending, monumental task beyond the intentions of this historic review.

Phil Partridge wasted no time in promoting the Weight Pentathlon. Upon returning to New York, he organized and conducted the second Weight Pentathlon. It was held at St. Johns University Athletic Field, NYC on August 25, 1974.

Ten year age groups and Olympic implements were used.

This was the beginning of a countless number of Weight Pentathlons that Phil would organize, promote and conduct. In addition, he helped spread the WP across the country and around the world. The West coast started regular WP in 1976, as did Canada. With help, he also created new scoring tables that were used for many years. In 1983, he staged the first World Weight Pentathlon. Other pioneers like Bob Stone and Ian Hume were strong promoters for the weight pentathlon movement.



Interest immediately started to grow in Weight Pentathlon competition thanks to Phil Partridge, who was a major driving force.

FIRST NEW YORK THROWING PENTATHLON - 1974

August 25, 1974

The first Pentathlon in New York quickly followed Bob Boal's first ever Weight Pentathlon in Raleigh North Carolina. It was held by the Masters Sports Association at St. John's University athletic field. Thirteen veteran throwers from four states competed in five events. Each competitor had six throws in each event, which was scored under the IAAF Decathlon Tables. It took three hours to complete and ten-year age group categories were used. Measurements were pre-metric.

THE SCORING TABLES WERE GENERATED BY PHIL PARTRIDGE (WITH HELP FROM OTHERS) AND USED FOR MANY YEARS TO COME WITH MANY PERIODIC ADJUSTMENTS. OTHER TABLES WERE ALSO INTRODUCED AND USED LATER (e.g. IAN HUME TABLES-CANADA, USA MASTERS PRESIDENT, BOB STONE).

1974 NEW YORK THROWING PENTATHLON RESULTS

NAME	16 LB. SHOT	2K DISCUS	800 g JAVELIN	16 LB. HAMMER	35 LB. WEIGHT	TOTAL POINTS
SUB-MASTERS						
1. Ira Wolfe	42' 2" 655	126' 0" 654	123' 10" 508	154' 0.5" 818	48' 8" 779	3414
2. Tom Miller	36' 2.5" 535	115' 4" 587	118' 9" 433	154' 9" 822	52' 9.5" 853	3230
3. Robert Decker	38' 7" 583	94' 6" 447	130' 11" 486	122' 7.75" 633	42' 3.75" 659	2808
4. John Polemus	32' 11" 462	94' 4" 447	92' 1" 296	68' 8" 249	28' 10" 370	1824
5. Victor Petrie	24' 10" 270	79' 4" 335	122' 1" 449	56' 1" 139	24' 7" 264	1457

(Continued next page)

(Continued from last page)

NAME	16 LB. SHOT	2K DISCUS	800 g JAVELIN	16 LB. HAMMER	35 LB. WEIGHT	TOTAL POINTS
MASTERS 40-49						
1. Len Olson	42' 1.5" 856	131' 10" 690	112' 10" 404	123' 5" 640	39' 1" 593	2982
2. Paul Meyer	33' 0.5"	1041 2 _"	59' 9"	131' 2.25"	37' 11"	2335
3. Gus Phillip	31' 11" 440	90' 8" 420	83' 8" 249	129' 3" 674	33' 10.5" 484	2267
4. Harold Colen	25' 4" 283	62' 11" 200	80' 0" 279	56' 3" 141	21' 8" 186	1889
5. Hiry West	23' 8.25" 241	66' 0" 226	74' 10" 197	49' 6" 77	20' 0" 140	881
MASTERS 50-59						
1. John Ulam	31' 2" 423	72' 4.5" 280	113' 11" 409	55' 8.5" 136	22' 8" 214	1462
2. Fred Shkinder	24' 0.5" 250	74' 9.75" 299	69' 1" 161	107' 7.5" 537	34' 9.5" 504	1751
MASTERS 60-69						
1. Phil Partridge	26' 8" 318	90' 9.5" 420	112' 7" 402	81' 0" 348	26' 2.5" 305	1791

FIRST NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIPS - 1977

June 19, 1977

Randall's Island, NY

The first National WP championship was sponsored and organized by Phil Partridge. A total of 30 competitors (one women*) took part, including Olympic Discus Champion, Al Oerter, who threw the platter 202'8" (61.77M).

*Beth Messenger only competed in the javelin (41'9"). Five year age groups were used for the first time. Six throws were allowed per event.

Age group winners were:

AGE GROUP	NAME	POINTS
M35	Ray Bury	2571
M40	Dagoberto Gonzalez	3143
M45	Len Olson	3133
M50	Herb Cantor	2639
M55	Rich "Boo" Morcum	2173
M60	Bob Detweiler	2528
M65	Phil Partridge	1921
M70	Konrad Boas	1104

- 35-59 age groups used Standard Olympic Implements
- Over 60 years used reduced hammer (8 #) and weight throw (25#) implements



1977 NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIP INDIVIDUAL RESULTS

NAME	AGE	HAMMER	SHOT	DISCUS	JAVELIN	WT	SCORE
M35							
1. Ray Bury	35	25.46 404	11.36 558	33.40 550	51.20 649	9.34 411	2571
2. Howard Friedman	35	21.06 313	9.89 442	29.50 461	35.20 416	9.35 412	2046
M40							
1. Bert Gonzales	44	32.26 529	13.62 704	49.53 864	36.58 439	12.13 608	3146
2. Ed Holmes	43	44.08 718	10.44 492	39.54 677	39.32 463	13.74 712	3063
3. Steve Holmes	40	23.29 360	10.39 489	42.50 734	47.27 596	9.98 449	2628
4. Tom Jackson	43 318	21.25 508	10.65 513	31.78 449	37.28 380	8.93	2169
5. Kurt Krastin	42	24.85 392	10.19 474	30.75 491	30.78 344	7.37 253	1954
Tom Bitterfield	40		11.01				
		0		0	0	0	
Al-Oerter	40			61.77			
		0	0	0	0	0	
Walter Lewe	42				38.20		
		0	0	0		0	
M45							
1. Len Olson	45	36.50 600	12.73 648	41.85 722	41.15 506	12.86 656	3134
2. Gus Phillipe	47	39.67 651	9.20 408	31.21 502	27.76 290	10.92 526	2377
3. Tom Hill	47	26.98 470	10.47 425	33.20 545	37.02 445	9.35 412	2367
4. Pay Carstensen	45	24.65 338	12.73 522	25.34 206	35.65 424	7.12 395	2115
5. Cal Wedderburn	46	19.20 273	7.95 202	30.78 492	27.37 253	8.53 346	1898
Tom Brooks	47		9.32		31.17		
Hal Cohen	49				26.35		
M50							
1. Herb Cantor	51	29.69 483	12.71 646	39.33 673	39.11 478	8.67 359	2539
2. Al Selig	53	23.20 358	10.49 496	29.67 467	39.35 481	8.66 358	2151
3. Maurice Lentzer	51	12.87 116	9.05 389	15.26 82	27.76 291	5.29 61	939

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NAME	AGE	HAMMER	SHOT	DISCUS	JAVELIN	WT	SCORE
M55							
1. Rich Morcum	56	24.17 378	10.37 518	32.71 535	32.46 372	9.17 398	2199
2. Paul Eberhardinger	57	19.64 282	9.27 406	24.24 336	25.13 242	7.03 224	1491
M60							
1. Bob Detweiler	63	35.32 589	11.22 547	35.04 585	23.54 332	10.21 475	2528
2. Paul Seeraghy	61	28.58 463	12.33 621	33.07 542	23.54 211	12.65 642	2479
3. Bill Eipel	64	28.75 466	13.10 671	32.70 534	37.49 332	8.68 360	2474
M65							
1. Phil Partridge	66	22.58 346	8.13 318	33.43 530	22.58 400	8.01 305	1924*
M70							
1. Konrad Boas	73	16.25 203	8.50 346	23.77 324	18.46 105	5.94 125	1104

*Partridge used different weight implements.



Left to right: Howard Payne (ENG), Len Olson (USA), Irv Black (USA), Harold Connolly (USA), Hans Poetch (Austria), Bob Backus (USA), Dick Guest (CANADA).



Left to right: Ed McCommas, Enrique Horst Helf (GER), Official, Unidentified competitor (ENGLAND).

SECOND NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIPS - 1978

June 17, 1978

University of Vermont in Burlington, VT

Meet was organized and conducted by Coach Ed Kusiak and Len Olsen. Thirty-three (33) competitors participated (25 Masters Divisions). Six throws per event were allowed. No women participated. Five year age groups were employed. The meet featured four time Olympic discus champion, Al Oerter, who threw the discus 196'3".

NAME	POINTS	NAME	POINTS	NAME	POINTS
SUB-MASTERS		MASTERS		MASTERS	
M30		M40		M55	
1. Robert Meade	2,918	1. John Polemus	2,082	1. Greg Battick	2,131
2. James Barber	1,835	2. Larry Judd	1,815	2. Dave Batchelor	2,057
M35		M45		3. Al Selig	1,991
1. Carl Wallin	3,673	1. Len Olson	3,147*	4. John Ulam	1,924
2. Rich Kurnik	2,463	2. Ed Holmes	2,699	5. Bo Morcom	1,773
		3. John Reider	2,625	6. Robert Peters	1,644
		4. Pay Carstensen	2,305	M60	
		5. Jackson Tovell	2,126	1. Harold Parsons	2,609
		6. Paul Meyer	2,099	2. Bill Gilligan	2,477
		7. Mathew Boyle	2,094	3. Ian Hume	1,990
		M50		M65	
		1. Bob Backus	3,502*	1. Phil Partridge	2,257
		2. Herb Cantor	2,530	2. John Bruce	1,684
				3. Warren Pike	1,419
				M70	
				1. Ray Connolly	1,710
				2. Arnold Ticmanis	1,589

*New Record



CARL WALLIN LETS THE WEIGHT FLY DURING PENTATHLON COMPETITION AT UVM
... he finished first in the sub-masters B category

Olson, Backus Set Records

Len Olson and Bob Backus established national meet records Sunday for AAU National Masters Weight Pentathlon competition at the University of Vermont's Archie T. Post Field.

In the 18 competition for those 45 to 49 years old, Olson piled up 3,147 points in the five events: discus, hammer, shot, weight and javelin. Backus accumulated 3,502 points in winning the 1A (50-54) category.

Other division winners were: 1A (40-44), John Polemus, 2,082; 1B (50-59), Greg Battick, 2,131; 11A (60-64), Harold Parsons, 2,609; 11B (65-69), Phil Partridge, 2,257; 1VA (70-74), Ray Connolly, 1,710; sub-masters A (30-34), Robert Mead, 2,918; sub-masters B (35-39), Carl Wallin, 3,673; open (19-29), Steven McCabe, 2,560.

Olson, in setting his age group record, scored 854 points in the discus with a toss of 38.81 meters; 544 points in the hammer with a throw of 38.22; 653 points in the shot at 12.82 meters; 526 points for a weight toss of 12.40; and 570 points in the javelin at 45.45 meters.

Finishing second to Olson with 2,609 points was Ed Holmes.

Backus threw the discus 38.70 meters, the hammer 54.32, the shot 13.54, the weight 12.70 and the javelin 30.48 for his record-shattering performance in the 50-54 category.

For the first time this year, competitors in the two sub-masters groups were allowed to compete for a national championship under AAU regulations.

Olson's total of 3,147 points broke his own record of 3,133½ set in 1977 in New York. Backus erased the mark of Herb Cantor, who finished second Sunday. Cantor had scored 2,939 in 1977 in New York.

THIRD NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIPS - 1979

June, 21, 1979

University Of Vermont In Burlington, VT

Thirty-five (35) competitors participated (no women) and Ian Hume's scoring tables were used. The Third National Masters Weight Pentathlon Championships were held at the University of Vermont again in 1979 and co-sponsored by UVM Coach, Ed Kusiak, and Len Olson. Among the 35 athletes who competed were Al Oerter, Bob Backus and Wallin.

Former Olympian, Al Hall broke the existing record for total points in the 40-44 age group when he scored 3,133 points. His best effort was a toss of 52.78 meters in the hammer throw. The results were:

1979 NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIP INDIVIDUAL RESULTS

NAME	2K DISCUS		16 lb. HAMMER		16 lb. SHOT		35 lb. WEIGHT		800 gm JAVELIN		TOTAL POINTS
	DIS	PTS	DIS	PTS	DIS	PTS	DIS	PTS	DIS	PTS	
OPEN											
M19-29											
1. Pete Van Aken	38.91	665	43.6	711	13.26	682	12.75	649	49.66	629	3336
2. John Radimer	38.38	654	36.25	610	13.7	709	12.5	633	33.12	383	2989
3. Ray Leger	34.11	565	32.75	538	11.06	536	10.42	491	33.74	393	2523
4. John Schou	0		0		13.36	688	0		0		688
SUB-MASTERS											
M30											
1. Bob Mead	43.61	756	53.65	854	15.14	797	16.83	895	47.95	606	3908
2. Richard Kurnik	40.56	697	0		14.74	688	0		51.12	649	2034
M35											
1. Carl Wallin	43.1	746	48.1	777	16.59	881	16.3	865	48.59	615	3884
2. Bob Decker	29.1	454	39.74	652	11.35	556	12.98	664	38.67	472	2798
3. David MacMillan	35.09	586	26.23	419	11.19	545	9.27	406	41.56	515	2471
4. Ward Friedman	30.54	488	20.69	306	10.45	493	8.3	330	33.64	392	2004
MASTERS											
M40											
1. Al Hall	36.48	615	52.78	842	12.88	657	16.24	861	33.76	394	3369*
2. Norm Cyprus	36.15	608	45.76	745	12.03	601	12.68	644	47.9	605	3201
3. John Reider	33.81	559	30.34	495	12.49	632	10.25	479	55.5	680	2845
4. Ed Holmes	36.94	625	38.35	630	9.88	451	11.58	571	38.92	490	2767
M45											
1. Len Olson	35.89	603	38.58	634	12.86	656	11.83	588	38.96	476	2957
2. Irv Black	30.39	484	48.2	778	9.54	426	12.85	655	26.36	265	2608
3. Pay Carstensen	25.7	373	27.82	449	10.84	521	9.54	426	35	414	2183
4. Jackson Tovell	32.1	522	24.7	389	9.99	460	8.33	332	34.6	408	2111
M50											
1. Herb Cantor	35.76	600	27.83	292	12.37	624	10.1	468	38.56	470	2458
2. Gus Giagnogloy	28.56	442	35.92	429	9.91	454	9.17	399	26.6	270	1994
3. Albert Parsons	22.31	286	16.31	205	8.6	354	6.1	140	20.26	145	1130
M55											
1. David Bachelor	23.8	325	31.61	518	10.74	514	9.82	447	26.48	267	2071
2. Albert Selig	28.26	434	23.51	365	9.94	456	8.22	323	38.92	475	2053
3. Harold Parsons	30.47	485	21.8	330	10.8	518	8.16	319	28.26	300	1952
4. P Eberhardinger	24.31	338	19.1	271	8.64	357	6.1	140	26.16	262	1368
M60											
1. Bill Gilligan	36.79	622	32.42	532	12.88	657	10.18	474	30.74	343	2628*
2. Bob Detweiler	34.67	569	33.05	543	10.57	502	9.41	416	27.16	280	2310

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NAME	2K DISCUS		16 lb. HAMMER		16 lb. SHOT		35 lb. WEIGHT		800 gm JAVELIN		TOTAL POINTS
M65											
1. William Eipel	33.86	557	26.98	424	12.81	653	8.59	353	36.12	432	2419*
2. Warren Pike	24.29	338	25.9	413	9.83	448	7.36	253	21.36	168	1620
M70											
1. Ray Connolly	23.3	312	28.85	469	10.62	506	8.16	319	21.68	174	1780*
2. Arnold Ticmanis	25.38	365	27.84	450	9.22	402	7.84	293	18.52	107	1617
3. Albert Brozes	21.01	252	23.84	372	9.11	394	6.12	142	20.64	153	1313

*New Record

Four Break National Records In Masters Weight Pentathlon

Raymond Connolly, William Eipel, Bill Gilligan and Al Hall set records in the AAU National Masters Weight Pentathlon Championships Sunday at Archie Post Field.

Connolly established a national record in the 70-74 age bracket with 1,780 points and Eipel did the same in the 65-69 bracket with 2,419. Gilligan's 2,628 points established a national mark in the 60-64 age bracket and Hall, a former Olympian, broke the record in the 40-44 bracket.

Hall, a member of the U.S. Olympic track and field team in 1956, took a second in the discus, posted firsts in the hammer, shot put and weight and placed fourth in the javelin for a national record of 3,369 points. He shattered the old mark of 3,143.5 points set in 1977 by Bert Gonzales.

Hall finished second to Ed Holmes in the discus. Holmes' winning heave travelled 36.94 meters to 36.48 for Hall.

Hall was an easy winner in the hammer with a toss of 52.76 meters and he won the shot put with a throw of 12.88 meters.

Second place in the 40-44 bracket went to Norm Cyprus, who compiled 3,201 points and was second in the javelin with a throw of 47.90 meters.

In ramping to the national title in the 60-64 age bracket, Gilligan piled up over 300 points more than runner-up Bert Detweiler, the defending national champion.

Gilligan won all five events in head-to-head competition with Detweiler.

Eipel posted a large margin over second-place finisher Warren Pike, who had a score of 1,620.

Connolly gathered 1,780 points en route to the national title in the 70-74 age bracket, with Arnold Ticmanis taking second with 1,617.

In the IIA (50-54) age bracket Herb Cantor successfully defended his national title with 2,454 points, a total short of the record he established last season. Second place went to Gus Giagnogioy, with 1,994 points.

In the 45-49 bracket Len Olsen was the winner and champion for the second straight year with 3,057 points, also short of the national record of 3,133 set in 1977.

Dave Batchelor won the IIB (65-69) title with 2,071 points. Second place went to Albert Seig, with 2,953.

In the Open Division (18-29), Peter Van Sken was the new champion with a point total of 3,336 points. John Radimer was second with 29.69.

In the Sub-Masters A group (30-34), Bob Mead was the winner

and the only competitor competing in all five events. He had 3,998 points. Carl Wallin won the Sub-Masters B division (35-39) with 3,884 points, while second place went to Bob Decker, with 2,796.

In individual performances, Ray Leger won the discus with a throw of 39.11 meters and Richard Kurrik won the discus in the Sub-Masters (30-39) category with a throw of 45.56 meters.

Olsen won the Masters (40-49) discus at 33.89 meters and Cantor took the 50-59 age bracket with a throw of 35.76 meters.

Sunday's National Masters Weight Pentathlon meet was the second held at the University of Vermont. There were 35 competitors this year, 12 more than last year.



Free Press Photo by DON FILLION

Concentration

Warren Pike, 67, prepares to throw the shot put in the 65-69 age bracket of the AAU National Masters Weight Pentathlon Championships held at the University of Vermont Sunday. Pike finished second in his division. Details Page 6C

FOURTH NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIPS - 1980

September 14, 1980

Chicago, Illinois

The National Masters WP Championships moved to Chicago under the direction of Chuck Klehm and Lee Slick. There were 20+ competitors (men only). The popularity of the Weight Pentathlon continued to mushroom throughout the U.S. and World in the years to follow.

1980 NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIP INDIVIDUAL RESULTS

NAME	AGE	POINTS
SUB-MASTERS		
M30		
N. Bauer	32	3,119
M35		
Ed Hill	37	3,547
MASTERS		
M45		
Len Olson	49	3,078
Carlos Fraundorfer	48	2,755
Jack Scott	49	2,328
Dick Mann	47	1,981
M50		
Charlie Cox	50	1,776
M55		
William Walmroth	57	2,809
M60		
Harold Parsons	61	2,774
M65		
Phil Partridge	69	2,113

- 35-59 age groups used Standard Olympic Implements.
- Over 60 years used reduced hammer (8 #) and weight throw (25#) implements.

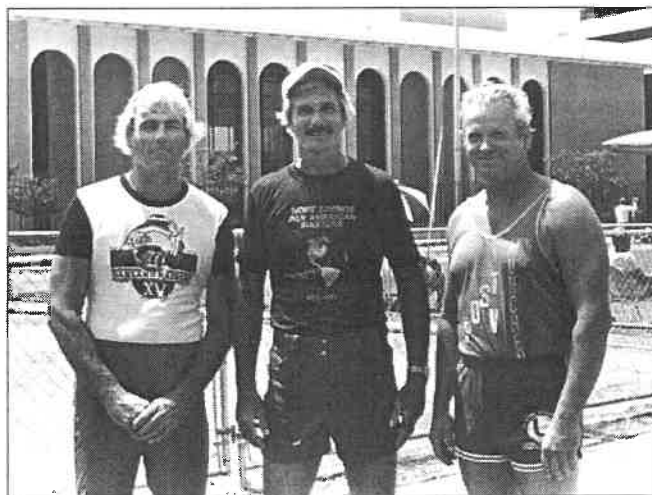
FIRST WORLD MASTERS WEIGHT PENTATHLON CHAMPIONSHIPS - 1983

October 2, 1983

Delray Beach, FL

This meet took place immediately following the World Masters Championships (WAVA V) (Puerto Rico). It was held at Atlantic High School in Delray Beach, Florida. Many Europeans made the extra trip from Puerto Rico to compete in this event. This meet was "unofficial" by WAVA rules.

Again, we have to thank the tremendous effort and foresight of Meet Director, Phil Partridge, for organizing this memorable first World event. A total of 66 athletes participated, (including 6 women—another first for Partridge), from the United States, Germany, Canada and Australia.



Left to right: Hal Smith, Carlos Fraundorfer, Len Olson

1983 - FIRST WORLD MASTERS WEIGHT PENTATHLON CHAMPIONSHIP INDIVIDUAL RESULTS

NAME	AGE	COUNTRY	POINTS
M35			
1. Henry Morroni	37	USA	3091
2. Guy Huygen	38	RSA	1990
3. Douglas Breland	37	USA	1164
M40			
1. Ed Hill	41	USA	3861
2. Manfred Beyers	41	GER	3050
3. Carl Klehm	44	USA	2794
M45			
1. Johann Hansen	45	GER	3380
2. Bernt Rehdenning	45	GER	2989
3. Gert Pabst	45	GER	2975
M50			
1. Enrique Helf	51	GER	3706
2. Len Olson	52	USA	3604
3. Tom Henderson	52	USA	3378
M55			
1. Dick Bergenback	56	USA	3183
2. Bill Bangert	59	USA	3171
3. Gerhard Glaw	55	GER	2692
M60			
1. Bob Stone	63	USA	3451
2. J.C. Booyson	62	RSA	3109
3. Kurt Werner	64	GER	3009
M65			
1. Roy Foley	66	AUS	3523
2. Ham Morningstar	66	USA	3077
3. Pete Gulgin	68	USA	2994
M70			
1. Engelbert Weitz	71	GER	3694
2. Don Pierotti	72	USA	3426
3. Phil Partridge	72	USA	3048
M75			
1. Albert White	79	CAN	1168
M80			
1. Herb Anderson	81	USA	3020



Left to right: Len Olson (USA), Hans Poetsch (AUSTRIA), Enrique Helf (GER), Unidentified Competitor (Brazil), Dagaberto Gonzales (PR), Richard Rzehak (GER), Bill Duckworth (USA).



Enrique Horst Helf (above) and Ed McComas (below) throwing the shotput



1983 - FIRST WORLD MASTERS WEIGHT PENTATHLON CHAMPIONSHIP DETAILED RESULTS

First World Masters Weight Pentathlon

Championships

Atlantic Community School, Delray Beach, Florida

October 2, 1983
(Immediately after the WAVA World Championships
in San Juan, Puerto Rico)

Meet Director: Phil Partridge

(Name)	Country	Hammer	Shot	Discus	Javelin	Weight	Score
<u>(40-44)</u>							
Ed							
(41) Hill	USA	47.49	15.08	42.59	51.64	15.67	3861
		779	821	736	697	828	
Manfred							
(41) Beyers	GER	33.59	13.87	39.37	40.82	10.94	3050
		561.5	746.5	673	541	528	
Carl							
(44) Klehn	USA	39.09	11.91	32.27	28.95	12.86	2794
		652.5	618	525	343	656	
Granville							
(40) Green	USA	29.69	9.70	31.04	37.07	10.77	2471
		492.5	483.5	497.5	482	516	
Larry							
(44) Judd	USA	25.56	9.41	29.92	34.38	8.57	2194
		414	438	472.5	519	351	
Fred							
(44) Smith	RSA	17.10	8.22	22.60	34.54	7.71	1591
		231.5	343	293.5	441	282	
S.A.							
(42) Herbat	RSA	18.27	8.14	20.26	39.29	5.59	1435
		259	337	23.50	517.5	91	
G.							
(43) Vander Merwe	RSA	15.11	7.59	20.01	36.07	5.41	1170
		182	292	223.5	466	73	
<u>(45-49)</u>							
Johann							
(45) Hansen	(GER)	36.76	12.09	37.92	48.10	11.24	3380
		666	688.5	706	709.5	610.5	
Bernd							
(45) Rehdenning	(GER)	26.82	10.77	34.91	51.10	9.99	2989
		483	593	641	753	519.5	
Gert							
(45) Pabst	(GER)	32.21	11.57	35.25	34.88	10.97	2975
		586	652	648.5	498.5	591	
Johannes							
(47) Klopfer	(RSA)	31.42	10.09	30.18	43.37	9.82	2792
		571.5	543	533	638	507	
Julian							
(45) Nunez	(MEX)	39.95	9.70	29.47	29.58	11.14	2755
		720	513	516.5	402.5	603	
Johan							
(45) Kathan	(GER)	22.54	11.80	34.28	40.60	8.41	2676
		393.5	668	627	594	394	
Adolph							
(45) Schnappauf	(GER)	16.50	9.35	29.89	39.08	6.53	2060
		251	486	526.5	569	228	
Gunther							
(45) Urban	(GER)	16.63	7.57	22.27	29.18	5.52	1446
		254.5	335	332.5	395	129	
<u>(50-54)</u>							
Enrique Horst							
(51) Helf	(GER)	46.41	14.91	49.48	31.69	13.02	3706
		749	763.5	863	499	812	
Len							
(52) Olson	(USA)	41.37	14.78	43.12	37.32	12.94	3604
		674	775.5	746	602	806.5	
Tom							
(52) Henderson	(USA)	44.30	14.16	39.65	30.80	12.21	3371
		718	738	679	482	754.5	
Carlos							
(52) Fraundorfer	(USA)	44.67	12.81	41.98	31.16	11.95	3325
		723.5	652.5	724	489	736	
Austin							
(52) Baggett	(USA)	39.27	11.45	36.10	33.65	11.59	3055
		641	562.5	606.5	536	709	
Randell							
(54) Cooper	(USA)	26.77	12.46	39.70	39.66	9.60	2964
		426.5	630	708.5	643	556	
Pay							
(51) Carstensen	(USA)	37.32	11.84	29.94	31.78	10.55	2627
		610	588.5	498	500.5	630.5	
Tom							
(54) Bruwer	(RSA)	39.83	11.12	34.36	28.60	8.35	2675
		650	540	597	438	450.5	
Alan							
(50) Antokal	(USA)	14.88	11.47	26.28	24.97	7.28	1856
		167.5	564	410	363	353.5	

(65-69)							
Rcy							
(66) Foley	(AUST)	44.08	11.62	38.95	21.72	13.07	3523
		834	650	743	432	864	
Ham							
(66) Morningstar	(USA)	28.18	12.03	35.78	29.56	9.06	3077
		548	679	675	623	552	
Pate							
(68) Gulgin	(USA)	33.16	11.76	36.40	24.13	8.54	2994
		644.5	660	688.5	494	507	
Charles							
(65) Beaudry	(USA)	26.36	11.40	33.50	30.42	9.24	2978
		511	634.5	624	642	566.5	
John							
(69) Lieb	(USA)	24.09	11.69	29.65	31.92	9.36	2902
		462	654.5	534	675	576.5	
Stan							
(66) Laski	(USA)	40.23	9.39	27.17	28.10	8.90	2855
		770	484	473.5	589.5	538	
Friedrich							
(67) Meyer	(GER)	24.59	11.50	25.90	25.99	8.10	2562
		473	641.5	441.5	25.99	467	
Gardard							
(66) Voigt	(GER)	15.80	8.58	24.60	23.32	7.45	1966
		261.5	416	407	473.5	406.5	
<u>(70-74)</u>							
Engelbert							
(71) Weitz	(GER)	39.79	11.33	34.08	31.18	8.77	3694
		864	717.5	723	765.5	624.5	
Don							
(72) Pierotti	(USA)	34.72	10.23	30.64	27.70	9.68	3426
		768	632	639.5	680.5	707	
Phil							
(72) Partridge	(USA)	30.43	8.24	30.44	27.88	8.33	3048
		681.5	464.5	634	685	583	
Robert							
(71) Schantzle	(USA)	19.99	8.57	23.61	23.56	6.54	2362
		440	494	452	572	404	
<u>(75-79)</u>							
Albert							
(79) White	(CAN)	15.44	5.15	9.56	11.74	4.52	1168
		394	227	17	278	252	
<u>(80-84)</u>							
Herb Anderson	(USA)	14.90	7.89	20.51	26.50	5.07	3020
		460	622	535	942	440	
<u>Sub-Masters</u>							
Nate							
(31) Robinson	(USA)	27.91	10.39	34.28	51.10	8.55	2505
		450.5	489	568.5	648	349.5	
Tewie							
(33) Westhuizer	(RSA)	23.31	10.78	20.88	35.31	9.60	1973
		360.5	517	247.5	418.5	430	
Gabriel J.							
(35) Denner	(RSA)	25.48	9.82	27.70	45.17	9.90	2291
(Open)							
George							
(28) Karakatsanis	(USA)	45.67	9.77	29.10	32.73	11.75	2596
		741.5	443	453.5	376	582.5	
David							
(26) Fuller	(USA)	68.48	15.93	51.90	39.08	18.80	4269
		1040.5	843.5	905.5	477	1003	
<u>Women</u>							
<u>(35-39)</u>							
Susan							
(35) Kruger	(RSA)	26.26	9.88	32.45	20.88	9.45	2028
		419	451	529	328	301	
Cindy							
(32) Thuma	(USA)	21.77	8.92	21.96	22.53	7.22	1521
		297	379	276.5	327.5	241	
<u>(40-44)</u>							
Kitty							
(41) Vander Merwe	(RSA)	15.10	6.80	17.04	21.59	7.16	1101
		204	204	137	390	166	
Gertruida							
(42) Klopfer	(RSA)	17.72	6.51	16.36	9.19	6.73	701
		270	177	116.5	7	131	
Isa Bella							
(69) Odendaal	(RSA)	6.90	4.38	11.75	8.32	3.86	799
		98.5	230	182.5	196.5	92	
<u>Open</u>							
Lisa							
(17) Annot	(USA)	22.55	9.30	31.89	17.14	7.03	1399
		272	408	515.5	75.5	128	
M.T.							
(51) Lewis	(RSA)	16.15	7.58	16.67	20.36	5.20	999
		199	271	126	258.5	144.5	

<hr/>							
(55-59)							
Dick							
(56) Bergenback (USA)	39.86	9.16	26.76	40.46	12.01	3183	
	714.5	457	456.5	731	824.5		
Bill							
(59) Bangert (USA)	33.54	10.71	35.27	25.78	11.26	3171	
	606.5	720.5	656	440	748		
Gerhard							
(55) Glaw (GER)	28.40	10.93	30.63	32.72	7.65	2692	
	511	589	550.5	586	456		
John							
(59) Ulam (USA)	17.41	9.28	24.74	36.10	6.03	2084	
	271.5	464.5	404.5	651	292.5		
<hr/>							
(50-64)							
Bob							
(63) Stone (USA)	34.80	13.20	39.96	36.45	12.33	3451	
	699	678	685	677	712.5		
J. C.							
(62) Booyson (RSA)	27.18	13.88	39.97	36.47	10.87	3109	
	459.5	720.5	645	677.5	607		
Kurt							
(64) Werner (GER)	32.56	13.13	37.93	28.60	10.98	3009	
	559	673	644	518.5	615		

<hr/>							
Aha							
(61) Van Zyl (RSA)	27.07	10.55	36.92	41.37	8.85	2799	
	457.5	500	623.5	767.5	450.5		
James							
(61) Klopper (RSA)	29.82	11.95	32.01	31.77	7.84	2574	
	509.5	596	519	585	365		
Paul							
(63) Eberhardinger (USA)	31.84	9.02	27.43	22.42	11.16	2353	
	546	387	414.5	377.5	628.5		
Robert							
(63) Knapp (USA)	23.38	10.40	29.19	24.60	7.38	2081	
	383	490	455.5	429	324		
Arthur							
(63) Knapp (USA)	21.23	9.21	23.07	24.60	6.45	1711	
	337	401	306	429	238		
Bill							
(61) Scoville (USA)	19.30	8.83	24.26	17.93	7.64	1611	
	294	372	336.5	262	347		

ROME, ITALY - 1985 (No World Masters Weight Pentathlon Championships in Italy) (WAVA disapproval)

1985

Rome, Italy

In 1985, one year Age-Factor tables were introduced. They were used in conjunction with the 1962 IAAF Decathlon tables. Simply multiply the distance in meters by the appropriate Age Factor to obtain the revised distance. Then look up the score in the 1962 IAAF tables.

The Age Factors were generated by the efforts of Bob Stone, Nolan Fowler, Roy Foley, Pay Carstensen, Masters President Jim Weed, among others. At this time, there was a proliferation of different weights in use. On the West Coast, all ages threw Olympic weights. In the U.S.A., meets generally threw U.S. Masters Standards. Canada and Australia threw different weights.

New WAVA Standards introduced different weights. It would take many years to arrive at a set of universally acceptable implements.



Left to right: Parry Obrien, Stew Thomson and Len Olson

FIFTH NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIPS - 1986

August 30, 1986

Boulder, Colorado

17 Competitors (No Women). Olympian Bob Richards was the high scorer with 3316 points.

1986 NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIP INDIVIDUAL RESULTS

NAME	AGE	STATE	DISCUS		JAVELIN		HAMMER		25 LB. WT		SHOT		SCORE
			DIS	PTS	DIS	PTS	DIS	PTS	DIS	PTS	DIS	PTS	
M40													
1. Steve Rogers	43	KS	38.73	639	41.4	462	28.43	460	13.12	675	12.17	617	2853
2. Bill Forsyth	40	NM	34.64	556	43.48	493	23.68	368	11.1	552	10.33	505	2518
M45													
1. Carl Klehm	47	IL	33.9	542	29.28	275	36.76	604	13.82	717	10.66	525	2663
2. Julian Nunez	48	MEX	29.69	458	25.5	236	39.55	649	13.62	705	9.7	468	2517
3. George Labelle	47	MN	26	386	31.64	322	27.92	450	10.57	520	9.53	457	2128
4. Russ Murphy	48	CO	22.21	314	26.44	249	26.42	422	13.37	690	7.39	330	2005
M50													
1. Tom Wesselowski	51	KS	38.43	633	23.67	211	38.09	625	13.37	690	14.65	768	2929
2. Vern Spencer	51	CO	32.31	510	28.31	275	28.74	465	9.78	472	9.62	463	2185
M55													
1. Jerry Reiserer	56	KS	28.93	443	29.72	295	26.33	420	7.64	345	8.9	420	1923
M60													
1. Bob Richards	60	TX	46.62	800	38.66	423	46.27	750	12.16	616	13.97	727	3316
2. Joe Black	62	AZ	31.86	501	DQ		26.18	417	10.14	494	9.47	454	1856
3. Chuck Olson	60	MN	34.24	548	26.39	248	16.18	201	7.1	313	10.46	513	1823
M65													
1. Jim Minah	66	CA	34.06	545	29.4	291	35.56	584	9.46	453	11.48	575	2448
2. George Hoferer	66	KS	29.83	461	29.39	290	20.32	297	7.07	311	10.37	508	1867
3. Ed Hewitt	68	CO	31.5	494	23.34	207	19.05	269	7.53	339	9.36	447	1757
M70													
1. Ross Carter	72	OR	36.72	598	23.51	209	20.33	297	8.96	423	13.9	722	2249
M80													
1. Herb Anderson	84	CO	19.83	269	23.01	202	11.88	88	4.14	142	7.85	357	1058

SECOND WORLD VETERAN'S WEIGHT PENTATHLON CHAMPIONSHIPS - 1987

December 7, 1987

Melbourne, Australia

Organized and conducted by Australian Roy Foley (WAVA unofficial). 120 Competitors: 92 Men, 28 Women. This was the largest number of competitors for a Weight Pentathlon competition to date. (Roy Foley's scoring tables and implements were used).

1987 WORLD VETERAN'S WEIGHT PENTATHLON CHAMPIONSHIP INDIVIDUAL RESULTS (TOP 3 PLUS USA)

NAME (MEN)	AGE	COUNTRY	POINTS	SCORE	NAME (MEN)	AGE	COUNTRY	POINTS	SCORE
M40					M45				
1. Wolf Bialonczyk	44	AUT	3678		1. Carl Wallin	46	USA	3514	4039
2. Rod Guy		AUS	3226		2. Ken Readwin		AUS	2754	
3. John Reynolds		AUS	2470		3. Bernard Rehpenning		GER	2699	
					4. Brian McKenna		USA	2661	

XX WEIGHT PENTATHLON HISTORY

NAME (MEN)	AGE	COUNTRY	POINTS	SCORE
M50				
1. Bob Humphreys	51	USA	3161	3630
2. Leif Gundersrud	53	NOR	3029	3636
3. Neils Borstad		NOR	2943	
M55				
1. Richard Rzehak	58	GER	3737	4841
2. Cliff Blair	56	USA	3031	3869
3. Len Olson	56	USA	2840	3644
4. Jerry England		USA	2440	
5. Pay Carstensen		USA	2422	
M60				
1. Rolf Strandli	62	SWE	3353	4078
2. Helmuth Duholm	61	DEN	3190	3791
3. Aivars Pavulins	63	AUS	3176	3965
M65				
1. Sam Johnson	65	NZL	2787	3687
2. Ray Carr		NZL	2553	
3. Alfio Smrza		ITL	2542	
7. Bob Stone		USA	2433	
11. Armando Riciardi		USA	2046	
M70				
1. Roy Foley	70	AUS	2614	3772
2. Elmer Shaw	70	USA	2528	3685
3. Leo Sahlstrom		FIN	2326	
M75				
1. Osmo Renvall	77	FIN	2282	4147
2. Berno Wi Schmann		GER	1853	
3. Norman Hawke		NZL	1381	
M80				
1. Karsten Broderson	80	GER	1971	4132
2. Ernst Schmidt		GER	728	
3. Albert White		CAN	53	
M85				
1. Buell Crane		USA	557	
2. Herb Anderson		USA	512	

NAME (WOMEN)	AGE	COUNTRY	POINTS	SCORE
W35				
1. Christine Schultz		AUS	3271	
2. Joan Stratton		USA	2781	
W40				
1. Mary Thomas		AUS	2272	
2. Maria Magyar		HUN	2088	
3. Christine Battersby		AUS	1652	
W45				
1. Una Lund		AUS	2447	
2. Val Hood		NZL	1756	
3. Berney McGrath		AUS	1627	
W50				
1. Annemarie Scholten		GER	2159	
2. Heather Doherty		AUS	2111	
3. Zsuzanna Seredi		HUN	1988	
W55				
1. Unni Saether		NOR	1677	
2. Wini Pepene		NZL	1109	
3. Alba Deneirotti		URG	412	
W60				
1. Bernice Holland		USA	1932	
2. Marianne Barth		GER	1705	
3. Bettina Woodburn		AUS	1551	
W65				
1. Heather May		NZL	1234	
2. Ilsa Bellin		GER	1215	
3. June Husband		NZL	825	

World Veterans Weight Pentathlon Age-Factored Results Tallied

Compiled by BOB STONE and
PHIL PARTRIDGE

Results of the December 7, 1987, World Veterans' Weight Pentathlon held in Melbourne following completion of the individual event competition have been tallied using one-year age-factor tables used for the past several years for annual summaries and world records published in *National Veterans News*. The use of age-factors attempts to correct for age and weight differences to provide results more indicative of relative performance levels. The results on which this rescoring is based were kindly supplied by Dr. Roy Foley, director of the event.

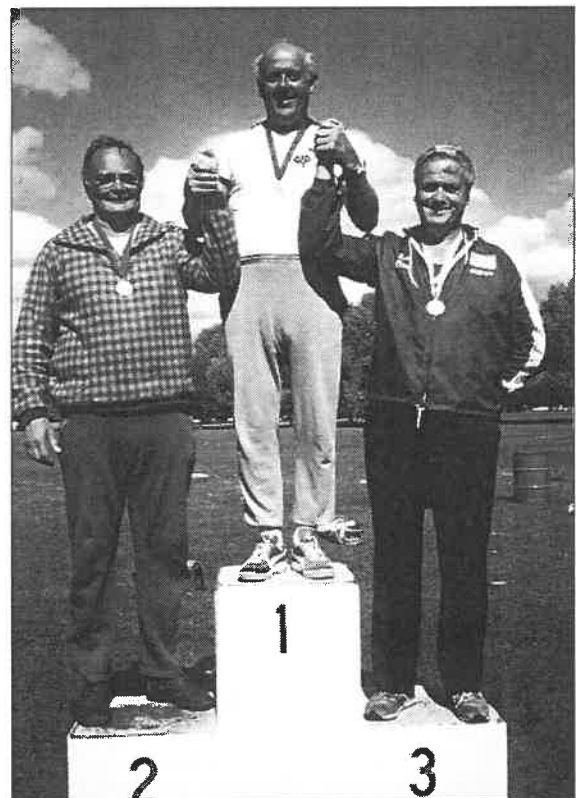
This, the first officially sanctioned weight pentathlon held in conjunction with a World Veterans' Games, proved to be a very popular event based on the 21 participants from 20 countries. For many of the participants, it was their first weight pentathlon. Competition was in the regular five-year age groups, with each group throwing the WAVA eight implements.

The top sixteen age-factor scores among men participants are listed in the attached table. The top score of 841, made by Richard Rzehak, age 58, from West Germany, is the highest ever made in Veterans' competition.

Showing that this was no fluke, Rzehak was first in hammer, and second in shot, discus, and javelin in the M58 individual event competition at Melbourne.

There are no one-year age factors for women. However, Joan Stratton (USA-W35) was second in her division with excellent marks; while Bernice Holland (USA-W60) won her division, to add to firsts in discus and javelin in individual events held earlier at Melbourne.

This was the first exposure for many of the European participants to the weight pentathlon. A great many expressed the hope that the VIII Games to be held next year in Eugene, Oregon, will include this event in its program.



Left to right: (55-59) Cliff Blair (USA-2nd), Richard Rzehak (Germany-1st), Len Olson (USA-3rd).

1987 WORLD VETERAN'S WEIGHT PENTATHLON CHAMPIONSHIP RESULTS (TOP 16 POINT SCORES)

NAME	AGE	COUNTRY	HAMMER	SHOT	DISCUS	JAVELIN	WEIGHT	POINTS
M40								
1. W. Bialonczyk	44	AUST	40.06 736	14.22 844	38.18 714	44.86 658	13.06 726	3678
M45								
1. Carl Wallin	46	USA	44.90 834	15.72 963	38.72 746	42.44 641	14.62 855	4039
M50								
1. L. Gundersrud	53	NOR	30.82 586	13.75 823	48.36 882	43.50 750	9.56 595	3636
2. B. Humphreys	51	USA	41.66 753	13.64 789	48.92 865	27.54 428	12.56 793	3630
M55								
1. R. Rzehak	58	GER	53.06 1025	13.91 909	43.96 874	47.94 915	15.24 1118*	4841
2. Cliff Blair	56	USA	45.96 885	12.98 813	35.08 658	33.06 607	12.88 906	3869
3. Len Olson	56	USA	39.72 782	12.32 765	39.72 756	34.06 626	10.42 715	3644
M60								
1. R. Strandli	62	SWE	41.16 811	12.66 799	46.92 850	41.08 799	13.75 819	4078
2. A. Pavulins	63	AUS	38.30 776	11.92 763	44.86 829	40.86 814	12.92 783	3965
3. R. Dunolm	61	DEN	44.52 849	11.64 709	50.14 691	31.08 585	13.11 757	3791
M65								
1. E. Svennevik	69	NOR	31.80 743	10.66 775	37.84 800	27.16 640	11.09 778	3736
2. S. Johnson	65	NZL	41.60 865	11.29 750	40.56 780	23.90 487	12.63 805	3687
M70								
1. R. Foley	70	AUS	43.16 878	10.84 719	36.03 781	20.66 485	12.47 909	3772
2. E. Shaw	70	USA	37.90 786	11.17 745	36.18 783	23.14 555	11.29 816	3685
M75								
1. O. Renvall	77	FIN	35.36 864	10.78 864	37.72 995	22.04 665	8.72 759	4147
M80								
1. K. Broderson	80	FRG	32.84 871	9.13 785	34.30 993	24.22 803	7.27 680	4132

* HIGHEST AGE-FACTOR SCORE EVER RECORDED

OTHER U.S. COMPETITOR SCORES:

Brusca	3620	England	3115
Ston	3497	Crane	2921
B.McKenna	3179	Anderson	2623
Ricciardi	3137	Weaver	2294
Carstensen	3119	Salvio	1842

THIRD WORLD MASTERS WEIGHT PENTATHLON CHAMPIONSHIPS - 1989

September 1989

Eugene, Oregon

This meet was organized and co-directed by Bob Stone and Phil Partridge (WAVA unofficial). 77 Competitors: 61 Men and 16 Women (Record number of Women)

Following this meet, the World Throwers Organization (WTO) was formed in a formal meeting. (See article below). Phil Partridge, Bob Stone, Brian McKenna, Dick Hotchkiss and many others took part. Dick Hotchkiss and Rex Harvey, as official representatives of the USA, led the crusade to push the International community to accept the Weight Pentathlon as an official event in the Bi-Annual WAVA World Championships.

After the successful meets in 1983, 1987, and 1989, it was officially tested at Myasaki in 1993. Rex Harvey was a major player in achieving acceptance by the World body for acceptance of the Weight Pentathlon as an official event. Finally, in 1995 at Buffalo it became an official part of the World WAVA meets.

Previously at the 1989, WORLD WEIGHT PENTATHLON in Eugene, Oregon, 1 year Age-Factoring intervals were implemented to the results. The goal was to achieve a more exact and fairer Scoring (see results following). In many cases, this changed the final placement of the competitors. For example, see M45, positions 4 and 5 reversed and M50 1, 2 and 3 reversed with 1 Year age-factors. Since 1994, only 5 year intervals have been used.

1989 WORLD MASTERS WEIGHT PENTATHLON CHAMPIONSHIPS RESULTS

NAME/AGE	COUNTRY	IAAF 1-YEAR AGE		PLACE
		PTS	FACTOR PTS	
M40				
1. Rod Guy/44	AUS	3353	3775	9
2. Mike Corden/41	G.B.	2842	3077	
3. Glen Weaver/41	USA	2435	2645	
4. Moratio Loya/43	MEX	2201	2460	
5. Snowy Brooks/44	G.B.	2121	2397	
6. Ken O'hartnett/44	USA	1875	2161	
7. Keith Heidorn/41	CAN	1844	2029	
M45				
1. Carl Wallin/47	USA	3359	3963	5
2. Al Neville/45	USA	2853	3263	
3. Eulocia Arroyo/47	MEX	2652	3166	
4. Brian McKenna/48	USA	2503	3028	
5. Ant. Kiviniemi/48	FIN	2491	3037	
6. John Reynolds/45	AUS	2271	2616	
7. Jack Karbens/47	USA	2194	2630	
M50				
1. Dick Hotchkiss/50	USA	3064	3480	
2. Jim Hart/52	USA	3062	3578	14
3. Bob Humphreys/53	USA	3012	3567	
4. Johan Hansen/51	FRG	2963	3450	
5. B. Rehenning/51	FRG	2956	3467	
6. John White/50	USA	2363	2693	
7. Victor Valles/51	MEX	1544	1835	
8. S. Biddimger/51	USA	1418	1684	
M55				
1. Wendell Palmeer/57	USA	2787	3652	11
2. Len Olson/58	USA	2719	3650	12
3. Frank Miller/55	USA	2224	2799	
4. S. Schwankner/57	FRG	1856	2578	
5. Jackson Tovell/58	CAN	1813	2503	
6. Luis Veles/59	PR	1739	2402	

(Continued next page)

International Weight Pentathlon Draws 80 Participants from 15 Nations

by BARBARA STEWART and BOB STONE

Over eighty world throwers participated in the 2nd International Weight Pentathlon, held in Eugene, Oregon, August 7, the day following the World Veterans Games.

The weight pentathlon is a one-day, multi-event test of the athlete's endurance and versatility in five throwing events: hammer, shot put, heavy weight throw, discus, and javelin. Weights and implements vary according to WAVA specifications for each age group.

Events ran on schedule, allowing four throws for each event. Three officials were assigned to each flight and stayed with that same flight through each of the five events. Four rings/runways were available for use simultaneously throughout the day.

Outstanding U.S. throwers included Carl Wallin, M45; Dick Hotchkiss, M50; Wendell Palmer, M55; Dan Aldrich, M70; and Herb Anderson, M85. Top foreign athletes included: Chile's Karsten Broderson, 82; Sweden's Rolf Stradli, M60; Australia's Roy Foley, M70; Australia's Rod Guy, M40; West Germany's Almut Brommel, W50 (tops among all women in age-factor scoring); West Germany's Annemarie Scholton, W55; and Chile's Marus Fleckner, oldest woman at age 69.

Results in this issue include one-year age factor scores developed specifically

for weight pentathlons. Co-directors Bob Stone and Phil Partridge say thanks to John Tansley, meet-day director; Jerry Jenson, for providing Oregon TAC officials; Jim Puckett, for his help and advice; and particularly to the financial support from a great many masters athletes without which this event would not have been possible.

Following the Pentathlon, the World Thrower's Organization (WTO) had its first organizational meeting. The purpose of the group is to focus on issues of special interest to masters participants in throwing events. Current goals under consideration are to:

- Promote the Weight Pentathlon on a national and international level.
- Give economic and physical aid to organizers of national and international throwing competitions.
- Ensure "drug free" competition on all levels.
- Organize instructional clinics for field event techniques.
- Computerize a membership list in order to disseminate information important to throwing events.

All members will receive a "World Throwers" T-Shirt. Any interested men or women throwers may join by sending a check for \$25.00 to: Brian McKenna, 2482 Harrison Avenue, Baldwin, New York 11510, USA. □

(Continued from last page)

NAME/AGE	COUNTRY	IAAF 1-YEAR AGE			
		PTS	FACTOR	PTS	PLACE
M60					
1. Rolf Strandli/63	SWE	3161	4000		4
2. Helmuth Duholm/63	DEN	3072	3798		5
3. Ivan Vaerby/61	DEN	2919	3484		
4. Art Jaago/63	CAN	2819	3625		13
5. Ward Church/62	USA	1768	2389		
6. Gene Polk/63	USA	1349	1727		
M65					
1. Alv. Pavulins/65	AUS	2849	3839		6
2. Bill Bangert/65	USA	2728	3575		15
3. Bill Walmroth/65	USA	2579	3380		
4. Don Reid/65	USA	2437	3244		
5. Max Carr/67	NZL	2389	3279		
6. Haakon Tinnholt/65	NOR	2371	3213		
7. Bob Stone/69	USA	2234	3398		
8. Aloy. Sibidol/69	MAL	2197	3507		
9. Walter Jenkins/69	CAN	2121	3045		
10. Jim Minah/69	USA	2051	3091		

NAME/AGE	COUNTRY	IAAF 1-YEAR AGE			
		PTS	FACTOR	PTS	PLACE
M70					
1. Dan Aldrich/71	USA	2776	4011		2
2. Roy Foley/72	AUS	2695	4016		1
3. Erl. Svennevik/70	NOR	2627	3804		7
4. Ger. Cysewski/71	USA	2312	3523		
M75					
1. B. Wischmann/78	FRG	1944	3		10
2. Jim York /76	USA	1923	3		
3. Leon Joslin/77	USA	1755			
4. Torg. Brandvold/75	NOR	1644			
5. Bob Detweiler/75	USA	1551			
6. Don Pierotti/78	USA	1489			
M80					
1. Kar. Broderson/82	CHILE	1824	4		3
2. Gordon Powell/80	USA	1350	2		
M85					
1. Herb Anderson/87	USA	808	2		
2. Al White/85	CAN	350			

TURKU, FINLAND - 1991 CANCELED

SIXTH NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIPS - 1991

August 24, 1991

Gonzales, Louisiana

Jeff Baty organized and directed this National Championship. The male and female competitors achieving the highest point scores received special awards. The awards were hand-crafted wall plaques in the shape of the state of Louisiana stating name, date and point scores. This started a custom that would follow in the years to come.

Olson, Hilliard Tops in Weight Pentathlon

by Jeff Baty

The National Masters Weight Pentathlon Championships were held at East Ascension High School in Gonzales, LA on August 24. Age-Graded champions were Len Olson, 60 of Centreville, VA, with 4238 points and Vanessa Hilliard, 50 of St. Petersburg, FL., with 4140. Hilliard set an age-division world record of 47'.75" for the 16 lb. weight.

Lurline Struppeck of Baton Rouge, LA. broke the U.S. record for the W45-49 javelin with 107' 6". The old record was 102' 4", set in 1983, was held by Christel Miller.

James York, Modesto, Calif. Broke the U.S. age 74 records in the 4K hammer (90'9") and 25 lb. weight (28' 7.5"). Gordon Powell of Holly Hill, FL, broke the national record for men 82 in the 25 lb. weight with 23' 8.5". After the competition, everyone was treated to a chicken and sausage jambalaya.

HIGHEST SCORE AWARD WINNERS:

Women: Vanessa Hilliard 4140 points

Men: Len Olson 4248 points

1991 NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIP RESULTS

NAME	AGE	HAMMER	SHOT	DISCUS	JAVELIN	WEIGHT	TOTAL
Men - M30							
1. Kelly Carmouche	34	23.64 431	9.05 367	20.17 275	33.30 346	7.70 349	1768 1905
M35							
1. Jeff Baty	36	37.18 611	12.33 525	38.73 639	46.78 541	12.82 641	3062 3372
M40							
1. Bob Sager	43	32.82 535	11.22 559	27.99 425	29.05 295	29.05 494	2302 2757
M50							
1. Brian McKenna	50	37.52 616	11.68 587	38.52 635	29.36 290	20.37 508	2636 3208
2. Carl Klehm	52	30.42 496	10.25 501	27.93 424	22.35 193	11.09 551	2165 2394
3. Steve Biddinger	53	23.90 372	7.58 341	20.07 273	22.71 198	6.87 306	1450 1934
M55							
1. Tom Jackson	57	28.12 454	10.33 505	30.93 483	31.95 327	8.55 399	2168 3037
M60							
1. Len Olson	60	41.06 672	13.49 697	43.93 745	36.90 397	14.71 772	3283 4248
2. Phil Brusca	64	29.62 482	12.53 639	36.64 597	38.82 425	11.11 553	2696 3887
3. Eugen Staniciu	60	37.18 611	9.53 447	30.34 471	38.81 425	12.68 648	2612 3456
4. Ken Weinbel	63	32.98 541	9.07 480	28.78 440	20.63 170	10.91 540	2121 2958
5. Rich Lesneski	60	0.00 0	9.64 464	26.60 398	28.30 273	7.56 340	1479 1993
M65							
1. Cy Buchert	69	14.58 292	6.78 161	24.75 362	20.22 164	6.30 266	1245 2179
M70							
1. Tom McDermott	73	36.94 483	7.96 607	33.32 530	16.32 112	11.09 551	2283 3720
2. A. Ricciardi	71	33.16 431	9.09 544	27.50 415	26.50 250	7.52 338	1979 3177
3. Bob Stone	71	30.20 428	9.03 492	26.40 394	24.59 224	8.80 414	1952 2974
M75							
1. James York	78	27.66 458	9.54 445	26.67 399	18.53 142	6.73 410	1854 3556
M80							
1. Gordon Powell	82	17.94 243	7.34 327	21.83 306	15.92 107	6.62 285	1269 3062
Women - W35							
1. Jenni Peters	36	16.62 212	6.65 313	20.21 276	25.73 396	6.27 288	1485 1739
W45							
1. L. Struppeck	45	28.02 490	9.39 452	26.31 392	32.79 529	7.03 237	2200 3017

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NAME	AGE	HT	SHOT	DISCUS	JAVELIN	WEIGHT	TOTAL
W50							
1. Vannessa Hilliard	50	36.80 605	12.03 663	30.24 469	29.52 468	14.41 821	3026 4140
W65							
1. Mary Norckauer	66	19.98 273	6.03 290	18.43 243	18.23 256	5.47 537	1299 2750
2. Millie Buchert	69	7.18 202	4.90 0	14.06 163	11.35 130	5.29 226	721 1907

SEVENTH NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIPS - 1992

September 5, 1992

Seattle, Washington

Ken Weinbel organized and conducted this meet at the University of Washington in Seattle, Washington. 28 Competitors: 24 Men and 4 Women.

1992 NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIP RESULTS

NAME	AGE	HAMMER	SHOT	DISCUS	JAVELIN	WEIGHT	TOTAL	AGE FACTOR POINTS
Men - M40								
1. Bob Sager	44	36.05 507	11.45 573	33.02 524	31.92 325	11.58 581	2510	2972
2. Richard Watson	40	20.60 303	9.76 471	30.94 483	39.62 437	8.91 420	2114	2403
3. Jerry Cash	43	18.38 254	9.14 434	26.70 400	39.66 437	9.58 460	1985	2336
4. Tom Pardun	42	23.80 350	7.52 492	35.06 565	26.50 250	6.71 290	1947	2520
5. Bill Galler	44	22.60 346	7.52 338	27.12 408	17.34 126	9.13 434	1652	1948
M45								
1. George Mathews	49	43.20 711	11.37 568	32.92 522	31.46 320	14.52 760	2881	3623
M50								
1. Dick Hotchkiss	53	43.20 705	14.08 733	45.74 782	46.06 531	13.50 698	3449	4265 (2ND)
2. Bob Sheedy	51	22.08 335 485	9.93 407	27.06 388	36.22 335	6.78	1903	2308
3. Roger Dean	53	20.18 294	8.39 384	26.22 391	29.22 288	4.75 177	1539	1915
4. Steve Biddinger	54	21.28 318	6.24 263	18.18 238	14.76 92	7.13 315	1226	1514
M55								
1. James Hart	56	36.88 606	12.81 656	42.30 714	28.60 280	10.54 606	2774	3538
M60								
1. Len Olson	61	41.86 684	13.47 695	48.74 844	41.28 461	13.66 708	3393	4335 (1ST)
2. Darrold Skartvedt	61	21.26 318	10.97 544	41.10 687	37.78 410	9.27 442	2401	3074

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XX WEIGHT PENTATHLON HISTORY

(Continued from last page)

NAME	AGE	HAMMER	SHOT	DISCUS	JAVELIN	WEIGHT	TOTAL	AGE FACTOR POINTS
M65								
1. Phil Brusca	65	33.58 551	12.74 651	41.02 685	40.28 446	12.43 633	2966	4110 (3RD)
2. Harvey Williams	68	23.38 362	10.48 515	40.56 676	28.52 278	23.38 363	2194	3309
3. Ken Weinbel	65	32.20 527	9.80 474	28.96 444	17.82 132	11.57 580	2157	2943
4. Ward Church	65	21.50 323	8.19 378	29.94 463	27.02 257	7.36 323	1749	2414
M70								
1. Jim Minar	73	41.10 673	10.95 543	28.64 438	22.72 198	9.93 481	2333	3610
2. A. Ricciardi	72	35.80 588	9.87 448	31.66 497	25.50 236	8.33 386	2155	3279
3. Gerald Cysewski	74	25.70 408	10.89 539	34.14 546	27.06 258	6.68 289	2040	3284
4. Walter Jenkins	71	39.42 646	9.44 452	27.34 412	19.36 153	0.00 0	1663	2464
M75								
1. Manuel White	76	27.90 450	10.72 529	37.58 616	37.98 413	8.41 391	2399	4079
2. James York	79	24.28 380	8.10 372	0.00 0	0.00 0	6.95 304	1056	1869
M80								
1. Leon Joslin	80	24.12 377	9.35 447	30.40 472	20.74 172	7.90 360	1828	3388
M85								
1. Burt DeGroot	85	16.56 211	6.95 304	22.16 314	14.76 92	4.52 164	1084	2322
Women - W40								
1. Susan Hinz	44	25.76 409	7.79 386	24.48 357	18.06 253	4.43 173	1578	1966 (3RD)
W50								
1. Barbara Stewart	50	20.28 296	6.73 318	13.98 162	17.34 240	6.28 289	1305	1695
W60								
1. Sally Polk	62	28.10 454	7.70 380	20.26 277	18.62 263	9.25 480	1854	3050 (1ST)
W65								
1. Estelle Jenkins	66	19.24 243	6.13 280	15.02 180	12.62 153	5.94 267	1153	2067 (2ND)

- **World Record:** Len Joslin (80) - 25 lb. Weight Throw - 7.90 meters
- **American Record:** Sally Polk (62) - 3 kg Hammer Throw - 28.10 meters

Left to right: Hollander, Awin Phillip, Pay Carstensen, Len Olson, Wendell Palmer, Ray Feick, Ken Weinbel



EIGHTH NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIPS - 1993

Woodstock, Illinois

Woodstock, Illinois

This meet was organized and conducted by Chuck Klehm. There were 24 Competitors: 18 Men and 6 Women.

Olson, Grissom Best With the Weights

By Jerry Wojcik

The USATF National Masters Weight Pentathlon Championships drew 24 contestants including six women to Woodstock, Ill. For the event on Sept. 25.

Len Olson, 62 with four marks worth 850 or better, was the top point getter with 4262. Phil Brusca, 66, bolstered by a 906-point 12.53 (age-factored 17.04) mark in the shot was the second best thrower at 4098.

Joann Grissom, 55, led the women with a 3864 total, fattened by a 928-point 11.48 (15.61 age-factored) shot put.

Top original marks (before age-factoring in the five events were 14.09m in the weight by Olson; 43.06 javelin, Don Mather, 63; 13.17 shot, Olson; 43.90 hammer, Norm Cyprus, 55; and 47.38 discus, Mather. The event was hosted by Chuck Klehm.

1993 NATIONAL MASTERS WEIGHT PENTATHLON CHAMPIONSHIP RESULTS

NAME	HAMMER		SHOT		DISCUS		JAVELIN		WEIGHT		TOTAL POINTS
	DIS	PTS	DIS	PTS	DIS	PTS	DIS	PTS	DIS	PTS	
Men - M40											
1. Patrick Burns	38.61	634	11.64	670	34.19	568	33.65	486	11.12	540	2906
M45											
1. Bob Sager	35.67	693	11.45	704	39.48	675	35.20	560	11.72	620	3252
M50											
1. Edgar evans	31.88	623	12.45	629	34.12	565	23.78	373	9.60	531	2721
2. Virgil Johnson	23.13	443	9.84	549	33.42	637	11.82	53	8.70	457	2139
M55											
1. Norm Cyprus	43.90	881	10.81	745	35.90	745	34.38	672	11.90	757	3731
2. Bob Warren	22.32	458	9.20	547	26.64	518	24.13	447	9.46	566	2536
3. S. Biddinger	25.80	537	7.06	354	20.84	355	15.40	214	6.84	331	1791
M60											
1. Len Olson	41.58	847	13.17	862	44.98	879	41.11	791	14.09	883	4262
2. Pay Carstensen	39.36	803	11.52	742	31.62	592	28.09	531	12.51	771	3442
3. Jan Smit	35.44	737	10.80	686	37.26	719	24.78	455	11.35	689	3286
4. Donald Mather	21.52	443	8.16	465	47.38	925	43.06	827	9.65	558	3218
M65											
1. Phil Brusca	31.68	726	12.53	906	39.56	848	36.14	765	13.04	854	4098
2. Ken Weibel	31.28	718	8.74	591	35.50	505	17.90	328	10.22	640	2782
M70											
1. A. Riciardi	31.16	720	9.56	670	30.44	719	20.79	467	9.13	527	3103
M75											
1. H. Morningstar	27.96	740	9.87	906	31.24	8448	23.18	608	8.50	509	3507
M80											
1. Leon Jarvis	26.86	749	8.93	729	28.88	886	16.75	435	8.53	562	3361
2. E. Dennison	17.40	488	8.87	723	24.25	737	19.17	515	7.80	494	2952
Women - W30											
1. D. Eckhardt	20.41	293	7.78	429	21.74	361	18.32	362	6.72	344	1789
2. Angela Nealy	15.71	190	7.36	396	22.42	378	20.61	413	7.24	387	1764
W50											
1. Karen Huff	15.13	311	8.88	650	30.33	565	22.00	652	7.04	427	2455
W55											
1. Joann Grissom	33.62	800	11.48	928	23.18	607	23.80	762	11.24	767	2864
W60											
1. Sally Polk	24.78	664	7.56	682	20.14	577	17.62	650	7.99	547	3120
W75											
1. Betty Jarvis	17.00	654	5.74	715	16.97	658	11.08	587	8.22	694	3308

FOURTH WORLD MASTERS WEIGHT PENTATHLON CHAMPIONSHIPS - 1993

Myazaki, Japan

This meet was approved by WAVA as a "Demonstration" event. It was held on the Island of Kyushu, at a beautiful new sports complex. There were 145 Competitors: 91 Men and 45 Women (largest contingent to date). Four throws per event (reduced from 6 due to large entry).

**1993 WORLD MASTERS WEIGHT PENTATHLON CHAMPIONSHIP RESULTS
(THE TOP THREE IN EACH AGE GROUP, PLUS USA)**

NAME (MEN)	POINTS	COUNTRY	NAME (WOMEN)	POINTS	COUNTRY
M40			W35		
1. Jorge Grave	3624	POR	1. Awwe Dewen	3559	DEN
2. Royston Steventon	3269	GBR	2. Trenyi Rakoczt	3554	HUN
3. Gary Klemenson	3187	USA	3. Gudrun Emmert	3514	GER
5. Daniel Edwards	2977	USA	W40		
M45			1. Christine Schultz	4200	AUS
1. Jostein Myrvang	3572	NOR	2. Joan Stratton	3816	USA
2. Gerald Landzettel	3442	AUT	3. Annie Belanger	3661	FRA
3. John Solms	3408	RSA	W45		
5. Bob Sager	3152	USA	1. Inge Faldager	3846	DEN
M50			2. Mary Thomas	3803	AUS
1. Klaus Liedtke	4605	GER	3. Gertrud Heinrich	3335	GER
2. Hans Roecken	4295	GER	W50		
3. Richard Hotchkiss	4124	USA	1. Helen Searle	4018	AUS
4. George Mathews	4104	USA	2. Helvi Erickson	3529	EST
M55			3. Janice Davies	3522	AUS
1. Peter Speckens	4377	GER	W55		
2. Johann Hansen	4195	GER	1. Evaun Williams	4956	GBR
3. Bernt Rehpenning	3960	GER	2. AnneMarie Schoeten	3642	GER
M60			3. Inkeri Lindstrom	2704	FIN
1. Richard Rzehak	4832	GER	W60		
2. Leonard T. Olson	4364	USA	1. Jutta Schaefer	4661	GER
3. Heinz Schulz	3999	GER	2. Elizabeth Dwenger	4117	GER
6. Ray Feick	3846	USA	3. Sally Polk	3507	USA
M65			4. Unni Saether	3437	NOR
1. Helmuth Duholm	4163	DEN	W65		
2. Horst Vieweg	3896	GER	1. Bernice Holland	4126	USA
3. Matti Jarvinnen	3857	FIN	2. Kaija Jortikka	4040	FIN
6. Jacob Stein	3253	USA	3. Bodil Hestmann	3563	NOR
M70			W70		
1. Sam Johnson	4265	NZL	1. Lena Grobler	4118	RSA
2. Arthur Dreher	4250	GER	2. Heather May	3751	NZL
3. Valto Makela	3956	FIN	3. Ilse Bellin	3190	GER
M75			W75		
1. Erling Svennivik	4314	NOR	1. Annchen Reile	3317	GER
2. Roy Foley	4009	AUS	2. Betty Jarvis	3115	USA
3. Arthur Fleischhauer	3680	GER	3. Aili Kaukinen	2935	FIN
M80			W80		
1. Gerhard Schepe	4623	GER	1. Ruth Frith	3424	AUS
2. Ludwig Herbst	3403	GER			
3. Bruno Porceddu	3227	ITA			

1993 WORLD MASTERS WEIGHT PENTATHLON CHAMPIONSHIP INDIVIDUAL RESULTS

Scr.	Name	Res.	HT	SP	DT	JT	WT
W35-39 Age Group							
1.	3568 Awwa Dewen	(DEN)	34.00	761	10.47	676 36.06	717 35.44 806 10.20 608
2.	3564 Zsusan Trenyi	(HUN)	32.22	725	10.77	697 35.36	703 37.38 841 10.04 598
3.	3523 Gudrun Emmert	(GER)	40.12	878	11.32	734 32.68	649 22.06 534 12.04 728
4.	3367 Maret Kalviste	(EST)	28.40	645	9.64	618 31.66	628 45.64 980 8.60 486
5.	3136 Waltraud Knapp	(GER)	37.56	830	10.18	656 25.92	503 19.58 475 11.16 672
W40-44 Age Group							
1.	4223 Christine Schultz	(AUS)	36.00	816	13.45	932 43.82	920 32.90 819 11.82 736
2.	3830 Joan Stratton	(USA)	37.10	838	11.05	773 36.42	778 27.78 707 11.79 734
3.	3681 Annie Bellanger	(FRA)	41.04	912	10.19	712 33.08	709 27.70 712 10.31 636
4.	3368 Renate Hofmann	(GER)	29.86	691	10.01	699 37.06	791 19.94 531 10.60 556
5.	3299 Eva Gacs	(ITA)	40.04	893	8.10	551 22.12	455 26.68 690 11.42 710
6.	2662 Elizabeth Box	(AUS)	28.50	661	7.85	530 22.64	468 19.32 515 8.25 488
7.	2625 Deborah Heit	(CAN)	24.40	563	8.85	611 24.28	509 20.48 545 7.10 397
8.	2350 Marlis Magli	(SUI)	23.40	544	8.17	557 22.30	459 16.80 448 6.54 342
W45-49 Age Group							
1.	3846 Inge Faldager	(DEN)	39.78	905	10.51	801 35.30	783 19.40 571 12.25 786
2.	3803 Mary Thomas	(AUS)	30.62	722	10.87	828 30.22	673 38.00 992 9.33 666
3.	3335 Gerrrud Heinrich	(GER)	27.14	645	10.69	807 38.70	852 21.56 628 6.86 403
4.	3027 Patricia Connel	(AUS)	30.02	709	8.84	671 24.24	531 22.20 644 7.80 472
5.	2707 Rhonda Dundas	(AUS)	23.96	570	7.66	571 24.58	540 18.42 571 7.59 455
6.	2661 Liz McBlain	(CAN)	21.14	500	8.79	667 18.78	386 22.60 654 7.58 454
7.	2451 Margarete Junginger	(GER)	22.34	530	7.54	561 19.00	392 16.94 501 7.74 467
8.	2392 Miyoko Wakasugi	(JPN)	14.90	325	8.03	603 23.94	524 20.80 609 6.13 331
W50-54 Age Group							
1.	4018 Helen Ray Searie	(AUS)	43.48	930	12.04	885 26.82	846 22.50 666 13.56 632
2.	3528 Helvi Erikson	(EST)	33.24	738	9.66	713 29.98	722 20.86 625 11.02 729
3.	3522 Janice Davies	(AUS)	42.82	918	9.10	669 21.94	519 19.40 555 13.06 661
4.	3370 Brigitta Lange	(GER)	32.14	717	11.11	820 28.40	665 14.34 434 10.80 714
5.	3299 Marie-Louise Uys	(RSA)	31.56	705	10.86	802 25.82	621 16.92 570 9.22 601
6.	3267 Keiko Uchida	(JPN)	25.74	578	10.45	772 24.14	578 32.42 895 7.22 443
7.	3170 Kaeko Yuki	(JPN)	20.58	455	8.93	669 24.98	600 37.62 1002 7.35 454
8.	2807 Irma Kirchhofs	(GER)	38.94	845	8.75	641 25.56	615 0.00 0 10.68 706
W55-59 Age Group							
1.	4671 Evaun Williams	(GBR)	41.66	958	13.22	1053 28.04	753 35.26 1034 12.82 873
2.	3642 AnneMarie Schoeten	(GER)	34.06	810	9.42	769 25.90	662 22.64 732 9.57 649
3.	2704 Inkeri Lindstrom	(FIN)	22.08	537	9.41	766 17.96	453 15.48 522 6.78 424
W60-64 Age Group							
1.	4631 Jutta Schaefer	(GER)	39.16	988	10.81	968 32.00	877 23.10 816 14.13 982
2.	4066 Elisabeth Dwenger	(GER)	27.76	739	9.37	847 25.02	672 27.80 942 12.31 866
3.	3446 Sally Polk	(USA)	25.04	672	8.10	734 21.44	556 19.92 723 10.77 760
4.	3380 Unni Saether	(NOR)	25.70	688	7.40	668 23.12	611 19.64 715 9.91 698
5.	3225 Suzanne Matherbe	(RSA)	24.16	650	8.16	740 17.68	423 18.56 681 10.37 731
W65-69 Age Group							
1.	4084 Bernice Holland	(USA)	26.82	791	8.64	868 25.32	760 24.90 946 9.86 719
2.	3995 Kaija Jortikka	(FIN)	29.98	870	8.13	819 24.42	730 19.10 768 11.06 808
3.	3498 Bodil Hestmann	(NOR)	23.02	689	7.91	797 18.84	532 18.62 753 9.97 727
4.	3399 Hilde Keckeis	(AUT)	21.46	645	8.75	879 18.36	514 16.98 697 9.15 664
5.	3033 Klothilde Knunz	(AUT)	20.76	625	6.96	701 15.78	412 14.26 599 9.56 696
W70-74 Age Group							
1.	4118 Lena Grobler	(RSA)	25.76	851	8.44	939 21.86	766 18.94 838 9.24 724
2.	3710 Heather May	(NZL)	22.92	725	6.92	780 17.90	628 20.80 902 8.63 675
3.	3190 Ilse Bellin	(GER)	26.66	878	5.85	652 14.20	485 10.70 510 8.54 667
4.	2712 Marlis Fleckner	(CHI)	16.86	575	5.46	604 13.42	452 14.20 661 5.86 420
5.	1800 Mary Vickers	(AUS)	9.28	274	4.30	450 9.26	259 11.02 525 4.68 292
W75-79 Age Group							
1.	3317 Annchen Reila	(GER)	16.94	653	5.59	696 20.44	790 13.94 718 5.80 460
2.	3115 Betty Jarvis	(USA)	15.82	611	5.08	628 15.88	615 12.30 645 7.36 616
3.	2935 Aili Kaukinen	(FIN)	18.28	701	5.49	683 10.72	383 13.52 700 5.87 468
4.	2665 Elisabeth Schepe	(GER)	16.52	637	5.34	663 11.28	410 10.14 541 5.37 414
W80-84 Age Group							
1.	3277 Ruth Pauline Frith	(AUS)	18.12	775	5.76	652 13.40	570 9.94 591 7.84 689