

continued

45-49	
Enders, R	PV 17-10
Olson, L	GM 14-11½
Colen, H	PC 14-11
LONG JUMP	
Blake, L	UN 13-6
Mulkey, P	AT 11-10
50-54	
Marr, F	MR 15-5½
Hemphill, D	PV 14-10½
Wallace, J	RH 12-11½
55-59	
Harris, D	PM 13-7½
Eberhardinger	RA 10-6
60-64	
Sorlien, R	UN 13-4
Braceland, G	PM 13-2
Eipel, B	AC 10-10
Detweiler, R	PM 10-7½
65-69	
Hills, C	PM 13-1M
Burho, W	RH 12-10½
Pike, W	PM 10-11
McCluskey, J	AC 10-10½
70-74	
Boas, K	PC 9-6½
Gregory, L	PR 7-8½
SHOT PUT	
40-44	
Young, C	TS 36-5½
Derry, S	PM 35-5
Jackson, T	GS 34-6½
Snell, J	PM 37-7¾
45-49	
Gonzales, D	GS 44-1
Olson, L	GM 42-7½
Mulkey, P	AT 38-8½
Carstansen, R	UN 34-1
Patterson, S	PM 33-1½
50-54	
Cantor, H	PC 42-5¾M
Ulam, J	WP 36-5½
Stern, E	GS 31-8¼
Lentzer, M	PC 28-10
Marr, F	MR 26-2
55-59	
Batchelor, D	UN 34-3
Eberhardinger	RA 29-3½
Scharmacher, H	GS 28-7½
Mulkerin, H	LE 23-3½
60-64	
Heard, N	UN 51-5M
McDermott, T	AC 47-4
Gilligan, B	EA 42-9¼
Eipel, W	AC 39-4
Sereghy, P	PC 38-3½
Hand, H	PM 38-1
65-69	
Pike, W	PM 33-6
McCluskey, J	AC 32-2½
Burho, W	RH 31-2½
Hills, C	PM 28-11½
70-74	
Connolly, R	UN 31-6½
Boas, K	PC 27-6
Grant, M	GS 19-7½
75-79	
Gregory, L	PR 20-5 M

HIGH JUMP	
40-44	
Young, C	TS 5-4
Trout, L	GS 5-2
45-49	
Hutchins, W	PM 5-8
Hollingsworth, K	UN 5-6
Mulkey, P	AT 5-6
Mulkey, P	AT 5-6
Toal, P	GS 4-10

Hill, T	GS 4-10
Clarence, R	PC 4-2½
50-54	
Wallace, J	RH 4-9½
Hemphill, D	PV 4-5¾
Marr, F	MR 4-5¾
Stern, E	GS 4-3¾
55-59	
Ille, T	NJ 4-2½
Eberhardinger	RA 4-0
60-64	
Neuhof, M	PC 4-8
Eipel, W	AC 4-3¾
Braceland, G	PM 4-3¾
65-69	
Lacey, R	PC 4-3¾
Hills, C	PM 4-2½
Burbo, W	RH 4-0
McCluskey, J	AC 3-6
70-74	
Boas, K	PC 3-8
75-79	
Gregory, L	PR 3-6

POLE VAULT	
40-44	
Davenport, H	BO 13-6
Cyprus, N	AC 11-0
Iuzzi, F	GS 10-6

45-49	
Malkin, M	PC 9-0
Toul, P	GS 8-0
50-54	
Hemphill, D	PV 9-0
60-64	
Braceland, G	PM 8-6
65-69	
Burbo, W	RH 8-0
Hills, C	PM 6-0

ONE-MILE RELAY	
N.Y. Pioneer Club	4:35.0
Spitzer, Valentine	
O'Neal, Cordero	

TWO-MILE RELAY	
N.Y. Pioneer Club	9:27.9
Connelly, Fine,	
Conner, Zipper	
Jersey Senior T.C.	9:45.4

WOMEN

50YD. DASH 40-44	
Tricard, L	UN 7.2
300-YD. DASH—	
40-44	
Tricard, L	UN 45.8
Johnson, A	UN 48.3

600-YARD RUN 40-44	
Buchanan, S	PM 1:36.8
Johnson, A	UN 2:01.8

ONE-MILE RUN 40-44	
Buchanan, S	PM 5:24.9

TWO-MILE RUN	
Buchanan, S	PM 12:13
45-49	
McConnell, I	JS 15:39
Lucas, V	UN 16:15

TWO-MILE WALK	
Lucas, V	UN 21:30
1000-YD. RUN	
Buchanan, S	3:02.0

CLUB CODES

- AC—N.Y. Athletic Club
- BA—Boston Athletic Club
- GS—Garden State
- CP—Capitol Track Club
- PC—N.Y. Pioneer Club
- PM—Philadelphia Masters
- PV—Potomac Valley
- PR—Pensacola Road R.
- CO—Club Olympic
- JS—Jersey Senior T.C.
- NJ—North Jersey Masters

A summary of Sub-Masters events

Following is a summary of the winners in the non-championship sub-masters events during the National AAU Masters Indoor Championships at East Stroudsburg, Pa., on March 19.

50-Yard Dash, 30-34, J. Suriano, GS, 5.8; 35-39, Radecke, B, GS, 5.8.

300-Yard Dash—30-34, Kopka, J., UN, 33.7; 35-39, E. Small, PC, 35.7.

600-Yard Run—30-34, Van Auker, T, GR, 1:16.6; 35-39, Harvey, L, PA, 1:22.0.

1,000-Yard Run—35-39, Mannis, F, PM, 2:31.1.

One-Mile Run—30-34, Camo, G, AC, 4:19.0; 35-39, Mannis, F., PM, 4:47.6.

Two-Mile Run—30-34, G. Camp,

9:52.8.

High Jump—30-34, Polhamus, C, AT, 5-6; 35-39, R. Bury, GS, 5-8.

Long Jump—30-34, J. Kopka, UN, 19-9; 35-39, R. Radecke, JA, 19-3½.

Shot Put—30-34, R. Kirnik, NB, 48-5¼; 35-39, H. Friedman, GS, 33-1.

50-Yd. High Hurdles—30-34, J. Ackroyd, BA, 7.0; 35-39, Whitehouse, P, UN, 7.0.

Pole Vault—30-34, C. Polhamus, AT, 15-0.

1,000-Yd. Run—30-34, A. Jennings, UN, 2:27.7.

50-Yd. Dash—30-34, D. Shippen, UN, 6.7; 35-39, S. Pashkin, UN, 6.8.

300-Yd. Dash—30-34, D. Shippen, UN, 41.2; 35-39, S. Pashkin, UN, 41.7.

600-Yd. Run—30-34, E. Mulkey, AT, 1:46.9; 35-39, S. Pashkin, UN, 1:35.6.

High Jump—30-34, E. Mulkey, AT, 3-10.

Long Jump—30-34, E. Mulkey, AT, 8-10.

Shot Put—30-34, E. Mulkey, AT, 17-11; 35-39, L. Greene, UN, 27-9.

High Hurdles—30-34, Mulkey, 9.0.

1,000-Yd. Run—30-34, Mulkey, 4:34.3.

And an argument about who's best

Let's hear it for Lou Gregory

Dear Sir:

First I want to congratulate you on the newsletter for Masters track and field. It is very interesting and I assure I support the Masters movement in every way and it has meant a lot to me and the news in the paper is very informative and timely.

However, if you don't mind I am going to chew you out in as polite a manner as I can muster at the present time.

No. 1. In Division 4B (75-79) not once did you mention one of the great distance runners in the division, namely Lou Gregory, who won the marathon in Sweden with a new world's record, 3:47:20, and also the cross-country and no doubt he would have won both the 5000 and 10,000-meter races but was sick with an attack of dysentery for two days but ran in the races anyway. Since that time he won the N.Y.C.

Marathon, the 15-Km. race in Columbus, Ohio, in October. A week later the marathon and then the race at Arlington and the 20-Km. in Tulsa and also the Canada-United States race at Arlington, Va., and then ran an hour race in Florida for a total of 8 miles, 335 yards for a new world record.

No. 2 Herb Anderson and Harold

continued

4th annual AAU indoor meet at Stroudsburg, Pa.

50-YARD DASH

40-44	
Weaver, R.	NJ 5.8
Colbert, L.	UN 5.9
Wilson, L.	PM 6.0
Barnes, R.	PC 6.0
Adams, R.	PV 6.0
Bottigian, H.	UN 6.4
45-49	
Giaquinto, N.	PC 6.2
Green, H.	RH 6.2
Gutierrez, F.	GS 6.2
Clark, W.	PM 6.2
Moore, H.	PM 6.3
Brooks, T.	PC 6.3

50-54	
Gregory, L.	PM 6.2
Valentine, R.	PC 6.2
Ulam, J.	UN 6.4
Wallace, J.	RH 6.6
Lentzer, M.	PC 6.6

55-59	
Harris, D.	PM 6.8
Scharmacher, H.	UN 7.5

60-64	
Neuhof, M.	PC 6.8
Heard, N.	UN 6.9
Braceland, G.	PM 7.0
Sorlien, R.	UN 7.1
Gilligan, B.	EA 8.9
Detweiler, R.	PM 9.2

65-69	
Hills, C.	PM 7.2
D'Elia, M.	UN 7.5

70-74	
McClusky, J.	AC 8.3
Boas, K.	PC 7.9
75-79	
Gregory, L.	PR 9.4

300-YD. DASH

40-44	
Colbert, L.	CO 34.6
O'Neal, M.	PC 34.7
Adams, R.	PV 35.1
Barnes, R.	PC 35.7
Wilson, L.	PM 36.8
Snell, J.	PM 39.2
Bohigian, H.	UN 39.5
45-49	

Giaquinto, N.	PC 36.0
Clark, W.	PM 37.0
Moore, H.	PM 37.5
Green, H.	RH 38.3
Clarence, R.	PC 39.4

continued

Florida and competed in nine events. Lou was the oldest competitor in the meet.

A total of ten women competed in both the sub-masters and masters events. The women's program is picking up momentum. Louise Tricard in the 1A sprints and Suzie Buchanan in the 1A middle distances turned in top-flight performances. For the sub-masters women, Elena Mulkey was even busier than her husband; Phil. Elena competed in seven events; Phil "only" competed in four.

50-54

Valentine, R.	PC 37.2
Gregory, L.	PM 40.5
Lentzer, M.	PC 42.0
Bradley, A.	UN 44.0

55-59	
Harris, D.	PM 42.0

60-64	
Neuhof, M.	PC 43.8
Braceland, G.	PM 45.5
Sorlien, R.	RI 45.6

(3)

600-YD. RUN

Colbert, L.	CO 1:19.3M
O'Neal, M.	PC 1:21.1
Bertrand, C.	PC 1:22.9
Bohigian, H.	UN 1:31.5
Snell, J.	UN 1:31.6

45-49	
Connelly, T.	PC 1:20.7
Enders, R.	PV 1:28.3
Spitzer, D.	PC 1:29.4
McCluskey, P.	PM 1:31.1
Ross, R.	PC 1:33.8

50-54	
Valentine, R.	PC 1:28.0
Bradley, A.	UN 1:38.1

55-59	
Greenberg, H.	SH 1:37.3

60-64	
Braceland, G.	PM 1:41.8

65-69	
Witkowski, C.	JS 1:43.2
McCluskey, J.	AC 1:54.4

70-74	
McArdle, H.	UN 2:22.9
75-79	
Gregory, L.	PR 2:20.5

1,000-YD. RUN

40-44	
Zipper, H.	PC 2:26.3
Conro, A.	BA 2:27.0
Tersago, W.	JS 2:35.7

45-49	
Kupczyk, H.	AI 2:36.6
Fine, R.	PC 2:40.4
McCarthy, W.	PC 2:41.3
Enders, R.	PV 2:54.0
Kinsman, K.	UN 2:55.1
Ross, R.	PC 2:59.6
Nash, T.	PM 3:08.2

50-54	
Brown, K.	JS 2:39.1M
Schneider, L.	MD 2:41.7
Cherniak, R.	UN 3:08.5
Mimm, R.	SH 3:17.7

55-59	
Gear, D.	CP 3:00.8
Dyas, T.	NJ 3:22.5

60-64	
Newman, A.	UN 2:57.8

65-69	
Witkowski, C.	JS 3:23.1M
Monastero, S.	PM 3:25.2
McCluskey, J.	AC 3:33.0

75-79	
Gregory, L.	PR 4:06.2

ONE-MILE RUN	
40-44	
Connor, J.	PC 4:48.5
Tersago, W.	JS 4:51.9
McAllister, J.	SH 5:33.5

45-49	
Kupczyk, H.	AI 4:44.3
Vernosky, G.	PV 4:45.1

50-54	
Brown, K.	JS 5:09.9

55-59	
Richardson, S.	PC 5:14.6
Greenberg, H.	SH 5:33.5
Thomas, W.	BD 5:45.9
Geer, D.	CP 5:46.5

60-64	
Newman, A.	UN 5:27.2
Finger, F.	CH 5:57.5
Popowich, J.	PC 6:01.4

65-69	
McCluskey, J.	AC 6:33.2M
75-79	
Gregory, L.	PR 7:12.0M

TWO-MILE RUN

40-44	
Tersago, W.	JS 10:34.0
Roberts, L.	PO 11:09.0
Cordero, J.	PC 11:16.0

45-49	
Vernosky, G.	PV 10:07.0
Butler, W.	PM 10:09.0
McConnell, W.	JS 11:01.0
Krawitz, E.	PO 11:04.0

50-54	
Brown, K.	JS 11:19.0
Lister, R.	WP 11:46.0

55-59	
Greenberg, H.	SH 12:19.5
Holmes, D.	UN 15:10.0

60-64	
Quakenbos, H.	JS 12:05.0
Finger, F.	CH 13:27.0

75-79	
Gregory, L.	PR 17:24.5M

50-YD. HIGH HURDLES	
40-44	
Bertrand, C.	PC 6.8

45-49	
Mulkey, P.	AT 7.4
Enders, R.	PV 8.0
Hill, T.	GS 8.5
Olson, L.	GM 8.5

50-54	
Wallace, J.	RH 7.5
Valentine, R.	PC 8.1
Hemphill, D.	PV 9.0

60-64	
Braceland, G.	PM 8.2
Neuhof, M.	PC 8.2
Finger, F.	CH 9.0

65-69	
Hills, C.	PM 8.6
Lacey, R.	PC 8.9
McCloskey, J.	AC 10.4

70-74	
Boas, K.	PC 11.7

TWO-MILE WALK	
40-44	
Kulik, R.	AC 14:45.7M
45-49	
Jacobson, H.	ES 15:19.5M
Corallo, S.	PV 15:30.1
Nash, T.	PM 19:45.0

50-54	
Mimm, R.	SH 16:10.7
Kalb, S.	SH 21:28.0
Lentzer, M.	PC 24:01.0

55-59	
Dyas, T.	NJ 18:10.3M
Mulerin, H.	LE NT
Scully, C.	SH NT

60-64	
Johnson, D.	SH 17:59.0
Braceland, G.	PM NT

65-69	
Lakritz, D.	PC NT
Hills, C.	PM NT

WEIGHT THROW	
40-44	
Jackson, T.	GS 26-8
45-49	
Gonzalez, D.	GS 41-6
Carstenson, R.	UN 32-7

50-54	
Ulam	WP 23-2½
Marr, F.	MD 16-1½
55-59	
Batchelor, D.	UN 33-10
60-64 - 25#	
McDermott, T.	AC 44-1
Fowler, N.	MD 40-11½
Heard, N.	UN 39-9½

65-69 - 25#	
Pike, W.	PM 23-1
McCluskey, J.	AC 22-8½
Hills	PM 22-4
70-74 25#	
Connolly, R.	UN 25-6½
Boas, K.	PC 19-5½

LONG JUMP	
40-44	
Young, C.	TS 16-11
McAllister, J.	SH 16-3½
Trout, L.	GS 15-6
Sweat, L.	WE 14-6½

continued

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Results of USTFF meet at Lincoln Jan. 14.

RESULTS OF THE USTFF TRACK MEET JANUARY 14, 1978, LINCOLN, NE.

60 HIGH HURDLES (30-34)

1 Tom Thorne	8.1
2 Jerry Holmberg	8.2
3 Michael Novak	8.2+
4 Harry McDonald	9.5
(35-39)	
1 Jacques Label	9.0
(40-44)	
1 Bob Warren	7.8
2 Bob Ardrey	10.0
3 Franklin Brown	10.5

60 PRELIMINARIES HEAT 1

1 Bob Kuhn	6.6
2 Willen Mix	6.8
3 John Minnick	6.9
4 Beau Barrick	7.1
5 John Wagner	7.4
(40-44)	
1 Hugo Hartenstein	6.7
2 Aurin Allen	7.0
3 Larry Fuerst	7.0+
4 Phil Hixson	7.2
5 Jim Walker	7.4
6 Gary Jones	7.8

60 PRELIMS FINALS (30-34)

1 Bob Kuhn	6.5
2 Tom Bassett	6.5+
3 John Minnick	6.8
4 Tom Thorne	6.8+
5 William Mix	7.3
6 Jim Shoemaker	7.0
(35-39)	
1 George Anderson	6.5
2 Thornton Shelton	6.7
3 Cary Oliphant	7.0
4 John Bingsesser	7.2
5 Jerry Robertson	7.4
(40-44)	
1 Bob Warren	6.7
2 Hugo Hartenstein	6.7+
3 Don Ficke	7.0
4 Larry Fuerst	7.1
5 Austin Allen	7.1+

1 Betty Pappas	8.5
2 Carole Brockman	8.8
3 Sharon Audley	10.1

(45-49)	
1 Phil Hulkey	8.1
2 Jerry Donley	9.7
(50-54)	
1 Freeman Harr	10.4

440 YARD RUN (30-34)

1 Ken Morris	54.7
2 Michael Collopy	56.2
3 Jerry Holmberg	59.5
4 Jim Shoemaker	59.6
5 John Cook	59.9
6 Dana Roper	63.2
(35-39)	
1 Thornton Shelton	58.8
2 Mel Sayers	61.4
3 Ross Greathouse	62.5
4 Richard Beaver	63.6
5 Jacques Label	63.7
6 Jerry Robertson	65.3

HEAT 2

1 Isaac Quarrels	6.6
2 David Hamann	6.7
3 John Wright	6.8
4 Greg Wilson	7.0
5 Phil Howell	7.1
6 Bob Reick	7.2

(45-49)

1 Bill Gaedke	36.5
2 Loren Reusser	37.3
3 Alex Pappas	36.4
4 John Poppell	39.6
(50-54)	
1 Mel Albright	40.4
2 Max Goldsmith	41.1
3 Robert Armstrong	43.8
(55-59)	
1 James Upham	40.0
2 Paul Constant	41.2
3 Edward Halpin	41.4
(60+)	
1 Bill Dyer	45.2

(50-54)

1 Ralph Hall	2:32.9
2 Arnie Erickson	2:40.7
(55-59)	
1 Edward Halpin	2:36.7
2 Chester Peters	2:37.7
3 Robert Wilde	2:48.0
4 Tom Woolard	3:04
(60+)	
1 Paul Bridges	2:41.7
2 Bill Dyer	2:52.9

HIGH SCHOOL

1 Tom McCashland	2:03.4
2 Phil Kickhafer	2:03.5
3 Bob Kalinski	2:04.7
4 Tom Boumaster	2:09.2
5 Bill Sealock	2:10.0
6 Mike Kalinski	2:10.9
7 Doug Rozhart	2:12
8 Alan Young	2:16

(40-44)

1 Bob Elwood	4:49.9
2 W.D. Rhodd	5:04.4
3 Tom Anderson	8:16.3
4 Robert Miller	5:42.7
(45-49)	
1 Arne Richards	5:12.3
2 Dale Goering	5:14.0
3 Bob Brown	5:41.0
4 Mark Buchholz	5:49.9
5 Bob Reece	6:01.6
6 K.C. Weldon	6:18.9
(50-54)	
1 Jerry Morrison	5:11.8
(55-59)	
1 Chester Peters	5:44.3
2 Robert Wilde	6:03.0
3 Paul Constant	6:39.3
(60+)	
1 Bill Dyer	6:13.6

WOMEN

1 Carole Brockman	6:12.1
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MEN'S OPEN MILE

1 Carl Stromberg	4:17.4
2 Roger Barker	4:19.6
3 Bob Unger	4:23.5
4 Dave Bradley	4:42.2
5 Chris Fletcher	4:46.3
6 Gene McClain	5:14.5

2 MILE RUN (30-34)

1 John Hawkins	9:43.4
2 David Wishart	10:12.0
3 Stan Smith	10:20.4
4 John Cook	10:23.6
5 Lou Fritz	10:29.0
6 Skip Olson	10:29.6

(40-44)

8 Rich Ayers	10:54
9 Gordon Woodward	12:24
10 Carl Lucke	12:31
11 Fred Kester	12:38
(35-39)	
1 Ray Stevens	10:18.1
2 Robert Hughes	10:19.0
3 Ken Katszer	10:33.8
4 Gary O'Daniels	10:57.4
5 Dick Dienstbier	11:00.2
(40-44)	
1 Bob Elwood	10:31.3
2 Bob Creighton	10:31.4
3 W.D. Rhodd	10:45.7
4 Ken Kopecky	10:50.9
5 Robert Pinnace	11.80
6 Tom Anderson	11:20
7 Robert Miller	12:38

TRIPLE JUMP (30-34)

1 Richard Boehringer	43'2 1/2"
2 Mike Novak	39'5"
3 Harry Kitchener	37'11"
4 John Wagner	37'7 3/4"
5 Beau Barrick	36'8"
6 Harry McDonald	35'3 1/2"
Darrell Hessler	31'6 1/4"
(35-39)	
1 Jon Bingsesser	37'6 1/2"
(40-44)	
1 Bob Warren	39'3 1/4"
2 Bob Ardrey	35'0"
3 Charles Newman	32'7 3/4"
4 Franklin Brown	30'7"
5 Deane Burgess	29'3 1/2"

HIGH JUMP (30-34)

1 Michael Novak	5'8"
2 Richard Boehringer	5'8"
3 Tom Thorne	5'8"
4 Harry Kitchener	5'2"
5 Lynn Senkbeil	4'6"
(35-39)	
1 John Bingsesser	5'4"
2 Jacquea Label	5'2"
3 Richard Reaver	4'8"

(45-49)

1 Arne Richards	11:10.9
2 Richard Greeno	11:22.6
3 Dale Goering	11:38.0
4 Wale Diment	11:39.0
5 Bob Brown	11:50
6 Eugene Hart	12:40
7 Bob Reece	13:52
(50-54)	
1 Jerry Morrison	10:57.8
2 Arnie Erickson	12:30
3 Paul Stoess	12:58
(55-59)	
1 Edward Halpin	12:01.6
2 Chester Peters	12:05.0
3 Robert Wilde	12:21.4
(60+)	
1 Bill Dyer	13:04

WOMEN'S OPEN MILE

1 Cindy Dixon	5:05.2
2 Karen Bridges	5:11.2
3 Kelly Hlact	5:14.2
4 Cindy Pearson	5:29.4
5 Lisa Ibarra	5:31.0
6 Cathy Gebhardt	5:32.7

(55-59)

1 James Upham	1:07.4
2 Paul Constant	1:09.6
(60+)	
1 Bill Dyer	1:14.3

(45-49)

1 Phil Hulkey	38'5 1/4"
2 J.C. Brown	34'2 1/2"

(50-54)

1 Freeman Harr	29'4 1/4"
2 Ken Kasparek	29'8"
3 Russell Jones	25'3"
(55-59)	
1 Joe Shy	26'11 1/2"
2 Paul Constant	26'5 1/2"
(60+)	
1 Bill Byer	23'10 3/4"

(40-44)

1 Tom Langenfeld	5'6"
2 Charles Newman	5'0"
3 Bob Ardrey	4'10"
4 Franklin Brown	4'6"
(45-49)	
1 J.C. Brown	5'4"
2 Phil Hulkey	5'2"

HIGH JUMP CONTINUED (50-54)

1 Ken Kasparek	4'6"
2 Freeman Harr	4'4"

LONG JUMP (30-34)

1 Richard Boehringer	20'4 1/2"
2 John Wagner	20' 1/2"
3 Harry Kitchener	19'3 1/2"
4 Bob Kuhn	18'8 1/4"
5 Beau Barrick	18'6 3/4"
6 Tom Thorne	17'8"
(35-39)	
1 John Bingsesser	19'4 1/2"
2 Gary Oliphant	18'3"
3 Jacques Label	16'5 1/4"
(40-44)	
1 Bob Warren	20'2"
2 Larry Fuerst	17'5 1/2"
3 Charles Newman	17'1"
4 Jim Walker	16'6 1/2"
5 Bob Ardrey	16'1/4"
6 Keith Hiers	15'10"
7 Franklin Brown	14'3 1/2"

SHOT PUT (30-34)

1 Lynn Senkbeil	49'11"
2 Harry McDonald	39'10"
3 Tom Thorne	38'1/2"
4 Jerry Holmberg	37'1 1/2"
5 Darrell Hessler	35'6 1/2"
6 Jim Shoemaker	35'6"

(40-44)

1 Tom Hesselowski	47'6"
2 Jon Bingsesser	43'3"
3 Jacques Label	38'3"
4 Thornton Shelton	35'6 1/2"
(45-49)	
1 Tom Hesselowski	40'1 1/2"
2 Bob Warren	44'9 1/2"
3 Larry Fuerst	42'10 1/2"
4 Deane Burgess	37'9 1/2"
4 Gary Forshaw	37'9 1/2"
6 Robert Miller	29'2"

ROLE VAULT (30-34)

1 Harry Kitchener	10'6"
2 Beau Barrick	10'6"
3 Tom Thorne	10'0"
4 Stan Smith	9'
(40-44)	
1 Bob Ardrey	9'6"
2 Jim Walker	9'6"

The second USTFF National Indoor Championships for Masters and Sub-Masters appears to have been a success. We hope that you share our feelings that this is a good meet and that you will return to Lincoln again. It is our intention to repeat this meet again next January as long as no problems arise that make it impossible. Although we try to eliminate mistakes, we know that some occurred. We were particularly hard on the 30-34 year old distance runners. In the mile, the watch that was to get the running times past 7th place stopped working. In the two mile, we believe the last three runners were forced to run an extra lap. If you have any suggestions as to how we could improve our meet, please let us know.

As you can tell from the results, times and distances were often outstanding. A few marks bettered the listed Masters Age Records as of January 1, 1978. A new 1978 list comes out in February, so we will have to wait and see if the following marks are still best.

Event	Name	Age	Mark	Record
H.J.	J.C. Brown	43	5'4"	(ties)W.R.
L.J.	Phil Hulkey	46	19'3/4"	W.R.
Shot (12lb)	Phil Hulkey	46	46'5/2"	Am.R.
Shot (12lb)	Phil Henn	64	32'4/2"	Am.R.

LATE REGISTRATIONS
Quent Alvin, 34, 3420 Kingman Blvd., Des Moines, Ia. 50311
Rich Ayers, 34, 2413 N. 57th Terrace, Kansas City, Mo. 66104
Richard Boehringer, 31, 1003 1/2 29th St. Terrace, Lawrence, Ke. 66044
Arnie Erickson, 50, 1511 Sycamore St., Bellevue, Ne. 68005
Gary Forshaw, 40, 4480 S. Meridan, Wichita, Ks. 67201
Earl Harwinger, 61, 335 Eastridge, Lincoln, Ne. 68510
Robert Hughes, 35, 913 W. 27th Terrace, Lawrence, Ks. 66044
Ken Kopecky, 40, 1641 68th St., Des Moines, Ia. 50322
Carl Lucke, 33, 7111 N. Park, Gladstone, Mo. 64118
Al Maxey, 39, 2800 S. St., Lincoln, Ne. 68503
Ted Ritchey, 41, 907 Hopkins Pr., Bellevue, Ne. 68005
Dana Roper, 32, 3227 S. 29th St., Lincoln, Ne. 68502
David Wishart, 1219 S. 25th St., Lincoln, Ne. 68502

4 x 1 Lap Relay (total age of team is given in parenthesis)
1. Lida, Kuhn, Pappas, Upham (179) 1:23.1
2. Goldsmith, Katte, Morris, Holmberg (165) 1:24.3
3. Allen, Jones, Bingsesser, Walker (174) 1:27.3
4. McDonald, Brown, Hall, Constant (179) 1:30.4
5. Smith, Kopecky, Diment, Henderson (172) 1:30.8
6. Wade, Rhodd, Gaedke, Morrison (174) 1:31.6
7. Ritchey, Stoess, Ficke, Hawkins (166) 1:32.6
8. Roper, Donley, Hulkey, Dyer (161) 1:33.3

4 x 440 Relay
1. Cook, Fritz, Hawkins, ? 3:34.4
2. Label, Minnick, Stevens, Greathouse 4:16.1

Special Note:
The Lincoln T.C. will have an indoor track meet at Doane College Crete, Ne., on Sunday, March 19, 1-4 p.m. Ribbons will be awarded in a variety of Age groups. Area runners, jumpers, and throwers may want to attend. Contact Jim Lewis, 2900 John Ave., Lincoln, Ne., 68502 for more details.

*Good
to others
below.*

(30-34) HEAT 2	
1 Tom Bassett	6.6
2 Jim Shoemaker	7.0
3 Tom Thorne	7.1
4 Harry McDonald	7.2
5 Darrell Hessler	7.6

(40-44)	
1 Bob Warren	6.7
2 Don Ficke	7.1
3 Ted Ritchey	7.2
4 John Noble	7.2+
5 Charles Newman	7.3

(45-49)	
1 Phil Hulkey	7.1
2 Alex Pappas	7.1+
3 John Poppell	7.3
4 Chuck Sales	7.4
5 Loren Reusser	7.5
6 Mark Buchholz	8.2
(50-54)	
1 Ken Kasparek	7.5
2 Mel Albright	7.6
3 Max Goldsmith	7.7
4 Robert Armstrong	7.9
5 Freeman Harr	8.1
6 Russell Jones	8.5
(55-59)	
1 James Upham	7.5
2 Paul Constant	7.9
3 Joe Shy	8.1
(60+)	
1 Bill Dyer	8.3
2 Phil Henn	11.0

60 PRELIMINARIES -- HIGH SCHOOL HEAT 1	
Hatt Hinchow	6.5
2 Michael Rife	6.8
3 John Keeling	6.9
4 Jim Wright	7.0
5 Randy Lofland	7.2

60 PRELIMS HIGH SCHOOL	
1 Hatt Hinchow	6.4
2 Isaac Quarrels	6.5
3 David Hamann	6.7
4 Michael Rife	6.7+
5 John Wright	7.0
6 John Keeling	7.0+

300 YARD RUN (30-34)	
1 Tom Bassett	33.5
2 Bob Kuhn	35.2
3 Jerry Holmberg	36.3
4 John Minnick	36.9
5 Fay Wade	37.7
6 Jim Shoemaker	37.9
(35-39)	
1 George Anderson	35.3
2 Thornton Shelton	36.1
3 Richard Beaver	38.6
4 Al Maxey	39.1
5 Ross Greathouse	39.5
6 Jerry Robertson	40.1

(40-44)	
1 Hugo Hartenstein	36.0
2 Austin Allen	36.7
3 Bob Lida	36.7
4 Larry Fuerst	37.5
5 Don Ficke	37.8
6 Dick Katte	37.8
7 Phil Hixson	38.5
8 Ted Ritchey	40.1
9 Gary Jones	42.1
10 Lynn Lightner	42.2

(45-49)	
1 Phil Hulkey	7.1
2 Alex Pappas	7.1+
3 John Poppell	7.3
4 Chuck Sales	7.4
5 Loren Reusser	7.5
6 Mark Buchholz	8.2
(50-54)	
1 Ken Kasparek	7.5
2 Mel Albright	7.6
3 Max Goldsmith	7.7
4 Robert Armstrong	7.9
5 Freeman Harr	8.1
6 Russell Jones	8.5
(55-59)	
1 James Upham	7.5
2 Paul Constant	7.9
3 Joe Shy	8.1
(60+)	
1 Bill Dyer	8.3
2	

6TH ANNUAL EASTERN MASTERS AAU INDOOR CHAMPIONSHIPS, FEB. 19, 1978
 THE PEDDIE SCHOOL, HIGHTSTOWN, NEW JERSEY (● = meet record + ties record)
 1A=40-44: 1B=45-49: 2A=50-54: 2B=55-59: 3A=60-64: 3B=65-69: 4A=70-74

50 yd. dash

● 1A Riddick, L	43 NYPC	5.6
Budd, A	42 NYPC	5.6
Barnes, R	40 NYPC	5.7
Gaton, A	41 NYPC	5.8
Helfrick, F	40 NJM	6.3
1B Kendrick, J	46 NYPC	5.9
Clark, W	45 PHIL	5.9
Ender, R	46 PV	6.2
Thomson, S	49 NYPC	6.3
Colen, H	49 NYPC	6.8
2A Valentine, R	54 NYPC	6.2
Wallace, J	50 RICH	6.4
Lentzer, M	52 NYPC	6.5
Gillespie, R	53 NYPC	7.0
Johnson, R	52 PV	7.3
2B Harris, D	55 PHIL	6.3
Manno, J	57 NJM	6.5
Kafka, E	55 PV	7.9
3A Neuhof, M	62 NYPC	7.0
● 3B Hills, C	65 PHIL	7.0
4A Boas, K	74 NYPC	8.4

50 yd. High Hurdles

● 1A Schroeder, B	41 UNAT	7.0
tie Trout, L	43 GARD	7.0
● 1B Clark, W	45 PHIL	8.0
Olson, L	46 GN.M	8.1
Hill, T	47 GARD	8.4
Colen, H	49 NYPC	9.1
Taylor, G	47 PHIL	9.2
● 2A Wallace, J	50 RICH	7.4
● 3A Neuhof, M	62 NYPC	8.5
● 3B Hills, C	65 PHIL	8.8

300 yard dash

1A Riddick, L	43 NYPC	35.2
Budd, A	42 NYPC	35.8
Gaton, A	41 NYPC	36.4
Barnes, R	40 NYPC	36.6
Helfrick, E	40 NJM	40.0
1B Clark, W	45 PHIL	38.0
Thomson, S	49 NYPC	38.2
Ender, R	46 PV	38.9
2A Valentine, R	54 NYPC	37.0
Lentzer, M	52 NYPC	42.7
Bradley, A	51 UNAT	43.2
Johnson, J	52 PV	45.1
2B Manno, J	57 NJM	41.6
Harris, D	55 PHIL	41.8
Kafka, E	55 PV	50.6
3B Lacey, R	67 NYPC	45.5
Monastero, S	66 PHIL	45.6
Hills, C	65 PHIL	47.2
● 4A Boas, K	74 NYPC	52.7

600 yard dash

1A O'Neal, M	40 NYPC	1.22.8
Bradley, J	41 PV	1.24.7
1B Connolly, T	47 NYPC	1.23.0
McMahon, J	47 PV	1.30.0
Thomson, S	49 NYPC	1.30.2
Soitzer, D	49 NYPC	1.30.4
McCarthy, W	45 NYPC	1.32.7
Ross, R	45 NYPC	1.37.4
2A Valentine, R	54 NYPC	1.29.3
Bradley, A	51 UNAT	1.37.2
Johnson, R	52 PV	1.41.3
2B Manno, J	57 NJM	1.38.1
Wendell, R	56 NYPC	1.40.6
Harris, D	55 PHIL	1.44.0
Kafka, E	55 PV	1.52.5
3B Lacey, R	67 NYPC	1.45.2
Witkowski, C	65 JS	1.47.2

1,000 yard run

1A Zinner, H	43 NYPC	2.28.0
Conro, A	41 BOST	2.30.1
Bradley, J	41 PV	2.45.0
Coiro, V	43 NYPC	2.45.7

1B Fine, R	46 NYPC	2.40.3
McMahon, J	47 PV	2.46.0
Soitzer, D	45 NYPC	2.57.0
Ross, R	45 NYPC	2.57.5
Denig, D	45 NYPC	3.00.0
● 2A Brown, K	50 JS	2.42.0
Messinger, A	54 NYPC	2.46.4
Lister, W	50 ?	2.47.7
Johnson, R	52 PV	3.06.0
● 2B Greenberg, H	58 SHR	2.55.2
Wendell, R	56 NYPC	3.14.0
● 3A Newman, A	62 UNAT	2.56.0
● 3B Monastero, S	66 PHIL	3.25.5
Witkowski, C	65 JS	3.27.0

one mile run

1A Hager, P	41 PV	4.57.9
Tersago, W	42 JS	5.02.6
McAllister, J	44 SHR	5.32.5
● 1B Vernosky, G	47 PV	4.56.1
Diamond, T	48 PV	5.20.6
Denig, D	45 NYPC	5.32.8
2A Brown, K	50 JS	5.08.1
Snedeker, D	50 UNAT	5.13.8
Messinger, A	54 NYPC	5.14.4
→ 2B Richardson, S	57 NYPC	5.16.0
Greenberg, H	58 SHR	5.32.1
3A Newman, A	62 UNAT	5.34.5
Pooowich, J	60 NYPC	6.09.8
3B Witkowski, C	65 JS	NT
● 4A Cash, T	71 SHR	6.19.0

Two Mile Run

1A Hager, P	41 PV	10.27.3
Tersago, W	42 JS	10.34.5
Stern, I.	43 NYPC	10.52.8
Feld, G	45 NYPC	11.24.0
1B Vernosky, G	47 PV	10.24.0
Uher, M	45 WP	11.18.5
Diamond, T	47 PV	11.18.5
Cleaves, H	46 JS	11.29.4
Wiedeman, D	45 SHR	12.04.0
2A Brown, K	50 JS	11.23.4
Henriquez, H	50 JS	11.42.4
Lister, W	50 ?	12.01.5
Mimm, R	53 SHR	12.40.5
→ 2B Geer, D	58 CAP	12.04.5
3A Quackenbos, M	60 JS	12.05.8
Woods, J	60 PV	12.48.5
Johnson, D	61 SHR	14.10.2

Two Mile Walk

1A Kulik, R	40 NYAC	14.38.3
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AMERICAN MASTERS INDOOR RECORD

● 1B Jacobson, H	47 E.S.	15.02.0
Corrallo, S	47 PV	15.05.0
Briggs, A	46 PV	17.23.0
Wiedman, D	45 SHR	17.30.0
● 2A Mimm, R	52 SHR	16.24.5
Kalb, S	50 SHR	20.20.0
Lentzer, M	52 NYPC	21.34.0
● 2B Dyas, T	57 NJ	18.22.0
Scully, C	56 SHR	21.34.0
● 3A Johnson, D	61 SHR	17.11.8
● 3B Lakritz, D	68 NYPC	18.15.0
Hills, C	65 PHIL	21.35.0
● 4A Cash, T	70 SHR	20.34.0

One Mile Relay

New York Pioneer Club "A"	4.02.5
Budd-Soitzer-Valentine-O'Neal	
New York Pioneer Club "B"	4.13.5
Coiro-Ross-McCarthy-Barnes	
Potomac Valley Senior T.C.	4.52.9

Two Mile Relay

New York Pioneer Club	9.17.7
Connolly-Fine-Stern-Zinner	
Potomac Valley Senior T.C.	9.56.6
Bradley-McMahon-Hager-Vernosky	

Shot Put

1A Krastin, K	43 ?	38 11 1/2
Jackson, T	43 GARD	38 6 1/4
DeLuca, J	40 JS	34.3
● 1B Gonzalez, D	45 GARD	49 7 3/4
Olson, L	46 GN.M	49 5 1/2
Carstensen, R	46 UNAT	41 11 1/2
Hill, T	47 GARD	38 4 1/4
Wiedman, D	45 SHR	30 1/2
2A Lentzer, M	52 NYPC	30.1
Stern, E	50 GARD	29.7
2B Kafka, E	55 PV	26.9
3A Detwiler, R	64 PHIL	25.8
Burho, S	67 RICH	25.6
Hills, C	65 PHIL	21.6
4A Connolly, R	71 UNAT	26.6
Boas, K	74 NYPC	22.9 1/2

Pole Vault

1A Schroeder, B	41 UNAT	12"
Iluzzi, F	41 GARD	9.6
● 1B Malkin, M	45 NYPC	9
● 2A Wallace, J	50 RICH	8.6
● 3B Burho, S	67 RICH	8
Hills, C	65 PHIL	6

Long Jump

1A Trout, L	43 GARD	16 1/2
McAllister, J	44 SHR	15 7 1/4
DeLuca, J	40 JS	14 1/2
1B Clark, W	45 PHIL	17.4
Ender, R	46 PV	17.1
Kendrick, J	45 NYPC	16.6
Hill, T	47 GARD	14.3
Taylor, G	47 PHIL	14 1/2
Colen, H	49 NYPC	14 1/4
2A Wallace, J	50 RICH	14.3 1/2
2B Itarris, D	55 PHIL	14.6
Ille, T	58 NJ	14.2 1/4
3B Hills, C	65 PHIL	12 11 1/2
Burho, S	67 RICH	11 10
4A Boas, K	74 NYPC	9.3

High Jump

1A Trout, L	43 GARD	5.2
Schroeder, B	41 UNAT	4.10 1/4
Iluzzi, F	41 GARD	4.8
1B Clark, W	45 PHIL	4.10 1/4
Hill, T	47 GARD	4.8
Ender, R	46 PV	4.6 1/4
Olsen, L	46 GN.M	4.4
Colen, H	49 NYPC	4.1 1/2
2A Wallace, J	50 RICH	4.10 1/4
Stern, E	50 GARD	4.1 1/4
2B Ille, T	58 JS	4.1 1/4
3A Neuhof, M	62 NYPC	4.6 1/4
3B Hills, C	65 PHIL	4.1 1/2
Lacey, R	67 NYPC	4.0
4A Boas, K	74 NYPC	3.10

Weight Throw

1A Krastin, K	43 UNAT	27.3 1/4
Jackson, T	43 GARD	27.1 1/2
1B Gonzalez, D	45 GARD	39.5
Olsen, L	46 GN.M	38.11
Carstensen, R	46 UNAT	27.0
Hill, T	47 GARD	26.4 1/4
3A Detwiler, R	64 PHIL	21.5
3B Hills, C	65 PHIL	16.1 1/2
4A Connolly, R	71 UNAT	16.10
Boas, K	74 NYPC	10.3

WOMEN

300 yd.

1A Buchanan, S	40 PHIL	45.6
2B Kafka, B	56 PV	72.0

1,000 yd. run

1A Buchanan, S	40 PHIL	2.57.5
Johnson, A	41 MFK	3.56.5

One Mile Run

1A Buchanan, S	40 PHIL	5.42.0
Wiedeman, D	43 SHR	6.30 (estimated)
Johnson, A	41 MFK	7.34.0

Two Mile Run

1A Wiedeman, D	43 SHR	14.13.0
1B Lucas, V	46 UNAT	16.52.0

Two Mile Walk

1B Lucas, V	46 UNAT	22.06
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TEAM SCORES
 5-4-3-2-1 by five year groups with each 5 year group added together, women scored separately and then included with the men in the totals

DIVISION 1 (40-49)

New York Pioneer Club	NYPC	106
Potomac Valley Senior T.C.	PV	68
Garden State Track Club	GARD	54
Philadelphia Masters	PHIL	36
Shore Athletic Club	SHR	17
Jersey Senior Track Club	JS	15
Green Mountain Athletic Club	GN.M	14
Manhattan Flight Kings	MFK	7
New York Athletic Club	NYAC	5
West Penn Track Club	WP	4
Boston Athletic Club	BAA	4
East Side Track Club	ES	4
North Jersey Masters	NJM	2

SPECIAL EVENTS

300 yard dash 30-34 men

Johnson R	32 NYPC	33.5
Kooka, J	32 ?	33.9
Maxwell, B	33 ?	35.0
Ihne, R	30 SHOR	tie 35.1
Dyce, T	32 ?	35.1
Johnson, M	34 Jaguar T.C.	35.5
Van Dasin, D	33 PHIL	35.9
Cohne, H	33 UNAT	38.8

300 yard dash 35-39 men

Small, E	39 NYPC	35.9
Mannis, F	38 PHIL	36.6
Perry, W	35 Jaguar	37.0
Gil, E	38 UNAT	37.3
Cordero, J	37 NYPC	39.0
King, E	35 GARD	39.1
Gibson, D	38 NJM	39.3
Lucas, W	36 SHR	39.4

One Mile Run 30-34 men

Maxwell, B	33 ?	4.45.7
VanDasin, D	33 PHIL	4.49.4
Index, W	31 NJM	5.03.4
Paganelli, A	30 GARD	5.04.7

One Mile run 35-39 men

Mannis, F	38 PHIL	4.46.1
DeMarco, R	36 ?	4.54.1
Gibson, D	38 NJM	4.56.1
Cordero, J	37 NYPC	5.07.7

300 yard dash 30-34 women

Ransom, N	32 MFK	43.9
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300 yard dash 35-39 women

Pashkin, S	35 MFK	42.3
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One Mile Run 35-39 women

Pashkin, S	35 MFK	6.15.5
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DIVISION 2 (50-59)

New York Pioneer Club	52
Jersey Senior Track Club	24
Shore Athletic Club	24
Richmond Track Club	24
North Jersey Masters	18
Garden State Track Club	8
Philadelphia Masters	8
Potomac Valley Senior Track Club	4

DIVISIONS 3, 4, (60+)

New York Pioneer Club	66
Philadelphia Masters	64
Shore Athletic Club	18
Jersey Senior Track Club	18
Richmond Track Club	14
Potomac Valley Senior Track Club	4

continued

(5'2"). Other multiple winners included Jay Wallace, Richmond Track Club, 50, in the high hurdles (7.4), pole vault (8'6"), long jump (14'3 1/2") and high jump (4'10 3/4"). Conrad Boas, at 74 the oldest competitor in the meet, took four first places and two seconds.

The New York Pioneer Club won all three of the division team championships. Their closest competition came from the Philadelphia Masters in Division 3 and 4, in which they won by two points.

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