

January 10, 1977
1005 Richmond Road
Williamsburg, Va. 23185

Track & Field News
P. O. Box 296
Los Altos, California

Results of the Richmond East Coast Invitational, Sat., Jan. 8,
1977, Richmond, Va. ^{160y} 11 lap banked boards (slow)

Invitational 600 1. Fred Sowerby (DC Striders) 1:12.0 ^{Ant}

2. Ron Ray (Phila Pioneers) 1:12.7

Invitational 1,000 1. Stan Vinson (DC Striders) 2:14.7

Shot 1. Bob Medlin (NC State) 61-9
2. LeBaron Caruthers (NC State) 59-4

60 High Hurdles 1. Charles Foster 7.2
Trials, exhibition Foster 7.2

LJ 1. Dennis Ivory (U. of Maryland) 25-1

1,000 1. Russ Smelley (U. of Richmond) 2:10.0

60 1. Steve Riddick (Phila Pioneers) 5.9
2. Cliff Wiley (Kansas) 6.2
3.
4.
5. Dr. Delano Meriwether (DC Striders) 6.4

Trials: I. 1. Riddick 6.1
IV. 1. Meriwether 6.3

Semis: I. 1. Riddick 6.1
II. 2. Meriwether 6.2

Riddick put on a big burst at about 20 yards and won easily.

TJ 1. Ron Livers (Phila Pioneers) 54-8
(~~53-11 $\frac{1}{4}$, 53-2, F, F, 54-1 $\frac{1}{4}$, 54-8~~)
2. Keith Witherspoon (Charlottesville TC) 52-8
3. Tom Leonard (Phila Pioneers) 50-8 $\frac{1}{4}$
4. Ken McBryde (Athlete's Attic) 50-6 $\frac{1}{2}$

PV 1. Keith Neff (Virginia Tech) 17-0 $\frac{1}{4}$

Mile Relay 1. DC Striders (Dennis Walker, Delano Meriwether,
Fred Sowerby, Stan Vinson) 3:18.0

Woman's 60 1. Freida Davy (DC Striders) 6.7

Woman's 60 hurdles 1. Carol Thompson (Delaware T&F) 7.8

HS 60 1. Kenneth Foster (George Wythe HS, Richmond, Va) 6.2

HS 60 HH 1. Valentino Robinson (Thomas Jefferson, Richmond, Va.) 7.5
Semis I. 1. Robinson 7.5

Randy Hawthorne

TRACK & FIELD NEWS

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RECEIVED

* **Two mile** — Hillary Tuwei (Richmond), Ron Martin (Peninsula TC), Gary Griffith (N.C. State). T — 9:10.9.

Mile relay — N.C. State, Virginia St., Catholic U. T — 3:25.8.

Women's 440 — Melissa Hill (Cavalette TC), Theresa Dyches (Klub Keystone), Robin Dandy (Cavalette TC). T — 59.5.

Women's 60 low hurdles — Carol Thompson (Delaware SC), Paula Girven (Maryland), Susan White (Maryland). T — 7.8 (ties meet record).

60 high hurdles — Kerry Bethel (Essex Comm. Coll.), Bill Duren (N.C. State), Marvin Rankins (ECU). T — 7.2 (meet record, previous record 7.3 by Bethel and Sam Phillippe).

* **Feature 60 high hurdles** — Charles Foster (Philadelphia Pioneers), Greg Robertson (Maryland), Vincent Ashley (Norfolk St.). T — 7.2.

Women's 60 — Freida Davy (D.C. Striders), Krista Berryman (Richmond Track and Field), Sheila Ingran (Federal City College). T — 6.7 (ties meet record).

60 — Bob Calhoun (Essex CC), Scott Dennis (Virginia Tech), Pat Adair (N.C. State). T — 6.1 (ties meet record).

* **Feature 60** — Steve Riddick (Philadelphia Pioneers), Cliff Wiley (Kansas), Andre Releford (Virginia Tech). T — 5.9 (meet record, previous record 6.0 by Ivory Crockett).

Women's mile — Julie Shea (Jr. Striders), Lalani Kelly (Pioneer AC), Jill Adams (Pioneer AC). T — 4:54.8.

Feature mile walke — Carl Schueler (Capital Walkers), Allen Price (Capital Walkers), Joe Stufanewicz (unattached). T — 6:54.2.

Long jump — Dennis Ivory (Maryland), Andre Gibson (VMI), John Davenport (Maryland). D — 25-1 (meet record, previous record 24-8 by Stanley Royster).

Feature 600 — Fred Sowerby (D.C. Striders), Joseph Coombs (Howard), Ronnie Ray (Philadelphia Pioneers). T — 1:12.

Women's Feature 440 — Carolyn Brinkley (Federal City College), Freida Davy (D.C. Striders), Linda Miller (Maryland). T — 57.9.

Feature Mile — Rex Wiggins (VMI), Dave Sandridge (Maryland), Tony Garner (Maryland). T — 4:11.3.

Feature 1000 — Stan Vincent (D.C. Striders), Dave Watt (Maryland), Rich Rothschild (William & Mary). T — 2:14.7.

Shot — Bob Medlin (N.C. State), LeBaron Caruthers (N.C. State), Ian Pyka (Maryland). D — 61-9 (meet record, previous 58-5½ by Medlin).

Feature two-mile relay — Richmond, Furman, Maryland. T — 7:46.4.

Featured two miles — Ralph King (North Carolina), Julio Piazza (Philadelphia Pioneers), Jim Shields (William and Mary). T — 9:04.1.

Masters mile — Glynn Woods (Potomac Valley Sr. TC), George Vernosky (Potomac Valley Sr. TC), David Bloor (Rich. Track and Field). T — 4:38.4.

Mile relay — Norfolk State, Essex Comm. Col., North Carolina. T — 3:27.0.

Feature mile relay — D.C. Striders, Howard, Philadelphia Pioneers. T — 3:18.9.

Women's mile relay — Cavalette TC, University of Maryland, Federal City College. T — 4:01.3.

Triple jump — Ron Livers (Philadelphia Pioneers), Keith Witherspoon (Charlottesville TC), Tom Leonard (Philadelphia Pioneers). D — 54-8 (meet record, previous 52-10 by Witherspoon).

High jump — Bernie Hill (N.C. State), tie John Schjlling (William and Mary) and Al Irving (William and Mary). H — 6-8½.

Pole vault — Keith Neff (Virginia Tech), Mike Remus (Maryland), Bob Corbett (N.C. State). H — 17-¼ (meet record, previous 16-0 by Neff).

COLLEGE AND OPEN

* **Masters 60** — Larry Wilson (Klub Keystone), Harold Green (Rich. Track and Field), Larry Gregory (Philadelphia Pioneers). T — 6.6 (meet record, previous 7.0 by B.T. Green).

600 — Karl Hunter (Essex Comm. Col.), James Freeman (ECU), tie Thomas Stampiglia (Georgetown U.) and Mitch Williams (N.C. State). T — 1:13.7.

Mile — Ed Perkins (Richmond), Richard Royce (Duke), Mark Ogden (Georgetown). T — 4:17.1.

1000 — Russell Smelley (Richmond), Gideon Terer (Essex CC), Phil Baker (Furman). T — 2:10 (meet record, previous 2:13.8 by Smelley).