

Howard is no long 'shot' to match Stuart success

By CARTER PENCE
Courier-Journal & Times Staff Writer

With a name like his, he'd better be good.

What a city's name could mean to a popular form of refreshment, the name Stuart would mean to a Kentucky shot-putter. Thus comes Howard Stuart of Glasgow.

The names of his older brothers, John and Jesse, are patted in books alongside records for the shot put. When John was a senior at Glasgow High School, his best throw of some 66 feet ranked him third in the nation. Jesse, of course, followed those tracks closely. He was the NCAA champion in 1974.

Howard has not yet achieved the status of his predecessors. But the Glasgow High senior-to-be is improving. Yesterday afternoon, beneath threatening skies that clouded the Jeffersonville High School track, he uncorked his best throw of 53 feet, nine inches in the Region 6 Junior Olympic Track and Field Championships.

"I've come up about seven or eight feet since last year and I didn't work as hard as I should have," said Howard, an 18-year-old who qualified for the meet since he just turned 18 in June (The Senior Division is open to boys 14-17, but a person's age as of May 1 is used to determine eligibility).

"Basically, my form is good — a bit better than John's or Jesse's were in high school," Howard continued. "Of course, I've had the benefit of them coaching me."

Form, however, is not the entire ball game. If he wants to be among the nation's best, Howard Stuart says he must "get a lot stronger." In August, he will get a shot at national competition in the Junior Olympic Nationals, as well as all the other winners in yesterday's competition, which included contestants from six states.

"I'm working out about every day and I'm gradually coming up," he said. "The more I get into it the more I work. I think I should do fairly well (in the nationals)."

Meanwhile Stephanie Hightower, the Kentucky AAA High School champion in both hurdle events this year, lamented the fact that she has not been keeping in shape.

Nonetheless, Hightower qualified for the all-expenses-paid trip to Ithaca, N.Y., next month with a win in the 100-meter low hurdles. She also will be the alternate in the 100-yard dash after placing a narrow second to Lynn Maxwell of Paducah in that event.

Four records broken

"That was the best I could do in the 100," said Hightower, a student at Stuart High school last year. "I'm not in real good shape like I was in the state meet. I was working every day during school, but I don't practice as much as I should now."

Hightower also ran on the victorious Kentucky 440 relay team that barely edged a foursome from Indiana.

Four of the listed national records were bettered. Lara Cartwright, a 13-year-old from Muncie, Ind., ran the mile in 5:01.7, chopping nearly nine seconds off the old record of 5:10.5. Julia Stubbe of Solon, Ohio, trimmed over a second from the 800 mark in the senior division with a 2:17.1 clocking. Detroit's Rochelle Collins clipped a tenth of a second off the girls senior 880 mark with a time of 2:12.2 and Missi Meeker's leap of 8-7 1/4 bettered the previous high jump mark of 5-6.

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David Kreuger of Austintown, Ohio, flashes winning form yesterday as he heaves the shot 48 feet, 10 1/2 inches for the boys' junior 12-13 title in the Region 6 Junior Olympic meet.

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- ### Junior Olympic results
- #### Boys Senior (ages 16-17) Division
- Winner advances to Nationals**
- Mile walk - 1. Steve Orfano, Illinois, 1:47.2; 2. Kevin Crampton, Illinois, 2:12.2; 3. Larry Platt, Illinois, 2:32.0; 4. Michael Johnson, Illinois, 2:52.0
 - 200 yd. - 1. Tom Ferrer, Michigan, 1:48.3; 2. Dave Rowman, Alam. Ctry., W. Va., 1:52.1; 3rd best: 1. Howard Stuart, Glasgow, Ky., 1:54.7; 2. Tom Ferrer, Michigan, 1:48.3; 3. Tom Ferrer, Michigan, 1:48.3; 4. Tom Ferrer, Michigan, 1:48.3
 - 400 yd. - 1. Steve Orfano, Illinois, 1:55.8; 2. Steve Orfano, Illinois, 1:55.8; 3. Steve Orfano, Illinois, 1:55.8
 - 800 yd. - 1. Steve Orfano, Illinois, 4:02.0; 2. Steve Orfano, Illinois, 4:02.0; 3. Steve Orfano, Illinois, 4:02.0
 - 1,600 yd. - 1. Steve Orfano, Illinois, 8:04.0; 2. Steve Orfano, Illinois, 8:04.0; 3. Steve Orfano, Illinois, 8:04.0
 - 3,200 yd. - 1. Steve Orfano, Illinois, 16:08.0; 2. Steve Orfano, Illinois, 16:08.0; 3. Steve Orfano, Illinois, 16:08.0
 - 6,400 yd. - 1. Steve Orfano, Illinois, 32:16.0; 2. Steve Orfano, Illinois, 32:16.0; 3. Steve Orfano, Illinois, 32:16.0
 - 12,800 yd. - 1. Steve Orfano, Illinois, 64:32.0; 2. Steve Orfano, Illinois, 64:32.0; 3. Steve Orfano, Illinois, 64:32.0
 - 25,600 yd. - 1. Steve Orfano, Illinois, 128:64.0; 2. Steve Orfano, Illinois, 128:64.0; 3. Steve Orfano, Illinois, 128:64.0
 - 51,200 yd. - 1. Steve Orfano, Illinois, 257:28.0; 2. Steve Orfano, Illinois, 257:28.0; 3. Steve Orfano, Illinois, 257:28.0
 - 102,400 yd. - 1. Steve Orfano, Illinois, 514:56.0; 2. Steve Orfano, Illinois, 514:56.0; 3. Steve Orfano, Illinois, 514:56.0
 - 204,800 yd. - 1. Steve Orfano, Illinois, 1029:12.0; 2. Steve Orfano, Illinois, 1029:12.0; 3. Steve Orfano, Illinois, 1029:12.0
 - 409,600 yd. - 1. Steve Orfano, Illinois, 2058:24.0; 2. Steve Orfano, Illinois, 2058:24.0; 3. Steve Orfano, Illinois, 2058:24.0
 - 819,200 yd. - 1. Steve Orfano, Illinois, 4116:48.0; 2. Steve Orfano, Illinois, 4116:48.0; 3. Steve Orfano, Illinois, 4116:48.0
 - 1,638,400 yd. - 1. Steve Orfano, Illinois, 8232:96.0; 2. Steve Orfano, Illinois, 8232:96.0; 3. Steve Orfano, Illinois, 8232:96.0

- #### Boys Junior (ages 12-13) Division
- Mile - 1. Jim Beeson, South Carolina, 4:30.0; 2. Blair Hopkins, Cincinnati, 4:52.0; 3. Cary Kaser, Lawrence, Mo., 5:02.0; 4. Cary Kaser, Lawrence, Mo., 5:02.0
 - 200 yd. - 1. Richard Grant, Kentucky, 1:41.5; 2. Kenneth Lee, Illinois, 1:45.0; 3rd best: 1. David Krueger, Austintown, Ohio, 1:49.0; 2. Tom Ferrer, Michigan, 1:52.0; 3. Tom Ferrer, Michigan, 1:52.0
 - 400 yd. - 1. Tom Ferrer, Michigan, 3:55.0; 2. Tom Ferrer, Michigan, 3:55.0; 3. Tom Ferrer, Michigan, 3:55.0
 - 800 yd. - 1. Tom Ferrer, Michigan, 7:50.0; 2. Tom Ferrer, Michigan, 7:50.0; 3. Tom Ferrer, Michigan, 7:50.0
 - 1,600 yd. - 1. Tom Ferrer, Michigan, 15:40.0; 2. Tom Ferrer, Michigan, 15:40.0; 3. Tom Ferrer, Michigan, 15:40.0
 - 3,200 yd. - 1. Tom Ferrer, Michigan, 31:20.0; 2. Tom Ferrer, Michigan, 31:20.0; 3. Tom Ferrer, Michigan, 31:20.0
 - 6,400 yd. - 1. Tom Ferrer, Michigan, 62:40.0; 2. Tom Ferrer, Michigan, 62:40.0; 3. Tom Ferrer, Michigan, 62:40.0
 - 12,800 yd. - 1. Tom Ferrer, Michigan, 125:20.0; 2. Tom Ferrer, Michigan, 125:20.0; 3. Tom Ferrer, Michigan, 125:20.0
 - 25,600 yd. - 1. Tom Ferrer, Michigan, 250:40.0; 2. Tom Ferrer, Michigan, 250:40.0; 3. Tom Ferrer, Michigan, 250:40.0
 - 51,200 yd. - 1. Tom Ferrer, Michigan, 500:80.0; 2. Tom Ferrer, Michigan, 500:80.0; 3. Tom Ferrer, Michigan, 500:80.0
 - 102,400 yd. - 1. Tom Ferrer, Michigan, 1001:60.0; 2. Tom Ferrer, Michigan, 1001:60.0; 3. Tom Ferrer, Michigan, 1001:60.0
 - 204,800 yd. - 1. Tom Ferrer, Michigan, 2003:20.0; 2. Tom Ferrer, Michigan, 2003:20.0; 3. Tom Ferrer, Michigan, 2003:20.0
 - 409,600 yd. - 1. Tom Ferrer, Michigan, 4006:40.0; 2. Tom Ferrer, Michigan, 4006:40.0; 3. Tom Ferrer, Michigan, 4006:40.0
 - 819,200 yd. - 1. Tom Ferrer, Michigan, 8013:20.0; 2. Tom Ferrer, Michigan, 8013:20.0; 3. Tom Ferrer, Michigan, 8013:20.0
 - 1,638,400 yd. - 1. Tom Ferrer, Michigan, 16026:40.0; 2. Tom Ferrer, Michigan, 16026:40.0; 3. Tom Ferrer, Michigan, 16026:40.0

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