

1975 MARATHON Handbook



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By

The Editors of Runner's World

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Featuring Marathoning

It was January 1970, and I'd jumped from an established magazine, *Track & Field News*, to a then-smaller one with a new name, *Runner's World*. My first assignment was to help Bob Anderson finish a booklet on the marathon. I wondered then if there were enough marathoners and enough interest in marathoning to warrant a special publication like this.

I ran marathons but didn't see too many other people doing it. How many could there be? A thousand or so, with most of them clustered around Boston. How many races were there? Maybe a dozen, mostly on the coasts.

Bob put down my doubts by handing me a folder full of statistics he'd collected. The figure indicated that about 2000 Americans were running marathons. More than 1100 ran at Boston in 1969. Forty-six races were scheduled in the US for 1970. Those numbers sounded big then.

In early 1970, the big names in marathoning were Derek Clayton, Ron Hill and Jerome Clayton. Clayton had just improved his world best time, Hill had won the European championship, and Drayton had run 2:11. The top two Americans were Kenny Moore and Ron Daws.

We couldn't have known then what we were getting into with the *Marathon Handbook*. Five editions later, there are more than three times as many runners and racing opportunities. Ten times as many Americans run under 2½ hours in 1974 than back then.

Derek Clayton has retired. He said in an extraordinary retirement announcement, "I lost the desire to continually thrash myself. I can say now that I hated every moment of my training." Hill and Drayton have been frustrated in recent years, unable to match their old form. Moore and Daws are in semi-retirement, still running well but not as seriously as before.

Ian Thompson wasn't doing much running in 1969. Now he's the second fastest ever. Back then, Frank Shorter was a senior at Yale. He'd won his first national title, the NCAA six-mile, but his first marathon was still years away. Five years ago, Tom Fleming was in high school and hadn't run a marathon. He has finished second in the last two Boston marathons.

There were no women listed in the 1970 *Handbook*. The number who tried marathons then could be counted on one foot. But by 1974 they had their

own national and international championships, 17 of them broke three hours, and the 100th best time was almost as fast as the pre-1970 world best. Jacki Hansen's mark is 25 minutes faster than that one.

The booklet, like the sport, has expanded from its modest beginnings. Marathoning is still the central theme because the marathon is the most important long distance race. But it isn't the only one. As the marathon grows, so do the shorter and longer runs, and the race walks. We'll cover them here until they're big enough to have booklets of their own.

The marathoners could barely fill the first booklet. We had to pad it with reprinted articles to reach 52 pages. Now the marathon statistics alone go longer than that. But as the lists grow, the individual times on them aren't devalued. Just the opposite. Each new one represents a person who never before thought he or she could go so far, so fast.

—Joe Henderson

IAN THOMPSON -- 2:09:12

by Dave Cocksedge

"I always enjoy my training. It's never been a chore to me..."

"I'm never too bothered about others in any race..."

"I've been running for more than 10 years at club level, without a great deal of success..."

It could be any of a thousand fun-runners talking, runners whose biggest dream in life is breaking three hours at Boston. Ian Thompson wasn't much different from them until October 1973, and he still doesn't think much differently.

Thompson entered marathoning almost accidentally. His team needed an extra man for the scoring in the British national championship. Ian volunteered, and won in 2:12:40. That race qualified him for the Commonwealth Games. He won again there, with 2:09:12—the second fastest marathon ever. Since then, he has won the Athens and European races, both in the 2:13s.

After the last one, he reportedly said, "The only person in the world who can challenge me now is Frank Shorter." Perhaps he was misquoted, since this doesn't sound at all like the Thompson pictured here.

Ian Thompson, 5'6" and 126 pounds, was born Oct. 16, 1949. He is a graduate student in Spanish.

How fast do you think you can run a marathon, judging from the experiences in those you've done?

I think I can go faster (than 2:09:12), provided I pace myself more sensibly over the first half of the race. There were certain things against me before the Commonwealth race. My training was interrupted by two bad colds, as well as other factors. Given time, and they say a marathon runner reaches his peak at about the age of 28, I will definitely run faster than 2:09. That gives me another four years.

I think I overdid the first half at Christchurch (Commonwealth Games). I went through the turn in 1:03 and took 1:06 for the second half, whereas if I'd run a 1:04 first half, maybe I could have run another one for the second half to finish in 2:08.

Can you describe a typical week's training?

Sure. Sunday's, I do a long run—about 28-30 miles. Every lunch hour from Monday to Friday, I do a six. On a Monday, I run another six in the evening. Tuesdays, I do a track session in the evening. Wednesdays, I run two easy road runs, then Thursday another track session. On a Friday, I run either a track or hill session in the evening. Saturdays, I either race or do another fairly long run. I like to get the long run in, and then fit the rest of my sessions around that.

What is your ideal number of top-class marathons each year?

I think no more than two major ones a year—like the Commonwealth and the European (in 1974). I could probably get away with a couple of minor races as well, but two really big ones a year is plenty to get on with. I mean, you're asking a man to hit a peak twice within a year, and physically and mentally that requires a lot of careful planning and hard work.

What about thoughts of Montreal 1976? Does the prospect of that volume of training until 1976 daunt you at all?

Well, I live very much from day to day with my running, so I've hardly ever bothered to think that far ahead. I always enjoy my training. It's never been a chore to me. I'm quite used to high mileage now, as I've been averaging 140 a week at times since I was 21. I've built up a background of heavy mileage over the years, so the thought of a few more doesn't scare me. I simply love running for the sheer hell of it.

When I ran 14:05 for 5000 in 1971, I was on that sort of hard road work. I believed firmly in Lydiard training for the track. It didn't really work for me then, but now I think I'm beginning to reap benefits from it. Obviously, it was ideal preparation for the marathon.

Don't assume that I'm running 140 a week all the time, though. Mostly I supposed I average 90, but occasionally I bump it up to 140. When I tried to average that figure week in, week out, I found I couldn't cope with it. My body didn't have time to recover.

What are your feelings about racing a fit Frank Shorter?

Well, I read an article on him some time ago and I was impressed. Obviously, the Olympic champion *must* be good. But with a 27:51 for 10,000, he's got almost frightening speed as well. I'd love to race him, but I'm never too bothered about others in any race. When I'm out there, I'm out to run my best and let everyone else do their own thing, so to speak.

It's what you do on the day that counts, isn't it? I've no doubts that Shorter will be tough to beat. But when I'm against him, I won't worry about him in any way.

In your interviews, you've always tended to adopt a low profile, always claiming not to be overly impressed or even greatly aware of the reputations of your rivals. Is that a genuine or assumed attitude?

Well, I don't spend time reading up on other runners. Basically, I run to get the maximum out of myself. And to be honest, tactics in marathon races are just not on in that sense. You've got to pace yourself and run to your own capabilities, so what's the use in knowing everything possible about the men running against you?

But then on the other hand, I don't deliberately go out of my way to be in total ignorance of rivals. Knowing more about other runners has virtually been forced on me in the last months, since I came through into the big-time. I mean, in Christchurch, I couldn't very well *not* know the others, since I was surrounded by them and got to know them as people as well as reputations.

There are many athletes who I think spend far too much time worrying about others in their event, and this is not a very healthy attitude. There are other things in life besides running. I just like to do my training, and then I don't really want to know for the rest of the day. I'd rather spend it on another activity. I believe in keeping it in its place. I don't even bother to watch athletics on television unless I happen to be in and something is on. I won't go out of my way to watch it.

What do you think about when training and racing?

Racing is entirely different to training. Frank Shorter said that marathons, when one is running well, are compressed into about three-quarters of an hour in thinking time, and I found this—especially in Christchurch. I was pressing myself forward all the time so much that there was little time to think about anything else except my form. I had no sensation of time dragging by.

You know, two hours and nine minutes sounds a long time, but it seemed to go by pretty fast during the actual run. Odd thoughts flash through your head, like, "What will I do first after finishing?" or, "I wonder if my friends and family are watching, or if they know how well I'm going today?"

Training runs can be tough mentally, though. I can think of a recent long run. It was a murderous thing. I felt tired and heavy. I wasn't flowing as well as I'd like to, and time was dragging by. I kept thinking of the work I should have been doing at home, and anything and everything really, just to fill up the time until I could finish.

Do you regard mental preparation to be important for racing?

Yes, very important. For me, this means staying relaxed and not thinking hard about the big race beforehand. Relaxation is *very* important. I was relaxed before my first marathon because I wasn't particularly expecting anything earth-shattering. And, strangely enough, in the Commonwealth I was relaxed too, with a sort of quiet confidence. I was happy about a lot of other things in life besides my running. Everything was clicking, and I was in a relaxed frame of mind—which was ideal.

From what you've learned in your first year of marathoning, what advice for a novice attempting a marathon for the first time would you offer?

Train! Do a lot of training for it. That will give you the confidence as well as prepare you physically. Long runs regularly will give you the relaxed rhythm you need.



With the increasing pressures you've obviously experienced since winning the Commonwealth and European titles, how long do you think you'll be able to exist at top level?

I don't really know. The deciding factor will be the sort of job I get. At the moment, I have the freedom to train all I want, though my studies have inevitably suffered since October 1973. If the job makes demands which encroach on training and racing time, then they have to go.

This is the case for professional athletes. If one can devote oneself exclusively to racing, one can have a long and useful career in the sport. But as an amateur, a man has to work and earn himself a decent living wage. The successful amateurs are people who have been able to fit their job in with their training, with the athletics having first consideration.

Would you continue with athletics even without further success?

Oh, yes. You've got to remember that I've been running for more than 10 years at club level, without a great deal of success to spur me on. As I said earlier, I would run just for the pure love of running. I mean, if I lived just for racing, it wouldn't be enough. Races are over in a flash, relatively speaking, after a lot of building up for them. So it's the enjoyment of the training that keeps me going too.

It's a weird sort of pleasure, but it works. You know, you get a feeling of satisfaction after you've forced yourself to get out for a long run on a wet and windy day when you'd rather stay indoors. Besides that, when I'm out on my own, feeling fit and the running is coming easy on a bright sunny day, I'm flowing along the roads and it's just good to be alive and well, enjoying the sensation. It's a pleasure in itself, really.

I think if I ever got to the stage where I'd be constantly worrying about my form and unable to enjoy my training, I'd give up racing.

What else in life excites you besides running and racing?

Hard to say, really. Not a great deal. Dancing occasionally, and the very occasional drink. I'm a pretty placid type of bloke. I don't have many ups and downs in life; just prefer to take things calmly as they and as they come along. At parties and socials, I'm quite happy to take a back seat and let other people get the attention. You wouldn't call me the life and soul of the party; just part of the audience, perhaps.

Ian Thompson's fourth race, and his fourth victory. He's finishing the European Championships marathon in 2:13:18. Earlier in the year, Thompson won the Commonwealth Games race in 2:09:12. (Mark Shearman photo)

JACKI HANSEN--2:43:54

by Bill Cockerham

As Jacki Hansen finished the Western Hemisphere marathon in December, she again proved two things:

1. That Culver City, Calif., is a special place for women. Cheryl Bridges ran the world best time there in 1971, Miki Gorman did the same in 1973, and Jacki improved it to 2:43:54 a year later.

2. That the same basic rule applies to women's marathoning as men's: as times go down, the marathon increasingly is a "speed" race.

Most women marathoners are graduated joggers. They start running in their 20s or 30s or 40s for exercise only, but later move up to racing and become long distance specialists. Miki Gorman came up this way.

But Jacki Hansen, like Cheryl Bridges, came at marathoning from a different direction. She has speed. In college, Jacki won the national mile championship. A week before her record marathon, she ran a 4:50 mile in practice. During 1974, she won the national one-hour run title and set a world best for six miles (34:34).

Hansen still thinks of the six-mile as her best and favorite event, and trains like a trackwoman. She's coached by Laszlo Tabori, who uses his refinement of the Igloi interval system. Jacki seldom takes long steady-paced runs, but instead does intervals by the hour.

Jacqueline Hansen, 5'2", 105 pounds, was born Nov. 20, 1948, at Binghamton, N.Y. She now lives in the Los Angeles area. This interview originally appeared in *California Track News* (Jan.-Feb. 75) and is reprinted with the permission of the editor.

What were your reactions after setting the world record at Culver City?

Many people have asked what it feels like to have set a world record. Satisfaction. Ultimate but momentary satisfaction. The moment you realize your achievement is the best feeling to come over you. Initially, it is very exciting, then as time passes the mood changes to a somewhat melancholy feeling. It's the denouement of a climax experience. Something you've worked for and anticipated so long is finally over.

For me, the race was over, I visited with my closest friends, Laszlo (coach Laszlo Tabori) and others. It was a quiet but joyous celebration. I probably wasn't capable of anything too physically demanding.

The next few days, I wondered a little what to do with myself—that "lost" feeling. For lack of answers, I thought it best to do the same things I always did before. Waking each morning, I went for a run, worked daily and ran every evening.

And then I realized that's what it is to have a world record: the ultimate satisfaction of fulfilling what you strove so hard for and then moving on. It's time to re-evaluate goals and aim for the future.

After the world record in the marathon, now what?

For an "active rest" between my last marathon and my next major goal, which is the 1975 Boston marathon, I intend to attempt competition in the mile and two-mile, both indoors and outdoors. As for the rest of the year, I hope to return to Germany for the women's international marathon.

Does the success in the marathon make it your favorite event?

If forced to choose only one, I would have to say that the 10,000 meters holds a special intrigue for me. This race is a unique blend of both speed and endurance. The strategy involved in racing this distance takes not only concentration but also pacing. Especially for women, it is a relatively new event and therefore is open for great improvement.

How often do you like to compete in a marathon?

I feel very strongly about only racing marathons twice or at the most three times a year. A marathon takes a great deal of preparation, physically and mentally. It is entirely too taxing on a person to compete too often, and the risk of injury becomes too high to make the gamble worthwhile.

Is there any particular strategy you use in your long races?

As is true in the marathon, it holds for most long distance races that any strategy deals with the individual against himself and the clock. One must learn to "pace"—that is, to run within oneself in order to best complete the given distance.

Is every race important to you, or do you peak for just one or two major meets?

Each season, my coach and I confer on the schedule of races, deciding to key on one major goal for each time period. Other races take their priority, falling into line behind. Some are actually beneficial as stepping stones to that goal, others are not and are omitted. Obviously, shorter races can be run more often, but not so with longer distance ones.

Do you follow any special training rules?

The famous sports medicine doctor, Ernst van Aaken of Germany, once told me that a runner should "run daily, run long and not eat like a pig." This sounded like good advice, and I've not forgotten it. More specifically, I would add that I watch the quality of my food very carefully. Even so, I take supplementary multiple vitamins with minerals, as well as a gram of vitamin C per six miles of running, and high-potency iron capsules (because of doctor's advice). The only other important factor is that I find I need a steady amount of rest daily.

Could you describe your training program?

This is impossible, as I have never been given the identical workout any two times. I can tell you that my workout sessions consist mostly of interval training. In general, I do intervals every other day, alternating on the off days with long runs. Even the long runs are usually fartlek (change-of-pace as opposed to steady pace). Coach Tabori does not advocate long slow distance.



A typical week might go like this, if I'm training for a marathon: Monday—AM, 5-6 miles of intervals on track; PM, 1-1½ hours continuous running. Tuesday—AM, 5 miles easy running on roads or grass; PM, 2½ hours intervals on track. Wednesday—AM, 5-6 miles intervals on track; PM, 1½ hours fartlek on roads. Thursday—AM, 5 miles easy running; PM, 2-2½ hours intervals. Friday—AM, 5 miles intervals on track; PM, 1½ hours continuous. Saturday—one session, 2½ hours intervals. Sunday—one session, 2½ hours continuous.

What is your present occupation?

Having graduated from Cal State University-Northridge with a degree in English, my educational objectives have been temporarily satisfied. As yet, I haven't reset these goals but haven't abandoned them either. As long as I am intense on training and competing as much as I presently do, I am satisfied to work just enough to remain self-sufficient. At present, I am employed by Bill Adler as an insurance underwriter. An athlete himself (sprinter and hurdler), he lends a sympathetic ear to my requests for time to train and compete.

Is there something special that draws you to running?

Perhaps all the fringe benefits of being in good shape physically and mentally are the reasons I keep running, but none are *the* reason. Someone once said, "Running is reason enough." It is for me.

How long do you plan to keep competing?

As long as possible.

MAKING YOUR OWN TIME

No one plunges into a marathon without a lot of thought and preparation. No one does it successfully, anyway.

In the beginning, the marathon is a free-floating idea. "Hey, wouldn't it be something if I ran one of those things! How far did you say it was again?" The seed of an idea grows into a goal, and from the goal sprouts a plan. The plan blossoms into training, and finally matures as racing fitness.

At first, goals are low and vague, and have little to do with time or with out-running anyone else. The beginner says, "I just want to finish." Finishing is reward enough. Then he or she finishes, gets a time and sees where the first race can be improved. A new goal forms, more precise now. The runner says, "I think I can qualify for Boston." A little more training, a little smarter pacing and... "How about that! I'm under 3:30!"

Jacki Hansen improved the women's marathon best to 2:43:54 during 1974.

The next jump is down to three hours. By now, the runner is keeping mileage totals and is plotting splits with a compulsion normally reserved for computer scientists. Each improvement in time creates an appetite for even faster times. Faster times require more concentration, more preparation, more exhausting effort. The potential for frustration and injury goes up as times come down.

But the risks are worth courting if they lead to the sub-three marathon. Any time below three is a diploma recognized by every marathoner. It certifies that the runner has graduated from apprentice to journeyman status.

Almost any reasonably healthy individual can, with rather modest training and uncommon persistence, survive a marathon. A majority of finishers have the potential, with somewhat more work, to break three hours. But it doesn't follow that the runners who train longest will finish fastest. Somewhere under three hours, this thing called "innate ability" becomes as much a factor as hard work.

The very best marathoners aren't often journeymen who've marched through the usual steps—3:30, 3:00, 2:45, etc. The best ones have speed, which isn't handed out equally. The race upfront is a fast one. The winners usually average between five and 5½ minutes for each of the 26 miles. A runner who can't break 5:00 for a single mile can't hope to keep up, regardless of training background.

The people who win big marathons seldom come from the ranks of road running specialists. They are track athletes who can race miles of 4:10 or better, and this fact separates them from the bulk of the marathoning crowd. But they can break loose only by doing marathon-type training. Whether the goal is 2:10 or just finishing, training is the dues every runner must pay to join the union of marathoners. No one gets away without paying in this sport. And this makes all the runners a little bit alike.

Two of the reasons people run this distance are (1) to find what their own limits are, and perhaps extend them; (2) to see how they compare with other runners who have about the same limits, and to outrun as many of them as possible.

The marathon, then, isn't a single race. It's as many races as there are people in it, each runner poking around the edges of his or her own ability. The winners in marathons are the runners who reach or go past their imagined limits. Using this standard, everyone who starts a race is a potential winner.

Here, we want to help runners measure their limits realistically, and to maximize their chances of winning these personal races. Marathoners lose when one or more of these things happens:

- *They aim too high for their inherent limits of age, sex, speed or background.*
- *They train too little to handle the mileage of the race.*
- *They train too fast and aren't able to extend their mileage to an adequate level.*
- *They increase their training mileage too quickly and get hurt.*

Although a marathon breaks down into as many races as it has runners, there are three general categories:

1. **Racers**—the elite few running for a specific place, usually first.
2. **Pacers**—the intermediate group running for a specific time, three hours for instance.
3. **Survivors**—the trailing group, usually beginners, with the simple goal of finishing.

Other than proper training, which we'll talk about shortly, there are no prerequisites for surviving a marathon. Runners as young as five and as old as 79 have done it. Thousands of men and hundreds of women. Blind runners. "Runners" in wheelchairs. Recovered heart attack victims.

Complications arise when we start talking about times. Age is one factor. As a group, runners "peak" in their late 20s and early 30s. They improve quickly through the teens and early 20s, then lose time gradually in later years.

For example, the world record at age 15 is 2:29, at 25—2:09, at 35—2:15, at 45—2:22, and so on. It's unrealistic, then, to compare a 45-year-old's time with a 25-year-old's and give them equal weight.

It's just as unrealistic to compare men's and women's times this way. The world record for males is 35 minutes faster than for females. More than 2000 US men broke three hours last year, compared to only 10 women.

The more sensible thing to do is compare runners with others of their age, and sex, not with all marathoners. In *Age of the Runner* (Booklet No. 29), statistician Dan Moore lists the relative values of times based on age-group records. The chart below is an expansion of that idea, with women's times added.

What it means is that a "world-class" time of 2:20 for a young man is no better than a 3:02 race by a 65-year-old or the 2:58 of a woman. While three hours might be a reasonable goal for an average male, a 10-year-old or a woman might take equal pride in a time almost an hour slower.

EQUIVALENT TIMES

Age	2:08:33	2:20	3:00	3:30	4:00
5	3:24	3:43	4:46	5:34	6:22
10	2:50	3:06	3:59	4:39	5:19
15	2:28	2:42	3:28	4:04	4:38
20	2:16	2:28	3:11	3:43	4:14
25	2:09	2:21	3:02	3:32	4:02
30	2:09	2:20	3:00	3:30	4:00
35	2:09	2:21	3:02	3:32	4:02
40	2:13	2:26	3:07	3:38	4:10
45	2:18	2:31	3:14	3:47	4:19
50	2:23	2:37	3:22	3:55	4:29
55	2:31	2:45	3:23	4:08	4:43
60	2:38	2:53	3:45	4:20	4:58
65	2:46	3:02	3:54	4:33	5:12
70	2:55	3:12	4:07	4:48	5:29
Women	2:43	2:58	3:49	4:27	5:05

(2:08:33 is the current world record; 2:20 is considered a "world class" time; 3:00 is the most common goal of marathoners; 3:30 is the Boston marathon qualifying time; 4:00 is a time 90-95% of marathon finishers are under.)

The sub-three-hour marathon club isn't too exclusive other than its pronounced tendency toward maleness. Runners ages 10-68 have qualified. Five-minute-mile speed appears to be enough to get a runner in, and the roads are full of five-minute milers.

But when marathoners start talking about making the Olympic team or winning at Boston, the requirements stiffen dramatically. The age-range of sub-2:20 Americans is 20-35 (averaging 25½). And they're fast! They average 4:11 in the mile, and none is slower than 4:23.

To avoid frustration, weigh your ambitions against your limitations.

Nowhere else in running is the racing return so closely linked to training investment as in marathoning. The difference between finishing and not finishing, or between a four-hour and a three-hour marathon is most often found in the runner's daily, weekly and monthly mileage totals.

We're concerned here with minimum mileages—the lowest totals needed to get through 26 miles of *running* (as opposed to "survival shuffling"). Training, of course, reaches a point of diminishing returns at the extremes. Two-hundred-mile training weeks don't necessarily make a runner faster than one who does half that much. But what about someone who's trying to get by on 30-60 miles a week?

Two years ago, researcher Paul Slovic studied the runners in Oregon's Trail's End marathon, one of the country's largest. He checked their training mileages for two months before the race, and compared it to their marathon times. Those who ran the most generally raced the fastest:

1. Sub-3:00 runners	9 miles a day
2. 3:01 to 3:30 runners	6 miles a day
3. 3:31 to 4:00 runners	5 miles a day
4. 4:01 and up runners	4 miles a day

About this same time, runner Ken Young was working up his "collapse point" theory. It went like this: Training mileage over the previous 6-8 weeks sets the limit of how far one can hold a fast pace. That limit is about three times the daily average. After that point, the pace slows drastically, and the runner may even have to stop.

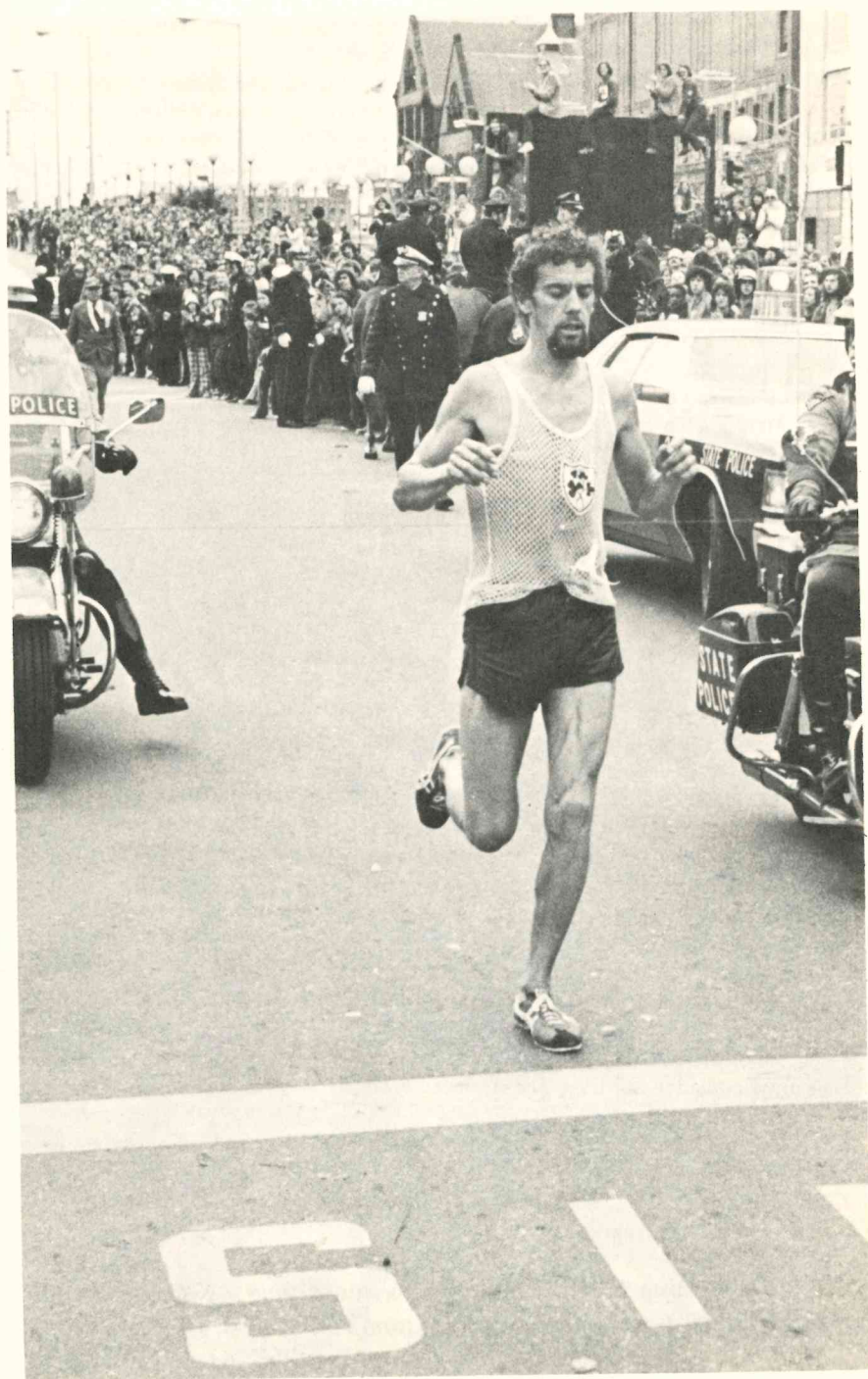
Young checked his theory against Slovic's figures. According to Ken, only the sub-three-hour group had adequate training—nine miles a day over the past eight weeks for a collapse-point of 27 miles. Many individuals in that group probably were undertrained, and this was increasingly so among slower runners. The other groups had collapse-points of 18, 15 and 12 miles, respectively.

If the Young theory was valid, the "undertrained" runners would show a marked slowdown toward the end of the race. This was the case. Group One's average pace dropped by 14% from 20 miles to the finish. The slowdown for Group Two was 22%, for Group Three 37%, and for Group Four 58%.

To put these statistics another way, the sub-three-hour runners lost only about 5½ minutes (relative to their 20-mile pace) in that last stretch, while the

At 50 training miles apiece in the last 10 weeks before the race, the Boston marathon field represents a million miles of effort pointed at this one day in April. (Jeff Johnson photo)





four-hour-plus runners used up nearly 30 extra minutes on those miles. Their pace by then was a 13-14-minutes-per-mile shuffle.

If Ken Young's collapse-point theory has merit—and there's strong evidence that it does—then most runners who attempt marathons aren't ready to go all the way. Slovic's statistics from Trail's End, a typical US race, show that 80% or more of the marathoners hadn't "collapse-proofed" themselves in the previous eight weeks with 500 or more miles of training.

Without that kind of preparation, collapse is likely. Perhaps this explains the "20-mile mystique" that marathoners talk about.

E. C. Frederick, author of *The Running Body* (Booklet No. 27) and editor of the scientific journal *Running*, writes, "It is often said that the halfway point in a marathon is the 20-mile mark. To someone without the experience of running a marathon, that may seem like a bunch of journalistic hogwash. In fact, it is one of the most profound observations I've encountered."

Here's what happens. Say you've trained 40-50 miles a week, a common figure among marathoners. The collapse came between 18 and 20 miles and the endless miles now stretch out in front of you, the last six seeming longer than the first 20 though you're running two minutes a mile slower than before.

Frederick says, "It's a rare person with the fortitude and mind control to force himself or herself to finish a marathon when not properly trained for it. Even highly trained persons undergo much soul-searching and must dig deeply into their bag of tricks to endure those last six miles. Because they are prepared, most trained marathoners finish. Rarely does an unprepared person make it past 20 miles."

He suggests that a bare minimum of training for surviving a marathon "without endangering your health, without subjecting yourself to undue suffering and to finish with a feeling of personal satisfaction and accomplishment" is 40 miles per week for at least eight weeks. The last 6-8 miles won't be a stroll in the park after this preparation, but you can probably grind them out.

Paul Slovic's figures indicate that anyone wanting to break three hours (or its equivalent for women and age groups) should exceed Ken Young's collapse-point standard: 60-plus miles per week for at least eight weeks. This should reduce the chances of drastic slowdowns in the late miles.

Among the runners who break 2:20, slowdowns are seldom a problem. They average 100-plus miles a week, for collapse-points beyond 50 miles!

Total distance is only one of the pieces in the training puzzle. Marathoners also must consider training *pace*, training *progress* and the *distribution* of training miles through the week.

The problem here is quite different than in a mile track race or six miles of cross-country. Anyone who runs regularly can go 1-6 miles. The "base" to cover these distances is already built in. So training concentrates on pushing up the speed of these short races.

From the starting mob of 2000 comes one winner: Neil Cusack of Ireland . . . 22 years old, a top trackman and a 100+-miles-a-week trainer. (Jeff Johnson photo)

But before a marathoner can think about speed, he or she has to create the resources to go 26 miles. Most training time goes to gaining and maintaining this basic capacity.

Endurance is the first requirement of marathoners, and they need 6-8 hours of running a week to build a minimum amount. That may sound like a frightening figure, but it needn't be. Most runners can build up to it comfortably—if only they let themselves slow down enough to go long. Five-minute mile speed doesn't do you any good if you can't run 10 miles at any speed.

E. C. Frederick advises beginning marathoners that "the concept of *duration* is far more important than that of pace. In other words, it's not a question of how fast you can run a certain distance in each practice run. Instead, the marathon aspirant should concentrate on how much time (or distance) he or she spends running each day. In essence, what you are doing is training your body to run for three or more hours, and teaching it to endure the special discomforts and stresses encountered in runs of long duration."

"Certainly," Frederick says, "it is an accomplishment to improve your time over, say, six miles in a training run. But it should be more important to gradually increase the *length of time* (or number of miles) you can run."

Distance comes first, speed later, even among the best marathoners. Statisticians Dan Moore learned when he surveyed US sub-2:20 runners that 80% of their running is slower than marathon race pace. In other words, 80 or so miles a week (on the average) is endurance work. They often run slower by a minute or so per mile than they plan to race. The endurance gained this way translates to speed later on.

It should be obvious that marathoners break themselves in gradually to these amounts of running. Either that or they break themselves down. Distance running is a stress, and the human body adapts slowly to all stresses. This process can't be rushed.

It may take months, for instance, to progress from a beginning base of 20 miles a week to the 50-60 or more required of a marathoner. A sensible goal might be to add 10% a week to the mileage total. At this rate, the runner would get into marathon range in about three months, and then should hold the new level for two more months before racing.

Runners can climb much quicker than that, of course, just as they can race on half the suggested mileage. But every shortcut has its potential toll of pain.

E. C. Frederick tells would-be marathoners to listen to their inner voices. "The (training) system must not be rigid," he says. "It must be dynamic and responsive to the needs of the individual. If you have a sore knee, you postpone your three-hour run. If you develop a pain during a run, then walk or shorten the run. In the same light, when you feel good, go an extra half-hour."

"In all cases," Frederick says, "be responsive. Develop an awareness of your body, its needs and capacities. Coax a slow, continuous stream of adaptations out of it. If you are diligent and sensitive, training will progress and you will avoid injury."

One way to up the odds of getting hurt (or at least reduce the chances of having a satisfying marathon) is to treat each day equally. You see you need 60 miles

a week. That's 8½ miles a day. Besides being boring, such a system is inefficient. It gives neither the necessary challenge of longer runs, nor the essential recovery of easy ones.

"Running," writes E. C. Frederick, "is only half of distance training. The other half is repairing the damage incurred by the strain of the training run." This repair process after hard running apparently takes more than 24 hours, so it's wise to alternately push and ease off.

Bill Bowerman, 1972 Olympic US Coach, says the hard-easy cycle of training is basic. "Rest is always necessary for the body to recover and replenish itself. Furthermore, the light days will allow more work in training sessions on the hard days, giving greater progress in the long run."

In *The Conditioning of Long Distance Runners*, probably the best advice page-for-page ever written on running, Tom Osler gives a plan which puts the hard-easy ideas of Boerwman into a marathonng context. A week's runs:

<i>Day One</i>	<i>5% of week's total</i>
<i>Day Two</i>	<i>15% of week's total</i>
<i>Day Three</i>	<i>30% of week's total</i>
<i>Day Four</i>	<i>5% of weeks total</i>
<i>Day Five</i>	<i>15% of week's total</i>
<i>Days 6-7</i>	<i>Remaining 30%</i>

Notice the cycles of easy, medium and hard running, and that Osler intentionally leaves the last two days unplanned. Here, he can fit in a race or time-trial, or more runs of varying distance. For a 60-mile-a-week marathoner, an Osler-type schedule would be: (1) 3 miles; (2) 9 miles; (3) 18 miles; (4) 3 miles; (5) 9 miles; (6-7) total of 18 miles.

For Osler, like most marathoners, the "long one" is a key part of each week's running. This run imitates the marathon in distance and stress, and seems to offer an endurance boost not found in going the same distance every day.

Paul Slovic, the man who studied Trail's End marathoners, discovered that "the more long runs taken and the greater the length of the longest run, the faster the final time—independent of maximum weekly mileage. In other words, longer runs would be associated with faster times even if total or weekly mileage were held constant."

This suggests that a runner might make the best use of training miles by throwing everything into a weekly 20-30 miler, and barely running the other days. Slovic, of course, knows this is impossible because every run would then be like the worst of the races. Every run would feature a dramatic "collapse."

The average runs are necessary to raise the limit for the longest one; the easy days provide recovery from it. Training for the marathon is a blend of all three, taken in balance, in cycles, each contributing in its own way to the final result.

UNITED STATES RACES

- **AAU NATIONAL CHAMPIONSHIP** (held with Western Hemisphere Marathon), Culver City, California, December 7 (8 a.m.). Course: certified, 6-mile lap, out-and-back 14 miles, 6-mile lap, elevation changes from 20 to 100 feet. Records: 2:15:48, Doug Schmenk 73. 1974 Results: 224 finished, 22 under 2:30, 93 under 3:00, 167 under 3:30, 203 under 4:00, won by Ron Wayne, 2:18:52, and Nina Kuscsik 3:00:01. \$3.00 fee. Contact: Carl H. Porter, 4117 Overland Avenue, Culver City, California 90230.
- **AAU NATIONAL MASTERS CHAMPIONSHIP**, Portland, Oregon (Sauvie Island), July 6. Course: certified 73, 2 laps, flat (elev.16-35 feet). Record: 2:31:21, Pat Bastick 74. 1974 Results: won by Pat Bastick, 2:31:21. Ages 40 and up. Contact: Jim Puckett, Mt. Hood Community College, 26000 S.E. Stark Gresham, Oregon 97030.
- **AAU NATIONAL WOMEN'S CHAMPIONSHIP (2nd)**, New York, New York (Central Park), September 28 (11 a.m.). Course: certified 70, 4 laps of 5.935 mi laps of 1.695 and 0.79 miles. Record: 2:55:17, Judy Ikenberry 74. 1974 Results: 44 finished, 3 under 3:00, 21 under 3:30, 35 under 4:00, won by Judy Ikenberry, 2:55:17. \$2.00 fee. Contact: Fred Lebow, 226 E. 53 St., New York, New York 10022.
- **ALEXANDRIA TWO-BRIDGES (2nd)**, Mount Vernon to Alexandria, Virginia, October 26 (9:30 a.m.). Course: certified 73, point-to-point, bike paths, 75% flat, 25% rolling. Records: 2:39:31, Patrick Gill 74, 4:02:37, Beverly Dorman 74. 1974 Results: 27 finished, 4 under 3:00, 17 under 3:30, 25 under 4:00, won by Patrick Gill, 2:39:31, and Beverly Dorman 4:02:37. \$3.00 fee. Contact: Les Shelton, 15000 Bitterroot Way, Rockville, Maryland 20853.
- **AMERICAN NATIONAL (7th)**, Galveston, Texas (Seawall Boulevard), November 22 (10 a.m.). Course: certified 72, out and back, flat (along Gulf). Record: 2:29:35, Gary Tuttle 73. 1974 Results: 131 finished, 19 under 3:00, 56 under 3:30, 94 under 4:00, won by Pat Chester, 2:33:43, and Sally Jurgensen 3:57:39. Age 12 and up. \$2.00 fee. Contact: Gerrit M. Hoogenboezem, P.O. Box 2052, Galveston, Tex. 77550.
- **ANDREW JACKSON (4th)**, Jackson, Tennessee, September 27 (7 a.m.). Course: certified 72, out-and-back twice, elevation 450-525 feet. Record: 2:40:52, Mark Bauman 74. 1974 Results: 35 finished, 8 under 3:00, 16 under 3:30, 30 under 4:00, won by Mark Bauman, 2:40:52, and Cathy Sigler 3:34:04. \$2.00 fee. Contact: Burt Parker, YMCA, P.O. Box 3264, Jackson, Tennessee 38301.

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- **ANDY PAYNE (3rd), Weathersford, Oklahoma, August 2 (6 a.m.).** Course: uncertified, out-and-back. Record: 2:31:23, Larry Aduddell 74. 1974 Results: 6 finished, 5 under 3:00, 6 under 4:00, won by Larry Aduddell, 2:31:23 (no women). \$5.00 fee. Contact: Recreation Special Events, Weatherford Chamber of Commerce, P.O. Box 729, Weathersford, Oklahoma 73096.

- **APPALACHACOLA FOREST (1st), Tallahassee, Florida, March 8 (11 a.m.).** Course: trails and side roads through forest. Contact: Jeff Galloway, 217 Westridge, Tallahassee, Florida 32304.

- **ARIZONA ADMISSIONS DAY (7th), Tucson, Arizona, February 15 (9 a.m.).** Course: uncertified, 26-mile loop, 200 feet climbing in the first half. Record: 2:26:42, Jerry Jobski 71. 1974 Results: 93 finished, 17 under 3:00, 47 under 3:30, 73 under 4:00, won by Ken Young, 2:34:25, and Laurie Snider 4:23:53. \$2.00 fee. Contact: J. McGee Evans, 400 N. 2nd Avenue, Tucson, Arizona 85705.

- **ATHENS (8th), Athens, Ohio (Peden Stadium), March 2 (noon).** Course: uncertified, out-and-back. Record: 2:20:41, Carl Hatfield 73. 1974 Results: 83 finished, 1 under 2:30, 16 under 3:00, 60 under 3:30, 75 under 4:00, won by Carl Hatfield, 2:28:05, and Sue Mallery 3:23:38. Age 17 and up. \$2.00 fee. Contact: Ellsworth Holden, 26 Northwood, Athens, Ohio 45701.

- **ATLANTIC CITY (16th), Atlantic City, New Jersey, October 27 (noon).** Course: certified 72, out-and-back 3 times, flat. Records: 2:24:42.4, Bob Scharf 67, 3:07:10, Sara Berman 70. 1974 Results: 71 finished, 32 under 3:00, 60 under 3:30, 71 under 4:00, won by Hugh Sweeny 2:34:22, and Susan Harris 3:55:44. \$1.00 fee. Contact: Ed League, P.O. Box 732, Atlantic City, New Jersey 08404.

- **AVENUE OF THE GIANTS (4th), Weott, California (Humboldt Redwoods State Park), May 11 (9 a.m.).** Course: certified 72, out-and-back through redwoods. Records: 2:17:43, Bill Scobey 73, 3:08:21, Mary Etta Boitano 74. 1974 Results: 175 finished, 4 under 2:30, 56 under 3:00, 110 under 3:30, 3:59:10 under 4:00, won by Chuck Smead, 2:21:05, and Mary Etta Boitano 3:08:21. \$2.00 fee. Contact: Dick Gilchrist, 281 Hidden Valley Rd., Bayside, California 95524.

- **BAKERSFIELD (1st), Bakersfield, California, May 17 (8 a.m.).** Course: uncertified, 2 laps. Contact: Frank Fish, Greater Bakersfield Chamber of Commerce, P.O. Box 1947, Bakersfield, California 93303.

- **BANGOR (1st), Bangor, Maine, July 19.** Contact: Joseph Rundin, Sunset View Apartments, No. 8, Gray, Maine 04039.

- **BAY STATE (5th), Framingham, Massachusetts, November (?), contact meet director for exact date.** Course: certified 73, 5 laps. Records: 2:27:20, Peter

Stipe 74, 3:04:40, Sara Berman 72. 1974 Results: 150 finished, 50 under 3:00, 128 under 3:30, 146 under 4:00, won by Peter Stipe, 2:27:20, and Merry Cushing 3:07:27. Contact: Director, YMCA, 280 Old Connecticut Path, Framingham, Massachusetts 01701.

● **BIRCH BAY (7th), Blaine, Washington, April 12 (noon).** Course: certified 72, out 2½ miles, 2 laps of 10.6 miles, back 2½, two rough hills. Records: 2:26:26, Jim Pearson 72 ; 3:19:06, Janet Heinonen 74. 1974 Results: 53 finished, 1 under 2:30, 14 under 3:00, 27 under 3:30, 39 under 4:00, won by Mike Shaw 2:29:19, and Janet Heinonen 3:19:06. \$2.00 fee. Contact: Jim Pearson, 521 17th St., Bellingham, Washington 98225.

● **BOSTON ATHLETIC ASSOCIATION 979th), Hopkinton to Boston, Massachusetts, April 21 (noon).** Course: certified 67, point-to-point, hilly, but with net loss in elevation. Records: 2:10:30, Ron Hill 70, 2:47:11, Miki Gorman 74. 1974 Results: men: 57 under 2:30, 618 under 3:00, 1398 under 3:30, won by Neil Cusack, 2:13:39. Women: 42 finished, 4 under 3:00, 22 under 3:30, 36 under 4:00, won by Miki Gorman 2:47:11. Entry required—must have completed a sanctioned marathon in under 3:30 between April 15, 74 and April 1, 75, and must send photostatic copies of newspaper clippings, AAU registration cards or other material to verify eligibility. Ages 19 and up. \$3.00 fee. Contact: Marathon Committee, Boston Garden, Boston, Massachusetts 02114.

● **BOSTON QUALIFIER (6th), Ithaca, New York (Barton Hall), March 23 (1 p.m.).** Course: uncertified, 26-mile loop, 800 feet of climbing. Records: 2:38:48, Bob Congdon and Keith Hartman 73. 1974 Results: 7 under 3:00, 30 under 3:30, won by Hartman 2:45:40 and Chip Boehm (no women). \$1.00 fee. James Hartshorne, 108 Kay St. Ithaca, New York 14850.

● **CAL STATE SONOMA (1st), Rohnert Park, California (Sonoma State University), November 2 (9 a.m.).** Course: uncertified, no other details available. Contact: Bob Lynde, Track Coach, California State at Sonoma, Rohnert Park, California 94928.

● **CANTON (6th), Canton, Ohio (Downtown YMCA), October 5 (noon).** Course: certified 70, 26-mile loop. Record: 2:22:44, Carl Hatfield 71, 3:23:36, Patricia McSwegin 74. 1974 Results: 99 finished, 9 under 3:00, 44 under 3:30, 65 under 4:00, won by Mike Markley, 2:37:59, and Patricia McSwegin 3:23:36. \$4.00 fee. Contact: Tom J. White, 405 2nd Street N.W., Canton, Ohio 44702.

● **CHAMPLAIN VALLEY (5th), Rouses Point to Plattsburgh, New York, May 10 (noon).** Course: uncertified, point-to-point, flat, along Lake Champlain. Records: 2:27:40, Ralph Thomas 73 ; 3:14:00, Ellen Turkel 74. 1974 Results: 106 finished, 24 under 3:00, 58 under 3:30, 80 under 4:00, won by Peter Hyde, 2:32:45, and Ellen Turkel 3:14:00. \$4.00 fee. Contact: John Francis, Race Chairman, YMCA, Plattsburgh, New York 12901.

- **CHENEY (4th), Cheney, Washington (Moos Field), November 15 (11 a.m.).** Course: certified 73, 26-mile loop, 2380-2500 feet elev. Records: 2:37:29, Mario Sanchez 74. 1974 Results: 16 finished, 4 under 3:00, 10 under 3:30, 11 under 4:00, won by Mario Sanchez 2:37:29 (no women). \$2.00 fee. Contact: Cheney Track Club, c/o Lawson Van Kuren, 418 Cocalalla, Cheney, Washington 99004.
- **CHICAGO HEALTH CLUB-HINSDALE (7th), Hinsdale, Illinois, November (?) (contact race director for exact date).** Course: certified 74, loops of 1.1, 10.2 (twice), 4.1 miles. Record: 2:37:15, George Groezinger 74. 1974 Results: 42 finished, 7 under 3:00, 22 under 3:30, 31 under 4:00, won by George Groezinger, 2:37:15 (no women). Contact: Conrad Truedson, 3305 York Road, Oak Brook, Illinois 60521.
- **CITY OF LOS ANGELES (6th), Los Angeles, California (Elysian Park), April ? (contact race director for exact date).** Course: uncertified, out-and-back. Records: 2:24:19, Bill Scobey 74; 3:26:01, Nicki Hobson 74. 1974 Results: 176 finished, 1 under 2:30, 21 under 3:00, 75 under 3:30, 122 under 4:00, won by Bill Scobey, 2:24:19, and Nicki Hobson 3:26:01. Contact: Larry Brenner, 3401 Riverside Drive, Los Angeles, California 90027.
- **CLUB NORTH SHORE (2nd), Lake Bluff, Illinois, August 31 (7 a.m.).** Course: certified 74, out-and-back twice, flat, along Lake Michigan. Records: 2:25:08, Charles Burrows 74; 3:23:11, Patricia McSwegin 74. 1974 Results: 33 finished, 1 under 2:30, 8 under 3:00, 24 under 3:30, 29 under 4:00, won by Charles Burrows, 2:25:08. \$2.00 fee. Contact: Ron Fox, 3272 Western Avenue, Highland Park, Illinois 60035.
- **COVERED BRIDGE (6th), Indianola (courthouse) to Winterset, Iowa, October 12 (9 a.m.).** Course: uncertified, point-to-point. Record: 2:32:44, Loren Moes 72. 1974 Results: 10 under 3:00, 15 under 3:30, 16 under 4:00, won by Martin Smith, 2:36:40 (no women). \$2.00 fee. Contact: Bob Kaldenberg, RR 1, Saint Charles, Iowa 50240.
- **DARTMOUTH MEDICAL SCHOOL (2nd), Hanover, New Hampshire, October 12 (10 a.m.).** Course: uncertified, point-to-point along Connecticut River. Record: 2:40:15, Michael Cryans, 74. \$2.00 fee. Contact: John Eisold, Dartmouth Medical School, Hanover, New Hampshire 03755.
- **DENVER YMCA (3rd), Denver, Colorado, October 11 (8 a.m.).** Course: new in 1975, not yet determined. Records: 2:36:53, Ron Nabers 74; 4:38:10, Carol Rickauer. 1974 Results: 40 finished, 7 under 3:00, won by Ron Nabers, 2:56:53, and Carol Rickauer 4:38:10. \$4.00 fee. Contact: Roger Gerard, 25 East 16th Avenue, Denver, Colorado 80202.
- **DESERET NEWS (6th), Big Mountain to Salt Lake City, Utah, July 24 (6 a.m.).** Course: uncertified, point-to-point, 4333 to 7500 feet. Records: 2:20:54, Scott Bringhurst 74. 1974 Results: 115 finished, two under 2:30, 17 under 3:00, 58

- under 3:30, 94 under 4:00, won by Scott Bringhurst, 2:20:54 (no women). \$3.00 fee. Contact: Keith West, Deseret News Marathon, P.O. Box 1257, Salt Lake City, Utah 84110.
- **DETROIT NEWS (3rd), Detroit, Michigan (Belle Isle), March ? (contact race director for exact date).** Course: certified 68, 5 laps, flat. Records: 2:24:04, Norm Patenaude 73; 3:19:24, Teresa Ashworth 74. 1974 Results: 103 finished, 2 under 2:30, 40 under 3:00, 90 under 3:30, 101 under 4:00, won by Paul Pearson 2:29:02, and Teresa Ashworth 3:19:24. Contact: Ernie Smith, 39500-242 Warren Road, Plymouth, Michigan 48170.
 - **DRAKE RELAYS (7th), Des Moines, Iowa (State Capitol), April 26 (9:15 a.m.).** Course: uncertified, point-to-point. Record: 2:22:13, Lucian Rosa 72. 1974 Results: 98 finished, 1 under 2:30, 27 under 3:00, 66 under 3:30, 86 under 4:00, won by John Lesch, 2:26:03 (no women). Age 19 and up and previous marathon experience. \$2.00 fee. Contact: Robert Ehrhart, Drake Relays, Drake University, Des Moines, Iowa 50311.
 - **EARTH DAY (17th), Westbury, New York (Roosevelt Raceway), March 16 (noon).** Course: certification pending, 5 laps. Records: 2:23:17, Tom Hollander 72; 2:59:43, Nina Kuscsik 72. 1974 Results: 422 finished, 1 under 2:30, 73 under 3:00, 284 under 3:30, 380 under 4:00, won by Chris Stewart, 2:28:45, and Nina Kuscsik 3:13:53. \$2.00 fee. Contact: Paul Fetscher, 183 Maxine Court, West Hempstead, New York 11551.
 - **EASTERN NEW MEXICO (4th), Portales, New Mexico, February ? (contact race director for exact date).** Course: uncertified, out-and-back, flat. Record: 2:23:28, Larry Blancett 73. 1974 Results: 45 finished, 1 under 2:30, 13 under 3:00, 19 under 3:30, 31 under 4:00, won by Kevin Shaw 2:26:49, and Dolores Velarde 5:09:32. Contact: Bill Silverberg, Physical Education Department, Eastern New Mexico University, Portales, New Mexico 88130.
 - **EQUINOX (13th), Fairbanks, Alaska (University of Alaska), September 20 (8 a.m.).** Course: uncertified, on trails, 2000 feet of climbing. Records: 2:58:19, Chris Haines 73. Results 1974: 7 under 3:30, 18 under 4:00, won by Nat Goodhue 3:02:11. Age 10 and up. \$2.00 fee. Contact: Equinox Marathon, Patty Building, University of Alaska, Fairbanks, Alaska 99701.
 - **FIESTA BOWL (5th), Cave Creek to Scottsdale, Arizona, December (?) (contact race director for exact date).** Course: certified 72, point-to-point, elevation 1468-2349 feet. Records: 2:15:18, Dennis Williams 74; 2:51:38, :51:38, Margie Kaput 74. 1974 Results: 7 under 2:30, won by Dennis Williams, 2:15:18 and Margie Kaput 2:51:38. Contact: Tom Harris, 350 North First Avenue, Phoenix, Arizona 85003.
 - **FINGER LAKES (6th), Ithaca to Marathon, New York, October 12 (12:30 p.m.).** Course: certified 73, point-to-point, climbs 1600 feet. Record: 2:31:42, Keith Hartman 74. 1974 Results: 50 finished, 16 under 3:00, 34 under 3:30,

44 under 4:00, won by Keith Hartman, 2:31:42 (no women). \$2.00 fee. Contact: James Hartshorne, 108 Kay Street, Ithaca, New York 14850.

- **FIRST TRUST (6th), Liverpool, New York (Griffin Field), May 18 (10 a.m.).** Course: certified 72, 26 mile loop, varied terrain. Records: 2:24:42.8, Edmund Norris 72; 3:15:28, Kathrine Switzer 71. 1974 Results: over 65 finished, 5 under 3:30, won by John Arthur, 2:30:34, and Bozena Syska 3:33:30. \$2.00 fee. Contact: D. Peil, 406 Ruth Road, North Syracuse, New York 13212.
- **FLORIDA (8th), Fort Myers, Florida, March 22 (10 a.m.).** Course: uncertified, out-and-back, flat. Record: 2:51:33, Ron Chase 73. 1974 Results: 7 finished, 1 under 3:30, 4 under 4:00, won by Bob Bowman, 3:20:30 (no women). \$6.00 fee. Contact: Fort Myers-Lee County YMCA, Lou Cappi, Physical Director, P.O. Box 6488, Fort Myers, Florida 33901.
- **FLORIDA RELAYS (4th), Gainesville, Florida (Univ. of Florida), March 8 (7 a.m.).** Course: certified 73, out-and-back. Record: 2:30:31, Ken Misner 74. 1974 Results: 62 finished, 21 under 3:00, 46 under 3:30, 58 under 4:00, won by Ken Misner, 2:30:31, and Mary Gleny 3:31:35. Must have run times commensurate to a 3:45 marathon, or train at least 50 miles a week. \$2.00 fee. Contact: Coach Roy Benson, University of Florida Athletic Department, Gainesville, Florida 32604.
- **FREEDOM (7th), Monticello, Illinois (Allerton Park), June 29 (6 a.m.).** Course: certified 73, 3 laps, 45 foot change in elevation. Records: 2:29:56, Ken Burke 74; 3:25:09, Sandy Davis 74. 1974 Results: 77 finished, 1 under 2:30, 28 under 3:00, 56 under 3:30, 73 under 4:00, won by Ken Burke, 2:29:56, and Sandy Davis 3:25:09. \$3.00 fee. Contact: Illinois Track Club, Box 2976, Station A, Champaign, Illinois 61820.
- **GEORGETOWN (2nd), Georgetown, Kentucky, May 25 (time not known).** Course: new course in 75, no details yet. Record: 2:30:58, Charles Copp 74. 1974 Results: 7 under 3:00, won by Charles Copp, 2:30:58. Contact: Bluegrass Running Club, University of Kentucky, Athletics Department, Memorial Coliseum, Lexington, Kentucky 40506.
- **GLASS CITY (5th), Toledo, Ohio (University of Toledo), June 15 (8 a.m.).** Course: certified 74, out-and-back, flat. Records: 2:27:49, Jason Lindsey 74; 3:12:01, Sigrid Nadon 74. 1974 Results: 215 finished, 2 under 2:30, 75 under 3:00, 134 under 3:30, 173 under 4:00, won by Jason Lindsey, 2:27:49, and Sigrid Nadon 3:12:01. Certified adequate training. \$3.00 fee. Contact: Jim Edwards, 3809 Maxwell Road, Toledo, Ohio 43613.
- **GOLD COAST (3rd), Boca Raton, Florida (St. Andrew's School), January 26 (7:30 a.m.).** Course: uncertified, out-and-back, flat. Record: 2:36:41, Wes Bruner 74. 1974 Results: 23 finished, 4 under 3:00, 12 under 3:30, 21 under 4:00, won by Wes Bruner, 2:36:41 (no women). \$4.00 fee. Contact: Ray Russell, 208 S.E. 6th Street, Fort Lauderdale, Florida 33301.

- **GRAND VALLEY (6th), Grand Rapids, Michigan (Grand Valley State College), November 1 (noon).** Course: certified 72, 26-mile loop, 200 foot change in elevation. Record: 2:26:42, Barney Hance 73 (prior to 74 race). 1974 Results: not reported. Contact: Grand Rapids Central YMCA-marathon, 33 Library Street, Grand Rapids, Michigan 49502.

- **GREATER MIAMI BICENTENNIAL (1st), Miami, Florida (Dinner Key Auditorium), February 16 (8 a.m.).** (Contact race director for 1976 date). Course: uncertified, no other details available. \$2.00 fee. Contact: George Zell, Meet Director, 8794 S.W. 12 Street, Apartment 206, Miami, Florida 33144.

- **GREEN MOUNTAIN, Mallits Bay, Vermont, February (?) (contact race director for exact '75 and '76 dates).** Record: 2:31:43, Ralph Thomas 71. 1974 Results: 13 finished, 3 under 3:00, 9 under 3:30, won by Keith Martell, 2:50:36, and Linda McGrale 4:11:55. Contact: Larry Kimball, RFD 2, River Road, Winoski, Vermont 05404.

- **GREENSBORO—WINSTON-SALEM (11th), Greensboro to Winston-Salem, North Carolina, August 15 (6 a.m.).** Course: certified 68, point-to-point, hills last 5 miles. Record: 2:29:50, Gareth Hayes 72. 1974 Results: 39 finished, 3 under 3:00, 17 under 3:30, 32 under 4:00, won by Ed Strabel, 2:44:07, and Kam Benfield 3:34:14. \$2.00 fee. Contact: Scott Brent, 2725 Brightwood Court, Winston-Salem, North Carolina 27107.

- **GROUND HOG DAY (8th), Morrilton, Arkansas (Petit Jean State Park), February 1 (10:30 a.m.).** (contact race director for 1976 date). Course: certified 70, 2 laps. Record: 2:21:55, Terry Ziegler 73. 1974 Results: 45 finished, 9 under 3:00, 20 under 3:30, 30 under 4:00, won by Elliott Evans, 2:30:11 (no women). \$2.00 fee. Contact: Denver L. Prince, State College of Arkansas, Conway, Arkansas 72032.

- **HALL OF FAME (1st), Huntington, West Virginia (Marshall University), March 22 (10 a.m.).** Course: uncertified, no other details available. Contact: Woody Sharp, NTFHF, 1524 Kanawha Boulevard, Charleston, West Virginia 25311.

- **HARRISBURG NATIONAL (3rd), Harrisburg, Pennsylvania, November 1 (10:30 a.m.).** Course: certified 74, out-and-back. Records: 2:34:35, Bill Dawson 74; 4:04:10, Fatima Ali 74. 1974 Results: 196 finished, 27 under 3:00, 81 under 3:30, 140 under 4:00, won by Bill Dawson, 2:34:35, and Fatima Ali 4:04:10. \$2.00 fee. Contact: Jack Scarbrough, YMCA, Front and North Streets, Harrisburg, Pennsylvania.

- **HEART OF AMERICA (16th), Columbia, Missouri, September 1 (6 a.m.).** Course: certification pending, out 4 miles, 17-mile lap, back 5, 11 major hills. Records: 2:34:07, Barry Crawford 66; 3:51:48, Jean Madden 74. 1974 Results: 54 finished, 22 under 3:00, 37 under 3:30, 53 under 4:00, won by Lynn Lee 2:41:47, and Jean Madden 3:51:48. \$2.00 fee. Contact: Joe Duncan, 4004 Defoe Drive, Columbia, Missouri 65201.

- **HEART-WATCHERS (3rd), Toledo, Ohio (University of Toledo, March 16 (1 p.m.)).** Course: certification pending, out-and-back. Record: 2:39:32, Doug Nevins 74. 1974 Results: 27 finished, 7 under 3:00, 17 under 3:30, 26 under 4:00, won by Doug Nevins, 2:39:32, and Becky Wagner 3:41:10. Contact: Sy Mah, H 241, University of Toledo, Toledo, Ohio 43606.
- **HOLIDAY (4th), Pueblo, Colorado (Pueblo County High School), December 13 (10 a.m.).** Course: uncertified, out-and-back, varied terrain, long climb at 22½ miles. Record: 2:31:51, Ron Nabers 74. 1974 Results: 20 finished, 4 under 3:00, 15 under 3:30, 19 under 4:00, won by Ron Nabers, 2:31:51 (no women). \$3.00 fee. Contact: Jeff Arnold, Route 5, Box 226, Rye, Colorado 81069.
- **HONOLULU (3rd), Honolulu, Hawaii, December 15 (6:30 a.m.).** Course: certified 73, out-and-back, nearly flat. Records: 2:23:02, Jeff Galloway 74; 3:01:59, Cindy Dalrymple 74. 1974 Results: 297 finished, 3 under 2:30, 27 under 3:00, 84 under 3:30, 168 under 4:00, won by Jeff Galloway, 2:23:02, and Cindy Dalrymple 3:01:59. \$3.00 fee. Contact: Thomas Ferguson, 4191 Halupa Street, Honolulu, Hawaii 96818.
- **HOUSTON (3rd), Houston, Texas (Memorial Park), January 18, 75, January 17, 76 (10 a.m.).** Course: certified 73, 5 laps and 1.22 miles, nearly flat. Record: 2:32:33, Danny Green 72. 1974 Results: 52 finished, 7 under 3:00, won by Juan Garza, 2:37:47, and Nancy Laird 4:29:07. \$2.50 fee. Contact: Pete League, 5471 Jackwood Street, Houston, Texas 77035.
- **HUDSON-MOHAWK (2nd), Albany, New York (SUNY), March 2 (noon).** Course: uncertified, 4 laps, flat. Record: 2:51:00, Don Wilken 74. 1974 Results: 26 finished, 2 under 3:00, 22 under 3:30, 24 under 4:00, won by Don Wilken, 2:51:00 (no women). \$2.00 fee. Contact: Burke Adams, 21 Chestnut Court, Rensselaer, New York 12144.
- **ILLINOIS TRACK CLUB BOSTON QUALIFIER (2nd), Champaign, Illinois, March 9 (7 a.m.).** Course: uncertified, 2.5 out, 3 laps of 7 miles, 2½ back, flat. Record: 2:50:03, Jeff Palmer 74. 1974 Results: 7 finished, 3 under 3:00, 6 under 3:30, all under 4:00, won by Jeff Palmer, 2:50:03 (no women). No entry fee. Contact: Illinois TC, Box 2976 Station A, Champaign, Illinois 61820.
- **INTERNATIONAL RICE FESTIVAL (2nd), Crowley, Louisiana, October 18 (8 a.m.).** Course: certified 74, point-to-point, flat. Record: 2:14:27, Neil Cusack 74. 1974 Results: 44 finished, 4 under 2:30, 14 under 3:00, 28 under 3:30, 40 under 4:00, won by Neil Cusack, 2:14:27, and Lida Askew 4:01:28. \$3.00 fee. Contact: Charles R. Atwood, M.D., 621 N. Avenue K., Crowley, Louisiana 70526.
- **ISLAND (4th), Portland, Oregon (Sauvie Island), November 29 (11 a.m.).** Course: certified 73, 2 laps, elevation changes from 16 to 35 feet. Records: 2:19:00, Larry Miller 74; 3:05:41, Marilyn Paul 73. 1974 Results: 213 finished, 7 under 2:30, 65 under 3:00, 124 under 3:30, 156 under 4:00, won by

Larry Miller, 2:19:00, and Pam Earle 3:19:24. \$3.00 fee. Contact: Ken Weidkamp, 14230 S.W. Derby St., Beaverton, Oregon 97005).

- **JERSEY SHORE (4th), Asbury Park, New Jersey (Convention Hall), January 19 (contact race director for 1976 date).** Course: certified 73, out-and-back, flat on boardwalk. Records: 2:19:16, Tom Fleming 73; 3:04:50, Patricia Barrett 73. 1974 Results: 216 finished, 2 under 2:30, 52 under 3:00, 143 under 3:30, 193 under 4:00, won by Gary Wallace, 2:27:05, and Eileen Disken 3:41:35. \$2.00 fee. Contact: Tom Baum, 1307 Ocean Avenue, Spring Lake, New Jersey 07762.
- **JOHNSTOWN (1st), Johnstown, Pennsylvania, October 4.** Course: uncertified, no other detail available. Contact: P.H. Loughran, 532 Goucher Street, Johnstown, Pennsylvania 15905.
- **JOHN W. ENGLISH (4th), Middletown, Connecticut (Wesleyan U.), March 2 (1 p.m.).** Course: uncertified, 2 laps. Records: 2:19:01, John Vitale 72; 3:00:10 Kathy Gervasi 74. 1974 Results: 93 finished, 35 under 3:00, 81 under 3:30, 41 under 4:00, won by Ray Crothers, 2:31:05, and Kathy Gervasi 3:00:10. \$1.00 fee. Contact: Bernard F. O'Rourke, Director of Parks and Recreation, City of Middletown, Middletown, Connecticut 06457.
- **JOLIET—WILL COUNTY BICENTENNIAL (1st), Joliet, Illinois, November 11 (courthouse).** Course: no details available. Contact: Tom Brunick, College of St. Francis, 500 N. Wilcox, Joliet, Illinois 60435.
- **JUNEAU (5th), Juneau, Alaska, June ? (contact race director for exact date).** Course: uncertified, out-and-back twice. Record: 3:01:07, Dale Harmer 73. 1974 Results: won by Mark Rosier, 4:09:25, and Nancy Fiske 5:05:20. Contact: Jim Dumont, Recreation Director, Juneau, Alaska 99801.
- **KALISPELL (5th), Kalispell, Montana (Woodland Park), July ? (contact director for exact date).** Course: uncertified, out-and-back. Record: 2:44:31, Ralph Stadelman. 1974 Results: 3 finished, 2 under 3:00, 3 under 4:00, won by Ralph Stadelman, 2:44:31 (no women). Contact: Larry O'Neil, 2335 5th Avenue E., Kalispell, Montana 59901.
- **KANSAS RELAYS (6th), Lawrence, Kansas (University of Kansas), April 19 (7 a.m.).** Course: certified 72, out-and-back. Record: 2:21:15, Terry Ziegler 73. Results 1974: 92 finished, 5 under 2:30, 35 under 3:00, 62 under 3:30, 79 under 4:00, won by Terry Ziegler, 2:21:58 (no women). College age and over. \$1.50 fee. Contact: Ed Elbel, Allen Fieldhouse, University of Kansas, Lawrence, Kansas 66045.
- **KNIGHTS OF COLUMBUS (3rd), Saratoga, California (Paul Masson Winery), May 4 (9 a.m.).** Course: certified 73, 26-mile loop. Record: 2:32:51, John Loeschhorn 74; 3:05:32, Nancy Ihrman 73. 1974 Results: 155 finished, 28 under 3:00, 74 under 3:30, 119 under 4:00, won by John Loeschhorn, 2:32:51, and Lori Watkins 3:28:04. Contact: Dan O'Keefe, 20186 Forest Avenue, Cupertino, California 95014.

- **LAND OF LAKES (13th), White Bear Lake, Minnesota, October 19 (1 p.m.).** Course: certified 74, 4 laps around lake. Record: 2:26:27, Steve Hoag 73. 1974 Results: not reported. Contact: Minnesota Distance Running Association, 2512 34th Avenue S., Minneapolis, Minnesota 55406.
- **LAS VEGAS (9th), Las Vegas, Nevada (University of Nevada), February 2 (9 a.m.) (contact race director for 1976 date).** Course: certified 72, 26-mile loop. Record: 2:19:24, Scott Bringhurst 72. 1974 Results: 61 finished, 1 under 2:30, 20 under 3:00, 44 under 3:30, 52 under 4:00, won by Scott Bringhurst, 2:24:35, Sandy Brauer 3:33:16. Age 18 and under, \$2.00 fee, age 19 and up, \$4.00 fee. Contact: William Freedman, Suite One Union Plaza, Number One Main Street, P.O. Box 869, Las Vegas, Nevada 89101.
- **LIVERMORE (2nd), Livermore, California (Lawrence Livermore Lab), December 13 (10 a.m.).** Course: certified 74, 26-mile loop, 95% flat. Records: 2:27:12, Jim Birnbaum 74; 3:00:56, Joan Ullyot 74. 1974 Results: 163 finished, 2 under 2:30, 26 under 3:00, 83 under 3:30, 133 under 4:00, won by Jim Birnbaum, 2:27:12, and Joan Ullyot 3:00:56. \$2.50 fee. Contact: Dan Moore, 663 Jefferson Avenue, Livermore, California 94550.
- **LONE PEAK (3rd), Draper, Utah (Draper Park), May (?) (contact race director for exact date).** Course: uncertified, 3 laps. Record: 2:53:45, Forest Simmons 73. 1974 Results: 5 finished, 2 under 3:30, 2 under 4:00, won by Steve Naylor, 3:12:45 (no women). Contact: Ben Peterson, 1054 E. 8600 S., Sandy, Utah 84070.
- **LONGEST DAY (6th), Brookings, South Dakota, November 2 (1 p.m.).** Course: certified 71, 26-mile loop, mostly flat. Record: 2:25:42, by Michael Seaman 74. 1974 Results: 33 finished, 2 under 2:30, 13 under 3:00, 26 under 3:30, 31 under 4:00, won by Michael Seaman, 2:25:42. \$2.00 fee. Contact: Jay Dirksen, SDSU Track Coach, South Dakota State University, Brookings, South Dakota 57006.
- **MACKINAW TRAILS (4th), Saginaw, Michigan, June (?) (contact race director for exact date).** Course: certified 73, 26-mile loop, nearly flat. Record: 2:29:02, Martin Ande 73. 1974 Results: 44 finished, 4 under 3:00, 25 under 3:30, 40 4:00, won by Brent Hall, 2:52:26 (no women). Contact: Ray Anderson, 5456 Adrian Street, Saginaw, Michigan 48603.
- **MADERA (5th), Madera, California (Madera High School), December 13 (10 a.m.).** Course: uncertified, 2 laps, flat. Record: 2:26:11, Skip Houk 72. 1974 Results: 29 finished, 5 under 3:00, 15 under 3:30, 25 under 4:00, won by Edward Braddy, 2:35:18 (no women). \$2.00 fee. Contact: Coach Dee DeWitt, Madera High School, Madera, California 93637.
- **MADISON (2nd), Madison, Wisconsin, June 28 (7 a.m.).** Course: uncertified, point-to-point, middle one-third hilly. Records: 2:36:33, Tom Slater 74; 3:50:51,

Diane Holum, 74. 1974 Results: 57 finished, 13 under 3:00, 32 under 3:30, 49 under 4:00, won by Tom Slater, 2:36:33, and Diane Holum 3:50:51. \$2.00 fee. Contact: Dale Roe, 1104 Mooreland Road, Apartment 3, Madison, Wisconsin 53713.

- **MALLITTS BAY (2nd), Mallitts Bay, Vermont, October (?) (contact race director for exact date).** Course: uncertified, no other details available. Record: 2:51:12, Len Hall 74. 1974 Results: 8 finished, 3 under 3:00, all under 3:30, won by Len Hall, 2:51:12 (no women). Contact: Larry Kimball, RFD 2, River Road, Winooski, Vermont 05404.
- **MARATHON (4th), Terre Haute, Indiana, June 7 (7 a.m.).** Course: certified 73, out-and-back 11 miles and 4.22 -miles to finish, flat except 6 minor hills. Records: 2:26:24, William Gavaghan 73; 2:55:44, Cheryl Bridges 72. 1974 Results: 102 finished, 15 under 3:00, 55 under 3:30, 82 under 4:00, won by William Carr 2:33:02, and Nina Kuscsik 3:07:24. No entry fee. Contact: Pierre V. Burke, St. Mary-of-the-Woods College, St. Mary-of-the-Woods, Indiana 47876.
- **MARATHON OF THE LAKES (4th), San Martin, California, March 23 (9 a.m.).** Course: certified 72, 26-mile loop. Record: 2:39:30, John Butterfield 73. 1974 Results: 23 finished, 5 under 3:00, 14 under 3:30. 21 under 4:00, won by Bill Peck, 2:52:14 (no women). \$1.50 fee. Contact: William J. Flodberg, 12925 Foothill Avenue, San Martin, California 95046.
- **MARATHON OF THE TIMES (2nd), Los Angeles, California, late March or early April (contact race director for exact date).** Course: uncertified, new in 75, no details available. Records: 2:18:24, Jack Foster 74. 1974 Results: 48 finished, 5 under 2:30, 13 under 3:00, 24 under 3:30, 35 under 4:00, won by Jack Foster, 2:18:24 (no women). \$1.00 fee. Contact: Parker Williams, or Glenn Davis, *Los Angeles Times*, Los Angeles, California.
- **MARDI GRAS (13th), New Orleans, Louisiana (Brown Gym), February 1, 75, and February 7, 76 (8 a.m.).** Course: certified 71, 18 and 8+-mile loops, flat. Record: 2:20:24, Amby Burfoot 73. 1974 Results: 43 finished, 2 under 2:30, 13 under 3:00, 24 under 3:30, 36 under 4:00, won by Norbert Sander, 2:23:51, and Carolyn Park 3:50:49. \$3.50 fee. Contact: Dreux J. Summers, 549 Brookmeade Drive, Gretna, Louisiana 70053.
- **MARLBORO (2nd), Marlboro, Massachusetts, February 22 (noon) (contact race director for 1976 date).** Course: uncertified, 26-mile loop. Records: 2:32:31 Ken Mueller 74; 3:08:54, Charlotte Lettis 74. 1974 Results: 121 finished, 15 under 3:00, 93 under 3:30, 113 under 4:00, won by Ken Mueller 2:32:31, and Charlotte Lettis 3:08:54. Contact: Fred Brown, 157 Walsh Street, Medford, Massachusetts 02155.
- **MARYLAND (3rd), Baltimore, Maryland, November (?) (contact race director for exact date).** Course: certified 73, out-and-back, long hill at 18 miles. Records:

2:17:23, Ron Hill 74; 3:05:51, Kathrine Switzer 74. Results 1974: 478 finished, 9 under 2:30, 114 under 3:00, 264 under 3:30, 389 under 4:00, won by Ron Hill, 2:17:23, and Kathrine Switzer 3:05:51. Contact: Marathon Commission, 610 North Howard Street, 4th floor, Baltimore, Maryland 21201.

- **MAUI (21), Kaluhui to Kaanapoli, Maui, Hawaii, April (?) (contact race director for exact date).** Course: uncertified, point-to-point. Record: 2:35:14, Gordon Haller 74; 3:23:47, Leah Ferris 74. 1974 Results: 26 finished, 3 under 3:00, 12 under 3:30, 21 under 4:00, won by Gordon Haller, 2:35:14, and Leah Ferris 3:23:47. Contact: Bob Getzen, Box 215, Hana Maui, Hawaii 96713.
- **MAYOR's (2nd), Anchorage, Alaska, June (?) (contact race director for exact date).** Course: uncertified, no other details available. Record: 2:37:37, Michael Just 74; 3:31:42, Margaret Langdon 74. 1974 Results: 36 finished, 9 under 3:00, 18 under 3:30, 26 under 4:00, won by Michael Just, 2:37:37, and Margaret Langdon 3:31:42. Contact: Bob Layman, 322 Muldoon Road, Anchorage, Alaska 99504.
- **MELBOURNE (5th), Melbourne, Florida (Wickmen Park), December 30.** Course: uncertified, out-and-back, flat. Record: 2:28:22, Clayton Craig 72; 3:40:18, Elaine Pedersen 73. 1974 Results: 82 finished, 1 under 2:30, 19 under 3:00, 43 under 3:30, 64 under 4:00, won by Bruce Carpenter 2:29:39. \$4.00 fee. Contact: Melbourne Recreation Department, 1551 Highland Avenue, Melbourne, Florida 32935.
- **MEL VOS MEMORIAL (4th), Topeka, Kansas (Lake Shawnee), December 6 (1 p.m.).** Course: uncertified, out-and-back. Course: uncertified, out-and-back. Records: 2:34:18, Jerome Howe 72; 2:55:45, Teri Anderson 72. 1974 Results: 39 finished, 10 under 3:00, won by George Mason, 2:42:05 (no women) \$3.00 fee. Contact: Karlton Naylor, 120 NW 35th, Topeka, Kansas 66617.
- **MIDNIGHT SUN (2nd), Fairbanks, Alaska, June 13-14 (8 a.m.).** Course: uncertified, no other details available. Record: 3:05:48, Paul Vanture 74; 5:39:42, Karen O'Dell 74. 1974 Results: 27 finished, 3 under 3:30, 6 under 4:00, won by Paul Vanture, 3:05:48, and Karen O'Dell 5:39:42. \$1.00 fee. Contact: LTC Paul D. Vanture, Army ROTC, Box 95552, University of Alaska, Fairbanks, Alaska 99701.
- **MILE-HIGH (5th), Denver, Colorado, May (?) (contact race director for exact date).** Course: certified 73, 5½-mile laps, flat. Record: 2:39:19, Douglas Ford 74; 3:19:11, Pam Weigle 72. 1974 Results: 46 finished, 9 under 3:00, 32 under 3:30, 43 under 4:00, won by Douglas Ford, 2:39:19 (no women). Contact: Joe Arrazola, Aurora T & F, 1405 Florence, Aurora, Colorado.
- **MISSION BAY (11th), San Diego, California (Mission Bay Park), January 11, 75, and January 10, 76 (8 a.m.).** Course: certified 74, 2 laps, 19 foot change in elevation. Records: 2:17:20, Doug Schmenk 74; 2:54:28, Judy Ikenberry 74. 1974 Results: 278 finished, 11 under 2:30, 78 under 3:00, 126 under 3:30, 251

under 4:00, won by Doug Schmenk, 2:17:20, and Judy Ikenberry 2:54:28. \$2.00 fee. Contact: Bill Gookin, 5946 Wenrich Drive, San Diego, California 92120.

● **MONROE (8th), Monroe, Ohio, September (?) (contact race director for exact date).** Course: certified 74, out-and-back, twice. Record: 2:33:50, Bill Carr 73. 1974 Results: 19 finished, 7 under 3:00, 11 under 3:30, 14 under 4:00, won by Ray Morrison, 2:42:33 (no women). \$3.00 fee. Contact: Felix LeBlanc, 1013 Tralee Trail, Dayton, Ohio 45430.

● **MOTOR CITY (13th), Detroit, Michigan (Belle Isle), October 26 (9 a.m.).** Course: certified 68; 5.4-mile laps, flat. Records: 2:12:00, Jerome Drayton 69; 3:09:47, Sue Mallery 74. 1974 Results: 112 finished, 4 under 2:30, 33 under 3:00, 84 under 3:30, 107 under 4:00; won by Ed Griffis, 2:25:29, and Sue Mallery 3:09:47. \$3.00 fee. Contact: Edward Kozloff, Motor City Striders, 10144 Lincoln, Huntington Woods, Michigan 48070.

● **MOUNTAIN (8th), Boone to Grandfather Mountain, North Carolina, July 12 (11 a.m.).** Course: certified 68, point-to-point, elevation changes from 3266 to 4279 feet. Record: 2:38:13, Don Kennedy 73. 1974 Results: 29 finished, 1 under 3:00, 10 under 3:30, 15 under 4:00, won by Lee Fidler, 2:55:37 (no women). \$2.00 fee. Contact: Marathon Coordinator, Appalachian State University, Boone, North Carolina 28608.

● **NAIA CHAMPIONSHIP (4th), May (?) (contact NAIA for site and date).** Course: uncertified, no other details available. Record: 2:22:54, Lucian Rosa 74. 1974 Results: 3 under 2:30, won by Lucian Rosa, 2:22:54. Eligible collegians only. Contact: NAIA, 106 W. 12th St., Kansas City, Missouri 64105.

● **NATIONAL JUNIOR COLLEGE CHAMPIONSHIP (2nd), Dowagiac, Michigan (8:05 a.m.). June 21.** Course: uncertified, no other details available. Record: 2:28:48, Terry Baker 74. 1974 Results: 7 finished, 1 under 2:30, 6 under 3:00, all under 3:30, won by Terry Baker, 2:28:48 (no women). NJCAA eligibility. \$3.00 fee. Contact: Ronald Gunn, Athletic Director, S.W. Michigan College, Dowagiac, Michigan 49047.

● **NEW YORK CITY (6th)(incorporating women's AAU), New York, New York (Central Park), September 28 (11 a.m.).** Course: certified 70, 4 laps of 5.935 miles, laps of 1.695 and 0.79 miles. Record: 2:21:54, Tom Fleming 73; 2:55:22, Beth Bonner 71. 1974 Results: 259 finished, 2 under 2:30, 37 under 3:00, 125 under 3:00, 188 under 4:00, won by Norbert Sander 2:26:30, and Kathrine Switzer 3:07:29. \$2.00 fee. Contact: Fred Lebow, 226 E. 53 Street, New York, New York 10022.

● **NIKE-OREGON TRACK CLUB (5th), Eugene, Oregon (Alton Baker Park), October 12 (9 a.m.).** Course: certified 73, one small loops, one large loop, flat. Record: 2:22:09, Phil Camp 74; 3:03:32, Lili Ledbetter 73. 1974 Results: 63 finished, 4 under 2:30, 21 under 3:00, 44 under 3:30, 57 under 4:00, won by

Phil Camp, 2:22:09, and Bobbie Moore 3:30:07. \$2.00 fee. Contact: The Athletic Department, 99 W. 10th, Suite 104, The Atrium Building, Eugene, Oregon 97401.

- **NITTANY VALLEY TRACK CLUB (3rd), University Park, Pennsylvania, February 16 (11 a.m.) (contact race director for 1976 date).** Course: uncertified, out 7 miles, 12-mile loop, back 7 miles. Record: 2:38:15, Steve Molnar 74. 1974 Results: 28 finished, 5 under 3:00, 18 under 3:30, all under 4:00, won by Steve Molnar, 2:38:15 (no women). \$2.00 fee. Contact: Harry Groves, 247 Recreation Hall, University Park,, Pennsylvania.
- **NORTH CENTRAL (9th), Naperville, Illinois (North Central College), December 6 (11 a.m.).** Course: uncertified, out-and-back twice. Records: 2:21:53, Jay Dirksen, 69; 3:03:27, Kim Piper 73. 1974 Results: cancelled, blizzard. Contact: Bob Schrader, North Central College, Naperville, Illinois 60540.
- **NORTH DAKOTA (4th), Grand Forks, North Dakota, June 28 (8.m.).** Course: uncertified, flat. Records: 2:50:03, Jim Berka 74; 3:35:57, Jan Arenz 74. 1974 Results: 37 finished, 4 under 3:00, 16 under 3:30, 25 under 4:00, won by Jim Berka, 2:50:03, and Jan Arenz 3:35:57. \$4.00 fee. Contact: Eric T. Parker, Grand Forks YMCA, 215 North 7th, Grand Forks, North Dakota 58201.
- **NORTH TEXAS STATE UNIVERSITY (4th), Denton, Texas (Fouts Field), January 11 (9 a.m.) (contact race director for 1976 date).** Course: uncertified, out-and-back. Record: 2:20:43, Tom Hess 73. 1974 Results: 29 finished, 1 under 2:30, 8 under 3:00, 20 under 3:30, 27 under 4:00, won by Don Kennedy, 2:26:12 (no women). \$3.00 fee. Contact: John McKenzie, Athletic Department, North Texas State University, Denton, Texas 76203.
- **ODESSA (4th), Odessa, Texas (Nimitz Junior High), December 20 (9 a.m.).** Course: certified 74, out-and-back, mostly flat, 20 foot change in elevation. Records: 2:24:19, Kevin Shaw, 74. 1974 Results: 49 finished, 1 under 2:30, 8 under 3:00, 26 under 3:30, 39 under 4:00, won by Kevin Shaw, 2:24:19 (no women). \$3.00 fee. Contact: Jack Petty, 907 West 2nd, Odessa Texas 79763.
- **OIL CAPITAL (5th), Tulsa, Oklahoma (Mohawk Park), March 22 (9 a.m.).** Course: certified 71, 3.1-mile laps, flat. Record: 2:24:37, Larry Blancett 72; 3:29:47, Nancy Laird 72. 1974 Results: 40 finished, 1 under 2:30, 9 under 3:00, 28 under 3:30, 37 unde 4:00, won by Rick Richardson, 2:28:05, and Cynthia Whitney 3:52:00. \$3.00 fee. Contact: Larry Aduddell, 4519 S. Kingston, Tulsa, Oklahoma 74135.
- **OMAHA MARATHON (2nd), Omaha, Nebraska, August 3 (7 a.m.).** Course: uncertified 74, loop, flat, 3 mild hills. Record: 2:31:46, Cliff Karthaus 74; 5:38:50, Theresa Gehringer 74. 1974 Results: 80 finished, 12 under 3:00, 36 under 3:30, 54 under 4:00, won by Cliff Karthaus, 2:31:46, and Theresa Gehringer 5:38:50. Contact: Bob Lozeau, Omaha Marathon, 1620 Dodge, Omaha, Nebraska 68102.

- **PAAVO NURMI (7th), Upson to Hurley, Wisconsin, August 9 (8 a.m.).** Course: certified 73, point-to-point. Records: 2:22:50, Lucien Rosa 73; 3:24:31, Jan Arenz 74. 1974 Results: 357 finished, 4 under 2:30, 79 under 3:00, 200 under 3:30, 290 under 4:00, won by Tom Hoffman, 2:23:50, and Jan Arenz 3:24:31. \$3.00 fee. Contact: Hurley Chamber of Commerce, 203 Silver Street, Hurley, Wisconsin 54534.

- **PALOS VERDES (9th), Palos Verdes Estates, California, June (?) (contact race director for exact date).** Course: certified 74, point-to-point. Records: 2:25:23, Ron Kurrle 72; 3:13:13, Diane Williams 74. 1974 Results: 398 finished, 36 under 3:00, 176 under 3:30, 349 under 4:00, won by Don Ocana 2:31:37, and Diane Williams 3:13:13. Contact: Terry Wallace, Box 152, Palos Verdes Estates, California 96274.

- **PAUL SMITHS (2nd), Paul Smiths, New York, September (?) (noon) (contact race director for exact date).** Course: uncertified, 26-mile loop. Record: 2:44:00, Jim Ochse 74. 1974 Results: 12 finished, 4 under 3:00, 8 under 3:30, 9 under 4:00, won by Jim Ochse, 2:44:00 (no women). Age 18 and up. \$2.00 fee. Contact: Tom Agan, Box 83, Paul Smith's, New York 12970.

- **PEACH BOWL (13th), Atlanta, Georgia (Westminster School), December 27 (noon).** Course: certified 74, 2 laps. Records: 2:16:18, Neil Cusack 71; 3:06:40, Gail Barron 74. 1974 Results: 122 finished, 5 under 2:30, 49 under 3:00, 48 under 3:30, 119 under 4:00, won by Bruce Kidd, 2:20:18, and Gail Barron 3:06:40. \$2.00 fee. Contact: Tom Singleton, Dean of Men, Georgia State University, University Plaza, Atlanta, Georgia 30303.

- **PENN RELAYS (3rd), Philadelphia, Pennsylvania (Fairmount Park), April 22 (11 a.m.).** Course: certified 66, out-and-back 3 laps. Record: 2:32:07, Karl Thornton 73. 1974 Results: 38 under 3:00, won by Dave Patterson 2:33:03. \$3.00 fee. Contact: J.P. Tuppeny, Weightman Hall E-7, University of Pennsylvania, Philadelphia, Pennsylvania 19174.

- **PHILADELPHIA (6th), Philadelphia, Pennsylvania (Fairmount Park), November 30 (noon).** Course: certified 66, out-and-back 3 times. Records: 2:21:57, Bill Rodgers 74; 3:25:33, Mary Devlin 74. 1974 Results: 164 finished under 4:00, 9 under 2:30, 75 under 3:00, 130 under 3:30, won by Bill Rodgers, 2:21:57, and Mary Devlin 3:25:33. \$2.00 fee. Contact: Tom Sander, 515 West Godfrey Avenue, Philadelphia, Pennsylvania 19126.

- **PIKE'S PEAK (20th), Manitou Springs, Colorado, August 3 (7:30 a.m.).** Course: uncertified 26.8 miles, out-and-back, 7500 to 14,110 feet and return on trails. Records: 3:36:40, Rick Trujillo 74; 5:23:10, Marcie Trent 74. 1974 Results: 105 finished, 12 under 4:30, 37 under 5:00, won by Rick Trujillo, 3:36:40, and Marcie Trent 5:23:10. \$4.00 fee. Contact: Rudy Fahl, 2400 West Colorado Avenue, Colorado Springs, Colorado 80904.

- **PRESQUE ISLE (2nd), Erie, Pennsylvania, August 10 (7 a.m.).** Course: uncertified, 2 laps, flat. Records: 2:38:26, Doug Brown 74; 3:42:11, Patty Weldon 74. 1974 Results: 29 finished, 7 under 3:00, 16 under 3:30, won by Doug Brown, 2:38:26, and Patty Weldon 3:42:11. \$3.00 fee. Contact: John O'Sullivan Gould, Downtown YMCA, 31 West 10th Street, Erie, Pennsylvania 16501.
- **QUINCY (5th), Quincy, Illinois, August (?) (contact race director for exact date).** Course: certified 72, 4.3-mile laps. Records: 2:40:52, Ed Steingraber 73; 4:13:06, Sharon Cogbill 74. 1974 Results: 15 finished, 2 under 3:00, 6 under 3:30, 10 under 4:00, won by Isa Lepaj, 2:48:07, and Sharon Cogbill 4:13:06. Contact: Steve Goers, 2501 Katherine Road, Quincy, Illinois, 62301.
- **RACE OF CHAMPIONS (13th), Holyoke, Massachusetts, May 18 (1 p.m.).** Course: certified 71, figure-8 course. Records: 2:33:04, Peter Kuchinski 74; 3:20:01, Merry Cushing 74. 1974 Results: 47 finished, 13 under 3:00, 32 under 3:30, 42 under 4:00, won by Peter Kuchinski, 2:33:04, and Merry Cushing 3:20:01. Age 18 and up. No fee. Contact: Walter Childs, P.O. Box 1484, Springfield, Massachusetts.
- **RALEIGH (9th), Raleigh, North Carolina, January 18 (11 a.m.) (contact race director for 1976 date).** Course: certified 70, 2 laps. Record: 2:22:32, Ed Hereford 73. 1974 Results: 26 finished, 1 under 2:30, 14 under 3:00, 20 under 3:30, 24 under 4:00, won by Ed Hereford, 2:22:32 (no women). \$2.00 fee. Contact: Russell Combs, Department of Physical Education, N.C. State University, Raleigh, North Carolina 27607.
- **REDWOOD EMPIRE (5th), Arcata, California, July (?) (contact race director for exact date).** Course: uncertified, no other details available. Records: 2:24:59, Bill Scobey 71. 1974 Results: 19 finished, 4 under 3:00, 12 under 3:30, 16 under 4:00, won by Ron Elijah, 2:30:49 (no women). Contact: Jim Hunt, Track Coach, California State University, Humboldt, Arcata, California 95521.
- **ROAD RUNNER (7th), Gage, Oklahoma, May (?) (contact race director for exact date).** Course: certified 71, out-and-back twice. Records: 2:29:59, Terry Ziegler 71; 4:56:10, Dee Cooper 74. 1974 Results: 18 finished, 4 under 3:00, 8 under 3:30, 15 under 4:00, won by Norman Cooper, 2:47:20, and Dee Cooper 4:56:10. Contact: John Froage, Gage, Oklahoma 73843.
- **ROCHESTER (4th), Rochester, New York (Central YMCA), September 1 (10 a.m.).** Course: certified 72, out 6 miles, 14-mile loop, back. Record: 2:29:09, Willie Speck. 1974 Results: 64 finished, 1 under 2:30, 12 under 3:00, 35 under 3:30, 50 under 4:00, won by Willie Speck, 2:29:09, and Sandra Patla 4:28:26. \$2.00 fee. Contact: Len Bagley, 88 Nettlecreek Road, Fairport, New York 14450.
- **ROTARY SHAMROCK (3rd), Virginia Beach, Virginia, March 15 (10 a.m.).** Course: certified 73, out-and-back twice, flat. Record: 2:27:07, Ed Hereford

1974. 1974 Results: 86 finished, 2 under 2:30, 19 under 3:00, 53 under 3:30, 75 under 4:00, won by Ed Hereford, 2:27:07, and Burnis Hicks 4:45:23 \$3.50 fee. Contact: Karl Schwartz III, Rotary Shamrock Marathon, 1661 Laskin Road, Virginia Beach, Virginia 23451.

- **SAN MIGUEL (4th), Guam (Mangilao to Tumon), March 29 (3 a.m.).** Course: certified 72, point-to-point, Record: 2:55:50, Keith Crowder. 1974 Results: 12 finished, 1 under 3:00, 5 under 3:30, 7 under 4:00, won by Keith Crowder, 2:55:50 (no women). \$2.00 fee. Contact: Joe Lawton, University of Guam, Box EK, Agana, Guam 96910.
- **SANTA BARBARA (11th), Santa Barbara, California (La Playa Stadium), October 12 (7:30 a.m.).** Course: uncertified, out-and-back. Record: 2:28:43, Bill Scobey 73; 3:03:38, Eileen Waters. 1974 Results: 117 finished, 1 under 2:30, 26 under 3:00, 72 under 3:30, 102 under 4:00, won by Carl Swift, 2:27:55, and Eileen Waters 3:03:38. \$2.50 fee. Contact: John Brennand, 4476 Meadowlark Lane, Santa Barbara, California 93105.
- **SANTA MONICA (3rd), Santa Monica, California, August 24 (7:30 a.m.).** Course: uncertified, 2 laps. Record: 2:24:12, Bill Scobey 73; 3:10:44, Donna Gookin 74. 1974 Results: 187 finished, 1 under 2:30, 33 under 3:00, 104 3:30, 157 under 4:00. \$3.00 fee. Contact: Santa Monica Recreation and Parks Department, 1685 Main Street, Room 202, Santa Monica, California 90401.
- **SEATTLE (5th), Seattle, Washington (Seward Park), November 29 (11 a.m.).** Course: certification pending, 2 laps, flat. Records: 2:25:55, Wolf Schamberger 72; 3:21:09, Helen Spiegelman 74. 1974 Results: 93 finished, 19 under 3:00, won by Stan Chapin 2:35:06, and Helen Spiegelman 3:21:09. \$1.00 fee. Contact: University of Washington Running Club, IMA Building, University of Washington, Seattle, Washington.
- **SENIOR OLYMPICS (6th), Irvine, California, June 1 (7 a.m.).** Course: uncertified, point-to-point, flat. Record: 2:28:54, Frank Bozanich 74; 3:03:12, Betty Wake 72. 1974 Results: 1 under 2:30, 15 under 3:00, won by Frank Bozanich, 2:28:54 (no women). Age 25 and up. \$5.00 fee. Contact: Senior Olympics, 5225 Wilshire Boulevard, No. 302, Los Angeles, California 90036.
- **SKYLON (2nd), Buffalo (Delaware Park) to Niagara Falls, New York, October 25 (12:30 p.m.).** Course: certified 74, point-to-point, flat. Records: 2:22:53, Russ Pate 74; 2:58:16, Ellen Turkel 74. 1974 Results: 280 finished, 3 under 2:30, 80 under 3:00, 185 under 3:30, 245 under 4:00, won by Russ Pate, 2:22:53 74, and Ellen Turkel 2:58:16. \$4.00 fee. Contact: Alan Gross, 378 Elmwood Avenue, Buffalo, New York 14222.
- **SMOKY MOUNTAIN (2nd), Knoxville, Tennessee (Central High School), February 15 (1 p.m.) (contact race director for 1976 date).** Course: uncertified, out-and-back. Record: 2:42:28, Tom Potter 74. 1974 Results: 16 finished, 5 under 3:00, 15 under 3:30 and 4:00, won by Tom Potter, 2:42:28 (no wo-

men). Contact: Harold Canfield, 502 Alandale Road, Knoxville, Tennessee 37920.

- **SOUTHEASTERN MASTERS (2nd), Raleigh, North Carolina, April 6 (7 a.m.).** Course: certified 70, 2 laps. Record: 2:46:14, Charles Gibson 74. 1974 Results: won by Charles Gibson, 2:46:14, no other results reported. Ages 30 and up. Contact: R.S. Boal, Box 5576, College Station, Raleigh, North Carolina 27607.
- **STONE MOUNTAIN (2nd), Stone Mountain Park, Georgia, February 15 (9 a.m.).** Course: uncertified, no other details available. Record: 3:03:46, Vinnie Doran 74. 1974 Results: 10 finished, 5 under 3:30, 9 under 4:00, won by Vinnie Doran, 3:03:46. Contact: Tom Singleton, Dean of Men, Georgia State University, University Plaza, Atlanta, Georgia 30303.
- **THIRD OLYMPIAD MEMORIAL (3rd), St. Louis, Missouri, March 2.** Course: certified 73, point-to-point, along route of 1904 Olympic marathon. Record: 2:22:53, Bob Fitts 74; 2:53:40, Teri Anderson 73. 1974 Results: 98 finished, 1 under 2:30, 16 under 3:00, 55 under 3:30, 79 under 4:00, won by Bob Fitts, 2:22:52, and Marilyn Good 3:57:35. Contact: Jerry Kokesh, 116-E Mesa Verde, Manchester, Missouri 63011.
- **TOUR OF ALBUQUERQUE (6th), Albuquerque, New Mexico, October 19.** Course: uncertified, 26-mile loop. Record: 2:27:16, Charles Harris 71. 1974 Results: 67 finished, 1 under 2:30, 9 under 3:00, 36 under 3:30, 53 under 4:00. Won by Lionel Ortega, 2:27:42, and Barbara Norris 5:37:08. Contact: Gil Duran, Box 4071, Albuquerque, New Mexico 87106.
- **TRAIL'S END (6th), Seaside, Oregon, February 22 (11:30 a.m.) (contact race director for 1976 date).** Course: certified 71, 26-mile loop. Record: 2:16:28, Tom Howard 74; 3:02:53, Caroline Walker 70. 1974 Results: 350 finished, 14 under 2:30, 88 under 3:00, 176 under 3:30, 267 under 4:00, won by Tom Howard, 2:16:28, and Maria Brzezinska 3:14:40. \$3.00 fee. Contact: Seaside Chamber of Commerce, P.O. Box 7, Seaside, Oregon 97138.
- **TRI-STATES (10th), White Cloud, Kansas, To Falls City, Nebraska, October 19 (8 a.m.).** Course: uncertified, point-to-point, through three states. Record: 2:21:36, Robert Busby 74. 1974 Results: 90 finished, 4 under 2:30, 30 under 3:00, 57/3:30, 74/4:00, won by Robert Busby, 2:21:36, and Suzan Stone 4:59:18. \$3.00 fee. Contact: Louis J. Fritz, Verdon, Nebraska 68457.
- **UNIVERSITY OF NORTHERN IOWA (3rd), Cedar Falls, Iowa, April 6 (noon).** Course: uncertified, no other details available. Records: 2:35:31, Barney Hance 74. 1974 Results: 15 finished, 4 under 3:00, 8 under 3:30, 9 under 4:00, won by Barney Hance, 2:35:31 (no women). Contact: Coach Jack Jennett, University of Northern Iowa, Cedar Falls, Iowa 50613.
- **US-MEXICO (2nd), El Paso, Texas, December (?) (contact race director for exact date).** Course: certified 74, flat. Record: set in 1974. 1974 Results: not

reported. Contact: Dr. Robert Wiggs, Race Director, 3000 Park North, El Paso, Texas 79904.

- **USTFF CHAMPIONSHIP (7th), Wichita, Kansas (Wichita State University), May 31 (7 a.m.).** Course: uncertified, 6-mile laps. Record: 2:27:27, Terry Ziegler 72. 1974 Results: 44 finished, 21 under 3:00, 32 under 3:30, 39 under 4:00, won by Robert Rosales 2:36:01 (no women). \$2.00 fee. Contact: Herm Wilson, Track Coach, Wichita State University, Box 8084, Wichita, Kansas.
- **VALENTINE RUNNING FESTIVAL (4th), Fort Walton Beach, Florida (Eglin AFB), February 15 (9 a.m.) (contact race director for 1976 date).** Course: uncertified, 26-mile loop. Record: 2:19:34, Jeff Galloway 72. 1974 Results: 9 finished, 3 under 3:00, 6 under 3:30, all under 4:00, won by Art Devlin, 2:36:56 (no women). Contact: North West Florida Track Club, c/o YMCA, Mayflower Avenue, Fort Walton Beach, Florida 32548.
- **WASHINGTON'S BIRTHDAY (14th), Beltsville, Maryland (National Agricultural Research Center), February 16 (1 p.m.) (contact race director for 1976).** Course: certified 72, 3 laps. Record: 2:24:17, Marshall Adams 73; 3:14:40, Kathrine Switzer 74. 1974 Results: 245 finished, 3 under 2:30, 47 under 3:00, 163 under 3:30, 215 under 4:00, won by Sheldon Karlin, 2:26:26, and Kathrine Switzer 3:14:40. \$2.00 fee. Contact: William Mish, 5615 Duchaine Drive, Lanham, Maryland 20801.
- **WESTERN HEMISPHERE (28th), (incorporating AAU Championship), Culver City, California, December 7 (8 a.m.).** Course: certified 66, 6-mile lap, out-and-back 14 miles, 6-mile lap, nearly flat. Record: 2:15:21, Bill Scobey 71; 2:43:54, Jackie Hansen 74. 1974 Results: 267 finished, 12 under 2:30, 96 under 3:00, 190 under 3:30, 250 under 4:00, won by Mario Cuezas, 2:18:08, and Jackie Hansen 2:43:54. \$3.00 fee. Contact: Carl H. Porter, 4117 Overland Avenue, Culver City, California 90230.
- **WEST VALLEY BOSTON QUALIFIER, San Mateo, California (5th), February 9 (contact race director for 1976 date).** Course: certified 73, 5-mile laps and 1.22, flat. Record: 2:17:22, Alvaro Mejia 72; 2:55:17, Judy Ikenberry 74. 1974 Results: 269 finished, 2 under 2:30, 75 under 3:00, 183 under 3:30, 227 under 4:00, won by Jim Dare, 2:26:05, and Judy Ikenberry 2:55:17. Contact: Jack Leydig, WVTC, Box 1551, San Mateo, California 94401.
- **WHITE ROCK (5th), Dallas, Texas (White Rock Lake Park), February 22 (9 a.m.) (contact race director for 1976 date).** Course: certified 74, 3 laps, flat. Record: 2:19:18, Terry Ziegler; 3:13:48, Kathy Loper. 1974 Results: 125 finished, 2 under 2:30, 34 under 3:00, 83 under 3:30, 112 under 4:00, won by Terry Ziegler, 2:19:18, and Kathy Loper 3:13:48. \$4.00 fee. Contact: Ralph Taite, Cross-Country Club of Dallas, 6891 Avalon, Dallas, Texas 75214.
- **WHITEWATER (8th), Whitewater, Wisconsin (Starin Park), July 6 (5 a.m.).** Course: certified 68, 15-mile and 4-mile loops, repeat portion, flat. Record:

2:28:30, Jim Vedder 70; 3:17:14, Jeanne Crandall 74. 1974 Results: 68 finished, 1 under 2:30, 19 under 3:00, 45 under 3:30, 61 under 4:00, won by Tom Hoffman, 2:29:48, and Jeanne Crandall 3:17:14. \$2.00 fee. Contact: Rex Foster, RR No. 4, Whitewater, Wisconsin 53190.

- **WINDY (6th), Indianapolis, Indiana (Eagle Creek Park), March 15 (noon).** Course: uncertified, out 5½-miles, loop, back. Record: 2:28:12, Jim Varnau 74. 1974 Results: 53 finished, 1 under 2:30, 16 under 3:00, 42 under 3:30, 48 under 4:00, won by Jim Varnau, 2:28:12, and Bobbi Widmann 4:48:29. \$2.00 fee. Contact: Carl Carey, RR 5, Greencastle, Indiana 46135.
- **WISCONSIN MAYFAIR (3rd), Milwaukee, Wisconsin (Mayfair Shopping Center), May 25 (7:30 a.m.).** Course: uncertified, 2 laps. Records: 2:31:25, Dennis McBride, 74; 3:45:13, Sharon Cogbill 74. 1974 Results: won by Dennis McBride, 2:31:25, and Sharon Cogbill 3:45:13. \$3.00 fee, before May 16, \$4.00 before race day. Contact: Roger Bodart, Mayfair Association, Inc., Mayfair Shopping Center, Milwaukee, Wisconsin 53226.
- **WISCONSIN USTFF (2nd), Whitewater, Wisconsin, April (?) (contact race director for exact date).** Course: certified 68, 15-mile and 4-mile loops, repeat portion, flat. Record: 2:46:22, Gerhard Sassman 74. 1974 Results: 2 finished, both under 3:00, won by Gerhard Sassman, 2:46:22. Contact: Rex Foster, RR No. 4, Whitewater, Wisconsin 53190.
- **WORLD MASTERS (5th), Orange, California (Chapman College), January 26 (8 a.m.) (contact race director for 1976 date).** Course: certified 73, 26-mile loop, flat. Record: 2:19:36, Ron Kurrle, 74. 1974 Results: 187 finished, 4 under 2:30, 37 under 3:00, 98 under 3:30, 146 under 4:00, won by Ron Kurrle, 2:19:36, and Luanne Kralick 3:38:55. \$3.00 fee. Contact: Bill Selvin, P.O. Box 5694, Orange, California 92667.
- **YONKERS (39th), Yonkers, New York (Yonkers Raceway), May 11 (noon).** Course: certified 72, 4 laps. Record: 2:18:52, Ron Wayne 74; 2:58:50, Nina Kuscsik 73. 1974 Results: 224 finished, 21 under 2:30, 43 under 3:00, 167 under 3:30, 244 under 4:00, won by Ron Wayne, 2:18:52, and Nina Kuscsik 3:00:01. 3:00:01. Contact: Mel Goldberg, Yonkers Raceway, Yonkers, New York 10704.

CANADIAN RACES

- **CALGARY ROAD RUNNERS (2nd), Calgary, Alberta, June 1 or 7 (9 a.m.) (contact race director for exact date).** Course: out-and-back twice, flat elevation 3500 feet. Record: 2:35:04, Bill Herriot 74. 1974 Results: 18 finished, 7 under 3:00, 10 under 3:30, 15 under 4:00; won by Bill Herriot 2:35:04. \$1.00 fee. Contact: Jim Bradford, 625-29 Avenue, S.W., Calgary, Alberta, Canada.

- **CANADIAN CHAMPIONSHIP AND PRE-OLYMPIC, Montreal, Quebec, August 2 (4:30 or 5:30 p.m.).** 1974 Results: 6 under 2:30, won by Tom Howard 2:17:57. Contact: Dr. Ron Wallingford, Laurentian University, Division of Physical Education, Sudbury, Ontario.
- **ILLE D'ORLEANS, Ile d'Orleans, Quebec, October 13 (noon).** Record: 2:35, Gilles Sirois 74. Ages 18 and up. \$2.00 fee. Contact: Jean-Guy Cote, 26 rue Goudreault, St. Brigitte de Laval, P. Q., Canada.
- **LION'S GATE ROAD RUNNERS INTERNATIONAL (4th), Vancouver, British Columbia, May 24 (7:30 a.m.).** Course: laps, flat. Records: 2:14:33, Tom Howard 74; 3:03:15, Maria Brzezinska 74. 1974 Results: 59 finished, 7 under 2:30, 30 under 3:00, 47 under 3:30, 57 under 4:00; won by Tom Howard 2:14:33 and Maria Brzezinska 3:03:15. \$2.00 fee. Contact: Don Basham, 1505-1640 Alberni St., Vancouver, B.C. V6G 1A7, Canada.
- **MANITOBA (2nd), Winnipeg, Manitoba (Bird's Hill Park), May 24 or 31 (contact race director for exact date).** Contact: Steve Gajerski, 47 Royal Salinger Road, Winnipeg, Manitoba.
- **METRO TORONTO ROAD RUNNERS (5th), Toronto, Ontario, May 11.** 1974 Results: 24 finished, 1 under 2:30, 10 under 3:00, all under 3:30; won by Mike Kucharew 2:27:47. Contact: Mike Freeman, 154 Cactus Ave. No. 57, WilLOWdale, Ontario M2R 2V3, Canada.
- **MONTREAL (3rd), Montreal, Quebec, March 16.** Course: out-and-back twice. Record: 2:43:15, Guy Lepine 74. Contact: Michel Rose, 12232 Armand Bombardier, Montreal 476, Quebec, Canada.
- **OKTOBERFEST (4th), Kitchener-Waterloo, Ontario, October 11.** 1973 Results: 6 under 2:30, won by Tom Howard 2:17:57. Contact: Race Director, Waterloo Family Y, 145 Lincoln Road, Waterloo, Ontario, Canada.
- **OTTAWA, Ottawa, Ontario, May 25.** Course: out-and-back. Contact: Ken Parker, 79-A Glen Park Dr., Ottawa, Ontario K1B 3Z1, Canada.
- **ST. HYACINTHE (29th), Quebec, June 29 (4:30).** Contact: Gerard Cote, le Courrier, C. P. 340, St. Hyacinthe, Quebec, Canada.
- **ST. VITAL (2nd), Winnipeg, Manitoba (St. Vital Park), August 31.** Contact: Steve Gajerski, 47 Royal Salinger Road, Winnipeg, Manitoba, Canada.
- **WESTERN CANADIAN GAMES, Regina Saskatchewan, August 17 (tentative).** Contact: Lloyd Culham, 4616 Argyle St., Regina, Saskatchewan, Canada.
- **YORKTON (3rd), Yorkton, Saskatchewan, June 22 or July 13.** Course: 26-mile loop. \$2.00 fee. Contact: Les Hernaf, 332 Myrtle, Yorkton, Saskatchewan, Canada.

STATES AND DATES

UNITED STATES

ALASKA

June 13	Midnight Sun, Fairbanks
June ?	Mayor's, Anchorage
June ?	Juneau
Sept. 20	Equinox, Fairbanks

ARIZONA

Feb. 15	Admissions Day, Tucson
Dec. ?	Fiesta Bowl, Scottsdale

ARKANSAS

Feb. 1	Ground Hog Day, Morrilton
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CALIFORNIA

Jan. 11	Mission Bay, San Diego
Jan. 26	World Masters, Orange
Feb. 9	Boston Qualifier, San Mateo
Mar. 23	Marathon of the Lakes, San Martin
Mar. ?	Marathon of the Times, Los Angeles
Apr. ?	City of Los Angeles
May 4	Knights of Columbus, Saratoga
May 11	Avenue of the Giants, Weott
May 17	Bakersfield
June 1	Senior Olympics, Irvine
June ?	Palos Verdes
July ?	Redwood Empire, Arcata
Aug. 24	Santa Monica
Oct. 12	Santa Barbara
Nov. 2	Cal State Sonoma, Rohnert Park
Dec. 7	Western Hemisphere & AAU Championship, Culver City
Dec. 13	Livermore
Dec. 13	Madera

COLORADO

May ?	Mile-High, Denver
Aug. 3	Pike's Peak, Manitou Springs
Oct. 11	Denver YMCA
Dec. 13	Holiday, Pueblo

CONNECTICUT

March 2	John W. English, Middletown
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FLORIDA

Jan. 26	Gold Coast, Boca Raton
Feb. 15	Valentine, Ft. Walton Beach
Feb. 16	Greater Miami Bicentennial
Mar. 8	Tallahassee
Mar. 8	Florida Relays, Gainesville
Mar. 22	Florida, Ft. Meyers
Dec. 30	Melbourne

GEORGIA

Feb. 15	Stone Mountain Park
Dec. 27	Peach Bowl, Atlanta

HAWAII

Apr. ?	Maui, Kahului
Dec. 15	Honolulu

ILLINOIS

Mar. 29	Illinois TC, Boston Qualifier, Champaign
June 29	Freedom, Monticello
Aug. 31	Club North Shore, Lake Bluff
Aug. ?	Quincy
Nov. 11	Joliet-Will County
Nov. ?	Chicago Health Club-Hinsdale
Dec. 6	North Central, Naperville

INDIANA

Mar. 15	Windy, Indianapolis
June 7	Marathon, Terre Haute

IOWA

Apr. 7	University of Northern Iowa, Cedar Falls
Apr. 26	Drake Relays, Des Moines
Oct. 12	Covered Bridge, Winterset

KANSAS

Apr. 19	Kansas Relays, Lawrence
May 31	USTFF, Wichita
Dec. 6	Mel Vos Memorial, Topeka

KENTUCKY

May 25	Georgetown
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LOUISIANA

Feb. 1	Mardi Gras, New Orleans
Oct. 18	International Rice Festival, Crowley

MAINE

July 19	Bangor
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MARYLAND

Feb. 16	Washington's Birthday, Beltsville
Nov. ?	Maryland, Baltimore

MASSACHUSETTS

Feb. 22	Marlboro
Apr. 21	Boston AA
May 18	Race of Champions, Holyoke
Nov. ?	Bay State, Framingham

MICHIGAN

Mar. ?	Detroit News
June 21	National Junior College, Dowagiac
June ?	Mackinaw Trails, Saginaw
Oct. 26	Motor City, Detroit
Nov. 1	Grand Valley, Grand Rapids

MINNESOTA

Oct. 19	Land of Lakes, White Bear Lake
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MISSOURI

Mar. 2	Third Olympiad Memorial, St. Louis
Sept. 1	Heart of America, Columbia

MONTANA

July ?	Kalispell
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NEBRASKA

Aug. 3 Omaha
Oct. 19 Tri-States, Falls City

NEVADA

Feb. 2 Las Vegas

NEW HAMPSHIRE

Oct. 12 Dartmouth Medical School,
Hanover

NEW JERSEY

Jan. 19 Jersey Shore, Asbury Park
Oct. 27 Atlantic City

NEW MEXICO

Feb. ? Eastern New Mexico, Portales
Oct. 19 Tour of Albuquerque

NEW YORK

Mar. 2 Hudson-Mohawk, Albany
Mar. 16 Earth Day, Westbury
Mar. 23 Boston Qualifier, Ithaca
May 10 Champlain Valley, Plattsburgh
May 11 Yonkers
May 18 First Trust, Liverpool
Sept. 1 Rochester
Sept. ? Paul Smiths
Sept. 28 New York City & Women's AAU
Oct. 12 Finger Lakes, Marathon
Oct. 25 Skylon, Niagara Falls

NORTH CAROLINA

Jan. 18 Raleigh
Apr. 6 Southeastern Masters, Raleigh
July 12 Mountain, Grandfather Mountain
Aug. 15 Greensboro-Winston Salem

NORTH DAKOTA

June 28 North Dakota, Grand Forks

OHIO

Mar. 2 Athens
Mar. 16 Heart-Watchers, Toledo
June 15 Glass City, Toledo
Sept. ? Monroe
Oct. 5 Canton

OKLAHOMA

Mar. 22 Oil Capital, Tulsa
May ? Road Runner, Gage
Aug. 2 Andy Payne, Weatherford

OREGON

Feb. 22 Trail's End, Seaside
July 6 AAU Masters, Portland
Oct. 12 Nike-Oregon TC, Eugene
Nov. 29 Island, Portland

PENNSYLVANIA

Feb. 16 Nittany Valley TC, University
Park
Apr. 22 Penn Relays, Philadelphia
Aug. 10 Presque Isle, Erie
Oct. 4 Johnstown
Nov. 1 Harrisburg National
Nov. 30 Philadelphia

SOUTH DAKOTA

Nov. 2 Longest Day, Brookings

TENNESSEE

Feb. 15 Smoky Mountain, Knoxville
Sept. 27 Andrew Jackson, Jackson

TEXAS

Jan. 11 North Texas State University,
Denton
Houston
Feb. 22 White Rock, Dallas
Nov. 22 American National, Galveston
Dec. 20 Odessa
Dec. ? US-Mexico, El Paso

UTAH

May ? Lone Peak, Draper
July 24 Deseret News, Salt Lake City

VERMONT

Feb. ? Green Mountain, Mallitts Bay
Oct. ? Mallitts Bay

VIRGINIA

Mar. 15 Rotary Shamrock, Virginia Beach
Oct. 26 Alexandria Two-Bridges

WASHINGTON

Apr. 12 Birch Bay, Blaine
Nov. 15 Cheney
Nov. 29 Seattle

WEST VIRGINIA

Mar. 22 Hall of Fame, Huntington

WISCONSIN

Apr. ? Wisconsin USTFF Whitewater
May 25 Wisconsin Mayfair, Milwaukee
June 28 Madison
July 6 Whitewater
Aug. 9 Paavo Nurmi, Hurley

CANADA**ALBERTA**

June 1 or 7 Calgary Roadrunners

BRITISH COLUMBIA

May 24 Lion's Gate, Vancouver

MANITOBA

May 24 or 31 Manitoba, Winnipeg
Aug. 31 St. Vital, Winnipeg

NOVA SCOTIA

Aug. 31 Nova Scotia, Dartmouth

ONTARIO

May 11 Metropolitan Toronto Road
Runners
Ottawa
Oct. 11 Oktoberfest, Kitchener-Waterloo

QUEBEC

Mar. 16 Montreal
June 29 St. Hyacinthe
Aug. 2 Canadian Championship and
Pre-Olympic, Montreal
Oct. 13 Ile d'Orleans

SASKATCHEWAN

June 22 or July 13 Yorkton
Aug. 17 Western Canadian Games,
Regina

3

Marathon Times

The progress in world marathoning isn't easy to see in the overall figures. At the end of 1973, the 100th best time was 2:14:28. Now it's 2:13:59. Nothing too dramatic in that, or in the fact that only one new runner reached the top 10.

The real progress on this list is a more personal kind. Ian Thompson, for instance, had run one marathon and ranked 35th in the world a year ago. Now he's second. And 41-year-old Jack Foster defied the odds against improving with age when he came down by a minute to 2:11. That's progress.

For three years, Shorter had no apparent challenger in the marathon. Frank won rather easily in all of his major races during those years. He kept winning in 1974, taking his fourth straight title in the prestigious Fukuoka marathon.

But for the first time since 1971, the year's leading runner wasn't Shorter. It was Thompson—unbeaten as a marathoner, Commonwealth Games, Athens Classic and European champion, the fastest runner of 1974 by two minutes.

Thompson and Shorter are still waiting to race each other, and may keep waiting until Montreal.

All-Time World Top 100

by Roger Gynn

NAME (AGE, NATION)	TIME (YEAR)		
1. Derek Clayton (28, Aus)	2:08:33 (69)	10. Clayton (29)—3	2:11:08 (71)
2. Ian Thompson (24, GB)	2:09:12 (74)	11. J. Drayton (24, Can)	2:11:12 (69)
3. Ron Hill (31, GB)	2:09:28 (70)	J. Farrington (31, Aus)	2:11:12 (73)
4. Clayton (25)—2	2:09:36 (67)	Eamon O'Reilly (25, US)	2:11:12 (70)
5. Hill (31)—2	2:10:30 (70)	14. Karel Lismont (25, Bel)	2:11:13 (74)
Frank Shorter (25, US)	2:10:30 (72)	15. Seiichiro Sasaki (22, Jn)	2:11:17 (67)
7. Akio Usami (27, Japan)	2:10:37 (70)	16. Jack Foster (41, NZ)	2:11:18 (74)
8. Bill Adcocks (27, GB)	2:10:47 (68)	17. Usami (25)—2	2:11:27 (69)
9. Adcocks (27)—2	2:11:07 (69)	18. Shorter (27)—2	2:11:31 (74)
		19. Vladimir Bugrov (27, SU)	2:11:32 (72)

2:12:00 to 2:12:59

- 2:12:02 Eckhard Lesse (EG)
 2:12:10 Pekka Paivarinta (Fin)
 2:12:47 Ferdie Le Grange (SA)
 2:12:54 Richard Mabuza (Swaz)
 2:12:58 Terry Manners (NZ)

2:13:00 to 2:13:59

- 2:13:04 Yasunori Hamada (Japan)
 2:13:11 Chris Stewart (GB)
 2:13:24 Akio Usami (Japan)
 2:13:39 Neil Cusack (Ire)
 2:13:40 Makoto Hattori (Japan)

2:14:00 to 2:14:59

- 2:14:04 John Farrington (Aus)
 2:14:15 Don Macgregor (GB)
 2:14:21 Noriyasu Mizukami (Japan)
 2:14:25 Tom Fleming (US)
 2:14:27 Ichiro Mihara (Japan)
 2:14:33 Tom Howard (Can)
 2:14:56 Bernie Plain (GB)

2:15:00 to 2:15:59

- 2:15:10 Matti Vuorenmaa (Fin)
 2:15:01 Gunter Mielke (WG)
 2:15:10 Paavo Leviskaa (Fin)
 2:15:12 Martin Schroder (EG)
 2:15:13 Jose Reveyn (Bel)
 2:15:18 Dennis Williams (US)
 2:15:20 Tadaaki Ueoka (Japan)
 2:15:27 Masaaki Hirai (Japan)
 2:15:27 Yuriy Velikorodnikh (SU)
 2:15:27 Susumu Sato (Japan)
 2:15:40 Jerome Drayton (Can)
 2:15:41 Guiseppe Cindolo (It)
 2:15:45 Vladimir Makarov (SU)
 2:15:53 Lucien Rosa (Ceylon)
 2:15:56 Reino Paukkonen (Fin)
 2:15:58 Yuriy Laptev (SU)
 2:15:59 Gerald Umbach (EG)

2:16:00 to 2:16:59

- 2:16:00 Juan Hidalgo (Sp)
 2:16:00 Shigeki Seri (Japan)
 2:16:06 Colin Kirkham (GB)
 2:16:06 Anatoliy Streletz (SU)
 2:16:09 Aleksandr Matveyev (SU)
 2:16:09 Hans-Joachim Truppel (EG)
 2:16:13 Bernd Arnold (EG)
 2:16:15 Joo Moon Hung (SK)
 2:16:15 Vilho Paajanen (Fin)
 2:16:16 Ron Wayne (US)
 2:16:17 Vladimir Bugrov (SU)
 2:16:19 Nobuyoshi Takada (Japan)
 2:16:23 Yoshinobu Kitayama (Japan)
 2:16:26 Cho Je Hyung (SK)
 2:16:27 Pekka Tiihonen (Fin)
 2:16:28 Jim Wight (GB)
 2:16:29 Vaclav Mladek (Cze)

- 2:16:29 Gaston Roelants (Bel)
 2:16:33 Mitsunori Nonaka (Japan)
 2:16:33 Kimio Otsuka (Japan)
 2:16:38 Takeshi Sou (Japan)
 2:16:39 David Chettle (Aus)
 2:16:39 Don Faircloth (GB)
 2:16:43 Jukka Toivola (Fin)
 2:16:44 Steve Hoag (US)
 2:16:44 Hiromi Sonada (Japan)
 2:16:45 Bob Moore (Can)
 2:16:45 Michinori Kuroki (Japan)
 2:16:46 Malcolm Thomas (GB)
 2:16:48 Edward Legowski (Pol)
 2:16:50 Kenji Takami (Japan)
 2:16:51 Kevin Ryan (NZ)
 2:16:54 Yoshiaki Morita (Japan)
 2:16:56 Ferenc Szekeres (Hun)
 2:16:58 Rashid Sharafetdinov (SU)

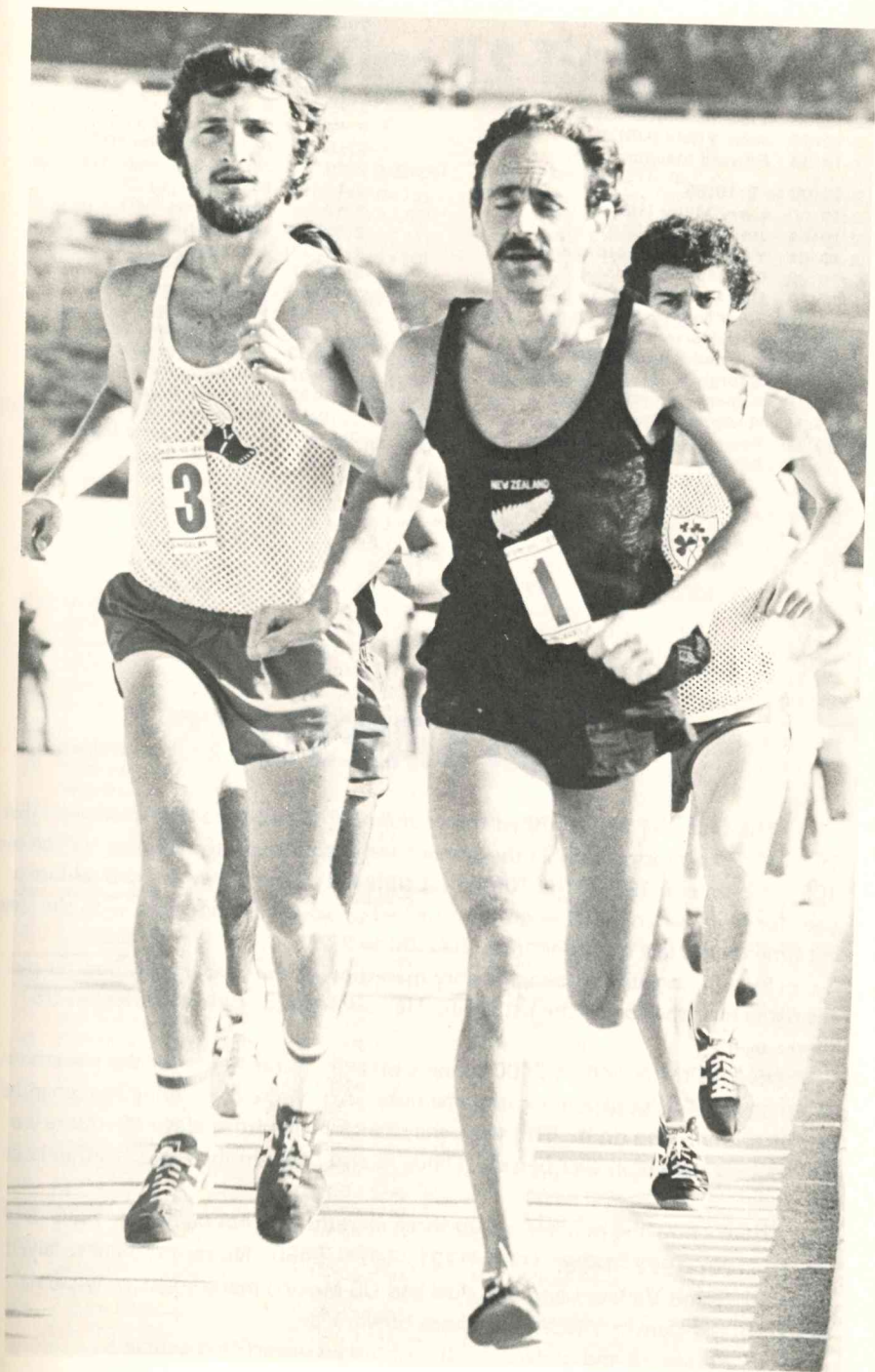
2:17:00 to 2:17:59

- 2:17:02 Bernie Allen (GB)
 2:17:05 John Robinson (NZ)
 2:17:13 Santiago Manguan (Sp)
 2:17:12 Jiro Suemori (Japan)
 2:17:16 Valeriy Chudin (SU)
 2:17:16 Aleksandr Gozki (SU)
 2:17:20 Vladimir Abayev (SU)
 2:17:16 Doug Schmenk (US)
 2:17:23 Ron Hill (GB)
 2:17:25 Agustin Fernandez (Sp)
 2:17:26 Pyotr Terebus (SU)
 2:17:28 Vlad. Pivovarov (SU)
 2:17:30 Vasiliy Legar (SU)
 2:17:36 Carl Hatfield (US)
 2:17:36 Bob Lunnon (GB)
 2:17:37 Viktor Ageyenko (SU)
 2:17:47 Jacinto Sabinal (Mex)
 2:17:52 Akio Saiki (Japan)
 2:17:52 Brian Armstrong (Can)
 2:17:56 Damir Mohd. Zyanov (SU)
 2:17:58 Per-Ove Malmqvist (Swe)
 2:17:59 Neil Ryan (Aus)

2:18:00 to 2:18:59

- 2:18:04 Luis Landa (Sp)
 2:18:05 Rais Nassibulin (SU)
 2:18:08 Mario Cuezas (Mex)
 2:18:10 Henry Wiezik (Pol)
 2:18:11 Pyotr Schernoussev (SU)
 2:18:16 Terry Ziegler (US)
 2:18:18 Masami Nakamura (Japan)
 2:18:19 Brenton Norman (Aus)
 2:18:25 Kenichi Otsuki (Japan)
 2:18:29 Aleksandr Yevsikov (US)
 2:18:32 Shigeru Sou (Japan)
 2:18:33 Dick Evans (GB)
 2:18:35 Stanislav Gryskov (SU)
 2:18:35 Geert Jansen (Neth)
 2:18:40 Ryszard Chudecki (Pol)
 2:18:45 Jose Gomez (Sp)

The incredible Jack Foster (No. 1) races Tom Fleming (3) and Neil Cusack at the Marathon of the Times. Foster, of New Zealand, ran a 2:11 marathon at age 41. (M. Julius Baum photo)



2:18:41 Mick Molloy (Ire)
 2:18:46 Miroslav Krsek (Cze)
 2:18:49 Max Coleby (GB)
 2:18:49 Andras Fancsali (Hun)
 2:18:53 Vladimir Mozar (SU)
 2:18:53 John Vitale (US)
 2:18:58 Edward Stawiarz (Pol)

2:19:00 to 2:19:59
 2:19:00 Larry Miller (US)
 2:19:01 Jim Dingwall (GB)
 2:19:01 Yoshio Yamamoto (Japan)
 2:19:02 Dan McDaid (Ire)
 2:19:13 Dan Moynihan (US)
 2:19:14 Peter Helmer (Den)
 2:19:15 Reid Harter (US)
 2:19:15 Wilfried Krumpke (EG)
 2:19:17 Georgiy Goniyanz (SU)
 2:19:18 Robert Heron (GB)
 2:19:19 Kazimierz Orzel (Pol)
 2:19:19 Peter Fredriksson (Swe)
 2:19:20 Mitsuka Matsuda (Japan)

2:19:21 Jyoji Takeuchi (Japan)
 2:19:24 Katsuki Sakemi (Japan)
 2:19:30 Russ Pate (US)
 2:19:32 Nikolay Dyomin (SU)
 2:19:32 E. Slusaryev (SU)
 2:19:32 Harry Leeming (GB)
 2:19:32 Roland Winkler (EG)
 2:19:33 Jochen Schirmer (WG)
 2:19:34 Bill Rodgers (US)
 2:19:36 Ron Kurrle (US)
 2:19:36 Masami Nagano (Japan)
 2:19:37 Jeff Norman (GB)
 2:19:37 Karl Heinz Baumbach (EG)
 2:19:41 Dietmar Knies (EG)
 2:19:42 Farit Adshigitov (SU)
 2:19:50 Heinz Kubelt (WG)
 2:19:52 Uukio Shigetake (Japan)
 2:19:52 Bob Sercombe (GB)
 2:19:52 Anatoly Baranzov (SU)
 2:19:54 Walter Van Renterghem (Bel)
 2:19:56 Naosuke Jyono (Japan)

UNITED STATES LISTS

The first year we published this *Handbook*, the all-time US list showed just 16 sub-2:20 performances. If the present trend continues, the number will go over 100 some time in 1975. The 100th best time has been improving by a minute a year for five years now. The progress picked up speed during 1974, with the slowest time on the last dropping from 2:22:00 to 2:20:41.

By winning at Fukuoka, his only marathon of the year, Frank Shorter put his name near the top of the list again. He now has six of the eight fastest US marks ever.

Even with more than 2400 runners breaking three hours for the marathon in 1974, it's still a mark of some note. And we're continuing to recognize all the runners who do it. This year, they range in age from 10 to 68. More women appear here than ever before. (They're also listed in their own section later on.)

Here's how the number of sub-three marathoners has climbed: 1970—812; 1971—1120; 1972—1428; 1973—1721; 1974—2450. No results were received from the Grand Valley, Land of Lakes and US-Mexico marathons; only partial lists from the Denver YMCA and Fiesta Bowl races.

("Jr" = age 19 and under; * = time from an uncertified course.)

All-Time U.S. Top 100

NAME (AGE)	TIME (YEAR)		
1. Frank Shorter (25)	2:10:30 (72)	58. Fleming (21)—3	2:19:16 (73)
2. Eamon O'Reilly (25)	2:11:12 (70)	Herb Lorenz (32)	2:19:16 (71)
3. Shorter (27)—2	2:11:31 (74)	60. Ziegler (23)—2	2:19:18 (74)
4. Kenny Moore (27)	2:11:35 (70)	61. Scott Bringham (23)	2:19:24 (72)
5. Shorter (26)—3	2:11:45 (73)	62. Ziegler (23)—3	2:19:26 (74)
6. Shorter (25)—4	2:12:03 (73)	63. Russ Pate (27)	2:19:30 (74)
7. Shorter (24)—5	2:12:19 (72)	64. Dave White (20)	2:19:31 (72)
8. Shorter (24)—6	2:12:50 (71)	65. Jeff Galloway (26)	2:19:34* (72)
9. Moore (26)—2	2:13:27 (69)	Bill Rodgers	2:19:34 (74)
10. Tom Fleming (22)	2:14:25 (74)	67. Ron Kurrle (25)	2:19:36 (74)
11. Amby Burfoot (22)	2:14:28 (68)	68. Moore (26)—6	2:19:47 (70)
Bud Edelen (25)	2:14:28 (63)	69. Vitale (24)—5	2:19:52 (73)
13. Edelen (27)—2	2:14:38 (65)	70. Don Kennedy (25)	2:19:58 (73)
14. Edelen (25)—3	2:15:09 (63)	71. Bruce Mortenson (28)	2:19:59 (72)
15. Dennis Williams (29)	2:15:18 (74)	72. Harter (22)—2	2:20:00 (73)
16. Bill Scobey (26)	2:15:21 (71)	Moore (30)—7	2:20:00 (74)
17. Moore (28)—3	2:15:39 (72)	74. Galloway (26)—2	2:20:03 (72)
18. Doug Schmenk (22)	2:15:48 (73)	75. Hatfield (27)—2	2:20:05 (74)
19. Jon Anderson (24)	2:15:52 (73)	John Kelley (26)	2:20:05 (57)
Norm Higgins (35)	2:15:52 (71)	Vitale (22)—6	2:20:05 (71)
21. Moore (28)—4	2:15:57 (72)	78. Paul Talkington (26)	2:20:12 (73)
Shorter (24)—7	2:15:57 (72)	79. Kelley (29)—2	2:20:13 (60)
23. Anderson (23)—2	2:16:03 (73)	80. Vitale (23)—7	2:20:16 (71)
24. John Vitale (24)	2:16:15 (73)	81. Bringham (22)—2	2:20:18 (71)
25. Ron Wayne (25)	2:16:16 (74)	82. Ralph Buschmann (25)	2:20:20 (65)
26. Mike Hazilla (25)	2:16:20 (71)	83. Kennedy (26)—2	2:20:22 (74)
27. O'Reilly (23)—2	2:16:39 (68)	84. Ron Daws (31)	2:20:23 (69)
28. Steve Hoag (27)	2:16:44 (74)	85. Bringham (26)—3	2:20:24* (74)
29. Tom Laris (26)	2:16:48 (67)	86. Burfoot (26)—2	2:20:24 (73)
Moore (27)—5	2:16:48 (71)	87. Wayne Badgley (27)	2:20:25 (71)
31. Wayne (24)—2	2:16:58 (74)	Kennedy (26)—3	2:20:25 (74)
32. Schmenk (22)—2	2:17:20 (74)	89. Justin Gubbins (22)	2:20:26 (74)
33. Carl Hatfield (26)	2:17:36 (74)	Moore (28)—8	2:20:26 (72)
34. Jack Bacheler (28)	2:17:38 (72)	91. Phil Camp (25)	2:20:27 (73)
35. Scobey (28)—2	2:17:43 (73)	Span (24)—2	2:20:27 (72)
36. Shorter (23)—8	2:17:44 (71)	93. Bacheler (28)—2	2:20:29 (72)
37. Schmenk (21)—3	2:17:45 (72)	Steve Dean	2:20:29 (72)
Wayne (24)—3	2:17:45 (74)	Galloway (26)—3	2:20:29 (72)
39. Fleming (21)—2	2:17:46 (73)	96. Scobey (26)—3	2:20:35 (71)
40. Lou Castagnola (30)	2:17:48 (67)	97. Badgley (27)—2	2:20:36 (72)
41. Don Kardong (23)	2:18:05 (72)	98. Bill Clark (26)	2:20:39 (70)
42. Schmenk (22)—4	2:18:06 (73)	99. Lorenz (32)—2	2:20:40 (70)
43. Edelen (27)—4	2:18:12 (64)	100. Hatfield (25)	2:20:21 (73)
44. Terry Ziegler (24)	2:18:16 (74)	Steve Matthews (26)	2:20:21 (68)
45. Higgins (29)—2	2:18:26 (66)		
46. Tom Heinonen (22)	2:18:29 (68)		
47. Hazilla (20)—2	2:18:46 (66)		
48. Pete Span (25)	2:18:49 (73)		
49. Wayne (24)—4	2:18:52 (74)		
50. Vitale (25)—2	2:18:53 (74)		
51. Vitale (25)—3	2:18:54 (74)		
52. Edelen (25)—5	2:18:56 (62)		
53. Larry Miller (24)	2:19:00 (74)		
54. Vitale (23)—4	2:19:01* (72)		
55. Higgins (29)—3	2:19:13 (65)		
Dan Moynihan	2:19:13 (74)		
57. Reid Harter (23)	2:19:15 (65)		

OTHER RUNNERS IN TOP 100:

Tom Hess (22)	2:20:43 (73)
Mike Gregorio (25)	2:20:45 (72)
Floyd Godwin (23)	2:20:52 (68)
Rick Bayko (26)	2:20:56 (74)
Wayne Ristau (26)	2:21:04 (74)
Chuck Smead (22)	2:21:05 (74)
Byron Lowry (23)	2:21:07 (70)
Mike Mittelstaedt	2:21:21 (70)
Lee Fidler (25)	2:21:27 (74)
George Stewart (24)	2:21:29 (73)
Duncan Macdonald (23)	2:21:31 (72)
Robert Busby (25)	2:21:36* (74)

Ray Hughes (35)	2:21:45 (74)	Vic Nelson (24)	2:22:56 (73)
Jay Dirksen (24)	2:21:53* (69)	Nick Kitt	2:22:59 (68)
Hal Higdon (32)	2:21:55 (64)	Ken Norton (23)	2:23:00* (74)
Tom Robinson (20)	2:22:00 (71)	Bob Thurston (28)	2:23:03 (72)
Bob Deines (21)	2:22:04 (69)	Duane Spitz	2:23:05 (73)
Skip Houk (26)	2:22:05 (68)	Don Lakin	2:23:06 (68)
Joe Skaja (23)	2:22:07 (73)	Elliott Evans (27)	2:23:12* (74)
Martin Sudzina (22)	2:22:11 (74)	Ron Zarate (21)	2:23:15 (73)
Ed Chaidez	2:22:15 (74)	Tom Hollander (19)	2:23:17 (72)
Bob Scharf (29)	2:22:15 (66)	Paul Hoffmann (19)	2:23:18 (72)
Gordon McKenzie (32)	2:22:18 (60)	George Oja (31)	2:23:22 (74)
Tom Hoffman (24)	2:22:19 (72)	Art Coolidge (24)	2:23:23 (71)
Mike Mahler (26)	2:22:25 (70)	Charles Harris (30)	2:23:24 (71)
Greg Brock (24)	2:22:29 (72)	Jack Mahurin (32)	2:23:24 (72)
Dennis Spencer	2:22:31 (73)	Ed Walkwitz (19)	2:23:26 (70)
Ed Hereford	2:22:32 (73)	Larry Blancett	2:23:28* (73)
Ken Moffitt (21)	2:22:33 (74)	Wayne Van Dellen (30)	2:23:30 (67)
Mark Covert (21)	2:22:35 (72)	Gareth Hayes (23)	2:23:32 (72)
Bob Fitts (31)	2:22:52 (74)	Doug Wiebe (25)	2:23:34 (68)
Jim Freeman (25)	2:22:54 (67)	Jim Green	2:23:37 (60)
Bill Mills (26)	2:22:55 (64)	Norbert Sander (31)	2:23:38 (73)

Sub-3:00 Runners in 1974

Sub-2:20

2:11:31	Frank Shorter (27, Fla)
2:13:39	Neil Cusack (22, Tenn/Ire)
2:14:25	Tom Fleming (22, NJ)
2:15:18	Dennis Williams (29, NM)
2:15:53	Lucien Rosa (30, Wisc/Ceylon)
2:16:16	Ron Wayne (25, Cal)
2:16:44	Steve Hoag (26, Minn)
2:17:02	Bernie Allen (Md/Eng)
2:17:20	Doug Schmenk (23, Cal)
2:17:36	Carl Hatfield (26, WVa)
2:18:16	Terry Ziegler (23, Okla)
2:18:53	John Vitale (25, Conn)
2:19:00	Larry Miller (24, Ore)
2:19:13	Dan Moynihan (Mass)
2:19:15	Reid Harter (Cal)
2:19:19	Peter Fredriksson (Cal/Swe)
2:19:30	Russ Pate (27, Ore)
2:19:34	Bill Rodgers (26, Mass)
2:19:36	Ron Kurrle (25, Cal)

2:20:00 to 2:20:59

2:20:00	Ken Moore (30, Ore)
2:20:22	Don Kennedy (26, Tex)
2:20:24	Scott Bringham (25, Utah)
2:20:26	Justin Gubbins (22, NY)
2:20:56	Rick Bayko (26, Mass)

2:21:00 to 2:21:59

2:21:04	Wayne Ristau (26, Ore)
2:21:05	Chuck Smead (22, Cal)
2:21:27	Lee Fidler (25, NC)
2:21:36*	Robert Busby (24, Mo)
2:21:45	Ray Hughes (35, Cal)

2:22:00 to 2:22:59

2:22:09	Phil Camp (27, Cal)
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2:22:11	Martin Sudzina (Pa)
2:22:15	Ed Chaidez (Cal)
2:22:16	Ron Daws (36, Minn)
2:22:28	Joe Skaja (23, Ore)
2:22:33	Ken Moffitt (21, Cal)
2:22:43	Bruce Mortenson (30, Ore)
2:22:50	Tom Heinonen (29, Ore)
2:22:52	Bob Fitts (31, Mo)

2:23:00 to 2:23:59

2:23:00*	Ken Norton (23, Mo)
2:23:02	Jeff Galloway (27, Fla)
2:23:12*	Elliott Evans (27, Neb)
2:23:22	George Oja (31, Ore)
2:23:24	Jack Mahurin (32, Md)
2:23:41	Leon Bombardier (22, Wash)
2:23:50	Tom Hoffman (26, Wisc)
2:23:51	Norbert Sander (NY)
2:23:52	Guy Renfro (25, Wash)

2:24:00 to 2:24:59

2:24:02	Mark Kushner (22, Cal)
2:24:05	Art McAndrew (30, Mass)
2:24:19*	Bill Scobey (29, Cal)
2:24:19	Kevin Shaw (19, Tex)
2:24:22	John Loeschhorn (30, Cal)
2:24:33*	Mike Gregorio (29, Neb)
2:24:38	Glen Logan (Md)
2:24:39	Herb Lorenz (35, Pa)
2:24:44	Ed Hereford (26, NC)
2:24:52	Pete Span (25, Ariz)
2:24:52	Ed Strabel (29, NC)
2:24:53	Kim Nutter (20, Ohio)
2:24:54	Ken Mueller (37, Mass)

2:25:00 to 2:25:59

2:25:03	Joel Pasternack (23, NJ)
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2:25:07 Paul Hoffmann (21, Tex)
 2:25:07 Max White (23, Va)
 2:25:08 Charles Burrows (26, Minn)
 2:25:08 John Lott (19, Md)
 2:25:08 Willie Speck (Mass)
 2:25:10 Ray Morrison (27, DC)
 2:25:23 Tom Derderian (25, Mass)
 2:25:24 Bill Haviland (Tenn)
 2:25:26 Kirk Pfeffer (17, Cal)
 2:25:29 Ed Griffis (Mich)
 2:25:37 Tom Antczak (Ill)
 2:25:41 Clarey Reinsma (19, Cal)
 2:25:45 Michael Seaman
 2:25:46 Bob Thurston (30, DC)
 2:25:46 Ken Young (32, Colo)
 2:25:50 Phil Ryan (Cal)
 2:25:57 Jim Pearson (29, Wash)

2:26:00 to 2:26:59

2:26:00 Dave Richard (21, Wash)
 2:26:03* John Lesch (Ill)
 2:26:04 Pete Farwell (23, Ill)
 2:26:05 Jim Dare (27, Cal)
 2:26:08 Ron Bennell (NJ)
 2:26:10 Ken Scalmanini (Cal)
 2:26:14 Larry Rush (NH)
 2:26:17 Jim Bowles (24, NY)
 2:26:18 John Cederholm (Mass)
 2:26:26 Sheldon Karlin (23, Md)
 2:26:29 Keith Hartman (31, NY)
 2:26:35 Bill Bragg (NJ)
 2:26:35 Philip Stewart (23, DC)
 2:26:36 John Jones (25, ND)
 2:26:40 Barney Hance (24, Ill)
 2:26:42 Tim Smith (26, Conn)
 2:26:45 Tim Bryant (21, Ohio)
 2:26:53 Dennis Kasischke (28, Cal)
 2:26:59 Ralph Thomas (38, Maine)

2:27:00 to 2:27:59

2:27:05 Gary Wallace (24, NY)
 2:27:12 Jim Birnbaum (22, Cal)
 2:27:12 Kaj Johansen (28, Cal)
 2:27:14 Gary Pierce (21, NJ)
 2:27:18 Michael Cryans
 2:27:20 Peter Stipe (26, Mass)
 2:27:27 Curtis Ankeny (21, Ore)
 2:27:29 Roger Rouiller (35, WV)
 2:27:40 George Pfeiffer (24, NY)
 2:27:42* Lionel Ortega (20, NM)
 2:27:43 Harry Shaw (23, Wash)
 2:27:43 Roger Vann (19, Ark)
 2:27:47 Larry Fredericks (25, NY)
 2:27:49 Jason Lindsey (22, Ohio)
 2:27:52 Ajim Baksh (17, Cal)
 2:27:53 Daryl Zapata (Cal)
 2:27:54 Richard Hebron (24, Wash)
 2:27:54 Steve Molnar (24, Pa)
 2:27:54 Fred New (22, Wash)
 2:27:55* Carl Swift (21, Cal)
 2:27:56 James Boyle (24, NY)

2:28:00 to 2:28:59

2:28:05 Rick Richardson (28, Ark)
 2:28:12* Jim Varnau (18, Ind)
 2:28:21 Jerry Jobski (30, Ariz)

2:28:24 Bob Branch (Cal)
 2:28:26 Dike Stirrett (Ill)
 2:28:30 Duncan Macdonald (25, Hawaii)
 2:28:32 Michael O'Callaghan (Ariz)
 2:28:36 Wayne Akiyama (Cal)
 2:28:37 Mike Baxter (30, Mass)
 2:28:38 Gareth Hayes (24, NC)
 2:28:39 Fred Best (38, NJ)
 2:28:45 Tom Bryant (21, Ohio)
 2:28:45 Adam Ferreira (24, Cal)
 2:28:46 Dennis Spencer (Ga)
 2:28:48 Terry Baker (Md)
 2:28:52 George Conefrey (Ore)
 2:28:54 Hugh Sweeney (27, NJ)
 2:28:54 Frank Bozanich (28, Cal)
 2:28:56 Terry Gallager (29, Mass)

2:29:00 to 2:29:59

2:29:00 Gary Johanson (Cal)
 2:29:02 Bruce Robinson (23, NY)
 2:29:06 Willie Bauza (19, NY)
 2:29:08 Aaron Folsom (20)
 2:29:10 Bill Carr (28, Ind)
 2:29:14 Dave Erler (20, Minn)
 2:29:19 Mike Shaw (23, Wash)
 2:29:20 Taylor Aultman (La)
 2:29:22 Jeff Smith (19, Md)
 2:29:24 Bob O'Connell (Ill)
 2:29:26 Gregory Beyerlein (20, Wash)
 2:29:29 Pete Elliott (27, Ill)
 2:29:31 Brent Dunkelmann (Ariz)
 2:29:38 Carlo Cherubino (20, NY/Italy)
 2:29:38 Bob Darling (24, Cal)
 2:29:38 Earl McGilverly (Mass)
 2:29:39* Bruce Carpenter (23, Fla)
 2:29:48 Rick Lower (Colo)
 2:29:52 Jim Arquilla (23, Cal)
 2:29:56 Ken Burke (20, Ill)
 2:29:56 Frank Goldcamp (NJ)
 2:29:57 Donald Anderson (Mich)
 2:29:58 John Delsordo (Pa)

2:30:00 to 2:30:59

2:30:02* Lew Paquin (23, Fla)
 2:30:12 Mike Conroy (29, Cal)
 2:30:16 Eric Groom (Colo)
 2:30:21 Ken Leonowicz (25, Mich)
 2:30:20* Mike Chambliss (22, Cal)
 2:30:30 John Greenplate
 2:30:30 Don Slusser (22, Pa)
 2:30:31 Ken Misner (Fla)
 2:30:34 John Arthur (NY)
 2:30:36 Ed Cadena (26, Cal)
 2:30:36 Kevin Moats (Conn)
 2:30:37 Dale Fletcher (23, NY)
 2:30:39 Alex Aguilar (18, Cal)
 2:30:47* Skip Houk (Nev)
 2:30:47 Roy Lapidus (18, NJ)
 2:30:49* Ron Elijah (Cal)
 2:30:50 Joe Catalano (25, Mass)
 2:30:52 Randy Dunlevie (20, Cal)
 2:30:52* Craig Harms (24, Ohio)
 2:30:56 James Carter (Mich)
 2:30:58 Charles Copp
 2:30:58 Ruben Ruiz (Jr., Ariz)
 2:30:59* James Barker (27, Idaho)

2:31:00 to 2:31:59

2:31:01* Bill Gookin (41, Cal)
 2:31:03 Bruce Dewsberry (19, Ore/Can)
 2:31:05* Ray Crothers (31, Conn)
 2:31:08 Peter Hallop (Mich)
 2:31:10 Todd Ferguson (30, Cal)
 2:31:10 Pat Miller (Cal)
 2:31:13 Ernie Watts (19, Ohio)
 2:31:14 Tim Welles (34, NY)
 2:31:17 David Orpeza (Ariz)
 2:31:18 Tulley Mann (25, Ariz)
 2:31:18 Walt Renaud (42, Mass)
 2:31:19 Donald Sauer (23, NY)
 2:31:21 Pat Bastick (40, NY)
 2:31:21 Scott Graham (Mass)
 2:31:22 Rick Bruggers (Ohio)
 2:31:22 John Cassani (Mich)
 2:31:23* Larry Aduddell (28, Okla)
 2:31:24 Phil Suelzer (Ind)
 2:31:25 David Cortez (16, Cal)
 2:31:25 Royce Harnish (Wisc)
 2:31:25* Dennis McBride (Wisc)
 2:31:27 Donald Ocana (23, Cal)
 2:31:27 Ed Steingraber (18, Ill)
 2:31:28 Howard Labrie (24, Cal)
 2:31:28 Ed Strabel (29, NC)
 2:31:31 Bill O'Brien (NY)
 2:31:32 Edward Fuchs (25, Colo)
 2:31:35 Earl Bradley (Ohio)
 2:31:37 Frederick Gordon (27, NY)
 2:31:40 Richard Bartek (40+, Cal)
 2:31:40 Peter Kuchinski (20, Mass)
 2:31:42 Bob Bazley (22, NJ)
 2:31:42 Ernie Rivas (24, NY)
 2:31:46* Cliff Karthaus (Neb)
 2:31:51* Ron Nabers (25, Colo)
 2:31:53 Tim Zumbaugh (21, Ky)
 2:31:56 Speedy Duncan (18, NH)
 2:31:56 Craig Martin (19, Wash)
 2:31:56 Michael Niemiec (Tenn)

2:32:00 to 2:32:59

2:32:07 Eric Sigmont (Tex)
 2:32:08 Winfield Stanforth (Hawaii)
 2:32:09 John Hayes (Hawaii)
 2:32:11 Alan Beardall (35, Ore)
 2:32:12 Daniel Sekerak (Ohio)
 2:32:13 Roger Gerard (Colo)
 2:32:17 Hank Brame (Ark)
 2:32:18 John Kelley (43, Mass)
 2:32:22 Mike Sabino (34, Md)
 2:32:31 Bob Naninga (26, Cal)
 2:32:32 John Gores
 2:32:35 Bob DeLeonardis (21, Cal)
 2:32:36 John Bramley (Colo)
 2:32:41 Greg Carlberg (Neb)
 2:32:45* E. Peter Hyde (Mass)
 2:32:46 Herb Parsons (36, Cal)
 2:32:48 Tim Williams (21, Wash)
 2:32:50* Tim Hendricks (Neb)
 2:32:51 Kim Murphy (Conn)
 2:32:54 Skip Hamilton (Colo)
 2:32:54 Brian Harrington (27, Tex)
 2:32:56 Robert Thomas (Conn)
 2:32:58 George Stewart (Cal)

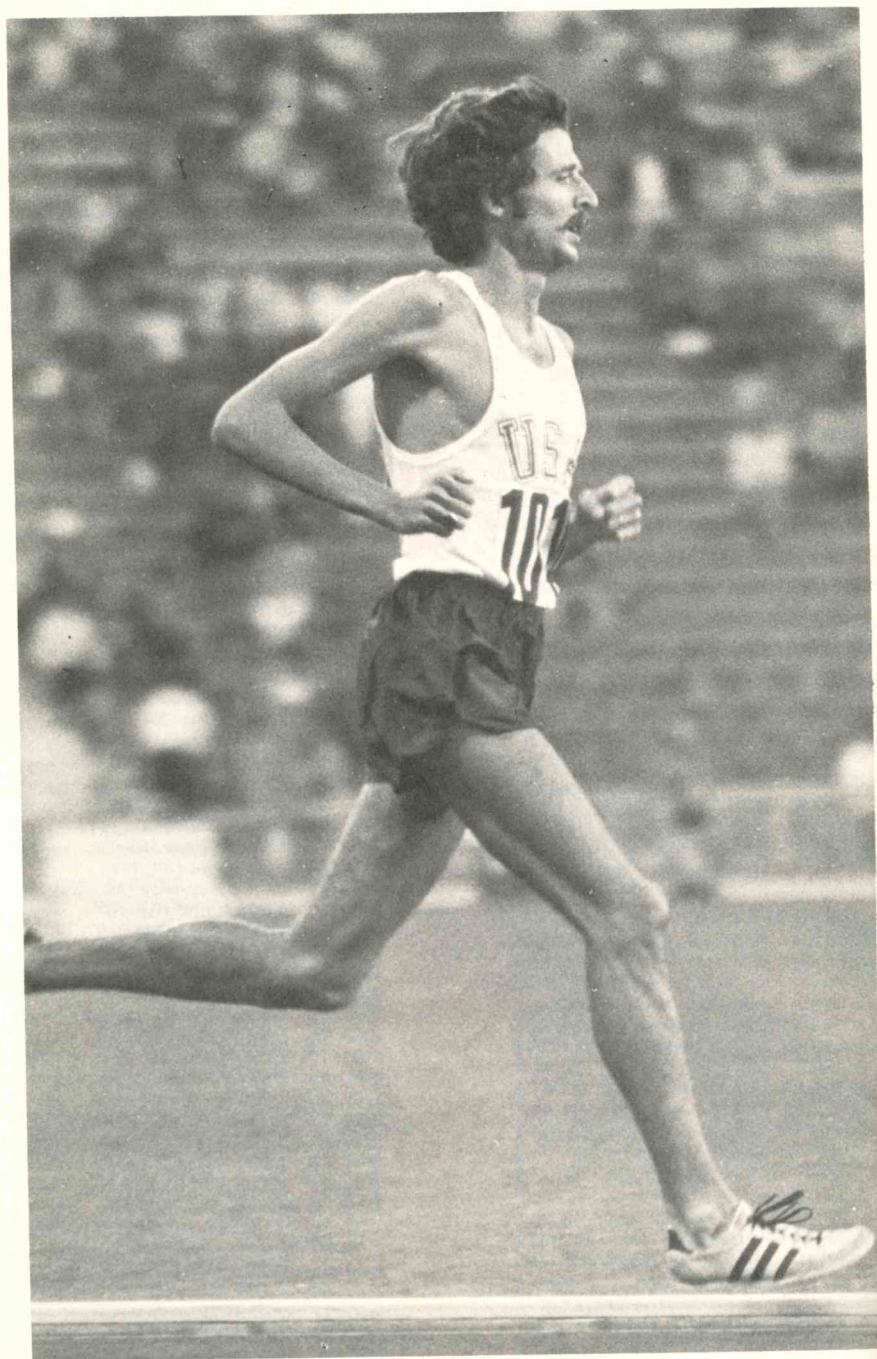
2:33:00 to 2:33:59

2:33:00 John Butterfield (37, Iran)
 2:33:00 Skip Schaffer (Cal)
 2:33:03 Dave Patterson
 2:33:04 Bob Gray (26, Ore)
 2:33:05 Norm Oyler (31, Ore)
 2:33:07 Pat Buzbee (22, Cal)
 2:33:07 Carrol Dryden (17, Md)
 2:33:08 Mike Butynes (20, NY)
 2:33:11* Truman Clark (38, Cal)
 2:33:14 Kevin McDonald (23, NJ)
 2:33:18 Russell Jones (19, Cal)
 2:33:19 Ed Ayres (33, DC)
 2:33:21 Chris Doyk (22, Ohio)
 2:33:21 David Lomeli (Jr., Ariz)
 2:33:23 James Vedder (33, Minn)
 2:33:24 Bruce Talawyma (27, Va)
 2:33:25 Mark Sperre (Ga)
 2:33:26 Fenton Carey (28, Cal)
 2:33:27 Ray Morrison (27, DC)
 2:33:30 Robert Zoellick (Pa)
 2:33:33 Gary Bryan (37, Wash)
 2:33:33 Ross Smith (46, Cal)
 2:33:36 John Briner (Pa)
 2:33:36* Chris Chambers (Mass)
 2:33:36 Scott Sundquist (20, Minn)
 2:33:43 Pat Chester (23, Ala)
 2:33:46 Paul Huyffer (Mass)
 2:33:47 Rich Lachowski (Ohio)
 2:33:48 Keith Woodward (Vt)
 2:33:49 Juan Garza (29, Tx)
 2:33:49 Gary Reffitt (20, Mich)
 2:33:50 Dennis Manske (27, Tex)
 2:33:52 George Morfin (Ariz)
 2:33:55 Jeff Good (19, Md)
 2:33:55 Don Gregory (20, Cal)

2:34:00 to 2:34:59

2:34:00 Carlos Alfaro (26, Cal)
 2:34:00 Gary Hill (19)
 2:34:00 Bob McDuffie (19)
 2:34:00 Syl Pascale (NY)
 2:34:02 Craig Jones (25, Wash)
 2:34:04 David Kincaid (20, Mich)
 2:34:07 Philip Banko (18, Hawaii)
 2:34:07 Victor Lopez (Cal)
 2:34:07 Bob Varsha
 2:34:08 Bob Watanabe
 2:34:10 John Gault (28, Mich)
 2:34:15 Mark Adamson (19, Ore)
 2:34:17 William Oliver (22, Ind)
 2:34:20 Bob Costello (19, Pa)
 2:34:21 Sam Simakis (17, Cal)
 2:34:22 Mike Buzbee (22, Cal)
 2:34:24 Tom Osler (34, NJ)
 2:34:26 Richard Holloway (Ill)
 2:34:26 Al Ruffner (25, Mich)
 2:34:27 Paul Shimon (27, Kans)
 2:34:30 Larry Connolly (31, Pa)
 2:34:33* Mike Mittelstadt (32, NM)
 2:34:34* Larry Hanson (NY)
 2:34:35 John Biedrzycki (20, NY)
 2:34:35 William Dawson (NY)
 2:34:35* Gary Dobrenz (Cal)
 2:34:37 Humberto Hernandez (Cal)

2:34:38	David Worthen (Fla)	2:36:28	Kevin Fries (16, Kans)
2:34:39	Paul Fetscher (28, NY)	2:36:28	Greg Klipan (25, Ohio)
2:34:40	Sidney Adams (30, NC)	2:36:32	Sid Sink (25, Ohio)
2:34:47	Jose Garcia (24, Cal)	2:36:33	Tom Slater (22, Wis)
2:34:49	Joseph Analla (32)	2:36:34	Terry Habecker (26, NY)
2:34:51	Carl Bechdel (20, Penn)	2:36:34*	Michael Maron (25, Cal)
2:34:59	Curt Alitz (NY)	2:36:36*	Clayton Belmont (Wash)
2:34:59	Bruce Kritzler (Ohio)	2:36:36	Charles Miller (NJ)
2:35:00 to 2:35:59		2:36:36	Howard Miller (47, Wash)
2:35:01	Arthur Hall (27, NY)	2:36:37	Roger Barnes (23, NY)
2:35:06	Stanley Chapin (Wash)	2:36:38*	Jim Capezzuto (Mass)
2:35:06	Ronald Chase (25, Fla)	2:36:38	Doug McElroy (24, NC)
2:35:08	Samuel Maizell (19, NY)	2:36:39*	George Henry (Mo)
2:35:08	John Perry (Ky)	2:36:40*	Martin Smith (25, Ia)
2:35:10	James Gusek (Mass)	2:36:41*	Wes Bruner (Fla)
2:35:13	Bill Anderson (30, Cal)	2:36:41	Rob Frantz (21, Ore)
2:35:13	Joe McDevitt (28, Cal)	2:36:42	Roger Moffat (24)
2:35:16	William Cooke (21, Ill)	2:36:43	David Macleod (Mass)
2:35:16	Royce Williams (21)	2:36:43	Jerry Pierce (26, Ind)
2:35:18*	Edward Brady (Cal)	2:36:45*	Brian Claxton (Ia)
2:35:19*	Eddie Pacheco (21, NM)	2:36:50	John Garlepp (35, NY)
2:35:22	Walter D. Crawford	2:36:51	David McGillivray (Mass)
2:35:22	Ed Tuers (NJ)	2:36:52*	Nolan Grayson (25, Ok)
2:35:23	Gordon Haller (23, Hawaii)	2:36:52	Thomas Potter (Mich)
2:35:25	Frank Handelman (NY)	2:36:57	Paul Piliero (21, RI)
2:35:26	David Wiencke (21, Ore)	2:36:58	David Coyne (NY)
2:35:27	Wayne Comer (32, Tex)	2:36:59*	Art Devlin (Ala)
2:35:29	Ken Rolston (22)	2:36:59	Ron Fister (Cal)
2:35:30*	Steve Chase (19, Cal)	2:37:00 to 2:37:59	
2:35:32	August Jarvis (40+, Ohio)	2:37:00*	Galen Green (25, Ia)
2:35:33	Chuck Koeppen (28, Ind)	2:37:00	Mike Scarborough (19)
2:35:35*	Charles Diehl	2:37:01	Joe Burgasser (Cal)
2:35:35	Greg Johnson (Ind)	2:37:01	Gary Hidalgo (17, Ariz)
2:35:35	Ron Johnson (27, Ore)	2:37:02	Steve Ross (20, NJ)
2:35:35	Russ Williams (32, Wash)	2:37:03	H. S. Harrell (27, NC)
2:35:40	Bob Rosen (22, Mo)	2:37:05	Mark Elmer (Mass)
2:35:41	Frank Goldcamp	2:37:05	Tim Jordan (Cal)
2:35:54*	Dirk Feenstra (Cal)	2:37:06	Mike Cattell (19, Wash)
2:35:55	Jack Brennan (24, NY)	2:37:07	Steve Adeler (20, NY)
2:35:56	Ray Menzie (39, Cal)	2:37:08	Gerald Crane (Mich)
2:35:56	Charles Riley (Mass)	2:37:09*	Ken Kirek (33, NY)
2:35:58	Ron Gayer (32, Ill)	2:37:10	James Kennedy (19, Md)
2:36:00 to 2:36:59		2:37:10	Steve Lamb (Conn)
2:36:01*	Robert Anderson (Mass)	2:37:11	Joe Carlson (Cal)
2:36:01*	Roberto Rosales (31, Kans)	2:37:12	Donald Dudley (Mass)
2:36:02	Kevin Keogh (28, Ill)	2:37:12	John Watts (18, Ore)
2:36:02	Alan Sommerville (28, Pa)	2:37:15	Jack Bristol (Conn)
2:36:04	David Reintjes (23, Tenn)	2:37:15	George Groezinger (Ill)
2:36:08	Joseph Duke (29, Pa)	2:37:15	Gary Muhrcke (NY)
2:36:08	Larry Hidalgo (17, Ariz)	2:37:15	Dean Perry (25, Conn)
2:36:09	Jeff Rawlings (Cal)	2:37:19	Donald Roberts (20, DC)
2:36:10	Larry Fox (31, Ohio)	2:37:20	Keith Kruse (21, Cal)
2:36:11	William Benton (Mich)	2:37:23	Michael McDonald (25, La)
2:36:11	Robert Ray (21, Ore)	2:37:25	Dave Moore (20, Tex)
2:36:12	John Jarek (Mass)	2:37:25	Ron Prior (20, Wash)
2:36:12	Joe O'Shea (30, Ill)	2:37:27*	Frank Richardson (Ia)
2:36:14*	Raymond Danforth (RI)	2:37:28	Park Barner (30, Pa)
2:36:14	D. Drechsel	2:37:29	Mario Sanchez (28, Id)
2:36:20	Ron Young (19, Cal)	2:37:33	Richard Waltz (Wis)
2:36:22	James Brubacher (Conn)	2:37:35	Terrence Pintane (22, Cal)
2:36:23	Samuel Shaffer (19, Md)	2:37:36	Kevin Kraszeski (23, Mass)
2:36:24	Bill Gordon (39, NY)	2:37:37	Michael Just (Alaska)
2:36:24*	Dale Roe (Wis)	2:37:37	John Tetzlaff (21, Md)
2:36:24	Richard Walker (17, Wash)	2:37:38	Jim Eisenberg (Md)
		2:37:43	John Blair (Alaska)



2:37:43 Richard Warren (Md)
 2:37:45 Allan Kirik (30, NY)
 2:37:45 Mark Marley (La)
 2:37:46 Robert Congdon (NY)
 2:37:47 Al Buhl (26, NJ)
 2:37:49 Stanley Chapman (Wash)
 2:37:49 Finn-aage Eshbensen (Mass)
 2:37:51* Bruce Fraser (Wis)
 2:37:52 Ronald Kay (Mass)
 2:37:52* Steve Norris (28)
 2:37:55 Steve Goldberg (40+, Ill)
 2:37:57 Jan Ahlberg (39, Ariz)
 2:37:58* Nat Goodhue (Alaska)
 2:37:59 Glen Berwick (29, Cal)
 2:37:59 Mike Markley (22)

2:38:00 to 2:38:59

2:38:00* Heinz Wiegand (26, Tenn)
 2:38:02 Earl Swartsendruber (23, Md)
 2:38:02 John Routh (19, Cal)
 2:38:04 Gerald Coyle (Mich)
 2:38:04 Lou Wagner (30, Ohio)
 2:38:05 Joe Come (19, Pa)
 2:38:05 James Lobianco (Mich)
 2:38:09 Peter Jeffers (34, NY)
 2:38:09 George Schobel (Mass)
 2:38:10 Victor Lantz (21, Ill)
 2:38:11 Mark Sisson
 2:38:12 John Pagliano (34, Cal)
 2:38:13 Paul Carrucio (Mass)
 2:38:18 Fritz Yunck (21, Mich)
 2:38:19 John Pfeil (20, NY)
 2:38:22 Peter Soutullo (La)
 2:38:24 Mark Bauman (24)
 2:38:24 Jeff Miller (18, Kans)
 2:38:26* Doug Brown (Pa)
 2:38:26 Stephen Mousetis (Pa)
 2:38:27 Paul O'Neil (19, Cal)
 2:38:28 Roy Mencie
 2:38:30 Tim Swezey (24, Cal)
 2:38:33* Vernon Campbell (Alaska)
 2:38:35 Mark Foster (Colo)
 2:38:38 Richard Carlson (NY)
 2:38:41 Mike Albert (20, Tex)
 2:38:41 John Dimick (Vt)
 2:38:44 Nick Hoogenraad (31, Cal)
 2:38:44 Jerome Williams (NY)
 2:38:45 James Lears (28, Md)
 2:38:46 Richard Langdon (23, Ore)
 2:38:47* Howard Herrington (Mass)
 2:38:47 Frank Krebs (30, Cal)
 2:38:47* Fred Ritcherson (Cal)
 2:38:48* John Stopa (22, NJ)
 2:38:49 Tom Mann (31, Cal)
 2:38:53 John Rudberg (40, Cal)
 2:38:56 Bill Brouillet (19, Utah)
 2:38:56 Bill Schumann (20, Ind)
 2:38:57 Jerry Ockerman (27, Cal)
 2:38:59 Pat Thomas (19, Ohio)

2:39:00 to 2:39:59

2:39:03 Bob Arcec (Cal)
 2:39:03 Bill Long (Cal)
 2:39:05 Peter MacDonald (29, Hawaii)
 2:39:06 Eric Buckland (Kans)
 2:39:07 Jonathan Brower (29, Cal)
 2:39:07 Peter Philipps (Mass)
 2:39:08* Kim Murphy
 2:39:08 Doug Nelson (25, SC)
 2:39:10 Walter Hitt (23, Cal)
 2:39:11 Ken Blakely (19, Cal)
 2:39:11 Harry Cottrell (Cal)
 2:39:13 David Lippitt (20, NY)
 2:39:13 Simon McNamee (34, Tex)
 2:39:14 Robert Gray (Mass)
 2:39:14 Daniel Larson (Conn)
 2:39:16 Rich DeSebastian
 2:39:16 Norby Vondra (NJ)
 2:39:18* Pete Haley (43, Alaska)
 2:39:19 Doug Ford (Colo)
 2:39:20 Thomas Kuczynski (NJ)
 2:39:22* Larry Seethaler (ND)
 2:39:24* Dave Cashman
 2:39:24 Clark Rosen (Cal)
 2:39:25 Norman Cooper (31, Tex)
 2:39:25 Topper Powers (19, Md)
 2:39:27 Tony Diamond (44, DC)
 2:39:28* John Brennan (39, Cal)
 2:39:29 Thomas Lowman (19, Md)
 2:39:31 Patrick Gill (20)
 2:39:32 Len Hall (NY)
 2:39:32 Doug Nevius (20, Ohio)
 2:39:32 John Notch (26, Hawaii)
 2:37:34 Jack Hackman (25, Cal)
 2:39:36* Dan Dusch
 2:39:36 David Warren (32, Cal)
 2:39:38 Tom McGuire (20, Pa)
 2:39:39 Phil Graff (La)
 2:39:42* Richard Pettigrew
 2:39:43 Orville Atkins (Cal)
 2:39:43* Dan Kacprowicz (23, Mo)
 2:39:46 Ken Beller (22)
 2:39:46* Bill Nelson (Jr, Wis)
 2:39:48 Patrick Gubbins (19, NJ)
 2:39:48 Steve Wilson (19, Wash)
 2:39:51 Bill Gates (30, Ga)
 2:39:54 Matthew Henderson (25, Wash)
 2:39:54 Gary Meltzer (28, NY)
 2:39:57 George Mason (19, Kans)
 2:39:58 Louis Aguir (Mass)
 2:39:59* Wayne Snow (28, Colo)
 2:39:59 Michael McGarr (Mass)

2:40:00 to 2:41:00

2:40:00 Ron Drogan (Mass)
 2:40:00* Dick Hessler (33, Mo)
 2:40:00 Randy Milstead (19, Tex)
 2:40:00* Coleman Mooney (34, Fla)
 2:40:01 Bruce Jilson (26, Mass)

Frank Shorter (shown here en route to his Munich win) was the fastest American for the fourth year in a row. He ran 2:11:31 during 1974. (Mark Shearman photo)

- 2:40:02 Ken Kling (25)
 2:40:02 Skip Shaffer (35, Cal)
 2:40:03 Clint Mericle (20, Tex)
 2:40:06* Glen Cole (Tex)
 2:40:06 Mike Markley (22, Ohio)
 2:40:07 George Christopher (Pa)
 2:40:09* Arny Stonkus
 2:40:10 Douglas Colton (22, NY)
 2:40:10 Anthony Geraledi (Nev)
 2:40:10 George Keim (Pa)
 2:40:11 Jim Deni (32, NC)
 2:40:14 Mark Moll (Mass)
 2:40:16 Mark Malkowski
 2:40:17 Gary Fanelli (Pa)
 2:40:17 Johnny Lloyd (22, Ky)
 2:40:20 Gregory Yorke (RI)
 2:40:21* Alan Milld
 2:40:22 Alan Jensen (35, Ore)
 2:40:22 Jon Lehman (Cal)
 2:40:23 Doug Boyd (24, Pa)
 2:40:23 Bruce Jayne (Ill)
 2:40:24 Louis Blount (19, NC)
 2:40:24 John Nastings
 2:40:25 Michael Matheny (31, Tex)
 2:40:25 Roger Pekuri (24, Mich)
 2:40:28 Charler Renner (19, Ohio)
 2:40:29 Thomas Greer (23, NY)
 2:40:31 Lee Wilson (35, Wisc)
 2:40:33 Patrick Cullen
 2:40:34 Lawrence Blumenauer (22, Md)
 2:40:34* Daniel Klett
 2:40:38 Michael Naples (28, Pa)
 2:40:39 Mark Kittleson (21, Minn)
 2:40:40 John Rose (18, Hawaii)
 2:40:46 Louis Arreola (Cal)
 2:40:46 Ken Turner (19, Wash)
 2:40:47 Robert Frankum (41, NY)
 2:40:47* Bill Lowery
 2:40:48 Bruce Milliman (21, Md)
 2:40:49 Gerardo Brown-Manrique (25, Tx)
 2:40:49* Dennis Delmott (Kans)
 2:40:49 Thomas Greer (NY)
 2:40:50 Richard Stevens (Mass)
 2:40:51 Dave Arby (20, Ill)
 2:40:52 Mark Bauman (24, Ky)
 2:40:52 Jim Freeman (16, Cal)
 2:40:52 Jake White (32, Cal)
 2:40:56 Bill Johnson (23, Cal)
 2:40:56 Robert Slick (Cal)
 2:40:59 William Hoss (39, Va)
 2:40:59 James Samuelson (Wis)
- 2:41:00 to 2:41:59**
 2:41:01* Vito Bonaiuto (Conn)
 2:41:01 Neil Weygandt (27, Pa)
 2:41:05 Patrick Brown (20, NY)
 2:41:05 John Lamade (37, Cal)
 2:41:05 Dan Moore (32, Cal)
 2:41:06 Mike Burns (19, Va)
 2:41:07* Jeff Clarke
 2:41:11 Richard Burdick (Wis)
 2:41:11* Doug Heaberlin
 2:41:12 Ronald Day (Utah)
 2:41:20 Randall Hoffman (33, Mich)
 2:41:21 Doug Fish (21, Ohio)
 2:41:21 George Guins (Ohio)
- 2:41:21 David Mactaggart (16, Ill)
 2:41:21 Denis O'Halloran (Cal)
 2:41:22 Bennett Beach (DC)
 2:41:24 Emilio Rotondi (Mass)
 2:41:25 Roger Johnston (20, Minn)
 2:41:26 Earl Coleman (18, Md)
 2:41:27 Chris Monroe (Conn)
 2:41:29 John Kelly (Mass)
 2:41:35 Charles Perry (24)
 2:41:36 O. J. Romo (24, Cal)
 2:41:36* Lee Wilcox
 2:41:37 Mark Stevenson (16, Cal)
 2:41:39* Jeffrey Arnold (19, Cal)
 2:41:39 Phil Stanforth (SD)
 2:41:40 Tsosie Taylor (Ariz)
 2:41:41 Frank Watkins (Pa)
 2:41:43 Tom Stoothoff (22, NY)
 2:41:46 William McMullen (21, NY)
 2:41:47 Jeffrey Brain (24, Minn)
 2:41:47 Lynn Lee (25, Ia)
 2:41:48* Steve Boaz (19, Cal)
 2:41:48 Bill Olrich (39, Ky)
 2:41:52 John Sullivan (40+, Mass)
 2:41:52 Lawrence Washington (19, Va)
 2:41:53* Alan Penberthy (20, NY)
 2:41:54 Charles Wiltse (NY)
 2:41:55 Larry Connelly (Pa)
 2:41:56 Ronald Lass (27, Wis)
- 2:42:00 to 2:42:59**
 2:42:00* Steve Drake
 2:42:00 Arthur Drivins
 2:42:00 Steve Miller (23, Pa)
 2:42:02* Al Becken (45, Tex)
 2:42:04 James Howard (Cal)
 2:42:06 Robert Dalton (21, NY)
 2:42:06 Harold Tinsley (38, Ala)
 2:42:10 Chuck Collins (NY)
 2:42:10 Rick Katz (25, Pa)
 2:42:10 Mike Sellers (24)
 2:42:11 John Haslem (Mich)
 2:42:13 Steve Ross (28, Wis)
 2:42:15* Lee Cohee (33, Fla)
 2:42:17 James Eastman (18, Ala)
 2:42:17 John Rayburn (Ohio)
 2:42:18 John Cramer (Minn)
 2:42:19 John Babington
 2:42:19 Robert Coleman (Cal)
 2:42:20 S. Foster (20, NJ)
 2:42:20 Scott Lutrey (21, Md)
 2:42:21 Seth Bergman (Pa)
 2:42:22 Steve Flynn (22, Ok)
 2:42:22 Kevin Mahoney (21, Wis)
 2:42:23 Clinton Firstbrook (27, Minn)
 2:42:24 Charles K. Gibson (51, Tenn)
 2:42:25 Andrew Levinson (25, Cal)
 2:42:25* Scott Spencer (17)
 2:42:27 Mike Irmen (20, Ohio)
 2:42:27 Ed Jerome (30, Va)
 2:42:27 Truman Clark (Cal)
 2:42:28 John Haraghty (Kans)
 2:42:28 Tim Hickling (19, NY)
 2:42:28 Michael Konig (28, NY)
 2:42:28* Tom Potter (19, Tenn)
 2:42:28 Mathew Wilson (18, Md)
 2:42:30 Gar Williams (40+, Va)

2:42:33	Glen Sullinger (16, Ohio)	2:43:39	Arlen Sunn (40, Minn)
2:42:35	Maurice Ragsdale (Ind)	2:43:39	Donald Vining (30, NY)
2:42:36	James Bowes (Cal)	2:43:40	Joe Doll (Kans)
2:42:36	Jim Perez (Cal)	2:43:40	John Grouty
2:42:40	Dennis Katzer (20, Neb)	2:43:42	Brian Freeman (45+ CA)
2:42:40*	Ivan Torres (Kans)	2:43:42	Nick Vogt (32, Cal)
2:42:41	Robert Hempton (28, Del)	2:43:42	Irwin Zablocky (Pa)
2:42:42	Charles Bradley (28, Md)	2:43:44	David Hudson (23, NJ)
2:42:43*	Dwight Huggins (20, Tex)	2:43:45	Jack Bannink (Mich)
2:42:44	John D. Naslund	2:43:45	Don Fass (20, Wis)
2:42:48	Kerry Green (20, Pa)	2:43:46*	Dan Brewer (34)
2:42:49	Jim Howell (30, Cal)	2:43:47	Bert Pschunder (NJ)
2:42:49	Walt Waltmire (Cal)	2:43:51	Renaldo Calderon (27, Cal)
2:42:49	Paul Yurhy (20, Pa)	2:43:51	Mike Millward (17, Cal)
2:42:51	Vlademar Sanchez (Md)	2:43:53	Bill Griffin (17, Mich)
2:42:55	Edward Ford (28, Ore)	2:43:54	Jacki Hansen (26, Cal)
2:42:56	William Kilday (NY)	2:43:56	Ronald Gaff (Mass)
2:42:57*	Bruce Gibbs (36, Wash)	2:43:56	Richard Williams (20, Cal)
2:42:57	Eugene Quinn (RI)	2:43:57	Jeffrey Keeton (17, Wash)
2:42:58	Walter Gantz (Mich)	2:43:58	Hershall Jenkins (Cal)
		2:43:59	Peter Day (29, Cal)
2:43:00 to 2:43:59		2:44:00 to 2:44:59	
2:43:00	Jerry Smartt (42, Iran)	2:44:00	Jim Ferris
2:43:01	Gerard Benedict (28, NY)	2:44:00*	James Ochs (20)
2:43:01	Freddie Waybright (27, WV)	2:44:01*	Robert Langenboch
2:43:02	Ed Landauer (23, Ore)	2:44:03	Thomas McAloon (41, Minn)
2:43:02*	Dennis Stewart (26, Mo)	2:44:04	Fred Mansueto (Cal)
2:43:02	Carl Udesen (Cal)	2:44:04	Gary Peterson (19, Ohio)
2:43:04	Richard Crowell (RI)	2:44:05	Dennis Meyer (41, Wash)
2:43:04*	Don Makela (Cal)	2:44:08	Greg Jacob
2:43:04	George McFarland (24, Ore)	2:44:08	Michael Ward (20, Md)
2:43:05	Randy Miller (18, Ohio)	2:44:09	David Senechalle (34, NY)
2:43:06	Daniel Callahan (23, Ore)	2:44:10	John Hardtla (27, Wash)
2:43:11	Tim Donovan (23, Cal)	2:44:12*	Sean Hartnett (Wis)
2:43:11	Vernon Horn (26, Tex)	2:44:12	Tim Lambert (21, NJ)
2:43:11	Dave Parker (43, Cla)	2:44:11	Alex Ratelle (49, Minn)
2:43:12	Patric Rupel (Colo)	2:44:13	George Croitor (Mich)
2:43:13*	Jim Shrader (24, Fla)	2:44:13*	Frank Richardson
2:43:14*	Bob Weaver (Utah)	2:44:14	David Duval (Mass)
2:43:15	Dan Grace (36, NY)	2:44:14*	Bill Hemphill (17, Colo)
2:43:16	Bill Kalal (21, Ohio)	2:44:15	Neil Gleichman (20, Pa)
2:43:18	Robert Linville (Va)	2:44:17	Ed Dally (42, Cal)
2:43:19	Bob Mackel (31, Cal)	2:44:18	DeWitt Paul (NJ)
2:43:20	Kenneth Winn (37, Ga)	2:44:20*	Shawn Flanagan (19, Wis)
2:43:21	Bill Hammack (31, Va)	2:44:20	Rich Hill (Ky)
2:43:21	Dave Spranel (32, Ohio)	2:44:21*	Karlton Naylor (37, Kan)
2:43:23	Harold DeMoss (38, Cal)	2:44:23	Al Roland (25, Cal)
2:43:24	Larry Franks (25)	2:44:23*	Rory Suomi (Conn)
2:43:26	Dave Cadiz (38, Hawaii)	2:44:25	Jay Birmingham (29, Fla)
2:43:29*	Ken Prevatt (Fla)	2:44:26	Johnny Faerber (38, Hawaii)
2:43:29*	Steven Rabideau (18, NY)	2:44:26	Frank Pfiel (21, NY)
2:43:29	Donald Young (16)	2:44:29	David Vanderveen (Cal)
2:43:30	Don Brown (NY)	2:44:30	Herb Campbell (31, Tex)
2:43:30	Luis Torres (Cal)	2:44:30*	Larry Fauchier (Ia)
2:43:31	Richard Bogarty	2:44:30	Jeff Heppard (Va)
2:43:31	Jon Glenn	2:44:30*	Dave Mercer (29, Ind)
2:43:31	Richard Stenson (DC)	2:44:31	Vincent Fandetti (40+, Conn)
2:43:32	Robert Hlstead	2:44:31	Carl Schueler (18, Md)
2:43:32	Nick Marshall (25, Pa)	2:44:31*	Ralph Stadelman (28, Mich)
2:43:32	John Thomas (19, Cal)	2:44:32	Lou Fritz (31, Neb)
2:43:32	Roger Wilcox (46, Colo)	2:44:33*	William Estelle (Alaska)
2:43:35*	John Cappis (31)	2:44:33*	Jeffrey Johnson (Alaska)
2:43:35*	Dan Fracalossi (NY)	2:44:33*	Doug Osborn (20)
2:43:37	Gabe Grosz (Cal)	2:44:36	Mark Everson (Conn)
2:43:39	Mark Burch (17, Cal)	2:44:36	Jeff Rigdon (20)
2:43:39	Eddy DeCook (31, Pa)		

- 2:44:37 Rock Meservey
 2:44:37* Mark Pealstrom (Ill)
 2:44:39 James Larson (Mass)
 2:44:40 Richard Collard
 2:44:40 Tom Gleason (31, Cal)
 2:44:43 Frank Donahue (22, Cal)
 2:44:44 Gordon Bowman (19, Wash)
 2:44:45 Irv Frawley (37, NY)
 2:44:45 Carlos Ponce (Cal)
 2:44:46 John Cataldi
 2:44:47 Joe Kennedy (16)
 2:44:47 Robert Reinertsen (31, NY)
 2:44:50 Al Sanford (26, Cal)
 2:44:51 Joe Burns (44, NJ)
 2:44:52 Lawrence Bauer (Mass)
 2:44:53* Ron Redfield-Lyon (23)
 2:44:54 Colin Beer (40, NJ)
 2:44:55 Richard Forbes (37, Ore)
 2:44:55 Steve Grotzky (32, NY)
 2:44:56 William Tylutki (NY)
 2:44:57 David Johnson (Minn)
 2:44:58 Russell Fuller (21, Wash)
 2:44:59* Gary Geoffrey
 2:44:59 Russ Taylor (Cal)
- 2:45:00 to 2:45:59**
- 2:45:04 Cliff Comanor (24, NY)
 2:45:04 Gary Krauss (27, Guam)
 2:45:05 Gilbert Butler (32)
 2:45:05 Fretwell
 2:45:06 David Hamilton (19, Ore)
 2:45:07 Ray Smith (Cal)
 2:45:07 Steve White (23, Ind)
 2:45:08 Martin Cohen (Mich)
 2:45:09 Ken Katzer (Neb)
 2:45:10 Bob Coffey (42, Tex)
 2:45:10 Jerry Peterson (26, Ore)
 2:45:11 Keith Morrow (22, Pa)
 2:45:11 Steve Rodriguez (18, Cal)
 2:45:12 Benjamin Ewers (27, Va)
 2:45:12 Shan Healy (28, NY)
 2:45:13 Richard Becker (28, NY)
 2:45:13 Paul Lucusky (Pa)
 2:45:14 Les Caldera (22, Cal)
 2:45:15 Scott Slovic (13, Ore)
 2:45:17 Don Franklin (20, Ok)
 2:45:17 John Merola (Ohio)
 2:45:18 Mark Hemphill (Cal)
 2:45:18 Jesse Lopez (Cal, Jr.)
 2:45:18 Doug White (31, Del)
 2:45:19 Robert Anderson (22, Cal)
 2:45:19 Mike Brehm (19, Ill)
 2:45:20 Gary Hardin (36, Tex)
 2:45:21 Daniel Brown (35, Ore)
 2:45:22 James Patterson (33, NY)
 2:45:24 Glenn Charbonneau (23, Mass)
 2:45:24 Wayne Jones (31, Tex)
 2:45:24 Robert Simpson (Ohio)
 2:45:26 Don Pierson (Ill)
 2:45:27 Gary Adler (24, Ind)
 2:45:27 Carl De Santa
 2:45:29 Brad Johnson (18, Ore)
 2:45:30 Paul Dempsey (31, DC)
 2:45:30 Roger Toothman (Ohio)
 2:45:31 Jim McDonagh (49, NY)
 2:45:31 Tom Stermitz (Colo)
- 2:45:32 Scott Bradley (35, Tex)
 2:45:34 Ivan Torres
 2:45:35 Dave Bosley (Colo)
 2:45:35 John Grabowski (Mich)
 2:45:35 Barry Weaver (17, Ohio)
 2:45:36 George Crandell (41, Cal)
 2:45:36 Dan Lindesmith (26, Ore)
 2:45:37 John Ammerman (Wis)
 2:45:38 Lawrence Langer (NY)
 2:45:39 Robert Greene (40, Colo)
 2:45:40 Chip Boehm (17, NY)
 2:45:41 Ed Uhler (18, NC)
 2:45:42 Don Padgett (26, NY)
 2:45:43 Albert Taft (17, Ore)
 2:45:44 Peter Brill (27, NJ)
 2:45:44 James Gusek
 2:45:44 Roger Johnson (20, IL)
 2:45:45 Bob Hermens (22, Cal)
 2:45:46 Dennis Leach (35, NY)
 2:45:47 Lester Page (31, DC)
 2:45:47 David Rothlauf (Kans)
 2:45:48 Jim Hartnett (NJ)
 2:45:49 Tom Parr (21, Ill)
 2:45:50 Jim Malene (18, Ky)
 2:45:51 Jim Deer (27, Tex)
 2:45:51 Phil Groves (24, Cal)
 2:45:52 William Johanson (19, NJ)
 2:45:53 Jerry Yunker (NC)
 2:45:58 Tim Latham (20, Tex)
 2:45:58 Patrick Wilson (Mich)
 2:45:59 Joseph Barbary (NY)
 2:45:59 Robert Ladum (20, Ore)
- 2:46:00 to 2:46:59**
- 2:46:00 Mike Tymn (37, Hawaii)
 2:46:04 Chuck Stagliano (34, Cal)
 2:46:05 Robert Benz (Pa)
 2:46:06 Michael Ayon (19, Cal)
 2:46:06 Tim Parker (Wis)
 2:46:07 Regis Costello (NY)
 2:46:07 Paul Roche (Mass)
 2:46:09 Byron Cattell (40, Wash)
 2:46:09 John Counihan (Mass)
 2:46:10 Derck Frechette (29, NY)
 2:46:11 Kent Guthrie (37, Cal)
 2:46:12 Mike Conley (26, Cal)
 2:46:12 George Milligan (NJ)
 2:46:16 Herb Campbell (Tex)
 2:46:16 Mark Paprocki (NY)
 2:46:17 Bob Marshall (17, Ill)
 2:46:18 Ken Klip
 2:46:19 Douglas Allen (NY)
 2:46:21 Larry Stone (20)
 2:46:22 Gerhardt Sassman
 2:46:23 Dillon Maier (39, NY)
 2:46:24 Mike Baer (Kans)
 2:46:25 James Taylor (Mass)
 2:46:28 Joseph Kenny (16, Ind)
 2:46:28 Bert Lundy (19, Tex)
 2:46:30 Dave Holman (18, Ore)
 2:46:30 Norman Simon (32, Cal)
 2:46:31 Randy Lawson (22, SD)
 2:46:32 Brent Wooten (24, Ok)
 2:45:34 Randall Brown (Ill)
 2:46:34 William Donnelly (26, NY)
 2:46:36 Scott Mosenthal (NH)

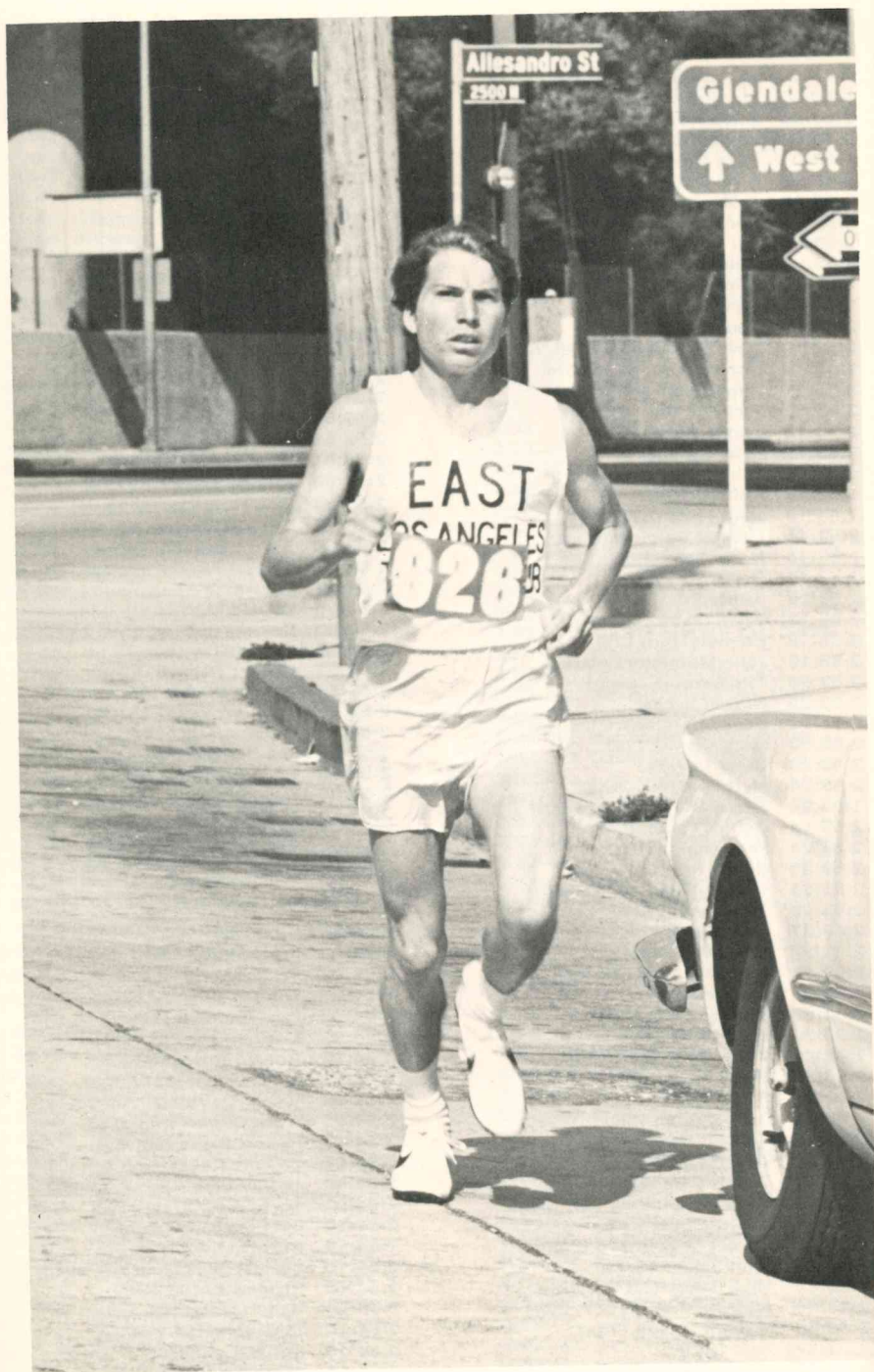
2:46:37	Anthony Gerardi (27, Nev)	2:47:24*	Paul Yeatts (36, Ariz)
2:46:37	James Jacobs (19, Cal)	2:47:25	Jim Isenberg (23, Md)
2:46:40	Tom Doehler (24, NY)	2:47:25	Bob Rhen (26, Ore)
2:46:41	Paul Juarez (21, Wash)	2:47:26	Robert Bourbeau (39, Cal)
2:46:41	Stephen Mahieu (Md)	2:47:26	Barry Glennan (17, Cal)
2:46:41	Lou Paul (Mass)	2:47:27	Charles Ratti (40+, Mass)
2:46:42	Arthur Du Haime (Va)	2:47:28	James Dow (Mass)
2:46:44	John Ferguson (30, Cal)	2:47:30	Ross Deye (Ohio)
2:46:45	Rodney Steele (DC)	2:47:31	Peter Dane
2:46:45	Rick Caracciolo (Neb)	2:47:31	Richard Daymont
2:46:45	David Vanden Broek (33, NC)	2:47:31	Richard Jamborsky (Va)
2:46:45	Ken Stephens (31, Ariz)	2:47:33	Mike Chessar (18, Cal)
2:46:45	Pat Wilson (18, Idaho)	2:47:33	Payson Daugherty (18, Ga)
2:46:46	Jeff Akerd (20, Cal)	2:47:34	Danny Noles (Jr, Ariz)
2:46:46	Roy Cobb Jr.	2:47:35	Donald Granber (32, Mo)
2:46:46	Larry Fuselier (39, La)	2:47:36	Richard Boettcher (24, Ore)
2:46:47	Paul Hetzel (Ohio)	2:47:36	Christopher Heulings
2:46:49	Daniel Rearich	2:47:37	Doug Nelson
2:46:48	Bill King (45, Pa)	2:47:38	Dick Hughes (Cal)
2:46:50	Stan Goss (Cal)	2:47:39	David Hallenbeck (33, Del)
2:46:50	Horace Itoku (24, Hawaii)	2:47:40	James Gallagher (RI)
2:46:51	Bruce Johnson (19)	2:47:40*	Geoffrey Godfrey (17, Fla)
2:46:52	Fred Tau (Jr, Ariz)	2:47:40	Dave Zumwalt (22, Cal)
2:46:43	John Dornois (Tenn)	2:47:41	Joseph Kozlin (Conn)
2:46:54	Eugene McMerriman	2:47:41	John Petke (36, Ore)
2:46:54	Mike Popkins (31, Cal)	2:47:42*	William Zindler
2:46:55	Edward Butrick	2:47:43	Luis Torres (26, Cal)
2:45:55	Christopher Quinby (28, Fla)	2:47:44*	David Sills (Cal)
2:46:56	Kenneth Kendel (Cal)	2:47:44	Ed Surman (18, Cal)
2:46:57	Bob Myers	2:47:45	Wayne Baker (38, Conn)
2:46:58	Paul Swenson (Mass)	2:47:46	Steve Barr (19, Cal)
2:46:59	James Connolly (Mass)	2:47:47	Charles Day
2:46:59	Ed Almeida (51, Cal)	2:47:47	David Hornam
2:46:59	Bill McDermott (Ia)	2:47:47	Charles Johnson
2:47:00 to 2:47:59		2:47:47	Alan Laskovski
2:47:00	Andrew Herstrom (24, Wash)	2:47:48	Bill Carson (19, Cal)
2:47:00	Donald Wilkin (NY)	2:47:49	Sam Klein (Mass)
2:47:01	Timothy Hansen (Wis)	2:47:49	Phil Cheevers (Pa)
2:47:02	Gary Santti (Mich)	2:47:49	Mark Williams (21, Cal)
2:47:03	David Call (19, Cal)	2:47:50	Sal Citarella (32, Pa)
2:47:03	Dave Cuthiell (Cal)	2:47:52	Stephen Sidney (24, Cal)
2:47:04*	Charles Hedge (23)	2:47:53	Charlie Collier (26, NC)
2:47:06	Don Jones (47, Cal)	2:47:53	Joe Reabold (17, NJ)
2:47:07*	George Henry	2:47:54	Tom Clarke (NY)
2:47:07	Chris Soler	2:47:54	Terry Fox (31)
2:47:08	Robert Mitchell (Mass)	2:47:54*	Bill Hampton
2:47:08	Brian Scaccia	2:47:54	Kees Tuinzing (Cal)
2:47:09	Dave Hoover (18, Ill.)	2:47:55	David Howes (Mass)
2:47:09	Steven Moussetis (19, Mass)	2:47:55*	James Green (40+, Mass)
2:47:10	Ed Hagerman	2:47:55	Stephen Proudly (Mass)
2:47:10	Douglas Kurtis (Mich)	2:47:55*	Charles Thomas (Fla)
2:47:11	Howard Basis (35, NY)	2:47:56	James Voss
2:47:11	Jon Higley (20, Cal)	2:47:57	Gary Naugle (Md)
2:47:11	Miki Gorman (38, Cal)	2:47:58	Joe Bolster (NJ)
2:47:13	Donald Choi (25, Cal)	2:47:58	Ronald Brinkert (29, Ore)
2:47:16	Joseph Gaimo (NJ)	2:47:58	Steven Vaughan (20, Md)
2:47:16	John Sevcik (Pa)		
2:47:17	Joe Holly (20, Ohio)	2:48:00 to 2:48:59	
2:47:17	Byron Mundy (Pa)	2:48:00*	Jeff Clark
2:47:18	Jack Currie (37, Ariz)	2:48:01	Jack Bannink
2:47:20*	Bill Entz (Cal)	2:48:04	James Butler (NJ)
2:47:22	Vernon Johnson (19, Md)	2:48:04	Steve Close
2:47:22	Frank McBride (40+, Mich)	2:48:06	Rodger Stordahl (19, Cal)
2:47:22	Denny Weidler	2:48:07	Isa Lepay (Ill)
2:47:24	Daniel Goodrich (28, Ore)	2:48:07	Rick Whaley (22, Del)
		2:48:09	Paul Koski

- 2:48:13 Charles Dyson (Conn)
 2:48:13 John Kessler (20, Ind)
 2:48:15 Brian Savilonis (24, NY)
 2:48:16 Mark Parish (36, Wis)
 2:48:16 Brad Starkey
 2:48:18* Dick Arkley
 2:48:18* Tom Applegate (Colo)
 2:48:21 Benny Holt (30, Cal)
 2:48:23* Patrick Lenahan (Ohio)
 2:48:24* Dennis Fridley (28, Nev)
 2:48:24 Carl Peterson (25, Cal)
 2:48:24 Jose Puente (18, Ore)
 2:48:26 James McBride
 2:48:26 Wayne Roe (NY)
 2:48:27 William McNulty (32, RI)
 2:48:30 Robert O'Brien (39, Md)
 2:48:31* Alfred Carlsen
 2:48:32 Peter Collins (27, Cal)
 2:48:33 Pershing Hill (30, Wash)
 2:48:33 Clayton Steinke (Ore)
 2:48:34* William Fox (32, Mo)
 2:48:35* William Peck (33, Cal)
 2:48:35 Steve Sweeney (18, Ore)
 2:48:36 Lynn Capen (Vt)
 2:48:36 Alan Siddens (22, Cal)
 2:48:37 Gary McIntosh (Ore)
 2:48:37 John Richardson (41, NY)
 2:48:38* Jim McFadden (Ia)
 2:48:38* David Troy
 2:48:38 Paul Wielenga
 2:48:40 Bert Dyer (18, Cal)
 2:48:40* Daniel Lori (Mich)
 2:48:41 Bill McCray (24, Cal)
 2:48:41 Hubert Morgan (52, Pa)
 2:48:42 Stephen Streeter (20, Conn)
 2:48:43* Richard Halvorsen (Ariz)
 2:48:43* Bill Waters (Cal)
 2:48:45 Jeff Brody (17, Cal)
 2:48:46* Lorne Kenyon (37, Mo)
 2:48:47* James Gardiner (Utah)
 2:48:47 Gerald Miller (Ohio)
 2:48:48 Robert Willis (28, NC)
 2:48:49 Paul Assini (21, NJ)
 2:48:50 Mark Anderson (15, Wash)
 2:48:51 Michael Pionkowski
 2:48:52 Kevin Brody
 2:48:52 Vince Chiappetta (NY)
 2:48:53 Frank Freyne (Cal)
 2:48:53 Stephen Menard (18, Wash)
 2:48:54 Rich Fleming (Cal)
 2:48:55 Jeff Halterman (21, Pa)
 2:48:58 James Timony (DC)
 2:48:59 Jared Beads (Md)
- 2:49:00 to 2:49:59**
 2:49:01 Michael Braun
 2:49:01 Joe Kern
 2:49:01 Tom Rachubinski (19, Wis)
 2:49:01 Mike Rustie (NJ)
 2:49:02 Bob Green (39, Colo)
 2:49:02 Jack Moran (Minn)
 2:49:03 Vic Weber (40, Cal)
 2:49:04 Mahendra Rao (NY)
 2:49:05 Thomas Coyle (21, Md)
 2:49:05 Ed Price (19, Cal)
 2:49:09 Ed Dodd (Pa)
- 2:49:10 Dan Eidem (35, Tex)
 2:49:11 Frank Ratti (24, NJ)
 2:49:12 Bjorn Ekblom (Mass)
 2:49:14 Chuck Fortier (41, Mass)
 2:49:14* Vic Krol (Ill)
 2:49:16 Ted Corbitt (53, NY)
 2:49:16 James Neubauer (20, NY)
 2:49:17 Ben Sawyer (Cal)
 2:49:18 Frank Sinatra (24, NY)
 2:49:20 Mike Fanelli (Pa)
 2:49:22 Bradford Mudge (19, Md)
 2:49:23 Paul Griffin (38, Mich)
 2:49:24* Jerry Adams (35, Mo)
 2:49:24 Michael Boyd (Mich)
 2:49:24 Jeff Jones (17, Cal)
 2:49:26 Jim Branson (Cal)
 2:49:26 Norman Sandstrom (Cal)
 2:49:26* Jamie van Nostrand (Ia)
 2:49:26 Mark Zagred (Cal)
 2:49:27 Dennis Bartz (21, Minn)
 2:49:27 Douglas Burke (Ill)
 2:49:29 Lawrence Farrell (26, NY)
 2:49:31* Rusty Lamade (37, Mass)
 2:49:36 Craig Wharton (Pa)
 2:49:37 Thomas Cory (Cal)
 2:49:37 James A. Lundberg (23, Md)
 2:49:38 John Frey (45)
 2:49:38 Doug Kersey (33, Hawaii)
 2:49:39 Larry Story (31, Tex)
 2:49:40 Charles Parmalee (NY)
 2:49:42* Peter Doherty
 2:49:42 Guy Genung (Cal)
 2:49:42 Maxwell Nichols (Pa)
 2:49:43 Bill Benz (31, Cal)
 2:49:43 Bradley Drake (19, Cal)
 2:49:44 Jim Engel (Neb)
 2:49:44 James Herrick (40+)
 2:49:45 John Bobelik (27, Ind)
 2:49:45 Tom Ratliffe (Cal)
 2:49:45 Bill Yaley (32, Cal)
 2:49:46 Bruce Petrie (RI)
 2:49:49* Sid DeLong (Colo)
 2:49:51 Mike Halverson (20, SD)
 2:49:51 Jeff John (21, NY)
 2:49:52* Brent Coffman
 2:49:52 Bill Read (16, Cal)
 2:49:53 Jean Ellis (27, Ohio)
 2:49:53 Edward Fraass (19, NJ)
 2:49:53 William Landis (21, Pa)
 2:49:53 Neal Picken (Tx)
 2:49:53 Joseph Vance (44, Wash)
 2:49:54 Clayton Bristol (24, Conn)
 2:49:54 Darryl Downey (Cal)
 2:49:54 Steven Henricks (17, Ill)
 2:49:55 Joseph McPherson (21, WV)
 2:49:56 Gary Lace (30, Ill)
 2:49:56 Ed Sandifer
 2:49:58 Ray Furbush (40+, Mass)
 2:49:58 Dennis McCormack (Conn)
 2:49:59 Bruce Brown
 2:49:59 Leo Duart (Mass)
 2:49:59 Robin McCort (18, Ind)
- 2:50:00 to 2:50:59**
 2:50:00* Bill Dixon (20, Pa)
 2:50:00 Phil Heath (30, Mass)

2:50:00	Jack O'Rourke	2:50:44	Gray Knott (19, NC)
2:50:01	Walter Roettger (33, Colo)	2:50:45	Harold Gabriel (33, Mass)
2:50:02*	Warren Fleege	2:50:45	Charles Neilsen (Pa)
2:50:03	Jim Berka (Minn)	2:50:45	John Trokol (17, Va)
2:50:03	Gerald Kirkpatrick (Ariz)	2:50:46	Edward Burns (24, NY)
2:50:03*	Donny Ortiz (17)	2:50:46*	Jim McLatchie (Ill)
2:50:03*	Jeff Palmer	2:50:47	Adrian Craven (38, SC)
2:50:03*	Arne Richards (42, Kans)	2:50:50	T. A. de Lusignan (43, Cal)
2:50:03	Bailey St. Clair (35, Md)	2:50:50	Milt Place (Ohio)
2:50:04*	Robert McQuilkin (17, Fla)	2:50:53	Gerald Good (40+, Mass)
2:50:04	Chuck Mitchell (Fla)	2:50:54	Lindy Ferlo (21, NY)
2:50:05	Bob Bostetter (20, Oh)	2:50:55	Wesley Baker (20, KY)
2:50:05	Bob Horman (55, DC)	2:50:56	David Cassilas (17, Ill)
2:50:06	Roger Welch	2:50:57	R. D. Ramsay (31, Ill)
2:50:08	Phil Heit (30, NY)	2:50:58	Edward O'Neill (NJ)
2:50:08	Bruce McLean (22, Wash)	2:50:58*	James Taylor (50)
2:50:08	Dave Wilkinson (Pa)	2:50:59	Michael Robins (Ohio)
2:50:10	Randy Lehman (Kan)	2:50:59	Ken Wilson (44, Pa)
2:50:10	Brian Weber (Pa)		
2:50:11	Matthew Klimow (21, NY)	2:51:00 to 2:51:59	
2:50:11*	Mark Steinberg (Ia)	2:51:00	Paul Anderson (36, Ohio)
2:50:13	Robert Kannenberg (20, Ill)	2:51:00	Steve Pusztay (26)
2:50:13	William Theriault (29, Ore)	2:51:01	Leon Henderson
2:50:14*	Paul Eichenberger	2:51:01	Scott Keeman (29, Minn)
2:50:14	Vern Matsukawa (Cal)	2:51:01	Dennis McNulty (20, In)
2:50:15*	Bennet Lundkvist (Cal)	2:51:02*	Florentino Coriz (14, NM)
2:50:17	Clyde Baker (Ill)	2:51:02	Paul Riefberg (NY)
2:50:17	Tim Lulich (21, Pa)	2:51:02	Melvin van Houten (27)
2:50:18	Alan Hitchens (33, Va)	2:51:03*	George Chavez (19)
2:50:18	John Petroff (NY)	2:51:05	Norman Friedman (19)
2:50:19	Gary Grossman (20, Wash)	2:51:07	Daniel Warsham
2:50:20	Conrad Eroen (40+, Cal)	2:51:10	Carl Cook (Va)
2:50:20	Tom Lambert	2:51:10*	Rex Frazer (43, Mo)
2:50:20	Karl Mueller (37, NY)	2:51:11	Norman Bruce
2:50:21	Bill Hanselman (33, Ore)	2:51:13	John Jones (34, Mich)
2:50:21*	David Oropeza (27, Ariz)	2:51:13*	Mike Smok
2:50:21	Steve Stuart (Mich)	2:51:16	Jerry Chun (15, Hawaii)
2:50:22	Glen Leckman (WY)	2:51:17	Jay Barry (20)
2:50:23	Richard D'Aleo (31, NY)	2:51:17	Lloyd Ryyssylainen (25, NY)
2:50:23	Gary Ortner (31, Wash)	2:51:19	Peter Wood (44, Cal)
2:50:23	Jay Sidman (20, Mass)	2:51:21	John Bittner (28, NY)
2:50:23	Frank Stranahan (NY)	2:51:22	John Moesel (21, NY)
2:50:24	Paul Mengo (23, Ga)	2:51:23	David Buzzell (19, Md)
2:50:24*	William Montgomery (18)	2:51:23	Tom Cathcart (36, Cal)
2:50:27	Harry Ausderan (Ohio)	2:51:24	Dave Nichols (18, Cal)
2:50:27	Donald Miller (19, Md)	2:51:25	Bruce Fredrikson (NY)
2:50:27	Peter Richards (NM)	2:51:26	Paul Tjogas
2:50:29	Joshua Arnold	2:51:28	Thomas Fort (Del)
2:50:29	Hugh Long (Miss)	2:51:28	Carl Segers (16, NJ)
2:50:29	Jerry Petersen (26, Ore)	2:51:28	John Williamson (29, Tex)
2:50:32	Jeff Addington (16, Ga)	2:51:30	Jack Duffy (26)
2:50:32	Salvatore Sitarella (Md)	2:51:31*	Henry Shands (38)
2:50:34*	Jack Beasley (37)	2:51:32	Gerald Harvey (Mass)
2:50:34	Richard Dailey (43, Wash)	2:51:33	Stuart Bassler (18, Md)
2:50:34	Jay Jaavik (Wash)	2:51:33	Robert Pollock (SC)
2:50:34	Ron Leuthe (19, Wis)	2:51:34	Richard Hagin (25, Cal)
2:50:34	Mike Simms (25, Mich)	2:51:35	Warren Ford (31, Ill)
2:50:34	Gary Stanley (21, La)	2:51:35	Phillip Fritz (Neb)
2:50:35	Alan Knoop (17, Ore)	2:51:37	Mario Flores (18, Cal)
2:50:35	Randy Presson (29, Mich)	2:51:37	Louden Kiracofe (Colo)
2:50:36	Charles Duboise (19)	2:51:38	William Bove (Mass)
2:50:36*	Keith Martell (Vt)	2:51:38	Damion Howell (25, Va)
2:50:37	Chandler Coury	2:51:38	Marjorie Kaput (16, Ariz)
2:50:39	Robert Wood (Pa)	2:51:38	Alex Medina (31, Md)
2:50:41	Gordon Schafer (39, Mich)	2:51:38	Robert Miller (36, NJ)
2:50:42*	Sam Bobo	2:51:40	Robert Bleming (16, Nev)

- 2:51:40 Thomas Hamrock (33, Ohio)
 2:51:40 Richard Kendall (44, NY)
 2:51:40 Tom Robinson (29, NY)
 2:51:40 Peter Sim
 2:51:41 Albert Blaydow (Cal)
 2:51:42 Jeffrey Robinson (NJ)
 2:51:42* George Strazintskaus (Conn)
 2:51:43 Don Carlson (Va)
 2:51:43 Walt Westmoreland (35, Wash)
 2:51:44 Thomas Balon (NY)
 2:51:44 Richard Holmboe
 2:51:44 Steve Ward (20, Cal)
 2:51:45 Mark Strychaez (16, Mo)
 2:51:45 Tim Tabor (Vt)
 2:51:45 Kim Wrinkle (16, Tex)
 2:51:46 Greg Lyon (Cal)
 2:51:46 Robert Pinion (27, Ok)
 2:51:47 Robert McCarthy (Conn)
 2:51:49 William Kone (Mass)
 2:51:49 Bob Malain (47, Cal)
 2:51:50 Steve Barnardo (Cal)
 2:51:50 John Dendall (40+)
 2:51:50 Graham Huston (32, Va)
 2:51:50 Francis Spadaro (24, Va)
 2:51:51 Marc Gottesdiener
 2:51:51 Mark Lund (24)
 2:51:51 Stephen Martinez (19, Ill)
 2:51:53 Leon Cox (NY)
 2:51:53 Jeff Jahn (19, Cal)
 2:51:54 John Filosa (15, Ill)
 2:51:54 Ed Kolasinski (18, Ill)
 2:51:54 John Maloney
 2:51:55 John Iverson (23, SD)
 2:51:55 James Johnson (20, NJ)
 2:51:55* Peter Paterson (Cal)
 2:51:56 Richard Haviland (28, Tenn)
 2:51:56 Joe Reed (17, Ga)
 2:51:56 Timothy Koon (16, W. Va.)
 2:51:56 Ken Kvam (31, Cal)
 2:51:58 Chuck Johnson (36, Md)
 2:51:58* Tom Kempf (49, Ok)
 2:51:58 Robert Leach (Md)
 2:51:58 John Schwanger (Pa)
 2:51:59 Tom Cook (Ga)
 2:51:59 Ben Lawson (16, SC)
 2:51:59 Robert Luedke
 2:51:59* Dave Wheeler
- 2:52:00 to 2:52:59**
 2:52:00 Mark Byers (Cal)
 2:52:00 Dave Soukup (40, Ore)
 2:52:02 James Oleson (55+, Cal)
 2:52:03 Arng Fliflet (26, Va)
 2:52:04 Dave Peelle (36, Mich)
 2:52:04 Dale Annis (29, Ore)
 2:52:05 Rick Dewey
 2:52:05 Gordon Garcia
 2:52:05 Albert Wick (40+, Pa)
 2:52:05 William Wynne (RI)
 2:52:06 Russell Crowe (21, Tex)
 2:52:11 Charles Hipp (35, Mo)
 2:52:12 Brian Brent (13, NC)
 2:52:12 Jay Lucas (31, Minn)
 2:52:13 Walter Roose (24, Md)
 2:52:14 John Palladino (18, NJ)
 2:52:15 Jonathan Eber
- 2:52:15 James Yankaskas
 2:52:16 Lawrence Garver (21, Fla)
 2:52:16 Roger Peduzzi (25, NY)
 2:52:17* Jay C. Pierson (38)
 2:52:18 Louis Dimmey (26, NC)
 2:52:19 Bill Gearhart (17, Cal)
 2:52:19 Donald Kirby (25, Cal)
 2:52:19 Gordon Lutes (29, Cal)
 2:52:19 Clarence Martin (18)
 2:52:20 Gary Clouse (Ky)
 2:52:20 James Davis
 2:52:20 Stu Parker (Jr., Ill)
 2:52:20 Steve Respond (Jr., Ill)
 2:52:21* Dale Rogers (Alaska)
 2:52:21 Jay Schoonover (18, Va)
 2:52:21 Frank Shanahan (20, Va)
 2:52:22 William Deasay (26, Pa)
 2:52:22 Eugene Elliott (18, Cal)
 2:52:22* Matt Hassett (32, Ariz)
 2:52:23* David Saylor (Cal)
 2:52:24 Jeffrey Fulton (Mich)
 2:52:25 A. W. Dower
 2:52:27 Dennis Huffman
 2:52:27 Jerry Miller (Ohio)
 2:52:28* Dean Neal (26, Mo)
 2:52:29* Brent Ayer (Md)
 2:52:30 Dave Glycer
 2:52:30 Irwin Merrein (32, Cal)
 2:52:31* Charles Barone
 2:52:31 Robert Godwin (31, Tenn)
 2:52:31 Steven Ware
 2:52:32 Phil Edelen (18, Tex)
 2:52:34 Jim Nicholson (43, Cal)
 2:52:36 Ed Dierdorff (38, Hawaii)
 2:52:36 Martin Roller (25, Minn)
 2:52:37* David Dodd (Utah)
 2:52:37 John Shilby (17)
 2:52:38 Harvey Mills (48, SD)
 2:52:38 Caleb Rossiter (22)
 2:52:40 Ken Geest (21, Mo)
 2:52:40 Victor Sipes (Mich)
 2:52:41* Marvin Frost (Alaska)
 2:52:41 Charles Payne (23, Va)
 2:52:42 John Chase (Idaho)
 2:52:42 Bryan Denson (17, Mo)
 2:52:42 Robert Ludwig (Mass)
 2:52:42* Jeff Vamaus (Mich)
 2:52:45 Stuart Hall
 2:52:46 Fred Donnelly (35)
 2:52:47* Patrick Budin (Neb)
 2:52:47* Gordon Rolofson (17, Neb)
 2:52:48 Quirino Caro (23, Tex)
 2:52:48* W. C. Fanning (27)
 2:52:49 Charles Le Bourgeois (40, La)
 2:52:50 Peter Raven (Mich)
 2:52:51 Anthony Mezzapelle (18, Cal)
 2:52:52 Anthony Sapienza (40+, Mass)
 2:52:53 Stanley Dubin (NY)
 2:52:53 Charles Ross (36, Md)
 2:52:54 Walter McConnell (40+, NJ)
 2:52:54 Stanley Shapiro (NH)
 2:52:55 Ronald Baker (40+, Ohio)
 2:52:55 Jim Driscoll (37, NJ)
 2:52:55* Jan Sershen (Cal)
 2:52:56 Robert Estrada (Jr, Cal)
 2:52:56* Stan Smith (26, Ia)

2:52:57	Roberto Ortiz (Cal)	2:53:39	Robert MacDougall (Mass)
2:52:57	Lupe Solis (22, Cal)	2:53:40	Robert Schrader (35, Ill)
2:53:00 to 2:53:59		2:53:40	Ron Southard
2:53:00	Martin Duffy	2:53:41	Thomas Armstrong (Conn)
2:53:00	Allen Hoffman (Mass)	2:53:41	John Nigro (24, Ohio)
2:53:01	Edward Bosch (Pa)	2:53:42	Jess Koski (19, Minn)
2:53:01	Mike Kenney (15, Ohio)	2:53:43	Craig Lawrie
2:53:02	Rick Caracciolo (18, Neb)	2:53:43	James McDade
2:53:03	Bruce Bond (16, Conn)	2:53:43	Paul Mingo (24, Ga)
2:53:04	Kerry Mayer (27, Wis)	2:53:44	John Cooke
2:53:09	Bill Caldwell (19, Tenn)	2:53:45	Mike Clay
2:53:09	Doug Cromack (22, Colo)	2:53:45	Al Meehan (33, Conn)
2:53:09	John Gaston	2:53:45	Cedric Michalak (Wis)
2:53:09	Ed Weber (42, Mo)	2:53:45	Bill Richardson (17, Cal)
2:53:10	George Bell	2:53:46	Gerald Grasso
2:53:10	David Thomashow (29, NY)	2:53:47	William Johnson (19, NJ)
2:53:10	Donald Young (26, Ore)	2:53:47	Jeffrey Keck (28, Mo)
2:53:11	James Flanigan (Cal)	2:53:47	John Roemer (36, Md)
2:53:12	Richard Kell (30, Cal)	2:53:48	Charles Feaux (39, Ga)
2:53:12	Daniel Reeks (27, Md)	2:53:50	Dennis Burnell
2:53:13	Peter Cavanaugh	2:53:50	Kurt Loth
2:53:13	John Cole (18, Ohio)	2:53:51	John Hunter (Mass)
2:53:13	Keith Crowder (20, Guam)	2:53:53	Charles Horioka (Mass)
2:53:13	Kent Price (34, Cal)	2:53:54*	Bob Hunerdosse (27, Ia)
2:53:14	Michael Cafciere (Mass)	2:53:55	Thomas Vahey (19, Ind)
2:53:15	Norm Schwendler (33, NY)	2:53:56	John Long (31, DC)
2:53:16*	Ralph Walde	2:53:57	Charles Payne (23, Va)
2:53:18	James Benam	2:53:48	William O'Loughlin (21, NJ)
2:53:18*	Brian Clayton (Ia)	2:53:50	Donald Marwel (32, Md)
2:53:19*	Emmett Hunt (25)	2:53:50	Sterling Speirn
2:53:19*	John Morgester (Alaska)	2:53:53	James Gray (Mass)
2:53:20*	Tim Barnum (Ohio)	2:52:53	Robert Reid (24, Tex)
2:53:20	Russell Becker	2:53:53	Jeffrey Winter (30, Minn)
2:53:22	Gene Schaumburg (35, Cal)	2:53:54*	Tad Pinkerton (35, Wi)
2:53:23	Matt Kramer (18)	2:53:54	Hal Stern (28)
2:53:23	Oscar Lovato	2:53:55	Joe Berrard (44, NJ)
2:53:24	Mark Budzik (Conn)	2:53:55*	Larry Damon (Vt)
2:53:24	James Mickey (27, Mont.)	2:53:55	Dave Stafford
2:53:24	George Pauhi (Ohio)	2:53:56	C. E. George
2:53:24	Peter Stein (28, Cal)	2:53:57	Dieter Diekmeyer (Cal)
2:53:25*	Duane Holz (41, Wis)	2:53:59*	Gary DeWitt (40+, Cal)
2:53:25	Tommy Ross (31, Miss)	2:53:59	Ken Foote (25, RI)
2:53:26	Ted Seymour (32, Cal)	2:53:59	Larry Kennedy (22, ND)
2:53:27	Lon Clearwaters (Cal)	2:54:00 to 2:54:59	
2:53:27*	Michael Connelly	2:54:00	Tom Allison (Pa)
2:53:27	John Fisanotti (18, Cal)	2:54:00	Thomas DeCoster
2:53:27*	Jim Sane (Cal)	2:54:00	William Duggan (32)
2:53:28	Seymour Reiter (NY)	2:54:03	Paul Andrews (17)
2:53:28	R. C. Wellington	2:54:03	Matthew Cebulski (17)
2:53:29	David Blackstone (33)	2:54:05	Ronald Rosen (NY)
2:53:29	David Mahan (30, Md)	2:54:06	Scott Belanger (17, Md)
2:53:29	Roger Major (Cal)	2:54:06	Victor DeVinatz
2:53:30	Gary Chilton (Cal)	2:54:06	Allen Gilman (Minn)
2:53:30	Richard Harris (Pa)	2:54:07	Robert Drake (23, Ore)
2:53:30*	Steven Zagar	2:54:07	Thomas Kelley (NJ)
2:53:31*	Dennis Branham (44, Fla)	2:54:08	Jeffrey Chernak (16, Md)
2:53:31	Steven Humphrey (31, Cal)	2:54:09	Jan Makowski (16, Cal)
2:53:31*	Daniel McCormack	2:54:10	Burt Davis (31, Cal)
2:53:32	Robert Skip Brown (Pa)	2:54:10	Robert Miske (NY)
2:53:33	John Blanc (19, Pa)	2:54:10	Samuel Winebaum (16, NH)
2:53:33	Mike Gourley (17, Cal)	2:54:12	Richard Baxter (Cal)
2:53:34	Andrew McBride (17, Cal)	2:54:14*	Robert Huhn (29, Cal)
2:53:36	Richard Adams (Tex)	2:54:15*	John Langholz (Ia)
2:53:37*	Tom Durie	2:54:15	Mal McConnell
2:53:38	Harold Beal (19, NY)	2:54:16	Theodore Bick



2:54:16*	Nick Costes (40+, Ala)	2:54:44	Mike Cole (35, Cal)
2:54:18	Robert Conn (NJ)	2:54:44	Frazer Rasmussen (30, Ore)
2:54:18*	Joe Fiore (Nev)	2:54:45	John Celms (Mass)
2:54:19	Thom Wilkins (28, Kans)	2:54:45*	Steve Manley (17)
2:54:20	Jim Butler (NJ)	2:54:45	William Sollers (35, Md)
2:54:20	Michael Monaghan (17, Md)	2:54:45	Wendell Sullivan (50, Ohio)
2:54:20	Frederick Steier (NY)	2:54:46	Jim Duke (Mo)
2:54:21	Brian Bisson	2:54:47	Henry Danver (27, Md)
2:54:21	Timothy Marr (Vt)	2:54:48	Edwin Gookin (40, Cal)
2:54:21	Bernie Sullivan (31, Cal)	2:54:48	Alexander Turner (30, Ohio)
2:54:22	Frederick Young (Vt)	2:54:49	Mark Snyderman (17, Md)
2:54:23	Gerland Fulwider (22, Wash)	2:54:50	Bob Rienertsen
2:54:23	Norbert Norman (25, DC)	2:54:51	Ed Hynes
2:54:24	Dick Baxter (32, Cla)	2:54:51	Harris Prescott (Mass)
2:54:24	Dennis Hahn (20, Minn)	2:54:52*	David Hambly (Wash)
2:54:25	Thomas Carras (28, NY)	2:54:53	Phil Cheney (24, NC)
2:54:25*	Dave MacKeseay (18, Wis)	2:54:53	Joseph Connor
2:54:25	Daniel Sheeran (16, Cal)	2:54:53	Ben Huntley (28, Ill)
2:54:25	Robert Torosian	2:54:53	Bob Markel (Cal)
2:54:26*	Russ Huntington	2:54:54	Ira Gibson (26, Ore)
2:54:27	William Freedman (45+, Nev)	2:54:54	Don Layne (35, Md)
2:54:28	Mark Gibson	2:54:54	Julian Nichol (NY)
2:54:28	Narcisco Holguin (16)	2:54:55	David Hutchins (30, Mich)
2:54:28	Judy Ikenberry (31, Cal)	2:54:55	Raul Arbesu (45, Cal)
2:54:28	James Rocha (Cal)	2:54:55	James Grey (Mass)
2:54:28	Scott Van Nordwick (22, Mich)	2:54:56	Thomas Flygare (Mass)
2:54:29	David Thonashow (NY)	2:54:57	Ken Cole (NJ)
2:54:30*	Mark Cook	2:54:57	Richard Miller
2:54:30	John Turk (19, Ind)	2:54:58*	Steven Fuller (Cal)
2:54:30*	Tom Waites	2:54:58*	Doug Pirkle
2:54:30	Edward Wood (Mass)	2:54:58	Kevin Williams (16, Cal)
2:54:31	Michael Graham (25, NY)	2:54:59	Mathew Gleason (19, Cal)
2:54:31	Ralph Jones (24)		
2:54:33	Allan Shaw	2:55:00 to 2:55:59	
2:54:34	Mike Boitano (12, Cal)	2:55:00	Alex Koenig (48, Cal)
2:54:34	Paul Skudder (Mass)	2:55:00	William Ott (20)
2:54:35*	Larry Endicott (30, Ok)	2:55:00*	Gordon Spicer
2:53:46	Ed Arenz (Minn)	2:55:01	James Graham (Tx)
2:54:36	Martin Aspey (18, Cal)	2:55:01	Rodger McKain (28, Ohio)
2:54:36*	Leroy Chavez (21, NM)	2:55:01	Richard McManon (31, NY)
2:54:36*	Bill Kanan (Kans)	2:55:04	Allan Silber (NY)
2:54:37*	John Clay (37, Neb)	2:55:05	Don Dixon (46, NY)
2:54:37*	Patrick Finn (Cal)	2:55:05*	Mark Dudzik
2:54:37	Paul McSorley (45, Pa)	2:55:05	Allan Lockyer (23)
2:54:37	Alex Monterrosa (Cal)	2:55:05	Wallace Wood (21, Ill)
2:54:38	Derrick Mahaffey (40+)	2:55:06	Charlie Schmid (19, Mo)
2:54:39	Robert Sympson (Kans)	2:55:07	Hank Devine (Conn)
2:54:40*	Jerry Baldonado	2:55:07	Fred Janiec (16, NJ)
2:54:40	Roland Quintini (23, Ind)	2:55:08*	Paul Cook
2:54:40	Rodger Low (22, Ark)	2:55:08*	Jose Gomez
2:54:40	Bruce Petrie (20, RI)	2:55:08	William Martin (Mich)
2:54:40	J. Brian Thomas	2:55:09	Charles Pietka (26, Ore)
2:54:41	Brent Beams (17, Ohio)	2:55:09	David Scott (17, Ill)
2:54:41	Roger Kavanaugh (33, Mich)	2:55:09	David Vaugh (29, Ore)
2:54:41	William Weber (18, NY)	2:55:10	Craig Araujo (17)
2:54:42*	Paul Coffin (Ia)	2:55:10	Jerry Beaber (46, Ohio)
2:54:43	Charles Pollard (21, Wis)	2:55:10	Frank Dauncey
2:54:43	John Thelin (26, Cal)	2:55:10	Michael Durdovic

Doug Schmenk, 1973 AAU champion, was relatively inactive during '74. Yet he produced the second fastest time of his career—2:17:20. (Doug Schwab photo)

- 2:55:10 John Greenburg (NJ)
 2:55:10 Timothy Masters (Mich)
 2:55:10 Paul Riefberg (24, NY)
 2:55:11 Celimo Cordoba (20, NY)
 2:55:11 John Howes (43, NY)
 2:55:12 Jeff Bailey (29, Ind)
 2:55:12 Diane Barrett (13, Ariz)
 2:55:12 Larry Boies (Minn)
 2:55:12 John Vercollone (Mass)
 2:55:13 Michael Berry (Vt)
 2:55:13 Les Kinion (37, Md)
 2:55:14 Rich Garvey (15, La)
 2:55:15 John Coffey
 2:55:15 Frank Pflaging (42, Md)
 2:55:16 Mike Garcia (18, Hawaii)
 2:55:17 Robert Stoehr (Vt)
 2:55:19 Daniel Russell (48, NJ)
 2:55:19 Daniel Wilson
 2:55:20 William Bowers (Mass)
 2:55:20 S. A. Crabtree
 2:55:20 John Hanna (17, Cal)
 2:55:20 Bob Porter (45, Cal)
 2:55:21 Peter Fenlon (30, Va)
 2:55:22 Dwight Anderson (26, Ore)
 2:55:22 Jim Hurley
 2:55:22 Vincent Vitto (Mass)
 2:55:24 Nina Kuscsik (35, NY)
 2:55:24 Cedric Michalak (38, Wis)
 2:55:25* Mike Nichols
 2:55:25 Roy Reisinger (Alaska)
 2:55:25 Daniel Walter (40, Mich)
 2:55:26 Mike Jacobs (Fla)
 2:55:27 Tom Devine (33, ND)
 2:55:27 Paul Siml
 2:55:28 Gordon Bess
 2:55:30 Richard Westbrook
 2:55:31 Robert Crowther (Ill)
 2:55:32 Bob Kuchenmeister (18, Cal)
 2:55:32 Jim Powell
 2:55:33 Darty Cronin
 2:55:33 Stanley Wanat (33, NJ)
 2:55:34 Jon Kniola
 2:55:34 Joseph O'Flaherty (NC)
 2:55:35 Jeffrey Hamilton (Mass)
 2:55:36 Daniel Giaouque (Ohio)
 2:55:37 Robert Bechill (19, Md)
 2:55:37 Jerry Haslam (19, NY)
 2:55:38 Leland McCrary (26, Mo)
 2:55:38* Ed Swan
 2:55:40 Bob Heitel
 2:55:40 Jerry Kokesh (24, Mo)
 2:55:41 Steve London (31, Mass)
 2:55:41 Richard Stiller (Cal)
 2:55:42 Kenneth Shaw (Conn)
 2:55:43 John Armstrong (45, Cal)
 2:55:44 Kevin Higgins (NY)
 2:55:44 Scott Rutherford (41, Md)
 2:55:44 Barry Sheckley
 2:55:44 Kirk Pfrangle (26, Mass)
 2:55:44 C.P. Thomas (39, SC)
 2:55:45 Gregory Dottor
 2:55:45 Richard Michael (Mich)
 2:55:45 Robert Turnbull (32, Ill)
 2:55:46 Anthony Batelle (Mass)
 2:55:46 Richard Henderson (31, Maine)
- 2:55:46 John Joyce
 2:55:47 Joe Caldwell (41)
 2:55:47 Floyd Hoffman
 2:55:48 Lawrence Hoyt (NC)
 2:55:49 Malcolm Shortleff (Ill)
 2:55:50 Paul Farrier
 2:55:50 John Lafferty (55+, Cal)
 2:55:51 Steve Capps (NY)
 2:55:51* Bob Letson
 2:55:52 Myron Bigelow (Mass)
 2:55:52 Joe Messina (26, NY)
 2:55:52 Darrell Stenhoff (16, Mo)
 2:55:53 Michael Glass (21, Mass)
 2:55:53 Randy Keith (16, Cal)
 2:55:53 Robert Lamberson
 2:55:54 John Hoogasian (24, Mass)
 2:55:56 Mervin Bryan
 2:55:57 Sam Bosetti (43, Hawaii)
 2:55:58 Santos Reynaga (25, Cal)
- 2:56:00 to 2:56:59**
- 2:56:00 Stephen Lorenz (29, Md)
 2:56:01 Herman Atwood (NJ)
 2:56:01 Frank Jackson (20, NY)
 2:56:02 John Browne (Kans)
 2:56:02 John Reppy (43, NY)
 2:56:03* Sam Clarke (40+)
 2:56:03* Robert Cooper (Cal)
 2:56:03* John Hawkins (Neb)
 2:56:05 Dennis Reid (25)
 2:56:06 Daswell Campbell (Mich)
 2:56:06 Myron Shapero (Cal)
 2:56:07 Larry Glose (19, NY)
 2:56:09 Bob Condon (Fla)
 2:56:09 Gary Weston
 2:56:10* Patrick Brand
 2:56:10 Mike Bullit (28, Tex)
 2:56:10 Peter Mattei (50, Cal)
 2:56:10* I. G. Oddershade (26)
 2:56:11 George Boring (37, NJ)
 2:56:11 David Seiler (43, Va)
 2:56:12 Thomas Scanlon (26, Cal)
 2:56:13 Robert Jeffrey
 2:56:13 Hap Laylor (44)
 2:56:14 Joseph Czech (Mich)
 2:56:14 Ed Teague (24, Hawaii)
 2:56:15 Russ Trytek (Cal)
 2:56:17 Hardy Menees (26, Mo)
 2:56:18 George Conn (39, NC)
 2:56:18 John Forster (28, NY)
 2:56:18 Ronald Galvin (17)
 2:56:18* Ray Edgerly (Conn)
 2:56:19 Johnny Nitek (NJ)
 2:56:20 Edward O'Rourke (35, Md)
 2:56:21 David Hodgdon
 2:56:21 Rob Nielsen (19, Ill)
 2:56:21 Jerry Smith (NJ)
 2:56:22 John Geer (28, Cal)
 2:56:22 David Gurley (22, Ill)
 2:56:22 David Wishart (28, Neb)
 2:56:22 Rudy Zingler (NY)
 2:56:23 Raymond Prozdowski
 2:56:24 Vassili Triontes (19, Md)
 2:56:24* Mark Winder (Wash)
 2:56:25 Harry Berkowitz (34, NY)

2:56:26	David Clifford	2:57:07	Patrick Curl (17, Ore)
2:56:27*	Mark Llewellen (17, Cal)	2:57:07	Sean McGinn (16, Cal)
2:56:27	Dutch Workman (12, Ariz)	2:57:07	Frank Rick (41, Pa)
2:56:30	Mark Noll (18, Pa)	2:57:09	Dwight Higgins (Tx)
2:56:30	Manuel Ruiz (Tx)	2:57:09	Field Ryan (42, Wash)
2:56:31	Wright Williams	2:57:09	Ernest Thieleker (41, Fla)
2:56:32	William Knapp (19, NJ)	2:57:09	John Toms (Mass)
2:56:37	James Decker (NY)	2:57:10	Joe Viverito (41, NY)
2:56:37	Augusto Diamantini	2:57:13	Hans Roenau (Cal)
2:56:37	Ermanno Rossi (Kans)	2:57:13	Walt van Zant (34, Cal)
2:56:38	Jim Lilliefors (18, Md)	2:57:14	Richard Gilchrist (Cal)
2:56:39	Keith Kahl (43, Tenn)	2:57:16	Douglas Edmondson (25, Minn)
2:56:39	Gregg Wirtz (18, Wash)	2:57:16*	Bill Fox (32)
2:56:40	Peter Mandel	2:57:16*	Ed Gutierrez (18)
2:56:40	Gerald Bocci (Mich)	2:57:16	Carroll Neff (Ohio)
2:56:40	Charles Gibson (39, Tenn)	2:57:17	William DeVita (25, Cal)
2:56:41*	John Duwell (21, Wis)	2:57:18*	Kevin Averstron
2:56:41*	Jack Harbaugh (Jr, Pa)	2:57:20	Ashton Cooper
2:51:42	George Buttworth (Mass)	2:57:20	Jim Nealon (19, RI)
2:56:42	Dave Mason (30, Ohio)	2:57:21	Dale Horton (19, Tex)
2:56:43	Russ Akers (40+, Wash)	2:57:22	Dan Granoff (30, Ohio)
2:56:43	Roger Murray (Cal)	2:57:22	Mike Pierce (21, Cal)
2:56:44	Robert Powers	2:57:22	Bob Schneider (18, Minn)
2:56:45	Ken Blaydow	2:57:23	Joel Lobel (28, Nev)
2:56:46	William Divita (Cal)	2:57:23	Fred Wellman (33, Cal)
2:56:46	Karl Neander (38, Pa)	2:57:24	David Niederhaus (33)
2:56:47*	Dan Eidem (Tex)	2:57:25	Dan Ellison
2:56:47	Bill Fox (17)	2:57:25	Joseph Frattaroli
2:56:48	Williams Buckholz (NY)	2:57:25*	Allan Kniep (1a)
2:56:48	Joe Shea (44, Va)	2:57:26	Gary Lathrop (Cal)
2:56:49	Ted Hammet (Mass)	2:57:27	Norman Sloan (36, Ok)
2:56:49	Jack Harper (43, Cal)	2:57:27	Brian Stansauk
2:56:49	William Walker (25, Va)	2:57:28	Patrick Folman (22, Mn)
2:56:50	Ben Londeree (40, Mo)	2:57:28	Keith Forman
2:56:50	Stephen Shostron (Ill)	2:57:28	Kevin Kitze (15, Mich)
2:56:52	Jeff Burkett (18, Ind)	2:57:28	Walt Schaffer
2:56:52	Sam Nicholson (44, Cal)	2:57:30	Robert Bork (38, Ore)
2:56:53	William Maus	2:57:30	Guenter Erich (47, NJ)
2:56:53*	Monty Montgomery (68, Cal)	2:57:30	Mark Ostler (18, Ohio)
2:56:54	George Basanda (NY)	2:57:30	Jerry Swartsley (33, Ore)
2:56:54	James Comyns (42, Ohio)	2:57:31	Philip McGough (29, Cal)
2:56:54	Don Dolan (NY)	2:57:32	Brian Bonner (27, Cal)
2:56:55	John Balsler (25)	2:57:32	Raymond Currier (NH)
2:56:55	Jaime Naranjo (18, Cal)	2:57:32	Fred Peterson (28, Ill)
2:56:55	Tim Todd (18, Ohio)	2:57:32*	Kevin Starich (18)
2:56:56	Anthony Chmura (20, NY)	2:57:33	Tom Lawrence (Cal)
2:56:56	Dick Croteau (32, Cal)	2:57:34*	Don MacIntosh (40+, Cal)
2:56:56	John Kennedy (32, Va)	2:57:34*	Mark Mell
2:56:57	Richard Caldwell (23, Md)	2:57:34	Mark Roth (Jr., Pa)
2:56:57	Ted Carlson (Mich)	2:57:36*	Dick Dameron (21, NY)
2:56:57*	George Rivera (18, Ariz)	2:57:36*	Bob Doran
2:56:57	Ray Russell (Fla)	2:57:36	Colin Guiver (45, Cal)
2:56:58	David Hinz (22)	2:57:36	Cal Rifkin (24, Fla)
2:56:58	Richard Trembley (Kans)	2:57:37	David Martin
2:56:58	Les Wynn	2:57:38	Gabriel Hiza
2:57:00 to 2:57:59		2:57:38*	David Holland
2:57:02	David Callard (36, Md)	2:57:38	Max Neumazi
2:57:02	Jeffrey Smith (22, Ore)	2:57:39	Richard Seidman (NY)
2:57:03*	Edward Barwick (33)	2:57:40	Ralph Crozier (17, Ind)
2:57:04	Allan Lindsay	2:57:41	Charles Benarroch (Cal)
2:57:04	Del Lineham (41, Cal)	2:57:41	Robert Pinion (26, Ok)
2:57:04	John Roberts (32, Tex)	2:57:42	Steven Fortescue (17)
2:57:05	Richard Johnson (Mass)	2:57:42	Jeff Hamilton (20)
2:57:06	Richard Lemay	2:57:43	William Jackson
2:57:06	John Weinstock (38, Tex)	2:57:43	Richard Madison (41, Minn)

- 2:57:43 T. R. Siggins (23, Hawaii)
 2:57:44 Bill Botting
 2:57:44 Robert Nerrotti (Mass)
 2:57:45 Mitchell Cohen (16, NJ)
 2:57:45 Robert Grant (25, Wash)
 2:57:45* Roger Wiegand (31, Neb)
 2:57:45 Phillip Wingard (18, Cal)
 2:57:46 Dennis McMellish (Pa)
 2:57:46 Charles Paul (33, Va)
 2:57:47 Arnold Fraiman (48, NY)
 2:57:47* James Korb
 2:57:49 Wil Fieldhouse (16, Ill)
 2:57:50* Greg Palmer
 2:57:50 Louis Pavloff (40+, Fla)
 2:57:52 Ken Byers (31, Ga)
 2:57:52 Jon Epperson (36, Tex)
 2:57:52 Richard Nelson (17, Cal)
 2:57:52 Jeff Richman (Mass)
 2:57:52 David Statlers (18, Md)
 2:57:53 Christopher Potter
 2:57:53 John Sherrill (28)
 2:57:54 Arthur Boettcher
 2:57:55 David Austin
 2:57:55 John Baker (39, Md)
 2:57:56 Danny Kortman (17, Ind)
 2:57:56 Gene Uselton (Tex)
 2:57:57 George Duvall (Cal)
 2:57:57 Henry Naeger (21, Md)
 2:57:57* Hilary Worthon (Mass)
 2:57:58 George Sanborn (NY)
 2:57:58 Richardo Ursin
 2:57:59 Brice Hammerstein (22, Cal)
 2:57:59 Al Peterson (27, Cal)
 2:57:59 Chris Tatreau (Pa)
- 2:58:00 to 2:58:59**
 2:58:00 Paul Anderson (36, Ohio)
 2:58:00 Steven Cotherman (Ind)
 2:58:01 Stephen Lord (NY)
 2:58:01 Carlos Mora (46, Hawaii)
 2:58:02 Gough Reinhardt (Cal)
 2:58:03 Doug Berry (15, Cal)
 2:58:03 Phil Gordon (40)
 2:58:05 Sam Benedict (27, Ga)
 2:58:06* Bob Creighton (40, Kans)
 2:58:07 Tom Baum (41, NJ)
 2:58:08 Mark Cocker (NJ)
 2:58:08 Peter Klopfer (44, NC)
 2:58:08 David Smith (Pa)
 2:58:08 Daniel Thimsen (18, Minn)
 2:58:09 David Fields
 2:58:09* Karl Larson (50+, Ia)
 2:58:09 Joan Uillyot (34, Cal)
 2:58:10 Dale Ladd
 2:58:12 Albert Hill (24, Md)
 2:58:12 Craig Minor (Mich)
 2:58:12 Rick Pflaum (Cal)
 2:58:12 Carl Soderstrom (30, Md)
 2:58:13 David Gills (35, Cal)
 2:58:13 Mario Hidalgo (15, Cal)
 2:58:14 David Haugen (36, Wash)
 2:58:15 Rich Rausch (21)
 2:58:15 Dave Turban (19, Hawaii)
 2:58:16 John McCoy (NY)
 2:58:16 Thomas Tuohy (Ill)
 2:58:16 Ellen Turkel (20, NY)
 2:58:17 Dion Stewart
- 2:58:19 Bill Wright
 2:58:21 William Gordon (40+, Pa)
 2:58:22 Ralph Jackson (27)
 2:58:23 Steven Durand (17, Cal)
 2:58:23 David Larson (38, Cal)
 2:58:23 Gerard Mahoney (Mass)
 2:58:23 Rod Siegele (Kans)
 2:58:24 Walter Carter (18)
 2:58:24 Arnis Paeglis (RI)
 2:58:24 Gary Rigg
 2:58:24 Rich Sands
 2:58:24 Frank Thomas
 2:58:24 Wayne Zook (56, Cal)
 2:58:25 Wallace Brown (20, Ind)
 2:58:25 Dennis Knight (38, Cal)
 2:58:26 Dennis Urtiaga (25, Cal)
 2:58:26 Charles Wood (40+)
 2:58:29 Detmar Oberhoessel (Cal)
 2:58:30 William LaGrange (30, Colo)
 2:58:32 Daniel Parker (NY)
 2:58:33 Art Kijek (NY)
 2:58:34* Bob Cadlin
 2:58:34 James Clark
 2:58:34 Mark Hamlett (18, Md)
 2:58:34 Gerard Putallaz (Cal)
 2:58:34 Robert Satko (Jr., Pa)
 2:58:35 Bob Brown (Cal)
 2:58:36 Steve Balan (19, Tex)
 2:58:36* Bill Flint
 2:58:36* Robert Logan
 2:58:36 John Petke (35)
 2:58:36 Bill Shanahan (43, NY)
 2:58:36 Hilmar Von Schoenfeldt (37, Ok)
 2:58:37* Steve Brooks (Cal)
 2:58:37 Steven Sedgwick (28, ND)
 2:58:38 Mike Curtis
 2:58:38 Peter Powers (NY)
 2:58:39 Mark Greenblatt (26, NY)
 2:58:39 James Pruitt (Pa)
 2:58:39 John Stayton (Cal)
 2:58:39 Richard Tashjian (Mass)
 2:58:40* Ron Hess (Tex)
 2:58:42* Bob Bartling (48, SD)
 2:58:42* Donald Fass
 2:58:42 Frank Gaval (27, Pa)
 2:58:43* Lyle Claussen (27)
 2:58:43 Robert Merkl (20, NY)
 2:58:44 Marilyn Paul (36, Ore)
 2:58:44 Timothy Quigley (Wis)
 2:58:44 Dwight Ruggins (21, Tex)
 2:58:45 Larry Clark
 2:58:45 Raymond Larson (Ohio)
 2:58:45 Robert McBrien (38, Md)
 2:58:46* Glen Roberts
 2:58:47 Sanders Haley (DC)
 2:58:47 Gene Sharp (21, Cal)
 2:58:48 Alan Baribeau (27, Tex)
 2:58:48* Joseph Meza
 2:58:49 Owen Cramer (NY)
 2:58:49 David Gershon
 2:58:49* John Griffith
 2:58:50 John Heald (Pa)
 2:58:50 Dan Richey (Cal)
 2:58:50 Robert Urie (NY)
 2:58:51 Burton Ellison
 2:58:51 Bill Hersh

2:58:51	Bernie Little (19, Mich)	2:59:22	Tom Duranti
2:58:52	Thomas Anzevino (NJ)	2:59:22*	Terry Kennebeck
2:58:52	Douglas Chase	2:59:22	Dick Lake (39, Mo)
2:58:52	John Hirst (38, Pa)	2:59:22	Val Lewton (DC)
2:58:52	Henry Murphy (18, NY)	2:59:22	Perry Longaker (Mass)
2:58:52	John Robinson (16)	2:59:22	Kevin Richardson (17, Ill)
2:58:53	Don Freedline (18, Pa)	2:59:22	Bruce Woodford (Ohio)
2:58:53*	Robert Charles Lunn (Ohio)	2:59:23	Craig Mason (16, Ind)
2:58:53	Peter Reinhart (NJ)	2:59:23	Tom McDowell (22, Pa)
2:58:53	James Welsh (25)	2:59:23	Kevin Searls (16, Cal)
2:58:54	Dwight Hendrix (20, Cal)	2:59:24	Charles Rice (Ariz)
2:58:55*	Ken Fields (25, Mo)	2:59:25*	Joel Strote (35, Cal)
2:58:55	Edward Hotchkiss (NY)	2:59:25	John Welch (27)
2:58:55	Peggy Lyman (26, Cal)	2:59:26*	Gary Young (22)
2:58:56	Larry Grey (31, Ore)	2:59:28	Dale Harris (Pa)
2:58:57	Robert Berthold (32)	2:59:31	Gene Minor (NJ)
2:58:57	Anthony Formichella (19)	2:59:34	Michael Hughes
2:58:57*	Dan Scott (Jr, Cal)	2:59:34	Newman Wyatt (31, Ore)
2:58:59	Bruce Miller (35, NJ)	2:59:36	Roland Anspach (40+, Ohio)
2:59:00 to 2:59:59		2:59:36	James Lytle (Ohio)
2:59:00	Harvey Farrill (Cal)	2:59:36	Samuel Paris (NY)
2:59:01	Dennis Tracy (28, Cal)	2:59:37*	Frank Katterman (44, Ariz)
2:59:02	Eric Brown (Mass)	2:59:37	Valmore Pierer (34, Cal)
2:59:02	Carlos Cruz (Jr, Cal)	2:59:37	David Mount (36, Ariz)
2:59:02	Mark Sullivan (18)	2:59:37	Jim Waters (33, Cal)
2:59:03	Larry Bruce (Ind)	2:59:38	Richard Davies (Cal)
2:59:03	Wayne Lamothe (Mass)	2:59:38	T. J. Love
2:59:04	Ralph Fuller (NY)	2:59:39*	Paul Farhi (Jr, Cal)
2:59:04	Thomas Pierce (41, Cal)	2:59:39	John Hack (32)
2:59:05	Ben Buckner	2:59:39	Donald Lucas (Tex)
2:59:06	Robert Blakemore (16, Va)	2:59:39	Frank Machnik (22, Mich)
2:59:06	Thomas Cook (17, Conn)	2:59:41*	Don Burnett (20, Ok)
2:59:07	Don Staniszewski (17)	2:59:41*	Jerry Hamilton (37, Mo)
2:59:07	Dave Stuckwisch (21, Md)	2:59:41	Paul Vanture (Alaska)
2:59:08	David Lhurs (17, SC)	2:59:42	Michael Shoemaker (19, Va)
2:59:10*	Scott Hamilton (46, Hawaii)	2:59:44	Jim Baehr (19, Ore)
2:59:10	Joe Schrag (35, Kans)	2:59:45	Leroy Currier (Fla)
2:59:11	Dick Bentsen	2:59:45	Morgan Edwards (27, Wash)
2:59:12	Barry Bloom (Cal)	2:59:45	Larry Graf (23, Ohio)
2:59:12	Alex Galbraith (24, Tx)	2:59:46	Alan Klein (24, Mo)
2:59:13	Jerry Anders (35, Ia)	2:59:46*	Lew Sanza
2:59:14	James Fahey (Conn)	2:59:47	Vena Novy (28, Md)
2:59:15	Martin Brekeller (37, NY)	2:59:49	Timothy Rensema (NY)
2:59:15*	Dwight Howe (Mass)	2:59:49	Mark Hamilton (23, Ore)
2:59:15	Bruce Migell (Mass)	2:59:51	Mike Shields (22, Ga)
2:59:15	Rich Renshaw (13, Mo)	2:59:51	Russell Pettibone
2:59:16	Tom Burns (Jr, Ill)	2:59:51	John Thornhill (Mass)
2:59:16	David Matheny (25, Va)	2:59:52	John Wall (61, Md)
2:59:16	Harry Richards (NJ)	2:59:52	Jim Way (Vt)
2:59:17*	Tommy Owen (10, Cal)	2:59:53	Allan Brunner (NJ)
2:59:16	John Bernero	2:59:53*	Carl Farmer (17, Ariz)
2:59:18	James Fahey (33, Conn)	2:59:55*	Mark Caulfield (16)
2:59:18*	Dan Smith (15)	2:59:55	Fred Davis (Pa)
2:59:19	R. G. Brown (Pa)	2:59:55	Benjamin Paolillo (15, Ind)
2:59:19	Robert Crossin (Pa)	2:59:55	Howard Russell (Vt)
2:59:19*	Joe Hanley (Mass)	2:59:55	Dave Slaughter (18, Ind)
2:59:19	Craig Tsiminakis (Mich)	2:59:56	James Marimaccio (NJ)
2:59:20	David Brier	2:59:58	Peter Finnegan (Pa)
2:59:20	Mike Coke	2:59:58	Ronald Kimiec (Mass)
2:59:20	Raymond Hurley (22, Tex)	2:59:58	Alan Maddaus (29, NY)
2:59:20	Joseph Schuessler (NY)	2:59:58	Paul McSweeney (30, NY)
2:59:20	Bob Spielman (27, Minn)	2:59:58*	Paul Roldan (Kans)
2:59:20	Bob Tegtmeier (Colo)	2:59:59	Norman Bright (60+, Wash)
2:59:20	Robert Kaplan (NY)	2:59:59	Larry Swanson (23, Ill)
2:59:21	Paul Kinyon (16, Ill)	2:59:59	Dennis Werling (33, Ill)
		2:59:59	Harold Fields

WOMEN'S LISTS

A basic truth of running is that opportunity and improvement go together. Runners demand races, and this creates new marathoners. This has been apparent with the women, who've only had the official okay to run marathons since 1972. That year, we listed 53 American women under four hours. The number climbed to 91 in 1973. And in '74, with national and international championships being run for the first time, 141 US women are under four hours.

Women's marathoning is picking up status and speed at the same time. The world best came down three times between December 1973 and December '74. Miki Gorman ran 2:46:36, Chantal Langlace improved that by 12 seconds, then Jacki Hansen trimmed it to 2:43:54. West German Liane Winter won the first international title, and Judy Ikenberry was the first American champion.

(* = time from an uncertified course.)

All-Time World Top 100

by Antonin Heyda

NAME (AGE, NATION)	TIME (YEAR)		
1. Jacki Hansen (26, US)	2:43:54 (74)	23. Karin Pagaard (27, Den)	2:57:41 (74)
2. Chantal Langlace (19, Fr)	2:46:24 (74)	24. Winter (32)-2	2:57:44 (74)
3. Miki Gorman (38, US)	2:46:36 (73)	25. Joan Uillyot (34, US)	2:58:09 (74)
4. Gorman (38)-2	2:47:11 (74)	26. Ellen Turkel (20, US)	2:58:16 (74)
5. Cheryl Bridges (23, US)	2:49:40 (71)	27. Irja Pettinen (24, Fin)	2:58:34 (74)
6. Liane Winter (32, WG)	2:50:31 (74)	28. Marilyn Paul (36, US)	2:58:44 (74)
7. Marjorie Kaput (16, US)	2:51:38 (74)	29. Preuss (27)-2	2:58:46 (74)
8. Langlace (19)-2	2:51:45 (74)	30. Ikenberry (31)-3	2:58:47 (74)
9. C. Kofferschlagler (25, WG)	2:53:00 (74)	31. Kuscsik (34)-4	2:58:50 (73)
10. Teri Anderson (19, US)	2:53:40 (73)	32. Peggy Lyman (26, US)	2:58:55 (74)
11. Judy Ikenberry (31, US)	2:54:28 (74)	33. Margie Norem (20, US)	2:59:12 (73)
12. Kofferschlagler (25)-2	2:54:40 (74)	34. Marijke Moser (28, Switz)	2:59:24 (74)
13. Diane Barrett (13, US)	2:55:12 (74)	35. Kofferschlagler (24)-3	2:59:25 (73)
14. Ikenberry (31)-2	2:55:17 (74)	36. Norem (20)-2	2:59:30 (73)
15. Beth Bonner (19, US)	2:55:22 (71)	37. Kuscsik (33)-5	2:59:43 (72)
16. Nina Kuscsik (35, US)	2:55:24 (74)	38. S. Monspert (24, Hun)	2:59:53 (72)
17. Bridges (24)-2	2:55:44 (72)	39. Kuscsik (35)-6	3:00:01 (74)
18. Anderson (19)-2	2:55:45* (72)	40. Ikenberry (30)-4	3:00:05 (73)
19. Manuella Preuss (27, WG)	2:55:59 (74)	41. Kathy Gervasi (US)	3:00:10* (74)
20. Kuscsik (32)-2	2:56:04 (71)	42. Paola Cacchi (26, Italy)	3:00:47 (71)
21. Hansen (25)-2	2:56:25 (74)	43. Uillyot (34)-2	3:00:56 (74)
22. Kuscsik (34)-3	2:57:07 (73)	44. Mary E. Boitano (10, US)	3:01:15 (74)
		45. Gabriele Schiess (29, Swi)	3:01:27 (74)

2:54:38 Judy Ikenberry (31, US)

2:55 to 2:59

2:55:12 Diane Barrett (13, US)
 2:55:24 Nina Kuscsik (35, US)
 2:55:59 Manuella Preuss (27, WG)
 2:57:41 Karin Pagaard (27, Den)
 2:58:09 Joan Ulliyot (34, US)
 2:58:12 Ellen Turkel (20, US)
 2:58:34 Irja Pettinen (24, Fin)
 2:58:44 Marilyn Paul (36, US)
 2:58:55 Peggy Lyman (26, US)
 2:59:24 Marjike Moser (28, Switz)

3:00 to 3:04

3:00:10* Kathy Gervasi (US)
 3:01:15 Mary Etta Boitano (10, US)
 3:01:27 Gabriele Schiess (29, Switz)
 3:01:39 Kathrine Switzer (27, US)
 3:01:49 Eileen Waters (28, US)
 3:01:59 Cindy Dalrymple (32, US)
 3:02:48 Anne-Marie Saugnac (32, Fr)
 3:03:15 Maria Brzezinska (25, Can)

3:05 to 3:09

3:05:06 Siv Jensen (Swe)
 3:05:07 Lucy Bunz (27, US)
 3:05:12 Lydia Ritter (32, WG)
 3:06:40 Gail Barron (29, US)
 3:07:03 Caron Schaumberg (33, US)
 3:07:27 Merry Cushing (35, US)
 3:07:32 Gerda Rienke (36, WG)
 3:08:13 Claire Spauben (24, Hol)
 3:08:20 Jan Arenz (23, US)
 3:08:23 June Chun (14, US)
 3:08:24 Nina Koustrup (15, Den)
 3:08:44 Renate Kieninger (WG)
 3:08:54* Charlotte Lettiss (US)
 3:09:26 Valerie Rogosheske (27, US)
 3:09:29 Lone Dybdahl (Den)
 3:09:47 Sue Mallery (US)

3:10 to 3:14

3:10:44* Donna Gookin (37, US)
 3:12:01 Sigrid Nadon (33, Can)
 3:12:04 Esther Floramonti (27, Switz)
 3:12:11 Irene Rudolf (32, US)
 3:12:25 Luanne Kralick (43, US)
 3:12:27 Jenny Taylor (26, US)
 3:12:43 Brigitta Andersson (Swe)
 3:13:13 Diane Williams (13, US)
 3:13:14 Ulla Seger (Swe)
 3:13:44 Irmgard Detmars (WG)
 3:13:48 Kathy Loper (31, US)
 3:13:51 Regina Schiek (38, WG)

3:15 to 3:19

3:15:20 Nicki Hobson (44, US)
 3:16:01 Leah Ferris (31, US)
 3:16:03 Marie Albert (15, US)
 3:16:15 Darlene Wallach (23, US)
 3:16:23 Christa Borglund (25, Swe)

3:16:49 Joy Chun (14, US)
 3:17:14 Jeanne Crandall (US)
 3:17:42 Marilyn Bevans (34, US)
 3:17:44 Ruth Anderson (45, US)
 3:18:05 Irmgard Grau (WG)
 3:18:29 Virginia Moore (27, US)
 3:19:02 Bozena Syska (19, US)
 3:19:06 Janet Heinonen (23, US)
 3:19:24 Pam Earle (31, US)
 3:19:34 Teresa Ashworth (25, Can)

3:20 to 3:24

3:20:02 Lilo Kalweit (39, WG)
 3:20:10 Nancy Landay (24, US)
 3:20:11 Chris Sakelarios (14, US)
 3:20:59 Doreen Assumma (15, US)
 3:21:09 Helen Spiegelman (US)
 3:21:15 Sigrid Sucker (Den)
 3:21:18 Remeize (22, Fr)
 3:21:40 Gretel Meschde (32, WG)
 3:21:55 Mary Hoffman (20, US)
 3:22:01 Jutta von Haase (WG)
 3:22:10 Mary Mapelli (21, US)
 3:23:11 Patricia McSwegin (31, US)
 3:23:22 Martha Klopfer (39, US)
 3:23:30 Rose-Marie Ostberg (Swe)
 3:23:31 Karen Bessey (23, US)
 3:23:53 Kathy Woodbridge (17, US)
 3:23:00 Ingrid Bracco (35, Italy)
 3:24:06 Mel Langdon (US)
 3:24:14 Louise Adamson (24, US)
 3:24:17 Linda Bottlik (11, US)
 3:24:25 Lori Watkins (16, US)
 3:24:26 Francine Poirrier (22, Can)
 3:24:38 Jean Maier (US)
 3:24:54 Eva-Marie Westphal (56, WG)

3:25 to 3:29

3:25:09 Sandy Davis (28, US)
 3:25:11 Betsy White (36, US)
 3:25:33 Mary Devlin (US)
 3:25:54 Jeanne Bocci (30, US)
 3:25:54 Elaine Pedersen (37, US)
 3:25:54 Margaret Rosasco (26, US)
 3:26:05 Silvia Pecka (25, Switz)
 3:26:09 Gerhil Kiermeier (WG)
 3:26:10 Maxi Teichmann (WG)
 3:26:12* Mary Carman (13, US)
 3:26:45 Katherine Smith (19, US)
 3:27:17 Yvette Cotte (14, US)
 3:27:21 Odette Vetter (26, Switz)
 3:27:24 Gail Gustafson (31, US)
 3:27:47 Leoni Bachmann (Switz)
 3:27:55 Susan Rossiter (28, US)
 3:28:00 May Chun (15, US)
 3:28:26 Elizabeth Sadoff (25, US)
 3:28:46 Michelle McKean (11, US)
 3:29:00 Constance Junghans (27, US)
 3:29:20 Inge Huttner (WG)
 3:29:53 Kathy Good (16, US)

Kathrine Switzer, a pioneer in women's marathoning, improved to 3:01 during the year. Here, she's winning the New York City marathon. (Jeff Johnson photo)



All-Time U.S. Top 100

NAME	TIME (YEAR)		
1. Jacki Hansen (26)	2:43:54 (74)	58. Switzer (27)—3	3:07:29 (74)
2. Miki Gorman (38)	2:46:36 (73)	59. Wake (34)—2	3:07:36 (74)
3. Gorman (38)—2	2:47:11 (74)	60. Kaput (15)—2	3:07:46 (74)
4. Cheryl Bridges (23)	2:49:40 (71)	61. Jan Arenz (23)	3:08:20 (74)
5. Marjorie Kaput (16)	2:51:38 (74)	62. Boitano (11)—2	3:08:21 (74)
6. Teri Anderson (19)	2:53:40 (73)	63. June Chun (14)	3:08:23 (74)
7. Judy Ikenberry (31)	2:54:28 (74)	64. Donna Gookin (36)	3:08:26 (73)
8. Diane Barrett (13)	2:55:12 (74)	65. Berman (34)—4	3:08:30 (71)
9. Ikenberry (31)—2	2:55:17 (74)	66. Ulliyot (34)—3	3:08:40 (74)
10. Beth Bonner (19)	2:55:22 (71)	67. Kuscsik (33)—13	3:08:41 (72)
11. Nina Kuscsik (35)	2:55:24 (74)	68. Berman (35)—5	3:08:46 (71)
12. Bridges (24)—21	2:55:44 (72)	69. Charlotte Lettiss	3:08:54* (74)
13. Anderson (19)—2	2:55:45* (72)	70. Kuscsik (32)—14	3:09:00 (71)
14. Kuscsik (32)—2	2:56:04 (71)	71. Valerie Rogosheske (27)	3:09:26 (74)
15. Hansen (25)—2	2:56:24 (74)	72. Waters (27)—3	3:09:35 (73)
16. Kuscsik (34)—3	2:57:07 (73)	73. Sue Mallery	3:09:47 (74)
17. Joan Ulliyot (34)	2:58:09 (74)	74. Kuscsik (34)—15	3:09:52 (73)
18. Ellen Turkel (20)	2:58:16 (74)	75. Kuscsik (33)—16	3:10:26 (72)
19. Marilyn Paul (36)	2:58:44 (74)	76. Switzer (26)—4	3:10:37 (73)
20. Ikenberry (31)—3	2:58:47 (74)	77. Gookin (37)—2	3:10:44* (74)
21. Kuscsik (34)—4	2:58:50 (73)	78. Bunz (27)—2	3:10:55 (74)
22. Peggy Lyman (26)	2:58:55 (74)	79. Kuscsik (32)—17	3:10:-- (70)
23. Margie Norem (20)	2:59:12 (73)	80. Kuscsik (32)—18	3:11:41 (71)
24. Norem (20)—2	2:59:30 (73)	81. Irene Rudolf (32)	3:12:11 (74)
25. Kuscsik (33)—5	2:59:43 (72)	82. Rudolf (32)—2	3:12:20 (74)
26. Kuscsik (35)—6	3:00:01 (74)	83. Luanne Kralick (43)	3:12:25 (74)
27. Ikenberry (30)—4	3:00:05 (73)	84. Jenny Taylor (26)	3:12:27 (74)
28. Kathy Gervasi	3:00:10* (74)	85. Kuscsik (33)—19	3:12:44 (72)
29. Ulliyot (34)—2	3:00:56 (74)	86. Ulliyot (34)	3:13:13 (74)
30. Mary Etta Boitano (10)	3:01:15 (74)	Diane Williams (13)	3:13:13 (74)
31. Kathrine Switzer (27)	3:01:39 (74)	88. Kathy Loper (31)	3:13:48 (74)
32. Bonner (18)—2	3:01:42 (71)	89. Kuscsik (35)—20	3:13:53 (74)
33. Eileen Waters (28)	3:01:49 (74)	90. Turkel (20)—2	3:14:00* (74)
34. Cindy Dalrymple (32)	3:01:59 (74)	91. Loper (31)—2	3:14:30 (74)
35. Caroline Walker (16)	3:02:53 (70)	92. Switzer (27)—5	3:14:40 (74)
36. Betty Wake (35)	3:03:12 (72)	93. Bridges (22)—3	3:14:45 (70)
37. Kim Piper (18)	3:03:27* (73)	94. Kuscsik (31)—21	3:15:07 (70)
38. Lili Ledbetter (12)	3:03:32 (73)	95. Nicki Hobson (44)	3:15:20 (74)
39. Waters (28)—2	3:03:38 (74)	96. Switzer (24)—6	3:15:28 (71)
40. Kuscsik (35)—7	3:04:11 (74)	97. Claire Choate	3:15:44* (73)
41. Sara Berman (35)	3:04:40 (72)	98. Hansen (24)—4	3:15:53 (72)
42. Patricia Barrett (18)	3:04:50 (73)	99. Cushing (34)—2	3:16:00 (73)
43. Berman (33)—2	3:05:07 (70)	100. Leah Ferris (31)	3:16:01 (74)
Lucy Bunz (27)	3:05:07 (74)		
45. Nancy Ihrman (17)	3:05:32 (73)	OTHER RUNNERS IN TOP 100:	
46. Paul (35)—2	3:05:41 (73)	Marie Albert (15)	3:16:03 (74)
47. Switzer (27)—2	3:05:51 (74)	Darlene Wallach (23)	3:16:15 (74)
48. Kuscsik (34)—8	3:05:53 (73)	Cathy Hurl (24)	3:16:44 (73)
49. Hansen (24)—3	3:05:59 (73)	Joy Chun (14)	3:16:49 (74)
50. Kuscsik (35)—9	3:06:00 (74)	Jeanne Crandall	3:17:14 (74)
51. Kuscsik (34)—10	3:06:29 (73)	Marilyn Bevans (34)	3:17:42 (74)
52. Gail Barron (29)	3:06:40 (74)	Ruth Anderson (45)	3:17:44 (74)
53. Kuscsik (32)—11	3:06:57 (71)	Natalie Cullimore (33)	3:18:00 (71)
54. Caron Schaumburg (33)	3:07:03 (74)	Virginia Moore (27)	3:18:29 (74)
55. Berman (34)—3	3:07:10 (70)	Teri Johnson (21)	3:18:56* (73)
56. Kuscsik (35)—12	3:07:24 (74)	Bozena Syska (19)	3:19:02 (74)
57. Merry Cushing (35)	3:07:27 (74)	Janet Heinonen (23)	3:19:06 (74)
		Pam Weigle (29)	3:19:11 (72)
		Pam Earle (31)	3:19:24 (74)

Nadia Garcia (18)	3:20:00 (72)	Jean Maier	3:24:38 (74)
Nancy Linday (24)	3:20:10 (74)	Rebecca White (22)	3:24:47 (73)
Chris Sakelarios (14)	3:20:11 (74)	Sandy Davis (28)	3:25:09 (74)
Donna Sousa	3:20:22 (72)	Betsy White (36)	3:25:11 (74)
Fran Conley (32)	3:20:29 (72)	Marian May	3:25:16* (73)
Elaine Pedersen (35)	3:20:35 (72)	Mary Devlin	3:25:33 (74)
Linda Heinmiller	3:20:45* (73)	Tammy Gilpin (15)	3:25:36 (73)
Doreen Assumma (15)	3:20:59 (74)	Jeanne Bocci (30)	3:25:54 (74)
Helen Spiegelman	3:21:09 (74)	Margaret Rosasco (26)	3:25:54 (74)
Mary Hoffman (20)	3:21:55 (74)	Mary Carman (13)	3:26:12* (74)
Mary Mapelli (21)	3:22:10 (74)	Vicki Foltz (27)	3:26:28 (71)
Calleen King	3:23:03 (73)	Katherine Smith (19)	3:26:45 (74)
Patricia McSwegin (31)	3:23:21 (74)	Nikki Kilgore (29)	3:27:00 (73)
Martha Klopfer (39)	3:23:22 (74)	Yvette Cotte (14)	3:27:17 (74)
Harriet Hollis	3:23:23 (72)	Gail Gustafson (31)	3:27:24 (74)
Karen Bessey (34)	3:23:31 (74)	Susan Rossiter (26)	3:27:53 (72)
Kathy Woodbridge (17)	3:23:53 (74)	May Chun (15)	3:28:00 (74)
Mel Langdon	3:24:06 (74)	Katie Cakebread	3:28:17 (72)
Louise Adamson (24)	3:24:14 (74)	Elizabeth Sadoff (26)	3:28:26 (74)
Linda Bottlik (11)	3:24:17 (74)	Michelle McKean (11)	3:28:46 (74)
Lori Watkins (16)	3:24:25 (74)	Constance Junghans (27)	3:29:00 (74)

U.S. Sub-4:00 Runners in 1974

Sub-3:00

2:43:54	Jacki Hansen (26, Cal)
2:47:11	Miki Gorman (38, Cal)
2:51:38	Marjorie Kaput (16, Ariz)
2:54:28	Judy Ikenberry (31, Cal)
2:55:12	Diane Barrett (13, Ariz)
2:55:24	Nina Kuscsik (35, NY)
2:58:09	Joan Ulliyot (34, Cal)
2:58:16	Ellen Turkel (20, NY)
2:58:44	Marilyn Paul (36, Ore)
2:58:55	Peggy Lyman (26, Cal)

3:00 to 3:09

3:00:10*	Kathy Gervasi (Conn)
3:01:15	Mary Etta Boitano (10, Cal)
3:01:38	Kathrine Switzer (27, NY)
3:01:49	Eileen Waters (28, Cal)
3:01:59	Cindy Dalrymple (32, Hawaii)
3:05:07	Lucy Bunz (27, Cal)
3:06:40	Gail Barron (29)
3:07:03	Caron Schaumberg (33, Cal)
3:07:27	Merry Cushing (35, Mass)
3:08:20	Jan Arenz (23, Minn)
3:08:23	June Chun (14, Hawaii)
3:08:54*	Charlotte Lettis (Mass)
3:09:26	Valerie Rogosheske (27, Minn)
3:09:47	Susan Mallery (Ohio)

3:10 to 3:19

3:10:44*	Donna Gookin (37, Cal)
3:12:11	Irene Rudolf (32, Cal)
3:12:25	Luanne Kralick (43, Cal)
3:12:27	Jenny Taylor (26, Mass)
3:13:13	Diane Williams (13, Cal)
3:13:48	Kathy Loper (31, Tex)
3:15:20	Nicki Hobson (44, Cal)
3:16:01	Leah Ferris (31, Hawaii)

3:16:03	Marie Albert (15, Cal)
3:16:15	Darlene Wallach (23, Cal)
3:16:49	Joy Chun (14, Hawaii)
3:17:14	Jeanne Crandall (Wis)
3:17:42	Marilyn Bevans (34, Md)
3:17:44	Ruth Anderson (45, Cal)
3:18:29	Virginia Moore (27, Hawaii)
3:19:02	Bozena Syska (19, NY)
3:19:06	Janet Heinonen (23, Ore)
3:19:24	Pam Earle (31, Wash)

3:20 to 3:29

3:20:10	Nancy Linday (24, NY)
3:20:11	Chris Sakelarios (14, Cal)
3:20:59	Doreen Assumma (15, Cal)
3:21:09	Helen Spiegelman (Wash)
3:21:55	Mary Hoffman (20, NY)
3:22:10	Mary Mapelli (21, NY)
3:23:11	Patricia McSwegin (31, Ohio)
3:23:22	Martha Klopfer (39, NC)
3:23:31	Karen Bessey (36, Cal)
3:23:53	Kathy Woodbridge (17, NJ)
3:24:06	Mel Langdon (Wash)
3:24:14	Louise Adamson (24, Cal)
3:24:17	Linda Bottlik (11, Cal)
3:24:25	Lori Watkins (16, Cal)
3:24:38	Jean Maier (Cal)
3:25:09	Sandy Davis (28, Ill)
3:25:11	Betsy White (36, Cal)
3:25:33	Mary Devlin (Pa)
3:25:54	Jeanne Bocci (30, Mich)
3:25:54	Elaine Pedersen (37, Cal)
3:25:54	Margaret Rosasco (26, Md)
3:26:12*	Mary Carman (13, Cal)
3:26:45	Katherine Smith (19, Md)
3:27:17	Yvette Cotte (14, Cal)
3:27:24	Gail Gustafson (31, Cal)

- 3:27:55 Susan Rossiter (20, Wash)
 3:28:00 May Chun (15, Hawaii)
 3:28:26 Elizabeth Sadoff (25, DC)
 3:28:46 Michelle McKean (30, Cal)
 3:29:00 Constance Junghans (27, Md)
 3:29:53 Kathy Good (16, Md)
- 3:30 to 3:39**
- 3:30:07 Bobbie Moore (Ore)
 3:30:52 Kim Williams (Cal)
 3:31:35 Mary Gleny (Fla)
 3:31:42* Margaret Langdon (Alaska)
 3:31:43 Nicole Kilgore (30, NY)
 3:32:28 Sally Jo Ritsema (14, Mich)
 3:33:16 Sandy Brauer (35, Nev)
 3:34:04 Cathy Sigler (Tenn)
 3:34:35 Peggy Stafford (26, Wis)
 3:35:38 Lynn Lawrence (Ariz)
 3:36:18 Elizabeth Franceschini (31, NY)
 3:36:42 Hannelore Schmidt (19, Ore)
 3:36:59 Annette Raeaniello (NY)
 3:37:39 Marianne Hamilton (17, Ohio)
 3:38:47 Sharon Cogbill (34, Ill)
 3:39:12 Lillian Jacobson (22, Ore)
 3:39:22 Elina Arbesu (Cal)
- 3:40 to 3:49**
- 3:40:43 Gabrielle Olson (Cal)
 3:41:06 Norma Viault (Cal)
 3:41:10 Becky Wagner (16, Ohio)
 3:41:23 Eileen Disken (27, NJ)
 3:41:32* Virginia Collins (43, Cal)
 3:41:53 Teri Andersen (21, Cal)
 3:42:11* Patty Weldon (18, Pa)
 3:43:34 Jane Underhill (29, Ore)
 3:44:02 Suzanne Bottlik (11, Cal)
 3:44:28 Annabelle Corboy (26, Tex)
 3:44:52 Birgitta Tenkortenar (16, DC)
 3:45:03 Diane Lincoln (18, Ore)
 3:46:31 Kelly Cunneen (11, Cal)
- 3:47:07 Carroll O'Conner (43, Cal)
 3:47:09 Carol Shelton (30, Cal)
 3:47:14 Jeanette Cotte (13, Cal)
 3:47:39 Karen Coe (NY)
 3:48:21 Gwen Brauer (11, Nev)
 3:48:43 Pat Groeschell (Wis)
 3:49:52 Connie Cunneen (13, Cal)
- 3:50 to 3:59**
- 3:50:12 Renay Wolf
 3:50:22 Betty Best (38, Cal)
 3:50:34* Marcie Trent (56, Alaska)
 3:50:40 Tracy Sigler (Tenn)
 3:50:49 Carolyn Park (La)
 3:50:51* Diane Holum (23, Wis)
 3:50:55 Lynn Penn (30, Cal)
 3:51:46 Sue Stricklin (36, Hawaii)
 3:51:48 Jean Madden (47, Mo)
 3:51:57* Amy Davis (Vt)
 3:52:00 Cynthia Whitney (22, Kans)
 3:52:15 Amaneula Aguano (Cal)
 3:52:21 Isa Varella (49, Cal)
 3:52:40 Sue Reinert (34, NY)
 3:53:52 Jeannefer Altman (Cal)
 3:54:14 Priscilla Butterfield (32, Iran)
 3:55:06 Faith Berriman (19, NY)
 3:55:22 Catherine Smith (41, Nev)
 3:55:26 Jean Irvin (41, Ore)
 3:55:49 Ann Degroff (39, NY)
 3:55:53 Ruth McGreehan (Pa)
 3:56:30 Elaine Schmitz (Cal)
 3:56:40 Susan Lane (Cal)
 3:56:42 Bambi Foulkes
 3:57:26 Valerie Franklin (33, Cal)
 3:57:35 Marilyn Good (36, Ill)
 3:57:39 Sally Jurgensen (28, Tex)
 3:58:35 Mary Vlamides (44, Tex)
 3:58:46* Sue Neary (Cal)
 3:59:27 Meredith Mills (16, Cal)
 3:59:36 Krista Holmes (Ariz)

AGE-GROUP LISTS

What Kevin Strain and Fred Grace have in common—besides the fact that 76-year-old Fred is old enough to be six-year-old Kevin's great-grandfather—is that they both run marathons and they both hold age-group records. They were the youngest and oldest Americans to run the distance in 1974.

Three times during 1974, Judy Ikenberry broke three hours for the marathon. The most significant race was the first women's AAU championship, which she won in 2:55. (OMPhoto)



Also of note is the fact that runners 10-68 (Tommy Owen and Monty Montgomery) broke three hours, and that the girls are almost as fast as the boys at the early ages (Mary Etta Boitano ranks second overall in her age-group, Diane Barrett is fourth).

This year, we're listing only American age-group marks, since not enough information is available from overseas to give world records any accuracy. We recognize only times run on certified courses. Faster uncertified (*) ones are included just for reference.

The 1974 times are separated into the standard AAU age categories: 9-under, 10-11, 12-13, 14-15, 16-19 ("junior"), 40-49, 50-59, 60-69 and 70-up.

American Men's Records

AGE	NAME	TIME			TIME
5	Kevin Strain	6:56:33*	41	Virgil Yehnert	2:28:27
6	Kevin Strain	4:15:01*	42	Walt Renaud	2:31:18
7	Abran Salazar	4:21:12*	43	Jim McDonagh	2:29:55
8	Ralph Salcido	3:30:08	44	Ted Corbitt	2:35:03
9	Daven Chun	3:05:00	45	Jim McDonagh	2:29:07
10	Reggie Heywood	2:57:24	46	Jim McDonagh	2:28:49
11	Mike Boitano	3:03:56	47	Jim McDonagh	2:33:13
12	Mike Boitano	2:54:34	48	Howard Miller	2:37:49
13	Scott Slovic	2:45:15	49	Jim McDonagh	2:37:30
14	Dennis Wilson	2:43:37	50	Clarence DeMar	2:43:30
15	Mitch Kingery	2:29:11	51	Charles Gibson	2:42:24
16	Mitch Kingery	2:23:47	52	John Kelley	2:44:39
17	Kirk Pfeffer	2:25:26	53	John Kelley	2:44:53
18	Chuck Walker	2:25:16	54	John Kelley	2:37:42
19	Dave White	2:22:55	55	Bob Horman	2:48:35
20	Mike Hazilla	2:18:46	56	John Kelley	2:49:14
21	Doug Schmenk	2:17:45	57	John Kelley	2:48:32
22	Tom Fleming	2:14:25	58	Bill Andberg	2:51:44
23	Jon Anderson	2:16:03	59	Bill Andberg	2:52:59
24	Frank Shorter	2:12:19	60	John Wall	3:01:37
25	Frank Shorter	2:10:30	61	John Kelley	2:58:40
26	Frank Shorter	2:11:45	62	John Kelley	3:02:18
27	Frank Shorter	2:11:31	63	Monty Montgomery	2:54:56
28	Kenny Moore	2:15:39	64	Monty Montgomery	2:55:45
29	Dennis Williams	2:15:18	65	Monty Montgomery	2:53:03
30	Lou Castagnola	2:17:48	66	Monty Montgomery	2:56:48
31	Ron Daws	2:20:23	67	Alex Corpacius	3:36:55
32	Herb Lorenz	2:19:16	68	Monty Montgomery	2:56:53
33	John Kelley	2:22:15	69	Fred Grace	3:38:17
34	Norm Higgins	2:22:54	70	(none available)	
35	Norm Higgins	2:15:52	71	Fred Grace	3:53:23
36	Ron Daws	2:22:16	72	Fred Grace	3:45:20
37	Ken Mueller	2:24:54	73	Fred Grace	4:03:38
38	Fred Best	2:28:39	74	Fred Grace	3:45:15
39	Bill Gookin	2:25:31	75	Fred Grace	4:05:56
40	Pat Bastick	2:31:21	76	Fred Grace	4:10:57

American Women's Records

AGE	NAME	TIME		NAME	TIME
6	Mary Etta Boitano	4:27:32	32	Nina Kuscsik	2:56:04
7	Mary Etta Boitano	3:57:42	33	Nina Kuscsik	2:59:43
8	Mary Etta Boitano	3:37:15	34	Nina Kuscsik	2:57:07
9	Mary Etta Boitano	3:49:01	35	Nina Kuscsik	2:55:24
	Mary Etta Boitano	3:28:17*	36	Marilyn Paul	2:58:44
10	Mary Etta Boitano	3:01:15	37	Elaine Pedersen	3:25:54
11	Mary Etta Boitano	3:08:21		Donna Gookin	3:08:26*
12	Lili Ledbetter	3:03:32	38	Miki Gorman	2:46:36
13	Diane Barrett	2:55:12	39	Martha Klopfer	3:23:22
14	June Chun	3:08:23	40	Catherine Smith	3:36:15
15	Marjorie Kaput	3:07:46	41	Luanne Kralick	3:29:07
16	Marjorie Kaput	2:51:38	42	Luanne Kralick	3:18:45
17	Nancy Ihrman	3:05:32	43	Luanne Kralick	3:12:25
18	Beth Bonner	3:01:42	44	Nicki Hobson	3:15:20
19	Teri Anderson	2:53:40	45	Ruth Anderson	3:17:44
20	Ellen Turkel	2:58:16	46	Connie Chun	4:18:32
21	Mary Mapelli	3:22:10	47	Jean Madden	3:51:48
	Teri Johnson	3:18:56*	48	Isa Varela	3:51:47
22	Cheryl Bridges	3:14:45	49	Isa Varela	3:52:21
23	Cheryl Bridges	2:49:40	50	Isa Varela	4:01:15
24	Cheryl Bridges	2:55:44	51	(none available)	
25	Jacki Hansen	2:56:25	52	Marcie Trent	4:40:03*
26	Jacki Hansen	2:43:54	53	Cathy Hargus	4:13:26
27	Kathrine Switzer	3:01:38	54	Marcie Trent	3:43:37*
28	Eileen Waters	3:01:49	55	Marcie Trent	4:15:22*
29	Gail Barron	3:06:40	56	Marcie Trent	3:50:34*
30	Judy Ikenberry	3:00:05	57-60	(none available)	
31	Judy Ikenberry	2:54:28	61	Burnis Hicks	4:45:23

1974 Age-Group Leaders

AGES 9 AND UNDER

3:05:—	Daven Chun (9, Hawaii)
3:23:25	Jonathan Beasley (9, Ind)
3:30:08	Ralph Salcido (8, Cal)
3:42:17	John Foley (8, Cal)
3:44:32	Greg Hill (8, Cal)
4:04:04	Suzette McKean (9, Cal)
4:12:18	Gordon Rabing (9, Ore)
4:15:01	Kevin Strain (6, Alaska)
4:17:01	Debbie Koffel (9, Ore)
4:19:29	Mike Bangert (9, Cal)
Girl:	
4:04:04	Suzette McKean (9, Cal)

AGES 10-11

2:59:17	Tommy Owen (10, Cal)
3:01:15	Mary Etta Boitano (10, Cal)
3:02:33	Daven Chun (10, Hawaii)
3:10:14*	Reggie Heywood (11, Ariz)

3:24:17	Linda Bottlik (11, Cal)
3:28:46	Michelle McKean (11)
3:29:58	Jimmy Hunter (10, Fla)
3:44:02	Suzanne Bottlik (11, Cal)
3:46:31	Kelly Cunneen (11, Cal)
3:46:43	Gordon Rabing (10, Ore)
Girl:	
3:01:15	Mary Etta Boitano (10, Cal)

AGES 12-13

2:45:15	Scott Slovic (13, Ore)
2:52:12	Brian Brent (13, NC)
2:54:34	Mike Boitano (12, Cal)
2:55:12	Diane Barrett (13, Ariz)
2:56:27	Dutch Workman (12, Ariz)
2:59:15	Rich Renshaw (13, Mo)
3:08:34	Jeff Shuman (13, Ill)
3:11:11	Scott Cole (13, Hawaii)
3:12:35	Scott Beasley (12, Ind)
3:13:13	Diane Williams (13, Cal)



Girl:

2:55:12 Diane Barrett (13, Ariz)

AGES 14-15

2:48:50 Mark Anderson (15, Wash)

2:51:02 Florentino Coriz (14, NM)

2:51:16 Jerry Chun (15, Hawaii)

2:51:54 John Filosa (15, Ill)

2:53:01 Mike Kenney (15, Ohio)

2:55:14 Rich Garvey (15, La)

2:57:28 Kevin Kitze (15, Mich)

2:58:03 Doug Berry (15, Cal)

2:58:13 Mario Hidalgo (15, Cal)

2:59:18* Dan Smith (15)

Girl:

3:07:46 Marjorie Kaput (15, Ariz)

AGES 16-19

2:24:19 Kevin Shaw (19, Tex)

2:25:08 Jon Lott (19, Md)

2:25:26 Kirk Pfeffer (17, Cal)

2:25:41 Clarey Reinsma (19, Cal)

2:27:43 Roger Vann (19, Ark)

2:27:52 Ajim Baksh (17, Cal)

2:28:12* Jim Barnau (18, Ind)

2:29:06 Willie Bauza (19, NY)

2:29:22 Jeff Smith (19, Md)

2:30:34 Alex Aguilar (18, Cal)

Girl:

2:51:38 Marjorie Kaput (16, Ariz)

AGES 40-49

2:31:01* Bill Gookin (41, Cal)

2:31:18 Walt Renaud (42, Mass)

2:31:21 Pat Bastick (40, NY)

2:31:40 Richard Bartek (Cal)

2:32:18 John Kelley (43, Conn)

2:33:33 Ross Smith (46, Cal)

2:35:32 August Jarvis (Ohio)

2:36:36 Howard Miller (47, Wash)

2:37:55 Steve Goldberg (Ill)

2:38:53 John Rudberg (40, Cal)

Women:

3:12:25 Luanne Kralick (43, Cal)

3:15:20 Nicki Hobson (44, Cal)

3:17:44 Ruth Anderson (45, Cal)

3:41:32 Virginia Collins (43, Cal)

3:47:07 Carroll O'Conner (43, Cal)

3:50:34* Marcie Trent (56, Alaska)

3:51:48 Jean Madden (47, Mo)

3:52:21 Isa Varela (49, Cal)

3:55:22 Catherine Smith (41, Nev)

3:55:26 Jean Irvin (41, Ore)

AGES 50-59

2:42:24 Charles Gibson (51, Tenn)

2:46:37 Jim McDonagh (50, NY)

2:46:59 Ed Almeida (51, Cal)

2:48:41 Hubert Morgan (52, Pa)

2:49:16 Ted Corbitt (54, NY)

2:50:05 Bob Horman (55, DC)

2:50:58* James Taylor (50)

2:52:05 James Oleson (Cal)

2:54:45 Wendall Sullivan (50, Ohio)

2:55:50 John Lafferty (Cal)

Woman:

3:50:34* Marcie Trent (56, Alaska)

AGES 60-69

2:56:53 Monty Montgomery (68, Cal)

2:59:52 John Wall (61, Md)

2:59:59 Norman Bright (64, Wash)

3:08:50 John Montoya (Cal)

3:13:16 Urban Miller (Wash)

3:15:12 Al Clark (60, Cal)

3:20:28 Don Heinicke (60, Md)

3:23:44 Irving Taylor (60, NJ)

3:30:05 Clyde Villemez (63, Tex)

3:30:18 John Oeltmann (62, Fla)

Woman:

4:45:23 Burnis Hicks (61, DC)

AGES 70 and UP

4:10:57 Fred Grace (76, Cal)

4:41:20 Eric Lynn (72, NJ)

All members of the "Hunky Bunch" (the H.H. Chun family of Hawaii) run marathons. Three of them—mother Connie, her son Daven and daughter June—hold age-group records. (Jeff Johnson photo)

CANADIAN LISTS

by Norman Patenaude

Tom Howard, Maria Brzezinska and Arthur Taylor headlined a fast 1974 in Canada.

Howard, the national champion, ran better than 2:18 on three occasions. Only Jerome Drayton and Brian Armstrong have ever run faster than Tom's best of 2:14:33.

Brzezinska improved the national women's record by 12 minutes to 3:03:15. Taylor, at 47, ran the fastest over-40 time in North American history with 2:27:01.

We've expanded this year's Canadian selection to include the top 100 marks of all-time and the national age-group list.

All-Time Top 100

NAME	TIME (YEAR)		
1. Jerome Drayton (24)	2:11:12 (69)	37. Boychuk (29)—6	2:21:06 (70)
2. Drayton (24)—2	2:12:00 (69)	38. Peter Lever (26)	2:21:19 (72)
3. Drayton (28)—3	2:13:26 (73)	39. Wallingford (31)—4	2:21:27 (65)
4. Brian Armstrong (24)	2:13:30 (73)	40. Moore (28)—8	2:21:28 (69)
5. Armstrong (25)—2	2:13:39 (73)	41. Kidd (31)—2	2:21:37 (74)
6. Armstrong (25)—3	2:13:43 (73)	42. Norm Patenaude (28)	2:21:42 (73)
7. Tom Howard (25)	2:14:33 (74)	43. Moore (31)—9	2:21:43 (72)
8. Drayton (29)—4	2:15:40 (74)	44. Howard (24)—5	2:21:45 (73)
9. Howard—2	2:16:28 (74)	45. Armstrong (23)—9	2:21:49 (71)
10. Bob Moore (33)	2:16:45 (74)	46. Gordon Dickson (26)	2:21:50 (68)
11. Moore (29)—2	2:16:53 (69)	47. Wayne Yetman (25)	2:22:13 (69)
12. Andy Boychuk (27)	2:17:50 (68)	48. Shaw (27)—2	2:22:16 (73)
13. Armstrong (26)—4	2:17:52 (74)	49. Wallingford (30)—5	2:22:18 (64)
14. Howard (25)—3	2:17:57 (74)	50. Ross Jackson (29)	2:22:20 (74)
15. Armstrong (26)—5	2:18:07 (74)	51. Paul Pearson (25)	2:22:22 (72)
16. Boychuk (25)—2	2:18:17 (67)	52. Yetman (36)—2	2:22:32 (70)
17. Boychuk (30)—3	2:18:34 (71)	53. Moore (29)—10	2:22:35 (69)
18. Boychuk (29)—4	2:18:45 (70)	54. Wallingford (31)—6	2:22:39 (65)
19. Armstrong (24)—6	2:18:46 (72)	55. Ray Will (31)	2:22:47 (69)
20. Armstrong (24)—7	2:18:54 (72)	56. Ellis (26)—2	2:22:49 (64)
Boychuk (29)—5	2:18:54 (70)	57. Garry Harrison (33)	2:22:53 (71)
22. Moore (28)—3	2:18:55 (69)	58. Doug Scorrar (26)	2:22:57 (74)
23. Howard (24)—4	2:18:59 (73)	59. Boychuk (26)—7	2:23:02 (67)
24. Moore (32)—4	2:19:10 (73)	60. Morris Aarbo (30)	2:23:06 (67)
25. Ron Wallingford (32)	2:19:24 (66)	61. Drayton (25)	2:23:08 (70)
26. Moore (29)—5	2:19:30 (70)	62. Schamberger (28)—2	2:23:11 (74)
27. Wallingford (35)—2	2:19:34 (68)	63. Drayton (27)—6	2:23:13 (72)
28. Dave Ellis (28)	2:19:47 (66)	64. Harrison (32)—2	2:23:18 (70)
29. Moore (29)—6	2:20:07 (70)	65. Wallingford (31)—7	2:23:26 (65)
30. Wolf Schamberger (27)	2:20:09 (73)	66. Wallingford (36)—8	2:23:30 (60)
31. Bruce Shaw (27)	2:20:13 (73)	67. Lever (27)—2	2:23:35 (73)
32. Jerry Tighe (27)	2:20:16 (73)	68. Armstrong (23)—9	2:23:43 (72)
33. Bruce Kidd (31)	2:20:18 (74)	69. Moore (32)—11	2:23:55 (73)
34. Moore (29)—7	2:20:47 (70)	70. Drayton (23)—7	2:23:57 (68)
35. Wallingford (30)—3	2:20:51 (64)	71. Dickson (27)—2	2:24:04 (59)
36. Armstrong (25)—8	2:20:52 (74)	Patenaude (27)—2	2:24:04 (73)
		73. Howard (23)—6	2:24:08 (72)

74. Pearson (26)—2	2:24:10 (73)	98. Dickson (27)—3	2:25:39 (59)
75. Boychuk (20)—8	2:24:14 (70)	99. Paul Hoffman	2:25:45 (66)
76. Harrison (32)—3	2:24:18 (70)	100. Schamberger (26)—5	2:25:55 (72)
77. Boychuk (27)—9	2:24:22 (68)		
78. Wallingford (34)—9	2:22:25 (68)		
79. Jack Burnett (31)	2:22:28 (68)		
80. John Cliff (27)	2:24:33 (70)		
81. Wallingford (33)—10	2:24:34 (67)		
82. Patenaude (26)—3	2:24:41 (71)		
83. Carl Christensen (25)	2:22:42 (73)		
84. Schamberger (26)—3	2:26:46 (73)		
85. Schamberger (28)—4	2:24:50 (74)		
86. John Mowatt (25)	2:24:53 (72)		
87. Cliff (27)—2	2:24:57 (71)		
88. Shaw (27)—3	2:25:02 (73)		
Wallingford (33)—11	2:25:02 (66)		
90. Brian Stackhouse	2:25:03 (73)		
91. Harrison (33)—4	2:25:14 (71)		
92. Rick Hanna (26)	2:25:21 (71)		
Wallingford (38)—12	2:25:21 (71)		
94. Tony Barren (32)	2:25:26 (74)		
95. Shaw (26)—4	2:25:28 (72)		
Jack Taunton (25)	2:25:28* (73)		
97. Harrison (34)—5	2:25:29 (72)		

OTHER RUNNERS UNDER 2:30:

Bill Allen (32)	2:26:02 (64)
Rick Bourrier (19)	2:26:02 (74)
Arthur Taylor (47)	2:27:01 (74)
Dave Landriault (21)	2:27:08 (73)
Darrell Frank (20)	2:27:41 (72)
Richard Pyne (26)	2:27:44 (73)
Mike Kucharew (23)	2:27:47 (74)
Graham Laughlin (22)	2:27:48 (73)
Allan Kerr (30)	2:28:08 (74)
Brian Drewett (28)	2:28:09 (69)
Charlie Thorne (23)	2:28:12 (71)
Myron Neville (24)	2:28:24 (73)
Gerard Cote (29)	2:28:25 (43)
Bob Fahy (28)	2:28:51 (70)
Bob Kochan (23)	2:28:53 (71)
Bruce Dewsberry (19)	2:29:12 (74)
Jim Haddow (38)	2:29:20 (67)
Robert Taylor (32)	2:29:35 (73)
Charles Pell	2:29:53 (64)

All-Time Women's Leaders

NAME (AGE)	TIME (YEAR)		
1. Maria Brzezinska (25)	3:03:15 (74)	7. Teresa Ashworth (25)	3:19:24 (74)
2. Sigrid Nadon (33)	3:12:01 (74)	8. Debbie Collins (20)	3:20:13 (73)
3. Brzezinska (25)—2	3:14:40 (74)	9. Francine Poirrier (22)	3:24:26 (74)
4. Maureen Wilton (13)	3:15:22 (67)	10. Collins (20)—2	3:24:38 (73)
5. Brzezinska (25)—3	3:15:24 (74)	11. Suzanne Taylor (29)	3:27:12 (73)
6. Nadon (31)—2	3:18:14 (73)	12. Collins (20)—3	3:27:15 (73)
		13. Brzezinska (24)—4	3:27:20 (73)

1974 Men's and Women's Times

Sub-2:20

2:14:33	Tom Howard (25, BC)
2:15:40	Jerome Drayton (29, Ont)
2:16:45	Bob Moore (33, Ont)
2:17:52	Brian Armstrong (26, Ont)

2:20 to 2:24

2:20:18	Bruce Kidd (31, Ont)
2:22:20	Ross Jackson (29, BC)
2:22:57	Doug Scorrar (26, Ont)
2:24:50	Wolf Schamberger (28, BC)

2:25 to 2:29

2:25:26	Tony Barren (32, BC)
2:26:02	Rick Bourrier (19, Man)
2:27:01	Art Taylor (47, Ont)
2:27:47	Mike Kucharew (23, Ont)

2:28:08	Allan Kerr (31, BC)
2:29:02	Paul Pearson (27, BC)
2:29:12	Bruce Dewsberry (19, Ont)
2:29:17	Norm Patenaude (29, BC)

2:30 to 2:34

2:30:07	Miro Svab (34, Ont)
2:30:28	Jack Taunton (26, BC)
2:30:55	Robert Taylor (33, BC)
2:31:20	Dave Landriault (23, Ont)
2:31:39	Ron McGraw (19, NS)
2:31:44	John Doyle (42, Ont)
2:32:00	Wayne Yetman (27, Ont)
2:32:16	Jack Friel (32, Ont)
2:32:32	Bruce Shaw (28, Ont)
2:32:38	Carl Christiansen (26, BC)

2:32:50 Phil Davis (28, Sask)
 2:33:08 John Mowatt (30, Ont)
 2:33:37 Gerald Teal (30, Ont)
 2:33:42 Gerald Holiday (20, Ont)
 2:33:49 Vaughn Johnson (22, Ont)
 2:33:53 Jacques Mainguy (23, Que)
 2:33:55 Chris Kelk (31, Ont)
 2:34:12 Randy Barkhouse (26, NS)
 2:34:57 Harry Bradford (26, Ont)

2:35 to 2:39

2:35:04 Bill Herriot (33, Alta)
 2:35:19 Neil Coville (31, Que)
 2:35:43 Gilles Sirois (Que)
 2:35:43 Richard Chouinard (23, Que)
 2:35:50 Vic Matthews (34, Ont)
 2:36:04 Brad Morley (21, Ont)
 2:36:08 Bill Wirtanen (30, BC)
 2:36:10 Michel Begin (Que)
 2:36:43 Clyde Bion (19, BC)
 2:36:52 Harry Ainslie (22, BC)
 2:37:04 Richard Whiting (36, BC)
 2:37:21 Cliff Hall (48, Ont)
 2:37:28 Richard Quevillon (Que)
 2:37:33 Edward MacDonald (36, BC)
 2:37:45 Bill Allen (42, Ont)
 2:38:00 Harry Bradford (Ont)
 2:38:00 Nick DiCorpo (28, Ont)
 2:38:09 Timmo Ulksulainen (22, BC)
 2:39:07 Lorne Buck (40, Ont)
 2:39:14 Bob Lazenby (42, Ont)
 2:39:17 Brad Blain (21, Ont)
 2:39:37 Barry Ault (28, Ont)

2:40 to 2:44

2:40:36 Roar Gjessing (40, Alta)
 2:40:48 Frank Okoh (29, Ont)
 2:41:00 Michael McNamara (32, Ont)
 2:41:00 Ron Wallingford (40, Ont)
 2:41:13 Harry Welles (29, NS)
 2:41:16 Greg McCullough (32, Ont)
 2:41:18 Jerry Gonser (40, Ont)
 2:41:22 David Wise (31, Ont)
 2:41:30 Greg Brain (20, Ont)
 2:42:35 Brian Stackhouse (28, Alta)
 2:42:41 Bob Bowman (43, Ont)
 2:43:15 Guy Lepine (25, Que)
 2:43:26 Christopher Smithyman (Ont)
 2:43:48 Paul Pantalco (17, BC)
 2:43:56 Ed Macdonald (37, BC)
 2:44:00 Pierre Pelletier (Que)
 2:44:11 Frank Smith (47, Ont)
 2:44:35 Marc Dumont (40, Que)
 2:44:38 William Marcotte (19, Ont)
 2:44:52 Linden Bland (35, Alta)
 2:44:-- Ian Jolliffe (NS)

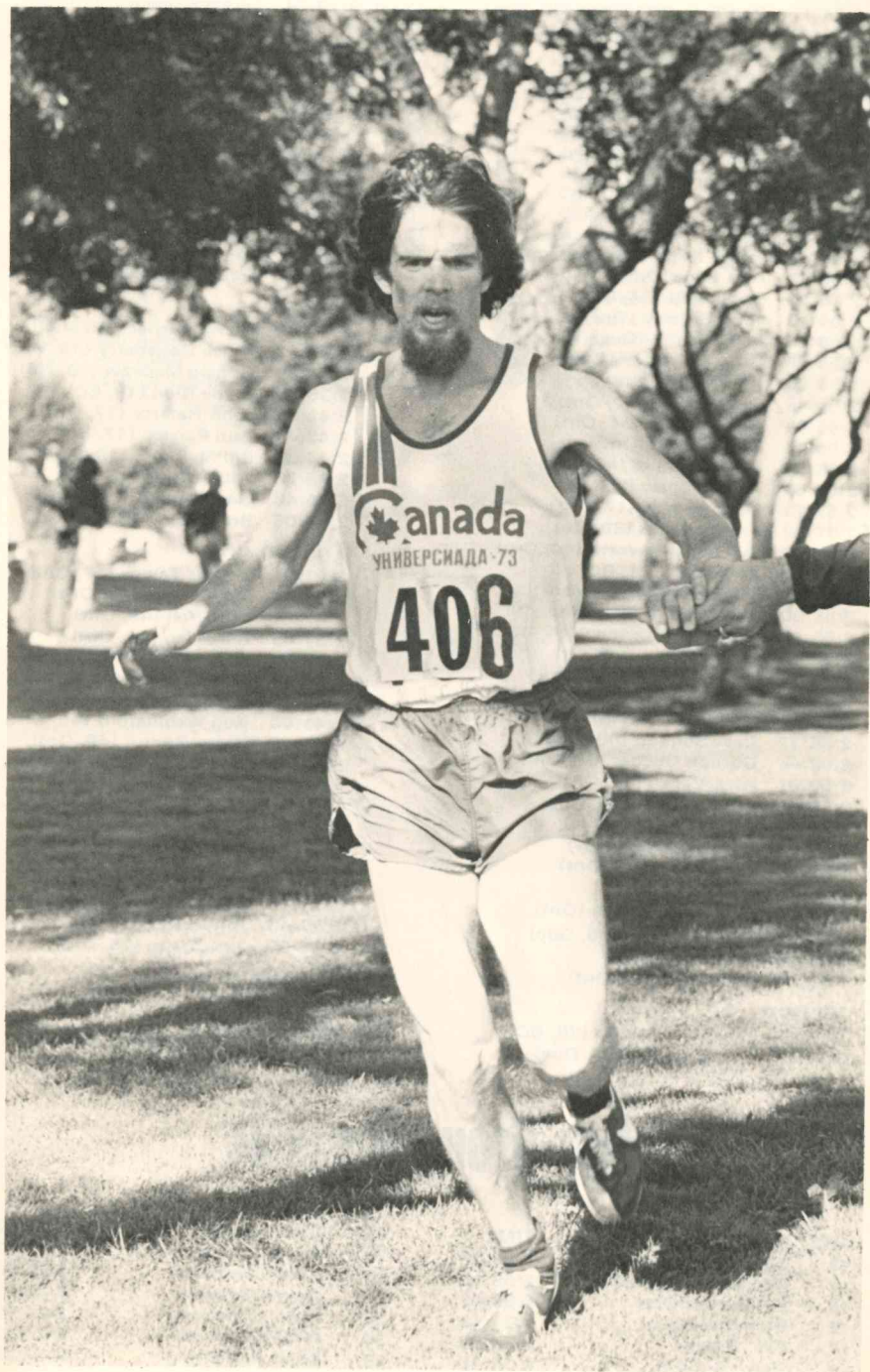
2:45 to 2:49

2:45:18 Jack Reid (46, Ont)
 2:45:41 Frank Bass (38, Que)
 2:45:44 Ulf Petersen (30, Alta)
 2:46:02 Davenport (40+, Man)
 2:46:04 Fred Rayner (32, Ont)
 2:46:16 Jean Poirier (24, Que)
 2:46:40 Willie Wong (16, BC)
 2:46:44 Fred Gray (NS)
 2:46:46 Geoff Nowak (19, Ont)
 2:47:06 Brian Kerr (18, Ont)
 2:47:30 Melvin Stone (18, BC)
 2:47:33 Al Kimick (25, Alta)
 2:47:37 Robert Brown (Ont)
 2:47:45 Bill McClain (28, Alta)
 2:47:45 Rattai (BC)
 2:47:56 Ian Atkinson (35, Ont)
 2:48:11 Fred Wright (40, Ont)
 2:48:42 Ron Sweeney (28, BC)
 2:48:57 Stuart Fall (40, BC)
 2:49:05 Allan Lindsay (27, Ont)
 2:49:14 Alfonso Condal (34, BC)
 2:49:26 Byron Kangelis (26, Que)
 2:49:36 Jack Farrell (32, BC)
 2:49:45 Bruce Wallace (40, Ont)

2:50 to 2:54

2:50:06 John Switzer (Ont)
 2:50:11 Brent Hall (Ont)
 2:50:35 Brian Dawkins (Ont)
 2:50:42 Bill Bryden (Ont)
 2:50:48 Peter Morgan (46, Ont)
 2:51:04 Gary Dowling (27, Ont)
 2:51:11 James Gilchrist (Ont)
 2:51:37 John Bohnet (39, Alta)
 2:51:50 John Kendall (41, Ont)
 2:51:54 Michel Dore (33, Que)
 2:51:55 Doug Contley (40+, Man)
 2:52:15 Bernard Tremblay (Que)
 2:52:22 Jim Wendland (Que)
 2:52:46 Les Ingman (40+, Ont)
 2:52:46 Bill Buck (40+, Ont)
 2:53:18 David Welch (20, Ont)
 2:53:21 Bill Salter (42, Ont)
 2:53:23 David Nielson (30, BC)
 2:53:25 John Webster (Ont)
 2:53:27 Bud Willis (25, Ont)
 2:53:29 Brent Swanick (Ont)
 2:53:37 Jacques Cyr (38, Que)
 2:53:46 James Herriot (33, Alta)
 2:53:48 Steve Cooper (Man)
 2:53:50 Bob Moody (Man)
 2:54:02 Ray Imbeault (26, Que)
 2:54:06 Andrew Ivan (47, Ont)
 2:54:08 Chris Garrett-Petts (26, BC)

Tom Howard pulled himself to the top of Canadian marathoning in 1974 by winning the national championship and running 2:14. (John Marconi photo)



2:54:11 Jean-Claude Mondor (30, Que)
 2:54:18 David Hambleton (41, BC)
 2:54:18 Robin Pearson (27, BC)
 2:54:21 Brian Bisson (28, Ont)
 2:54:33 Gaetan Breton (24, Que)
 2:54:35 James Herrick (43, BC)
 2:54:45 Berube Clements (Que)
 2:54:55 Richard Rathbone (Ont)
 2:54:59 Bill Norton (30, NS)

2:55 to 2:59

2:55:40 James Knox (30, Ont)
 2:55:45 Ron Flint (Ont)
 2:56:21 Doug Wolf (44, Ont)
 2:56:13 John Raftery (Ont)
 2:56:25 Colin Schihl (Que)
 2:56:28 Richard Lemay (Que)
 2:56:28 Andrew Pettendrigh (23, Que)
 2:56:48 Scott Bailey (32, Ont)
 2:56:48 Kit Coleman (34, Ont)
 2:56:52 Dieter Stein (Ont)
 2:56:56 Marshall Miles (46, Ont)
 2:57:05 Arnold Shaw (NS)
 2:57:11 Doug Shields (17, Ont)
 2:57:29 Trevor Banks (39, Ont)
 2:57:30 Syd Shuttlesworth (44, Ont)
 2:57:35 Alan Vyse (31, BC)
 2:57:55 Doug Sammonds (Man)
 2:58:00 Steve Skolik (40, Ont)
 2:58:12 Gordon McLennan (14, BC)
 2:58:28 Gabriel Duguay (Que)
 2:58:33 Wayne Sargent (31, Ont)
 2:58:39 Ron Topinka (Man)
 2:58:-- Cy Allen (44, NS)
 2:58:37 Dave Soukup (40+, BC)
 2:58:46 Gordon Geddes (37, Ont)
 2:59:07 Alex Vance (39, Ont)
 2:59:13 Bill Cameron (49, Ont)
 2:59:17 Julien Dallaire (Que)
 2:59:23 Miles Marshall (40+)
 2:59:25 Dave Milne (43, Ont)
 2:59:29 Badiuk (Ont)
 2:59:40 Michael Ferguson (Ont)
 2:59:50 Hugh Graham (39, Que)
 2:59:43 Andy Pittenrigh
 2:59:51 Jack Gray (46, Ont)

WOMEN

3:03:15 Maria Brzezinska (25, BC)
 3:12:01 Sigrid Nadon (33, Que)

3:19:34 Teresa Ashworth (25, Ont)
 3:24:26 Francine Poirrier (22, Que)
 3:30:54 Suzanne Taylor (30, BC)
 3:32:22 Winifred Geller (36, Que)
 3:33:42 Teresa Collins (14, BC)
 3:36:58 Sylvia Moffett (14, BC)
 3:45:15 Marja Wright (27, Ont)
 3:47:55 Sylvia Weiner (43, Que)
 3:51:42 Lise Demers (Que)
 3:56:02 Gail Killin (20, Ont)
 3:56:39 Brenda Makichuk (Ont)

AGES 14-15

2:58:12 Gordon McLennan (14, BC)

AGES 16-19

2:26:02 Rick Bourrier (19, Man)
 2:29:12 Bruce Dewsberry (19, Ont)
 2:31:39 Ronald McGraw (19, NS)
 2:36:43 Clyde Bion (19, BC)
 2:42:07 John Raferty (17, Ont)
 2:43:49 Paul Patalco (17, BC)
 2:44:38 Bill Marcotte (19, Ont)
 2:46:20 Willie Wong (16, BC)
 2:46:46 Geoff Nowak (19, Ont)
 2:47:06 Brian Kerr (18, Ont)

AGES 40-49

2:27:01 Arthur Taylor (47, Ont)
 2:31:44 John Doyle (42, Ont)
 2:37:21 Cliff Hall (48, Ont)
 2:37:45 Bill Allen (42, Ont)
 2:39:02 Lorne Buck (40, Ont)
 2:39:14 Bob Lazenby (41, Ont)
 2:40:36 Roar Gjessing (40, BC)
 2:41:00 Ron Wallingford (40, Ont)
 2:41:18 Gerry Gonser (40, Ont)
 2:42:41 Bob Bowman (43, Ont)

AGES 50-59

3:13:31 Ted Clark (53, Ont)
 3:14:47 Doug Laister (52, Ont)
 3:17:14 Bob Madely (50, Ont)
 3:20:-- Charlie Ward (55, Ont)
 3:20:14 Pat Reeves (50, Ont)
 3:27:13 Bill Hewitt (51, Ont)
 3:28:50 Jack Webb (55, Ont)

AGES 60-69

(none)

AGE 70 AND UP

4:00:43 Arthur Dyson (70, Alta)

Age-Group Records

AGE	NAME	TIME			TIME
13	Gordon McLennan	3:05:36	19	Rick Bourrier	2:26:02
14	Gordon McLennan	2:58:12	20	Darrell Frank	2:27:41
15	Ed Romanowski	2:39:49	21	Dave Landriault	2:27:08
16	Gary Cumiford	2:37:19	22	Wayne Yetman	2:22:13
17	Bill Britten	2:38:03	23	Brian Armstrong	2:21:49
18	Rick Bourrier	2:31:15	24	Jerome Drayton	2:11:12
			25	Brian Armstrong	2:13:39

26	Tom Howard	2:17:57	45	Ivor Davies	2:45:44
27	Andy Boychuk	2:17:50	46	Bill Innis	2:49:34
28	Jerome Drayton	2:13:26	47	Arthur Taylor	2:27:01
29	Jerome Drayton	2:15:40	48	Arthur Taylor	2:29:18
30	Andy Boychuk	2:18:34	49	Bill Cameron	2:59:13
31	Ron Wallingford	2:22:39	50	Bob Madely	3:17:14
32	Bob Moore	2:19:10	51	Bill Hewitt	3:27:13
33	Bob Moore	2:16:45	52	Adrian Vali	3:04:55
34	Ron Wallingford	2:19:34	53	Adrian Vali	2:52:33
35	Ron Wallingford	2:23:30	54	Charlie Ward	3:23:31
36	Ron Wallingford	2:27:07	55	Charlie Ward	3:20:00
37	Ron Wallingford	2:25:21	56	Aaron Kazdan	3:46:10
38	Ron Wallingford	2:27:53	57-60	(none available)	
39	Ivor Davies	2:37:17	61	Claude Turner	4:07:59
40	Bill Allen	2:32:30	62-66	(none available)	
41	Dennis Coveney	2:36:07	67	Arthur Dyson	4:11:40
42	Bill Allen	2:33:07	68	Arthur Dyson	4:05:32
43	Bill Allen	2:37:45	69	Arthur Dyson	3:58:01
44	Arthur Taylor	2:27:22	70	Arthur Dyson	4:00:43

4

Shorter and Longer

So far, we've talked only about marathons, marathoning and marathoners. The marathon is the classic long distance race—the race with the longest history and the most meaning to runners. It deserves and receives most of the attention in road racing.

But something healthy is happening elsewhere in the sport. The other long races are growing up, too. Have you noticed, for instance, that three of the four biggest events in the US last year were non-marathons?

The San Francisco Bay-to-Breakers field bulged to 5000-plus in 1974. The Charleston (W. Va.) Distance Run had about 1500 runners. These are 7½- and 15-mile races, and because of their distance might be expected to attract more athletes than a full marathon. But even an ultra-marathon, the 50-mile John F. Kennedy run/hike in Maryland, draws almost as many people as Boston—nearly 2000.

Long tradition doesn't seem to be the key to these races' size. True, Boston and Bay-Breakers are 79 and 65 years old. But the JFK event has exploded in the last five years, and the precocious Charleston event began in 1973.

Promotion is the real reason for their success. Boston gets worldwide publicity. Bay-Breakers is sponsored by a San Francisco newspaper. The JFK event appeals to the masses because it deemphasizes competition. Charleston has become an instant classic through heavy advertising, imported talent, extras like free lodging and a budget in the neighborhood of \$50,000 a year.

Charleston has expanded on an idea originated in North America at the Springbank International road race. The London, Ontario, runs raise money to bring in top Canadian, US and overseas talent, yet have remained open to average runners. Road races at Lexington, Va., and Perry, Fla., adopted this format in 1974. Charleston, Lexington, Perry. They hadn't been known as hotbeds of road racing. Yet they now have events among the very best in the country.

These, along with Bay-Breakers and JFK, are evidence that a race doesn't have to be a marathon—or even a “standard” distance—to be successful. Springbank, for instance, is 11½ miles. Perry has a 13.1-miler. None is at an AAU championship or record distance. The national title races are 15, 20, 25, 30 and 50 kilometers, 50 miles and one hour. In addition, records are kept at 10, 20, 25, 30, 40 and 100 miles, two and 24 hours.

We list in this chapter (1) metric conversions; (2) approximate shorter distance equivalents of marathon times; (3) 1975 schedules for AAU races and all known ultra-marathons; (4) track records; (5) 1974 US lists for the championship distances.

(Junior = age 19 and under; master = age 40 and up.)

Metric Conversions

METERS TO MILES

15 kilometers = 9 miles 564 yards 7.2 inches
 20 kilometers = 12 miles 752 yards 9.6 inches
 25 kilometers = 15 miles 940 yards 1 foot
 30 kilometers = 18 miles 1128 yards 1'2.4"
 40 kilometers = 24 miles 1504 yards 1'7.2"

50 kilometers = 31 miles 120 yards 2 feet
 75 kilometers = 46 miles 1061 yards
 100 kilometers = 62 miles 241 yards 1 foot

MILES TO METERS

10 miles = 16.093 kilometers

15 miles = 24.140 kilometers
 20 miles = 32.186 kilometers
 25 miles = 40.233 kilometers
 marathon = 42.195 kilometers
 30 miles = 48.280 kilometers
 50 miles = 80.467 kilometers
 100 miles = 160.943 kilometers

Equivalent Times

Adapted from scoring tables devised by Dr. Gerry Purdy.

Marathon	15-km.	10-mi.	20-km.	15-mi.	25-km.	30-km.	20-mi.
2:10	43 min.	46 min.	58 min.	1:11	1:14	1:30	1:37
2:15	44 min.	47 min.	1:00	1:13	1:16	1:33	1:40
2:20	45 min.	49 min.	1:01	1:15	1:18	1:36	1:43
2:25	46 min.	50 min.	1:03	1:17	1:21	1:39	1:47
2:30	48 min.	51 min.	1:05	1:20	1:23	1:42	1:50
2:35	49 min.	53 min.	1:07	1:22	1:25	1:45	1:54
2:40	50 min.	54 min.	1:09	1:25	1:28	1:48	1:57
2:45	52 min.	56 min.	1:11	1:27	1:31	1:51	2:01
2:50	53 min.	58 min.	1:13	1:30	1:34	1:55	2:05
2:55	55 min.	59 min.	1:15	1:33	1:36	1:58	2:08
3:00	57 min.	1:01	1:18	1:36	1:39	2:02	2:12
3:05	59 min.	1:03	1:20	1:38	1:42	2:05	2:16
3:10	1:00	1:05	1:22	1:41	1:45	2:08	2:19
3:15	1:02	1:07	1:24	1:44	1:48	2:12	2:23
3:20	1:05	1:10	1:27	1:47	1:51	2:16	2:27
3:25	1:07	1:12	1:30	1:50	1:54	2:20	2:31
3:30	1:09	1:14	1:33	1:54	1:58	2:24	2:35
3:35	1:11	1:17	1:36	1:57	2:01	2:28	2:39
3:40	1:13	1:19	1:38	2:00	2:04	2:31	2:43
3:45	1:15	1:21	1:41	2:03	2:08	2:35	2:47
3:50	1:18	1:24	1:44	2:07	2:12	2:39	2:52
3:55	1:20	1:26	1:47	2:10	2:15	2:43	2:56
4:00	1:22	1:28	1:50	2:13	2:18	2:47	3:00

1975 RACE SCHEDULES

- **AAU OPEN AND JUNIOR 15-KILOMETER, Alexandria, Virginia, May 17 (9 a.m.).** 1974 Results: 102 finished open race, won by Chuck Smead 46:58; junior results not available. Junior race, ages 19 and under. Contact: Jeff Darman, 2737 Devonshire, Northwest, Washington, D.C. 20088.
- **AAU MASTERS 15-KILOMETER, Chicago, Illinois, September (?)** (contact race director for exact date). 1974 Results: won by Hal Higdon 50:56. Ages 40 and up. Contact: Ted Haydon, University of Chicago, 5640 University Avenue, Chicago, Ill. 60637.
- **AAU OPEN, JUNIOR AND MASTERS ONE-HOUR, nationwide, May through August.** Any sanctioned race on a 440 track; results tabulated at a central office. 1974 Results: 926 runners, won by Gary Tuttle 12m 430y; Ajim Baksh (junior) 11m 1386y; Bill Gookin (master) 11m 44y. Contact: John Brennand, 4476 Meadowlark Lane, Santa Barbara, California 83105.
- **AAU OPEN 20-KILOMETER, Gardner, Massachusetts, October 26 (2 p.m.).** 1974 Results: 56 finished, won by Gary Tuttle 1:02:16. Contact: Bob Campbell, 39 Linnet St., West Roxbury, Massachusetts 02132.
- **AAU JUNIOR AND MASTERS 20-KILOMETER, Huntington Station, New York, June 8.** 1974 Results: Junior—23 finished, won by Lionel Ortega 1:04:57; masters—17 finished, won by John Doyle 1:10:21. Junior ages 19 and under; masters ages 40 and up. Contact: Nina Kuscsik, 7 Flint Court, Huntington Station, New York 11746.
- **AAU OPEN 25-KILOMETER, White Bear Lake, Minnesota, July 4 or 5 (10 a.m.).** 1974 Results: 245 finished, won by Ed Mendoza 1:17:30. Contact: Jeff Brain, 2512 34th Avenue South, Minneapolis, Minnesota 55406.
- **AAU MASTERS 25-KILOMETER, San Francisco, California (Golden Gate Park), September 14.** 1974 Results: 27 finished, won by Jim Hershberger, 1:29:58. Ages 40 and up. Contact: Jack Leydig, West Valley Track Club, Box 1551, San Mateo, California 94401.
- **AAU OPEN AND MASTERS 30-KILOMETER, New York, New York (Central Park), November 8 (11 a.m.).** 1974 Results: 163 finished, won by Reid Harter (open) 1:35:30 and Peter Mundle (masters) 1:45:39. Masters ages 40 and up. Contact: Fred Lebow, Box 881, FDR Station, New York, New York 10022.

- **AAU OPEN AND MASTERS 50-KILOMETER, Pasadena, California, April 13.** 1974 Results: 22 finished, won by Kaj Johansen (open) 2:57:00 and Howard Miller (masters) 3:18:07. Masters ages 40 and up. Contact: Wes Alderson, Box 6015, North Hollywood, California 91603.

- **LAKE MONTEBELLO 50-KILOMETER, Baltimore, Maryland, March (?)** (contact race director for exact date). 1974 Results: 5 finished, won by Mike Sabino 3:19:59. Contact: Les Kinion, 1363 Halstead, Baltimore, Maryland 21234.

- **METROPOLITAN AAU 50-KILOMETER, Queens, New York (Alley Pond Park). December (?)** (contact race director for exact date). 1974 Results: 16 finished, won by Paul Fetscher 3:06:22. Contact: Road Runners Club, Box 881, FDR Station, New York, New York 10022.

- **MIDWEST ROAD RUNNERS CLUB 50-KILOMETER, Chicago, Illinois (University of Chicago), May (?)** (contact race director for exact date). 1974 Results: 2 finished, won by Ben Buckner 3:34:41. Contact: Ted Haydon, University of Chicago, 5640 University Avenue, Chicago, Illinois 60637.

- **PACIFIC AAU 50-KILOMETER, Sacramento, California, April 6 (10 a.m.).** 1974 Results: 8 finished, won by Jim Birnbaum 3:09:10. Contact: Abe Underwood, 6555 Riverside Blvd., Sacramento, California 95813.

- **ALEXANDRIA TWO-BRIDGES 36-MILE, Alexandria, Virginia, October 26 (8 a.m.).** 1974 Results: 17 finished, won by Martin Smith 3:51:25. \$3.00 fee. Contact: Lee Shelton, 15000 Bitterroot Way, Rockville, Maryland 20853.

- **AAU OPEN AND MASTERS 50-MILE, Seattle, Washington, date pending** (contact race director for details). 1974 Results: 12 finished, won by Max White (open) 5:28:15 and Ted Corbitt (masters) 5:53:09. Contact: Dean Ingram, 507 Coss Medical Center, Seattle, Washington 98101.

- **BEVERLY HILLS STRIDERS 50-MILE, Santa Monica, California, September (?)** (contact race director for exact date). Run on 440 track. 1974 Race: 12 finished, won by Joe Burgasser 6:04:39. Contact: Tom Sturak, Box 1602, Santa Monica, California 90406.

- **HAWAIIAN 50-MILE, Honolulu, Hawaii, May (?)** (contact race director for exact date). 1974 Results: 4 finished, won by Jerry McGath 6:24:30. Contact: Tom Ferguson, 4191 Halupa St., Honolulu, Hawaii 96818.

- **IOWA AAU 50-MILE, Des Moines, Iowa (Fort Des Moines), March 29.** 1974 Race: 2 finished, won by Martin Smith 6:07. Contact: Bob Hunerdosse, 505 North C St., Fairfield, Iowa. 52556.

- **JOHN F. KENNEDY 50-MILE**, Boonsboro to Hagerstown, Maryland, October (?) (contact race director for exact date). 1974 Results: won by Max White 6:06:19. Contact: Buzz Sawyer, 149 North Potomac, Hagerstown, Maryland 21740.

- **LAKE WARAMAUG 50-MILE AND 100-KILOMETER**, Warren, Connecticut (Inn on Lake Waramaug), May 18 (6:30 a.m.). 1974 Race: 7 finished 50-mile, 3 finished 100-kilometer, won by Park Barner 5:55:30 and 7:37:42. Contact: Dean Perry, Ferry Bridge Road, Washington, Connecticut 06793.

- **METROPOLITAN AAU 50-MILE**, New York, New York (Central Park), November 1 (9 a.m.). 1974 Results: 12 finished, won by Max White 5:28:15. Contact: Road Runners Club, Box 881, FDR Station, New York, New York 10022.

- **STONE MOUNTAIN 50-MILE**, Stone Mountain Park, Georgia, February 15. 1974 Results: 2 finished, won by Mark Sperre 6:16:24. Contact: Atlanta Track Club, Box 12345, Atlanta, Georgia 30305.

- **TOLEDO ROAD RUNNERS 50-MILE**, Toledo, Ohio (Secor Park), December (?) (contact race director for exact date). 1974 Results: 1 finished, Park Barner 5:48:16. Contact: J. G. Edwards, 3807 Maxwell Road, Toledo, Ohio 43613.

- **C & O CANAL 100-AND 300-KILOMETER**, Washington, D.C., November 15-17 (7 a.m.). (100-kilometer run on first of three days). 1974 Results: 6 finished, 100-kilometer, won by Park Barner 7:51:53; 2 finished 300-kilometer, won by Park Barner 23:54:14. Contact: Robert Crane, 511 Kramer Dr., Vienna, Virginia 22180.

- **CAMELIA FESTIVAL 100-MILE**, Sacramento, California, March 8 (8 a.m.). 1974 Results: no finishers. Contact: John Hill, 604 Flint Way, Sacramento, California 95818.

- **100-MILE**, New York, New York (Queensboro Community College). New race in 1975. Date pending. Contact: Road Runners Club, Box 881, FDR Station, New York, New York. 10022.

A race doesn't have to be a marathon to be first-rate. Each year, one of the top North American events is the Springbank International 11½-miler in Canada. In 1974, Ethiopian Miruts Yifter (right) won from a field including Jerome Drayton of Canada (108), Neil Cusack of Ireland (on Yifter's shoulder) and many other top figures in road racing. (Rick Levy photo)



WORLD AND U.S. RECORDS

WORLD MEN		U.S. MEN	
MARK	NAME (COUNTRY)	RACE	MARK
(no record)		15 kms.	Buddy Edelen 45:16.8
46:06.4	Willy Polleunis (Bel)	10 miles	Jeff Galloway 47:49.0
12m 1599y	Gaston Roelants (Bel)	One hour	Bill Clark 12m 527y
57:44.4	Gaston Roelants (Bel)	20 kms.	Kenny Moore 1:02:25.6
1:12:22.6	Seppo Nikkari (Fin)	15 miles	Tom Fleming 1:16:11.2
1:14:55.6	Seppo Nikkari (Fin)	25 kms.	Tom Fleming 1:19:59.2
1:31:30.4	Jim Alder (GB)	30 kms.	Bill Clark 1:37:33.0
1:39:14.4	Jack Foster (NZ)	20 miles	Bill Clark 1:44:56.4
23m 1071y	Jim Alder (GB)	2 hours	Bill Clark 22m 1254y
2:10:48	Eric Austin (GB)	25 miles	John Cramer 2:29:50
(no official record)		Marathon	John Cramer 2:36:58
2:44:47	Mick Mulloy (Ire)	30 miles	Ken Young 3:01:54
(no record)		50 kms.	Ken Young 3:08:49
3:49:32	Joe Keating (GB)	40 miles	Ken Young 4:08:28
5:01:01	Phil Hampton (GB)	50 miles	Martin Smith 5:26:40
11:56:56	Derek Kay (S Afr)	100 miles	Ted Corbitt 13:33:06
161m 545y	Ron Bentley (GB)	24 hours	Ted Corbitt 134m 1220y

WORLD WOMEN		U.S. WOMEN	
MARK	NAME (COUNTRY)	RACE	MARK
56:00	Elsa Pasquali (Italy)	15 kms.	Brenda Webb 1:00:00
1:00:30.6	Brenda Webb (US)	10 miles	Brenda Webb 1:00:30.6
9m 1625y	Brenda Webb (US)	One hour	Brenda Webb 9m 1625y
6:55:27	Eileen Waters (US)	50 miles	Eileen Waters 6:55:27

BEST U.S. TIMES FOR 1974

15 KILOMETERS

45:12	Tom Fleming (NJ)
45:35	George Stewart (Cal)
45:36	Mike Pinocci (19, Cal)
46:04	Bill Sieben (NJ)
46:08	Steve Podganjy
46:16	Gordon MacMitchell (Cal)
46:28	Bill Rodgers (Mass)
46:32	Jeff Kicia (NJ)
46:33	Doug McLean (Cal)
46:37	Eamon Downey (NJ)
Junior	
45:36	Mike Pinocci (19, Cal)
Master	
48:33	Hal Higdon (42, Ind)
Woman	
52:15	Jacki Hansen (Cal)

10 MILES

48:30	Bill Haviland (Ky)
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48:54	Jack Bacheler (NC)
48:57	Jim Brill
Woman	
59:00	Julie Shea (NC)

ONE HOUR

12m 430y	Gary Tuttle (Cal)
12m 106y	George Stewart (Cal)
12m 69y	Phil Camp (Cal)
11m 1604y	Richie Smith (Ohio)
11m 1544y	Wayne Ristau (Ore)
11m 1396y	Kim Nutter (Ohio)
11m 1389y	Don Ocana (Cal)
11m 1386y	Ajim Baksh (17, Cal)
11m 1344y	Don Kennedy (Tex)
11m 1290y	Phil Davis (Ill)
Junior	
11m 1386y	Ajim Baksh (17, Cal)
Master	
11m 44y	Bill Gookin (41, Cal)
Woman	
9m 1266y	Jacki Hansen (Cal)

20 KILOMETERS

1:01:14	Gary Tuttle (Cal)
1:02:06	Dave Babiracki (Cal)
1:02:38	Bill Rodgers (Mass)
1:03:05	Phil Camp (Cal)
1:04:05	Jim Stanley
1:04:20	Russ Pate (Ore)
1:04:26	James Buell (18, Ky)
1:04:27	Jim Dare (Cal)
1:04:40	Paul Stemmer (NY)
1:04:42	Phil Davis (Ill)
Junior	
1:04:26	James Buell (18, Ky)
Master	
1:08:04	Jerry Smartt (Cal)
Woman	
1:07:00	Charlotte Lettis (Mass)

25 KILOMETERS

1:17:30	Ed Mendoza (Cal)
1:18:54	Ron Wayne (Cal)
1:19:07	Joe Skaja (Ore)
1:19:21	Chuck Smead (Colo)
1:19:25	George Stewart (Cal)
1:19:41	Bill Clark (Cal)
1:19:54	John Lesch (Ill)
1:20:35	Larry Miller (Ore)
1:20:46	Ron Pryor (Cal)
1:20:50	Mark Kushner (Cal)
Junior	
1:21:39	Kirk Pfeffer (18, Cal)
Master	
1:25:25	Graham Parnell (47, Cal)
Woman	
1:38:41	Nadia Garcia (Cal)

30 KILOMETERS

1:35:30	Reid Harter (Cal)
1:36:37	Mark Covert (Cal)
1:36:45	Mark Kushner (Cal)
1:36:54	Ray Hughes (Cal)
1:36:55	Ron Kurrle (Cal)
1:37:28	Darren George (Cal)
1:37:51	Russ Pate (Ore)
1:37:51	Ron Wayne (Ore)
1:38:12	Phil Ryan (Cal)
1:39:02	Damien Koch (Ore)
Junior	
1:45:04	Dave Hamilton (19, Ore)
Master	
1:44:33	Ross Smith (46, Nev)
Woman	
2:06:27	Miki Gorman (Cal)

20 MILES

1:40:47	Tom Fleming
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TWO HOURS

21m 689y	Phil Stewart (DC)
21m 106y	Ray Morrison (DC)

50 KILOMETERS

2:57:00	Kaj Johansen (Cal)
3:00:25	David Cortez (16, Cal)
3:02:24	Frank Bozanich (Cal)
3:05:48	Carlos Alfaro (Cal)

3:06:12	Paul Fetscher (NY)
3:09:10	Jim Birnbaum (Cal)
3:10:29	Jim Pearson (Wash)
3:15:27	Ross Smith (46, Nev)
3:15:43	Ernie Rivas (NY)
3:17:17	Bob Frankum (40, NY)
3:16:21	Tom Stoothoff (NY)
3:18:07	Howard Miller (47, Wash)
3:19:59	Mike Sabino (Md)
3:23:12	Dean Perry (Conn)
3:23:54	Al Meehan (Conn)
3:24:21	Don Choi
3:24:38	Andrew Levinson (Cal)
3:24:46	Ed Almeida (52, Cal)
3:25:13	John Hardtla
3:26:47	Joe Burns (45, NJ)
3:27:00	Matt Henderson (Wash)
3:27:56	Walt Westmoreland
3:28:17	Sean Healy (NY)
3:29:18	Joe Viverito (41, NY)
Junior	
3:00:25	David Cortez (16, Cal)
Master	
3:15:27	Ross Smith (46, Nev)
Woman	
4:45:15	Yvette Cotte (15, Cal)

50 MILES

5:28:15	Max White (Va)
5:48:16	Park Barner (Pa)
5:50:23	Phil Stewart (DC)
5:53:09	Ted Corbitt (54, NY)
5:55:20	Clayton Bristol (Conn)
5:55:42	Ray Morrison (DC)
5:56:41	Steve Grotsky (NY)
5:58:51	Dean Perry (Conn)
6:04:39	Joe Burgasser (Cal)
6:07:—	Martin Smith (Ia)
6:09:41	Andrew Levinson (Cal)
6:12:55	Tom Osler (NJ)
6:16:24	Mark Sperre
6:21:04	Truman Clark (Cal)
6:23:18	Jim McDonagh (NY)
6:24:30	Jerry McGath (Hawaii)
6:28:35	G. M. Rorke (RI)
6:28:58	George Stewart (Cal)
6:32:57	Bennet Lundqvist (Cal)
6:34:38	Lloyd Ryysslainen (NY)
6:46:51	Bill Gates
6:43:—	Bob Hunerdosse (Ia)
6:47:34	George Crandell (Cal)
6:55:27	Eileen Waters (Cal)
6:55:35	Harry Berkowitz (NY)
6:57:21	Phil Heath (Mass)
Junior	
8:06:40	Gary Driscoll (19, Mass)
Master	
5:53:09	Ted Corbitt (54, NY)
Women	
6:55:27	Eileen Waters (Cal)
7:12:51	Donna Gookin (Cal)

100 KILOMETERS

7:37:42	Park Barner (Pa)
7:47:15	Clayton Bristol (Conn)
7:52:37	Ted Corbitt (54, NY)

5

Race Walking

Race walking's state of health remains good, even at a time when the sport is under attack by the international rulemakers.

In 1974, Bernd Kannenberg of West Germany set four world records in races that are short for him. He had his specialty shot out from under him when the 50-kilometer walk was eliminated from the Olympic program. So Kannenberg dropped to the "20" and broke the world mark. Three of the top four times in 20-kilometer history came this past year, along with the second and fourth fastest "50s."

United States walkers raced for a record number of national championships. Larry Young returned from a year off to win the national 50-K title. Sue Brodock took the women's international five-kilo championship.

Included in this section are (1) schedules of the national AAU meets for 1975; (2) world and American track records; (3) all-time lists for the 20- and 50-kilometer walks, and (4) 1974 US 20 and 50 lists.

(masters = ages 40 and up; junior = ages 19 and under; Class B = athletes who have not previously won national races)

1975 RACE SCHEDULES

- **AAU OPEN, CLASS B, MASTERS AND JUNIOR ONE-HOUR, nationwide, May to August.** Results tabulated by Frank Hagerty, 2973 West Swain No. 37, Stockton, California 95207. 1974 Winners: Open—Jerry Brown 7m 1671y; B—Bob Falciola 7m 365y; junior—Jim Murchie 7m 41y.
- **AAU OPEN 10-KILOMETER, Bridgeport, Connecticut, July 6.** 1974 race won by Floyd Godwin 45:42. Contact: Dr. John Boitano, Department of Psychology, Fairfield University, Fairfield, Connecticut 06430.

- **AAU CLASS B 10-KILOMETER, San Francisco, California area, date pending.** 1974 race won by Bob Korn 49:20. Contact: Frank Hagerty, 2973 West Swain No. 37, Stockton, California 95207.
- **AAU MASTERS 10-KILOMETER, site and date pending.** Contact: Dr. John Boitano, Department of Psychology, Fairfield University, Fairfield, Connecticut 06420.
- **AAU WOMEN'S 10-KILOMETER, Los Angeles, California, date pending.** 1974 race won by Gwen Eberle 57:30. Contact: SPAAU Women's Track and Field Committee, Box 6015, North Hollywood, California 91603.
- **AAU OPEN 15-KILOMETER, Chicago, Illinois, May 24.** 1974 race won by Larry Walker 1:10:08; Contact: William Ross Jr., 2835 North Lincoln Ave., Chicago, Illinois 60657.
- **AAU CLASS B 15-KILOMETER, Mackinac Island, Michigan, August 31.** Contact: Gerry Bocci, 14449 Wilshire, Detroit, Michigan 48213.
- **AAU MASTERS 15-KILOMETER, date and site pending.** Contact: Dr. John Boitano, Department of Psychology, Fairfield University, Fairfield, Connecticut 06430
- **AAU JUNIOR 15-KILOMETER, Portland, Oregon, May 4.** 1974 race won by Jim Bentley 1:16:34. Contact: Don Jacobs, Box 23146, Tigard, Oregon 97223.
- **AAU OPEN 20-KILOMETER, San Francisco, California, August (?).** 1974 race won by Jerry Brown 1:33:33. Contact: Frank Hagerty, 2973 West Swain No. 37, Stockton, California 95207.
- **AAU MASTERS 20-KILOMETER, White Plains, New York, August (?).** 1974 race won by Chris Amoroso and Max Gould 1:46:51. Contact: Robert Fine, Masters Sports Association, 11 Park Place, New York, New York 10007.
- **AAU CLASS B 20-KILOMETER, Kalispell, Montana, date pending.** 1974 race won by Jim Murchie 1:40:23. Contact: Larry O'Neil, 235 Fifth Avenue East, Kalispell, Montana 59901.
- **AAU JUNIOR 20-KILOMETER, Lakewood, New Jersey, July 20.** 1974 race won by Dennis Slattery 1:49:56. Contact: Elliott Denman, 28 North Locust Avenue, West Long Branch, New Jersey 07223.
- **AAU OPEN AND JUNIOR 25-KILOMETER, Seattle, Washington, March (?).** 1974 races won by John Knifton (open) 1:56:03 and Jim Murchie (junior) 2:11:12. Contact: Dean Ingram, 3729 Northeast 165th, Seattle, Washington 98156.



- **AAU CLASS B 25-KILOMETER, Lake Geneva, Wisconsin, July 4.** 1974 race won by Bob Rosencrantz 2:15:47. Contact: Dr. John Boitano, Department of Psychology, Fairfield University, Fairfield, Connecticut 06430.
- **AAU MASTERS 25-KILOMETER, date and site pending.** Contact: Dr. John Boitano, Department of Psychology, Fairfield University, Fairfield, Connecticut 06430.
- **AAU OPEN AND MASTERS 30-KILOMETER, Columbia, Missouri, October 19.** 1974 race won by Larry Young (open) 2:30:26. Contact: Joe Duncan, 4004 Defoe Dr., Columbia, Missouri 65201.
- **AAU CLASS B 30-KILOMETER, Chicago, Illinois, November 23.** 1974 race won by Jim Breitenbucher 3:02:19. Contact: William Ross Jr., 2835 North Lincoln Ave., Chicago, Illinois 60657.
- **AAU OPEN AND CLASS B 35-KILOMETER, Pittsburgh, Pennsylvania, November 2.** 1974 races won by Floyd Godwin (open) 2:55:28 and Fred Kuhn (B) 3:40:29. Contact: C.A. Herman, 5001 Lougean, Pittsburgh, Pennsylvania 15207.
- **AAU OPEN, CLASS B AND MASTERS 40-KILOMETER, Lakewood, New Jersey, July 27.** Won by Ron Kulik (open) 3:39:01, Max Gould (masters) 3:41:29. Contact: Elliott Denman, 28 North Locust Avenue, West Long Branch, New Jersey 07223.
- **AAU OPEN 50-KILOMETER, New York City area, September 7.** 1974 race won by Larry Young 4:25:51. Contact: Bruce MacDonald, 39 Fairview Avenue, Port Washington, New York 11050.
- **AAU CLASS B AND MASTERS 50-KILOMETER, Columbia, Missouri, November 9.** Contact: Joe Duncan, 4004 Defoe Dr., Columbia, Missouri 65201.
- **AAU OPEN, CLASS B AND MASTERS 75-KILOMETER, Lakewood, New Jersey, April 20.** 1974 races won by Shaul Ladany (open) 7:25:08, Alan Price (B) 8:49:45. Contact: Elliott Denman, 28 North Locust Avenue, West Long Branch, New Jersey 07223.
- **AAU OPEN, CLASS B AND MASTERS 100-KILOMETER, Columbia, Missouri, October 4-5.** 1974 races won by Shaul Ladany (open) 10:12:53, Chuck Hunter (B) 12:46:40. Contact: Joe Duncan, 4004 Defoe Dr., Columbia, Missouri 65201.

Christoph Hohne of East Germany outwalked a strong field (including Olympic champion Bernd Kannenberg) to win the European 50-kilometer title. (Mark Shearman photo)

WORLD AND U.S. RECORDS

WORLD

MARK	NAME (COUNTRY)	RACE
8m 1485y	Bernd Kannenberg (WG)	One Hour
1:03:37.0	Constantin Stan (Rum)	15 kms.
1:08:25.2	Peter Frenkel (EG)	10 miles
1:24:45.0	Bernd Kannenberg (WG)	20 kms.
1:50:46.6	Alexander Bilek (Czech)	15 miles
1:51:09.8	Hans-Georg Reimann (EG)	25 kms.
16m 1517y	Bernd Kannenberg (WG)	2 hours
2:12:58.0	Bernd Kannenberg (WG)	30 kms.
2:30:38.6	Gerhard Weidner (WG)	20 miles
2:46:44.2	Gerhard Weidner (WG)	35 kms.
3:11:07.0	Gerhard Weidner (WG)	40 kms.
3:12:14.8	Gerhard Weidner (WG)	25 miles
3:51:48.6	Gerhard Weidner (WG)	30 miles
4:00:27.0	Gerhard Weidner (WG)	50 kms.
7:23:50.0	Shaul Ladany (Israel)	50 miles
17:18:50.4	Hugh Nielson (GB)	100 miles

UNITED STATES

NAME	MARK
Ron Laird	8m 420 y
Tom Dooley	1:07:11.8
Tom Dooley	1:12:12.0
Larry Young	1:30:10.0
Goetz Klopfer	1:52:44.0
Goetz Klopfer	1:56:53.0
Goetz Klopfer	15m 1578y
Goetz Klopfer	2:23:14.0
Goetz Klopfer	2:33:59.0
Bob Kitchen	2:47:34.0
Bob Kitchen	3:20:00.0
Bob Kitchen	3:21:16.0
Bob Kitchen	4:04:35.0
Bob Kitchen	4:13:36.0
John Kelly	8:47:47.0
Larry Young	18:07:12

ALL TIME LISTS

WORLD

20 KILOMETERS

1:24:45	Bernd Kannenberg (WG) 74
1:24:50	Paul Nihill (GB) 72
1:25:13	Karl-Heinz Stadtmuller (EG) 74
1:25:16	Peter Frenkel (EG) 74
1:25:19	Hans-Georg Reimann (EG) 72
1:25:21	Gennadiy Agapov (SU) 68
1:25:26	Vladimir Golubnichiy (SU) 68
1:25:37	Gerhard Sperling (EG) 72
1:25:45	Boris Khrolovich (SU) 68
1:25:49	Nikolay Smaga (SU) 68

50 KILOMETERS

3:52:44	Bernd Kannenberg (WG) 72
3:52:52	Christoph Hohne (EG) 74
3:57:10	Otto Bartsch (SU) 73
3:58:15	Yevgeniy Lungin (SU) 74
3:59:21	Peter Selzer (EG) 72
3:59:24	Venyamin Soldatenko (SU) 72
4:00:00	Sergei Bondarenko (SU) 74
4:00:20	Sergei Grigoryev (SU) 74
4:00:27	Gerhard Weidner (WG) 73
4:00:46	Larry Young (US) 72

UNITED STATES

20 KILOMETERS

1:29:12	Ron Laird 1967
1:29:50	Dave Romansky 1970
1:30:10	Larry Young 1972
1:30:39	Tom Dooley 1971
1:31:30	John Knifton 1974
1:31:52	Bob Kitchen 1972
1:32:06	Steve Hayden 1970
1:32:23	Todd Scully 1973
1:32:24	Goetz Klopfer 1968
1:32:28	Don DeNoon 1968

50 KILOMETERS

4:00:46	Larry Young 1972
4:13:35	Bob Kitchen 1972
4:15:24	Dave Romansky 1970
4:16:48	John Knifton 1973
4:20:09	Bill Weigle 1972
4:21:05	Gary Westerfield 1971
4:21:31	Goetz Klopfer 1968
4:23:22	Steve Hayden 1972
4:23:28	Ron Kulik 1971
4:23:48	Floyd Godwin 1973

BEST U.S. TIMES FOR 1974

20 KILOMETERS

1:31:30	John Knifton (NY)
1:33:33	Jerry Brown (Colo)
1:33:51	Ron Laird
1:33:58	Bob Henderson
1:35:01	Floyd Godwin (Colo)
1:35:35	Bill Ranney (Cal)
1:36:06	Ron Daniel
1:36:52	Ray Somers
1:37:46	Dave Romansky (NJ)
1:37:47	Larry Young (Mo)
1:39:10	Mike Allen
1:39:31	Gary Westerfield (NY)
1:40:05	Howie Palamarchuk (Pa)
1:40:23	Jim Murchie (NY)
1:41:06	Augie Hirt (Kans)
1:41:35	Wayne Gluster (Cal)
1:42:05	Ron Kulik
1:42:21	Bob Falciola
1:43:16	Tom Knatt (Mass)
1:44:29	Bob Bowman (Cal)
1:46:14	Mike DeWitt
1:46:15	Paul Schell (Mass)
1:46:16	Bob Rosencrantz (Wash)
1:46:25	Paul Ide (Mo)
1:46:49	Shaul Ladany (NY/Israel)
1:46:51	Chris Amoroso (Colo)
1:47:13	Al Schrik (NY)
1:48:02	Mike Dulke
1:48:25	Larry Newman (NY)
1:49:00	Francis Maher
1:49:51	Bob Mimm (Pa)
1:49:56	Dennis Slattery
1:50:41	Dale Paas (Colo)
1:51:20	Dave Eidahl (Ia)

1:52:06	Steve Rebman
1:52:22	Steve Hayden (NY)
1:53:54	John Shilling (NY)
1:53:57	Don Johnson (NJ)
1:54:12	Howie Jacobsen (NY)
1:54:17	Bob Morse (Mass)
1:54:45	T. Ambury
1:55:18	Jim Brietenbacher (Ia)
1:55:33	Ben Brown (Mass)
1:57:13	Stan Smith
1:58:01	Leonard Busen
1:58:08	Justin Gershuny (Cal)
1:58:36	Larry Boies (Minn)

50 KILOMETERS

4:25:51	Larry Young (Mo)
4:30:50	John Knifton (NY)
4:40:01	Augie Hirt (Kans)
4:42:14	Tom Knatt (Mass)
4:45:12	Shaul Ladany (NY/Israel)
4:48:16	Ron Kulik
4:54:20	Bob Bowman (Cal)
4:58:37	Bob Rosencrantz (Wash)
4:59:53	Dan O'Connor
5:02:32	Gary Westerfield (NY)
5:07:44	Al Schrik
5:12:52	Roger Duran
5:13:27	Chris Amoroso (Colo)
5:13:50	Leonard Busen (Mo)
5:18:35	Jerry Brown (Colo)
5:27:33	Chuck Hunter
5:28:30	Jim Breitenbacher (Ia)
5:40:40	Bob Young
5:49:15	Dick Arkley
5:50:18	Rob Spier
5:57:00	Steve Geiver

6

24-Hour Relay

The relay has been standardized and explicit rules set up for good reason. We want to be able to compare teams accurately, even though they're running at different times and places. It's important that these rules be followed to the letter.

- The relays can be run any time, at any location.
- Any group of runners may form teams, with a minimum of two and maximum of 10 runners. (You needn't be in the same club or school to run as a team. But if your team has members from several different clubs or schools, none of the teams' names can be used.)
- You should decide on a name for your team, to be submitted along with the total mileage you cover in the 24-hour period.
- Before starting, each team must decide on the order its members will be running, and this order must be kept throughout the relay.
- The relay must be run on a track (any size).
- Each person must run exactly one mile each time it is his turn to run. (If a runner drops out during a mile, then none of that mile counts, he or she is out of the relay and the next runner starts.)
- Only the original runners can run. No substitutes!
- If a runner drops out (either missing a turn or quitting during a mile), then he or she is out for good. But the team may continue. A team can also stop its relay, waiting for a runner to show up as long as the individual who is scheduled to run is, in fact, the one who runs. (*Note:* If upon completion of your mile, you find that the next runner is not on the scene, then stop and wait. If you run another lap it just wastes your time and energy because only one mile is recorded for you and the next runner still must run.
- Only completed individual miles count towards the team's total (except at the end of the 24-hour period, when exact yardage of the last partial mile must be measured.)

- Each team must carry a baton at all times, and it must be handed off within a reasonable distance of the starting line.
- A non-competitor (not necessarily the same one all the time) must be on hand at all times recording mileage.
- A team can stop at any time, but of course the clock goes on, and since the objective is to run as many miles as possible within the 24-hour period it is wise to keep going. However, if your team gets to the point where it has only a few runners still going, then maybe a couple hours' break would be beneficial. The only rule is that the next runner in line must be the one who starts running again.
- The total team mileage, along with individual totals must be reported as soon as possible. Mail results to *Runner's World*, Box 366, Mountain View, Calif. 94040. It isn't necessary to run the full 24 hours to be eligible.

A DAY AT THE TRACK

by Russ Sellers Jr.

Russ Sellers, a high school English teacher from Laurel, Md., writes of one team's experiences in the largest 24-hour relay of the year. The event at Ft. Meade attracted 25 teams.

The beginning was marked by an end. It was an end to our freedom for 24 hours, a kind of incarceration within the confines of the Fort George G. Meade army base track environs for one day and one night. It was billed as "24 glorious hours of running." Glorious is a very subjective word, a word for incorrigible runners only.

As recorder for one of the teams, I was in a position to witness this madness firsthand. Although mine was a vicarious experience, I suffered from an empathetic reaction during the grueling ritual. My feet became sore, I suffered from cramped calves and thighs, and after about 17 miles I caught a stitch. Even so, I have dedicated myself to the proposition that someday I too shall go the foot of the mountain. I too shall actually run in a 24 hour relay—someday.

The team I represented as recorder was a composite of young runners from four local high schools. Some were boys whom I had coached in high school. Others were boys with whom I run occasionally. Two more were picked up at the meet to round out the 10-member team.

We needed a team name. Giddy, in anticipation of 24 glorious hours, we decided on a silly name, one which we felt necessitated (for some elusive reason) no vowels. We arrived at the title, the "Frnschnrkl," which pronounced phonetically sounds like "Fernschrnkels." If anyone were to inquire as to the etymological significance of this nomenclature, we were prepared to explain that it was derived from a type of Scandinavian training procedure.

I ensconced myself in my trusty lawn chair, clipboard in hand, dug in, as it were, for the duration. I was impressed by the sensual stimuli which abounded during the extravaganza. The temperature at 1 p.m. when the race began was in the middle 80s. A slight breeze stirred around the track. Runners plodded past and circumnavigated the oval runway throughout the day and night—personification, I thought, of the Daytona 500.

The smell of perspiration drifted across my nostrils now and then after one or more of the recurrent runners finished his ride on this merry-go-round. Cramergesic and Atomic Balm wafted and subdued the sweat smell. Every once in a while, a scrap of paper floated across the track. Throughout the day and night, the sound of a timer vocalizing audible oneness.

An eerie stillness settled over the scene at about 1 a.m. The running went on relentlessly under the bright, mercury stadium lights. A damp and clammy night cold replaced the oppressive heat of the day. Some of the better runners continued to break five minutes in each of their miles.

Not a competitive runner myself, I never could understand the magic of negotiating a distance from point A to point B to point A to point B, and so on. I would prefer one long track, a straightaway, oh, say, 50 miles long. That would accommodate most distances today without the monotony of having to watch several times in repetition a chain-link fence, two sets of bleachers and a scoreboard. Somehow, the aesthetics of that kind of scenery escapes me.

The Frnschnrklks kept on tracking. Most continued in the mid-five-minute range throughout the night. Those who were overly optimistic at first and ran their first eight to 10 miles under 5:10 began to feel the consequences of these initial indiscretions, and as they say, "Mr. Rig came a-calling." His friend, "Mr. Monkey," began his long arduous journey, riding on the backs of impulsive and premature prima donnas.

It also became increasingly difficult to arouse some of the runners from their catatonic slumber, and when each arrived in his turn to report for duty it was as if he were about to descend into another level of Dantean Purgatorio. In my tortured imagination, the track did in fact begin to take on a resemblance to the River Styx. Runners on other teams suffered the same indignities. This showed on their soporific faces as they emerged hollow-eyed from tents scattered about the grounds.

It seemed as though each had been born anew to leave the security of the womb (tent), only to return moments later in an attempt to recapture a state of half-sleep (deep sleep is virtually impossible when the heart refuses to reduce its rate to less than 100 beats per minute).

"Remember to eat small amounts periodically. Replenish your intake of fluids in small amounts. Drink your ERG, to keep up energy reserves. Take salt tablets now and then if you don't want sore muscles tomorrow morning. Try to rest. Get your feet up to recycle the blood. Keep your sweats on until just before you run. Stretch and warm up before you run. Cool down after you run. Use the heat liberally. Use the Tough-Skin for those blisters. New shoes? For a 24-hour relay? Cute! Wear two pair of socks."

At two o'clock in the morning, admonishments such as these were lost in the fog of sleep-walking or sleep-running as the case may have been.

Rosy-fingered dawn was greeted by all with satisfaction. Kinks went out of the muscles and the new looseness was evidenced by a slight reduction in times. By this time, however, many of the times were disastrous. Many runners had ceased running altogether. Others were hobbled by injuries, sore muscles, tired and bruised feet, sickness, mental depression and exhaustion. Some took on an appearance of the mummified remains of some ancient resurrected pharaohs. The number of runners on the track was diminished considerably by then, and here and there could be seen a runner perfunctorily performing what by then had evolved into a shuffle-jog around the track.

The Frnschnrkl persevered. Our ranks had not been decimated by the usual crippling defects. The hours passed with agonizing slowness. Runners asked with greater frequency the time of day. Times began to dip to embarrassing levels. Runners began to snap and growl impatiently at teammates. The timer frequently erred in reading times. Some times were omitted altogether. Recorders scolded the timer. One recorder demanded that the timer be seated to provide a better view of runners exchanging batons. Runners who lingered on the track after an exchange were frequently shoved matter-of-factly off the track by other oncoming runners.

The fellowship of wholesome competition had somehow faded into the obscurity of exhaustion. By this time, most if not all the runners, I was positive, had put to themselves the question, "What in the hell am I doing here?"

Time crept on at an excruciatingly slow pace. But the light at the end of the tunnel was barely visible. Could everyone make it until 1 p.m.? The question was met with empty stares. One of our runners didn't show up to take the baton. It was only after the team put out a dragnet that we found the MIA—asleep in another team's tent! He made it to the starting line just in time to receive the baton.

Eleven a.m. The tension grew! Who would have to run the final set of miles? How many? One? Two? Doubts were raised even at this final stage as to whether the final miles could be run. Somehow, the Frnschnrkl Ten stumbled through the next-to-last set of miles, but each runner complained of a different malady.

Noon! The last mile!

The muses, if they could have been revived, would have played "The Death March" to accompany the machinations of a very weary group of Frnschnrkl. Now no one talked. What could one possibly say to express the fit of depression which infected the entire team. My own person had been subjected to the destructive elements of the night air: mosquito bites, a spine welded into the shape of a "C" from sitting in one position too long, expanded and overworked kidneys, bloodshot eyes and a generally maltreated digestive tract. I felt as though any minute I was going to be deposited in a huge doggy bag.

By now we discovered we had a firm hold on sixth place and would finish about 254 miles. Is that good?

Two runners had yet to finish their final miles. The others could be seen dispersed around the track. Most were seated or prostrate, oblivious to everything but their own discomfort and a sense of longing for the end, and for a soft and familiar bed.

From the PA system, a tired but grateful voice began to announce the countdown. The last runners were to run as far as possible until the final call to stop was announced. This distance was measured and recorded along with the other cumulative distances.

Then it was over. What more can anyone say? Would I do it again? Would the runners do it again? Who knows?

ALL - TIME TOP 100

TEAM	DISTANCE		
1. Edinburgh AC	297m 1145y (74)	46. No. Baltimore TC	267m 1025y (74)
2. Olympic TC "Red"	295m 269y (70)	47. Noon's Goons	267m 807y (73)
3. Sale Harriers	293m 378y (72)	48. Honeysuckle TC	266m 896y (70)
4. Blackheath Harriers (291m 306y (73)	49. Palos Verdes HS	266m 825y (73)
5. So. Calif. All-Stars	290m 1606y (71)	50. NATO	266m 111y (73)
6. Olympic TC "Blue"	289m 1512y (70)	51. Plains TC	265m 1734y (74)
7. Sale Harriers	287m 392y (71)	52. Marine Co. Quan. A	265m 1123y (74)
8. Blackheath Harriers	286m 963y (73)	53. NATO	265m 861y (72)
9. Cal Poly	285m 1320y (74)	54. Oakland Striders	265m 337y (74)
10. W. Virginia Runners	284m 1240y (71)	55. Mad River Runners	265m 156y (71)
11. W. Valley TC	284m 224y (73)	56. Troy Team "A"	265m (74)
12. NATO	280m 1110y (74)	57. Tokai U. Team "A"	264m 993y (74)
13. Bethesda TC	278m 1403y (73)	58. G.T.O.	264m 540y (74)
14. Greater Portland AC	278m 1124y (73)	59. Reichelo's Rabbits	264m 512y (71)
15. Williams RR "A"	278m 573y (74)	60. "Neveragain"	263m 1630y (72)
16. Torbay AA Club	277m 1364y (71)	61. New Canaan HS	263m 552y (73)
17. Furman University	277m 896y (71)	62. Ariz. All-Stars	263m (71)
18. Suburban All-Stars	277m 715y (73)	63. Spartans	262m 1342y (74)
19. Minn. Footpounders	277m 200y (73)	64. Baldwins'le Harriers	262m 1280y (74)
20. Dos Pueblos HS TC	276m 769y (72)	65. San Carlos Lopare Cl.	262m 1204y (74)
21. Ohio State U.	276m 576y (73)	66. Aggie Track Club	262m 666y (71)
22. Tulsa RC	275m 959y (72)	67. Ten Harding Runners	261m 1662y (70)
23. Bethesda TC	275m 330y (72)	68. San Piper Express	261m 1565y (74)
24. Missouri Madmen	274m 1452y (72)	69. St. Louis Metro HS	261m 1375y (73)
25. Ohio TC	274m 936y (71)	70. Glen Ellyn RC	261m 690y (73)
26. Ind. Striders All-Stars	274m 241y (74)	71. Bluegrass RC	261m 100y (73)
27. Carelton-St. Oalf Str.	274m 141y (71)	72. Huntington TC	260m 1581y (74)
28. Bloom TC	273m 440y (74)	73. Lehman HS	260m 1401y (74)
29. Harding Harriers	272m 1713m (73)	74. The Illusion Dwellers	260m 962y (71)
30. Kettering Striders "A"	272m 1060y (72)	75. Bali Hai Striders	260m 930y (72)
31. Atomic City TC	272m 632y (71)	76. Sandusky HS	260m 924y (71)
32. U. of Victoria	271m 761y (71)	77. Carmel HS TC	260m 332y (74)
33. No. Jersey Striders	271m 229y (71)	78. White Bear HS	259m 1550y (71)
34. Winchester "A"	271m 191y (71)	79. Miss. Gif. Cst. Str. A	259m 1180y (73)
35. Spokane HS Runners	270m 1628 (72)	80. Cedar Val. Ft.Pndrs.	259m 1170y (72)
36. Dos Pueblos HS TC	270m 1217y (71)	81. Sub. Phila. HS All-Strs	259m 1162y (71)
37. U. of Witwatersrand	270m 488m (72)	82. Alameda TC	259m 790y (72)
38. Maine All-Stars AAU	269m 1579y (72)	83. Road Runner Red	259m 630y (71)
39. Tiger Sagehans	269m 1225y (74)	84. Titusville HS	259m 331y (71)
40. Wanda's Wonders	269m 774y (74)	85. Senior TC	259m 108 y (71)
41. Indianhead TC	269m 490y (73)	86. Minn. All-Stars	259m (72)
42. Redwood City Strid.	269m 101y (72)	87. Ten Harding Runners	259m (70)
43. Redwood City St. Op.	268m 630y (72)	88. Appalachian AC	257m 1470y (73)
44. W. Valley 8/Cal Ag. 2	268m 475m (73)	89. Sheldon-Churchill HS	258m 1130y (72)
45. Ontario Pl. AC	267m 1644y (72)	90. Bishop Amat. Track A	258m 995y (72)
		91. East Side Grease	258m 850y (74)
		92. New Canaan HS	258m 842y (71)

93. Runner's World Mag.	258m 831y (70)	97. Otto Club	257m 1554y (71)
94. Worthington HS	258m 482y (71)	98. Calgary Runners	257m 1097y (70)
95. Koons Kardiac	258m 464y (72)	99. Ft. Benning Orient. T.	257m 963y (71)
96. P.H.U.N. High School	258m 155y (72)	100. Tokai U. "B"	257m 852y (74)

24-HOUR RELAY RECORDS

World Club	297 miles 1145 yards	Edinburgh Athletic C. (Scot.)	1974
College H.S.	285 miles 1320 yards	Edinburgh Athletic C. (Scot.)	1974
H.S. (girls)	276 miles 769 yards	Cal Poly (California)	1974
H.S. (Freshman boys)	199 miles 1000 yards	Dos Pueblos HS TC (Calif.)	1972
Jr. High	223 miles 1479 yards	Willie's Bus Bugs II (Conn.)	1974
Jr. High (girls)	260 miles 1401 yards	King's Canyon Christian Boys (Cal.)	1974
Elem.	170 miles 30 yards	Lehman Jr. High School (Ohio)	1974
Am. Club Indoor (men)	284 miles 224 yards	Hook Jr. High (Victorville, Cal.)	1973
Indoor (women)	276 miles 576 yards	Ocean City Elem. (Florida)	1974
Race Walk	130 miles 1225 yards	West Valley Track Club (San Jose)	1973
Over-40	162 miles 275 yards	Ohio State University (Ohio)	1973
10 men	259 miles 108 yards	Cornell University (New York)	1975
10 women	295 miles 269 yards	Colorado Track Club (Colo.)	1973
9 men	223 miles 80 yards	Senior Track Club (Calif.)	1971
9 women	277 miles 715 yards	Olympic Training Camp (Wash.)	1970
8 men	203 miles 1263 yards	Kettering Striders (Ohio)	1972
8 women	263 miles 552 yards	Suburban All-Stars (Ill)	1973
7 men	165 miles 1636 yards	Happy Legs (Maryland)	1974
7 women	257 miles 470 yards	New Canaan H.S. (Conn.)	1973
6 men	155 miles 1520 yards	Royalettes (Ambass. Coll., Tex.)	1974
6 women	250 miles 768 yards	Appalachian Athletic Club	1972
5 men	175 miles 79 yards	Our Gang (Ill.)	1974
5 women	249 miles 436 yards	New Canaan H.S. (Conn.)	1974
4 men	127 miles 690 yards	Crazy Legs (Maryland)	1973
4 women	213 miles 904 yards	Adams St. Alliance (Colo.)	1974
3 men	130 miles 1225 yards	Illinois Belles (Illinois)	1972
3 women	198 miles 1560 yards	Goleta Striders (Calif.)	1972
2 men	115 miles	Cornell University (New York)	1975
Steeple	181 miles 632 yards	Parkville CC Vets (Maryland)	1974
Police	233 miles 24 yards	Pacetroppers of Santa Barbara (Ca.)	1972
	236 miles 1630 yards	Bowling Green Mar. Club (Ohio)	1972
		Sheldon High & Alums (Oregon)	1974
		Los Angeles Police Dept. (Calif.)	1972

State All-Comers Records

Ala. Troy State AC	227m 720y	Del. Del. All-Stars	243m 88y
Ariz. Arizona All-Stars	263m	Fla. Miss. Gulfcoast Striders	259m 1180y
Ark. Harding Harriers	272m 1713m	Ga. Ft. Benning Orienteers	257m 963y
Cal. So. Cal. All-Stars	290m 1606y	Ida. Ida. Falls Easy Striders	218m 1370y
Colo. Pueblo Co. H.S.	237m 1140y	Ill. Suburban All-Stars	218m 1370y
Conn. New Canaan H.S.	258m 842y	Ind. Indiana St. All-Stars	274m 241y

Iowa	Wanda's Wonders	269m 774y	N.Y.	Baldwinsville	262m 1280y
Ky.	Bluegrass Runners	261m 100y	N.D.	Capital City Grease	242m 1320y
Me.	Greater Portland AC	278m 1124y	Oh.	Ohio State U.	276m 576y
Md.	NATO	280m 1110y	Ok.	McLain H.S.	275m 959y
Mass.	Bridgewater State C.	265m 180y	Ore.	Honeysuckle TC	266m 896y
Mich.	Oakland Striders	265m 337y	Pa.	Suburban All-Stars	259m 1161y
Minn.	Minn. Footpounders	277m 200y	S.C.	Furman U.	277m 896y
Miss.	Miss. Gulf Coast Strid.	259m 1180y	S.D.	Sioux Falls Team	243m 878y
Mo.	Mo. Madmen	274m 1452y	Tex.	Southwest H.S.	253m 1071y
Mont.	Helena H.S.	251m 40y	Utah	Utah Marathoners	200m 60y
Neb.	Plains TC	265m 1734y	Va.	Bethesda TC	275m 330y
N.C.	Charlotte-Meckl. TC	193m 1110y	Wa.	Olympic Camp	295m 269m
N.H.	N.H. Flakes	232m 480y	W.V.	West Va. Runners	284m 1240y
N.J.	N.J. Striders	271m 229y	Wisc.	Indianhead TC	269m 490y
N.M.	Atomic City TC	272m 632y			

COMPLETE 1974 RESULTS

1. EDINBURGH ATHLETIC C. 297m 1145y 28-29 September
(Jim Adler, Jim Dingwall, Doug Gunstone, Phil Hay, Danny Knowles, Alec Mathieson, Joe Patton, Alec Wright, Jim Wright)
2. BLACKHEATH HARRIERS 286m 963y 28-29 September
3. CAL POLY 285m 1320y 7-8 June
(Randy Mysliviec, Tony Nunez, Eric Olson, Mike Lamb, Dave Joseph, Gordon Rado, Brian Tracy, Dale Horton, Jim Warrick, John Beaton).
4. NATO 280m 1110y 10-11 August
(George Watts, Will Albers, Ray Dumbroski, Mike Shoemaker, Dave Buzzell, Steve Beman, Mark Freeman, Vena Novy, Ed Jerome, Bruce Talawyma)
5. WILLIAMS RR "A" 278m 573y 16-17 March
(Tom Burleson, Greg Johnson, Doug Osborn, Chuck Koeppen, Bill Carr, Jerry Pierce, Gary Romesser, Dennis McNulty, Carl Carey)

TEAM

Indiana St. All-Stars	274m 241y
Bloom Track Club	273m 440y
Tiger Sagehens (Cal)	269m 1225y
Wanda's Wonders	269m 774y
No. Baltimore Track Club	267m 1025y
Plains Track Club	265m 1734y
Marine Corps Quantico "A"	265m 1123y
Oakland Striders	265m 337y
Troy Team "A"	265m
Tokai Univ. "A" (Japan)	264m 993y
G.T.O.	264m 540y
Spartans	262m 1342y
Baldwinsville Harriers	262m 1280y
San Carlos Lopare Club	262m 1204y
San Piper Express	261m 1565y
Huntington Track Club	260m 1581y
Lehman H.S.	260m 1401y
Carmel High School T.C.	260m 332y
East Side Grease	258m 850y
Tokai Univ. "B" (Japan)	257m 852y
Marquette Track Club "A"	257m 770y
Bridgewater State College	256m 180y
Ambassador College Mar.	255m 990y
Hdqtrs. USMC	254m 840y
Frnschnrkl	254m 577y
Niles W.-Maine S. T.C.	253m 1749y

DISTANCE

Southwest High School	253m 1071y
N.W. Florida T.C.	253m 550y
Niles-Maine T.C.	253m
Williams Road Runners "B"	252m 783y
Taylor University	251m 1420y
Dirt Eaters II	251m 1184y
Helena High School	251m 40y
W. Lafayette Running Club	250m 996y
Roman Runners	250m 930y
New Canaan High School	250m 768y
San Luis Obispo High School	250m 605y
Wilton Connecticut	250m 332y
Adams State Alliance	249m 436y
Warrior Track Club	249m
Missouri Madmen III	248m 1380y
Hazelpark's 20 Ft. Around	248m 1160y
Atwater Track Club	248m 930y
Mt. Blue Guests & Grads	248m
Gay by the Bay Hotel	247m 759y
Rex Putnam Team	246m 598y
Kajcies Nicies	245y 200y
Offut Air Force Base	245m
Porterville Low-Riding 9	244m 1410y
Harry's Boys	244m 880y
Choctawatchee High S.	244m 777y
Point Loma Termites	244m 100y
Southwest U.S.A. St.	244m 100y

Sioux Falls Team	243m 878y	St. Joseph's High School	212m
Dobbs Ferry H.S.	243m 401y	Eielson AFB Outlaws	211m 386y
San Clemente Express	242m 1344y	Redwood City Fliers	211m 150y
San Antonio RR	242m 839y	Friendly	211m 107y
Sedalia Runners	242m 716y	Mt. Blue Leftovers	211m
American Comm. S. Lancers	242m 3y	Pamakids Father & Son	210m 790y
Warrior Distance Club	242m	Lombard Track Club	210m 660y
USCG-DOT	241m 1533y	Sagert's Strivers	209m 770y
Pryor Jr. High	241m 635y	San Jose Cinderails	209m 224y
Buzz Boys	241m	Connersville Track Club	209m
Arundel Track Club	240m 123y	Marcellus "B"	208m 740y
Indy-West	240m	Tennie Boppers	207m
Santa Clara Pak	239m 740y	Mouse & his Mice	206m 1320y
Troy Team "B"	239m	Ossining High School	206m 158y
Webb Jr. High	238m 1540y	Pamakids Bolts	205m 1440y
Elmer Zyvoloski Team	238m 485y	Ocean City Elemen. "B"	205m 1229y
Pueblo County H.S.	237m 1140y	Freshman Mustangs	203m 1550y
Oswego Road Runners	236m 1710y	Happy Legs	203m 1263y
Collingwood Coll. Leg. T.C.	236m 582y	Parkway West H.S.	203m
Tax Reducers T.C.	235m	Streakers	202m 895y
Eastern H.S. R. Eagles	234m 122y	ACO Marines	202m
I.H.M.	234m 3y	Milwaukee River St.	201m 1163y
Syracuse Spikers	233m 990y	Schoharie Indians	201m
Sheldon High & Alums	233m 23y	San Bruno Striders	201m
Steve's Team	233m	Reed's Road Runners	200m 1280y
St. Louis YMCA TC	232m 1545y	Willie's Bus Bugs II	199m 1000y
Masconomet Cross-Coun.	232m 877y	Parkville C.C. Vets	198m 1560y
Niceville H.S.	232m	Imperial Challengers	198m 547y
Capital Tracksters	231m	Santa Barbara H.S. Girls	197m 770y
West Omaha Striders	231y	Ocean City Elemen. "C"	194m 603y
Ralston Track Club	230m 670y	Pamakids Girls	192m 180y
Wild Bunch	230m	Turkey & The Gang	192m
Bishop Grimes Pick-Up	229m 1210y	Over The Hill Gang	188m
People's Choice	229m 1112y	Schalmon "B"	185m
Mississippi Heart Over 30	229m 910y	County & Friends	182m 955y
Central Square Redmen	229m 220y	Guys and Dolls	181m
Mt. Blue Guests	229m	Jaguars	178m 530y
Howard County St.	228m 1414y	Ocean City Elemen. "D"	175m 793y
Manchester Track Club	228m 795y	B'Ville Girls	172m 190y
Dulaney Track Club	228m 770y	Junction City High Truck. Co.	166m 1505y
Marines Bar	228m 647y	Ambassador Col. Royalettes	165m 1,636y
Hudson Road Runners	227m 1305y	Mt. Blue Girls	164m
Midwest Road Runners	227m 870y	Alton Klunkoes	162m
Duanesburg Road Runners	227m	Glen Ellyn RC "B"	160m
The Studs	225m	Sun Reach	156m 1310y
N. Virginia TC	224m 1384y	Our Gang	155m 1520y
Ambassador College RR	224m 320y	Tipton Blackford	152m
Kings Canyon Christian Boys	223m 1479y	Trans Valley Express	151m
Quantico M.B.	223m 840y	Mamma's Little Girls	149m
Marquette TC "B"	222m 820y	Dirty Dozen Minus Two	146m 680y
5-Man Sweat	222m 770y	Springfield Coll.	146m
Ocean City Elemen. "A"	222m 647y	Fox Valley Striders	145m
Junction City High C. Weasles	221m 1350y	Santa Barbara H.S. Girls	144m
Santa Ynez High School	221m 843y	Cupertino High School	136m 1510y
B'Ville J.V.	219m 1030y	Wagner H.S. Falcons	133m
Marcellus 6 + 2	219m	Irvington	131m 1650y
Turkeys	218m 1555y	Cornell University	130m 1225y
Glen Ellyn RC "A"	217m 1693y	Fairborn Ohio Girls	129m 880y
Hannibal Varsity	217m 1020y	McCluer North H.S.	128m
Brookfield H.S. "B" Club	217m 770y	Indiana Striders	125m 591y
Mt. Blue High School	217m	Columbus North	120m
Indiana Striders "B"	216m 583y	Demons	93m
Schalmon "A" Team	216y	Senile City Striders	72m
South Side Half Striders	213m 1275y	Meyer's Mongrels	64m
N.E. Track Club	213y 1036y	Another Ossining Team	54m
Richmond Ramblers	212m	Glen Ellyn RC "C"	18m

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