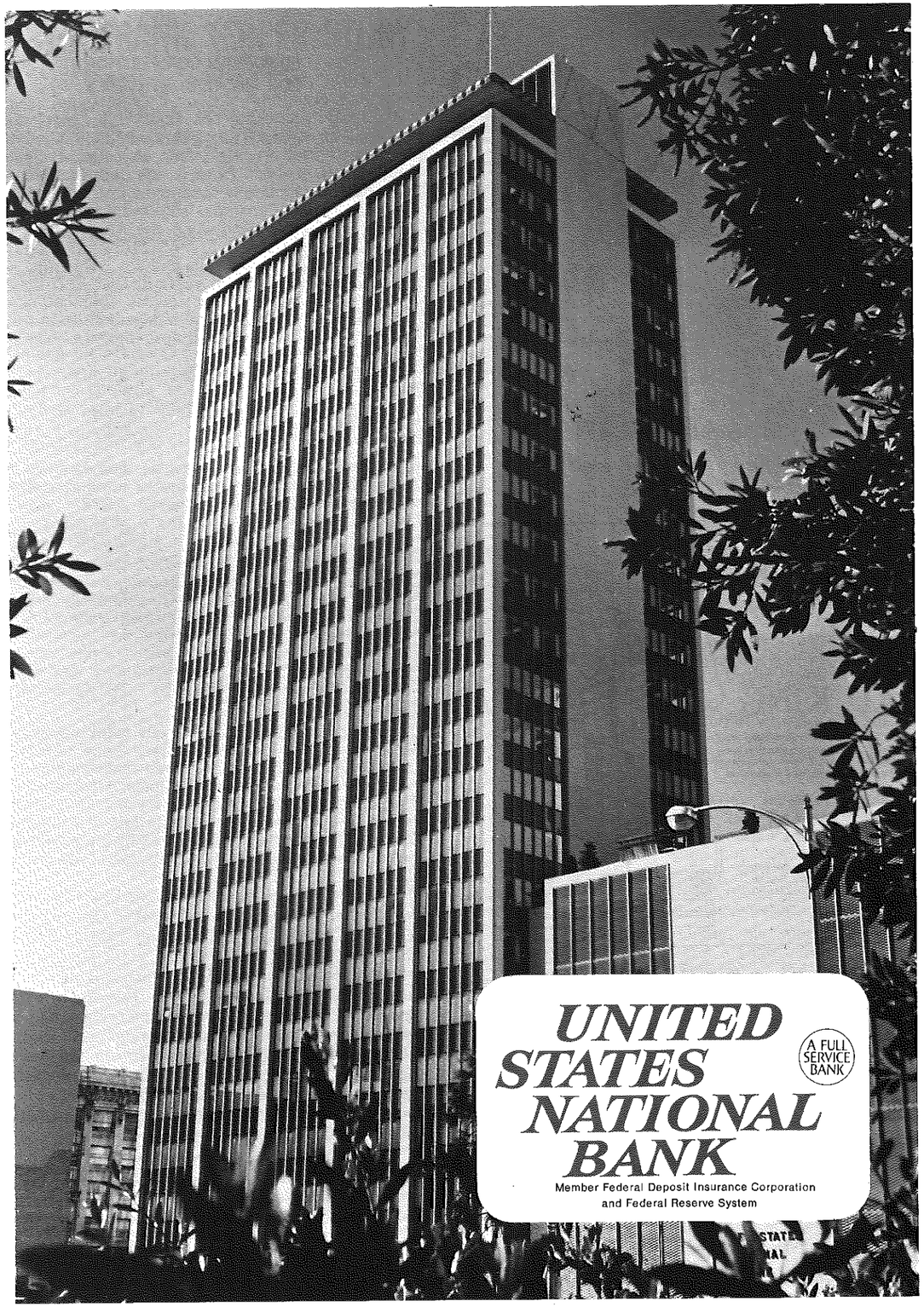

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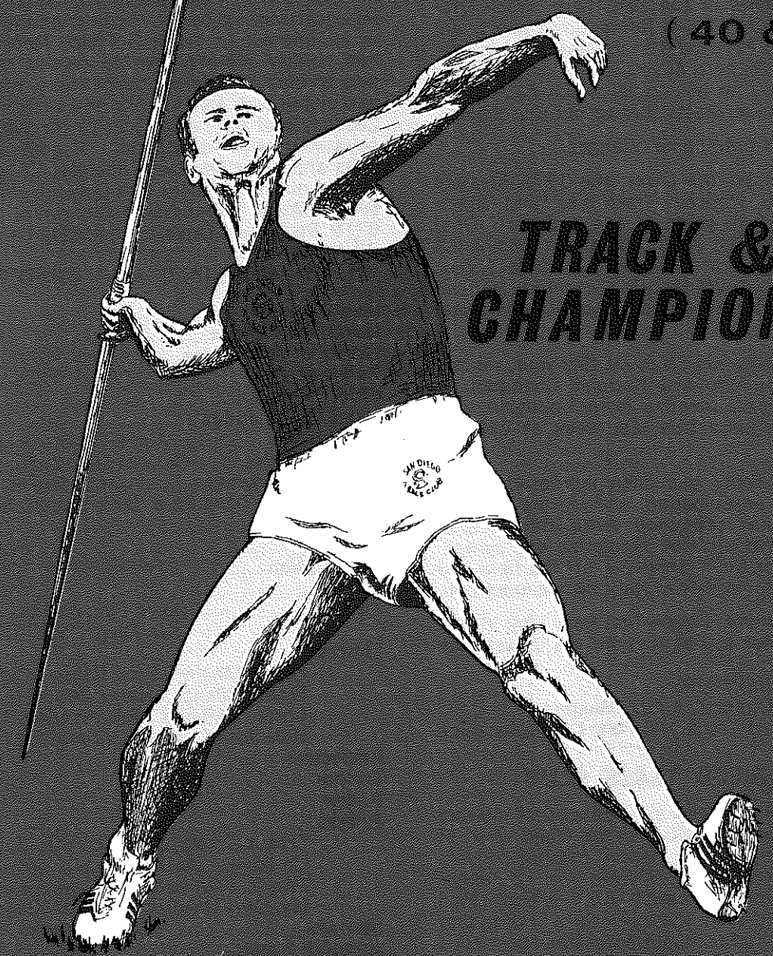
AAU MASTERS

(40 & OLDER)



TRACK & FIELD CHAMPIONSHIPS

JULY 2&3 1971

SAN DIEGO TRACK CLUB

BALBOA STADIUM

SAN DIEGO

MARATHON & 20 KM WALK · JULY 4 at MISSION BAY

Sponsors: San Diego Track Club, San Diego Rec. Dept.

SOUVENIR PROGRAM $1.00

WELCOME TO THE MASTERS . . .

Welcome to the Fourth Annual U.S. Masters Track and Field Championships. We of the San Diego Track Club are proud that our meet has steadily grown along with Masters Track and Field and hope that you recognize that it has been no mere coincidence.

David Pain, the founder of the meet, and most of the other members of the San Diego Track Club have put in many hours of work to make it a success. They, along with the members of the San Diego Track Officials Association, the San Diego Recreation Department and the athletes who have paid their own way—sometimes from as far as Western Australia or Europe—have collectively made this into the model which has engendered many other similar meets throughout the country.

This year you will note some changes.

As you can see from the cover, the 1971 Masters will be the first A.A.U. National Track and Field Championships for athletes 40 years of age and over. Final contract signings with the A.A.U. were not completed until well after the time that the order for official A.A.U. medals had to be placed. We therefore ordered, and will be awarding the traditional Masters medal for the last time.

For those of you who win an event this year, we can declare that you are as official a National Champion as our San Diego Track Club member Arnie Robinson, who won the A.A.U. long jump title last week at Eugene, Oregon.

The number of events has been increased, along with the divisions of participation, and we are offering more medals. This has prompted more entries than ever, and we hope that athletes recognize and sympathize with the need for their remaining off the field and track except during the periods of their own competition.

Thank you for coming, I hope that your stay in San Diego is as pleasant for you as it is for me to welcome you.

KEN BERNARD
Meet Director, A.A.U. Masters
National Track and Field Championships

THE SAN DIEGO TRACK CLUB

The last few years has seen an explosion of interest in participation in Track & Field and the allied sport of Long Distance Running among people outside conventional school programs. Many athletes are no longer satisfied to retire after graduation from school. Men nearing middle age and even housewives are finding that the individual, disciplined competition of this sport adds a new and exciting dimension to their lives.

The San Diego Track Club (SDTC) is a prototype for the kind of club that's needed to serve all these groups. Athletes of all ages and abilities will find a place within the club, from the world class athletes wearing SDTC colors at the AAU Championships at Eugene, Oregon last week, to the 70-year-plus runners in the Masters.

Besides the "A" team, there is also a "B" team for athletes of lesser ability and a veteran team for men over 40 years of age. Women are welcome to join and SDTC is in the forefront of women's Long Distance Running.

Not content to merely sponsor teams, SDTC conducts a complete program of Track & Field and Long Distance Running activities in the San Diego area. This program includes many road and cross country races, a series of all-comers track meets in the summer and early spring, the U.S. Master's Meet which you are watching, and the San Diego Relays.
on this program requires thousands of hours of volunteer work by SDTC members who are dedicated to the sport and its development in San Diego.

The SDTC membership list contains people of all ages from 10 to 72 whose common denominator is an interest in Track & Field. Many high school and college athletes join to receive reduced entry fees to club sponsored competitions or simply to be associated with this vibrant and active organization. Coaches and fans often join to receive our monthly newsletter with its schedule of coming events, results and other articles of interest. If you would like to find out more about San Diego Track Club, write:
DAVE DAVIS, Membership Chairman, SDTC
5719 Red River Drive, San Diego, Ca 92120

OFFICIALS AND CREDITS

Meet Director ..... Ken Bernard
Marathon Director ..... Bill Gookin
Clerks of the Course ..... Tony Sucec, Paul Rother
Referees ..... Paul Rother, Tony Sucec
Chief Timer ..... Pete Calma
Head Finish Judge ..... Buck Schroth
Announcers ..... Augie Escamilla, Stan Stafford
Program Sales ..... Carolyn McDonald, Curt Hardick
Masters 6 Scoring ..... Sandy Drake, Bob Gilmore
Photography..Dave Pain, Dick Straub, Steve Madsen
Results ..... Helen Pain
Banquet ..... Mary McDonald
Registration ..... Louise Stock, Mary McDonald
Tickets ..... Merle Hamilton
Awards ..... David Pain and the Daughters of San Diego Track Club Members

Timers

Henry Manley, Pete Calma, Glen Broderick, Frank Cuenca, Harry Bryce, Elmer Brown, Chris Maheras, Bill Schalk, Jack Mashin, Bob Jones, Dewey Youngblood

Inspectors ..... Don Donnely
Trainer ..... Norm Hommas
Doctor ..... Harold Elrick

Judges

Ernest Collier, Buck Schroth, Bob Dus, Chuck Christian, Chuck Pernell, Cal Garrett, Skip Prante, Joel Baldwin, Russ Hinman, Jim Gattey, Curt Hardick, Warren Williams

Starters ..... Hal Higgins, Stan Winters

Jumping Events

Joseph Gray, Charles Bell, Tom Hall, Bill Wood, Willie Jones

Throwing Events

Neil Sullivan, Francis Graham, Sy Silver, Bill Reilley, Bob Barlow, George Loveland, Fred Minter, Bob Gustafson

And . . .

Thanks to all those who have so generously given of their time and talents, but whose names are not included above due to the fact that the Program Chairman ran out of time.

Ken Bernard
(Program Chairman)

FOURTH ANNUAL U.S. MASTERS TRACK & FIELD CHAMPIONSHIPS

First Annual AAU Masters (40 & Over Track & Field Championships

Balboa Stadium, San Diego, California — July 2 & 3, 1971

Marathon & 20 Kilometer Walk — Mission Bay Park, July 4, 1971

Sponsored by:

The San Diego Track Club & City of San Diego Recreation Department

FRIDAY, JULY 2—BALBOA STADIUM

Time	Track Events
12:00	Registration (to 2:00 P.M.)
2:00	100—Prelims Division 1—Heat 1
2:05	100—Prelims Division 1—Heat 2
2:10	100—Prelims Division 1—Heat 3
2:20	100—Prelims Division 2—Heat 1
2:25	100—Prelims Division 2—Heat 2
2:30	100—Prelims Division 2—Heat 3
2:40	100—Prelims Division 3—Heat 1
2:45	100—Prelims Division 3—Heat 2
2:55	Masters 6—100—Heat 1
3:00	Masters 6—100—Heat 2
3:05	Masters 6—100—Heat 3
3:10	Masters 6—Heat 4
3:15	120 High Hurdles (39") Finals (Division 1 only)
3:30	3000 Meter Steeplechase Finals (Division 1 only)
3:50	100—Finals—Division 1
3:55	100—Finals—Division 2
4:00	100—Finals—Divisions 3 and 4
4:10	880—Finals—Division 1, Flight 1
4:15	880—Finals—Division 1, Flight 2
4:20	880—Finals—Division 2
4:25	880—Finals—Divisions 3 and 4
4:35	Masters 6—440—Heat 1
4:40	Masters 6—440—Heat 2
4:45	Masters 6—440—Heat 3
4:50	Masters 6—440—Heat 4
4:55	440 Relay—Division 1
5:00	440 Relay—Division 2
5:05	10,000 Meters (6.2 miles)—Division 1
5:50	10,000 Meters—Divisions 2, 3, 4
6:40	440—Prelims Division 1—Heat 1
6:45	440—Prelims Division 1—Heat 2
6:50	440—Prelims Division 1—Heat 3
6:55	440—Prelims Division 2—Heat 1
7:00	440—Prelims Division 2—Heat 2

Time	Field Events
2:00	16# Hammer—Division 1
2:55	16# Hammer—Divisions 2 and 3
3:00	Pole Vault—Divisions 1 and 2
4:00	Discus (2 kilo.)—Division 1 Discus (1.6 kilo)—Division 2 and 3
4:30	Long Jump—Division 1
5:15	Long Jump—Divisions 2 and 3
6:00	Masters 6—Javelin—Divisions 1, 2, 3

SATURDAY, JULY 3—BALBOA STADIUM

Time	Track Events
12:00	Registration (to 2:00 P.M.)
2:00	220—Prelims Division 1—Heat 1
2:05	220—Prelims Division 1—Heat 2
2:10	220—Prelims Division 1—Heat 3
2:20	220—Prelims Division 2—Heat 1
2:25	220—Prelims Division 2—Heat 2
2:30	220—Prelims Division 3—Heat 1
2:35	220—Prelims Division 3—Heat 2
2:45	One Mile Run—Finals—Division 1, Flight 1
2:55	One Mile Run—Finals—Division 1, Flight 2
3:05	One Mile Run—Finals—Division 2
3:15	One Mile Run—Finals—Divisions 3 and 4
3:25	220—Finals—Division 1
3:30	220—Finals—Division 2
3:35	220—Finals—Division 3
3:45	2 Mile Relay—Division 1
4:00	2 Mile Relay—Division 2
4:15	Special Women's Mile
4:25	440—Finals—Division 1
4:30	440—Finals—Division 2
4:35	440—Finals—Divisions 3 and 4
4:45	Mile Walk—Final—Divisions 1, 2, 3, 4
5:00	Masters 6—Mile—Heat 1
5:10	Masters 6—Mile—Heat 2
5:20	Masters 6—Mile—Heat 3
5:30	Masters 6—Mile—Heat 4
5:40	Mile Relay—Division 1
5:50	Mile Relay—Division 2
6:00	5000 Meters (3.1) mile)—Final—Division 1
6:30	5000 Meters—Final—Divisions 2 and 3

Time	Field Events
2:00	Javelin (1 lb., 12 oz.)—Division 1 Javelin (1 lb., 12 oz.)—Divisions 2 and 3
3:00	High Jump—Division 1 High Jump—Divisions 2 and 3
3:30	Masters 6—Shot (12#)—Divisions 1, 2, 3
4:00	Triple Jump—Divisions 1 and 2
5:00	16 lb. Shotput—Division 1 12 lb. Shotput—Division 2 8 lb. Shotput—Division 3
6:00	Masters 6—Long Jump—Divisions 1, 2, 3

SUNDAY, JULY 4—MISSION BAY PARK

Time	Events
6:00 A.M.	Registration (See Marathon Map) (Note: Pre-registration available July 2 and 3 at Balboa Stadium)
6:40 A.M.	Pre-Race Instructions
6:45 A.M.	Marathon (26 miles, 385 yards)—Divisions 1, 2, 3, 4
6:45 A.M.	20 Kilometer (12.4 miles) Walk—Divisions 1, 2, 3
1:00 P.M.	Awards Banquet No Host Refreshments at the Bahia Hotel, West Mission Bay Drive
2:00 P.M.	Awards Banquet—Bahia Hotel

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86	Alsobrook, Norman	CCCD	40
57	Althausen Jr., Theodore	OC	49
314	Andberg, William	TCTC	60
327	Andors, Michael	SDTF	60
92	Andreos, Hector	UN	40
53	Austin, Ed	CDM	42
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171	Bernard, Ken	SDTC	45
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149	Ensslin, Ted	CDM	44
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106	Fisher, Allan	VOC	41
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160	Foster, Earl	AMH	49
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109	Gibson, Ray	STC	40
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214	Gilmour, John	CANN	52
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312	Goodrich, Bert	UN	65
173	Gordien, Fortune	CDM	48
144	Gordon, William	UN	43
138	Gorman, Owen	STC	44
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17	Jordan, Robert	UN	43

KEY TO ABBREVIATIONS OF AFFILIATIONS:

UN = Unattached
AMH = Amherst Lancers
ARR = Arizona Road Racers
BAA = Boston Athletic Assn.
BAC = Bishop Athletic Club
BH = Birchfield Harriers (England)
CANN = Canning District (Australia)
CCCD = Cross Country Club of Dallas
CDM = Corona Del Mar Track Club
CIND = Cinderettes
DYMCA = Denver YMCA
GAC = Gladstone A.C. (Canada)
HKTC = Hawaii Kai Track Club
HSTC = High Sierra Track Club
KETT = Kettering Striders
LAAC = Los Angeles Athletic Club
MELV = Melvile Districts (Australia)
MMTC = Mid Michigan Track Club
NYAC = New York Athletic Club
NCSTC = Northern California Seniors T.C.

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179	Mundle, Peter	SMAA	43
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226	Ogle, Robert	STC	52
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142	Palmer, Donald	CDM	41
22	Parker, David	NVP	40
274	Parkes, Will	UN	51
246	Patterson, Patrick	STC	50
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168	Pavelich, John	VOC	45
14	Payne, Howard	BH	40
270	Perry, Mode	SDTC	51
154	Perry, Robert	CDMTC	42
100	Peters, Robert	UN	47
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64	Puterbaugh, George	PTC	46
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257	Stephenson, James	OC	50
6	Stock, Bill	SDTC	41
8	Stolpe, Dick	CDM	46
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231	Winton, Ross	CDM	52
20	Wood, Peter	NCSTC	41
36	Word, Carroll	STC	45
235	Zimmerman, Leroy	UAF	50
207	Zook, Wayne	SDTC	54

NOTE: Nos. 1 through 199 are Division 1 (age 40-49)
Nos. 200 through 299 are Division 2 (age 50-59)
Nos. 300 through 350 are Division 3 (age 60-69)
Nos. 400 and over are Division 4 (age 70 and up)

OC = Olympic Club (San Francisco)
PTC = Portland Track Club
RHOD = Rhoden Enterprises T.C.
RR = Random Runners
SCS = Southern California Striders
SMAA = Santa Monica Athletic Assn.
STC = Seniors Track Club (Los Angeles)
SI = Sports International
SFYMCA = San Francisco YMCA
SNOH = Snohomish Track Club
SPOK = Spokane Track Club
SFOC = San Francisco Olympic Club
TCTC = Twin Cities T.C. (Minn.)
TVTC = Turtle Valley Track Club
UN = Unattached
UWRC = Univ. Washington Running Club
UAF = Univ. Arizona Faculty T.C.
VOC = Vancouver Olympic Club (Canada)
WICH = Wichita Track Club
YMHA = Young Men's Hebrew Assn.
WVJS = West Valley Joggers & Striders

GENERAL INFORMATION

Registration:

Friday and Saturday, July 2 and 3—from noon to 2:00 p.m. at the southeast (open) end of Balboa Stadium.

Marathon registration and 20 Kilometer Walk registration is from 6:00 a.m. to 6:35 a.m. on July 4 on the west side of West Mission Bay Drive (across from the Bahia Hotel) but Marathon and 20 Kilometer Walk entrants may register at Balboa Stadium on July 2 and 3 at the hours listed above.

You must register at least one hour before the scheduled time of your event, and you should report to the Clerk of the Course on the field, at the north (closed) end of the Stadium at least one-half hour before the event.

Workouts:

The Stadium track and infield will not be available for workouts after 1:00 p.m. on Friday and Saturday. Please cooperate and confine your workouts to the upper field, to the north and west of the north (closed) end of the stadium. The compressed schedule and greater number of entrants require a clear infield so that officials and athletes can perform efficiently.

Results:

Results will be posted soon after your event on a board in the north (closed) end of the stadium in the lower rows of seats. If you want a complete listing of the results (available 2-3 weeks after the meet) please sign up to receive them at the registration desk. We will make a modest charge to cover the expenses of producing this extensive compilation.

Awards:

A handsome commemorative patch will be given to each competitor. Special awards will be awarded to the Outstanding Athlete in each age-group Division, with a second award to the "other" category winner within the Division. That is, if a field event man wins the Outstanding Athlete Award in his Division, a track event man will receive the "other" award within that Division. Presentation-class medals from the special Masters die will be awarded as follows:

*__Running Events:__ Div. 1, 2, & 3: 1st through 6th
Div. 4: 1st place

*__Field Events:__ Div. 1, 2, & 3: 1st through 6th
Div. 4: 1st place

__Walks:__ Div. 1 & 2: 1st through 3rd (1 to 6 in 20 K.)
Div. 3 & 4: 1st place

__Masters Six (100, 440, Mile, L.J., 12 lb. Shot & Jav.):__ Div. 1: 1st through 6th
Div. 2: 1st through 3rd
Div. 3 & 4: 1st place

__Relays:__ Div. 1: 1st through 3rd
Div. 2: 1st place

__Marathon:__ Div. 1: 1st through 15th
Div. 2 & 3: 1st through 5th
Div. 4: 1st place

*NOTE!!! Not all events will have competition in all Divisions. Please refer to the Schedule of Events for competitive Divisions within each event.

Other awards will include Marathon completion certificates to all finishers, trophies for the oldest athlete and for the one who has traveled the greatest distance, and awards to the first three teams in point scoring. Except for special awards, Marathon & 20 Kilometer Walk awards, and Outstanding Athlete award, all medals will be presented soon after the finish of the event at Balboa Stadium. The Awards Banquet, which has been an outstanding feature of previous years, will again be held on Sunday, July 4, at 2:00 p.m.

Awards Banquet:

The Awards Banquet (with no-host refreshments available at 1:00 p.m.) will be held this year at the Bahia Hotel (where the Marathon finishes) at 2:00 p.m. on July 4, 1971, on the top floor of the newer building closest to West Mission Bay Drive. Dinner price is $7 ($6 for children under 10 years) and reservations may be made at the registration desk if you have not already done so.

100 YARD DASH

PRELIMS—JULY 2 AT 2:00

FINALS—JULY 2 AT 3:50

Division 1 Masters Record: 10.3 (1970)—Stolpe, Rhoden
Division 2 Masters Record: 11.1 (1970)—McDonald
Division 3 Masters Record: 12.8 (1970)—Ulsh

DIVISION 1

HEAT 1

NO.	NAME	AFFIL.	PLACE	TIME
8	Richard Stolpe	CDM		
67	Robert Watanabe	STC		
139	Donald Love	SDTC		
114	Huel Washington	RHOD		
98	Harry Talley	STC		
71	John Poppell	UN		
113	William Stone	CDM		
87	James Chado	UN		

HEAT 2

NO.	NAME	AFFIL.	PLACE	TIME
161	George Rhoden	RHOD		
167	Jack Greenwood	MLTC		
70	Jack Coy	UN		
145	Ed Mahany	NCSTC		
112	Robert Stone	CDM		
78	James Kriegh	UAF		
82	Walter De Bruyn	UN		
36	Carroll Word	STC		
95	Ted Rademaker	RHOD		

HEAT 3

NO.	NAME	AFFIL.	PLACE	TIME
170	Don Badinelli	CDM		
184	Oswald Dawkins	STC		
111	Thomas Rice	SDTC		
60	W. L. Frederickson	NCSTC		
127	Robert Fess	STC		
46	James Allen	UN		
66	Richard Baum	STC		
92	Hector Andreos	UN		
17	Robert Jordan	RHOD		

FINAL

	PLACE	TIME
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DIVISION 2

HEAT 1

NO.	NAME	AFFIL.	PLACE	TIME
223	Robert Foutz	CDM		
263	John Boyle	SDTC		
210	M. H. McNeiece	STC		
232	Clifford Burns	UN		
209	Alan Cranston	SCS		
244	Nathaniel Heard	CDM		
246	P. E. Patterson	STC		

HEAT 2

NO.	NAME	AFFIL.	PLACE	TIME
208	Al Guidet	NCSTC		
231	Ross Winton	CDM		
264	Edward Halpin	SCS		
274	Will Parkes	UN		
269	William Morales	CDM		
247	Bob Scharf	STC		
265	Bob McDonald	SDTC		

HEAT 3

NO.	NAME	AFFIL.	PLACE	TIME
230	Leo Walczuk	CDM		
205	Boo Morcom	CDM		
273	Karl Thursby	NCSTC		
206	Fritiof Sjostrand	SCS		
218	Edwin Reiner	SDTC		
261	Burl Gist	SDTC		
281	Joseph Sharp	UN		

FINAL

	PLACE	TIME
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DIVISION 3

HEAT 1

NO.	NAME	AFFIL.	PLACE	TIME
310	Virgil McIntyre	STC		
334	Ken Carnine	NCSTC		
303	Richard Bredenbeck	SDTC		
318	Robert Ulsh	NCSTC		
316	Paul Walker	UN		
333	Norman Bright	UN		
313	Paul Carmichael	OC		
319	Sing Lum	UN		

HEAT 2

NO.	NAME	AFFIL.	PLACE	TIME
305	A. J. Puglizevich	NCSTC		
327	Michael Andors	SDTC		
331	Jacobo Lerner	UN		
328	Ernest Roberson	UN		
320	Larry O'Neil	MATC		
325	Earl Shinkoskey	UN		
307	Walt Frederick	STC		
312	Bert Goodrich	UN		

DIVISION 3 & 4

FINAL

			PLACE	TIME
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9.	401	David Fowler (Runs with Division 3 Finalists)	SDTC	

MASTERS 6

JULY 2 AND 3 (See Time Schedule)

Record: (No Javelin) 3616 Points (1968)—Kleinsasser

Record: (With Javelin) 3438 Points (1970)—Held

(100, 440, JAVELIN, 12# SHOT, MILE, LONG JUMP)

NO.	NAME	AFFIL.	AGE	POINTS JULY 2 100	440	JAVELIN	JULY 3 SHOT	MILE	LONG JUMP	TOTAL POINTS
	HEAT #1									
15	Brayton Norton	CDM	41							
120	Bud Held	SDTC	43							
142	Donald Palmer	SDTC	41							
162	Frank Evans	SDTC	44							
183	William Fix	SPOK	45							
157	Avery Bryant	STC	47							
111	Thomas Rice	SDTC	40							
178	Peter Holmes	RHOD	41							
29	John Allen	MMTC	40							
	HEAT #2									
265	Bob McDonald	SDTC	52							
97	Byron Cook	KETT	44							
158	Ray Gill	STC	46							
268	Stephan Seymour	CDM	50							
264	Ed Halpin	SCS	53							
260	Bill Knuppel	SDTC	52							
79	Allan Morris	UN	40							
216	Erich Jordan	STC	53							
210	M. H. McNeiece	STC	51							
	HEAT #3									
163	Rudy Friberg	SDTC	42							
68	Jack Bettencourt	NCSTC	42							
37	Bud Trantham	CIND	44							
80	Marshall Haraden	SDTC	40							
66	Richard Baum	STC	46							
115	Forrest Trammell	SDTC	41							
38	James Swanson	STC	41							
171	Ken Bernard	SDTC	45							
69	William Bennett	UN	48							
	HEAT #4									
87	James Chado	UN	41							
100	Robert Peters	UN	47							
218	Edwin Reiner	SDTC	51							
225	John Garcia	UN	53							
254	W. Dawsey	CON	52							
229	Fay Steele	HKTC	54							
305	A. J. Puglizevich	NCSTC	63							
338	Bud Deacon	HKTC	60							
123	William Herrick	SDTC	48							

3000 METER STEEPLECHASE

(NEW EVENT) JULY 2 AT 3:30

NO.	NAME	AFFIL.	PLACE	TIME
6	Bill Stock	SDTC		
19	Vince deCiutiis	STC		
61	John Noble	SDTC		
63	Robert Herman	STC		
88	Lew Roberts	STC		
117	Dave Davis	SDTC		
148	A. Sweeney	VOC		
181	Rodney Busey	WICH		

120 YARD HIGH HURDLES (39")

JULY 2 AT 3:35

NEW EVENT

120 Int. Hurdles Record: 15.1 (1970)—Art Barnard

NO.	NAME	AFFIL.	PLACE	TIME
33	Roger French	STC		
38	James Swanson	STC		
93	Ed Reiner	SDTC		
95	Ted Rademaker	RHOD		
99	Maurice Jackson	STC		
167	Jack Greenwood	MLTC		

880 YARD RUN

FINALS—JULY 2 AT 4:10

Division 1 Masters Record: 2:01.1 (1970)—Fitzgerald
Division 2 Masters Record: 2:09.5 (1968)—Gordon
Division 3 Masters Record: 2:40.7 (1970)—Clarke

DIVISION 1

FLIGHT 1

NO.	NAME	AFFIL.	PLACE	TIME
1. 130	Frank McBride	UN		
2. 7	Vic Stephens	VOC		
3. 2	Willis Kleinsasser	STC		
4. 48	J. Van Tatenhove	STC		
5. 136	William Fitzgerald	STC		
6. 64	George Puterbaugh	PTC		
7. 101	Arthur De La Porte	UN		
8. 1	Don Coleman	SDTC		
9. 49	David Fraitag	SDTC		
10. 137	John Hutchinson	NCSTC		

FLIGHT 2

NO.	NAME	AFFIL.	PLACE	TIME
1. 29	John Allen	MMTC		
2. 160	Earl Foster	AMH		
3. 52	Harry Hill	WVJS		
4. 34	John MacLachlan	SCS		
5. 131	Robert Holmes	SDTC		
6. 150	Bill Sellers	UAF		
7. 23	Steve Stephenson	ARR		
8. 90	William Cameron	NCSTC		
9. 129	Emmett Smith	NCSTC		
10. 152	Fernand Cyr	CDM		

DIVISION 2

NO.	NAME	AFFIL.	PLACE	TIME
1. 220	Alan Waterman	SRC		
2. 238	Ray Mahannah	STC		
3. 270	Mode Perry	SDTC		
4. 253	Harold Elrick	SDTC		
5. 218	Edwin Reiner	SDTC		
6. 206	Fritiof Sjostrand	STC		
7. 275	Edward Lowell	STC		
8. 248	Ralph Schuhart	STC		

DIVISION 3

NO.	NAME	AFFIL.	PLACE	TIME
1. 338	Bud Deacon	HKTC		
2. 335	Keene Frick	TVTC		
3. 324	Nelson Williams	SBAA		
4. 307	Walt Frederick	STC		
5. 323	Urban Miller	SDTC		
6. 333	Norman Bright	UN		
7. 303	Rich. Bredenbeck	SDTC		
8. 309	Fred Bierlein	UN		

DIVISION 4 (Runs with Division 3)

NO.	NAME	AFFIL.	TIME
1. 401	Dave Fowler	SDTC	

440 RELAY

DIVISION I

July 2 at 4:55 p.m.

Record: 45.3 (1970), No. Calif. Seniors Track Club
(Tulland, Radamaker, Dowell & Rhoden)

TIME

1. West Valley Joggers & Striders _____
   (James Mackey, Robert Mackey, William Mackey, Bluefield. Alts.: Smith, Hill)
2. Seniors Track Club _____
   (Holt, Dawkins, Watanabe, Van Tatenhove. Alts.: Fess, Turner)
3. Coronda Del Mar Track Club _____
   (Davisson, Badinelli, Schlagel, Stolpe. Alts.: Cheek, Ambrose)
4. Northern California Seniors Track Club _____
   (Mahany, Frederickson, Marlin, Grant. (Alts.: Malgosa, Manougian, Radamaker)
5. San Diego Track Club _____
   (Stock, Fraitag, Love, Rice. (Alts.: Holmes, Bernard)
6. Rhoden's Enterprise A.C. _____
   (Washington, Jordon, Rademaker, Rhoden. Alt.: Holmes)

DIVISION II

July 2 at 5:00 p.m.

Record: 51.1 (1970), San Diego Track Club
(Knuppel, Godfrey, James, McDonald)

TIME

1. Northern California Seniors Track Club _____
   (Niblock, Thursby, Guidet, Sargent. Alts.: Waterman, Satti)
2. Seniors Track Club _____
   (Halpin, Gross, Farrell, McIntyre, McNeiece.
3. San Diego Track Club _____
   (Knuppel, Boyle, Perry, McDonald. Alts: Reiner, Godfrey)

16 POUND HAMMER THROW

JULY 2 AT 2:00

Division 1 Masters Record: 118′–2″ (1970)—Patterson
Division 2 Masters Record: 109′–9″ (1970)—Heard
Division 3 Masters Record: 66′–11″ (1970)—Hubbell

DIVISION 1

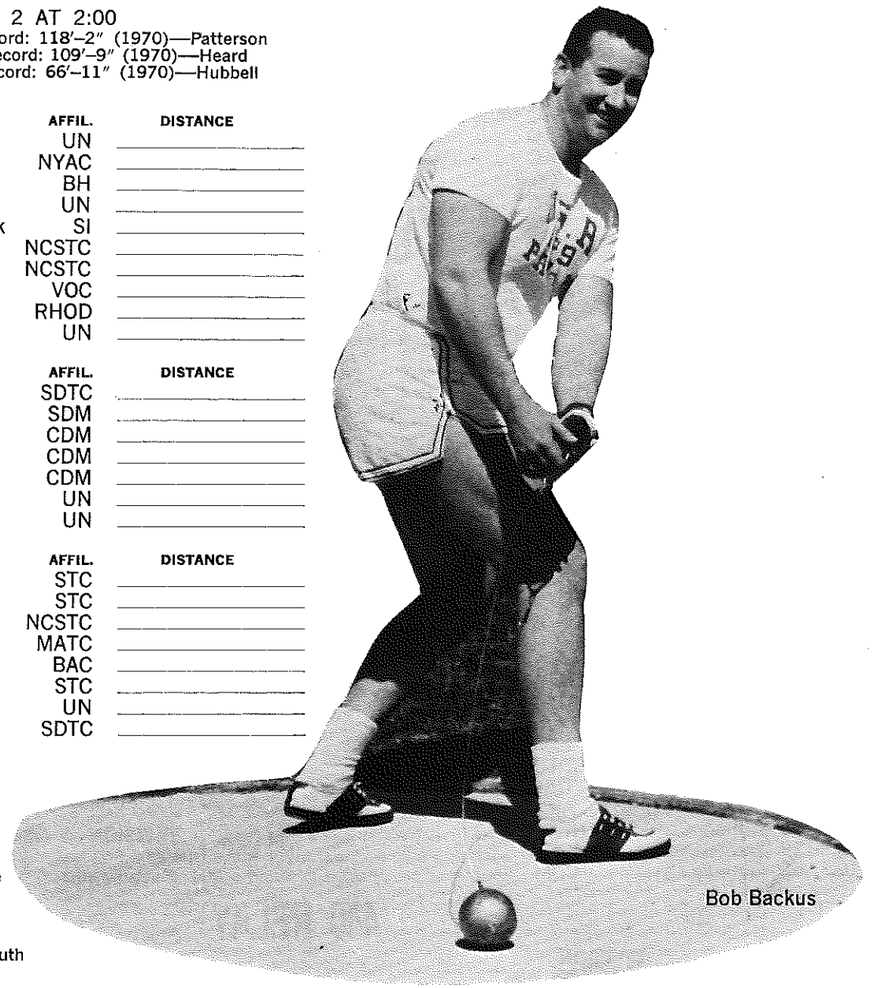
NO.	NAME	AFFIL.	DISTANCE
9	Donald Kornreich	UN	
10	Bob Backus	NYAC	
14	Howard Payne	BH	
16	Irving Black	UN	
30	Richard Bergenback	SI	
51	Chester Steele	NCSTC	
153	Ed Dowell	NCSTC	
168	John Pavelich	VOC	
178	Peter Holmes	RHOD	
180	Bill Bangert	UN	

DIVISION 2

NO.	NAME	AFFIL.	DISTANCE
221	Charles McMahon	SDTC	
231	Ross Winton	SDM	
234	Daniel Aldrich	CDM	
244	Nathaniel Heard	CDM	
249	Jack Thatcher	CDM	
251	Jack Pierson	UN	
259	Sandy Patterson	UN	

DIVISION 3

NO.	NAME	AFFIL.	DISTANCE
301	Stan Herrman	STC	
311	Delmar Mitchelson	STC	
318	Robert Ulsh	NCSTC	
320	Larry O'Neil	MATC	
329	Rolland Nichols	BAC	
330	Randolph Hubbell	STC	
332	Bob Hart	UN	
339	Harry Bryce	SDTC	



Bob Backus

POLE VAULT

JULY 2 AT 3:00

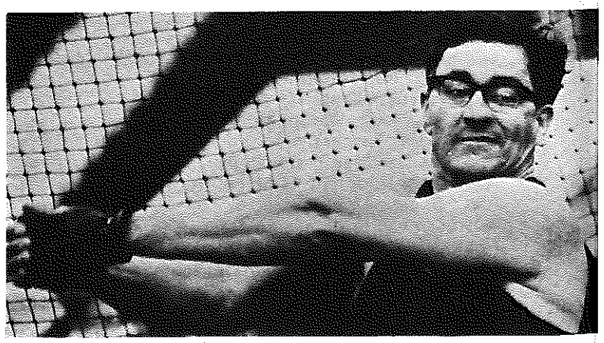
Record: 13′–6″ (1970)—Ruth

DIVISION 1

NO.	NAME	AFFIL.	HEIGHT
4	Kenneth Hiob	UN	
33	Roger French	STC	
43	Dave Brown	CDM	
100	Robert Peters	UN	
131	Bob Holmes	SDTC	
149	Ted Ensslin	CDM	
151	John Blakesley	STC	
185	Robert Smith	CDM	

DIVISION 2

NO.	NAME	AFFIL.	HEIGHT
205	Boo Morcom	CDM	
226	Robert Ogle	STC	
231	Ross Winton	CDM	
241	Orval Gillett	CDM	
242	Jack Cook	UNA	
262	Don Winton	CDM	
338	Bud Deason	UN	



Howard Payne. /Ed Lacey/

DISCUS

JULY 2 AT 4:00

Division 1 (2.k) Masters Record: (None for 2 k.; 1.6 k. previously used—148′–3″ (1969)—Gordien
Division 2 (1.6k.) Masters Record: 136′–4½″ (1970)—Heard
Division 3 (1.6k.) Masters Record: 103′–6″ (1970)—Carnine

DIVISION 1 (2 Kilo)

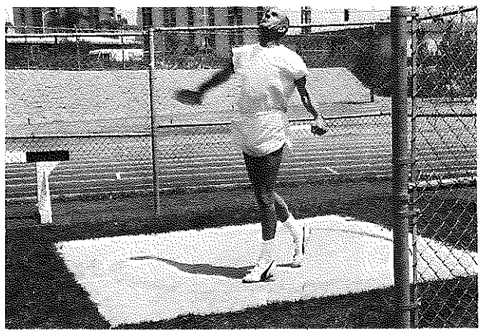
NO.	NAME	AFFIL.	DISTANCE
9	Donald Kornreich	UN	
11	Luis Castaneda	UN	
13	George Ker	CDM	
14	Howard Payne	BH	
26	Donn Maurer	SDTC	
30	Richard Bergenback	SI	
79	Allan Morris	UN	
111	Thomas Rice	SDTC	
119	Bob Kaiser	UN	
128	James Brownfield	UN	
166	Richard Straub	SDTC	
168	John Pavelich	VOC	
173	Fortune Gordien	CDM	
180	Bill Bangert	UN	

DIVISION 2 (1.6 Kilo)

NO.	NAME	AFFIL.	DISTANCE
216	Erich Jordan	STC	
221	Charles McMahon	SDTC	
224	Jon Sharp	DYMCA	
227	Mickey Blakesley	SDTC	
231	Ross Winton	CDM	
234	Daniel Aldrich	CDM	
241	Orval Gillett	CDM	
244	Nathaniel Heard	CDM	
249	Jack Thatcher	CDM	
259	Sandy Patterson	UN	
262	Don Winton	CDM	
280	David Shrader	UN	

DIVISION 3 (1.6 Kilo)

NO.	NAME	AFFIL.	DISTANCE
301	Stan Herman	STC	
305	A. J. Puglizevich	NCSTC	
307	Walt Frederick	STC	
311	Delmar Mitchelson	STC	
318	Robert Ulsh	NCSTC	
322	Winfield McFadden	SDTC	
329	Rolland Nichols	BAC	
330	Randolph Hubbell	STC	
334	Ken Carnine	NCSTC	
339	Harry Bryce	SDTC	



Mickey Blakesley

LONG JUMP

JULY 2 AT 4:30

Division 1 Masters Record: 20′–2½″ (1970)—Davisson
Division 2 Masters Record: 17′–0″ (1969) Gillett
Division 3 Masters Record 12′–8½″ (1970)—Higgins

DIVISION 1

NO.	NAME	AFFIL.	DISTANCE
15	Brayton Norton	CDM	
35	Bruce Grant	NCSTC	
38	James Swanson	STC	
70	Jack Coy	UN	
75	Hugh Simpson	UN	
122	Shirley Davisson	CDM	
145	Ed Mahany	NCSTC	
147	Emson Grumm	UN	
149	Ted Ensslin	CDM	
155	Phillip Schlegel	CDM	
182	Ted Johnson	STC	

DIVISION 2

NO.	NAME	AFFIL.	DISTANCE
205	Boo Morcom	CDM	
210	M. H. McNeiece	STC	
216	Erich Jordon	STC	
224	Jon Sharp	DYMCA	
239	Gordon Farrell	STC	
241	Orval Gillett	CDM	
259	Sandy Patterson	UN	
261	Burt Gist	SDTC	
262	Don Winton	CDM	
269	Bill Morales	CDM	
274	Will Parkes	UN	
275	Edward Lowell	STC	
174	Harry Huseny	UN	

DIVISION 3

NO.	NAME	AFFIL.	DISTANCE
305	A. J. Puglizevich	NCSTC	
307	Walt Frederick	STC	
310	Virgil McIntyre	STC	
311	Delmar Mitchelson	STC	
312	Bert Goodrich	UN	
318	Robert Ulsh	NCSTC	
319	Sing Lum	UN	
322	Winfield McFadden	SDTC	
325	Earl Shinkoskey	UN	
327	Michael Andors	SDTC	
328	Ernest Roberson	UN	
339	Bud Deacon	HKTC	

Bob Holmes

10,000 METERS

(NEW EVENT) JULY 2 AT 5:05

Division 1 Masters 6-Mile Record: 31:28.4 (1968)—Mundle
Division 2 Masters 6-Mile Record: 34:20.8 (1969)—Bould
Division 3 Masters 6-Mile Record: 40.07.2 (1969)—Frederick

DIVISION 1

NO.	NAME	AFFIL.	PLACE	TIME
20	Peter Wood	NCSTC		
21	Michael Neal	UN		
25	Alex Ratelle	UN		
42	Ross Smith	WVJS		
44	James O'Neil	OC		
50	Hal Higdon	DTC		
55	Sidney Toabe	HSTC		
57	Theodore Althausen	OC		
63	Robert Herman	STC		
74	Skip Dougherty	ARMY		
86	Norman Alsobrook	CCCD		
89	Eugene De Soto	UN		
91	Herb Weisheit	SDTC		
103	Michael Murray	SDTC		
133	David McNair	SDTC		
138	Owen Gorman	STC		
172	Glen Hellenga	SUM		
175	Thomas Lienhard	LAAC		
179	Peter Mundle	SMAA		
188	George Conlan	OC		
189	Don Pickett	OC		

DIVISION 2

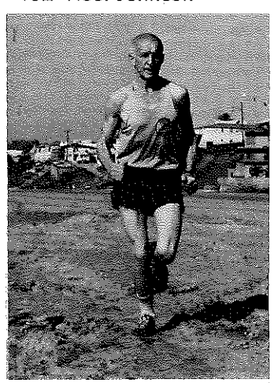
NO.	NAME	AFFIL.	PLACE	TIME
214	John Gilmour	CANN		
215	Cliff Bould	MELV		
217	John Montoya	STC		
237	John Wall	USNR		
257	James Stephenson	OC		
277	Harry Harder	HSTC		
278	Harold Mulder	UN		

DIVISION 3

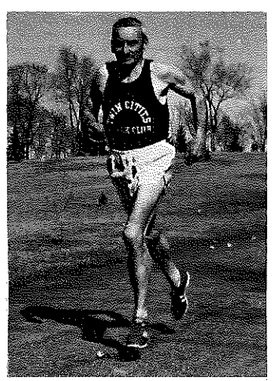
NO.	NAME	AFFIL.	TIME
304	James Bole	STC	
307	Walt Frederick	STC	
313	Paul Carmichael	OC	
314	William Andberg	TCTC	
333	Norman Bright	UN	
335	Keene Frick	TVTC	

DIVISION 4 (Runs with Division 3)

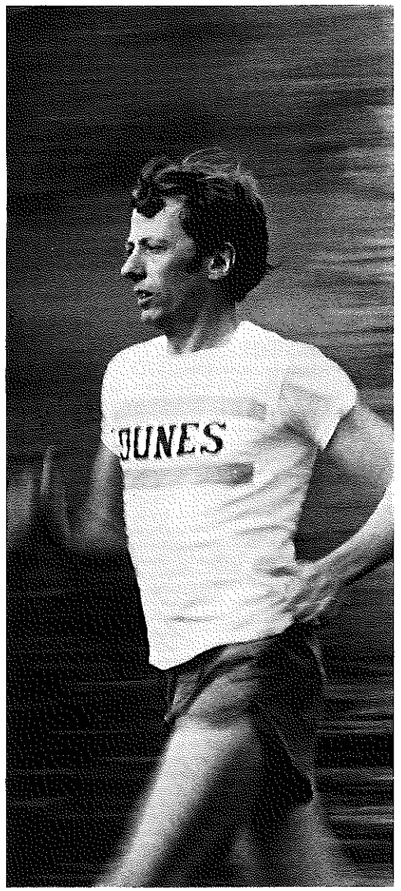
402	Noel Johnson	SDTC



Walt Frederick



William Andberg



Hal Higdon

Owen Gorman

440 YARD DASH

PRELIMS—JULY 2 AT 6:40
FINALS—JULY 3 AT 4:25

Division 1 Masters Record: 52.3 (1969)—Fitzgerald
Division 2 Masters Record: 56.5 (1970)—Kruppel
Division 3 Masters Record: 1:15.2 (1970)—Frederick

DIVISION 1

HEAT 1

NO.	NAME	AFFIL.	PLACE	TIME
136	William Fitzgerald	STC		
32	Eugene Kamrass	STC		
49	David Fraitag	SDTC		
160	Earl Foster	AMH		
113	William Stone	CDM		
90	William Cameron	NCSTC		
4	Kenneth Hiob	UN		

HEAT 2

NO.	NAME	AFFIL.	PLACE	TIME
161	George Rhoden	RHOD		
2	Willis Kleinsasser	STC		
98	Harry Talley	STC		
73	William Thomas	UN		
112	Robert Stone	CDM		
137	John Hutchinson	NCSTC		

HEAT 3

NO.	NAME	AFFIL.	PLACE	TIME
184	Oswald Dawkins	STC		
64	George Puterbaugh	PTC		
33	Roger French	STC		
69	William Bennett	UN		
146	R. Melgosa	NCSTC		
76	Jimmye Hillman	UAF		

FINAL

	PLACE	TIME
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DIVISION 2

HEAT 1

NO.	NAME	AFFIL.	PLACE	TIME
205	Boo Morcom	CDM		
265	Bob McDonald	SDTC		
270	Mode Perry	SDTC		
264	Edward Halpin	STC		
206	Fritiof Sjostrand	SCS		
218	Edwin Triner	SDTC		
273	Karl Thursby	NCSTC		
281	Joseph Sharp	UN		

HEAT 2

NO.	NAME	AFFIL.	PLACE	TIME
260	William Knuppel	SDTC		
263	John Boyle	SDTC		
231	Ross Winton	CDM		
266	Vincent Godfrey	SDTC		
247	Bob Scharf	STC		
279	Leo Bulick	STC		
250	Joseph Carey	NCSTC		

FINAL

	PLACE	TIME
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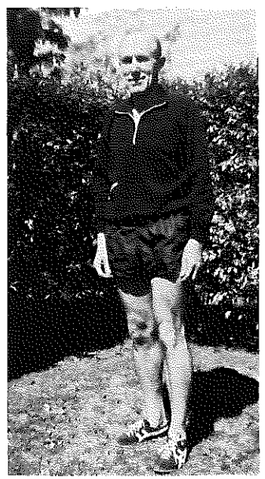
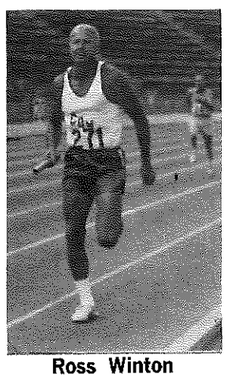
FINAL DIVISION 3 & 4

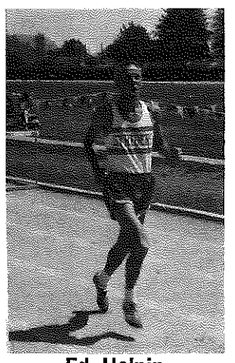
NO.	NAME	AFFIL.	PLACE	TIME
307	Walt Frederick	STC		
303	Richard Bredenbeck	SDTC		
310	Virgil McIntyre	STC		
309	Fred Bierlein	UN		
317	James P. Speer	EH		
325	Earl Shinkoskey	UN		
326	Jim Duncan	UN		
333	Norman Bright	UN		
338	Bud Duncan	HTKC		
401	Dave Fowler	SDTC		



Virgil McIntyre



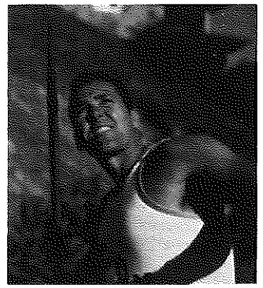
Ross Winton



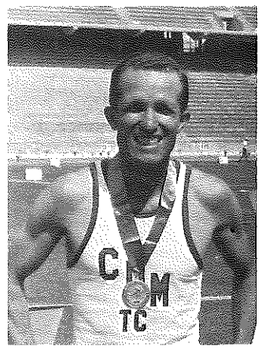
Ed Halpin

James Speer

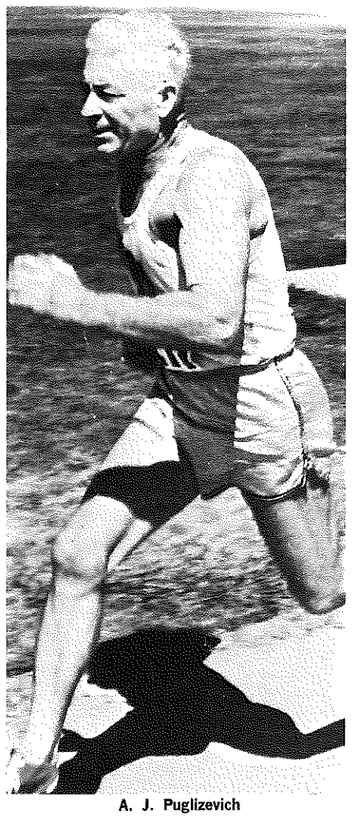
George Ker



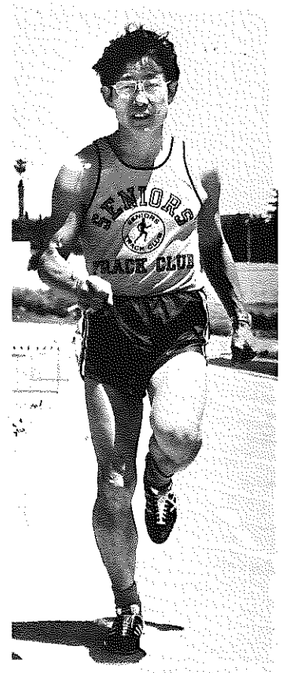
Brayton Norton



Richard Stolpe



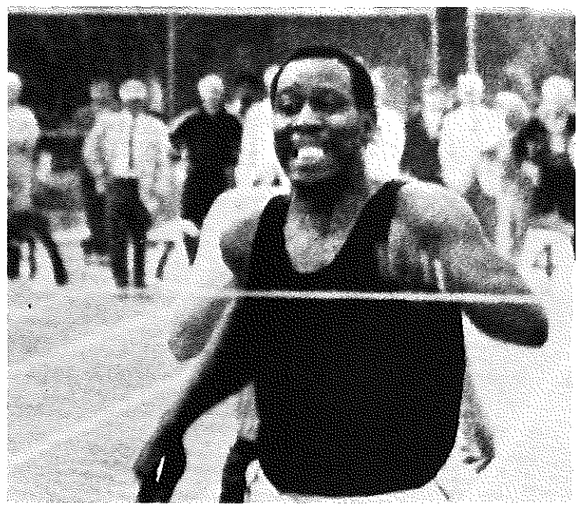
A. J. Puglizevich



Robert Watanabe

Eugene Kamrass

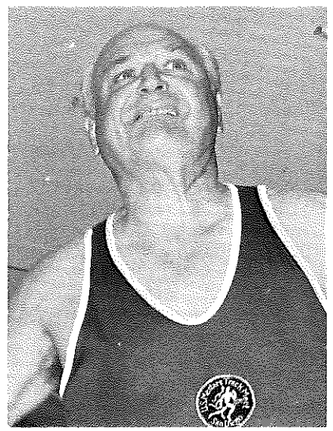
Jack Noble



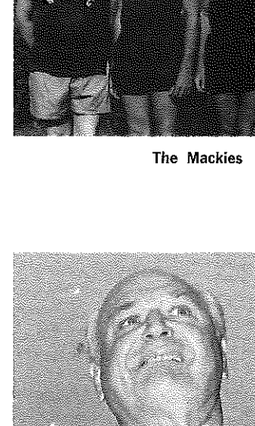
Huel Washington

Ed Austin

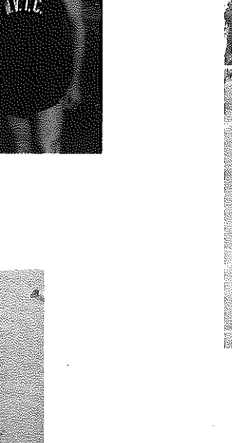
The Mackies



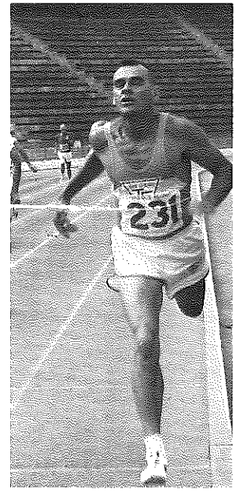
Stan Herrmann



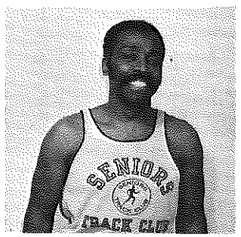
Bill Vann



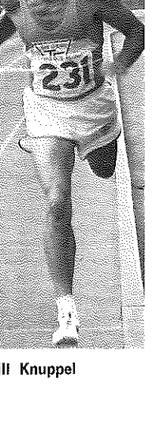
Boo Morcom



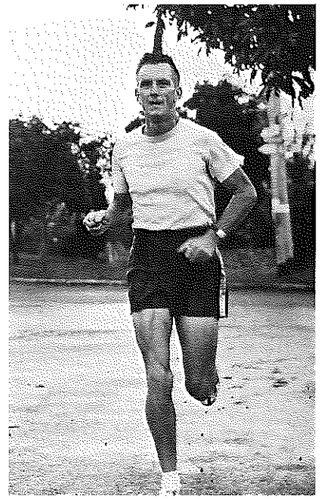
Bill Knuppel



Theodore Johnson



Al Cooper



John Gilmour

Ken Bernard

220 YARD DASH

PRELIMS—JULY 3 AT 2:00
FINALS—JULY 3 AT 3:25

Division 1 Masters Record: 23.0 (1970)—Stolpe
Division 2 Masters Record: 24.9 (1970)—McDonald
Division 3 Masters Record: 30.0 (1970)—Puglizevich

DIVISION 1

HEAT 1

NO.	NAME	AFFIL.	PLACE	TIME
161	George Rhoden	RHOD		
47	Emson Grimm	UN		
98	Harry Talley	STC		
142	Donald Palmer	CDM		
46	James Allen	UN		
60	W. L. Frederickson	NCSTC		
36	Carroll Word	UN		
17	Robert Jordan	UN		
71	John Poppell	UN		

HEAT 2

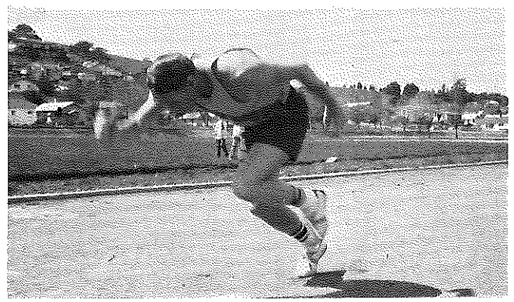
NO.	NAME	AFFIL.	PLACE	TIME
8	Richard Stolpe	CDM		
114	Huel Washington	RHOD		
111	Thomas Rice	JOGG		
49	David Fraitag	SDTC		
70	Jack Coy	UN		
113	William Stone	CDM		
92	Hector Andreos	UN		
82	Walter De Bruyn	UN		
38	James Swanson	STC		

HEAT 3

NO.	NAME	AFFIL.	PLACE	TIME
170	Don Badinelli	CDM		
67	Robert Watanabe	STC		
139	Donald Love	SDTC		
95	Ted Rademaker	RHOD		
87	James Chado	UN		
77	Robert Reeder	UN		
76	Jimmye Hillman	UAF		
137	John Hutchinson	NCSTC		
78	James Kriegh	UAF		

FINALS

	PLACE	TIME
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		



Al Guidet

DIVISION 2

HEAT 1

NO.	NAME	AFFIL.	PLACE	TIME
208	Al Guidet	NCSTC		
230	Leo Walczuk	CDM		
231	Ross Winton	CDM		
247	Bob Scharf	STC		
279	Leo Bulick	STC		
281	Joseph Sharp	UN		
261	Burl Gist	SDTC		

HEAT 2

NO.	NAME	AFFIL.	PLACE	TIME
223	Robert Foutz	CDM		
205	Boo Morcom	CDM		
263	John Boyle	SDTC		
206	Fritiof Sjostrand	SCS		
216	Erich Jordan	STC		
246	P. E. Patterson	STC		
232	Clifford Burns	UN		

FINALS

	PLACE	TIME
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		

DIVISION 3

HEAT 1

NO.	NAME	AFFIL.	PLACE	TIME
310	Virgil McIntyre	STC		
334	Ken Carnine	NCSTC		
303	Richard Bredenbeck	SDTC		
326	Jum Duncan	UN		
325	Earl Shinkoskey	UN		
313	Paul Carmichael	OC		
328	Ernest Roberson	UN		

HEAT 2

NO.	NAME	AFFIL.	PLACE	TIME
327	Michael Andors	SDTC		
305	A. J. Puglizevich	NCSTC		
333	Norman Bright	UN		
320	Larry O'Neil	MATC		
307	Walt Frederick	STC		
319	Sing Lum	UN		
317	James Speer	EH		

FINALS DIVISION 3 & 4

			PLACE	TIME
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.	401	David Fowler	SDTC	

JAVELIN

JULY 3 AT 2:00
Division 1 Masters Record: 217′–11″ (229′–3″ in Masters 6) (1970)—Held
Division 2 Masters Record 173′–9″ (1969)—Morales
Divsion 3 Masters Record 115′–7″ (1970)—Carnine

DIVISION 1

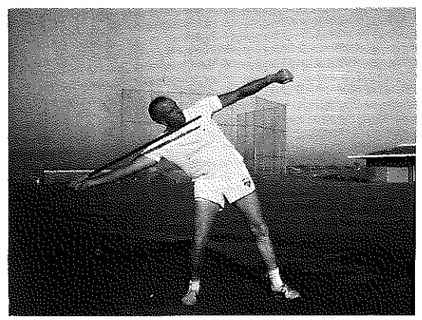
NO.	NAME	AFFIL.	DISTANCE
11	Luis Castaneda	UN	
15	Brayton Norton	CDM	
30	Richard Bergenback	SI	
38	James Swanson	STC	
51	Chester Steele	NCSTC	
72	Edward Aveldson	UN	
111	Thomas Rice	SDTC	
116	William Miller	CDM	
119	Bob Kaiser	UN	
120	Bud Held	SDTC	
128	James Brownfield	STC	
145	Ed Mahany	NCSTC	
153	Ed Dowell	NCSTC	
154	Robert Perry	CDM	
166	Richard Straub	SDTC	
178	Peter Holmes	RHOD	

DIVISION 2

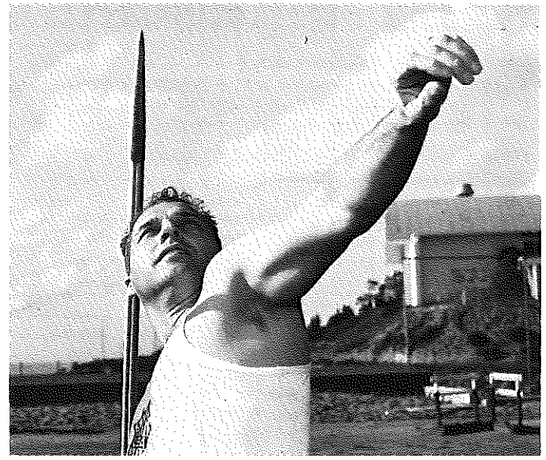
NO.	NAME	AFFIL.	DISTANCE
201	John Kilbuck	NCSTC	
202	Clark Dimond	SDTC	
221	Charles McMahon	SDTC	
224	John Sharp	DYMCA	
228	Jerry Sieffert	UN	
234	Daniel Aldrich	CDM	
259	Sandy Patterson	UN	
268	Stephan Seymour	CDM	
269	Bill Morales	CDM	
273	Karl Thursby	NCSTC	

DIVISION 3

NO.	NAME	AFFIL.	DISTANCE
301	Stan Herrmann	STC	
307	Walt Frederick	STC	
311	Delmar Mitchelson	STC	
312	Bert Goodrich	UN	
318	Robert Ulsh	NCSTC	
321	Eddy Lamb	SDTC	
328	Ernest Roberson	UN	
329	Rolland Nichols	BAC	
330	Randolph Hubbell	STC	
334	Ken Carnine	NCSTC	
339	Harry Bryce	SDTC	



Bob Kaiser



BUD HELD

HIGH JUMP

JULY 3 AT 3:00
Division 1 Masters Record 6′–0″ (1970)—Razzetto
Division 2 Masters Record 5′–6″ (1969)—Gillett
Division 3 Masters Record: 4′–0″ (1970) Bierlein

NO.	NAME	AFFIL.	HEIGHT
33	Roger French	STC	
53	Edward Austin	CDM	
61	John Noble	SDTC	
75	Hugh Simpson	UN	
77	Robert Reeder	UN	
100	Robert Peters	UN	
105	Joe Page	IEAC	
131	Bob Holmes	SDTC	
132	Ferman McPhatter	UN	
154	Robert Perry	CDM	

DIVISION 2

NO.	NAME	AFFIL.	HEIGHT
205	Boo Morcom	CDM	
226	Robert Ogle	STC	
231	Ross Winton	CDM	
241	Orval Gillett	CDM	
259	Sandy Patterson	UN	
261	Burl Gist	SDTC	
262	Don Winton	CDM	
269	Bill Morales	CDM	
274	Will Parkes	UN	
275	Edward Lowell	STC	

DIVISION 3

NO.	NAME	AFFIL.	HEIGHT
305	A. J. Puglizevich	NCSTC	
307	Walt Frederick	STC	
309	Fred Bierlein	UN	
310	Virgil McIntyre	STC	
311	Delmar Mitchelson	STC	
315	Bill Bigelow	UN	
318	Robert Ulsh	NCSTC	
321	Eddy Lamb	SDTC	
322	Winfield McFadden	SDTC	
325	Earl Shinkoskey	UN	
332	Bob Hart	UN	

MILE RUN

FINALS—JULY 3 AT 2:45

Division 1 Masters Record: 4:31.8 (1970)—Van Tatanhove
Division 2 Masters Record: 4:57.5 (1968)—Gordon
Division 3 Masters Record: 2:40.7 (1970)—Clarke

DIVISION 1

FLIGHT 1

NO.	NAME	AFFIL.	PLACE	TIME
1.	7 Vic Stephens	VOC		
2.	48 Jas. Van Tatenhove	STC		
3.	179 Peter Mundle	SMAA		
4.	130 Frank McBride	UN		
5.	74 P. Dougherty III	ARMY		
6.	50 Hal Higdon	DTC		
7.	136 William Fitzgerald	STC		
8.	109 Ray Gibson	STC		
9.	101 Arthur DeLaPorte	UN		
10.	1 Don Coleman	SDTC		
11.	29 John Allen	MMTC		
12.	150 Bill Sellers	UAF		
13.	187 Bill Phillips	SDTC		

FLIGHT 2

NO.	NAME	AFFIL.	PLACE	TIME
1.	160 Earl Foster	AMH		
2.	94 Kenneth Nelson	UN		
3.	58 Bill Shank	NCSTC		
4.	23 Steve Stephenson	ARR		
5.	52 Harry Hill	WVJS		
6.	55 Sidney Toabe	HSTC		
7.	124 Emmett Smith	NCSTC		
8.	165 Hubert Duke	STC		
9.	133 David McNair	SDTC		
10.	152 Fernand Cyr	CDM		
11.	65 Merlyn Midstokke	SMAA		

DIVISION 2

NO.	NAME	AFFIL.	PLACE	TIME
1.	220 Alan Waterman, Jr.	SRC		
2.	258 A. P. Salmon	UN		
3.	204 Al Clark	STC		
4.	238 Ray Mahannah	STC		
5.	267 James Oleson	SMAA		
6.	219 Toby Medina	SCS		
7.	252 Clyde Alling	STC		
8.	250 Joseph Carey	NCSTC		
9.	248 Ralph Schuhart	STC		
10.	257 James Stephenson	OC		

DIVISION 3

NO.	NAME	AFFIL.	PLACE	TIME
1.	314 William Andberg	TCTC		
2.	338 Bud Deacon	HKTC		
3.	335 Keene Frick	TVTC		
4.	324 Nelson Williams	SBAA		
5.	333 Norman Bright	UN		
6.	307 Walt Frederick	STC		
7.	303 R. Bredenbeck	SDTC		
8.	304 James Bole	STC		
9.	308 Miguel Hidalgo	SFYM		

DIVISION 4

DIVISION 4 (Runs with Division 3)

1.	402 Noel Johnson	SDTC		

2 MILE RELAY

DIVISION I

July 3 at 3:45 p.m.

Record: 8:40.7 (1970), Seniors Track Club "A"
(Holt, Gil, Kleinsasser, Van Tatenhove)

1. Seniors Track Club "A" — TIME _____
(Fitzgerald, Holt, Kleinsasser, Gibson, Van Tatenhove)

2. Seniors Track Club "B" — TIME _____
(Bryant, Roberts, Kamrass, Dawkins, Post)

3. San Diego Track Club — TIME _____
(Stock, Fraitag, Phillips, Coleman. Alts: Holmes, Thiel)

4. West Valley Joggers & Striders — TIME _____
(James Mackey, Robert Mackey, William Mackey, Smith. Alts.: Hill, Campbell)

5. Southern California Striders — TIME _____
(Medina, Potts, Long, Stuvak. Alts.: Wehrly, Sjostrand)

6. Northern California Seniors T.C. — TIME _____
(Korener, Wood, Smith, Betschart. Alts.: Holmes, Cameron, Waterman)

DIVISION II

July 3 at 4:00 p.m.

Record: 10:17.5, San Diego Track Club "A"
(Elrick, Zook, Godfrey, Knuppel)

1. San Diego Track Club "A" — TIME _____
(Perry, Elrick, McDonald, Zook, Knuppel, Godfrey)

2. San Diego Track Club "B" — TIME _____
(Wendling, Abbe, Redpath, Moar. Alts.: Knowles, Knisley)

3. Seniors Track Club — TIME _____
(Halpin, Mahannah, Sjostrand, Clark. Alts.: McIntyre, Southard)

TRIPLE JUMP

JULY 3 AT 4:00

Record 34'–1" (1968)—McPhatter (Event not held '69 or '70)

DIVISION 1

NO.	NAME	AFFIL.	DISTANCE
35	Bruce Grant	NCSTC	
38	James Swanson	STC	
47	Dave Hayworth	SDTC	
105	Joe Page	IEAC	
111	Thomas Rice	SDTC	
127	Robert Fess	STC	
132	Ferman McPhatter	UN	
155	Phillip Schlegel	CDM	

DIVISION 2

NO.	NAME	AFFIL.	DISTANCE
203	Bob Long	SCS	
205	Boo Morcom	CDM	
224	Jon Sharp	DYMCA	
226	Robert Ogle	STC	
239	Gordon Farrell	STC	
241	Orval Gillett	CDM	
259	Sandy Patterson	UN	
272	Joseph Gross	STC	
274	Will Parkes	UN	
275	Edward Lowell	STC	
311	Delmar Mitchelson	STC	
338	Bud Deacon	HKTC	
174	Harry Huseny	UN	

1 MILE WALK

JULY 3 AT 4:45 P.M.

Masters Record: 7:12.5 (1970)—Kelly

DIVISION 1

NO.	NAME	AFFIL.	PLACE	TIME
5	Jack Westerdoll	SW/AM		
34	John McLachlan	SCS		
42	Ross Smith	WVJS		
54	Jim Gorrell	STC		
84	John Kelly	SCS		
107	Justin Gershuny	WJCC		
108	George Lundmark	CTC		
164	Howard Barnes	STC		

DIVISION 2

212	Max Gould	GAC		
213	Donald Johnson	SAC		
240	Donald Jacobs	PTC		
242	Jack Cook	UNA		
271	Phillip Mooers	WVTC		

DIVISION 3

302	Karl Fishbach	YMHA		
317	James Speer	EH		
320	Larry O'Neil	MATC		

DIVISION 4

401	Dave Fowler	SDTC		

SPECIAL WOMEN'S MILE

JULY 2 AT 4:15

Note: This is an impromptu addition to the program and will be held only if there are at least four entrants. Please indicate your interest to the Registration Clerk at the southeast corner of the Stadium before 2:00 p.m. on July 3.

MILE RELAY

DIVISION I

July 3 at 5:40 p.m.

Record: 3:41.8 (1970), Seniors T.C. "A"
(Kleinsasser, Holt, Wallace, Von Tatenhove)

1. West Valley Joggers & Striders — TIME _____
(James Mackey, Robert Mackey, William Mackey, Bluefield. Alts.: Smith, Hill)

2. Seniors Track Club "A" — TIME _____
(Fitzgerald, Dawkins, Van Tatenhove, Kamrass, Holt)

3. Seniors Track Club "B" — TIME _____
(Kleinsasser, French, Gibson, Bryant and Post)

4. Northern California Seniors T.C. — TIME _____
(Mahany, Frederickson, Holler, Fields. Alts.: Manougian, Rademaker, Wood)

5. San Diego Track Club — TIME _____
(Fraitag, Stock, Rice, Love. Alts.: Hamilton, Holmes)

DIVISION II

July 3 at 5:50 p.m.

Record: 4:14.9, San Diego Track Club "B"
(Zook, Reiner, Godfrey, Knuppel)

1. San Diego Track Club — TIME _____
(Knuppel, Boyle, Perry, McDonald. Alts.: Salmon, Godfrey)

2. Seniors Track Club — TIME _____
(Halpin, Bulick, McIntyre, Sjostrand. Alts.: Mahannah)

SHOT PUT

JULY 3 AT 5:00

Division 1 Masters Record: 45′–9″ (1968)—Bangert (16#)
Division 2 Masters Record: 53′–10″ (1970)—Heard (12#)
Division 3 Masters Record: 41′–11¾″ (1970)—Bryce (8#)

DIVISION 1

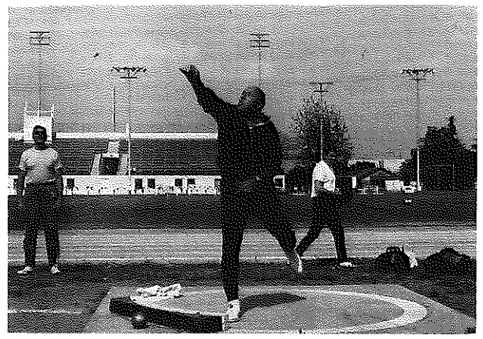
NO.	NAME	AFFIL.	DISTANCE
11	Luis Castaneda	UN	
13	George Ker	CDM	
14	Howard Payne	BH	
51	Chester Steele	NCSTC	
66	Richard Baum	STC	
79	Allan Morris	UN	
111	Thomas Rice	SDTC	
119	Bob Kaiser	UN	
154	Robert Perry	CDM	
168	John Pavelich	VIC	
180	Bill Bangert	UN	

DIVISION 2

NO.	NAME	AFFIL.	DISTANCE
201	John Kilbuck	NCSTC	
216	Erich Jordan	STC	
221	Charles McMahon	SDTC	
223	James Thickstun	UN	
231	Ross Winton	CDM	
234	Dan Aldrich	CDM	
244	Nathaniel Heard	CDM	
248	Ralph Schuhart	STC	
249	Jack Thatcher	CDM	
256	Jim Delaney	CDM	
259	Sandy Patterson	UN	
262	Don Winton	CDM	
280	Dave Shrader	UN	

DIVISION 3

NO.	NAME	AFFIL.	DISTANCE
301	Stan Herman	STC	
305	A. J. Puglizevich	NCSTC	
311	Delmar Mitchelson	STC	
312	Bert Goodrich	UN	
318	RobertUlsh	NCSTC	
321	Eddy Lamb	SDTC	
327	Michael Andors	SDTC	
329	Rolland Nichols	BAC	
330	Randolph Hubbell	STC	
334	Ken Carnine	NCSTC	
336	W. T. Mackey	WVJS	
339	Harry Bryce	SDTC	



Charles McMahon

5000 METERS

(NEW EVENT) JULY 3 AT 6:00

Division 1 Masters 3-Mile Record: 14:51.8 (1969)—Mundle
Division 2 Master 3-Mile Record: 16:39.6 (1969)—Bould
Division 3 Masters 3-Mile Record: 19:27.0 (1969)—Frederick

DIVISION 1

NO.	NAME	AFFIL.	PLACE	TIME
6	Bill Stock	SDTC		
7	Vic Stephens	VOC		
19	Vince DeCiutiis	STC		
20	Peter Wood	NCSTC		
21	Michael Neal	UN		
25	Alex Ratelle	UN		
41	Newton Caldera	STC		
52	Harry Hill	WVJS		
54	Jim Gorrell	STC		
55	Sidney Toabe	HSTC		
57	Theodore Althausen	OC		
61	John Noble	SDTC		
64	George Puterbaugh	PTC		
65	Merlyn Midstokke	SMAA		
74	Skip Dougherty	ARMY		
88	Lew Roberts	STC		
101	Arthur De La Porte	UN		
106	Allen Fisher	VOC		
117	Dave Davis	SDTC		
125	Allan Bangs	SMAA		
133	David McNair	SDTC		
137	John Hutchinson	NCSTC		
141	William Vann	USMC		
150	Bill Sellers	UAF		
169	Charles Hunt	SDTC		
172	Glen Hellenga	SUM		
175	Thomas Lienhard	LAAC		
177	Tom Sturak	SCS		
179	Peter Mundle	SMAA		
188	George Conlan	OC		
189	Don Pickett	OC		

DIVISION 2

NO.	NAME	AFFIL.	PLACE	TIME
203	Bob Long	STR		
214	John Gilmour	CANN		
215	Cliff Bould	MELV		
217	John Montoya	STC		
220	Alan Waterman	SRC		
237	John Wall	USNR		
258	A. P. Salmon	UN		
267	James Oleson	SMAA		
277	Harry Harder	HSTC		

DIVISION 3

NO.	NAME	AFFIL.	PLACE	TIME
303	Richard Bredenbeck	SDTC		
304	James Bole	STC		
307	Walt Frederick	STC		
308	Manuel Hidalgo	SFY		
313	Paul Carmichael	OC		
314	William Andberg	TCTC		
315	Bill Bigelow	UN		
317	James Speer	EH		
324	Nelson Williams	SBAA		
333	Norman Bright	UN		
335	Keene Frick	TVTC		
337	Curt Hardick	SDTC		

20 KILOMETER WALK

JULY 4 AT 6:45 A.M.

Masters Record: 1:42:55 (1970)—Kelly

DIVISION 1

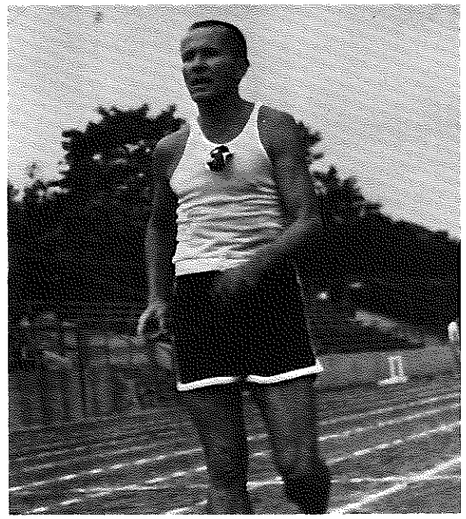
NO.	NAME	AFFIL.	PLACE	TIME
5	John Westerdoll	SW/AM		
34	John McLachlan	SCS		
47	Dave Hayworth	SDTC		
84	John Kelly	SCS		
107	Justin Gershuny	CTC		
164	Howard Barnes	STC		

DIVISION 2

NO.	NAME	AFFIL.	PLACE	TIME
212	Max Gould	GAC		
213	Donald Johnson	SAC		
222	Chris Clegg	LAAC		
240	Donald Jacobs	PTC		
271	Phillip Mooers	WVTC		

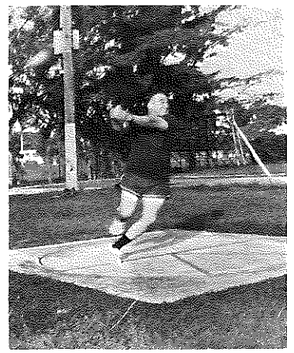
DIVISION 3

NO.	NAME	AFFIL.	PLACE	TIME
306	Martti Laitinen	SNOH		
320	Larry O'Neil	MATC		

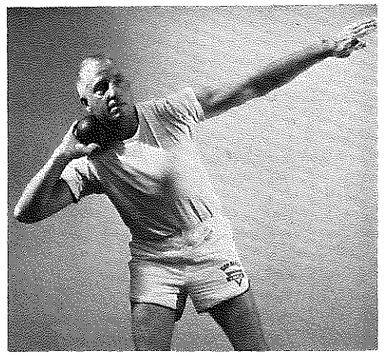


Bob Long

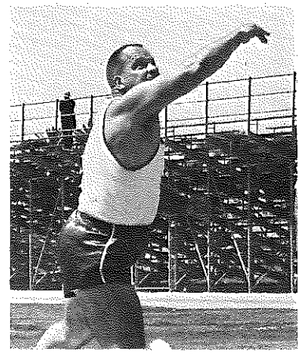
MAX GOULD



Sandy Patterson



Bob Kaiser



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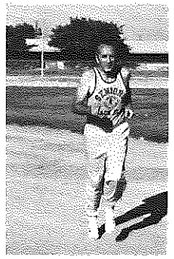
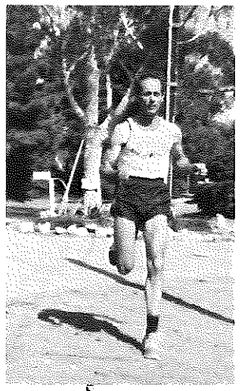
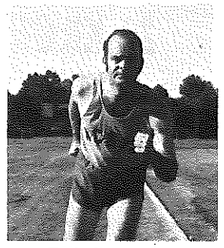


Pat Patterson

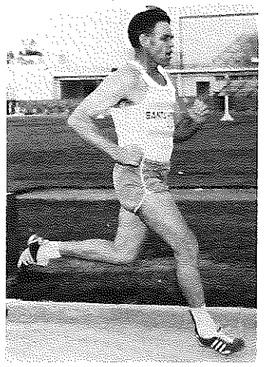
E. E. Grimm



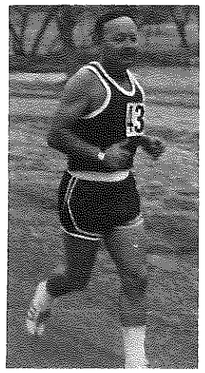
Robert Herman



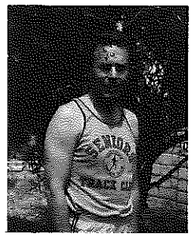
Bill Cameron



James Oleson



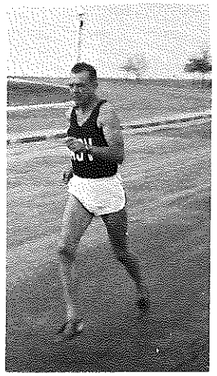
Bud Trantham



Carroll Word

Erich Jordon

Vince
De Ciutiis

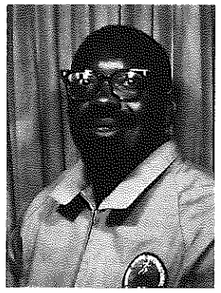


Urban Miller

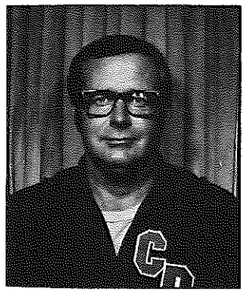
Bill Stock

Everett Stahl

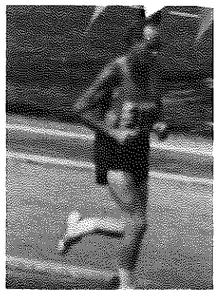
Ray Williams



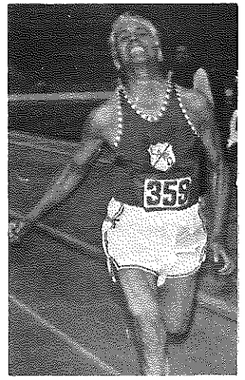
Peter Holmes



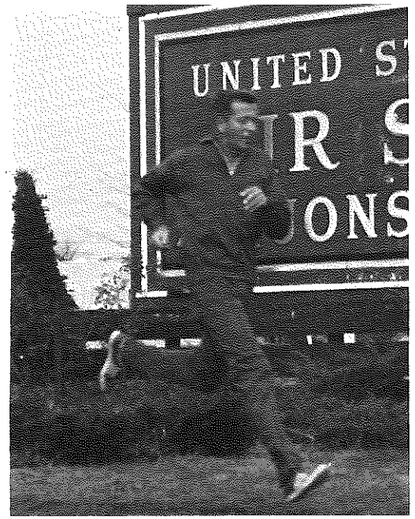
Robert Perry



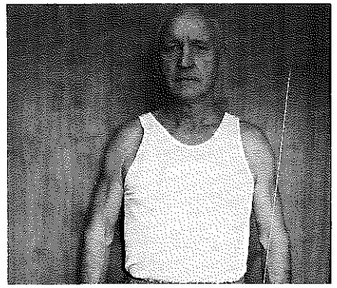
Noel Johnson



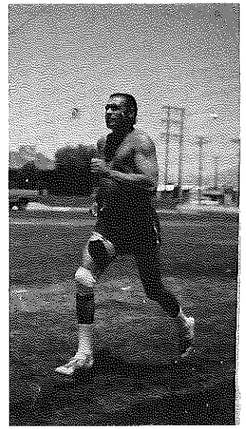
Toby Medina



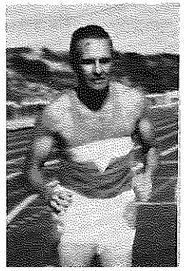
Joe Shea



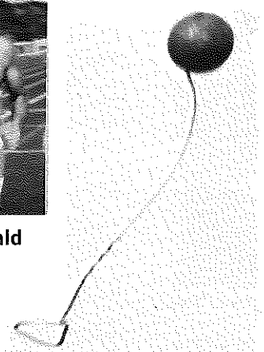
Richard Bredenbeck

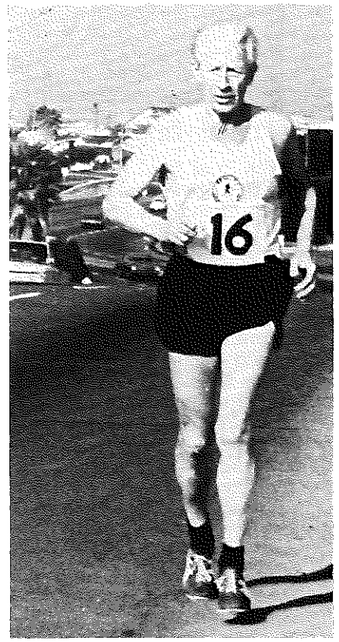


Luis Castaneda

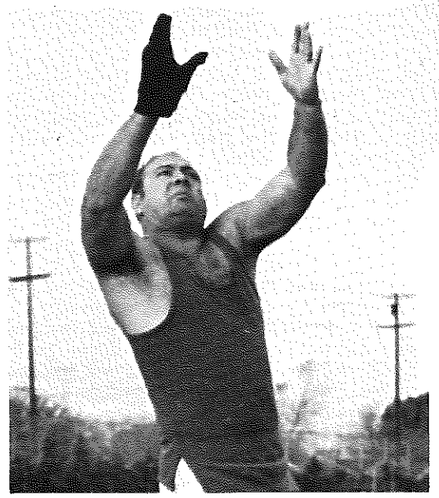


Bob McDonald



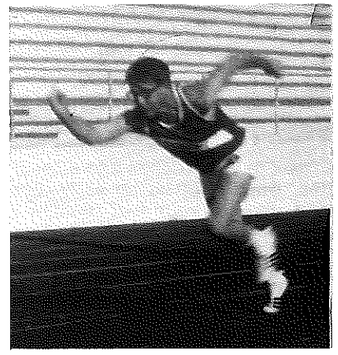


Jim Bole



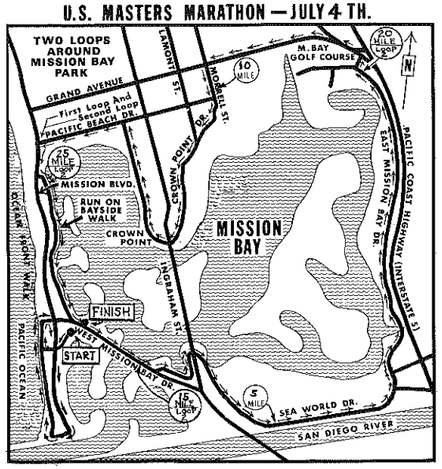
CHESTER STEELE

John Garcia



Robert Foutz

U.S. MASTERS MARATHON — JULY 4 TH.



1971 MASTERS MARATHON INSTRUCTIONS

Check in at 6:00 A.M. July 4, 1971 West of West Mission Bay Drive–across from the Bahia Hotel. (Dressing area and showers are at Mission Bay Plunge–to the west of Mission Boulevard in Belmont Park). Race starts promptly at 6:45 A.M. west of Mission Bay Drive (across from the Bahia Hotel) and then circles Belmont Park via San Fernando Place, Ocean Front Walk, Ventura Place and back down Mission Boulevard to the Jetty. Turn right toward the parking lot there and right again onto Ocean Front Walk to Ventura Place. This time cross Mission Boulevard and continue east on the left side of the road past Bahia Hotel and over Ventura Bridge on West Mission Bay Drive. Turn left just past Ventura Bridge and continue around Dana Marina parking lot and across Ingraham Street toward Atlantis Restaurant, then hard right and, keeping to the right here, pass the entrance to Sea World and go around East Mission Bay via Sea World Drive and East Mission Bay Drive.

At De Anza Cove continue straight ahead to Grand Avenue and around Mission Bay Golf Course to Morrell Street, left on Morrell and around Crown Point via Crown Point Drive and Riviera Drive, left on Pacific Beach Drive and left again at Mission Boulevard to San Rafael Place and then right onto Bayside Walk to Mission Bay Drive at the Bahia.

Repeat the loop around Mission Bay to the finish in front of the Bahia Hotel.

THE MARATHON

If you are over 40 and like to run long distances, chances are you are in trouble in your community.

You fit in like a crew cut in a rock band. You are a freak to your friends and a security risk to the authorities. Be careful on an early morning run. You might wind up with your feet planted wide, leaning against a patrol car, explaining to a sheriff's deputy you aren't a burglar. Watch it on the country roads. The motorist who used to aim at bike riders has a new mark. You.

Don't tell your neighbors you plan to run the marathon. Twenty-six miles, 385 yards? Why not walk on hot coals for your kicks? Go over Niagara Falls in a barrel.

You can't blame the neighbors for rating you on a social level with the hippie, the campus militant and the underground movie producer. They don't see you in your proper role—as an astute advocate of physical fitness and mental alertness. What they see is a dum dum on the street at dawn in his underwear.

Once you adjust to the unsympathetic response from the uninitiated, you get on with the fun part—training.

Early in the game you learn that blisters can be irritating and even bloody. But you forget them at a certain point—like when a sore muscle becomes unbearable. Later, a sore muscle is nothing compared to the agony of an injured Achilles tendon. And that is mild up against the pain that follows separation of the metatarsal bones in your foot.

But you carry on and there comes a time when injuries are no longer a factor. You learn to live with them.

Next is the problem of making your body function correctly on a long distance run.

The marathon, for instance, takes more than strong legs and a good heart. The method is to run within the limits of your circulatory system which must deliver nutrients to the muscles, remove waste, and keep the body temperature at a safe level. A breakdown in the process disrupts the cooling system in the body and the resulting high temperature causes the runner to quit or collapse. You avoid this by staying within your limits and taking as much liquid and salt along the way as you can handle.

With all this working against you — your role as neighborhood kook, the aches and pains, the techniques required to avoid collapse — the question that cries for an answer is, why? What's it all about?

A look back in Greek history might help explain in part.

The key year is 490 B.C. The action is "where the mountains look on Marathon and Marathon looks on the sea."

A small force of Greek soldiers hacks away at an army of Persian invaders.

The Greeks are outnumbered but they have the psychological advantage. It's their home grounds. In a furious attack, they drive the Persians to the sea.

Leader of the route is Miltiades. As the Persians flee to their ships, his thoughts turn to Athens. He envisions the town's elders, gathered in the marketplace, worrying about the battle. Should they evacuate the city or prepare a victory feast? Miltiades summons Pheidippides, a soldier and a great runner, and orders him to carry news of the victory to Athens.

The soldier sheds his armor, tosses aside his shield and sets off over the hills. He completes the tortuous run, delivers the message, then falls dead of exhaustion.

Fadeout . . .

The years pass and it is 1896. Several nations have joined to revive the ancient Olympic Games that ran from 776 B.C. to 394 A.D. An event not included in the original competition is added in honor of the run made in 490 B.C. by Pheidippides. It is a run over the same course. They call it the marathon, and appropriately, it is won by a Greek.

Today, the marathon, the ultimate challenge in long distance running, is gaining rapidly in popularity.

And, as long as it is there—the marathon—why not run it?

MARATHON

(Sponsored by the United States National Bank)

JULY 4 AT 6:45 A.M.

Masters Record: 2:45:10.2 (1970)—Parnell

DIVISION 1

NO.	NAME	AFFIL.	TIME
3	Robert Bruce	UN	
12	Talmage Morrison	CCC	
18	John Romero	LVTC	
19	Vince de Ciutiis	STC	
21	Michael Neal	UN	
22	David Parker	NVP	
23	Steve Stephenson	ARR	
24	Joseph Shea	BAA	
25	Alex Ratelle	UN	
27	Don Jones	STC	
28	Oyvind Frock	STC	
31	Charles Hanson	CSU	
39	Howard Miller	UWRC	
40	Merle Hamilton	SDTC	
42	Ross Smith	WVJS	
44	James O'Neil	OC	
45	Everett Stahl	LASD	
50	Hal Higdon	DTC	
56	Rex Dietderich	NCSTC	
59	Byron Potts	SCS	
62	Robert Johnson	STC	
65	Merlyn Midstokke	SMAA	
81	L. V. Padgett	SDTC	
83	Frank Katterman	UAF	
85	Dennis Coveney	VOC	
86	Norman Alsobrook	CCCD	
88	Lew Roberts	STC	
91	Herb Weisheit	SDTC	
101	Arthur De La Porte	UN	
102	Tony Gomez	UN	
103	Michael Murray	SDTC	
110	Ernest Wake	SDTC	
121	Malcolm Davis	RR	
124	Emmett Smith	NCSTC	
126	Lloyd Miller	LACSD	
129	Conrad Eroen	STC	
130	Frank McBride	UN	
133	David McNair	SDTC	
138	Owen Gorman	STC	
140	Hal Sheppard	SDTC	
143	Richard Eby	SDTC	
144	William Gordon	UN	
148	A. Sweeney	VOC	
156	Larry Fox	NCSTC	
159	William Freedman	LVTC	
181	Rodney Busey	WICH	
183	William Fix	SPOK	
186	Brian Freeman	SDTC	
187	Bill Phillips	SDTC	
188	George Conlan	OC	
189	Don Pickett	OC	
190	Joel Baldwin	SDTC	

DIVISION 3

NO.	NAME	AFFIL.	TIME
301	James Bole	STC	
307	Walt Frederick	STC	
314	William Andberg	TCTC	
323	Urban Miller	SDTC	
333	Norman Bright	UN	

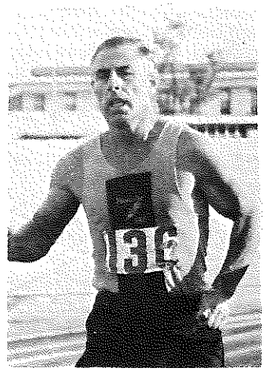
DIVISION 2

NO.	NAME	AFFIL.	TIME
203	Bob Long	SCS	
204	Al Clark	STC	
207	Wayne Zook	SDTC	
211	Albert Cooper	STC	
214	John Gilmour	CANN	
215	Cliff Bould	MELV	
217	John Montoya	STC	
225	John Garcia	UN	
235	Leroy Zimmerman	UAF	
236	Leo Henrickson	SDTC	
237	John Wall	USNR	
243	Donald Logan	NYRR	
255	Richard Steiner	STC	
257	James Stephanson	OC	
275	A. Brunner	UN	
282	Don Swinney	SDTC	

DIVISION 4

NO.	NAME	AFFIL.	TIME
402	Noel Johnson	SDTC	

Al Clark



Cliff Bould

Special—and long overdue—thanks are extended to Dr. William Herrick, of the San Diego Track Club, for his support of the Masters Marathon. He, for the third year, has contributed the money for the purchase of the tee shirts for all Masters Marathon competitors.

THE FRANK TEPPER STORY

The "Frank Tepper Story" is one which can be best appreciated by people who have participated in Track and Field, and especially those in the over-40 age category. As is the case with track and field participation, Frank's story involves a struggle to achieve the best of one's potential — even in the face of extremes of pain and fatigue, and against all adversity.

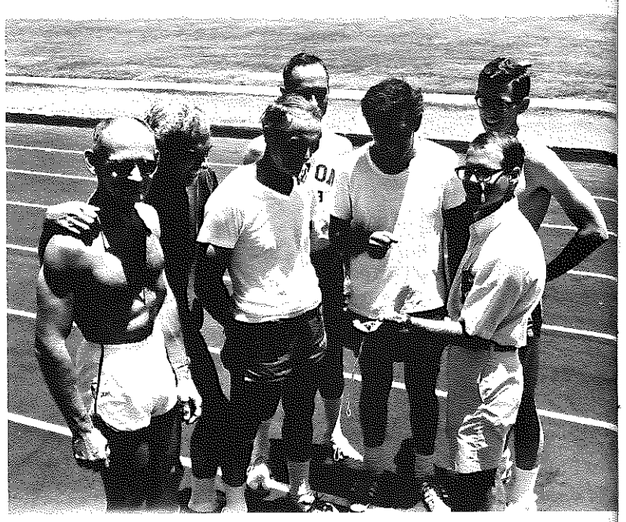
Superficially, Frank's problems would seem obvious. Frank Tepper, age 23, is Coach of the University of Arizona Faculty Track Club, members of which are all age 40 or over.

How does a young coach, under these circumstances, maintain a proper attitude of discipline among his athletes? Frank has solved the problem: he doesn't try! Over-40 athletes are a strong-willed bunch in general, and the academic-types perhaps the worst of all. While Frank advocates interval training, his training advice is generalized and simple: "Do what ever you want, but do it to the maximum."

To understand why he believes so much in this, it is necessary to know the rest of the "Frank Tepper Story." Frank grew up in North Hollywood and attended U.S. Grant High School. After an undistinguished athletic career in high school, he enrolled in L.A. Valley College and was taken under the wing of Coach Laszlo Tabori. Tabori's rigorous interval training taught Frank standards of self-discipline which were to prove to be of immense value in his later life. In addition, Frank matured from a mediocre to a top-flight junior college runner. His best half-mile was about 1:52 but his all-time best performance was a 46.7 quarter in a mile relay which he ran in 1968. It was probably on the basis of this quarter mile that Coach Carl Cooper recruited Frank to run for the University of Arizona track team.

At Arizona, hindered by an injured ankle, his junior year was relatively unimpressive. But big things were expected for his senior year. His half-mile times were slowly being lowered and Frank was optimistically hoping for a breakthrough soon into the 1:51's or maybe even the 1:50's. Then one afternoon in May 1969, Frank's dreams of track achievement were brought to a crashing halt. While doing 110 wind-sprints on the infield, he was suddenly cut down by a wildly thrown discus. He was hit solidly in the side of the head and massive damage was done to his skull and brain. Even with the best of medical care, Frank remained unconscious day after day, with bloot clots, hemorrhaging, and bone splinters constantly threatening his life. After more than two weeks most of his friends had begun to lose hope that he would ever again regain consciousness.

Then, after 28 days he finally showed some slight response, but it was apparent at this time that he was almost completely paralyzed. An ordinary person might have given up and remained a vegetable, but not Frank. With all these problems, he set out to achieve two major goals: to pass the few units still remaining for his graduation from the University, and to begin a program of physical fitness. Both proved to be major undertakings.



Coach Frank Tepper and His "Boys"

His overall situation began to show gradual improvement, but there were many setbacks. Finally, because of medication problems, he had to drop out of school before mid-year. However, before he left he helped to organize the University Faculty Track Club, and starting several people on interval training schedules. The achievements of these runners at the 1970 Masters were not outstanding, but Dr. Sellers' 5th place in the Division I 2-mile and sub-5-minute mile run were thrills Frank would not soon forget.

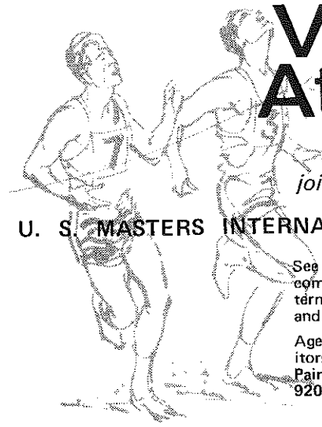
Then, in September 1970, Frank returned to the University. His academic progress was still painfully slow, but his physical improvement came in leaps and bounds.

By the middle of the Spring Semester, however, he had run a 6:03 mile, a 29.6 220, a 2:44 half, and a 82:00 10-mile. All unimpressive times to Frank, but amazing when one considers that the route of his progress began with almost complete paralysis. And perhaps even more important, he got a "C" in his Spring Semester course.

Frank still learns slowly, his speech is sometimes sluggish, his walk is a slight shuffle, and he still occasionally has a seizure . . . but he has come a long way. His natural enthusiasm and joy of life have never been lost, and he knows now that he will eventually graduate from the University and will be able to live a contributing and successful life.

Coach Tepper's "Boys" will be on display again in the 1971 Masters. Few awards will be won — he doesn't have much material to work with (even though he put in considerable time recruiting). However, Frank will expect maximum effort from every one, and with Frank himself as an example, how could he get any less?

Russell Davis
University of Arizona
Faculty Track Club



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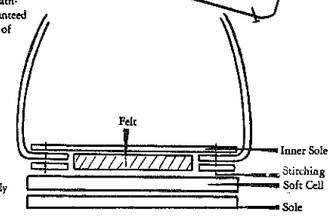

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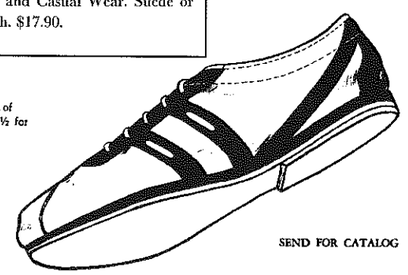

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EUROPEAN COMPETITION FOR MASTERS ATHLETES

David H. R. Pain

The U. S. MASTERS TRACK AND FIELD CHAMPIONSHIPS have come a long way since their inauguration by the San Diego Track Club in 1968. The meet is now generally accepted by veteran athletes as their national championship event. Official recognition came this year when the AAU for the first time sanctioned the U. S. MASTERS as THE national championships for veteran athletes. With this sanction will come in future years district AAU masters meets in all parts of the country culminating with the now well-established U. S. Masters. In four short years a new nationwide fitness program has been born.

The degree of interest as well as quality of competition has been such that many U. S. Masters athletes have banded together to form an international track and field team to journey to Europe in '72.

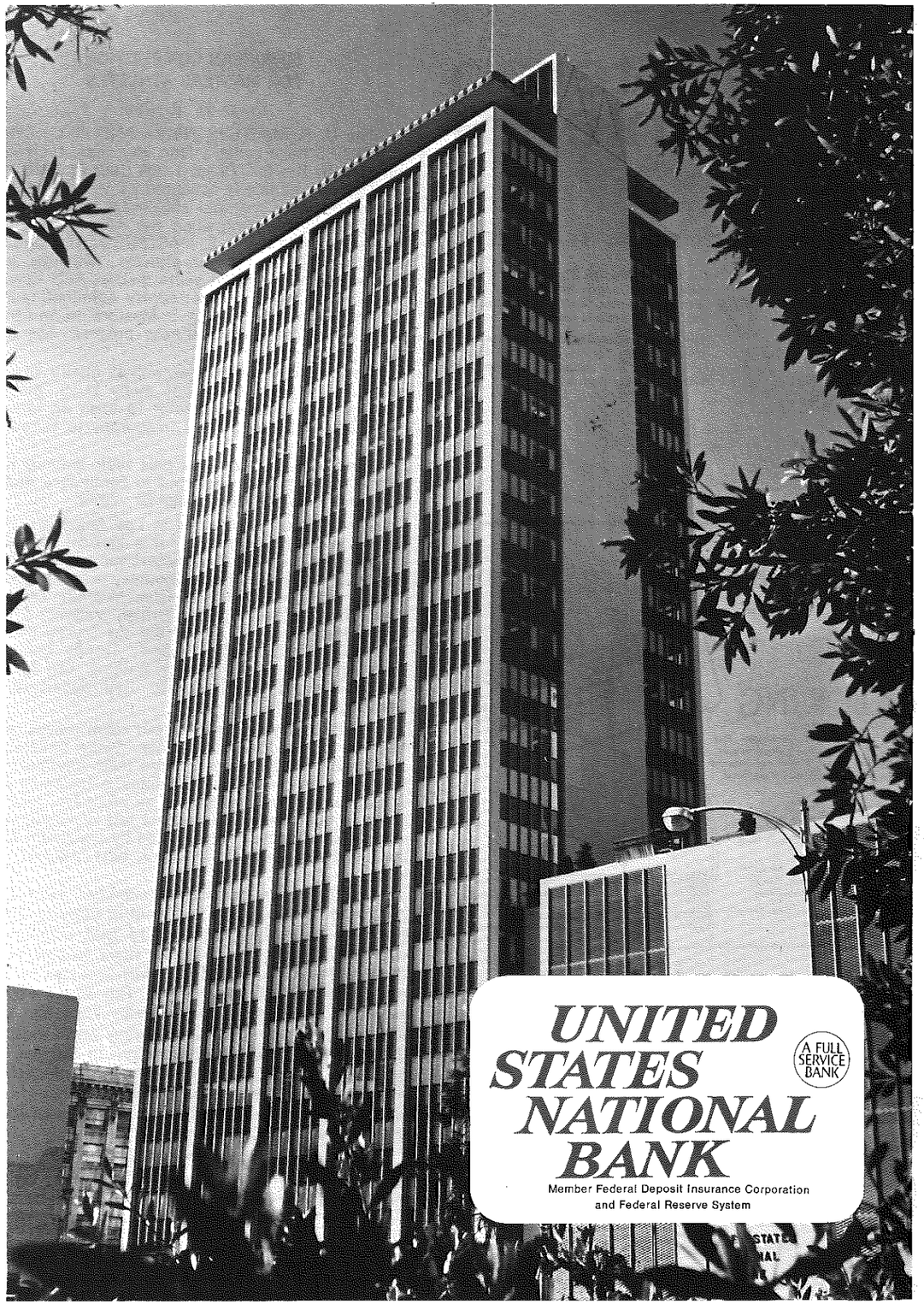
More than 200 athletes plus their families have signed up for a four-week tour to commence August 20th and to return September 21, 1972.

The athletes will gather in Los Angeles or San Francisco before departure for a kick-off meet and get-together and will then depart for London where they will compete in a cross-country event in Epping Forest and the All-British Isles Veteran Track & Field Championships at the British National Sports Center located on the site of the old Crystal Palace. This magnificent modern sports facility complete with tartan track will be the training site for the British Olympic team prior to their departure for Germany.

After six days in London, our team moves on to Munich for the Olympic Games. Since tickets are scarce and not all of our veteran team members are interested in viewing the Olympics, a two-week tour to Sweden will be available as an alternate. Athletes going to Scandinavia can expect lots of exhilarating competition hopefully highlighted by a Masters Meet in Stockholm against Sweden's best veteran athletes.

The Olympics conclude September 10th after which the Masters Team will meet in Cologne (Koln) Germany to engage in track and field competition with the German vets with the main feature being the World Veterans Marathon which will also include the 5,000 and 10,000 meters. The World Vets is generally accepted as the premier marathon with the best veteran athletes gathering world-wide for this event. Last year this event run in Sweden had ten men break 2:30 with a winning 2:24. These times are considered good by U. S. standards for open competition and must rate as exceptional where every entrant is 40 or older.

The European veterans excel at distances in excess of 1,500 meters. Our team will include sprinters, middle distance runners, as well as field event members. By arriving with a full complement of athletes we hope to stimulate veteran track and field abroad and inject this element into their present distance running program.



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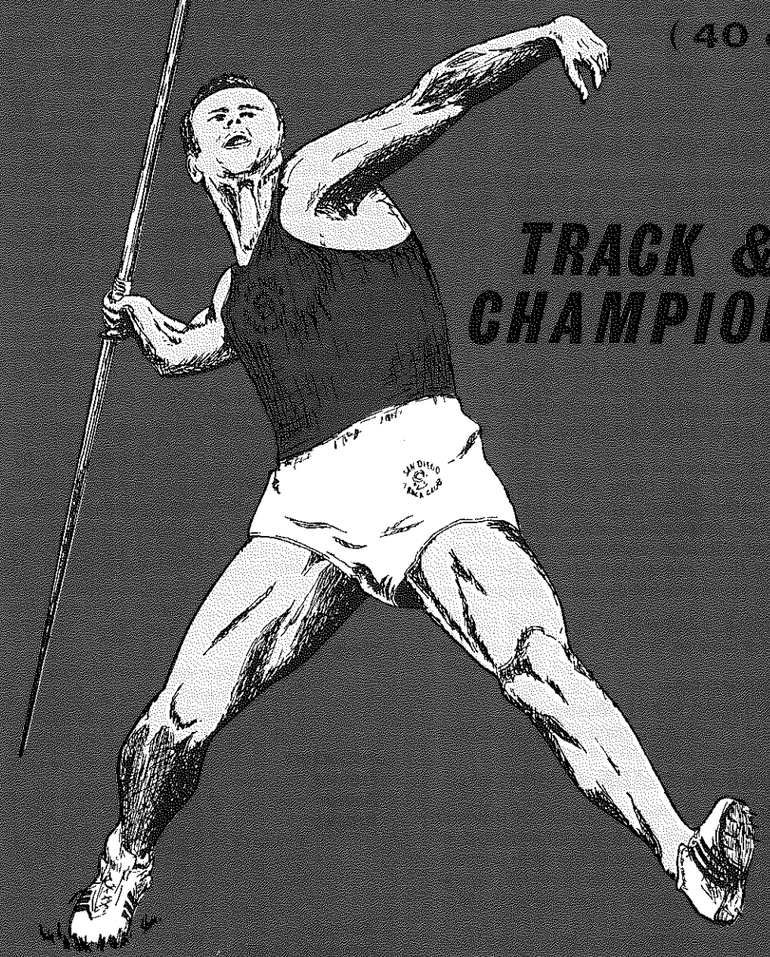

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