



In the Long Run
it's the
Long Distance Log

VOLUME 20

JUNE 1974

NUMBER 222



Ken Burke, 2:29:56, wins Freedom Marathon in Illinois on June 29, 1974.

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AMERICAS — Nylon racing spike \$29.10



LEATHER CORTEZ — Distance training \$25.45



INTERVALLE — Nylon training spike \$28.55



BOSTON '73 — Nylon distance racing flat \$19.25



OREGON WAFFLE — Nylon racing flat \$22.55



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ANNUAL MT. WASHINGTON 8-MILE RUN

June 16, 1974. Weather: Very rough. 61 mile per hour wind! Chill factor - 10 degrees! Most of the runners had to run back down the mountain as very few cars were able to make the top, 228 starters, plus many unofficial starters. The course record is 54:57, set by Fred Norrie in 1962.

1. Jim Capozzuto, Boston AA, 67:58; 2. Tom Derronian, SLAC, 69:28; 3. Tim Smith, Mohogan Striders, 69:42; 4. Ray Carrier, unat., 71:23; 5. Ralph Thomas, Augusta, Maine, 71:37; 6. John Cedarholm, BAA, 72:54; 7. Sam Winebaum, NMC, 73:24; 8. John Earle, NCAC, 73:35; 9. Dean Perry, Bethel Bananas, 74:34; 10. Ron Stafford, NCAC, 74:44; 11. Bryton Gaetnas, Canada, 74:47; 12. Richard Choucard, U. of Laval, 75:02; 13. Bennett Beech, Washington Sports Club, 75:37; 14. Bob Hodge, NMC, 75:42; 15. Gary Wallace, Triple Cities TC, 75:46; 16. Chet Fortier, NMC, 76:13; 17. Pierre Cote, Quebec, 76:14; 18. Ken Foote, unat., 76:17; 19. John Pfeil, Buffalo TC, 76:58; 20. Braden Gotthard, Buffalo TC, 77:09; 21. Clifford Connor, Millrose AA, 78:10; 22. John Garlepp, Millrose AA, 78:39; 23. Paul Fahy, Wakefield TC, 78:46; 24. Jeff White, unat., 79:26; 25. Randy Phillips, LRTC, 79:29; 26. John Savoy, TTAC, 79:52; 27. James Way, Vermont RR, 79:54; 28. John Fowler, unat., 80:01; 29. Jonathan Avery, unat., 80:51; 30. David Parkovitch, unat., 80:57; 31. David Howe, Conn. Valley Striders, 81:05; 32. Roman Tremblay, Que., 81:24; 33. Steven Meyer, unat., 81:42; 34. Thomas Phillips, LRTC, 81:48; 35. Eric Divers, unat., 82:16; 36. Bill McNulty, BAA, 82:15; 37. Walt Chadwick, TTAC, 82:30; 38. David Duval, NMC, 83:12; 39. Philip Kalan, unat., 83:22; 40. John Lawlor, unat., 83:31; 41. Karl Mitchell, unat., 84:00; 42. Kirkman Cassavaugh, LRTC, 84:04; 43. Jim Shapiro, BAA, 84:16; 44. Ron Dropan, NMC, 84:30; 45. Mike Dyer, Ottawa, 84:52; 46. George Trepanier, Quebec, 85:05; 47. Michael Gobin, Canada, 85:10; 48. Richard Teika, YMCA, 85:04; 49. Lloyd Eyst-Jilane, unat., 85:40; 50. Mike Bigelow, BAA, 86:07; 51. Robert Lux, unat., 86:24; 52. Fred Doyle, Lynn AC, 86:27; 53. Glenn Charboneau, Lynn AC, 86:28; 54. John Connors, unat., 86:33; 55. Gene Rochette, Montreal, 86:57; 56. Ron Simjian, BAA, 87:07; 57. Dave Eiben, SLAC, 87:04; 58. Mark Elmer, SLAC, 87:05; 59. Martin Lemmons, Canada, 87:34; 60. Mark Freitas, unat., 87:39; 61. Al Beech, unat., 87:57; 62. David Ryder, NMC, 88:03; 63. David McInaac, LRTC, 88:30; 64. Viatchesl Zaks, M.D., unat., 88:45; 65. Scott Webber, unat., 88:49; 66. Steve Aldrich, TTAC, 88:56; 67. Dennis Quinn,

- Emerson College, 89:48; 68. Stephen McCabe, unat., 90:14; 69. Colin Schild, Quebec, 90:18; 70. Don Guidolone, unat., 90:31; 71. Joel Stefanaki, unat., 90:39; 72. Dick Sampson, unat., 91:11; 73. Roland Vermette, NMC, 91:14; 74. Bill Vernoneau, unat., 91:38; 75. Lawrence Rice, unat., 91:45; 76. Charles Rami, NMC, 91:47; 77. Al Fereshetian, unat., 92:00; 78. Rick Schmale, NMC, 92:03; 79. Jack Thornhill, NMC, 92:05; 80. James Burgess, unat., 92:16. (210 finishers) -- Fred Brown Sr. --

SIXTH ANNUAL FREEDOM MARATHON
ILLINOIS TRACK CLUB

June 29, 1974, Alberton Park, Monticello, Illinois
Course: AAU certified (gently rolling, a few short sharp hills) Weather: 59° (6 a.m.) to 77° (10 a.m.)

Eastern Illinois University's Ken Burke was the winner in the new course record time of 2:29:56. In contrast to previous years where a single runner has tended to dominate the race, this year's affair was hotly contested with each of the first five finishers setting the pace for some portion of the race. In the end, Burke, who had held off the early pace, came on strongly to take the lead with about two miles to go and win going away. Not only was Burke's time a course record, but it bettered his own previous best time by nearly 10 minutes. For a time it appeared that Chris Chambers of Newington, Conn. would run away with the race, but he finally had to settle for third place (2:34:52) behind Burke and 18-year-old Ed Steingraber (2:31:34) running for North Central College's Winged Foot TC. In all, nine runners finished under 2:37 (that's 6:00 pace) including first time marathoner David Reintjes, sixth in 2:36:04. Winner of the women's division was the ITC's Sandy Davis with a fine time of 3:25:09 for her first marathon. Her time broke the old course record for women by a wide margin and was good for 51st among the 77 finishers. Youngest finisher was 9-year-old Jon Beasley (one of five Beasleys in the race) 71st in 3:56:01.

In the unofficial team competition (3 member teams) ITC and the Eastern Illinois Striders tied for first with 27 points each, closely followed by the Indiana Striders with 28 1/2.

1. Ken Burke, 20, Eastern Illinois Striders, 2:29:56
2. Ed Steingraber, 18, Winged Foot Club, 2:31:46
3. Chris Chambers, 27, Sugarloaf Mt. AC, 2:34:52
4. Bob O'Connell, 25, Illinois TC, 2:35:09
5. Chuck Koepfen, 28, Indiana Striders, 2:35:33
6. David Reintjes, 23, Austin Peay State U., Tenn., 2:36:04; 7. Joe O'Shea, 30, Ill. TC, 2:36:58; 8. Craig Harms, 23, Bowling Green State Univ., Ohio & Jerry Pierce, Indiana Striders, 26, 2:36:43; 9. Ron Gayer, 32, UCTC, 2:40:32; 10. David MacTaggart, 16, unat., Rockelle, 2:41:21; 11. Mike Brehm, Eastern Ill. Strid., 19, 2:45:19; 12. Tom Parr, 21, Illinois Valley Striders, 2:45:49; 13. Ken Klipp, 25, Eastern Illinois Striders, 2:46:18; 14. Joseph Kenny, Indiana Striders, 16, 2:46:28; 15. Dave Hoover, 18, Illinois TC, 2:47:09; 16. John Lloyd, 21, Bluegrass Striders, Ky. St. U., 2:47:52; 17. Wesley Baker, unat., Providence, Ky., 20, 2:50:53; 18. Jack Duffy, 26, Rockford RR, 2:51:30; 19. Gary Adler, unat., Evansville, Ind., 2:53:41; 20. Jeffrey Keck, 28, Rolla, Mo., 2:53:47; 21. Jeff Bailey, 29, Ind. Strid., 2:55:12; 22. Robert Turnbull, 32, Ill. TC, 2:55:45; 23. Bill Fox, 17, Carmel TC, 2:56:47; 24. Fred Peterson, 28, Ill. TC, 2:57:32; 25. Jack Beasley, 37, Ind. Striders, 2:58:30; 26. Dillon Meier, Greenets, N.Y., 19, 2:58:31; 27. Don Szaniewski, unat., Oak Lawn, 2:59:07; 28. Joseph Webb, Evansville, 37, 3:00:28

30. Michael Shields, 21, Paducah, Ky., 3:03:54; 31. Jeff Miller, unat., Plainfield, 19, 3:03:54; 32. Steve Piercy, 22, Scottsville Striders, 3:05:56; 33. Roger Bailey, 39, unat., Framington Hills, Mich., 3:06:51; 34. Eric Weir, unat., Champaign, 32, 3:07:02; 35. Richard Hooser, 39, unat., Charleston, 3:08:05; 36. Randy Stearns, unat., Charleston, 15, 3:08:11; 37. vie, Bill Curtis, 17, unat., Taylorville & Bill McCune, 17, unat., Mattoon, 3:11:10; 39. John Suttin, 31, Illinois TC, 3:11:32; 40. Fred Brockman, 16, unat., Congressville, 3:17:05; 41. Tom Griffith, Sr., 43, Decatur, 3:17:45; 42. Wm. Craig, 37, St. Louis YMCA TC, 3:18:23; 43. Phillip Simon, 35, unat., Maryland Heights, Mo., 3:18:37; 44. Thomas Graves, 16, Indiana Striders, 3:19:55; 45. Alec Himwich, 29, Illinois TC, 3:20:09; 46. vie, Scott Beasley, 12, Indiana Striders & Garry Estle, 29, Ind. Striders, 3:20:34; 48. Mal Shurtliff, 52, Illinois TC, 3:22:40; 49. Steve Janasen, unat., Mattoon, 16, 3:24:05; 50. Pete Beauvais, 23, Ind. Strid., 3:25:07; 51. Sandy Davis, 26, Illinois TC, 3:25:09 (1st Woman); 52. Roger Stueck, 26, Lawson, Mo., 3:26:01; 53. Randy Swick, 39, Danville J.C., 3:27:56; 54. Bill Fink, 40, Indiana Striders, 3:28:16; 55. Larry Mayes, 26, Eastern Illinois Striders, 3:29:23. (88 starters, 77 finishers)

--Phillip H. Davison--

SOUTHERN PACIFIC AAU RESULTS

CCAC HAWAIIAN GARDENS 10-MILE RUN

4/13/74

1	WHEELER, DONALD	24	0047	50:11
2	CHAFFIN, BOB	27	0047	50:43
3	WENTZ, JAMES	27	0044	50:52
4	TAYLOR, BOB			51:06
5	SMITH, JOHN	34	0141	51:09
6	HARRIS, ALVIN			51:11
7	WATSON, JOE			51:12
8	HARRIS, BOB	24	0043	51:20
9	WATSON, BOB	25	0034	51:24
10	SMITH, JOHN	37	0140	51:44
11	KARNOV, JOHN	37	0140	1:00:20
12	SMITH, JOHN	34	0140	1:00:20
13	SMITH, JOHN	35	0141	1:00:20
14	WATSON, BOB	24	0040	1:00:20
15	WATSON, BOB			1:00:21
16	WATSON, BOB	27	0141	1:00:22
17	WATSON, BOB	27	0141	1:00:22
18	WATSON, BOB	27	0141	1:00:22
19	WATSON, BOB	27	0141	1:00:22
20	WATSON, BOB	27	0141	1:00:22
21	WATSON, BOB	27	0141	1:00:22
22	WATSON, BOB	27	0141	1:00:22
23	WATSON, BOB	27	0141	1:00:22
24	WATSON, BOB	27	0141	1:00:22
25	WATSON, BOB	27	0141	1:00:22
26	WATSON, BOB	27	0141	1:00:22
27	WATSON, BOB	27	0141	1:00:22
28	WATSON, BOB	27	0141	1:00:22
29	WATSON, BOB	27	0141	1:00:22
30	WATSON, BOB	27	0141	1:00:22
31	WATSON, BOB	27	0141	1:00:22
32	WATSON, BOB	27	0141	1:00:22
33	WATSON, BOB	27	0141	1:00:22
34	WATSON, BOB	27	0141	1:00:22
35	WATSON, BOB	27	0141	1:00:22
36	WATSON, BOB	27	0141	1:00:22
37	WATSON, BOB	27	0141	1:00:22
38	WATSON, BOB	27	0141	1:00:22
39	WATSON, BOB	27	0141	1:00:22
40	WATSON, BOB	27	0141	1:00:22
41	WATSON, BOB	27	0141	1:00:22
42	WATSON, BOB	27	0141	1:00:22
43	WATSON, BOB	27	0141	1:00:22
44	WATSON, BOB	27	0141	1:00:22
45	WATSON, BOB	27	0141	1:00:22
46	WATSON, BOB	27	0141	1:00:22
47	WATSON, BOB	27	0141	1:00:22
48	WATSON, BOB	27	0141	1:00:22
49	WATSON, BOB	27	0141	1:00:22
50	WATSON, BOB	27	0141	1:00:22
51	WATSON, BOB	27	0141	1:00:22
52	WATSON, BOB	27	0141	1:00:22
53	WATSON, BOB	27	0141	1:00:22
54	WATSON, BOB	27	0141	1:00:22
55	WATSON, BOB	27	0141	1:00:22
56	WATSON, BOB	27	0141	1:00:22
57	WATSON, BOB	27	0141	1:00:22
58	WATSON, BOB	27	0141	1:00:22
59	WATSON, BOB	27	0141	1:00:22
60	WATSON, BOB	27	0141	1:00:22

LAS ROSAS HILLS 11.9 MILE RUN

4/21/74- Gary Tuttle pretty well whumped the hell out of the field with a very impressive performance over a tough course. This year's run was about 0.4 miles longer, so Gary was well under Bill Scooby's 1973 time of 41:17. Gary recently returned to Ventura after several years in San Antonio. His farewell to Texas was a striking 12 miles & 1/4 hour run in Houston.

1	WATSON, BOB	27	0141	50:11
2	WATSON, BOB	27	0141	50:43
3	WATSON, BOB	27	0141	50:52
4	WATSON, BOB	27	0141	51:06
5	WATSON, BOB	27	0141	51:09
6	WATSON, BOB	27	0141	51:11
7	WATSON, BOB	27	0141	51:12
8	WATSON, BOB	27	0141	51:20
9	WATSON, BOB	27	0141	51:24
10	WATSON, BOB	27	0141	1:00:20
11	WATSON, BOB	27	0141	1:00:20
12	WATSON, BOB	27	0141	1:00:20
13	WATSON, BOB	27	0141	1:00:20
14	WATSON, BOB	27	0141	1:00:20
15	WATSON, BOB	27	0141	1:00:20
16	WATSON, BOB	27	0141	1:00:20
17	WATSON, BOB	27	0141	1:00:20
18	WATSON, BOB	27	0141	1:00:20
19	WATSON, BOB	27	0141	1:00:20
20	WATSON, BOB	27	0141	1:00:20
21	WATSON, BOB	27	0141	1:00:20
22	WATSON, BOB	27	0141	1:00:20
23	WATSON, BOB	27	0141	1:00:20
24	WATSON, BOB	27	0141	1:00:20
25	WATSON, BOB	27	0141	1:00:20
26	WATSON, BOB	27	0141	1:00:20
27	WATSON, BOB	27	0141	1:00:20
28	WATSON, BOB	27	0141	1:00:20
29	WATSON, BOB	27	0141	1:00:20
30	WATSON, BOB	27	0141	1:00:20
31	WATSON, BOB	27	0141	1:00:20
32	WATSON, BOB	27	0141	1:00:20
33	WATSON, BOB	27	0141	1:00:20
34	WATSON, BOB	27	0141	1:00:20
35	WATSON, BOB	27	0141	1:00:20
36	WATSON, BOB	27	0141	1:00:20
37	WATSON, BOB	27	0141	1:00:20
38	WATSON, BOB	27	0141	1:00:20
39	WATSON, BOB	27	0141	1:00:20
40	WATSON, BOB	27	0141	1:00:20
41	WATSON, BOB	27	0141	1:00:20
42	WATSON, BOB	27	0141	1:00:20
43	WATSON, BOB	27	0141	1:00:20
44	WATSON, BOB	27	0141	1:00:20
45	WATSON, BOB	27	0141	1:00:20
46	WATSON, BOB	27	0141	1:00:20
47	WATSON, BOB	27	0141	1:00:20
48	WATSON, BOB	27	0141	1:00:20
49	WATSON, BOB	27	0141	1:00:20
50	WATSON, BOB	27	0141	1:00:20
51	WATSON, BOB	27	0141	1:00:20
52	WATSON, BOB	27	0141	1:00:20
53	WATSON, BOB	27	0141	1:00:20
54	WATSON, BOB	27	0141	1:00:20
55	WATSON, BOB	27	0141	1:00:20
56	WATSON, BOB	27	0141	1:00:20
57	WATSON, BOB	27	0141	1:00:20
58	WATSON, BOB	27	0141	1:00:20
59	WATSON, BOB	27	0141	1:00:20
60	WATSON, BOB	27	0141	1:00:20

2nd CCAC HANSON DAM RUN 10 MILES May 5, 1974

Weather: Cool & cloudy.

1	WATSON, BOB			50:11
2	WATSON, BOB			50:43
3	WATSON, BOB			50:52
4	WATSON, BOB	26	0044	51:06
5	WATSON, BOB	27	0141	51:09
6	WATSON, BOB			51:11
7	WATSON, BOB			51:12
8	WATSON, BOB	24	0040	51:20
9	WATSON, BOB			51:24
10	WATSON, BOB	27	0140	51:44
11	WATSON, BOB	37	0140	1:00:20
12	WATSON, BOB	34	0140	1:00:20
13	WATSON, BOB	35	0141	1:00:20
14	WATSON, BOB	24	0040	1:00:20
15	WATSON, BOB			1:00:21
16	WATSON, BOB	27	0141	1:00:22
17	WATSON, BOB	27	0141	1:00:22
18	WATSON, BOB	27	0141	1:00:22
19	WATSON, BOB	27	0141	1:00:22
20	WATSON, BOB	27	0141	1:00:22
21	WATSON, BOB	27	0141	1:00:22
22	WATSON, BOB	27	0141	1:00:22
23	WATSON, BOB	27	0141	1:00:22
24	WATSON, BOB	27	0141	1:00:22
25	WATSON, BOB	27	0141	1:00:22
26	WATSON, BOB	27	0141	1:00:22
27	WATSON, BOB	27	0141	1:00:22
28	WATSON, BOB	27	0141	1:00:22
29	WATSON, BOB	27	0141	1:00:22
30	WATSON, BOB	27	0141	1:00:22
31	WATSON, BOB	27	0141	1:00:22
32	WATSON, BOB	27	0141	1:00:22
33	WATSON, BOB	27	0141	1:00:22
34	WATSON, BOB	27	0141	1:00:22
35	WATSON, BOB	27	0141	1:00:22
36	WATSON, BOB	27	0141	1:00:22
37	WATSON, BOB	27	0141	1:00:22
38	WATSON, BOB	27	0141	1:00:22
39	WATSON, BOB	27	0141	1:00:22
40	WATSON, BOB	27	0141	1:00:22
41	WATSON, BOB	27	0141	1:00:22
42	WATSON, BOB	27	0141	1:00:22
43	WATSON, BOB	27	0141	1:00:22
44	WATSON, BOB	27	0141	1:00:22
45	WATSON, BOB	27	0141	1:00:22
46	WATSON, BOB	27	0141	1:00:22
47	WATSON, BOB	27	0141	1:00:22
48	WATSON, BOB	27	0141	1:00:22
49	WATSON, BOB	27	0141	1:00:22
50	WATSON, BOB	27	0141	1:00:22
51	WATSON, BOB	27	0141	1:00:22
52	WATSON, BOB	27	0141	1:00:22
53	WATSON, BOB	27	0141	1:00:22
54	WATSON, BOB	27	0141	1:00:22
55	WATSON, BOB	27	0141	1:00:22
56	WATSON, BOB	27	0141	1:00:22
57	WATSON, BOB	27	0141	1:00:22
58	WATSON, BOB	27	0141	1:00:22
59	WATSON, BOB	27	0141	1:00:22
60	WATSON, BOB	27	0141	1:00:22

30	HENNINGHOFF, JOHN			1:09:17
32	KIRBY, JAMES	CCAC		1:09:17
33	MEIKINS, CHARLES	STC		1:09:19
34	LOCKMAN, BRUCE	44	UNAT	1:09:19
35	FELDMAN, CLYDE	39	UNAT	1:09:17
36	HEARST, DON			1:09:27
37	ALDRICH, PAUL			1:09:42
38	LINAM, DEL	42	UNAT	1:09:19
39	SPREY, MARTIN		OPAC	1:09:49
40	NOBLE, BOB	34	UNAT	1:09:59
41	SMITH, ROBERT			1:09:12
42	BACIN, JOHN	54	UNAT	1:09:32
43	DAN, STEVEN	63	UNAT	1:09:48
44	RODOLFO, NORM	32	UNAT	1:09:49
45	JACKSON, RICH		STC	1:09:49
46	TRUPEL, JOE			1:09:54
47	ALAN, JOE	52	STC	1:10:19
48	CHRISTENSEN, PETE	27	CCAC	1:11:19
49	BARRETT, JAMES	36	STC	1:11:19
50	ROBERTSON, JOHN			1:11:19
51	SMITH, LINDA	11	SDOR	1:12:19
52	PHILIP, RICHARD	37	SDOR	1:12:19
53	RYAN, JAMES			1:12:19
54	POWELL, JAMES	32	CCAC	1:12:19
55	BACH, BRUCE			1:12:19
56	FREDERICK, JOHN			1:12:19
57	HEBER, JOE			1:12:19
58	ALDERSON, WES	33	CCAC	1:12:19
59	JONES, STAN	47	STC	1:12:19
60	ALLIN, CLYDE	38	STC	1:12:19
61	MATTHEWS, JOHN			1:12:19
62	WALKER, JOYCE	16	UNAT	1:12:19
63	SMITH, SUZANNE	31	SDOR	1:12:19
64	STAN, WILLIAM	48	UNAT	1:12:19
65	BRADY, JOE			1:12:19
66	SMITH, JOE			1:12:19
67	WALKER, JOHN			1:12:19
68	SMITH, BOB	36	SDOR	1:12:19
69	SMITH, STEVE			1:12:19
70	ROBERTSON, IRIS			1:12:19
71	ANDERSON, CARTER			1:12:19
72	LINAM, CHARLES	11	CCAC	1:12:19
73	COUNTY, BRUCE			1:12:19
74	HUNTER, BRUCE			1:12:19
75	HUNTER, JAMES			1:12:19
76	WOODRUFF, JOE			1:12:19
77	WALKER, JOHN			1:12:19
78	SMITH, JOHN			1:12:19
79	WALKER, JOHN	44	STC	1:12:19
80	JACKSON, MELONIE			1:12:19
81	FISHER, LANE			1:12:19
82	SMITH, JOHN	55	UNAT	1:12:19
83	SMITH, STEVE			1:12:19
84	MILLER, BOB			1:12:19

DENNIS SPENCER WINS HOT, HUMID, HILLY ATLANTA TRACK CLUB 6-MILE ROAD RACE
 Emory, Ga., Sat., June 22- Some 155 runners, of various ages and sizes, huffed, puffed, and sweated over Emory's hilly six mile road race on Lullwater Estate. The overall winner was Dennis Spencer, former University of Georgia running star and former NCAA Marathon Champion, now running for the Atlanta TC. Spencer clocked 31:46. Hot on the heels of Spencer were Lee Fidler (Club South) and Greg Camp (ATC) finishing second and third respectively. Rounding out the top six all finishing within one minute of the winner in this hotly contested race were: 4- Tony DePalla, State high school AA champ in the one and two mile; 5- Jon Slaughter (Antioch, Tenn.); and 6- Karl DeSantos (ATC).

The top finishers in each division were as follows:
12 & Under - Terry Thorn (unatt.), 44:45; 2, Scott Stephens, unatt., 44:46.
13-17 - 1, Jon Slaughter, (Antioch, Tenn.), 32:38; 2, Bill Walsh, ATC, 34:14; 3, Joe Reed, Lakeside, 35:55.
18-22 (Open Div.) - 1, Dennis Spencer, ATC, 31:46; 2, Lee Fidler, Club South, 31:54; 3, Greg Camp, ATC, 32:01.
23-24 - 1, Jim Webster, Ga. U. TC, 35:01; 2, Art Must, ATC, 35:45; 3, Fred Bevel, unatt., 37:55.
25-29 - 1, Ken Wynn, ATC, 37:09; 2, Wayne Williams, ATC, 37:50; 3, Clifford Wade, unatt., 40:09.
30-34 - 1, Bill Nease, ATC, 38:15; 2, Charles Harris, ATC, 38:28; 3, Ken King, ATC, 40:48.
35 & Over - 1, Elliott Galloway, unatt., 42:09; 2, H. T. Marshall, unatt., 43:09; 3, Joe Robers, Chatanooga TC, 43:18.
Women - 1, Karen Gamel, ATC, 45:37; 2, Lisa Lorraine, unatt., 50:44; 3, Marcia Birdseye, ATC, 54:27.
 Temp. 75 and going up. Very humid.
 Emory University - -Bill Nease-

2nd SPA 50 KILO CHAMPIONSHIP, CAMARILLO, CALIF.
 May 11, 1974 Distance--31 Miles

This race drew 88 starters and 50 finished over a course that is uphill going out and into the wind coming back. Open Team: 1, Artlan (Alfaro, Calderon, Ortiz); 2, SDDR (L. Bostlik, S. Bostlik, G. Bostlik)... Veterans Team: 1, Seniors TC (Sheeran, DeWitt, Seekins)

		Time	41
		24:32	41
1	ALFARO, CARLOS	47:11	21:36:14
2	ALFARO, CARLOS	1041	21:40:45
3	ALFARO, CARLOS	39	21:55:33
4	ALFARO, CARLOS	1041	21:55:33
5	ALFARO, CARLOS	48	21:55:33
6	ALFARO, CARLOS	571	21:55:33
7	ALFARO, CARLOS		21:55:33
8	ALFARO, CARLOS	4071	21:55:33
9	ALFARO, CARLOS		21:55:33
10	ALFARO, CARLOS	4071	21:55:33
11	ALFARO, CARLOS	4071	21:55:33
12	ALFARO, CARLOS	4071	21:55:33
13	ALFARO, CARLOS	4071	21:55:33
14	ALFARO, CARLOS	4071	21:55:33
15	ALFARO, CARLOS	4071	21:55:33
16	ALFARO, CARLOS	4071	21:55:33
17	ALFARO, CARLOS	4071	21:55:33
18	ALFARO, CARLOS	4071	21:55:33
19	ALFARO, CARLOS	4071	21:55:33
20	ALFARO, CARLOS	4071	21:55:33
21	ALFARO, CARLOS	4071	21:55:33
22	ALFARO, CARLOS	4071	21:55:33
23	ALFARO, CARLOS	4071	21:55:33
24	ALFARO, CARLOS	4071	21:55:33
25	ALFARO, CARLOS	4071	21:55:33
26	ALFARO, CARLOS	4071	21:55:33
27	ALFARO, CARLOS	4071	21:55:33
28	ALFARO, CARLOS	4071	21:55:33
29	ALFARO, CARLOS	4071	21:55:33
30	ALFARO, CARLOS	4071	21:55:33

SECOND NEWS TRIBUNE SOUND-TO-NARROWS RUN

Tacoma, Washington, Saturday, June 8, 1974- Pat Tyson captured the 7.3-mile road race before an estimated 3,000 people who lined the course to watch the huge field of over 600 runners. Tyson outlogged Sam Ring, the defending champion, who developed hamstringing problems three miles from the finish & instructed his Club Northwest teammate to go on without him after running together to that point. Tyson might have had Ring's run record of 37:52, but with nobody to push him at the end he missed by five seconds.

While the 24-year-old former University of Oregon runner was running alone in front, 584 other runners were trailing him. A total of 604 official participants started the run and at least 50 others ran for the fun of it. (Summaries on page 14)

One of the surprises was Kirk Spangler, 16, a sophomore from Sammamish H.S., who was third overall in 39:15. His greatest claim to fame prior to this race was an eighth-place finish in this year's State AAA two-mile run.

Tyson teaches English and social studies at Morgan Junior High and coaches the Sherecrest High track team.

Denny Meyer, won the Age 40-49 Division in the record time of 42:34 & Norm Hansen was the first 50 & up finisher in 47:21, which cracked his 1973 record of 47:28. Laurel Miller, Falcon TC, ran 50:36 to crack the 1973 mark of 53:24 set by Jody Forman. Snohomish TC won the team title.

6th ANNUAL GAGE ROADRUNNER MARATHON
1974 OKLAHOMA AAU MARATHON CHAMPIONSHIP
May 25, 1974 6:30 A.M. Temp. 60°, cloudy. Finish-
72°, cloudy. Humidity- 89%

1. Norman Cooper, 33, Friendwood, Texas, 2:47:20.4
2. Nolan Grayson, 25, OU, Norman, Okla., 2:51:52.8
3. Hilmar von Schoenfeldt, 37, Ponca City, Okla.,
2:58:36.6; 4. Tom Kempf, 49, Bartlesville, Okla.,
2:59:37.2 (1st Vet.); 5. Al Becken, 45, San Antonio,
Texas, 3:00:52.2; 6. James Freim, 28, Norman, Okla.,
3:02:24.6; 7. Homer McAvoy, 23, Oklahoma City, Okla.,
3:07:42; 8. Don Burnett, 20, Okla. City, Okla., 3:11:
21.6; 9. Mickey McClure, 32, Brownfield, Texas, 3:12:
17.4; 10. Glenn Dittos, 64, Alva, Okla., 3:36:52.8 (1st
Master); 11. Gene Adams, 37, Brownfield, Texas,
3:49:40.2; 12. Ray Macias, 33, Yukon, Okla., 3:51:00.6
13. Jim Stoddard, 35, Okla. City, Okla., 3:52:03.4;
14. Leonard Terrones, 44, Okla. City, Okla., 3:52:31.
8; 15. John Calvarosa, 54, Schertz, Texas, 3:56:15.6;
16. Jimmy Better, 55, Newalla, Okla., 4:04:36; 17.
J. Leon Fester, 26, Woodward, Okla., 4:43:00; 18.
Dee Cooper, 28, Friendwood, Texas, 4:56:33.8 (1st
Woman) 20 started, 18 finished.) Certified out and
back course. --Vers White--

ANNAPOLIS RRC RESULTS

U.S. Naval Academy, Annapolis, Md., May 3, 1974
1-Mile Open- 1. Tom Messer, 36:47; 2. Jeff Darman,
36:53; 3. Chuck Lohman, 38:47; 4. Norm Lee, 40:43;
5. Corly Cochran, 42:12; 6. John Knepley, 47:20.
2-Mile RFL- 1. Norm Lee, 12:44; 2. Mike Tucker,
12:56; 3. Jay Gallagher, 14:08; 4. John O'Dell, 17:25.

St. John's College, Annapolis, Md., May 19, 1974
1-Mile Open- 1. Tom Messer, 26:45; 2. Kevin Verside,
27:46; 3. Brent Johnson, 28:08; 4. Norm Lee, 28:55;
5. John Knepley, 31:39; 6. John Woods, 31:49; 7. Jack
Whitelaw, 32:27; 8. Bob Coombs, 33:41; 9. B. Shafer,
34:07; 10. D. Butler, 35:20; 11. Tim Betty, 37:52.
2-Mile RFL- 1. Scott Stephens, 11:52; 2. Norm Lee,
12:53; 3. John Woods, 12:34; 4. C. Stephens, 12:56; 5.
Jay Gallagher, 17:36; 6. A. Gallagher, 17:37.

--L. P. Turner--

CARL HATFIELD WINS ATHENS (OHIO) MARATHON
Athens, Ohio, Sunday, March 10, 1974- Carl Hatfield
ran the Athens Marathon course in 2:28:05.8 to win
with ease, gaining a six-minute margin over his near-
est competitor. It was the second straight year that
Hatfield has won the race, the first time in the seven-
year history of the event that this was accomplished.

A field of 195 started the race, with 83 of these com-
pleting the entire course. Both were records for the
event, surpassing the 94 starters and 73 finishers from
last year.

Hatfield's winning time fell short of his record time of
2:20:41.8 of a year ago. Kim Nutter of Columbus was
second in 2:34:22 and Roger Rosiller of Parkersburg
third in 2:40:56.

Hatfield, Nutter and Rosiller all represented the West
Virginia TC, wrapping up the team title for the group.
They finished with six points compared to 36 for runner-
up Marietta College, Mid-Ohio Striders and Lake Erie
AA tied for third at 40.

August Jarvis of Grand River, running for the Lake
Erie AA, was the first runner over 40 to finish. Jarvis
is 42. Susan Mallory, a sophomore at Ohio State Univ.,
was 50th in 3:23:18.2.

Both the start and finish were at Peeden Stadium. After
racing for about 4 miles in town, the runners crossed
the Simeon Avenue Bridge, ran for about 18 miles in
the country, then reversed their route and returned to
the stadium. Athens Mayor Donald Barrett was on hand
to fire the starting gun, then returned to crown the
winner with a laurel wreath and present some of the
awards.

The temp. was in the 40's & the wind hit the runners in
both directions slowing the times somewhat. Hatfield
covered the first 15 miles in 1:21:18, just a minute ahead
of Bill Haviland, former Ohio U. runner who now lives
in Knoxville, Tenn.

1. Carl Hatfield, West Va. TC, 2:28:05.8; 2. Kim Nut-
ter, West Va. TC, 2:34:22; 3. Roger Rosiller, West
Va. TC, 2:40:56; 4. Bill Haviland, Knoxville TC, 2:41:
06; 5. Daniel Sekerak, Ohio TC, 2:42:11; 6. Ross Deye,
Ohio University, Athens, Ohio, 2:47:30; 7. Patrick
Lenahan, unat., Columbus, Ohio, 2:48:23; 8. August
Jarvis, 42, Lake Erie AA, 2:48:28; 9. Maxwell Nichols,
Clarion State College, Pa., 2:49:42; 10. Clayton Z. Bria-
vol, Bethel Bananas, Conn., 2:51:11; 11. Tim Barnum,
Marietta College, Ohio, 2:53:20; 12. A. John Herola,
Kettering Strider, 2:54:16; 13. Gerald Miller, Mid-Ohio
Striders, 2:56:42; 14. Mark Cooken, Central Jersey
TC & Joseph McPherson, West Va. TC, 2:58:37 (tie);
15. Robert Charles Luna, Agetstown Fitch, 2:58:53;
17. Joseph Halley, Central State College, Ohio, 3:00:00;
18. Andy Wallwork, Ohio Northern University, 3:00:47;
19. Wendall Sullivan, unat., Cincinnati, Ohio, 3:00:53;
20. Larry Graf, unat., Lancaster, Ohio, 3:01:08; 21.
Douglas Earl Odell, Athens, Ohio, 3:01:04.

SUMMER RUNNING PROGRAM BEGINS AT KNOXVILLE
5,000 METER HANDICAP RACE, University of Tenn.
Track, May 31, 1974 7:30 P.M. Weather: Hard rain
shower just before race. Temp. 73°, humidity 100%

	Hop. T.	Hop.	Art. T.
1. Pat Kiser, 14,	14:01	4:15	18:16
2. Lloyd Lundie, 34,	14:07	6:15	20:22
3. John Powell, 23,	14:23	4:00	18:23
4. Ben Foad, 18,	14:33	4:30	19:03
5. Richard Gayle, 27,	14:37	5:30	20:07
6. Tom Fowler, 31,	14:38	7:15	21:53
7. Vic Taylor, 49,	14:59	7:20	21:54
8. Robert Roach, 18,	14:49	3:15	18:04
9. Tommy Brooks, 41,	14:59	1:00	15:59
Ben Broafman, 35,	14:59	5:15	19:19
11. Ernie Brooks, 19,	15:04	2:00	17:04
12. Dick Schaller, 33,	15:05	4:00	19:05
13. Mike Cabbage, 16,	15:10	3:25	18:30
14. George Daniels, 34,	15:10	3:40	18:50
15. Ray Dockery, 31,	15:17	4:30	19:47
16. Mike Fine, 14,	15:27	3:00	18:27
17. Jim Cobble, 31,	15:27	5:30	20:57
18. Mike Clark, 15,	15:30	2:45	18:15
19. Beecher Bailey, 18,	15:31	3:40	19:11
20. Bob Godwin, 32,	15:40	1:40	17:20
21. Sam Fowler, 45,	15:44	4:35	19:19
22. Hal Canfield, 34,	16:00	10:15	26:15
23. Don Foad, 44,	16:30	6:00	22:30
24. Richard Haviland, 25,	17:07	0:45	17:54

WOMEN'S ONE MILE RUN- 1. Ethelene Brooks, 7:27;
2. Susan Daniels, 7:32.

RACING NOTES... The first event of a five event se-
ries of summer "tax runs", sponsored by the Knoxville
TC drew 29 competitors. Tennessee Tech distance run-

ner Ernie Brooks clocked 17:04 to capture fast time honors in the 5000m handicap run. The field was made up of runners of all ages and abilities from 14 years to 54.

—Hal Canfield, Meet Director—

Toronto pair beats cold, rain

Sat., March 30, 1974

Hamilton, Ont.
65th Annual

By DON LOVBERG
Sports Staff

While officials, bundled in winter coats and scarves, looked on with a wary skepticism, 114 undisciplined runners braved the relentless March weather Saturday and met the challenge of the 50th Anniversary Memorial Around The Bay Road Race.

Augmenting their personal attire of shorts and sneakers with a hedge-judge of protective clothing that ranged from blankets and sweat suits to kimonos and mittens, the runners pressed a unique and soggy Easter Parade preview as they sloped through the rain-soaked run.

Jerome Drayton, Canada's premier marathoner, was prominent in large numbers while marathoner Bob Moore, havelugged, succumbed to the weather by wearing blue wool mittens.

TOGETHER, the Toronto Olympic Club staff set the pace to dissipate their earlier faith of 1973.

Drayton and Moore, running side by side, turned the race into a two-man affair right from the start. They went through the first 10 miles of the 16-mile, 16-kilometer course in 45 minutes, 40 seconds, a pace that proved too quick for Moore. Drayton pulled away on Flinders Road in Alderston as he covered the final nine miles and 100 yards in 47 minutes and 30 seconds for a winding time of one hour, 33 minutes, 40 seconds.

"It was really cold," Drayton said through matted lips as he tried to dry out at the finish. "It would have been easier for me for the cold."

Drayton said he ran the race as a warm-up for the Boston Marathon that will be run on April 15.

"IT WAS an experiment for the marathon," he pointed out. "I wanted to toughen up my legs. In the last couple of marathons I found that was my trouble."

He has spent the winter on high mileage training.

"I was working at first," he said. "I have had only one week of raining down. After 10 miles I was feeling better."

That was when he finally broke away from Moore.

Moore finished more than three minutes behind Drayton in one hour, 42 minutes.

"I'M a low-collage man," he admitted as he stropped the water-soaked mittens from his hands.

Drayton's father of Ottawa would have given anything to have worn those mittens during the race.

"My hands are frozen," the young Ottawa runner declared after his closing rush on Moore had fallen short and he had to settle for third in one hour, 43 minutes, 30 seconds.

"I was surprised," he added. "My legs weren't that cold, but I didn't feel like running at all."

THE STEADY rain, brisk east wind and unrelenting temperature took a toll on all.

"It's just one big stink," lamented Paul Pearson, of Toronto Olympic Club, who came fifth.

"I was freezing up coming over that finish [the high level bridge on York St.]." Southwestern Peter Lane, another TOC runner, declared.

The Toronto OC contingent of eight runners had gone into the race as post-athletes.

"I DON'T know who handled the entries, but we had somebody to run all along," mentioned Drayton.

TOC coach Paul Pace was astounded when he heard the runners had been post-athletes. He said the entries were supposed to have been mailed several weeks ago.

"What will I get a hold of that guy," he said, referring to an unidentified TOC worker who was responsible for filing the entries.

"I KICK tried to break before, but I had the wind in my face."

The real surprise of the race was 17-year-old Roger Harwood of Toronto Olympic Club who finished eighth in one hour, 41 minutes, 30 seconds. His father, Ernie Harwood, was equally impressive with a last place.

Young Harwood, a student at St. Mary's, Woodhurst Secondary School, stayed with Ernie and Level in a three-man break behind Drayton and Moore through the first 17 miles of the race, but he faded during the closing rush. He still held on to last place.

an Ross Ernie of Hamilton AG to grab the honor as first Hamilton finisher. Ernie was 2:02, just 17 seconds behind the winning runner.

"I didn't realize who he was until we got to Queen Street," said Ernie, who is back coach at Woodbine St.

EVANS SAID that he hadn't thought there was the much talent in the race when he looked over the field at the start.

"But it turned out to be a very strong field. A lot of runners finished under two hours," he qualified.

The top 10 finishers received prizes from the sponsoring Army, Navy and Air Force Veterans in Canada, but ANAVIC should have had a special prize for Wilby Davidson.

Wilby, who will only admit his age is 20, has been racing in the Bay Race since 1968. He was second in 1968 and 1969 and had thirds in 1970, '71 and '72.

"But I never could win it," he admitted.

Saturday, Wilby came 10th wearing number 31, covering the course in two hours, 30 minutes, 40 seconds, quite a feat for a man who has to be well past his 40-year plateau.

RESULTS

1. Jerome Drayton, Toronto, 1:33:40	11. Alex Vance, London, 2:00:13
2. Bob Moore, Toronto, 1:42:00	12. Dennis Meikle, HM, 2:01:30
3. Paul Pearson, Toronto, 1:43:00	13. Michael DeGulda, unat., Niagara Falls, 2:02:11
4. Roger Harwood, Toronto, 1:41:30	14. Sydney Shuttleworth, UTTC, 2:02:15
5. Ernie Harwood, Toronto, 1:43:30	15. Mike Ehrenreich, unat., Lancaster, N.Y., 2:03:13
6. Peter Lane, Toronto, 1:44:00	
7. Wilby Davidson, Toronto, 1:50:40	
8. Ron Elliot, unat., Toronto, 1:58:57	
9. Timo Uksa, unat., Toronto, 1:59:48	
10. David Todoroff, Brock University, 2:00:13	

23. Derek Frechette, Rochester TC, 1:57:08; 24. Dave Knox, Colingwood Royal Cdn. Legion TC, 1:58:14; 25. Brent Hall, Bay Area Roadrunners, 1:58:17; 26. Doug Brown, GRCLTC, 1:58:45; 27. Ron Elliot, unat., Toronto, 1:58:57; 28. Timo Uksa, unat., Toronto, 1:59:48; 29. David Todoroff, Brock University, 2:00:13; 30. Alex Vance, London Pacers, 2:00:19; 31. Dennis Meikle, HM, 2:01:30; 32. Owen Cramer, KTC, 2:01:32; 33. Michael DeGulda, unat., Niagara Falls, 2:02:11; 34. Sydney Shuttleworth, UTTC, 2:02:15; 35. Mike Ehrenreich, unat., Lancaster, N.Y., 2:03:13



Winner Jerome Drayton is escorted by car as he leaves field of 114 runners behind.

50 MILES AT STONE MOUNTAIN UNIQUE IN S. E.
Stone Mountain, Ga., March 9, 1974-- Mark Sperry, U. of Georgia soph won the 50 miler--first time ever in the southeast--in 6:16:24. Bill Gates of Opelika, Ala. was second in 6:36:51.

Five entered, but only two made it. Sperry is a 19-year-old sophomore from West Hartford, Conn. His time averaged to a 7:31 mile. His time at 25 miles was 3:30. In preparing for this race, he jogged 250 laps around a 440 yard track for 62 1/2 miles! Bill Gates, 29, averaged 7:55 per mile. Gates' training prior to the run averaged about 100 or less miles weekly. He paid for the lack of solid preparation in that he suffered leg and hip soreness for a week afterwards, getting in only one workout. How does he feel about next year's 50? "I'll definitely give it another try--but more training this time."

A marathon also was held. Winner was F. Doran of Ga. State U. in 3:03:46. 2. Copeland of Opelika, 3:11:04.

Besides the two long runs a sprint of 5 miles showed Greg Camp of Atlanta, 25:03 edging teammate Wayne Roach, 25:11. --Nick Coates--

6-MILE ROAD RACE, MUNTZVILLE, ALABAMA

March 2, 1974-- 1. Rick Steason, 29, Troy TC, 30:53.8 (Record; old mark, 31:50 by Bill Gates); 2. Bill Walsh, 15, 31:30; 3. Chuck Babin, 18, Grisson, 31:56; 4. David McKannan, Auburn, 32:25; 5. Mike Plise, 17, Grisson, 32:28... 18. Hugh Manning, 40, 40:18. (23 finishers)

David McKannan, a freshman at Auburn, toured 2 miles in 3:53, before doubling in the 6. He has done 8:37, 9, 2, D. Few, 16, Grisson, 9:55; 3. B. Gilbert, 17, Butler, 10:37; 4. K. Madyla, 18, Grisson, 10:40; 5. Jimmy Saylor, 12, 10:41... 18. Phil Curry, 53, 12:50.

EGLIN AFB, FLORIDA MARATHON

Feb. 16, 1974--Art Drevins of Toronto, Canada and Troy TC made his mind up an hour before the start to run the marathon, his first. Taking the lead at 12 miles he finished in 2:49:46, under the record of 2:55.

2. Charles Thomas (Virginia) and now at Pensacola Jr. College, 3:51:57. Thomas had two pit stops at 12 and 14 miles, losing at least 2 minutes. 3. Nick Coates, Troy TC, 2:58:00; 4. Mike Clay, 18, 3:06:30; 5. Mike Curtis, 18, 3:03:37. (12 starters)

Rick Steason, Troy TC, despite some wrong turns, won the 13 miler in 8:24. 2. Theodore Frazier, 87:42; 3. Mike Napoli, NTT.

NASHVILLE RUNS FOR FITNESS MAY ECLIPSE GRAND

OL' OPRY --5th Annual Music City Run, March 30, 1974
After receiving the results it became a hopeless task to include even the winners of the multi-runs.

Over 247 runners from ten states ran in races ranging from 1.6 miles to 11.2 miles having age divisions from the 1st Grade to over 60 years. The girls were also well represented.

WAYNE ROACH BOMBS CHICKAMAUGA 10 MILES

Chickamauga Park, Tenn., April 6, 1974-- Wayne Roach, 23, of the Atlanta TC bombed a nearly flat 10 miles in 44-degree weather over a slightly longer course than previously in an exceptional 50:25, leading a pack of 88 runners.

23 & Under - 1. Wayne Roach, 50:25; 2. Karl De Santos, 52:53; 3. Bob Varsha, 53:12.

24-29 - 1. Rick Steason, 53:16; 2. Sam Benedict, 56:39; 3. Richard Westbrook, 57:02.

30-34 - 1. Bob Godwin, 56:58; 2. Clyde Lavender, 56:56;

3. Art Must, 58:25.

35-39 - 1. Earl Marler, 59:34; 2. Tim Singleton, 60:25; 3. Charles S. Gibson, 62:14.

40-49 - 1. Nick Coates, 58:24; 2. Bill Neace, 60:30; 3. Hugh Manning, 68:34.

50-59 - 1. Joe McGinness, 63:18; 2. Joe Shepherd, 70:44; 3. H. Spittler, 75:56.

60 & Over - 1. Joe Robers, 69:10; 2. J. Eshelto, 81:49; 3. Joe Frohock, 98:52.

ATLANTA TC complete schedule available by writing to Tim Singleton, Dean of Men at Georgia State U., 35 Gilmer St., Atlanta, Georgia 30303.

CLIFF CLARK WINS 5 KILO CROSS-COUNTRY

Biloxi, Miss., March 9, 1974

1. Cliff Clark, USAF, 19:21. 2. Tom Doople, LSU, 19:26; 3. Rick Steason, Troy TC, Ala., 19:32.

17-19 - 1. John Dickey, 18:18... 20-22 - 1. Larry Fusellier 18:45... Under 16 - 1. Larry Ramsey, 20:43... Women - 1. Sharon Stebbins, 25:00... 40-45 - 1. Carter Barnside, 20:08... 50 & Over - 1. Robert Coleman, 20:41.

Notes... Cliff Clark, 27, a native of Shelter Island, New York, never stepped on a track in high school. While at Harding College, Searcy, Arkansas, he made the basketball team. The coach required all his players to run a mile for basic conditioning. Cliff won the mile, but as he puts it, "I wanted to get it over with fast." For that effort, his basketball career ended suspiciously. "I've always wondered about my being run," Clark said. "There were several guys not as good as I who made the team." Clark's suspicions deepened when the track coach contacted him. Clark clocked his best times after college. Although he ran 1000 for three at Harding he has since got down to 12:10. His speed gave him a 4:05 mile, and in stamies a 25:47 six miles. His specialty, however, is the steepclimber, getting fifth in the 1972 U.S. Olympic trials with 8:30 at the 3,000m distance. Clark covers about 90 miles a week. When he "jogs" a long one such as 30 miles his pace is 3:30 per mile. He manages to do interval stuff twice a week, though he dislikes track work. At the end of most workouts he does 15 x 110 yard sprints, stressing form and knee lift. At present Clark is stationed in Washington, D.C. He is a captain in the Air Force, and supervises construction work. He finds time to train rough as a result. One member in his command is delighted to have Clark as a boss. That's Ken Mizer, former standout at Florida State. They train together. It is a good indication that these two will keep a portion of the Air Force flying high for a few years. --Rick Steason--

GIBSON, 51, OF CHATTANOOGA FASTEST AGE GROUP MARATHONER --2:46:10

Raleigh, N.C., April 6, 1974-- Charles K. Gibson, a light 117 lbs. over a 5-7 frame, finished over a 26 mile course in 2:46:10, setting an age group record for 50-year-olds. The old record was 2:46:57.

Remarkably, Gibson began running only nine years ago--at 42. And his training was low key. But his improvement has been amazing to all who have known him in his early racing days. Gibson is a chemist for Reilly Tar.

THE FOURTH ANNUAL CYCLONE COUNTRY

MARATHON, AMES, IOWA, June 1, 1974

Martin Smith, 24-year-old distance running enthusiast from Cedar Rapids, Iowa, came from behind with a

steady pace to win the Cyclone Country marathon by less than two minutes over runner-up Jim Barker, 27, Boise, Idaho.

Smith played it cool and let the faster starters wear themselves out, as shown by the ten-mile times for the top four--Galen Green, Newton, 55:28; Lynn Lee, Exira, 56:25; Barker, 56:48; and Smith, 59:28, the rest of the field having lost contact with the leader.

At the 16.1 checkpoint Lynn Lee had moved into a good lead, with Barker 2nd and Smith 4 1/2 min. back, but about to catch Green. At 23.1 Lee, former Drake distance ace, still looked like the winner, with Smith in 2nd, 2 1/2 min. behind. In the crucial last 3 miles Lee, suffering some foot trouble, dropped back to 3rd as Smith and Barker ran in strongly.

Smith, who has run ultramarathons with some success already, turned in his best marathon time, 2:38:08. Lee, at 2:40:04, also lowered his personal best. Sixteen finished the full marathon, and 28 finished the half-marathon, ran concurrently.

In the masters division (45 & up) the champion was Bob Post, 45, an electrical engineer at Iowa State U., in 3:02:29. Runner-up was 40-year-old Arne Richards, Manhattan, Kansas, in 3:03:52.

Bill McDermott, 23, of Des Moines, won the half-marathon in 74:07, over a minute ahead of runner-up Mike Burke, of Ames.

The course is out and back, twice, as the runners start on the Iowa State campus and run north about 6.5 miles on a fast, level hard road. Weather was sunny but not too hot for good running. Lockers and showers were provided by ISU. Free meals were given the runners afterwards by Sambo's Restaurant, Ames. The race was directed by George Carlson, with assistance from Dr. Karl Larson, Dale Grosvenor and others.

For information about the 1975 Cyclone Country Marathon contact Carlson at 3903 Quebec, Ames, Iowa 50003.

1. Martin Smith, 24, Cedar Rapids, Iowa, 2:35:08
2. Jim Barker, 27, Boise, Idaho, 2:36:42; 3. Lynn Lee, 25, Exira, 2:40:04; 4. Galen Green, 24, Newton, 2:50:38
5. Mark Mueller, 18, Cedar Rapids, 2:52:02; 6. Larry Fauchier, 24, Cedar Rapids, 2:56:47; 7. Mark Steinberg 18, Des Moines, 2:57:19; 8. Jim Palmieri, 27, Ames, 2:58:57; 9. Bob Post, 45, Ames, 3:02:29; 10. Arne Richards, 41, Manhattan, Kansas, 3:03:52; 11. Ed Heyum, 17, Cedar Rapids, 3:19:08; 12. Paul Kellehals, 37, Ames, 3:19:45; 13. Todd Steinberg, 15, Des Moines, 3:29:30; 14. Dale Grosvenor, 48, Ames, 3:32:06; 15. John Gerzema, 28, 3:35:14; 16. Irv Steinberg, 45, D.M., 3:36:37.

HALF MARATHON: 1. Bill McDermott, 23, Des Moines, 74:07; 2. Mike Burke, 20, Ames, 75:27; 3. Mike Johnson 22, Des Moines, 77:08; 4. Ron Comis, Johnston, 77:53; 5. Bob Borders, 24, Danville, 80:48; 6. John Langhoda, 25, Iowa City, 80:57; 7. Ron Barker, 27, Boise, Idaho, 82:28; 8. Tom Adams, 17, Okalooska, 17, 88:21; 9. Larry Lockhart, 25, Ames, 90:20; 10. Keith Jones, 18, 90:26; 11. Dick Bailey, 18, Ames, 90:25; 12. Tom Farrell, 18, Des Moines, 90:26; 13. Dean Doss, 18, Ames, 90:34; 14. Tim Phillips, 24, C.R., 93:44; 15. Rich Hickie, DM, 94:48. (28 finishers) --Arne Richards--

TRIPLE CITIES RUNNERS CLUB 20 KILO ROAD RACE
Vestal, New York, June 15, 1974. Weather: Partly cloudy high 60's, windy. Course Record: Karl Thornton, 1:07:01
1. Dave Milliman, 23, Florida TC, 1:07:16; 2. Larry Frederick, 25, New York AC, 1:09:15; 3. Joe Castario, 20, College City Striders, 1:10:02; 4. William Tyfacki, 27,

1:10:25; 5. Jim Lyons, 16, Wyoming Valley Striders, 1:10:41; 6. John Pylel, 19, Lockport TC, 1:11:18; 7. Patrick James Maher, 20, 1:11:30; 8. Braden Gotbard, 21, Lockport TC, 1:11:36; 9. Jim Boyle, 23, 1:12:00; 10. Tim Welles, 35, Finger Lakes RC, 1:12:05; 11. Bob Condon, 28, Finger Lakes RC, 1:13:14; 12. Keith Hartman, 31, FLRC, 1:14:14; 13. Peter M. Jeffers, 35, FLRC, 1:14:27; 14. Derck Freshette, 29, Rochester TC, 1:14:47; 15. Noel Weygandt, 27, Penn AC, 1:14:57; 16. Tom Prorock, 16, Seton Catholic R.C., 1:15:18; 17. Gerard Benedict, 27, College City Striders, 1:15:22; 18. Michael McCoy, 19, unat., 1:15:34; 19. Donald Beer, 26, FLRC, 1:17:23; 20. Gerald Teal, 30, 1:18:16; 21. John Reppy, 43, FLRC, 1:18:37 (1st 40-49); 22. Mark R. Paprocki, 20, RTC, 1:18:48; 23. Larry G. Franks, 28, Albany TC, 1:18:44; 24. Charlie Stone, 23, Windear Central School, 1:18:53; 25. Jim Kickling, 20, FLRC, 1:19:27; 26. Frank Neill, 24, Lockport TC, 1:19:52; 27. Fred C. Davis, 41, unat., 1:20:04; 28. Carmen Magal-gans, 43, Central Jersey TC, 1:20:56; 29. Thomas C. Blarby, 32, CJTC, 1:22:27; 30. John Williams, 23, College City Striders, 1:22:29; 31. Ray Krombel, 36, Wyoming Valley Striders, 1:22:32; 32. Ken Florence, Jr., 29, New Milford, Pa., 1:22:54; 33. Wesley Lang, 15, TCRC, 1:23:10; 34. Gary Stein, 16, Binghamton Central Track, 1:23:12; 35. Fred D. Bostrom, 36, TCRC, 1:23:12; 36. Harry Stinson, 47, FLRC, 1:24:25; 37. Dale Ladd, 27, College City Striders, 1:24:37; 38. Alan Jones, 37, TCRC, 1:24:37; 39. Tom Bend, 29, TCRC, 1:25:00; 40. Harry Beckovitz, 33, Penn AC, 1:25:09; 41. Dave Heck, 43, TCRC, 1:25:16; 42. Jerry King, 38, Bethlehem, Pa., 1:25:18; 43. Edwin Baab, 20, Montrose Pa., 1:25:26; 44. Paul Lee McSorley, 45, Penn AC, 1:25:34; 45. Matthew Morley, 17, TSS, 1:25:48; 46. Robert Gray, Lockport TC, 1:25:53; 47. Brian Bowen, 25, Windear HS, 1:26:02; 48. David Griswold, 15, Maple City TC, 1:26:14; 49. Leo O'Connor, 22, Maple City TC, 1:26:31; 50. Don Webb, 23, Binghamton, N.Y., 1:26:34; 51. Michael H. Welles, 19, FLRC, 1:26:37; 52. Craig Cleveland, 16, Seton X-Country, 1:27:03; 53. Edward A. Reeve, 40, TCRC, 1:27:13; 54. Robert F. Boehm, 44, TCRC, 1:27:19; 55. Tom Chodczek, 19, TCRC, 1:28:11; 56. Arnold Briggs, 39, Syracuse Chargers, 1:28:34; 57. Thomas Holmes, 39, TCRC, 1:29:01; 58. Ronald Stocum, 30, TCRC, 1:29:02; 59. John Pontes, 23, Central Jersey TC, 1:29:23; 60. Joseph Runggitch, 15, Central Track (Binghamton), 1:30:00; 61. Vince Wenzel, 36, Wyoming Valley Striders, 1:31:07; 62. William C. Dehman, 20, TCRC, 1:31:39; 63. Wayne D. Harvey, 38, TCRC, 1:31:42; 64. Rodney J. Carter, 50, Roch. TC, 1:31:57; 65. Brian Spive, 15, TCRC, 1:32:04; 66. Wayne Chiodemi, 17, TSS, 1:33:54; 67. Thomas Gorall, 16, College City Striders, 1:34:11; 68. Jeffrey Smith, 13, Niagara Falls, 1:34:15; 69. William O'Brien, 27, Montrose, Pa., 1:34:24; 70. Wm. Whittaker, 34, TCRC 1:34:52; 71. Jim Carlson, 16, unat., 1:35:06; 72. Ralph Fuller, 29, TCRC, 1:35:07; 73. Gary Ceponis, 24, DC-RR, 1:35:13; 74. Tom Halse, 24, Dhaca, N.Y., 1:36:05; 75. Cliff Hills, 15, Endwell, N.Y., 1:36:31; 76. David J. Beapalco, 20, TCRC, 1:36:45; 77. Nicholas Bryha, 19, Conklin, N.Y., 1:37:28; 78. Mel Harpell, 17, Windear HS, 1:37:44; 79. Don Carter, 50, TCRC, 1:38:05; 80. H. Dale Held, 45, TCRC, 1:38:56; 81. Geo. Garland, 32, Shore AC, 1:39:35; 82. Mel Schaefer, 31, Harpersville, N.Y., 1:39:45; 83. Carl Reitenbach, Jr., 15, BCHS, 1:39:50; 84. Ross Yates, 50, CJTC, 1:40:20. 115 finishers. Team: 1. Finger Lakes RC, 17; 2. Triple Cities RC, 60; 3. Roch. TC, 47.

12th ANNUAL JACKRABBIT "15" ROAD RACE

Saturday, June 15, 1974 7:00 A.M.

White to Brookings, South Dakota. AAU Certified 15.202 Mile Course: Rolling; Asphalt. Weather: 55°, Clear, NW Winds 10-15 mph. Course Record: 1:19:05, Ron Davis, Twin Cities Track Club, 1969.

1. Cyle Wold, 19, Prairie Striders TC, 1:24:35; 2. Steve Palm, 21, PSTC, 1:26:50; 3. Mark Adamson, 18, unat., Cherokee, Iowa, 1:26:52; 4. Doug Grove, 18, unat., Boyden, Iowa, 1:28:00; 5. John Notheis, 42, Yankton A.C., 1:28:43; 6. Scott Underwood, 22, PSTC, 1:28:45; 7. Randy Fischer, 17, unat., Salem, S.D., 1:29:07; 8. Duane Wilken, 24, unat., Bloomfield, Nebraska, 1:30:15; 9. Mike Dunlap, 17, unat., Lennox, S.D., 1:30:45; 10. Tim Burnison, 18, unat., Huron, S.D., 1:31:27; 11. Mike McKenney, 20, U.S. Naval Academy (Brandon, S.D.), 1:31:32; 12. Lyle Clausen, 27, Great Plains Striders TC & Don Solvig, 23, PSTC, 1:31:42; 14. Bob Bartling, 47, PSTC, 1:31:49; 15. Joe Sadtzig, 19, unat., Verdi, Minn., 1:32:23; 16. Jerry Sadtzig, 19, unat., Verdi, Minn., 1:32:27; 17. Bill Erickson, 36, unat., Sioux Falls, S.D., 1:32:35; 18. Harvey Mills, 48, PSTC, 1:33:29; 19. Dave Bartholomew, Tyndall AC, Lemmon, S.D., 1:35:10; 20. Bill Black, unat., Winner, S.D., 1:35:50; 21. Loren Cooper, 23, Sioux Falls, 1:36:00; 22. Randy Hanson, 18, Bloomfield, Neb., 1:36:01; 23. Kevin Burnison, 19, Huron, S.D., 1:36:33; 24. Jim Hanson, 39, Bloomfield, Neb., 1:36:58; 25. Pat Butler, 17, Huron, S.D., 1:37:43; 26. George Kiser, 31, PSTC, 1:37:52; 27. Dave Scott, 33, Hot Springs, S.D., 1:38:44; 28. Gene Peters, 16, Milbank, S.D., 1:38:58; 29. Garth Koller, 16, Parker, S.D., 1:38:59; 30. Scott Stewart, 17, Sioux Falls, S.D., 1:40:13; 31. Stewart Carroll, Sioux Falls, 1:41:08; 32. Mike Eggem, 18, Sioux Falls, 1:41:54; 33. László Sunde, 22, Dell Rapids, S.D., 1:42:32; 34. Kevin Schoenwill, 17, Volga, S.D., 1:42:34; 35. Kent Peterson, 15, Volga, 1:42:37; 36. Neil Kruse, 18, Verdi, Minn., 1:43:25; 37. Dave Tach, 18, Sioux Falls, 1:43:37; 38. Mark Nely, 15, unat., Sioux Falls, 1:44:42; 39. Ken Haug, 31, PSTC, 1:45:03; 40. Rich Greene, 49, Great Plains Striders TC, 1:45:03; 41. Chuck McMullen, 31, PSTC, 1:45:04; 42. Allen Finch, Brandon, S.D., 1:45:06; 43. Dr. C.S. Roberts, M.D., 50, PSTC, 1:45:38; 44. Will Schleifer, 44, Pipestone, Minn., 1:45:37; 45. Dale Winter, 17, Boyden, Iowa, 1:45:39; 46. Monte McMartin, 17, Brandon, S.D., 1:45:40; 47. Gary Miller, 19, Howard, S.D., 1:46:44; 48. Todd Miller, 18, Wiedred, S.D., 1:47:47; 49. Shawn Dunlap, 15, PSTC, 1:47:55; 50. Mark Brown, 16, unat., Brandon, S.D., 1:47:56. (77 starters, 74 finishers)

3-Mile Splits: Wold, 18:52, 36:00, 52:44, 1:08:22; Palm, 18:12, 36:00, 52:44, 1:09:22; Adamson, 18:26, 37:00, 52:44, 1:10:23; Grove, 18:26, 37:00, 54:11, 1:10:30; Notheis, 17:37, 35:05, 52:06, 1:09:35. --Jay Dirksen--

MID-MICHIGAN TRACK CLUB 3.7-MILE X-COUNTRY
Fenner, Arb., Lansing, Mich., June 12, 1974 7:30 P.M.
1. Bill Keller, 19:51; 2. Jerry Crans, 19:54; 3. Steve Carlson, Ill., 20:07; 4. Brad Hall, 20:49; 5. Mark Pittman, 21:07; 6. Gord Schafer, 39, 21:09; 7. Ken Demars, 21:24; 8. Steve Drake, 21:38; 9. Dave Littlehales, 21:45; 10. tie, Cyndi Sprague & Dave Grever, 22:59; 12. Lori Schafer, Ill. 24:21; 13. Wilbert Griffin, 39, 24:44; 14. George Segeballs, 25:25. --Gordon N. Schafer--

MID-MICHIGAN TC TWO-MAN ALT. 440 RELAY
10 Miles, Holt, Mich., June 1, 1974 - 1. Mark Pittman, (av. 57s) & Walt Gants, (48) 45:08. 7; 2. Bill Keller (69.5)

& Eric Zemper (69.5), 46:13. Previous club record: 47:58 by McMillan & Apol, August 1972.

5-MILE RELAY- 1. Jack Allen (70.3) & Joe Cacch (67.9), 23:01. 7; 2. Urban & Urban, 23:20; 3. Hoag & Peake, 23:50; 4. Hall & Schafer, 23:51; 5. Stadelman & Hutchinson, 24:00. --Gordon N. Schafer--

FAIRMOUNT PARK COMMISSION SUMMER RUN
5.3 Miles, East & West River Drives, via Girard Ave. Bridge, hilly course. Tuesday, June 18, 1974 7:00 P.M.
1. Dirk Skinner, Harvard, 27:25; 2. Larry Connolly, Penn AC, 27:29; 3. Ken Kling, Sports East, 27:38; 4. Paul Lucaski, Penn AC, 27:43; 5. Don Andree, unat., Stratford, Pa., 27:48; 6. Bill Shirley, R.P.L., 28:21; 7. Jerry Gewirtz, unat., Narberth, Pa., 28:27; 8. Seth Bergmann, unat., Phila., 28:36; 9. Tom Celery, Penn AC, 28:55; 10. Damon Skinner, Underbrook TC, 29:25 (1st H.S.); 11. Dave Schack, Moorestown HS, 29:26 (2nd H.S.); 12. Tom Hilderty, Thomas Jefferson Univ., 29:36; 13. John Marble, Cheltenham H.S., Pa., 29:52; 14. Mike Campbell, unat., 29:54; 15. Dave Wilkinson, unat., 29:54; 16. Jim Coland, unat., 29:58; 17. Gary Rigg, Sports East, 30:08; 18. Harry Berkowitz, Penn AC, 30:19; 19. Browning Ross, Sports East, 30:21; 20. Ken Schuster, Drexel Hill, Pa., 30:28; 21. James Wincher, Phila., 30:34; 22. Harry Nohacker, unat., 30:51; 23. Bill Prater, West Chester, Pa., 30:58; 24. Harry Richards, Sports East, 31:49; 25. Gary McNulty, Phila., 32:03; 26. Ray Samson, Sports East, 32:07; 27. Jerry King, unat., 32:25; 28. Preston Black, YMCA, Phila., 32:53; 29. Carl Davis, unat., 33:21; 30. Henry Wheeler, unat., 33:25; 31. Dan Ferris, unat., 33:33; 32. Mark Christy, unat., 34:09; 33. Dean Levitan, Delancey Street Striders, 34:09; 34. J.K. Stein, unat., 34:12; 35. Fred Bove, King of Prussia, Pa., 34:12; 36. Joe Ferreira, Phila., 34:27; 37. Dave Horvitz, Frankford, 34:32; 38. Dave Shashin, Frankford, 35:13; 39. Dan Wise, unat., 36:44; 40. O. Moreta, Dent Club, 37:18; 41. Jim Heet, Bethlehem, Pa., 37:27; 42. M. Carroll, Dent Club, 37:36; 43. H. Harkins, Dent Club, 37:37; 44. E. Zampini, Dent Club, 38:54; 45. Joe Zuk, Dent Club, 38:54; 46. A.H. Miller, Phila., 39:21.

152 started, 48 finished

WOMEN'S 1-MILE- 1. Susie Buchanan, Phoenixville, Pa., 12:00; 2. Robin Stryker, Phoenixville, 13:21; 3. Carlotta Ward, Phila., 14:25; 4. Renee Fareira, Phila., 14:43; 5. Debbie McCluskey, Gloucester Catholic HS, 14:55.

12 & UNDER BOYS 2-MILE- 1. Hunt, 12, Dent Club, 13:20; 2. Del Bono, 13, 13:47; 3. Metzger, 12, Hill; 4. Dave King, 10, 14:16; 5. Scace, 12, 16:45.

MIKE WILSON VICTOR IN M.A. RRC 5-MILE RUN
Fairmount Park, Phila., Pa., Sunday, June 23, 1974 6:00 P.M. - Mike Wilson, Delaware State College distance ace, outran young Joe Germano, recent Penna. H.S. graduate, by 12s to capture the Middle Atlantic RRC's 5-mile run over the out & back, flat East River Drive course in damp, chilly weather.

1. Mike Wilson, Delaware State College, 25:30; 2. Joe Germano, Sports East, 25:42; 3. Elliott Rogers, NYAC, 25:46; 4. Dirk Skinner, Harvard, 26:29; 5. Seth Bergmann, unat., 27:27; 6. Tom Celery, Penn AC, 27:29; 7. Greg Dalton, unat., 27:54; 8. Dave Schack, Moorestown HS, 27:54; 9. Jerry Gewirtz, Narberth, Pa., 27:54; 10. David Wilkinson, Penn, 28:23; 11. Peter Dann, unat., 28:31; 12. Damon Skinner, 28:37; 13. Gary Rigg, Sports East, 28:47; 14. Eric Johnson, Sports East,

28:49; 16. Dave Brier, YMHA, Phila., 28:54; 16. Kelly O'Brien, 28:54; 17. Harry Nothacker, 29:20; 18. Drew Skinner, 29:22; 19. Al Hagen, 29:34; 20. Jeff Heppard, Pinnac, N.J., 29:47; 21. Jim Cleland, 30:54; 22. Lou Burdette, Phila., 31:38; 23. Phil Peterson, 32:17; 24. Jim Thacker, 34:31; 25. Byron Masdy, Springfield Juggers, 34:44; 26. Ross Yates, Bethlehem, Pa., 36:32; 27. Jerry Hoch, Phila., 46:24.

Prediction Winners: 1. Tom Geier, 1 sec.; 2. Nothacker 5 secs.; 3. Bergmann & Hoch, 12 secs.; 5. Wilkinson, 17a.

DON FRANKLIN WINS 5 MILE RIVERSIDE RUN

Tulsa, Oklahoma, Saturday, June 15, 1974. Don Franklin scored out Terry Ziegler to win the Tulsa Running Club's Fifth Annual 5 Mile Riverside Run in record time. The temperature was near 80° and the humidity was about 90%. Sunny with very little wind. 47 runners started and 45 finished.

1. Don Franklin, 20, Norman, 24:57; 2. Terry Ziegler, 23, Norman, 25:02; 3. Randy Heierding, 22, Norman, 25:23; 4. Larry Aduddel, 28, Tulsa, 26:56; 5. Larry Rose, 25, Norman, 26:58; 6. Brent Wooten, 24, Tulsa, 27:30; 7. Don Burnett, Okla. City, 28:20; 8. Nolan Grayson, 25, Norman, 28:39; 9. Larry McDonald, 29, Broken Arrow, 29:17; 10. Lanny Ediscott, 30, Tulsa, 29:27; 11. Mike McDonald, 33, Okla. City, 29:28; 12. Eldred Hineworth, 26, Bartlesville, 29:40; 13. Tom Kempf, 49, Bartlesville, 30:04; 14. Bob Baker, 36, Broken Arrow, 31:16; 15. John Westbrook, 23, Tulsa, 31:17; 16. Norman Sloan, 37, Tulsa, 32:03; 17. Harold McDonald, 46, Broken Arrow, 32:47; 18. David McClelland, 18, Tulsa, 33:30; 19. Paul Rodden, 33, Tulsa, 33:38; 20. Ed Kittleman, 46, Bartlesville, 33:58; 21. Vern Whiteside, 54, Tulsa, 34:36; 22. Robert Grosswald, 17, Bartlesville, 37, 34:48; 23. Bobby Ladd, 18, Tulsa, 34:51; 24. Vince Santine, 32, Bartlesville, 35:32; 25. Art Browning, 42, Tulsa, 35:17; 26. Joe Oeman, Tulsa, 48, 35:49; 27. Bob Caldwell, 42, Tulsa, 36:25; 28. Jack Lemhart, 36, Tulsa, 36:28; 29. George Kemp, 40, Tulsa, 36:29; 30. Jim Sears, 37, Tulsa, 36:48; 31. Bill Ryan, 43, Tulsa, 36:47; 32. Jimmie Butler, 55, Nowata, 36:52; 33. Arnold Lukowitsch, 42, Bartlesville, 36:52; 34. Bill Boggs, 18, Tulsa, 37:32; 35. Mark Ross, 33, Tulsa, 38:01; 36. Dick Carr, 40, Pittsburgh, 38:29; 37. Dixie Marquez, 39, Tulsa, 39:37; 38. Gary Timms, 25, Tulsa, 39:42; 39. Taylor Kittleman, 13, Bartlesville, 41:32; 40. Don Murrinson, 51, Tulsa, 43:48; 41. Daniel Therman, 13, Tulsa, 45:31; 42. Ismael Marquez, 38, Tulsa, 47:28; 43. Clement Martins, 17, Bartlesville, 48:59; 44. Kay Ross, 33, Tulsa, 50:55; 45. Marilyn Gay, 38, Tulsa, 51:52.

Notes... The first three runners that crossed the finish line broke Terry Ziegler's old record of 25:29. The first 40 & Over runner was Tom Kempf. The first woman was Dixie Marquez. Hub Barker and Dixie Marquez apparently suffered heat exhaustion from the run. Both recovered and are running again.

--Vern Whiteside--

TULSA RUNNING CLUB TEAM WINS OPEN DIVISION OF ONE RELAY

May 18, 1974 - The One Relay Race, running 48 miles across the Oklahoma panhandle from Texhoma, Oklahoma to Edhart, Kansas, was won by the Tulsa Running Club. Each runner on a four-man team ran 12 miles along Highway 95.

1. Tulsa RC, 4:09:17 (Brent Wooten 99:29, Larry McDonald 61:55, Nolan Grayson 60:16, Terry Ziegler 99:17).

IMPORTANT FIXTURES - July 27, 1974 - 30 Kilo, Columbia, Mo.; August 11, 1974 - Pike's Peak Marathon, Manitou Springs, Colorado; September 2, 1974 - Heart of America Marathon, Columbia, Mo.; October 20, 1974 - Tri-States Marathon, Falls City, Nebraska; Nov. 20, 1974 - Mel Vos Memorial Marathon, Topeka, Kansas.

TULSA RUNNING CLUB RUNNER CURES SORE KNEE WITH ACUPUNCTURE

-- Art Wade, an attorney for National Tank Company, had been having problems with a sore knee for quite some time. He said he tried everything, including rest. Nothing seemed to help. So, as a last resort, he went to a doctor that used acupuncture. Wade said, "After puncturing the knee in several spots, I received immediate startling relief."

Wade is now back running and without pain in his knee. The Chinese practice of puncturing the body to cure disease or relieve pain proved successful here.

--Tulsa Running Club Newsletter--

ANNOUNCING THE SECOND ANNUAL LONG BEACH ISLAND COMMEMORATIVE 18 MILE RUN

Sunday, October 13, 1974 12 Noon

In memory of the seven Israeli Olympic athletes slain in Munich. Sponsored by St. Francis Center, Braes Beach, N.J. 08008. Entry blanks available in mid-August by writing to above.

Course: Flat, black top, point to point (Helgate to Barnegat Light) Course Record set last year: Moses Mayfield (1:37:00) out of a field of 85.

New Event: A novice 10 miler has been added to increase participation by the non-competitive runner and high school runners in the middle of their cross country seasons. Race Coordinator - Bill Fitzpatrick

METROPOLITAN TORONTO ROAD RUNNERS ASSN. 20 KILO RUN

March 30, 1974 - Run under easy skies with 15° temperature and gusty winds.

1. Peter Lever, TOC, 32:45 (10km) 66:43; 2. Brian Richards, Mercury TC, 32:45, 66:47; 3. Roger Martindill, 16, HOC, 32:45, 66:54 (Junior course record); 4. John Mewatt, TOC, 32:45, 67:39; 5. Denny Anderson, Sedbury TC, 35:00, 70:58 (1st Veteran); 6. Norm Kerr, Brantford, 34:38, 71:03; 7. Neil Ryggus, 36, Etob. Striders, 36:09, 72:32; 8. Bryan Martindill, HAC, 72:36; 9. Bob Flynn, Mercury TC, 73:15; 10. Heleen Bosck, Etob Striders, 73:51; 11. Jack Friel, Univ. of Toronto TC, 74:04; 12. Bob Bowman, MTFC, 74:40; 13. Lorne Buck, MTFC, 75:01; 14. Steve May, Scar., Can., 75:02; 15. Tim Ukkulainen, U. of T., TC, 75:05. (138 finishers)

JUNIOR 12 KILO RUN - 1. Simon Joyner, Etob. Striders 40:10; 2. John Curia, TOC, 40:20; 3. Mike Lomas, Etob. Striders, 40:40; 4. Graham Smith, Etob. Huskies 41:48; 5. Dale Irwin, Okawa TC, 42:50. (21 finishers)

MIRA 10 KILO ROAD RACE

March 24, 1974 - A windy run over a snow-covered course in 25 degree, windy conditions. Bob Moore ran away and hid from the rest of the well-balanced field.

1. Bob Moore, TOC, 32:16; 2. Peter Lever, TOC, 33:55; 3. Tom Wansborough, Etob. Huskies, 34:24 (1st Jr.); 4. Bob Legge, TOC, 34:25; 5. Bill Allen, 35:23 (1st Master); 6. Neil Ryggus, Etob. Huskies, 35:41; 7. Chris Keik, HAC, 35:50; 8. Ron Fliat, una., 36:21; 9. Jack Friel, U. of T., 36:21; 10. Phil Stubbs, TOC, 36:26; 11. Robbie Banks, Etob. Huskies, 36:35; 12. Brian Turner, TOC, 36:48; 13. Mike Harrington, MTFC, 36:56; 14. Allan Lindsay, HAC, 37:03; 15. Lorne Buck, MTFC, 37:54. (51 finishers) --Norm Palenzuela--

10-MILE ROAD RUN, WALPOLE, MASS.

May 19, 1974

1. Willie Speck, Boston AA, 50:48; 2. Jim Capozzato, Boston AA, 51:04; 3. Ken Maeller, BAA, 51:30; 4. Tom Dowling, BAA, 51:47; 5. Charles Diehl, GBTC, 52:33; 6. Rick Bayko, NMC, 53:03; 7. Mike Baxter, BAA, 53:12; 8. Terry Gallagher, NMC, 53:26; 9. Tony Wilson, Sugarloaf Mt. AC, 53:33; 10. Neil Coville, CSU, 53:42; 11. Chuck Riley, CSU, 53:53; 12. Edward McPartland, NMC, 54:04; 13. Stephen Ellis, BAA, 54:30; 14. Paul Piliero, URL, 54:32; 15. Walber Renaud, unat., 54:57; 16. Robert Gray, NMC, 55:15; 17. Rusty Lamade, USN, 55:30; 18. Tony Sapienza, BAA, 55:40; 19. Louis Paul, CSU, 56:01; 20. Ree Gaff, NMC, 56:03; 21. Jack Dempsey, unat., 56:09; 22. Stephen Olson, Bryant College, 56:17; 23. Kirk Prangle, GBTC, 56:23; 24. Paul Roche, Jr., NMC, 56:30; 25. Larry Newman, GBTC, 56:38; 26. Steve Kiley, unat., 57:20; 27. Larry Berman, CSU, 57:34; 28. Don Dudley, CSU, 57:58; 29. Wm. Treeful, NMC, 58:00; 30. Jonathan Avery, unat., 58:02; 31. Jim Larson, NMC, 58:08; 32. Richard Johnson, NMC, 58:24; 33. Ed Connor, NMC, 58:32; 34. Paul Smith, unat., 58:45; 35. Bill Squires, BAA, 59:00; 36. John L. Sullivan, CSU, 59:00; 37. Bill McNulty, BAA, 59:34; 38. Roger Perham, NMC, 60:15; 39. John Smith, unat., 60:30; 40. Charles Ratti, NMC, 60:49; 41. Edward Groden, HFC Striders, 60:53; 42. Robert Press, NMC, 60:54; 43. John Saunders, unat., 61:00; 44. Wm. Funicella, NCAC, 61:06; 45. Harold Gabriel, NMC, 61:20; 46. John Wallace, BAA, 61:33; 47. Roland Vermette, NMC, 62:08; 48. James Manuel, GBTC, 62:15; 49. Michael McElish, unat., 62:25; 50. Raymond Auerotas, CSU, 62:44; 51. Richard Corrigan, NMC, 62:47; 52. Edward Goelink, Jr., unat., 62:48; 53. Mike Moore, unat., 63:07; 54. Gerald Good, BAA, 63:10; 55. Robert O'Regan, NMC, 63:11; 56. Roger Welch, unat., 63:27; 57. Mark Haggerty, NMC, 63:34; 58. John A. Kelley, unat., 63:50; 59. Julian Siegel, NMC, 64:06; 60. Robert Laurie, unat., 64:21; 61. Steve Kukulich, unat., 64:28; 62. Andrew Embick, Harvard, 65:02; 63. Ron Kiniec, NMC, 65:10; 64. Ed Norton, NMC, 65:53; 65. John Campbell Sr., NMC, 65:58; 66. John Barnett, NMC, 65:59; 67. John Booras, BAA, 66:25; 68. Lawrence Stiller, unat., 66:48; 69. John Travers, unat., 67:12; 70. John Gray, NMC, 67:17; 71. Albert Donaghy, NMC, 67:25; 72. James Tuckey, CSU, 67:44; 73. Fred Robbins, NMC, 68:23; 74. Jay A. Twomey, unat., 68:43; 75. Robert Greaves, unat., 68:46; 76. Dennis Quinn, Emerson College, 68:49; 77. Joseph Kara, NMC, 68:53; 78. Bill Billings, Pequot Pacers, 69:20; 79. Patrick Lynch, unat., 69:34; 80. Russell McCarter, Bentley College, 69:42. (127 finishers)

5-MILE WOMEN'S ROAD RUN

1. Sara Mae Berman, CSU, 32:59; 2. Debbie Maeller, Liberty AC, 33:19; 3. Carol Treeful, NMC, 37:30; 4. Sharon Crawford, NMC, 38:57. (13 finishers)

--Fred Brown Sr.--

5-MILE ROAD RACE, READING, MASS.

May 25, 1974 Weather: Fair.

1. Scott Graham, GBAC, 29:24; 2. Ed Norris, BAA, 29:39; 3. Earl McElvany, NMC, 29:42; 4. Rick Bayko, NMC, 29:15; 5. Mark Duggan, Boston State, 29:27; 6. Terry Gallagher, NMC, 29:54; 7. John Babington, NMC, 29:38; 8. Kirk Prangle, GBAC, 29:46; 9. Tom Doherty, unat., 29:53; 10. Ron Kay, CSU, 29:17; 11. Glenn News-wahlua, NMC, 29:43; 12. Robert Cocker, unat., 29:49; 13. James Larson, NMC, 29:53; 14. Wm. Overod, Wal-tham TC, 29:07; 15. Terry Grasso, unat., 29:18;

16. Harold Gabriel, NMC, 29:54; 17. Walt Hansen, NMC, 29:54; 18. David Hegarty, unat., 30:04; 19. Robert Clariata, NMC, 30:08; 20. Bob Ludwig, NMC, 30:13; 21. Paul Hayes, unat., 30:14; 22. Jerold Lipson, unat., 30:51; 23. Tom O'Donoghue, unat., 30:54; 24. John Wallace, BAA, 30:59; 25. Jim Manuel, unat., 31:03; 26. Al Donaghy, NMC, 31:07; 27. Ron Kiniec, NMC, 31:12; 28. Don Lashua, unat., 31:39; 29. Larry Tortorici, unat., 31:31; 30. Carl Blashko, unat., 31:40; 31. John Bennett, NMC, 31:51; 32. Dave Wood, unat., 32:02; 33. Dave Flanders, NMC, 32:17; 34. Tom White, unat., 32:18; 35. Tom Warnick, unat., 32:19; 36. Jim Hohurg, unat., 32:24; 37. Austin Killeen, Jr., NMC, 32:27; 38. Bob Rose, CSU, 32:37; 39. Tom Kerr, CSU, 32:43; 40. John Campbell Sr., NMC, 32:46. (86 finishers)

--Fred Brown Sr.--

5-MILE RACE WALK, LOWELL, MASS.

May 25, 1974. Weather: Ideal.

1. Dennis Stattery, LBC, 46:03; 2. Steve Reberman, NMC, 46:06; 3. Paul Scheil, NMC, 46:11; 4. Keith Ryan, LBC, 47:41; 5. Mike Regan, LBC, 49:23; 6. George Lattarulo, NMC, 50:30; 7. Fred Brown Sr., NMC, 58:00; 8. Sig Podnosny, NMC, 62:41; 9. Frank Scanlan, NMC, 77:01.

--Fred Brown Sr.--

5.4-MILE ROAD RACE, MILFORD, MASS.

June 2, 1974. Weather: Ideal.

Team: 1. Sugarloaf Mt. AC, 10; 2. Boston AA, 32; 3. North Medford Club, 23; 4. Medway TC, 33.
1. James Capozzato, Boston AA, 44:02; 2. Steve Hamel, unat., 44:25; 3. John Goodwin, Boston State, 45:01; 4. Tom Derderian, Sugarloaf Mt. AC, 45:55; 5. Tony Wilcox, Sugarloaf Mt. AC, 46:15; 6. Peter Stipe, BAA, 46:55; 7. John Brodhead, Sugarloaf Mt. AC, 47:27; 8. Ron Gaff, NMC, 47:43; 9. Phil Ryan, BAA, 48:08; 10. Ron Drogan, NMC, 48:16; 11. Lou Paul, CSU, 49:00; 12. David MacGillivray, NMC, 49:16; 13. Louis Aguir, NMC, 49:15; 14. Bill Treeful, NMC, 50:11; 15. Mae Larson, NMC, 50:16; 16. Thomas Doherty, unat., 50:35; 17. Jerry Mahoney, NMC, 51:07; 18. Ed Curran, Medway TC, 51:09; 19. Harold Gabriel, NMC, 51:47; 20. Bob Lee, unat., 52:38; 21. Robert Maguire, BAA, 52:39; 22. Richard Calbery, NMC, 52:40; 23. Charles Ratti, NMC, 52:48; 24. Bruce Migell, NMC, 53:03; 25. John Costigan, unat., 53:09; 26. Roland Vermette, NMC, 53:13; 27. John Wallace, BAA, 53:15; 28. Bob O'Regan, NMC, 53:17; 29. Ed Seaver, St. Mary's, 53:10; 30. Edward Hill, unat., 53:31; 31. Dwight Howe, NMC, 53:45; 32. Ron Kramer, NMC, 53:49; 33. Peter Bates, Medway TC, 53:52; 34. Bill Tuckey, Medway TC, 54:06; 35. Phillip Isenberg, NMC, 54:04; 36. Mike Seaver, St. Mary's, 54:38; 37. Julian Siegel, NMC, 54:46; 38. Steve Ware, NMC, 54:59; 39. Steve McLaughlin, NMC, 55:13; 40. Tom Maher, unat., 55:48; 41. Tom Mahoney, BAA, 55:53; 42. Ed Norton, NMC, 55:56; 43. Mike Tuttle, BAA, 56:00; 44. Peter Fisher, NMC, 56:27; 45. Pat Cassidy, unat., 56:31; 46. Jim Tuckey, CSU, 57:29; 47. Joe Kara, NMC, 57:56; 48. Ronald Dean, unat., 57:48; 49. Pat Lynch, unat., 58:07; 50. John Booras, BAA, 58:12; 51. Henry Murphy, NMC, 58:13; 52. David Ellis, NMC, 58:21; 53. Tom McGrath, Jr., NMC, 58:31; 54. John Linecott, BAA, 58:52; 55. Mark Haggerty, NMC, 58:57; 56. Russell McCarter, unat., 58:58; 57. Pete Chamberlain, NMC, 59:03; 58. Robert Yaffe, NMC, 59:12; 59. Bob Blanchard, unat., 59:26; 60. William Deiacoll, NMC, 59:28; 61. James Burgess, unat., 61:05; 62. Tim Lecore, NMC, 61:06.

7-MILE ROAD RACE, AMESBURY, MASS.

June 4, 1978. Weather: Ideal. Record held by Ken Flanders, 35:15. 1. Dave McLeod, Conn. Valley Striders, 37:16; 2. Jim Stronach, NMC, 37:36; 3. Brian Devlin, amat., 37:58; 4. Don Putnam, NMC, 38:09; 5. Brian Gillespie, Gr. Portland AC, 38:28; 6. Rick Cataldo, amat., 38:30; 7. Kirk Pyraugle, GBTC, 38:40; 8. Dana Heath, amat., 38:46; 9. Philip Kalar, amat., 38:59; 10. Dale Willoughby, amat., 39:04; 11. Dave McGilvray, NMC, 39:13; 12. Paul Myrffer, NMC, 39:26; 13. Louis Aguir, NMC, 39:21; 14. Tony Sapienta, BAA, 39:29; 15. Stan Moulton, NMC, 39:58; 16. Michael Burton, NMC, 40:24; 17. Rick Eastick, NMC, 40:26; 18. Jake Mahoney, NMC, 40:31; 19. Jeff Ring, amat., 40:33; 20. Martin Callahan, NMC, 40:40; 21. Jerry Grasso, amat., 41:01; 22. Paul Scheff, NMC, 41:02; 23. Kevin Heath, amat., 41:10; 24. Dean Kirhall, amat., 41:16; 25. John Cahalane, NMC, 41:17; 26. John Lawler, amat., 42:01; 27. Steve Reberman, NMC, 42:52; 28. Jonathan Ring, amat., 42:57; 29. Stewart Thurston, NMC, 42:29; 30. Harry Fowler, NMC, 42:34; 31. Bruce McGill, NMC, 42:39; 32. Scott Webber, NMC, 42:47; 33. Bob Auocco, NMC, 42:48; 34. Kevin Gilmore, amat., 42:49; 35. Edward Hill, amat., 42:57; 36. Bob Ockle, NMC, 43:09; 37. Craig Fram, amat., 43:19; 38. Dave Ryder, NMC, 43:20; 39. Mike Prakup, amat., 43:24; 40. Joel Stefanaki, amat., 43:27; 41. Tim Kirwin, amat., 43:55; 42. Bill Evans, NMC, 43:56; 43. Joe Richards, NMC, 44:09; 44. Kevin Crowley, Wakefield HS, 44:10; 45. Carl Moulton, NMC, 44:21; 46. Steve Foster, amat., 44:28; 47. Fred Bertelson, NMC, 44:44; 48. Ken Kiniec, NMC, 44:55; 49. Ken Wilson, Mt. Park AA, 44:59; 50. Jim Holmberg, amat., 44:59; 51. John Stefanaki, amat., 45:02; 52. Jerry Freeman, amat., 45:18; 53. Ed Norton, NMC, 45:23; 54. John Campbell Sr., NMC, 45:31; 55. Charles Scott, NMC, 45:54. (80 finishers) --Fred Brown Sr., --

(50:33) amat.; 4. Steve Gettings (49:14) & Roger Clark (54:12) Sports East; 5. Harry Richards (55:48) & Ray Sameen (56:33) Camden YMCA; 6. John Pitts (54:18) & Bill Piper (59:55) Palmerton, Pa. 1. 7-MILE VETERANS- 1. Steve Yama, Moorestown, N.J., 23:43; 2. Ray Drodowski, Camden YMCA, 24:39; 3. Heay Kinkald, Phila., 25:49; 4. Red Meredith, Haddonfield, N.J., 27:34. 2. 7-MILE WOMEN- 1. Susie Buchanan, Phoenixville, Pa., 23:58; 2. Robin Steyker, Phoenixville, 26:13. 3. 7-MILE GRADE SCHOOL- 1. Colleen Dunn, South Jersey Chargers, 26:33; 2. Drew Meredith, Haddonfield, N.J.

4th ANNUAL GATEWAY ARCH RUN, ST. LOUIS, MO. May 5, 1974 (13.6 Miles) Sponsor: St. Louis YMCA TC 1. Dennis Gyllenhaal, 1:18:24; 2. Ed Houbrier, 1:19:24; 3. Richard Hessler, 1:21:52; 4. Phillip McDonald, 1:21:26; 5. Richard Todd, 1:22:56; 6. Ed Weber, 1:23:03; 7. Arne Richards, 1:25:01; 8. Art Meyer, 1:25:56; 9. Leonard McCrazy, 1:25:36; 10. Richard Lake, 1:25:45; 11. Richard Martin, 1:26:19; 12. Glenn Wright, 1:26:54; 13. Lt. Ron Fraser, 1:27:34; 14. Anthony Alioto, 1:27:36; 16. Dven Neal & Ronald Kovelton, 1:28:32; 17. Mack Weber, 1:28:53; 18. Jeffrey Keck, 1:29:27; 19. John Shebel, 1:30:44; 20. Hardy Meneses, 1:30:44; 21. Steve Currita, 1:32:11; 22. Andrew Brown, 1:33:57; 23. James Wooley, 1:34:25; 24. Charles Wellington, 1:37:09; 25. Norman Gates, 1:37:32; 26. Joe Bell, 1:38:55; 27. Jim McGuffie, 1:38:36; 28. Eugene Albee, 1:39:00; 29. John Grad, 1:40:09; 30. Jon Coken, 1:41:48; 31. Lora Gwaltney, 1:42:16; 32. Larry Patterson, 1:43:58; 33. Oscar Hartmann, 1:44:37; 34. Richard Holtan, 1:45:04; 35. Ian Radin, 1:45:23; 36. James Wooley, 1:45:56; 37. Tom Furnival, 1:46:22; 38. Phillip Simon, 1:47:24; 39. Bob Curry, 1:49:26; 40. Les Goodman, 1:50:57; 41. Donald Gall, 1:52:36; 42. Jack Frohlichstein, 1:52:45; 43. David Brown, 1:55:17; 44. L. Neal Emerson, 2:11:37. The run heat down rather fiercely the last 30 minutes and many runners just wilted. --Arne Richards--

SECOND ANNUAL GLOUCESTER SPORTSMENS CLUB 4-MILE ROAD RACE, GLOUCESTER, N.J.

Saturday, June 8, 1974 12 Noon 1. Dave Letz, Sports East, 20:31; 2. Ken Kling, Sports East, 20:37; 3. Seth Bergmann, amat., Phila., 20:59; 4. Tom Deloy, Penn AC, 21:22; 5. Dave Schach, Moorestown H.S., 21:27; 6. Jeff Heppard, amat., Pitman, N.J., 21:47; 7. Steve Gettings, Sports East, 22:04; 8. Steve Graves, Gloucester H.S., 22:06 (let local trophy); 9. Joe Patton, Camden Vocational HS, 22:06; 10. Mel Robinson, Sports East, 22:11; 11. Dave Hill, Gloucester HS, 22:12; 12. Bob Romansky, Sports East, 22:17; 13. Everett Newell, Mt. Holly, N.J., 23:25; 14. Jim Waters, Sports East, 23:34; 15. Frank Mazzola, Camden County College, 23:39; 16. Dave McCullum, Gloucester Catholic HS, 23:44; 17. John Ward, GCNS, 23:52; 18. Ray Floriani, amat., 23:54; 19. Steve Yama, Moorestown, N.J., 24:57; 20. Bill Fritz, Glassboro State, 25:49; 21. Ross Yates, CJTC, 26:30; 22. Earl Jones, Gloucester HS, 26:33; 23. Ed Schone, Gloucester Catholic HS, 26:35; 24. Dave Bush, Sports East, 26:57; 25. Ed Cumino, amat., 27:58; 26. Wayne Grant, amat., 30:20; 27. Debbie McCluskey, GC-HS, 31:38 (let girl)

MASTERS MILE, KANSAS RELAYS, LAWRENCE, KANSAS.

April 19, 1974--Jan Howell, a school teacher from Colorado and a KU graduate & former trackstar, continued his domination of the masters mile, held for the 5th consecutive year, beating fellow Coloradan Larry Means (USAF) with a strong kick in the last 200. 1. Jan Howell, Colo., 4:26.9; 2. Larry Means, USAF, Colo., 4:38.5; 3. Clyde Davidson, Emporia, Kansas, 4:38.8; 4. Karl Naylor, Topeka Running Club, 4:37.2; 5. Berwie Gay, Colo., 4:40.8; 6. John Nothels, Yankton, S.D., 4:44.7. (17 finishers)

USTFF NATIONAL 7&1/2 MILE CHAMPIONSHIPS, WICHITA, KANSAS.

May 31, 1974 - Masters Mile (40 & Over)- 1. Bob Creighton, Atwood, Kansas, 4:41.8; 2. John Nothels, Yankton, S.D., 4:48.2; 3. Loren Reusser, Heaton, Kansas, 4:55.5; 4. Dale Coering, Wichita, 5:00.3.

Oil man and Masters middle distance expert Jim Herabberger took on Francie Larrieu, American record holder in the women's mile, in a special "battle of the sexes" duel. Francie led at the 3/4 in approx. 3:23, with Jim Haaging on. On the final lap Herabberger tightened up and Larrieu pulled away to record a 4:32.4 (best performance by an American woman outdoors?), about six seconds ahead of her partner.

MIDDLE ATLANTIC RRC 9-MILE PAIRATHON

Cooper River Parkway, Pennsauken, N.J., Sunday, June 16, 1974 6:00 P.M. Weather: Wet, overcast, rain. 1. Joe Germano (48:46*) & Ken Kling, (48:59) Sports East; 2. Bill Bodine (49:28) & Steve Shakles (50:20) Drexel University; 3. Seth Bergmann (50:16) & Bill Shirley

Masters 800 (June 1st)- 1. Jack Greenwood, Medicine Lodge, Kan., 2:05.3; 2. Bob Creighton, 2:06.3; 3. Lo-

Ken Reusser, Hesston, Kan., 2:07.7; 4. Billy Giedke, Cannon AFB, N.M., 2:08.2.

USTFF MARATHON- 1. Roberto Roxales, Salina TC, 2:36:00; 2. Dave Cashman, Ferman U., 2:39:24; 3. Richard Pettigrew, North Texas State, 2:39:42; 4. Glen Cole, No. Texas State TC, 2:40:06; 5. Bill Lowery, Fort Hays, 2:40:47; 6. Steve Drake, Fort Hays, 2:42:09; 7. Dave Bosley, Colorado, 2:45:35; 8. Ivan Torres, Hutchinson, 2:46:07; 9. Mike Bair, Wichita State, 2:46:24; 10. Bob Myers, Oklahoma City, 2:46:57.

1-Mile- 1. Rick Wohlhuter, UCTC, 3:55.1 (USTFF Record, broke old record of 3:56.4 set by Bob Day of UCLA in 1965); 2. Len Hilton, Pacific Coast Club, 3:56.7; 3. Bruce Fisher, UCTC, 3:58.5; 4. Ted Castaneda, Colo. U., 3:58.5; 5. K. Palmer, Kansas State U., 3:59.2.

5-Mile- 1. Mark Johnson, U. of Wisconsin, 20:58.6; 2. George Malley, Penn State, 29:15.4; 3. Don Franklin, U. of Okla., 29:30.6; 4. Brad Richman, Florissant Valley, 30:33.3.

3-Miles- 1. John Halberstadt, PCC, 13:22.8; 2. Sid Sink, held old record at 13:23.4, 1970 Randy Melson, unat., 13:36.8; 3. Bob Gray, unat., 13:40.6; 4. Jim Fleming, U. of Wis., 13:42.8; 5. Sam Torres, Murray State, 13:47.0.

1,000m S'ckee- 1. Randy Lussenden, UCTC, 8:38.2 (USTFF record; old record 8:43.3 set by Randy Smith, Wichita State, 1972); 2. Bob Gray, unat., 8:41.5; 3. Kent McDonald, U. of Kansas, 8:46.9.



FRANCIE LARRIEU CROSSING FINISH LINE
... Wichita Jim Herthberger in background ...

NEWS TRIBUNE SOUND - TO-NARROWS 7.5-MILE ROAD RACE RESULTS, Tacoma, Wash., Sat., June 8

Men's Open- 1. Pat Tyson, Club Northwest, 37:57; 2. Sam King, Club Northwest, 39:27; 3. Jim Hennessy, Yakima TC, 39:50; 4. Danny Van Camp, Oregon TC, 40:00; 5. Bill Brouillet, Univ. of Utah, 40:16; 6. Reuben Diaz, U.S. Navy, 40:17; 7. Dave Richard, 40:29; 8. Ken Bull, 41:05; 9. Mark Billett, 41:25; 10. Bob Spear, School St. Striders, 41:33; 11. Karl Zeiger, Whitworth, 41:44; 12. Brooks Britt, Brigham Young, 42:00; 13. John Sherrill, Snohomish TC, 42:05; 14. Peter Stefanie, 42:09; 15. Don Greco, Green River CC, 42:33.

Prep- 1. Kirk Spangler, Semanish HS, 39:33; 2. Kurt Billett, Wilson HS, 41:22; 3. Bill Dougherty, Yakima TC, 42:20; 4. Joel Wells, Wilson HS, 42:24; 5. Steve Mixer, Wilson HS, 42:41.

Sub-Masters (30-39)- 1. Ivan Skull, Snohomish TC, 39:41 (Record); 2. Earl Ellis, Club Northwest, 42:52; 3. Bruce Gibbs, 43:20; 4. Norm Ekland, 43:57.

40-49- 1. Dennis Meyer, Snohomish TC, 43:34 (Record); 2. Bert Wells, Curtis TC, 49:09; 3. Field Ryan, 44:54; 4. Roger Ide, 51:28. (Reverse 2nd & 3rd)

50 & Up- 1. Norm Hansen, 47:21 (Record); 2. Charles Pickering, 58:16; 3. Scott Kliser, 57:00; 4. Arnold Knudsen, 58:16; 5. Kenneth Young, 59:02.

Boys Junior- 1. Jeff Hoxha, 43:48 (Record); 2. Mike Mille, East Bremerton, 46:57; 3. John Freeburg, 47:45; 4. Avery Johnson, 47:52.

Boys Elementary- 1. Kyle Hansen, 53:44 (Record).

Women- 1. Laurel Miller, Falcon TC, 50:16 (Record).

- Don Jacobs -

1974 AAU MASTERS NATIONAL TRACK & FIELD CHAMPIONSHIPS at MT. HOOD COMMUNITY COLLEGE, GRESHAM, OREGON, June 5, 6, 7, 1974
 Code: 1A (age 40-44); 1B (45-49); 2A (50-54); 2B (55-60); 3A (60-64); 3B (65-69); 4 (70 & Over)

10,000m- 1A- 1. Ray Hatton, Bend, Oregon, 31:22; 2. Joe Livessy, Arizona, 33:01; 1B- 1. Pete Mundle, Santa Monica, Calif., 32:51; 2. Ross Smith, Reno, Nev., 34:25; 2A- 1. Avery Bryan, Palos Verdes, Calif., 36:14; 2. Norman Hansen, Councilaw, Wash., 37:05.

2B- 1. John Lafferty, San Diego, 36:19; 2. Ed Freeman, San Francisco, 36:39; 3A- 1. John Wall, Maryland, 37:18; 2. S. MacTarnahan, Portland, 40:32; 3B- 1. Otto Essig, Westfield, Mass., 41:35; 2. Walt Frederick, Pico Rivera, Calif., 43:03; Div. 4- 1. Paul Hobe, Alliance, Ohio, 45:18. (Ray Hatton is a geology professor at Central Oregon Community College in Bend. He is 42, and a former U. of Idaho distance star who came to the U.S. from England. (more results pg. 16)

Marathon- 1. (1A) Pat Bastick, 40, Westport, Conn., 2:51:22.5; 2. Richard Bartok, Santa Barbara, 2:51:40; 3. John Rulberg, 2:41:24; 1B- 1. Howard Miller, Meyer Island, Wash., 2:46:04; 2. Roger Wilcox, Colo. Springs, Colo., 2:43:32; 3. Brian Freeman, La Mesa, Calif., 2:43:42; 2A- 1. Frank Gray, Jr., Poulabo, Wash., 3:07:02; 2. Michael O'Sullivan, 3:16:40; 3. Robert Bruce, Lake Bluff, Ill., 3:19:17; 2B- 1. James F. Olson, Los Angeles, 3:33:26; 2. John Lafferty, San Diego, 2:55:50; 3. Paul Reese, Sacramento, 3:05:32; 3A- 1. Urban Miller, 3:13:16; 4. 2. Albert Clark, Orange, Calif., 3:15:56; 3. Wilbur Arnold, Crestone, Colo., 4:02:35; 3B- 1. Walt Frederick, Calif., 3:38:23.

5,000m- 1. (1A) Ray Hatton, 15:09.0 MR; 2. Don Stearns, Houston, Tex., 16:28; 3. Jim Skettler, Pleasant Hill, Calif., 17:08; 1B- 1. Pete Mundle, 15:37; 2. Lou Roberts, Calif., 16:57; 2A- 1. Mauro Hernandez,



WIND SPRINTS - Vance Cartier, National High School indoor mile record holder, (4:06 in 1972) is able to run again after a 1 1/2 year bout with achilles problems. On about a months training, he ran 13:00, then 14:30 for 3 miles. Since March, he's had a groin problem, but his achilles seems OK. . . One runner describes his bout with a sore achilles tendon as "running with a sincerely dedicated bulldog hanging onto his heel with his teeth! . . . Another race we missed! The White Rock Marathon in Dallas, Texas on February 23rd. . . Won by Terry Zeigler of the Tulsa Running Club in the new course record time of 2:29:18. The White Rock course was flat, asphalt roads. Temperature for the race was 49-65 degrees. The course was a loop that the runners had to negotiate three times. . . Jogging enthusiasts Jim Grelle (former Olympic runner) and son Jimmy Grelle still runs five to eight miles a day to keep in shape. . . We took in the ITA Meet in Madison Square

Garden in late May along with more than 10,000 other track fans. We particularly enjoyed the two-mile race. It wasn't a great race. It wasn't even a particularly good one. And yet, watching George Young fall in behind Tom Laris



and Gerry Lindgren, watching him knock out those legs, so easily, so confidently, was a beautiful thing

to see. It was 1974, but it could have been 1964.

With a quarter of a mile to go, Lindgren had the lead. Then George made his move. Even at 37, George Young still had the kick. The people roared as the old pro sprinted past Lindgren with two laps remaining and kept pulling away. He was pouring it on, and clocked 3:49. A leisurely trot for a man who had done 8:27 indoors. "That's it," he said, and there was a look on his face that said, "This is REALLY it." No more comebacks for the only runner to represent the United States in four Olympic Games. No more pounding out those 80 to 100 miles a week to stay in racing shape. He had retired and unretired before, but now the 37-year-old professional was making his last mad dash from Casa Grande, Ariz., to Madison Square Garden. Thirty-seven? His son just graduated from junior high school? His last race? Nah. No way. . . Well, maybe so. . . he will be missed. . . Ben Jipcho's race was something to shriek about. The baby-faced runner with the antelope stride ran 3:56.6, a Garden record. "I was primed to run 3:54, but it is difficult to gauge exactly your time, especially when there is no pressure. "But the primary thing, of course, is the victory. It will mean some more cows." Errr, how's that?

"Well, I have a farm in Kenya, and each victory," Ben patiently explains, "means a population increase in the herd." Cows are money (priced a steak lately?) all over the world, but especially they are money in Kenya. Ben is the principal means of support for no less than 24 relatives, including his father's three wives. Ben won 18 times (out of 20 races) & pocketed 124,700, which ought to translate into a lot of end-cheers. There had been some gambling about the mile times on the pro track circuit. For almost three dozen races over two years you could count the sub-four miles of the ITA on one hand. And then this year on the other circuit there was Tony Waldrop breaking four minutes every weekend, and dragging along a pack of amateurs with him through the once-magic barrier. Jipcho remained placid and unruffled and just kept going out and grinding down the field and not worrying so much about what the watches showed as who was first across the tape.

"The principal aim, after all, is to win," he said calmly. "I know that people like to see four minutes broken and I like to break four minutes, but I also like to win, and to count money." Not to mention cows.

Jim Ryan fans were ready. Sadly, Jim Ryan was not. His head was stuffed. His eyes were watering. It was hay fever season. No way he could stay close to Ben Jipcho in hay fever season. But the people didn't know that. Jim ran because it would have cost him \$1,500 prize money in the final season's standings not to come. The man who ran 3:51.1 seven years ago got through the half in 2:02 before the hay fever slapped him down. He finished in 4:03.9. "Under the circumstances I shouldn't have been here," Jim said coughing up phlegm. "To be honest what I did wasn't all that bad. . ." But I can't convince anybody."

"I'm only 27, Jim said, "I don't think I've competed at my best yet. . . I'd like to go back and improve on that 3:51, 1--that's the motivation."

John Lafferty had a dream for 20 years. . . and it was to run across the United States. . . 3,000 miles of loneliness encompassing almost three months of heat, cold, wind, rain, and sun, battling seemingly endless miles of pavement stretching to infinity and beyond.

But in the end, good would prevail and emerge triumphant over human frailty. Such a dream John had, but it was not to be. Sun & wind burned after battling California and Arizona deserts. John's left leg proved to be the weak link and after serving notice for several days with increasing pain and decreasing mileages, it finally forced a complete halt just past Phoenix. He rested four days and then began anew, but the mind could not overcome the painful leg and with 20 miles the first day and if the next John was forced to concede that it was not to be, this time. For certain, John need not feel uncomfortable about this physical failure. Just to begin such a trip and to be prepared to face the mental strain and the extreme physical fatigue which would certainly be his lot requires guts of monumental proportions. At 56, John Lafferty is one hell of a man.

The former Boston AA runner, now a member of the San Diego TC, left San Diego on April 23rd & started with a bang-up 43 miles to Campo the first day. Accompanying him, in the family car, was his 21-year-old son John Jr. He had planned on running some 35 miles per day in the early going and hopefully increase that figure as he got into the routine. . . Ben Jipcho and Kip Keino handed out the trophies at the Portland (Oregon) City Relays and the local high school coaches asked the two Kenyan greats if they would speak at a meeting of the Fellowship of Christian Athletes. Keino had another engagement, but Jipcho was very willing.

"He was terrific," said the coaches. "He enjoys talking and was with our young men an hour and a half. . . talking about the lessons he's learned through sports and telling them: 'When you run, don't cheat, because you're only cheating on God and yourself.'"

"I'll tell you he made some kids very happy; why, it was like Jabbar coming out for a basketball meeting because Ben was only the best runner in the world in 1973, the Athlete of the Year."

When it was over Ben went out with the kids for a snack. They invited him to a meet. . . not really thinking he'd come. But at the meet, there was Ben and Kip Keino, too. "When one of the kids asked Ben why he would take time to come out," one coach reported, "Jipcho grinned and answered, 'I came out to see you run.'"

The Portland coaches and kids believe that if pro trackmen are that willing to put themselves out, the sport can't miss making it big soon. Track tradition is built of such interest. . . Track is still very much alive and healthy in Oregon. While in Portland in mid-May to testify at the Nike vs. Tiger law suit (don't ask me who won? I flew back before it was over) I read with interest of the many fine high school results and of the competitiveness of the springtime Civil War between Oregon State and Bill Gellinger's Ducks of Oregon. . . Norman Patesauide has been in contact with Gar Williams in regards to the formation of a Road Runners Club of Canada along almost identical lines as U.S.A. He hopes to have an RRC contact in each Province, probably four regions. . . Pat Bastick, who migrated to the U.S. from West Meath, Ireland, in 1969, missed the U.S.

Masters' Marathon record of 2:28:27, which is within his capability. He was clocked in 2:31:23.5 at Gresham, Oregon. Bastick commutes to New York City from Connecticut but 24 of those miles are negotiated afoot. He parks his car in the Bronx and



Bill Gellinger

7th ANNUAL NATIONAL AAU MASTERS T&F MEET at Mt. Hood Community College, Gresham, Oregon (Continued from page 14)

Santa Monica, Calif., 17:38; 2. Avery Bryant, Palos Verdes, Calif., 17:57; 3. Wm. Shask, Sacramento, 18:19. 2B- 1. Ed Prazson, San Francisco, 17:40; 2. Don Sills, Ontario, 18:59. 3A- 1. John Wall, Maryland, 18:01; 2. Wm. Andberg, Anoka, Minn., 18:31; 3. R. MacTarnahan, Portland, 21:25. 3B- 1. Otto Essig, Mass., 20:20; 2. Norman Tamaha, Hawaii, 22:23; 3. Walt Frederick, Calif., 24:20. Div. 4- 1. Paul Hobe, Ohio, 24:45.

LAST SEVEN DAYS - 10 Miles, Portland, Ore. 1. Ben Jipcho, Kenya, 38:15; 2. Kip Keino, Kenya, 38:45; 3. John Lafferty, San Diego, 43:00; 4. John Jr., San Diego, 43:30; 5. [unreadable], 44:00; 6. [unreadable], 44:30; 7. [unreadable], 45:00; 8. [unreadable], 45:30; 9. [unreadable], 46:00; 10. [unreadable], 46:30.

10 Miles, Portland, Ore. 1. Ben Jipcho, Kenya, 38:15; 2. Kip Keino, Kenya, 38:45; 3. John Lafferty, San Diego, 43:00; 4. John Jr., San Diego, 43:30; 5. [unreadable], 44:00; 6. [unreadable], 44:30; 7. [unreadable], 45:00; 8. [unreadable], 45:30; 9. [unreadable], 46:00; 10. [unreadable], 46:30.

runs the final 12 miles to downtown NYC, then repeats the trek after completing his shift.



HE'S ALIVE. John Joe Barry says, brandishing an Irish newspaper clipping erroneously reporting his death. And the inetime Villanova track star dismissed the whole thing as Warner Swandey. Barry, known as the "Ballincurry Barr" when he held every Irish track record from 800 yards to three miles in the late 1940s, now works for Chrysler Corp. and is very much alive in Norristown.

EASTERN CANADIAN MARATHON CHAMPIONSHIP

May 12, 1974 - This event, sponsored by the MTRRA, was a roasting success for all participants, except the bedraggled officials who stood out in the rain. A mail strike and the rainy weather held the number of entries far below expectations. The only complaint heard concerning the crescent-shaped 2.5-mile asphalt course on Toronto Islands was the sharp 180 degree turn required at each end.

After Paul Pearson dropped out, the way was open for Mike Kucharew to cross the line 5 minutes ahead of the rest, in his first marathon. Miro Svab, consistently around 2:30 finished 2nd, while Jack Friel, improving on his Boston Marathon time by almost 7 minutes finished a strong third. Lorne Buck, completing his 23rd marathon, broke 2:40. He has never failed to finish a marathon.

1. Mike Kucharew, Brantford TC, 2:27:47 (5:38 av.); 2. Miro Svab, Sarnia TC, 2:33:02; 3. Jack Friel, U. of Toronto TC, 2:36:46; 4. Nick DiCorso, Mercury TC, 2:38:00; 5. Lorne Buck, MTFC, 2:39:07; 6. Brian Kerr, U. of T. TC, 2:48:52; 7. John Webster, U. of T. TC, 2:53:25; 8. Peter Morgan, MTFC, 2:57:57; 9. Dave Milne, MTFC, 2:59:25; 10. Jack Gray, Renfrew County, 2:59:51; 11. Doug Beatty, MTFC, 3:03:49; 12. Dave Prebble, KWTC, 3:06:12; 13. Ian Atkinson, unat., 3:07:26; 14. Brian Oxley, MTFC, 3:09:12; 15. Ralph Lang, MTFC, 3:09:15. (24 finishers)

MTRRA HALF-MARATHON, CENTRE ISLAND, ONT. May 12, 1974

1. Bob Moore, Toronto OC, 67:27 (5:09 av.); 2. Brian Richards, Mercury TC, 72:05; 3. Norm Kerr, Brantford TC, 73:00; 4. Bob Flynn, Mercury TC, 75:52; 5. John Wilson, Vincent Massey, 78:11; 6. Derek Samaroo, Vincent Massey, 78:13; 7. Cliff Hall, MTFC, 79:26; 8. Mike Freeman, MTFC, 79:29; 9. Chris Kelsk, HAC, 79:57; 10. Ron Flint, unat., 77:50; 11. Mike Harrington, Skyline, 79:00; 12. Peter Jones, TOC, 79:56; 13. Allan Lindsay, HAC, 80:44; 14. Wayne Haymer, Downsview SS, 80:54; 15. David May, Scarboro Opt., 82:17. (35 finishers) Notes... Bob Moore ran away and hid from the pack, covering the first 2.5-mile section in 12:10, before settling into a steady 5:10 pace for the rest of the distance.

BURLINGTON (ONT.) Y ROAD RACE (14.25 MILES)

May 5, 1974 - 1. Bob Moore, Toronto OC, 1:13:07; 2. Bruce Kildal, 1:15:00 (making yet another comeback!) 1st Masters- Arthur Taylor, 1:17:47 (5th)

1974 ROYAL CANADIAN LEGION, BRANCH #6

10-MILE ROAD RACE, Thunder Bay, Ontario, May 20. Weather: 42-45°, 15-20 mph winds.

1. Dan Shaughnessy, Toronto OC, 47:37.4; 2. Jerome Drayton, Toronto OC, 48:29.8; 3. Bob Moore, Toronto OC, 49:14; 4. Bill Britten, Lakeview, 49:51.4; 5. Matti Kiltveri, Timmins, 50:32.4; 6. Mikko Ala-Leppilampi, Finland, 51:33; 7. Larry Switzer, Wimpieg Razorbacks, 51:38.6; 8. Greg Holm, Thunder Bay Olympic Club, 52:01; 9. Peter Lever, TOC, 53:02; 10. Tim Alexander, 13, Hammarakjold, 53:10; 11. Gary Young, Eastern New Mexico Univ., 53:31; 12. Norm Patenaude, Laurentian TC, 53:43; 13. Stephen Peet, Geraldton, 53:16; 14. Phil McCarthy, Thunder Bay OC, 55:09; 15. Jari Leinonen, Keypas Sports Club, 56:54; 16. Tony Hatherly, St. Pat's H.S., 57:21; 17. Peter Surkan, Hammarakjold HS, 58:33;

18. Peter Dedi, Hammarakjold HS, 59:02; 19. Andrew Ivan, Toronto Metro Fitness, 59:43; 20. John Corcoran, Westgate HS, 60:03. (49 finishers) --Norm Patenaude--

HALF-MARATHON D'ALEXIS LE TROTTEUR

Festival des Cantons, Sherbrooke, Quebec, June 1, 1974 3:30 P.M., 76 degrees, 10 x 1.3 mile laps closed circuit, with a steep hill of 200y each circuit. (80 starters, 60 finishers)

1. Norm Patenaude, Sudbury, Ont., 75:35; 2. Richard Grevillon, Montreal, 77:25; 3. Geoff Nowak, North Bay, 79:00; 4. Pierre Cote, Neuf-chatel, 81:15; 5. Regis Poirier, Ladore, 82:26; 6. Gaston Breton, Rock-Forest, 82:24; 7. Brian Kangalis, Montreal, 83:25; 8. Patrick Monosero, Chicoutimi, 85:25; 9. Jean Rochette, Mont., 85:49; 10. Ted Socha, Mont., 86:15; 11. Raymond Imbeault, Chicoutimi, 86:30; 12. Michel Fillion, Charvy, 86:35; 13. Richard Lemay, Val-D'Or, 87:09; 14. Guy Grosseau, Ste-Foy, 87:09; 15. Richard Serge, Ste-Foy, 87:16.

OHIO RIVER ROAD RUNNERS CLUB 6-MILE RUN

Fairmont East H.S., Kettering, Ohio, June 23, 1974

1. Rick Callison, 31:48; 2. Dave Comer, 37, 32:59; 3. Jim Ackley, 33:22; 4. Sandy Miller, 33:29; 5. Barry Weaver, 33:30; 6. Bob Bowman, 34:59; 7. Joe Beasley, 34:09; 8. Dale Markley, 35:15; 9. Steve Roberts, 35:28; 10. Bill Botting, 35:42; 11. Chester Kalb, 36:25; 12. Mark Schilito, 37:46; 13. Mike McNellan, 37:58; 14. Felix LeBlanc, 37:59; 15. Elver Gaston, 50, 38:20; 16. Jim Brown, 38:57; 17. Phil Delay, 39:12; 18. Dave Partridge, 39:26; 19. Sam Durham, 39:57; 20. Matt Wills, 40:11; 21. Ron Sopko, 40:13; 22. Pete McGee, 40:18; 23. Scott Sargent, 40:17; 24. Tom Glick, 40:18; 25. Gale Howard, 41:58; 26. Stewart Johnson, 40, 42:01; 27. Byron McNelly, 42:21; 28. Bob Thompson, 42:23; 29. Andy Botting, 12, 42:23; 30. Wayne Yarcho, 43:00; 31. Gene Helton, 43:26; 32. Susan Miller, 43:31; 33. Stan Schumacher, 45:28; 34. Jack Routledge, 47:20. (37 starters, 34 finishers) Weather: 65°, wind 10 mph. Course: Out & back, hilly between 3 & 5 miles. 1st 40-49- Stewart Johnson; 2. Byron McNelly; 3. Bob Thompson... 1st 50 & Over- Elver Gaston; 2. Wayne Yarcho. --Felix LeBlanc--

CLASS CITY MARATHON, TOLEDO, OHIO

June 16, 1974 - Jason Lindsey, Miami (Ohio) University cross country runner, broke the course record in his first marathon with a 2:27:49 clocking.

The weather was near perfect, 55-60°, partly cloudy; a 10-20 mph breeze slowed times on the way out but helped the runners on the way back. Seventy-five runners broke 3 hours. 252 started and 213 finished under the 5 hour limit.

1st Woman- Sigrid Nadon, Sherbrooke, Que., 3:12:01. First Over 40- Jerry Beaver, 46, New Philadelphia, Ohio, 2:55:00.

First Over 50- Eugene Osborn, 57, Rochester, N.Y., 3:13:32. Team Winners: Bowling Green Marathon Club.

1. Jason Lindsey, 22, Oxford, Ohio, 2:27:49; 2. Aaron Folsom, 20, Bellefontaine, Ohio, 2:29:08; 3. Don Sweaver, III, 22, Pittsburgh, Pa., 2:30:30; 4. Roger Roulier, 35, Parkersburg, West Va., 2:30:55; 5. Ernie Watta, 39, Columbus, Ohio, 2:31:13; 6. Rick Bruggers, 27, Bowling Green, Ohio, 2:31:22; 7. Ed Steingraber, 18, Woodridge, Ill., 2:31:27; 8. Tim Zumbaugh, 21, Bowling Green, 2:31:53; 9. Mike Niemiec, 24, Lorain, 2:32:56; 10. Chris Doyk, 22, Cincinnati, 2:33:21; 11. Al Ruffner, 29, Taylor, Mich., 2:34:26 (continued next pg)

12. Kevin Keogh, 28, Downers Grove, Ill., 2:36:02;
 13. Sid Sink, 25, Bowling Green, 2:36:32; 14. Larry
 Fox, 31, Castalia, 2:37:08; 15. Joe Come, 19, Edin-
 borg, Pa., 2:38:05; 16. Fritz Yunch, 21, Jackson,
 Mich., 2:38:18; 17. Pat Thomas, 19, Belle Valley,
 2:38:59; 18. Tom McGuire, 23, No. Huntingdon, Pa.,
 2:39:38; 19. Douglas Boyd, 24, Moonshelva, Pa.,
 2:40:23; 20. Charles Renner, 19, Duskiak, 2:40:28;
 21. Greg McCullough, 32, Windsor, Ont., 2:41:06;
 22. Mike Irmen, 20, Maumee, 2:42:27; 23. Glen
 Sullinger, 16, Amherst, 2:42:33; 24. Paul Yurby, 20,
 Indiana, Pa., 2:42:49; 25. Randy Miller, 18, Xenia,
 2:43:05; 26. Craig Harms, 23, Columbus, 2:43:11;
 27. Bill Kalal, 21, Garfield Hts., 2:43:16; 28. Dave
 Sprandel, 32, Toledo, 2:43:21; 29. Bill Griffin, 17,
 W. Bloomfield, Mich., 2:43:53; 30. Keith Morrow, 22,
 Temple, Pa., 2:45:01; 31. John Grabowski, 19, Orchard
 Lake, Mich., 2:45:35; 32. Barry Weaver, 17, Xenia,
 2:45:36; 33. Bill Oirich, 38, Leodeville, Ky., 2:45:42;
 34. Jim Malone, 18, Bowling Green, 2:45:50; 35. Bob
 Marshall, 17, Woodridge, Ill., 2:46:27; 36. Gary Bryan,
 17, Toledo, 2:46:43; 37. Joe Holly, 20, Yellow Springs,
 2:47:17; 38. Jean Elms, 27, Cincinnati, 2:49:53; 39.
 John Lloyd, 21, Taylorville, Ky., 2:49:53; 40. Paul
 Griffin, 38, Flint, Mich., 2:49:23; 41. Bob Bestetter,
 20, Bryan, 2:50:05; 42. Tim Lalich, 21, Uniontown,
 Pa., 2:50:17; 43. Steve Start, 25, Grand Rapids, Mich.
 2:50:21; 44. Harry Anderson, 24, Bowling Green, 2:50:
 27; 45. Mike Simms, 25, Allen Park, Mich., 2:50:34;
 46. Bob Costello, 19, Connelleville, Pa., 2:50:39; 47.
 Paul Anderson, 16, Perrysburg, 2:51:00; 48. John W.
 Jones, 34, Grand Rapids, Mich., 2:51:13; 49. Steve
 Pusatay, 26, Cleveland, 2:51:42; 50. Mike Kenney, 19,
 Toledo, 2:53:03; 51. John Cole, 18, Cincinnati, 2:53:13;
 52. John Blase, 19, Uniontown, Pa., 2:53:33; 53. John
 Nigro, 24, Bellevue, 2:53:40; 54. Paul Miego, 24, At-
 lanta, Ga., 2:53:43; 55. Robert Schrader, 35, Napers-
 ville, Ill., 2:54:17; 56. Scott Van Norwick, 22, Union
 Lake, Mich., 2:54:28; 57. Roger Kavanaugh, 33, Grand
 Rapids, Mich., 2:54:41; 58. Pat Thomas, 19, Belle Val-
 ley, 2:54:42; 59. Brent Beams, 17, Findlay, 2:54:41;
 60. Rodger McKain, 28, Solon, 2:55:01; 61. Jerry Bear-
 ber, 46, New Philadelphia, Ohio, 2:55:10; 62. Michael
 Glass, 22, Ypsilanti, Mich., 2:55:53; 63. Bruce Kitzler,
 25, Kenton, 2:55:57; 64. Dave Mason, 30, Delta,
 2:56:42; 65. Jeff Burkett, 18, Kokomo, Ind., 2:56:52;
 66. Jim Todd, 18, New Concord, 2:56:55; 67. Dave
 Hetchkiss, 29, Grand Rapids, Mich., 2:57:05; 68. Jim
 Grabowski, 36, Orchard Lake, Mich., 2:57:08; 69.
 Wayne Sargent, 31, Windsor, Ont., 2:58:13; 70. Bernie
 Little, 19, Davisburg, Mich., 2:58:51; 71. Don Freed-
 line, 18, Apollo, Pa., 2:58:53; 72. R.G. Brown, New
 Stanton, Pa., 24, 2:59:19; 73. Tom McDowell, 22, Pa.,
 2:59:23; 74. Mark Hamilton, 23, Oregon, 2:59:51; 75.
 Dennis Werling, 33, Macomb, Ill., 2:59:59; 76. Jeff
 Findle, 18, Irwin, Pa., 3:00:09; 77. Francis Hornick,
 16, Pittsburgh, Pa., 3:02:52; 78. Jerry Stone, 30,
 Georgetown, Ky., 3:03:02; 79. John Hayes, 21, Bowling
 Green, 3:03:04; 80. Jeff Gable, 21, Fremont, 3:03:58;
 81. Roger McGuire, 24, Irwin, Pa., 3:04:12; 82. Leo
 Hildebrandt, 27, Cincinnati, 3:04:15; 83. Patrick Byr-
 nes, 18, New Albany, 3:05:35; 84. Jeff Heath, 16, Xenia,
 Ohio, 3:06:10; 85. Craig Bembry, 18, Toledo, 3:07:06;
 86. Dean McQuaide, 26, Axtabula, 3:07:43; 87. Brian
 Kenney, 17, Toledo, 3:08:06; 88. Cecil Callahan, 32,
 Bowling Green, 3:09:15; 89. Steve Ehrman, 17, Amherst
 3:10:18; 90. Steve Brasler, 20, Kettering, 3:11:05; 91.
 Phil Workman, 29, Toledo, 3:11:31; 92. Sigrid Nadon,

33, Sherbrooke, Que., 3:12:01; 93. Andy Paulin, 37,
 Columbus, Ohio, 3:12:05; 94. Jeff Leibovitz, 17, Tol-
 edo, 3:12:10; 95. Bob Johnson, 17, Toledo, 3:12:32;
 96. Hans Jones, 16, Perrysburg, 3:13:07; 97. Patrick
 Beardon, 20, Jackson, Mich., 3:13:22; 98. Jeff Kirk-
 bridge, 19, Pemberville, 3:15:26; 99. Eugene Osborn,
 57, Rochester, N.Y., 3:15:32; 100. Eric Jones, 28,
 Flint, Mich., 3:15:46. --Jim Edwards--

HUDSON-MOHAWK REC RESULTS

Albany, N.Y., S.U.N.Y. Albany Campus, June 2, 1974
 Track Events-Mile Run- 1. Jim Shrader, 4:55; 2.
 Bruce Gingrich, 5:47; 3. Pat Stewart, 4:52...3-Miles
 1. Jim Shrader, 15:12; 2. Bill Shrader, 15:58; 3. Walt
 Kinsley, 16:33; 4. Tom Balon, 17:32...5-Miles- 1. Doug
 Allen, 36:43; 2. Nat Friedman, 40:27; 3. Geoff Orton.

ADIRONDACK ASSOCIATION AAU 15 KILO RUN

CHAMPIONSHIP, ROME, N.Y., June 9, 1974
 1. Dave Milliman, 23, Florida TC, 48:59; 2. John File,
 Lockport TC, 51:29; 3. Larry Frederick, NYAC, 52:07;
 4. Eli Paskala, 33:07; 5. Doug Colton, una., 53:02;
 6. Bob Conlin, una., 53:15; 7. Andrew Watkins, una.,
 57:50 (1st Adirondack AAU finisher); 8. Lloyd Ryyssy-
 lainen, NYRC, 58:20; 9. Jose Garcia, una., 58:39
 (2nd Adirondack AAU finisher); 10. Frank File, Lock-
 port State, 59:02; 11. Bill Shrader, Capital TC, 59:41
 (3rd Adirondack AAU finisher); 12. Gage Hetchkiss,
 Capital TC, 59:59 (1st Masters finisher); 13. Ted Bisk
 Capital TC, 59:52 (2nd Masters); 14. Cathy Shrader,
 Electric City Girls TC, 70:19 (1st Female finisher).

HUDSON-MOHAWK REC 4.5-MILE CROSS COUNTRY

S.U.N.Y., Albany, N.Y., June 12, 1974
 1. Wayne Roe, Capital TC, 25:29; 2. Donald Shrader,
 CBA H.S., 25:32; 3. John Nakomy, Catekill HS, 25:35;
 4. Tom Clarke, Capital TC, 25:36; 5. Bill Shrader,
 Capital TC, 26:24; 6. Kenneth Hill, Ontario TC, 26:37;
 7. Tom Balon, una., 27:37; 8. Jon Powell, Ontario TC,
 27:59; 9. Dick D'Alon, una., 28:36; 10. Doug Allen,
 Capital TC, 28:34; 11. Andrew Campbell, CBA HS, 28:
 43; 12. Bill Cooney, Capital TC, 28:44 (1st 40 & Over);
 13. Walt Kinsley, Capital TC, 28:49; 14. Gordon Lewis,
 una., 31:23; 15. Mike Derwick, HS, 35:08; 16. Burke
 Adams, Capital TC, 35:02; 17. Wm. Shrader, Capital
 TC, 35:11 (1st Over 50); 18. John Aronson, una., 36:28;
 19. Dan Egly, una., 37:30; 20. Don Gray, una., 37:50.

4.2-MILE ROAD RACE, CLIFTON PARK, N.Y.

June 15, 1974 - 1. Bill Shrader, Capital TC, 24:35; 2.
 Fred Kinnon, Albany HS, 25:14; 3. Walt Kinsley, Cap-
 ital TC, 25:16; 4. Burke Adams, Capital TC, 29:34.

HUDSON-MOHAWK REC 3.1 AND 6.2-MILE ROAD

RACES, S.U.N.Y., ALBANY, N.Y., June 22, 1974

3.1-Miles- 1. Paul Gentile, CBA HS, Albany, 15:51;
 2. Tom Clarke, Capital TC, 15:54; 3. Pat Stewart,
 Danesburg HS, 15:57; 4. Don Wilkes, Albany TC, 16:
 05; 5. Lloyd Ryyssyainen, NY RC, Scotia, N.Y., 16:
 34; 6. Bill Cooney, CTC, 16:37; 7. Jon Powell, Ontario
 TC, 16:38; 8. Al Pastori, Latham, N.Y., 18:03; 9.
 Mike Burke, una., Troy, N.Y., 18:45; 10. Mike Der-
 rick, Albany, 19:20; 11. Marly Palver, Electric City
 TC, 21:13 (1st Female); 12. Geoff Orton, Renaissance,
 N.Y., 22:02; 13. William Shrader, CTC, 22:27.

6.2-Miles- 1. Jake Kearney, Ontario State, 33:01; 2.
 Bill Shrader, Capital TC, 34:23; 3. Walt Kinsley, CTC,
 37:14; 4. Joe Earley, CTC, 38:03; 5. Cathy Shrader,
 Elect. City TC, 39:03 (1st Female); 6. Dan Egly, una.,
 39:49; 7. John Roe, CTC, 40:23; 8. Ed Thomas, CTC.

JOE SIEDLECKI CAPTURES WOODBURY 30-MILE
Woodbury, N.J., Saturday, June 29, 1974 9:30 A.M.
Weather: Breal, clear, 70 degrees.

Joe Siedlecki, former Williamstown (N.J.) high school ace, now at Pensacola (Fla.) Junior College, outran Jefferson Medical College student Dean Winslow over the final stages to capture the annual Woodbury 30-mile road race by 90 yards.

1. Joe Siedlecki, Williamstown, N.J., 53:04; 2. Dean Winslow, Penn AC, 53:35; 3. Larry Connolly, Penn AC, 53:21; 4. Tom Galeg, Penn AC, 53:52; 5. Bob Hempton, Delaware Sports Club, 53:34; 6. Tom Germano, Sports East, 54:54; 7. Doug White, Delaware Sports Club, 55:08; 8. Mike Eaton, Montclair State, 55:41; 9. Ken Worthen, Penn AC, 55:18; 10. Tom Dudley, Delaware SC, 56:20; 11. Dennis O'Brien, Delaware SC, 60:23; 12. Tom Fort, Delaware SC, 60:28; 13. Seth Bergmann, unat., Phila., 60:34; 14. Dave Hoch, Williamstown, N.J., 60:45; 15. Harry Richards, Camden, N.J., 61:04; 16. Jack Hirst, Penn AC, 61:41; 17. Jerry King, unat., Bethlehem, Pa., 62:05; 18. Ray Samson, Sports East, 63:55; 19. Steve Yasal, Sports East, 66:09; 20. Bill Piper, Palmerton, Pa., 68:25; 21. Ross Yates, CJTC, 71:16; 22. Ed McNeill, Williamstown, N.J., 83:00.

9th ANNUAL MORRO BAY TO CATUCOS (CALEF.)
FUN RUN - June 30, 1974

1. Bob Wallace, 23, Lakewood, 31:54 (New course record; old mark was 32:05 by Steve Harney (Santa Maria), 1972); 2. Jim Schankel, 18, Lompoc, 32:04; 3. Jim Arquilla, 23, Long Beach, 32:07; 4. Terry Williams, 19, Lompoc, 32:11; 5. Ben Martinez, 23, Long Beach, 32:39; 6. Mike Butler, 22, Long Beach, 32:45; 7. Jim Havig, 20, Clovis, 33:02; 8. Glenn Jewell, 19, Carson, 33:24; 9. Bob Nanninga, 27, S. L.O., 33:31; 10. Dave Bronson, 26, Fresno, 33:43; 11. John Beaton, 20, Grover City, 33:58; 12. Jim Warrick, 18, Lompoc, 34:01; 13. Skip Shaffer, 36, Whittier, 34:22; 14. Steve Galbraith, 18, Lompoc, 34:25; 15. Luis Arreola, 17, S. L.O., 34:43; 16. Ralph Basza, 20, Porterville, 34:53; 17. Mike Brisbin, 24, S. L.O., 34:54; 18. Bruce Todd, 19, Newport Beach, 35:18; 19. Ed Weaver, 15, S. L.O., 35:17; 20. Dwayne McCulloch, 23, Long Beach, 35:24; 21. Frank Freyre, 34, China Lake, 35:27; 22. Kevin O'Hara, 17, Santa Barb., 35:30; 23. Len Thornton, 43, Fresno, 35:36 (1st Over 40); 24. Steve Smith, 13, Newbury Park 35:38; 25. Dave Marlow, 19, Santa Barbara, 35:42; 26. Larry Long, 24, Fresno, 35:44; 27. Fernie Mothman, 34, Fresno, 35:51; 28. Larry Bridges, 34, S. L.O., 36:03; 29. Pierre Romero, 18, Stockton, 36:28; 30. Steve Morse, 17, Newbury Park, 36:36; 31. Doug Kennie, 33, Citrus Hts., 36:38; 32. Don Lelicrita, 19, Whittier, 36:42; 33. Bob Carman, 43, Santa Barb., 36:48; 34. Richard Mason, 24, Morro Bay, 36:57; 35. Rich Petersen, 36, Lanos, 36:59; 36. Tom Fitzgerald, 15, Camarillo, 37:00; 37. Don Boulanger, 30, Los Angeles, 37:05; 38. Ralph Blosant, 41, Auburn, 37:11; 39. Joe Delgado, 36, Fresno, 37:14; 40. Rich Reymaga, 17, Porterville, 37:18; 41. Sid Teabe, 50, Fresno, 37:23 (1st Over 50); 42. Stan Rosenfield, 26, S. L.O., 37:31; 43. Ray Gil, 49, Lompoc, 37:39; 44. David Magee, 17, Santa Maria, 37:42; 45. Gary Carnes, 16, Atascadero, 37:50; 46. George White, 17, Fresno, 37:53; 47. Richard Welch, 15, Atascadero, 37:53; 48. Jim Grieco, 15, Fresno, 37:55; 49. Gie, Russell Ambos, 14, San Gabriel & Jerry Balbonado, 16, Oxnard, 37:56...122. Mary Carman, 13, Santa Barbara, 43:30 (1st Female)...148. Dawna Douglas, 27, Visalia, 46:10 (2nd Female)...156. Bud Robinson, 63,

- Lompoc, 47:05 (1st Over 60)...166. Virginia Collins, 44, Santa Maria, 47:32 (1st Female Over 40)...231. Paul E. Spangler, 75, S. L.O., 56:20...249. Lisa Ann Saris, 6, S. L.O., 67:03...1st Father & Son- Len & Scott Thornton...1st Mother-Daughter- Mary & Lyn Carman. 1st Husband-Wife- Bob & Lyn Carman. 269 finishers. --Stan Rosenfield--

ANNOUNCING - KENT PARKS AND RECREATION & SNOHOMISH TRACK CLUB 1974 NATIONAL AAU 50 KILO RUN CHAMPIONSHIP Saturday, August 31, 1974 8:00 A.M., Kent, Washington.

Course: Flat, fast asphalt road in the country setting looping along the sides of the Green River. Start in City of Kent, then run out James Street to the Bike Route, and run 5 loops of the course on the river. Division Awards. T-shirts to all finishers. Entries to: Guy T. Renfro, 24911 38th South, Kent, Wash. 941-0750. Entry fee: \$3.00 by August 24, 1974.

WOODBURY JAYCEES 25th ANNUAL INDEPENDENCE DAY TRACK & FIELD MEET, Woodbury N.S., N.J. July 4, 1974 4:00 P.M. 95 degrees, hot & humid.

- 1-Mile**- 1. John Sevcik, Devon, Pa., 14:48; 2. Tom O'Leir, Penn AC, 16:29; 3. Dave Schach, Mountstevenson H.S., 17:05. **1/2-Mile**- 1. Willie Marino, Pensacola Jr. College, Fla., 4:32. 2. Mark Yellin, Eastern Kentucky Univ., 4:27; 3. Dan Matouch, Eastern Ky. U., 4:28. 4. Joe Siedlecki, Pensacola Jr. College, 4:29. **Novice Mile** (Over 5:00)- 1. Ed McNeill, Williamstown, N.J., 5:03; 2. Dan Pratt, Williamstown, 5:14; 3. John Marino, Williamstown, 5:20; 4. Dave McCollum, Gloucester Catholic H.S.

NATIONAL AAU ONE HOUR RUN POSTAL

(Middle Atlantic AAU Section) Sunday, July 7, 1974 7:00 P.M. Hot & humid, 90 degrees. Gloucester Co. College, Sewell, N.J. (9 lane all-weather track).

1. Joe Siedlecki, 25, Pensacola Jr. College/Williamstown, N.J., 30 1/2 miles, 330 yds. 1 ft.; 2. Tom Galeg, 34, Penn AC, 10miles, 40 yds, 2 ft.; 3. Terry Permar, 20, New Hope, Pa., 10 miles, 353y, 1 ft.; 4. Seth Bergmann, 24, unat., Phila., 10 miles, 123 yds.; 5. Dan Brannen, 21, Bucknell Univ., 9 3/4 miles, 217 yds. 1ft. 6. Harry Richards, 32, Camden YMCA, 9 1/4 miles, 112 yds. 2 ft.; 7. Ray Samson, 41, Sports East, 9 1/4 miles, 98yds, 1 ft.; 8. Roger Clark, 14, Sports East, 8 3/4 miles, 40 yds, 2 ft.; 9. Mark Noil, 17, unat., Spring Grove, Pa., 8 3/4 miles, 257 yds. 2 ft.; 10. Ed Streker, 34, Sports East, 8 1/2 miles, 103 yds. 1 ft. 11. Ray Dredowski, 42, Camden YMCA, 8 1/4 miles, 375 yds.; 12. Ross Yates, 50, CJTC, 7 1/2 miles, 139y; 13. Scott Wilson, 11, Sports East, 5 3/4 miles, 153 yds. 1 ft.; 14. Mark Joseph, 11, Sports East, 5 3/4 miles, 92 yds. 2 ft. (28 starters, 14 finishers)

FIRST ANNUAL MONTRA TRACK CLUB THREE MILE ROAD RACE, MONTRA, OHIO, Saturday, June 22, 1974

7:30 P.M. Weather: Heavy rain, 64 degrees, 10 mph winds. Out & back course. 45 starters, 45 finishers.

1. Bob Campbell, 20, Trojan TC, 15:18 Course & Meet Record; 2. Jay Belton, 18, Lima State Escapes, 15:23; 3. Jeff Hawlas, 16, Tipp TC, 16:07; 4. Brent Patree, 19, Lima State Escapes, 16:21; 5. Dave Grim, 17, Tipp TC, 16:28; 6. Ken Mosler, 19, New Bremen, 16:35; 7. Ken Garioty, 20, Shelby Co. Stars, 16:37; 8. Dennis Carter, 19, Trojan TC, 16:52; 9. John Zerkle, 23, Tipp TC, 16:53; 10. Glen Easton, 26, Trojan TC, 16:54;

11. Craig Inman, 20, Shelby Co. All Stars, 17:04; 12. Tom Steinhilber, 15, Ft. Loramie TC, 17:11; 13. Deron Carter, 16, Trojan TC, 17:17; 14. Jeff Herzog, 17, Lima State Escapers, 17:28; 15. Bill Meske, 21, Delphos, 17:33; 16. Norm Amber, 25, Shelby Co. All Stars, 17:35; 17. Ross Gotschmiller, 17, Ft. Loramie TC, 17:38; 18. Mike Miller, 16, Shelby Co. All Stars, 17:39; 19. Bill Suter, 30, Lima State Escapers, 17:43; 20. Dave Gaet, 18, Shelby Co. All Stars, 17:48; 21. Dave Mann, 16, Jackson Center, 17:57; 22. Pat Barhorst, 16, Ft. Loramie TC, 17:58; 23. Larry Couchot, 19, Shelby Co. All Stars, 18:03; 24. Doug Semanbrenner, 17, Trojan TC, 18:04; 25. Rocky Bower, 18, Shelby Co. All Stars, 18:09. Team: 1. Trojan TC, 34; 2. Lima State Escapers, 68; 3. Shelby Co. All Stars, 69; 4. Tipp TC, 80; 5. Loramie TC, 100; 6. New Bremen TC, 132.

Note... This is probably the first road race held in Shelby County, Ohio. --Norm Amber--

ALL-COMERS T&F MEET #1, GLOUCESTER COUNTY COLLEGE, SEWELL, N.J., Wed., June 19, 1974

1-Mile- 1. Mike Butynas, Sports East, 14:53; 2. Joe Siedlecki, Pensacola Jr. College, 15:04; 3. Jeff Dean, Delasa Reg. HS, 15:46; 4. George Bels, Sports East, 16:04; 5. Ken Kling, Sports East, 16:14. 1/2-Mile- 1. Mike Connolly, Gettysburg College, 4:36; 2. Jay Hurley, Atlantic City HS, 4:38; 3. Gary Waller, una., 4:45. 7. Novice Mile- 1. Ed McNeill, Williamstown, 5:03; 2. Dave McCallum, Gloucester Catholic, 5:03; 3. Joe Veremault, Gateway Reg. HS, 5:06; 4. Ed Schane, Gloucester Catholic HS, 5:11. 800- 1. John Coyle, Sports East, 2:02; 2. Steve Filibrown, Cherry Hill East HS, 2:03; 3. Tom James, Stockton State TC, 2:03; 4. Girls 800- 1. Kathy Christman, Mt. Holly TC, 2:32; 5.

MEET #2, Wed., July 10, 1974 6:00 P.M.

1-Mile- 1. Mike Butynas, Sports East, 4:29; 2. John Wade, Pemberton Distance Club, 4:35; 3. John Coyle, Sports East, 4:49; 4. Dave Hoch, Williamstown, 4:55. 1/2-Mile- 1. Mike Butynas, SE, 10:44; 2. John Skilby, SE, 10:59; 3. George Bels, SE, 11:12; 4. Dave Hoch, 11:46; 5. Bill Clay, una., 11:52. 800- 1. Brian Carson, Willingboro, N.J., 2:02; 8. Novice 800- 1. Jack Moran, unat., Penns Grove, N.J., 2:07; 2. Carl Palaski, Camden Catholic HS, 2:09; 6.

RESULTS OF THE CITY DUMP ROAD RACES SPONSORED BY THE SISU STRIDERS of FLAGSTAFF, ARIZONA June 30, 1974 6:00 P.M. (Races in Flagstaff are held at 7,000 feet above sea level.)

1-Mile- 1. Nick Martin, unat., 10:33; 2. David Jensen, unat., 10:48; 3. Tim Brown, unat., 10:56; 4. Manceo Gardono, unat., 11:37; 5. Phillip Wong, unat., 12:08; 6. Ross Hardwick, Sisu Striders, 12:24; 7. Tracey Wastley, Sisu Striders, 12:26 (1st Female). 4-Miles- 1. Don Young, unat., 22:23; 2. Robert Ford, unat., 23:06; 3. Bob Peckard, Sisu Striders, 23:13; 4. Will Whitehorse, unat., 23:14; 5. Jack Welch, Sisu Str., 24:10; 6. Vic Haynes, unat., 25:27; 7. Pete Hors, Sisu Striders, 25:40; 8. Ned Frederick, Sisu Str., 25:59; 9. Chuck Heaton, 53, Sisu Striders, 30:26; 5.

Notes... The Sisu Striders are a newly formed running club in Flagstaff, Arizona. They are in fact the only running club in Northern Arizona. The club can be contacted by writing to Box 247, Flagstaff, Arizona 86001.

--John E. Welch--

Sisu Striders

OHIO RIVER ROAD RUNNERS CLUB 4-MILE RUN St. Paris, Ohio, June 30, 1974. Weather: Cloudy, 75° Wind SW 15-20 mph. Blacktop road, flat, out & back. 1. Rick Callison, 20:48; 2. Jim Askey, 21:56; 3. Jeff Rawlins, 22:11; 4. Joe Beasley, 17, 22:23; 5. Dale Markey, 22:44; 6. Dave Crim, 22:46; 7. John Merola, 23:07 (1st Over 40); 8. Bob Bowman, 23:17; 9. Tom Williamson, 23:40; 10. Mark Diehl, 23:56; 11. David Cooklin, 24:00; 12. John Zerkle, 24:12; 13. Joe Sargent, 24:13; 14. Paul Edminson, 24:29; 15. Jim Brown, 26:37; 16. Scott Sargent, 26:40; 17. Elver Gaston, 30, 27:08; 18. Wayne Yarcho, 28:22; 19. Daryl McKenzie, 28:41; 20. Stewart Johnson, 28:42; 21. Jack Sargent, 29:30; 22. Mark Stallons, 29:32; 23. David Merola, 30:18; 24. Jack Cooklin, 31:24; 25. Mike Stallons, 32:01.

1 MILE FITNESS RUN- Drew 18 starters & finishers. --Fella LaDiana--

2nd ANNUAL KSU MANHATTAN TC LILLIAN 10-MILE RELAY, MANHATTAN, KANSAS, June 24, 1974

Mike Davis and Mike Silva, 1974 graduates of Manhattan HS, won the relay at KSU's Christian track. The winners covered the ten miles (5 separate miles each) in 56:08 in the over 90 degree conditions.

The most and track record of 48:08 was established last year by Chuck Copp and Frank Rodriguez, former KSU distance runners.

2. Steve Smoot, Ft. Riley, and Del Brandley, Emporia 57:29; 3. Dan Walker, Raytown, Mo., & Jim Conaway, Kansas City, Mo., 58:11; 4. Phil Lerner & Arbo Richards, Manhattan, 61:40; 5. Mike, CBMA & Felton, Manhattan, 61:48; 6. Joe Smith & Bob Rickey, KSU College of Vet. Med., 61:52 (1st age 10-39 Div.); 7. Ron Force & Paul Anderson, Salina TC, 67:23.

--Arno Richards--

D.C. SRC RESULTS

6-MILE RUN, LAKE FRANK, NORBECK, MARYLAND May 27, 1974- 1. Duane Fredericks, 21, 30:20; 2. Jeff Shelton, 30:42; 3. Dan Reake, 27, BTC, 31:47; 4. Don DeWitt, 21, 32:52; 5. Nils Fastvedt, 26, 33:37; 6. Ralph Perry, 17, 33:41; 7. 7; 8. 7; 9. Bill Moss, 19, PVSTC, 33:50; 10. Bill Ireland, 18, 34:08; 11. Jim Dill, 16, 34:28; 12. Willie Vick, 34:40; 13. Jim Whitnah, 19, 34:43; 14. Pete Wagner, 18, 34:54; 15. Corwin Umbach, 19, 35:40; 16. Allan Hennessey, 24, 35:47; 17. Mark Eales, 18, 35:59; 18. Ed Jerome, 30, WSC, 36:07; 19. Jeff Darman, 30, DCH, 36:09; 20. Don Tyler, 18, 36:15; 21. Kurt Sanford, 36, 36:18; 22. Bob Jones, 43, PVSTC, 36:21; 23. Rod Steele, 37, DCH, 36:27; 24. Dick Hipp, 14, 36:28; 25. Mike Fleming, 38, 36:29; 26. Vassile Triantos, 19, 36:29; 27. Martin Gasman, 19, 36:43; 28. Bob Norman, 56, PVSTC, 36:47; 29. Dick Jamborsky, 37, 36:48; 30. Ed O'Rourke, 38, 37:00; 31. John Carville, 16, 38:00; 32. Byron Mitchell, 15, 38:00; 33. Dave English, 24, 38:08; 34. John Andre, 17, 38:30; 35. Steve Strothers, 15, 38:50; 36. Jack Mahurin, 31, NCTC, 38:58; 37. Bernie Allen, 27, WSC, 38:58; 38. Mike Bradley, 26, WSC, 38:58; 39. Mark Canoyer, 30, 38:59; 40. Kee Baker, 37, 39:00, (101 Haishera)

COLLEGE PARK CHARTER ANNIVERSARY 4-MILE Acadale Recreation Center, June 1, 1974 - Nils Fastvedt, 2 26-year-old World Bank economist, led all the way and was an easy winner. Fastvedt began running

five years ago in Norway. This was his first victory. Euse Rankin edged Dave Washburn in a close race for second place. Fine trophy and gift certificate awards.

1. Nils Fastvedt, 26:13; 2. Russ Rankin, 26:39; 3. Dave Washburn, 26:43; 4. Bennett Beach, 27:03; 5. Craig Hayward, 27:05; 6. Bill Hoss, 27:33; 7. Ken Blevins, 27:44; 8. Martin Smith, 27:48; 9. Mike Naples, 27:52; 10. Scott Malay, 27:56; 11. Tim Olson, 28:02; 12. Al Hitchens, 28:10; 13. Brent Ayer, 28:24; 14. Chuck Johnson, 28:34; 15. Mike Wall, 28:35; 16. Mark Eades, 28:36; 17. Lester Page, 28:37; 18. Mike Shoemaker, 28:39; 19. Jon Hiratsuka, 28:47; 20. Bryan Mitchell, 28:47; 21. John Carwile, 28:54; 22. Rod Steele, 28:54; 23. Dick Hipp, 29:00; 24. Mark Smith, 29:04; 25. Floyd Hoffman, 29:06; 26. Keith Sanford, 29:13; 27. Pete Chadwick, 29:16; 28. Charlie Ross, 29:22; 29. Damien Howell, 29:24; 30. Ed O'Rourke, 29:41; 31. Dave Theall, 29:49; 32. Dan Tyler, 30:00; 33. Manny Torres, 30:03; 34. Val Lewton, 30:07; 35. Jerry Lewis, 30:17; 36. Eddie Garrity, 30:22; 37. Mark Opka, 30:24; 38. Roy Galloway, 30:27; 39. Steve Brothers, 30:28; 40. Richard Bryan, 30:29; 41. Marty Sullivan, 30:31; 42. Tom Hamilton, 30:44; 43. Roland Parenteau, 30:46; 44. John Wiskert, 30:51; 45. Doug Furrage, 31:03; 46. Tim Merta, 31:03; 47. Jim Walsh, 31:07; 48. David Sanford, 31:09; 49. P.J. Martenthal, 31:14; 50. Alex Thal, 31:16; 51. Ray Gordon, 31:17; 52. Glen Siskala, 31:27; 53. John Woods, 31:28; 54. Robert Phillips, 31:43; 55. Bob Harper, 31:57; 56. Robert Pearce, 32:06; 57. Martin Greenbaum, 32:11; 58. Bill Fortney, 32:16; 59. Phil Dondos, 32:18; 60. Milt Greenbaum, 32:18. (1st 3 Women)- 1. Sue Williams, 34:05 (7:16); 2. Connie Junghans, 35:24 (7:64); 3. Elizabeth Sands, 38:05 (8:34) 90 finishers. --David Heymsfeld--

DC SRC BUNION DERBY #1 5.6-MILE RACE

Washington Sailing Marina, June 15, 1974

1. Ritchie Gessel, 28:09; 2. Gerry Staunton, 28:24; 3. Bruce Robinson, 23, WSC, 28:50; 4. Rick Beard, 27, 29:07; 5. Ray Morrison, WSC, 29:13; 6. Bob Thurston, 30, WSC, 29:38; 7. Sheldon Karlin, WSC, 29:42; 8. Nils Fastvedt, 30:03; 9. Richard P. Fankow, US Army, 30:24; 10. Martin Smith, 22, 30:30; 11. Bill Hoss, 30:41 (1st Over 40); 12. Bruce Talawyma, 30:52; 13. Eric Smith, 30:55; 14. George Wysoy, 31:17; 15. Craig Hayward 31, 31:19; 16. James Hecht, 19, 31:28; 17. Mike Heylin, 43, 31:33; 18. Bob Barson, 19, 31:40; 19. Al Hitchens, 31:42; 20. George Verosky, 31:54; 21. George Cashmac, WSC, 32:03; 22. Chuck Johnson, 36, PVS, 32:08; 23. ? 32:09; 24. Dick Hipp, 32:38; 25. Cory Umbach, 32:32; 26. Bob Horman, 56, PVS, 32:35; 27. Ed Jerome, 30, WSC, 32:37; 28. Al Hennessy, 24, 32:45; 29. Luis Gidantes, 32:50; 30. Mick Bromilow, 32:52; 31. Dick Jarnbersky, 37, 32:55; 32. Ed O'Rourke, 32:57; 33. John Hiltop, 32:57; 34. Jon Hiratsuka, 32:58; 35. Damien Howell, DC Harriers, 33:06; 36. Carl Cook, 33:06; 37. Mike Higga, 21, 33:07; 38. Mike Fleming, 33:07; 39. Rod Steele, 33:24; 40. Pete Chadwick, 33:34. (126 finishers)

TEEN DIVISION 3-MILE RACE- 1. Will Abers, 18, GMU, 16:00; 2. Jim Whitman, 19, 16:16; 3. Mike Harper, 17, 16:18; 4. Kevin Amigh, 17, 16:18; 5. Paul Rapavi, 16, 16:35; 6. George DeWitt, 15, 16:39; 7. Larry Miller, 16, 16:44; 8. Jeff Custer, 18, 16:44; 9. Robert Haller, 16, 16:48; 10. Casey Adams, 15, 17:05. (41 finishers)

GUNPOWDER NECK 10-MILE RUN, ABERDEEN PROVING GROUND, MARYLAND, June 22, 1974

This run was conducted as a major feature of the Edgewood Arsenal Youth Activities Carnival which was open to the public.

1. Sheldon Karlin, 24, 52:00; 2. Vic Nelson, 25, 53:00; 3. Steve Mahieu, 27, 54:41; 4. Rick Warren, 27, 55:14; 5. Chris Chambers, 27, 55:36; 6. Bruce Robinson, 23, 55:59; 7. Ray Morrison, 27, 56:08; 8. Mike Sabino, 35, 57:11; 9. Phil Stewart, 24, 57:12; 10. Jeff Good, 19, 58:40; 11. Larry Jameson, 25, 58:45; 12. Mike Ward, 19, 59:30; 13. Wes. Hoss, Jr., 39, 59:41; 14. George Reim, 31, 60:02; 15. Mike Naples, 28, 60:30; 16. Thomas Coyle, 20, 60:51; 17. Joseph Naples, 36, 61:12; 18. Paul Farrier, 37, 61:18; 19. Mike Cycchos, 25, 61:20; 20. Jim Harrison, 20, 61:56; 21. Ed Jerome, 30, 62:19; 22. Bob Horman, 56, 62:22; 23. David Stabler, 17, 63:22; 24. Lester Page, 30, 63:30; 25. Ken Blevins, 23, 63:40; 26. Gary Naugle, 31, 64:18; 26. Bradford Mudge, 18, 64:18; 28. John Wall, 60, 64:58; 29. Jim Felley, 17, 65:27; 30. Melvyn Walton, 32, 65:28; 31. Turk Carter, 23, 65:29; 32. Ray Samson, 41, 65:31 (1st Vet. II); 33. Phil Lockcott, 35, 65:34; 34. Mark Hamlett, 17, 65:42; 35. Paul Resignato, 23, 65:50; 36. Damien Howell, 24, 66:01; 37. Wes. Nagle, 18, 66:07; 38. Marilyn Devans, 24, 66:26 (1st Woman); 39. Charles Paul, 32, 66:35; 40. Bob Manchester, 31, 66:37; 41. Donald Vavala, 17, 66:43; 42. Bailey St. Clair, 19, 66:49; 43. Jeffrey McGuire, 35, 66:59; 44. John Carwile, 16, 67:07; 45. Dave Theall, 42, 67:20; 46. Bryan Deason, 36, 67:34; 47. Bob Leatherman, 22, 67:38; 48. Martin Greenbaum, 28, 68:20; 49. Bob O. McBrien, 38, 68:44; 50. Al Yergey, 32, 69:06; 51. Henry Freeman, 25, 69:11; 52. Al Shochet, 27, 69:33; 53. Steve Rossaco, 17, 69:44; 54. Randy Dabney, 25, 69:55; 55. Doug Van Roseum, 28, 70:02; 56. John Sullivan, 29, 70:08; 57. George Major, 60, 70:14; 58. Mark Rossaco, 15, 70:39; 59. Bill Sellers, 38, 71:04; 60. Ron McGarrigle, 23, 71:36. ... 72. Don Heintzke, 60, 74:09. (127 starters, 113 finishers) --Bert Dall--

RESULTS OF RACES HELD AT SPRINGFIELD LIBRARY Springfield (Delco) Pa., July 4, 1974. Weather: Hot & humid, 90°, Sponsors: Springfield Joggers Club and Springfield Jaycees.

4.3-MILES- 1. Eric Beam, 19, Springfield, 35:30; 2. Tim Grogan, 19, Upper Darby, 36:03; 3. Jack McKeever, 17, Springfield, 36:06; 4. John Delfordo, 19, Lansdowne, 36:27; 5. Byron Mundy, 26, Collingdale, 36:44; 6. Dan Brassea, 21, Lansdowne, 37:08; 7. Jeff Barasatian, 15, Springfield, 37:39; 8. Jim Smyth, 31, Springfield, 38:21 (1st Over 30); 9. John Shields, 17, Glenolden, 44:31; 10. Dave Knight, 36, Springfield, 45:20; 11. Frank Dugan, 50, East Lansdowne, 46:06 (1st Over 40); 12. Jim Thacker, 35, Phila., 47:08; 13. Bob Koerner, 40, Springfield, 47:55; 14. John McCormack, 12, Collingdale, 48:38 (1st Under 14); 15. Sam Hill, 29, Swarthmore, 49:41; 16. Marshall Walsh, 17, Springfield (1st Woman), 49:42; 17. Steve Whitmore, 19, Aston, 49:42; 18. ? 52:20; 19. Larry Sage, 16, Drexel Hill, 52:20; 20. Ken Schuster, 17, Drexel Hill, 53:45. (32 started, 27 finished)

2.4-MILES- 1. John Ashton, 14, Springfield, 14:26; 2. David Foren, 13, Springfield, 16:55; 3. Paul Gallagher, 9, Springfield, 17:08; 4. Heather Kilgore, 19, Devon, 17:24; 5. Robin Stryker, 20, Phoenixville, 17:27; 6. Patty Barry, 10, Springfield, 17:33; 7. Jackie Reiss, 12, Pleasant Valley, 18:30; 8. George Koerner, 12, Springfield, 18:45; 9. Carole Woodworth, 12, Springfield, 19:00; 10. Barbara Kelly, 14, Springfield, 19:23. (19 finishers) --Byron Mundy--

ANNOUNCING 3rd ANNUAL SPRINGFIELD JOGGERS 2.4-MILE CAKE RACE - for men & women of all ages. Sunday, Sept. 15, 1974 5 P.M. at Springfield Public

Library - Delaware County, Pa. Forty homemade cakes to be awarded as prizes. Five age groups for men & 3 age groups for women. For more information contact Byron Mandy, 713 Beechwood Ave., Collingdale, Pa. 19023.

8TH ANNUAL A. A. U. 5-MILE ROAD RUN

Des Moines, Iowa, July 4, 1974. Weather: Clear, 70°
OPEN DIV. - 1. Dennis Delmott, 26, Des Moines, 25:59
 New Record; Old mark, 26:15 by Delmott in 1971; 2. Rick Hudson, 21, Des Moines, 26:08; 3. Bob Hughes, 21, Des Moines, 26:40; 4. Galen Green, 23, Newton, 27:02; 5. Shane Dooley, 18, Des Moines, 27:28; 6. Jim McFadden, 35, Ft. Madison, 27:34; 7. Ben Yeager, 19, Newton, 27:44; 8. Ron Combs, 18, Johnston, 27:48; 9. Mark Steinberg, 18, Des Moines, 29:09; 10. Bob Mamerdoss, 27, Fairfield, 29:21; 11. Tom TeBockhorst, 32, Webster, Iowa, 29:40; 12. Ken Kopecky, 37, Des Moines, 29:52; 13. Gary Wilcox, 36, Ankeny, 29:55; 14. Bob McCleary, 19, Des Moines, 30:04; 15. Gary DeuBrava, 26, Des Moines, 30:23; 16. Larry Loukhart, 25, Ames, 30:29; 17. John Gersema, 28, Truro, Iowa, 30:33; 18. Mark Golly, 19, Des Moines, 32:38; 19. Mel Wright, Ankeny, 33:33; 20. Bob Downey, 23, Lincoln, Neb., 35:05; 21. Marvin Scott, 38, Ames, 35:13.

This race was a see-saw battle between Delmott (recently returned from the U.S. Marine Corps) and Rick Hudson whose time was also under the old record.

HIGH SCHOOL DIV. - 1. Tom Adams, 17, Okaloosa, 27:47 (New record) old mark, 29:12; 2. Greg Fowler, 17, Des Moines, 28:04; 3. John McMichael, 16, D.M., 28:09; 4. Paul Pappas, 15, D.M., 28:55; 5. Rick Lamb, 15, D.M., 29:12; 6. Nyte Robinson, 17, Knoxville, 34:05.

VETERAN'S DIV. (40 & Over) - 1. Dr. Marie Diment, 41, Des Moines, 30:13 (New Record; Old mark, 30:45 by Dr. Karl Larsen, Ames, 1972); 2. Dr. Leo McClenahan, 42, Sigourney, Iowa, 33:34; 3. Irv Steinberg, 45, D.M., 34:16; 4. Buck McConeghy, 61, Fairbank, Iowa, 44:07.

OPEN WOMEN'S DIV. - 1. Kathy Christlip, 17, Des Moines, 39:24 Record; 2. Ann Tumbler, 17, Des Moines, 49:50; 3. Debbie Gora, 18, Des Moines, 50:55.

JR. H.S. GIRLS DIV. - 1. Kathy Diment, 12, Des Moines, 34:07 Record; 2. Barbara Diment, 12, Des Moines, 34:37; 3. Stacy Dooley, 14, Des Moines, 54:04; 5. Terri Johnson, 14, Des Moines, 54:04. --Marie Diment--

DENNIS DELMOTT, Age 26, 1974 Winner (25:59)
 Des Moines, Iowa



AGE GROUP MILE RACES (Held as part of the RRC of America National Championship Postal Age Group Miles) Washington, D.C. (Over 650 runners competed in the D.C. section) --Cabe Miskin, M.D.--

7 & Under Girls - 1. Caryn Watson, A.D.C., 6:46; 7; 2. Greta Kim, Laurel, 7:00; 3. Robin Gill, Model Cities, 7:10.

7 & Under Boys - 1. Edward Kennedy, New Hyde Park, 6:28.8; 2. Pat Arhey, Laurel, 6:29; 3. Chris Devane, New Hyde Park, 6:40; 4. Darrin Smith, MC, 6:43.

8 & 9 Girls - 1. Kim Gallagher, Ambler, Pa., 5:34.7; 2. Devota Jackson, D.C. CYO, 5:44.8; 3. Denise Davis Padukis, 5:52.2; 4. Sherry Graham, Rosnoke, 5:59.5.

8 & 9 Boys - 1. Karl Rivers, Morris Estates, 5:29.9; 2. Dan Perkins, Golden Park, 5:31; 3. Joe Sheppard, Laurel, 5:32; 4. Bradley Taylor, CYO, 5:36.

10 & 11 Girls - 1. Ross Richardson, A.D.C., 5:32; 2. Marisa Schmidt, Laurel, 5:32.2; 3. Tracy Grant, MC, 5:40; 4. Wanda Trotter, Valley Stream, 5:44.

10 & 11 Boys - 1. Lester Lyles, D.C. CYO, 5:26; 2. Gene Mirkin, D.C. CYO, 5:27.4; 3. Chris Sherwin, Sports Int., 5:35; 4. Craig Bartosh, N.T.C., 5:37.

12 & 13 Girls - 1. Pam Dutton, Padukis, 5:10; 2. Donna Campbell, 5:12; 3. Kelly O'Toole, L.I.O.S., 5:11; 4. Jill Haworth, 5:11; 5. Aileen O'Connor, 5:16.

12 & 13 Boys - 1. Baron Cole, N.Y. RR, 4:40; 2. Brian Pharr, Morris Estates, 4:47; 3. Richard Moore, N.Y. RR, 4:47; 4. John Caracciolo, Geneva, 4:49; 5. B. Murphy, Cranford Reg., 4:55.

14 & 15 Girls - 1. Donna Gardner, Padukis, 5:22.2; 2. Robin Hollidayoka, 5:22.2; 3. Ahmda Ross, Suffolk AC, 5:35; 4. Nancy Carlson, Suffolk AC, 5:45.

14 & 15 Boys - 1. Bob Pagano, N.Y. RR, 4:24.8; 2. J. Lambert, Cranford Reg., 4:25.2; 3. J. Seleya, Cranford, 4:32; 4. John Dazegan, CYO, 4:34; 5. Robert Brugh, Rosnoke, 4:36; 6. Pat Turpin, Rosnoke, 4:38.

SOUTH DAKOTA AAU ONE HOUR RUN AND SOUTH DAKOTA SECTION NATIONAL AAU POSTAL
 Sexauer Field, South Dakota State University, Brookings, S.D., Sunday, June 30, 1974 7:00 A.M. Weather: 60°, clear, calm.

1. Randy Fischer, 17, unat., Salem, S.D., 10 mi., 1:01 yds; 2. Mark Adamech, 18, unat., Cherokee, Ia., 10 mi., 1:48y; 3. Joe Sadtelgts, 19, unat., Verd, Minn., 10 mi., 2:25y; 4. Bill Kelsaon, 36, unat., Sioux Falls, S.D., 10 mi., 4:1y; 5. Jerry Sadtelgts, 19, unat., Verd, Minn., 4 mi., 1:24y; 6. Harvey Mills, 48, Peaslee Striders TC, 4 mi., 1:39y; 7. Dean Peters, 17, PSTC, 3 mi., 1:17y; 8. Russ Strands, 48, PSTC, 9m, 3:10y; 9. Bill Black, 18, unat., Winner, S.D., 9m, 3:58y; 10. Ken Haug, 31, PSTC, 9m, 7:55y; 11. Rick Maun, 16, Salem, S.D., 9m, 2:09y; 12. Dr. Charles Roberts, M.D., 56, PSTC, 9m, 2:55y; 13. Gary Milder, 19, Howard, S.D., 9m, 1:09y; 14. Dale Winter, 17, Beyden, Iowa, 8m, 1:55y; 15. Lorne Harding, 59, PSTC, 8m, 1:56y; 16. Tom Hruby, 19, Brookings, S.D., 8m, 1:45y; 17. Lyle Strassburg, 48, PSTC, 8m, 1:42y; 18. Alan Bender, 29, Brookings, S.D., 8m, 1:53y; 19. Ray Hoppen, 53, PSTC, 8m, 7:05y; 20. Marv Scholten, 58, PSTC, 8m, 3:27y; 21. Jack Hruby, 28, Brookings, 7m, 1:37y; 22. Dr. Hilton Briggs, 61, PSTC, 6m, 1:47y; 23. Ken Cuyler, 17, Gresham, Oregon, 6m, 1:45y; 24. Orr Schmieding, 51, PSTC, 4 miles, 3:59 yds.
 Split: Flecher - 5:55, 3:56, 3:45, 3:48, 3:43, 3:35, 3:37, 3:29, 3:29, 3:23, 2:46, plus 283 yds.

--Jay Dirksen--

SIX MILE RUN, CARDEROCK, MARYLAND
June 9, 1974- The first annual D. C. Harrier Invitational was held on a hot and humid Sunday evening along the historic C & O Canal Towpath. A hot, steamy evening kept times far away from the potential of many of the participants in the six mile race.

In his first race since November, 1973, Tom Ellis won a close fought battle with Dick Jamborsky and Rod Steele by virtue of his strong kick.

- 1. Tom Ellis, 36:10; 2. Dick Jamborsky, 36:17; 3. Rod Steele, 36:21; 4. Jeff Darman, 37:25; 5. Charles Ross, 38:00; 6. Damien Howell, 38:29; 7. Marty Sullivan, 38:58; 8. Dave Theall, 39:36; 9. Ken Pugh, 40:11; 10. Brian Forst, 40:26; 11. Don Daisell, 40:38; 12. Mike Fardon, Norm Lee, tie, 43:50.

ONE MILE FUN RUN- 1. Pat Sullivan, 12, 6:43; 2. Dwight Theall, 6:54; 3. Diana Ross, 7:11; 4. Phil Sullivan, 8:07; 5. Eric Forst, 8:19; 6. Diane Sullivan, 8:44; 7. Sherree Ross, 8:47; 8. Leslie Killeen, 8:58; 9. Kevin Daisell, 9:01; 10. Andrew Daisell, 9:02; 11. Michele Ross, 9:02; 12. Peggy Theall, 9:08; 13. Nancy Daisell, 9:16; 14. Ellen Darman, 9:37; 15. Jody Forst, 10:22; 16. Carolyn Ross, 10:31. --Jeff Darman--

WEST TEXAS RUNNING CLUB 12 & 2 MILE HORSE SHOE CANYON RUNS, SLAYTON, TEXAS, Saturday, May 11, 1974 9:00 A.M. Asphalt road looped course. Temp. 75-85°, wind north 20 to 30 mph.

Die hard Dan Clark gutted to a fine 68:59 clocking as he ran away from the field. This time really becomes impressive if you consider that he ran a 4 mile stretch directly into a 20-30 mph wind and climbed a pretty good hill to boot.

- 12-Miles- 1. Dan Clark, Austin, 48:59 (Av. Mile- 4:44.9) 2. Don Evans, Lubbock, 59:04; 3. Gene Adams, Brownfield, 1:03:20; 4. Fran Jardine & Charles Grice, Lubbock, 1:05:08; 6. Mickey McClure, Brownfield, 1:05:53; 7. Don Orr, Brownfield, 1:50:50.

2-Miles- 1. Fred Stricklin, Lamesa, 3:00, 10:08; 2. Dickie Patterson, Borger, 5:00, 10:06; 3. Shawnte Shay, Lubbock, 5:06, 10:26; 4. Marc Johnson, Lubbock, 10:37; 5. Brent Tidwell, Lubbock, 10:57; 6. Jamie Vandiver, Lamesa, 11:44; 7. Jack Shropshire, Lubbock, 12:25; 8. Nancy Adams, Brownfield, 16:53. --Gene Adams--

8000 AND 4000 METER RUNS - SAN ANGELO, TEXAS Sat., June 22, 1974 10:00 A.M. Paved Road, Temp. 92°

The Clark brothers showed about as much mercy on the field of 8000m runners as the hot West Texas sun did. Dan hurried home let in 25:23 while brother Don lay back in second place as a rear guard to make sure that a non-Clark didn't get too close. Dan didn't miss catching the last 4000m runner by very much!

It appears that San Angelo decided to make the 4000m their own personal event as they grabbed the first four places. Mark Lewis led the pack with a 14:26 clocking.

- 4000 Meters- 1. Mark Lewis, San Angelo, 17, 14:26; 2. Gregg Ginn, 25, S.A., 15:48; 3. Salim Choha, 31, S.A., 16:37; 4. James DeMent, 26, S.A., 17:28; 5. Jim McDonald, 30, Big Spring, 18:16; 6. Elvin Mathis, 33, Abilene, 19:48; 7. Nancy Adams, 31, Brownfield, 20:54; 8. Harriet Borger, 37, San Angelo, 23:32.

- 8000 Meters- 1. Dan Clark, 22, Austin, 25:23 (mile av. 5:07); 2. Don Clark, 19, Big Spring, 25:57; 3. Ruben Lozano, 21, San Angelo, 28:09; 4. Bob Coffey, Fort Worth 42, 28:23; 5. Githerto Ramon, 20, S.A., 28:49; 6. Bob Gandy, 17, S.A., 28:50; 7. Lowell Bishop, 33, Monahans,

- 29:33; 8. Ed Gilleswater, 24, S.A., 29:51; 9. Harvey Wink, 19, Robert Lee, 30:20; 10. Howard Millsap, 38, Odessa, 31:31; 11. Gene Adams, 33, Brownfield, 32:06; 12. Tom Mayfield, 35, S.A., 32:54; 13. Tommy Lightfoot, 18, S.A., 33:09; 14. Roger Anderson, 36, S.A., 33:13; 15. Bobby Peiser, 42, S.A., 33:16; 16. Allan Borger, 37, S.A., 34:27; 17. Sylvia Arhelger, 28, Alaska, 37:53; 18. Otto Tetzlaff, 47, S.A., 38:46; 19. Mickey McClure, 32, Brownfield, 38:46; 20. Ken Nelson, 52, Carlsbad, New Mexico, 44:59. --Gene Adams--

PATE SETS MARK IN PORTLAND ROAD RUN

Portland, Oregon, June 22- Russ Pate of the Oregon TC trimmed 50s off defending champion Larry Miller's record in winning the AAU 20km road run in 1:04:20.

Pate and Miller finished in that order as 78 runners completed the 12.4 mile course that wound over the hilly areas between the Western Forestry Center and Washington Park.

- Open Div. - 1. Russ Pate, 1:04:20; 2. Larry Miller, 1:05:03; 3. Bob Ray, 1:08:13; 4. Bob Gray, 1:09:07; 5. Greg Gustafson, 1:31:05.

Women- 1. Marilyn Paul, 1:20:31; 2. Nancy Lindsay, 1:27:22; 3. Kathy Van Veen, 1:39:30.

- H.S. - 1. Kandy Henry, 1:00:25, Jr. HS- 1. Mike Bergman, 1:19:04, 30-39- 1. Alan Beardall, 1:09:27, 40-49- 1. Field Ryan, 1:15:55, 50 & Over- 1. Joe Malen, 1:26:40. --Don Jacobs--

CLACKAMAS STRIDERS ROAD RUN, ESTACADA, OREGON, June 22, 1974 (3-Miles)

- 1. Randy Mackey, Lindfield, 14:42; 2. Doug Schler, Sandy, 15:03; 3. Jim Russell, Willamette, 15:51; 4. Mike Whisner, 3, 15:38; 5. Mike Kearns, Willamette Falls, 16:03; 6. Steve Browne, Clackamas Striders, 16:23; 7. Don Jones, CS, 16:15; 8. Reid Sander, Colorado, 16:17; 9. Rick Jones, CS, 16:27; 10. Dave Federmen, Milwaukie, 17:02. --Don Jacobs--

NATIONAL AAU ONE-HOUR RUN - MINNESOTA SECTION at MANKATO June 29, 1974

- 1. Dave Jones, 25, una., Fairmont, 10 Miles, 17:49; 2. John Cramer, 22, TCTC, 10m, 15:53; 3. Al Tappe, 19, NRTC, 10m, 10:43; 4. Dave Chilko, 21, una., So. St. Paul, 10m, 32:0y; 5. Mark Hanson, 19, una., Fairmont, 10m, 30:9y; 6. Clint Firstbrook, 27, una., Mankato, 9m, 16:35y; 7. Dan Hakes, 19, SMTC, Mankato, 9m, 10:88y; 8. Brad Finseth, 21, NRTC, 9m, 9:74y; 9. Wayne Wilcox, 17, SMTC, 9m, 3:96y; 10. Mark Hume, 23, TCTC, 9m, 3:02y; 11. Jay Larsen, 23, SMTC, 8m, 16:80y; 12. Scott Christensen, 19, JTC, 8m, 12:50y; 13. John Dage, 24, unat., Brandon, Iowa, 8m, 12:30y; 14. Greg Yetzer, 19, unat., Farmington, 8m, 9:08y; 15. Bill Foley, 26, una., Minneapolis, 8m, 5:71y; 16. Dave Appleyard, 34, unat., Northfield, 8m, 4:71y; 17. Richard Foster, 34, unat., Mankato, 7m, 16:28y; 18. Bill Rose, 49, unat., Crystal, 7m, 12:92y; 19. Jules Schulman, 31, unat., Minneapolis, 7m, 10:63y; 20. Dick Hammen, 15, unat., Minneapolis, 7m, 5:2y; 21. Earl Wilcox, 21, Minneapolis, 5m, 8:86y; 22. Allan Teigum, 20, unat., Madelia, 5 miles, 8:86 yds.

The temperature was in the mid to high 80's with strong winds. Mark Hume set the early pace in the slow heat before fading to third after several baths that slowed him considerably. Dan Hakes came on strong to win the heat and Wayne Wilcox passed the "waterlogged" Hume in the last minute. Dave Jones passed Cramer at 9 miles in the fast heat.

WOMEN'S STATE AAU QUARTER-HOUR RUN

June 29, 1974 at Mankato, Minnesota

1. Debbie Nolte, 16, SMTC, 2 Miles, 386y; 2. Marlene Tappe, 16, unat., New Richmond, 2 miles, 348y; 3. Kim Ross, 16, unat., Crystal, 2 miles, 324y; 4. Cheryl Swanson, 18, SMTC, Burnsville, 1 mile, 985y; 5. Janet Gaultley, 18, SMTC, 1 mile, 985y. --John Cramer--

FRED BINGGELL BREAKS HIS OWN MARK (MVAUU)

RECORD IN ONE HOUR RUN Columbia, Mo., June 15th

1. Fred Binggell, 22, Fulton, Mo., 11 miles, 346y; 2. Dennis Stewart, 25, CTC, 10m, 233y; 3. Carl Owsarsak, 33, Overland Park, 10m, 130y; 4. Dan Kasprovicak, 23, Springfield, Mo., 10m, 90y; 5. Ben Londaree, 39, CTC, 10m, 88y; 6. Dick Hessler, 32, CTC, 10m, 86y; 7. Rick Todd, 26, CTC, 10m, 64y; 8. Robert Symptom, 33, Overland Park, 10m, 52y; 9. Mike Chippendale, 34, CTC, 10m, 44y; 10. Sandy Lawrence, 24, Columbia, 10m, 23y; 11. Dean Neal, 26, CTC, 10m, 14y; 12. Rex Fraser, 42, CTC, 10m, 40y; 13. Don Lewis, 38, Columbia, 9m, 31y; 14. Don Granberg, 32, CTC, 9m, 343y; 15. John Kernan, 22, KC North Stars, 9m, 120y; 16. Jim Conway, 19, Greater KCCTC, 9m, 129y; 17. Todd Owen, 20, Wm. Jewell, 9m, 123y; 18. Truman Stovrick, 46, CTC, 9m, 98y; 19. Don Walker, 16, Raytown, Mo., 9m, 88y; 20. Angie Hest, 23, CTC, 9m, 68y; 21. Ken Fields, 24, Excelsior Spcs., 9m, 59y; 22. Roger Stocki, 26, Lawson, Mo., 9m, 42y; 23. Alan Klein, 24, Alma, Mo., 9m, 41y; 24. Sandy Quillen, 22, Columbia, 9m, 33y; 25. Chris Marchisi, 15, Excelsior Spcs., 8m, 163y. (50 Galahers) Upper 70's and hot run for the slow heat (30 runners at 6 p.m. A very pleasant low 70's & no sun for the fast heat at 7:40. Binggell lowered his MVAUU record of 11 miles, 155y which he set last year, but he was still short of Barney Hance's track & meet record of 11 miles, 79y set in 1972. Dewey Stewart stayed glued right behind Binggell until the end of lap 35.

--Joe Duncan--

FOUR MILE RELAY, COLUMBIA, MO., May 28, 1974

1. The Stewart Stompers, 18:55 (Eric Lawman, 4:49; Tom Hoff, 4:43; Charlie Evans, 4:43; Dennis Stewart, 4:20); 2. Columbia TC "A", 19:40; 3. Ft. Leonard Wood, 19:50; 4. CTC "B", 21:23; 5. The Old Men, 22:55. 18 teams finished. Old record, 19:10 by CTC, 1973.

6-MILE RUN, COLUMBIA, MO. June 1, 1974

1. Charlie Evans, 33:05; 2. Dean Neal, 33:38; 3. Tom Kilburn, 33:58; 4. Dick Hessler, 34:24; 5. Rick Todd, 34:50; 6. Mike Chippendale, 34:59; 7. Ben Londaree, 35:10; 8. Turk Stovrick, 46, 37:03; 9. Rex Fraser, 42, 37:14; 10. Don Lewis, 38:07. Temp. low 60's. 23 finished.

CHARLIE EVANS & FRED BINGGELL SET RECORD

IN 2-MAN, 30 MILE RELAY, Columbia, Mo., June 22nd

Upper 60's, very pleasant, some gusty wind. The winners lowered the old event record of 45:08 set on June 12, 1971 by Dennis Stewart & Bill Wirtz. Binggell also lowered the individual record for best average--he had 66.7 in 1971.

1. Charlie Evans (57.5) & Fred Binggell (63.8) 44:26
2. Mike Shellman, 15, (74.8) & David Cooper, 17, (67.6) 47:28; 3. Rick Todd (72.1) & Dean Neal (75.6) 49:12
4. Don Granberg (78.0) & Dick Hessler (74.5) 50:50
5. Mike Chippendale (74.8) & Don Johnson, 45 (83.2) 52:38; 6. Rex Fraser, 42, & Truman Stovrick, 32:49;
7. Bryan Daniel, 15 & Ty Jenkins, 15, 53:08; 8. Tom

Hackley & Leon Bell, 53:56; 9. Rick Petty, 15 & David Grothaus, 16, 55:45; 10. Al Garverick & Don Carman, 57:10. (37 teams finished) --Joe Duncan--

COLUMBIA TC's DENNIS STEWART ran a 1:53, 5 800 for first place at the MVAUU T&F Meet in Ottawa, Kans. on May 18th and followed that with a 52.2 440--which, however, was only good for 5th. Then a couple of weeks later in the Kansas Meet of Miles he won the Mile Run in 4:13--he's now off to Colorado for a couple of weeks & high altitude running. --Joe Duncan--

6-MILE ENGLISH STYLE CROSS-COUNTRY RACE

Ft. Mott State Park, Pennsville, N.J., Sunday, June 2, 1974 1:00 P.M. Pouring rain, cold, unbelievable conditions, mud up above knees in places. Race run through the bush along the Delaware River. Approximately 6-miles. Promoted by Middle Atlantic RRC

1. Ken Kling, Sports East, 34:54; 2. Dave Schach, Moorestown HS, 37:05; 3. Frank Anzessi, Pennsville HS, 37:19; 4. Bob Romanaky, Sports East, 37:23; 5. Browning Ross, Sports East, 39:34; 6. Ed Straker, Sports East, 40:28; 7. Ray Samson, Sports East, 40:56; 8. Mike Lindsay, Pennsville HS, 42:05; 9. Steve Yanal, Moorestown, N.J., 42:31.

RESULTS 5th ANNUAL MASTERS ATLANTIC COAST CHAMPIONSHIP 2-MILES, PROMENADE, CAPE MAY, N.J. (3 Races) Wednesday, June 26, 1974 6:00 P.M.

AGE 40-44- 1. Manfred Kandechar, Bloomfield, Conn., 9:54, 5 Record; 2. Via Fandetti, Wethersfield, Conn., 10:07; 3. Frank Pilaging, Reisterstown, Md., 10:09; 4. Dave Calton, State College, Pa., 10:12; 5. Al Wick, Phila., Pa., 10:16; 6. Ken Wilson, Allison Park, Pa., 10:21; 7. Colin Beer, Englewood, N.J., 10:29; 8. Robert Jones, Kensington, Md., 10:33; 9. Joe Bessal, Freeport, N.Y., 10:36; 10. Martin Uher, Moonongahala, Pa., 10:42; 11. Russ Gotta, Boston Twp., N.J., 10:47; 12. Ralph Frazer, Middletown, Delaware, 10:49; 13. John Karel, Wildwood Crest, N.J., 10:56; 14. Ray Edgerly, Bristol, Conn., 10:59; 15. Robert Fize, New York, N.Y., 11:02; 16. Hank Devine, Springfield, Mass., 11:04; 17. Stan Braam, Media, Pa., 11:13; 18. Ray Samson, Camden, N.J., 11:22; 19. John Held, Vineland, N.J., 11:42; 20. Ed Mather, Mountain Lakes, N.J., 11:50; 21. Joseph Wilkes, Springfield, Pa., 11:53; 22. Bernard Finan, Red Bank, N.J., 12:05; 23. Ray Dzwadowski, Merchantville, N.J., 12:40; 24. Joseph Reynolds, Old Bridge, N.J., 12:45; 25. Frank Durio, Lake Hopatcong, N.J., 12:53; 26. Edith Silver (Female), Pennington, N.J., 12:53; 27. Edward Germer, Folcroft, Pa., 13:50.

AGE 45-49- 1. Joe Bursa, Bogota, N.J., 10:20; 2. J. Tony Diamond, Wash., D.C., 10:40; 3. Bill Prater, Swarthmore, Pa., 10:43; 4. Bob Fite, Cape May, N.J., 10:50; 5. Harry Henriques, Basking Ridge, N.J., 11:18; 6. Charles Huhtanen, Phila., 11:47; 7. Fred Mauro, Dronoville, N.Y., 12:06; 8. Steve Yanal, Moorestown, N.J., 12:07; 9. Gene Martinson, Swarthmore, Pa., 12:10; 10. Ted Grenda, Stone Ridge, N.Y., 12:57; 11. Joe Sevarini, Wharton, N.J., 14:03.

AGE 50-59- 1. Dr. George Sheehan, Rumson, N.J., 10:56; 2. Bob Horman, Washington, D.C., 11:00; 3. Browning Ross, Woodbury, N.J., 11:04; 4. Ev Newell, Mt. Holly, N.J., 11:13; 5. Bill Tribou, Simsbury, Ct., 11:15; 6. Whitney Thomas, Margate, N.J., 11:24; 7. Danforth Geer, Bensington, Va., 12:00; 8. Edwin Barron, Arlington, Va., 12:02; 9. Garry Reister, Hartsdale, NY, 12:06; 10. Max Quackenbush, Morristown, N.J., 12:09;

11. Ambrose Elee, England, 12:50; 12. Dave Williams, New Castle, Delaware, 12:58; 13. Ed Conway, 12:26; 14. Don Logan, Oceanside, N.Y., 12:28; 15. Lew Lago, Stanhope, N.J., 12:31; 16. Bill Hackelich, Phila., Pa., 12:37.5; 17. Frank Degan, East Lansdowne, Pa., 12:47; 18. Jack Brickley, Haddonfield, N.J., 12:54; 19. Dan Wise, Phila., 12:53; 20. Jim Harding, Morristown, N.J., 13:20; 21. Ed Cunnion, Browns Mills, N.J., 13:52; 22. Ross Yates, Bethlehem, Pa., 13:39.5; 23. Jerry Hook, Phila., Pa., 16:02; 24. James Silver, Pennington, N.J., 16:35.5; 25. Joe Burcher, West Cape May, N.J., 16:17.

AGE 60 & OVER- 1. George Majoe, 60, Camp Springs, Md., 12:20; 2. Joe Kleinserman, 62, NYC, 13:16; 3. Paul Fairbank 67, Bethesda, Md., 14:03; 4. Ellen Fisher, 71, Floral Park, N.Y., 17:39.5.

WOMEN- 1. Edith Silver, 12:53.5; 2. Gino Mauro, 21:09.
--Bob Fite--

20 KILO ROAD RACE, GASPEE, RHODE ISLAND
June 3, 1974. Weather: Warm. 42 starters with 30 finishers (the rest got lost!) Complete confusion throughout the race!

1. Willie Speck, Boston AA, 64:45; 2. Tim Smith, Mohegan Striders, 65:48; 3. Larry Rice, Mohegan Striders, 71:12; 4. James Gray, NMC, 71:21; 5. Wm. McNulty, BAA, 71:33; 6. John McLaughlin, Jr., unat., 72:04; 7. George Schobel, NMC, 72:18; 8. Albert Sauti, Williams College, 74:00; 9. John L. Sullivan, CSU, 74:48; 10. Jack Thornhill, NMC, 76:32; 11. Paul Smith, unat., 78:06; 12. Charles Ratti, NMC, 78:07; 13. Preston Hare, unat., 78:22; 14. Randy McCauley, Aquidneck Is. TC, 79:52; 15. Buzz Gammell, unat., 80:53; 16. George Maine, Mohegan Striders, 80:53; 17. John Krolewski, unat., 80:57; 18. Mark Haggerty, NMC, 82:49; 19. Mike Krolewski, unat., 86:55; 20. Howie Aronson, unat., 87:00; 21. Dario Herrera, AMJA, 87:28; 22. Steve McLaughlin, NMC, 88:21; 23. Richard Crowell, J&W, 88:21; 24. P.R. Fox, Mohegan Striders, 89:57; 25. Ron Maueradjan, unat., 98:01. --Fred Brown Sr.--

10 MILE ROAD RACE, QUINCY, MASS.

June 8, 1974. Weather: Very hot!
1. John Cedarholm, Boston AA, 54:14.2; 2. Art McAndrew, BAA, 54:25; 3. Willie Speck, BAA, 55:43; 4. Neil Coville, CSU, 56:06; 5. Terry Gallagher, unat., 56:17; 6. Joe Catalano, BAA, 56:30; 7. Dick Mahoney, GBTC, 56:42; 8. Steve Ellis, BAA, 56:54; 9. Chuck Riley, CSU, 57:00; 10. Peter Stipe, BAA, 57:00; 11. Walt Renaud, unat., 57:41; 12. Mike Baxter, BAA, 58:08; 13. Jim Sronsch, NMC, 58:38; 14. Bill McNulty, BAA, 59:17; 15. John Kelly, St. Mary's, 59:28; 16. Louis Paul, CSU, 59:35; 17. Richard Neckes, Central Conn. College, 59:40; 18. Brian Devlin, U. of Conn., 59:55; 19. Pete Phillips, LTAC, 60:06; 20. Tony Sapienza, BAA, 60:10; 21. John Cooke, unat., 60:17; 22. Chas. Hanson, CSU, 60:21; 23. Edmond Connor, NMC, 60:57; 24. Glenn Charboneau, LAC, 61:03; 25. Paul Roche, NMC, 61:05; 26. Larry Thode, GBTC, 61:11; 27. Dave McGillivray, NMC, 61:32; 28. Mike Oylanda, LTAC, 61:45; 29. Robt. Cozmley, Marine AC, 61:52; 30. Bill Squires, BAA, 61:56; 31. James Larson, NMC, 61:58; 32. Mike Madeen, CSU, 62:38; 33. Dan Dudley, CSU, 63:08; 34. Dave Linton, unat., 63:51; 35. John Wallace, BAA, 64:03; 36. Bob Clarizia, NMC, 64:51; 37. Harold Gabriel, NMC, 65:11; 38. Chas. Ratti, NMC, 65:13; 39. Robert Lux, unat., 65:30; 40. Richard Callery, NMC, 65:51; 41. Bob Press, NMC, 65:56; 42. Bob O'Regan, NMC, 66:17; 43.

Bruce Migell, NMC, 66:18; 44. Fran Donovan, CSU, 67:53; 45. John A. Kelley, unat., 68:03; 46. Joe Nee, Quincy YMCA, 68:12; 47. Ray Anzotoca, CSU, 68:35; 48. Mike Morrill, NMC, 68:42; 49. Ed Hill, unat., 68:48; 50. S.G. Kubolick, unat., 69:00; 51. David Swanson, CSU, 69:03; 52. Julian Siegel, NMC, 69:22; 53. Mark Yesley, CSU, 69:32; 54. Ed Norton, NMC, 69:45; 55. Anthony Easter, unat., 70:15; 56. Edwin Smith, unat., 70:50; 57. Richard Meckler, unat., 71:32; 58. John Mahoney, unat., 71:33; 59. John Campbell Sr., NMC, 72:03; 60. Dario Herrera, AMJA, 72:08; 61. Dave Johnson, NMC, 72:15; 62. Fr. Joseph Shea, BAA, 72:20; 63. Fred Murray, unat., 72:46; 64. Edward Drohan, NMC, 72:54; 65. Henry Sigmourney, CSU, 73:20. (103 finishers)

5.5-MILE ROAD RUN, WILBRAHAM, MASS.

Tuesday, June 11, 1974 7:00 P.M. Temp. 75 degrees.
42 starters, 38 finishers. Course Record: 27:45 by Tom Derderian.
1. Charles Diehl, GBTC, 28:17; 2. Paul Oparowski, NMC 29:22; 3. John Jarek, NMC, 29:47; 4. Kirk Pirangle, GBTC, 30:18; 5. Don Bamford, NMC, 30:37; 6. Jack O'Rourke, NMC, 30:45; 7. Jake Mahoney, NMC, 30:51; 8. Bill Bove, NMC, 31:03; 9. Bruce Aldrich, NMC, 31:39; 10. John Brennan, unat., 31:46; 11. Matthew Bird, NMC, 31:58; 12. Ed Hill, NMC, 32:10; 13. Ted Lonczak, NMC, 33:03; 14. Stewart Thurston, NMC, 33:36; 15. Bob Skrath, unat., 34:15; 16. Robert Wooster, unat., 34:40; 17. Paul Chaffers, unat., 34:54; 18. Jim Quinn, unat., 35:08; 19. Ronald MacDougal, NMC, 35:23; 20. Steve Nofle, NMC, 35:42; 21. Mike Smiscalchi, unat., 35:51; 22. Dan Dabey, NMC, 35:53; 23. Claude Ellis, NMC, 35:58; 24. Joe Pascentino, NMC, 36:08; 25. Lionel Stewart, NMC, 36:23; 26. Mike Gatta, unat., 36:25; 27. Kathy Kelly, unat., 36:26; 28. Ed Drohan, unat., 36:37; 29. John Nofle, NMC, 36:44; 30. George Lettarulo, NMC, 36:47. --Fred Brown Sr.--

11th ANNUAL ACTON LIONS 4.5-MILE RUN, ACTON, MASS., June 14, 1974. Weather: Hot!

1. Rich Field, Boston AA, 22:59; 2. Richard Neckes, Central Conn. State, 23:09; 3. Rob Duncan, Dartmouth, 23:26; 4. Phil Ryan, BAA, 23:27; 5. Kevin Krassacki, NMC, 23:33; 6. Rick Smith, Colonial Track, 23:43; 7. Ron Kay, CSU, 23:55; 8. Richard Johnson, NMC, 23:56; 9. John Slattery, unat., 23:58; 10. John Forster, Maynard HS, 24:02; 11. Rick Reed, Acton, 24:04; 12. Tom Knatt, NMC, 24:11; 13. Paul Smith, Saugus, 24:35; 14. Glenn Charboneau, Lynn AC, 24:43; 15. John Osowski, HFC, 24:46; 16. David Smith, Colonial TC, 24:48; 17. George Schobel, NMC, 25:11; 18. Mile Durdovic, CSU, 25:17; 19. George Gallagher, unat., 25:24; 20. Paul Schell, NMC, 25:27; 21. Allen Hoffman, Central Mass. Striders, 25:32; 22. Mike McCabe, Bridgewater AC, 25:36; 23. Charles Bassett, Lynn AC, 25:48; 24. Kandy Deary, Weston HS, 25:54; 25. Mike Levine, unat., 25:57; 26. Edward Hill, unat., 26:00; 27. Edward Costello, unat., 26:06; 28. Robert Smith, Saugus, 26:08; 29. Philip Tray, Lexington, 26:09; 30. Stephen Karr, Bridgewater AC, 26:14; 31. Bruce Migell, NMC, 26:26; 32. Charles Rock, NMC, 26:24; 33. Robert Meehan, unat., 26:29; 34. David Kidder, Berlin, 26:34; 35. Bill Nyban, Weston HS, 26:37; 36. Ralph Leonard, Sudbury, 26:42; 37. Aubert Metayer, Plainville, 26:48; 38. Ray Casano, Waltham, 26:52; 39. Ron Kmiec, NMC, 26:56; 40. Keith Vesuli, Waltham TC, 27:01; 41. Andy Rogours, Newton, 27:03; 42. Robert Carbon, Colonial TC, 27:04. (113 finishers)

KNOXVILLE TO "LAST MAN OUT" EVENT WON BY HIGH SCHOOLER. Central High School, Knoxville, Tenn., June 28, 1974 7:30 P.M. Weather: Sunny, 75°
Race Plan: All runners ran first mile. Drop last runner in each succeeding 440 lap beginning with 2nd mile.
(Several dropped out along the way on their own choosing. 35 starters.)

1. Randy Oliver, 18, 5 3/4 miles; 2. Bob Godwin, 32, 5 1/2 miles; 3. Ernie Brooks, 20, 5 1/4 miles; 4. Clyde Wightson, 26, 5 miles; 5. Dick Schuller, 34, 4 3/4 mi.; 6. Guy Kirtin, Jr., 25, 4 1/2 mi.; 7. David Wolfe, 23, 4 1/2 mi.; 8. Joel Eisenberg, 29, 4 1/2 mi.; 9. Ray Daskery, 31, 4 1/4 mi.; 10. Richard Gayle, 27, 4 1/4 mi.; 11. Robert Roach, 18, 4 mi.; 12. Mike Harville, 28, 4 mi.; 13. Beacher Bailey, 18, 3 3/4 mi.; 14. Brent Hodges, 17, 3 1/2 mi.; 15. Mike Clark, 18, 3 1/2 mi.; 16. Mike Cabbage, 16, 3 1/2 mi.; 17. George Daniels, 35, 3 1/4 mi.; 18. Phil Vittetosa, 18, 3 mi.; 19. Sam Fowler, 45, 3 mi.; 20. Ben Beard, 18, 2 3/4 miles. (15 finishers)

WOMEN'S 5 LAP (1 1/4 Miles) RACE: 1. Mary Ann Blazek, 22, 8:58; 2. Edelene Brooks, 29, 9:31; 3. Vickie Cobble, 23, 11:33

Racing Notes... Randy Oliver's total time for the distance was 28:52 and he held a lead of about 150y over second place finisher Bob Godwin when Godwin had to stop at 5 & 1/2 miles. --Hal Casfield, Meet Director--

SECOND ANNUAL WOODSTOCK TO CRYSTAL LAKE, ILLINOIS IS KILG ROAD RUN (9.4 MILES) July 4, 1974
L. Wil Fieldhouse, Palatine, 52:54.8; 2. Bill Santino, Crystal Lake, 52:53; 3. Dave Scott, Palatine, 53:07; 4. Tony Maglano, Woodstock, 53:18; 5. Jim Gallo, Palatine, 53:29; 6. Paul Kinyon, Palatine, 53:32; 7. John Enright, Crystal Lake, 53:48; 8. Howard Jancy, Crystal Lake, 54:28; 9. John McInerney, McHenry, 55:20; 10. John Filosa, Palatine, 55:59; 11. Tony May, Crystal Lake, 56:13; 12. Art Campbell, Mandelain, 56:35; 13. Terry Irmen, Toledo, Ohio, 56:43; 14. Dan Tiachler, Palatine, 56:48; 15. Chuck Christensen, DeKalb, 57:34; 16. Kevin Callahan, Palatine, 57:39; 17. Tom Altomus, Woodstock, 57:48; 18. Tom Labourrette, Cary, 57:53; 19. Andy Oakley, McHenry, 58:05; 20. Alex Augustine, DeKalb, 58:18; 21. Dean Eileman, Palatine, 58:30; 22. Steve Henricks, Palatine, 58:48; 23. Rich Newell, McHenry, 59:03; 24. Larry Bergquist, Crystal Lake, 59:05; 25. Ron Hodoc, Palatine, 60:01... 33. Terry Venorakos, Crystal Lake, 67:58 (1st female) 48 starters, 44 finishers. --Bob Martin--

SOUTHERN PACIFIC ASSOCIATION - 10th Femana Days Run (New course) 11.5 Miles, May 18, 1974. Weather: Cloudy & overcast. Course record of 1:00:55 by Ed Chalder.

1	CHALDER, ED	56	00:55	1:00:55
2	ANDERSON, STEVE			1:04:29
3	SWAFFER, SHIP	56	01:02	1:05:11
4	ELY, JIMMY, JR			1:05:12
5	TURNER, BILL			1:07:37
6	CRUM, BILL	56	01:07	1:08:19
7	WARRINGTON, WALT	55	01:07	1:08:52
8	WEEKS, RAY			1:09:19
9	ROSTER, JOHN			1:10:08
10	FRIST, STEVE			1:10:19
11	WELLS, JIMMY			1:12:17
12	TRIMBLE, JIM			1:12:31
13	PHILLIPS, BOB			1:12:37
14	DOUGLAS, CHRIS			1:13:19
15	CONNELLY, WALTER			1:13:26
16	FRANK, JIM			1:13:29
17	BYRNE, MICHAEL			1:13:44
18	ANDREWS, JIMMY			1:14:04
19	HOLMES, CHARLES			1:14:56
20	WOODRUM, JIM			1:15:48

21	SWETTER, VINCE	56	01:12	1:16:16
22	STANON, WALTER	18		1:16:34
23	BARRETT, ALTON	18	01:17	1:17:04
24	WONG, PAUL			1:17:13
25	CLARK, BOB	56	01:17	1:17:22
26	PELTON, CLYDE	56	01:17	1:17:24
27	BEVINS, JIMMY, JR			1:17:32
28	MC TAVEL, BILL	24	01:17	1:17:39
29	WONG, JIM			1:18:02
30	WRIGHT, STEVE			1:18:09
31	WARRINGTON, PAUL			1:18:20
32	JACKSON, STEVE			1:18:29
33	WALSH, JIM	56	01:17	1:18:37
34	SARITA, JOHN	56	01:17	1:18:39
35	CLARK, WALTER	56	01:17	1:18:39
36	LITTLE, BOB	56	01:17	1:18:41
37	LYONS, STEVE			1:18:42
38	PHILLIPS, STEVE			1:18:45
39	OSBORN, BOB	28		1:18:54
40	CARRON, BOB			1:19:04
41	JACKSON, STEVE			1:19:09
42	FRIST, JOHN			1:19:11
43	ANDERSON, STEVE			1:19:12
44	KARAMEL, JAMES	56	01:17	1:19:14
45	OTT, BOB			1:19:15
46	CLARK, FRANK			1:19:19
47	WELLS, JIM	51	01:17	1:19:22
48	HOTTE, DAVID	24	01:17	1:19:27
49	MURPHY, TIM			1:19:28
50	SAVON, WALTER			1:19:32
51	WRIGHT, STEVE	27	01:17	1:19:42
52	FRANK, DANIEL			1:19:49
53	TRIMBLE, JIM			1:19:52
54	LEWIS, PAUL			1:19:54
55	BRANT, JOHN			1:20:14
56	WORTHEN, JOHN	48	01:17	1:20:42
57	VALONTE, RAY			1:21:22
58	WILSON, JIM			1:21:22
59	JACKSON, JOHN			1:21:37
60	KUMPTZ, GARY			1:21:54
61	SILVER, MIKE			1:21:55
62	WARRINGTON, BOB			1:22:02
63	JACKSON, GARY			1:22:12
64	HOTTE, DAVID	11	01:17	1:22:19
65	FOSTER, CLEMAN	25	01:17	1:22:32
66	RISH, ALAN	51	01:17	1:22:42
67	WELLS, JIM	48	01:17	1:22:47
68	WELLS, JIM	56	01:17	1:22:52
69	WARRINGTON, BOB			1:23:12
70	WARRINGTON, BOB			1:23:12
71	WELLS, JIM			1:23:17
72	WELLS, JIM			1:23:17
73	WELLS, JIM			1:23:17
74	WELLS, JIM	48	01:17	1:23:19

5th MT. WILSON TRAIL RUN (NEW COURSE) 11 Miles, May 25, 1974

Phil Ryan, although taking a bad fall was able to defeat two former winners. The course this year was about 1/4 mile longer because of a new starting line. The Sierra Madre Search and Rescue team and Sierra Madre Parks Department provided many merchandise awards & supplied water and assistance as needed on the trail. 160 finishers.

1. Phil Ryan, 30, GWAA, 1:01:30; 2. Enrique Aguila, 1:03:06; 3. Steve Chase, 19, unat., 1:03:33; 4. Ronald Kurrie, 26, PCC, 1:04:23; 5. Ed Chalder, 21, unat., 1:05:00; 6. Robert Slick, 18, unat., 1:05:34; 7. Bill Anderson, 31, SBAA, 1:06:29; 8. Dennis Kasiechko, 1:06:49; 9. Jim Arquilla, 23, unat., 1:07:08; 10. Robert Arce, 1:07:19; 11. Ron Young, 1:07:56; 12. Mark Kushner, 21, GWAA, 1:08:11; 13. Hector Romero, 1:08:43; 14. James Swager, 1:08:44; 15. David VanDerveen, 1:08:48; 16. Kenneth Moffet, 21, GNO, 1:08:48; 17. John Leeper, 1:08:57; 18. Bill Gookin, 1:09:15; 19. Joe Khimer, 1:09:20; 20. Doug Schuman, 1:09:31; 21. Kaj Johansen, 1:09:00; 22. Jay Rubino, 1:09:36; 23. Dan Wojcik, 18, unat., 1:10:51; 24. Bill Crum, 58, STC, 1:10:53; 25. Ed Burman, 38, unat., 1:11:03; 26. Fred Sundstrom, 1:11:10; 27. Lee Calder, 22, unat., 1:11:59; 28. Carl Spetch, 1:12:03; 29. John Greenwood, 1:12:03; 30. Jeff Siangler, 1:12:12; 31. Jim Ursulo, 1:12:12; 32. Mike Calder, 17, unat., 1:12:18; 33. John Casso, 1:12:53; 34. ? 1:13:04; 35. Mark Stevenson, 1:14:13; 36. Steve S. White, 1:14:17; 37. Don Moses, 1:15:27; 38. Arturo Lega, 1:16:22; 39. Oscar Moreno, 1:16:34; 40. Ed Gookin, 1:16:41.

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6/18/74
6/23/74
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7/4/74

6/10 - Fairmount Park 5.3 m	 United States Track and Field Federation	7/7/74
6/10 - " 11 5 m		Howe Run
6/13 - 4 m Blouchester City		Woodbury 10
6/19 - Woodbury TM 3 m.		Woodbury 10
6/19 -		6/29/74



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