

**FOURTH ANNUAL U.S. MASTERS
TRACK & FIELD CHAMPIONSHIPS**
First Annual AAU Masters (40 & Over Track & Field Championships)
Balboa Stadium, San Diego, California — July 2 & 3, 1971
Marathon & 20 Kilometer Walk — Mission Bay Park, July 4, 1971
Sponsored by:
The San Diego Track Club & City of San Diego Recreation Department

Payne uses hammer to nail down record

By JACK WILLIAMS

Fearful of sounding all wet, Howard Payne will make no claim to finding the fountain of youth. He will simply call that stuff that was splashing all over Balboa Stadium yesterday "good, California sunshine" and tell you that youth, England and all those foggy days he thought would never end couldn't equal this.

"Will you pose for a picture with us, Howard? My kid wants to take one with you."

"Would you sign this book, please, Howard?"
"Congratulations! That's the best I've ever seen, Howard!"

Payne, a 40-year-old hammer thrower of international repute, was basking in the glow of a 222 ft., 1 3/4 in. effort yesterday, a world age-group record worthy of a gold medal in all but two previous Olympic games.

This was the U.S. Masters Track and Field Championships at Balboa Stadium, however, and a far cry from Munich in '72. It was not, as

some cynics say, a meet that would take track back 20 years.

"I didn't even see a hammer until I was 23," said Payne, referring to the ball and chain which looks like a weapon from medieval times. "I could only throw it 88 feet then. I've gotten better every year. That's what has kept cases like this."

me going. How far can I throw? I'm hoping for 230 next year, in the Olympics."

Payne, for all his vintage quality, might have aged in a cellar. His slight pallor, however, can be traced to a less than sunny climate.

He is a physical education lecturer in Birmingham, England, 120 miles northwest of London, where he has plenty of time to practice what he can teach.

"I'm able to train 1 1/2 hours a day," he said, "but I really haven't worked too hard yet. My best throw this year was 217. I'll train harder next year and I hope to get stronger for the Olympics."

Payne threw 209 in a seniors meet in England this year under what he called "very bad weather conditions. This California sunshine helped today, even though I didn't have much competition."

"I usually do better with the competition and I was hoping to meet Harold Connolly today."

Connolly, a four-time Olympian who was to compete as an unofficial entry because he is one year short of the 40 year minimum, did not show up.

It remained, therefore, for Payne to show up a field which included former American record holder Bob Backus of Massachusetts, who reached 169-5/8 for second.

"Competition helped me reach a personal best of 223-3 in the '68 Olympics," noted Payne, a pleasant, bespectacled chap who's almost perpetual smile contradicts the controlled violence of his event.

"I improved my personal best eight feet in the Olympics (in which he finished 10th), then I went 227-2 last year."

"Timing is the most important thing and it takes years to perfect. Strength and speed are next. I think your strength can increase as you get older while the speed diminishes."

In weight circles, the hammer has been the mark of the senior citizen in the past. While younger athletes prefer the shot and discus, events Payne participated in with ordinary success in college, those who have peaked as weightmen sometimes find a new life in the hammer.

"It takes patience," cautioned Payne. "I believe it takes eight years to reach your peak in the event, but there are younger fellows today, in their early 20s, who are doing extremely well."

Payne finished third (137-1 3/4) in the discus, nearly 10 feet shy of his personal best and he was scheduled to go in the shot today.



**INSIDE
SPORTS**

By DICK EBY

EVENING TRIBUNE Assistant Managing Editor

Mr. A. Howard Payne of Birmingham, England, is an authority on the forces involved in sports. Yesterday he was one of them.

**Mile record
faces assault
at Masters**

It won't exactly be a miracle mile — something around the 3:50 mark — but it borders on the miraculous that seven runners who have seen the better side of 40 will be breaking 4:30.

That is a possibility, if not probability, tomorrow in the second day of competition at the U.S. Masters Track and Field Championships at Balboa Stadium.

The mile final, set for 2:45 p.m., ranks as one of the featured events of the fourth annual meet which began today.

Peter Mundle of Santa Monica, the record holder at 4:26, will be opposed by six entrants who have done 4:30 or better. A 4:25 or better is being forecast by meet officials.

Mundle has run 4:29.6 this year. Jim Van Tatenhove, the defending champ, has logged 4:29.9 and Frank McBride, a Detroit entrant with a 1:58.8 half mile to his credit, will submit a 4:29.6.

Skip Dougherty, an Army major from Philadelphia, ranks as a darkhorse off a best of 4:31.

"If everybody shows up and it is reasonably cool," said meet director Ken Bernard. "I can't see how a 4:30 can't be beaten. But it could be a tactical race. When you get a group of four or five good ones they may wait and have the confidence they can outkick the other fellow."

"What seems particularly interesting to me is that they haven't competed against one another in many instances and they're not aware of the other fellow's kick."

KEEPING TRACK — The iron men of the Masters meet, who might be a trifle rusty before the competition is over, are Norman Bright, 61, of San Francisco, who has entered every running event, and Walt Frederick, 65, of Los Angeles. Frederick will compete in every running event, plus the long jump, high jump, discus and javelin.

Bright, an international class distance runner 40 years ago, held the Dip Sea distance record for 37 years.

the race, approximately seven miles, is run from Mill Valley to Stinson Beach. Bright won it again last year, in addition to logging a 234th among 2,000 runners in the Bay to Breakers race in San Francisco. Bright's average marathon is 3 hours, 11 minutes, a time which could win him Division III (60 and older), although Urban Miller of Germany is another leading contender.

Hal Higdon is in town to run in the Masters Marathon on Sunday and it was suggested that I review his latest book.

Hal's book, "On the Run From Dogs and People" (Regency, 238 pages, \$5.95) is very entertaining and quite revealing. But after reading it, I'm a little concerned for Hal in the U.S. Masters Marathon Sunday. Like all the other events in the U.S. Masters Track & Field Championships, the marathon is for men 40 and older — and Hal has one advantage because he just turned 40. Furthermore, his previous times for the marathon distance (26 miles, 386 yards) are superior to the course record.

But Higdon faces a distinct challenge Sunday. He has a problem with dogs while on the run. He keeps getting chased, mauled, bitten and intimidated by man's best friend.

And unfortunately, the marathon course here goes through a part of Mission Beach notorious for its free-roaming dogs.

Hal is uptight about dogs. He despises them, dreams of them, and, as you know, dogs sense this fear and take advantage of it. They are apt to single Higdon out from the group Sunday and go after him even if he tries to lose himself in the pack.

So good luck Hal — and now for the book. I like the way Higdon upgrades running and explains the reason for going 50 to 100 miles a week.

"Despite what the Sedentary Television Watchers of the World think, there is more pleasure than pain in running marathons," he writes. "If not, why would we run them?"

Hal then tells you to forget temporarily the apparently logical answer (that all runners are insane) and consider this:

"The long distance runner, in the late stages of a race or workout, achieves a sense of nirvana, a blowing-out, and extinction of the flame of life, a reunion with Brahma. The total mind becomes absorbed with the physical act of moving through a spiritual universe with the finish line the goal. All the tensions of the world are made insignificant in comparison with the simple purposeful act of running."

As might be expected, a substantial portion of the book deals with the problem runners have with dogs. Higdon gets into it early in the book this way:

"I never met a marathoner who could watch 'Lassie' on television without getting the same feeling that an Indian must have when he watches a John Wayne movie," he writes.

He says there are certain "dog areas" he won't enter unless accompanied by another runner.

"I figure I have a 50-50 chance the dog will attack my companion and so won't be able to nibble on me," he explains with simple (but cold) logic.

Higdon tells about distance runner Larry Smith being chased by two Doberman pinschers:

"Larry looked up, and he could see their owner, sitting in a chair on the porch, hands folded, saying nothing, probably thinking: 'Y'all take a bite out of the lil' ol' colored boy, so he nevuh comes back heah again.'"

"Larry didn't change his stride, but he did look around for a tree or fence to climb. He saw none. The two Dobermans lunged out onto the road, and at that moment a speeding car came over the hill. Splat! Splat! That ended their marauding career. Larry didn't look back. He just kept running..."

"On The Run From Dogs and People" is more about people than it is about dogs, however, and it gives a clear picture of what those "health nuts" you see on the streets in their underwear are really doing.

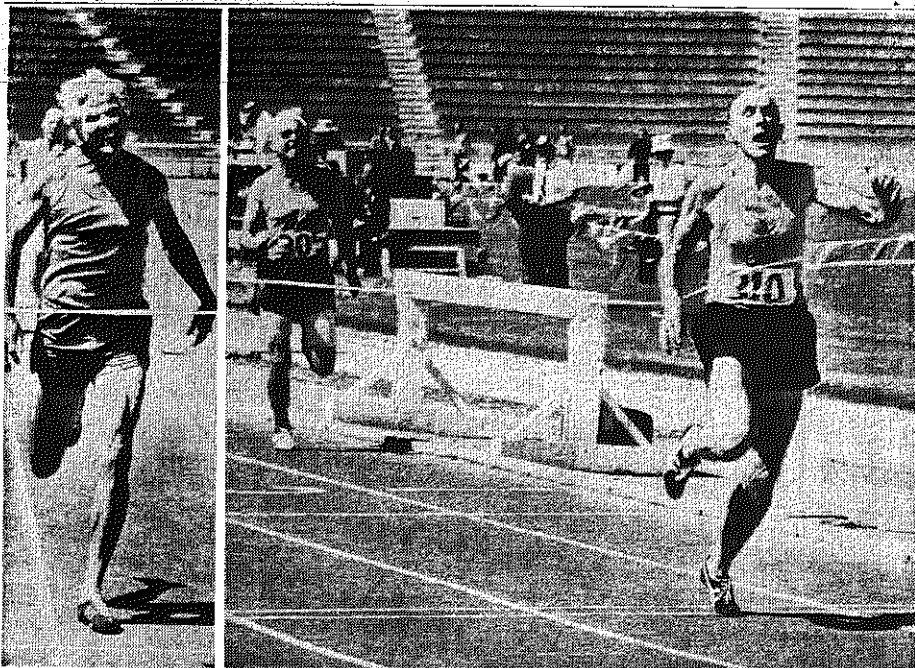
Hal travels quite a bit on writing assignments, but he seldom misses a workout no matter where he is — big city or not. If he is in a downtown hotel he still wants to get into his running attire and find the nearest park. He takes the direct route.

"I will be standing in the elevator defiantly clad in my running gear and an IBM-type will get on. He stares straight forward, composing himself by counting the floor numbers as we descend. Deep inside he is wondering, what the hell is this guy in white shorts and T-shirt doing standing in my elevator?"

"But, whatever he thinks, the IBM-type won't react. He's not going to admit he notices me. If his wife is along, she's not going to notice me either, even though I'm smashingly handsome with hair on my chest..."

Higdon has written five other books and countless articles. He lives in Michigan City, Ind. with his wife and three children, none of whom cares much for running.

In pointing to his record — fifth in the national AAU track and field championships in 1954, 1957, and 1958; fifth in the 3,000-meter steeplechase at the 1960 Olympic trials, and fifth in the 1964 Boston Marathon — he acknowledges that some may consider him a fifth rate runner. But he is a first class writer.



A. P. Salmon, left, unattached, gives it all he has as he crosses finish line the winner of the Division 2 mile run in AAU Masters Track and Field Meet in Balboa Stadium yesterday. At right, Virgil McIntyre of Seniors Track Club of Los Angeles, wins final 220 heat in Division 3, several yards ahead of A. J. Puglizevich of the Northern California Seniors Track Club.

Teacher Masters Six Track Events

A Corona Del Mar teacher who at the age of 42 is a track and field Jack-of-all-trades yesterday defeated defending champion Bud Held of San Diego in the Masters Six.

The event, numbering six separate tests, was the feature of the second day of the U.S. Masters Track and Field Championships in Balboa Stadium. The competition concludes today when the marathon is contested around Mission Bay, starting at 6:30 a.m.

Brayton Norton, a trim physical education instructor, scored 3,515 points, a world record for seniors, in defeating Held, who finished second with 3,242 points.

A year ago, Held had scored 3,438 points but yesterday he failed in his specialty, the javelin, in which in 1966 he established a record of 270 feet.

"All my performances were pretty much the same as last year," said Held, "except I really failed in the javelin." He moved the spear only 191 feet.

"I had felt I could do 215," said Held, "but it would probably have taken 225-230 to win the thing."

In winning, Norton added the world senior record for this event to the world senior standard he established three

months ago at UC-Irvine. The trim 5-10, 162-pounder defeated Held in every event except the javelin, in which he did 164-6/8.

At Occidental, Norton was a 220-440-long jump-javelin star. After leaving school there, he spent two years in Ceylon, developing athletes for that island country at the tip of India.

"I retired from competition with a vengeance," Norton recalled.

It was a combination of "ego and Scotch blood" which brought him back to track and field, Norton said.

"I didn't like the looks of me sideways," he said, "so I quit smoking and began a jogging program three years ago."

The Corona Del Mar Track Club, which he represents induced him to try a more competitive program. "I tried to go from jogging to competition and tore myself just about every way but loose," said Norton.

"For this event, he was in excellent condition, as his marks attest: 11.2 in the 100, 54.2 in the 440, 164-6/8 in the javelin, 42-7/8 in the 12-pound shot, 5-15.3 in the mile and 19-5/8 in the long jump.

Held, by comparison, did 11.6 in the 100, 56.3 in the 440, 191-11/8 in the javelin, 42-2/8 in the shot, 5-32.8 in the mile and 17-7/8 in the long jump.

Norton's career bests, he said, would be 9.7 in the 100, 48.0 in the 440, 210-4 in the javelin, 45-7/8 with the 16-pound shot, 4:45 in the mile and 24-3 in the long jump.

"But you'd be a fool if you tried to compare yourself to the days of yore," he said. "The Brayton Norton of today and the Brayton Norton of 20 years ago are two different people."

Norton, though, said he was confident he could win.

"I have the healthiest respect for Bud Held," he said, "but I felt if I could avoid a calamity I could win. He has that one great weapon, the javelin, but I'm more all-around."

A San Diegan, A. P. Salmon, exhibited some remarkable endurance yesterday for one of his years. In the Division II mile, for runners 50-59, Salmon won in 5:02; later, he went 12 times around the track in the 5,000 meters and finished second behind Australian John Gilmore.

Among those beaten by Salmon was Cliff Bould of Australia, the defending champion.

THE SAN DIEGO UNION

EVENING TRIBUNE

Sports

MARATHON TURNS INTO 'TALKATHON'

Coveney has winning passwords

By JACK WILLIAMS

There were attendants with warm blankets, cups of Gatorade and an esoteric concoction of nutrients called Gookin-aid, the invention of a member of the San Diego Track Club. It was, obviously, the "paradise lost" that nearly a hundred 40-year-olds and up were beginning to think was just a rumor: the finish line of the marathon.

As one weary wanderer proclaimed upon reaching it: "This must be the place!"

Said another: "The years keep getting shorter and the marathon longer."

The 26-mile, 265-yard marathon, which mercifully put an end to the U.S. Masters Track and Field Championships yesterday, started out to be a nice, friendly jog in the park — Mission Bay Park.

Everything was running true to form for Hal Higdon, 40, the author from Michigan City, Ind., who figured to win. He had begun to leave the field behind after about 10 miles.

"At one point I could barely see him," said Dennis Coveney of the Vancouver Olympic Club. Coveney, as it turned out, was the eventual winner.

The 40-year-old mechanical engineer passed Higdon with about three miles to go and, at that point, it ceased to be a friendly stroll in the park.

"He made a crack as he was passing me," said Higdon, "that really made me angry. He said, 'Are you saving it for a -62 last lap?' I'd run a -63.88 last lap in winning the 10,000 meters."

"That crack pumped a lot of adrenaline into me. I stuck with Coveney for three-quarters of a mile simply out of

anger. If I'd been in better shape I could have beaten him but he was better today. My legs were dead after 20 miles and I had a hard time keeping my rhythm."

Higdon, nevertheless, was second as the first six finishers broke the meet record of 2 hrs., 45 min., 10.2 sec. Coveney clocked 2:39:0.2, well under his previous best of 2:43:12.

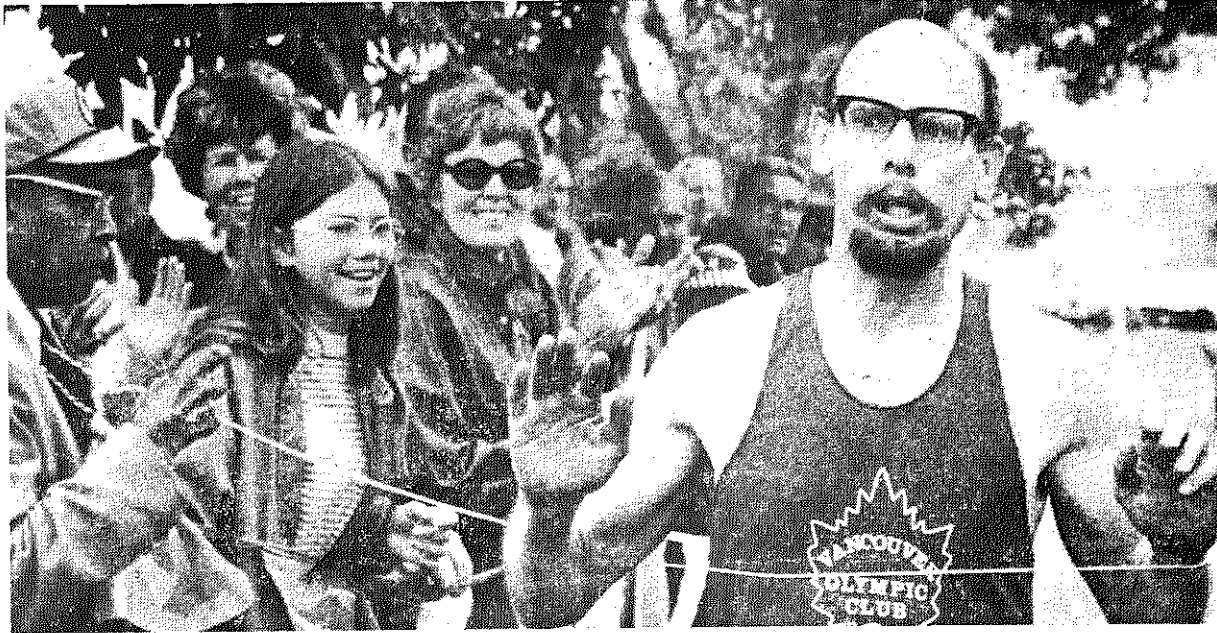
True to his philosophy ("I never run to win. I always run for time."), the first thing Coveney said upon finishing was: "I ran my best time by four minutes."

Coveney said he took up jogging to get in shape for hiking and skiing, two of his favorite pastimes.

"After awhile I became more into

(Cont. on Page C-2, Col. 1)

4th ANNUAL U.S. MASTERS TRACK & FIELD CHAMPIONSHIPS 1971



CANADIAN'S SUNSET—Dennis Coveney of Vancouver Olympic Club has surprised look—or is it one of relief?—as he crosses finish line in marathon to end U.S. Masters Track and Field Cham-

pionships yesterday. Coveney covered 26-mile, 385-yard Mission Bay Park course in 2 hours, 39 minutes and two-tenths of a second.—Evening Tribune Staff Photo by Tim Wilson

Coveney has passwords

CONTINUED FROM PAGE C-1

ested in running than hiking," he said. "This is my eighth marathon. I'm a lazy runner, really. I've a good mind to quit now . . . but maybe I'll break 2:35 first."

With a little time to think it over, in fact, Coveney was talking about coming back next year for more than just the marathon.

"I think I'll train for the faster events now," he smiled. "Now that I've graduated from jogging, that is."

With that, Coveney was off and running. "I've gotta run," he said. "I've a plane to catch at 12:30."

KEEPING TRACK — Coveney was up by 4:30 a.m. for the marathon, which began at 6:30, and had a breakfast of tea and honey . . . Higdon discovered he'd lost his shoes after rising

at 6 . . . "We drove back to Balboa Stadium," he said, "and Frank McBride, my roommate, climbed over the fence to look for 'em. They weren't there so we drove over here (Mission Bay) and Ken Bernard, the meet director, had them." . . . Higdon said he might have stayed up too late the night before. "I was up drinking beer at David Pain's house," he said. "I hate to let anything interfere with my social life."

John Kelly of the Seniors Track Club in Los Angeles bettered the meet record in the 20 kilometer walk yesterday despite "going to sleep in the middle of the race" . . . Kelly opened up a sizable gap in clocking 1:42:38.6 and "being out there all alone I lost my concentration."

Aches And Payne Yield One Record

By JERRY MAGEE

Mr. A. Howard Payne of Birmingham, England, is an authority on the forces involved in sports. Yesterday he was one of them.

Mr. Payne — all contestants in a senior track event are addressed as mister; their age, you know — propelled the 16-pound hammer 222 feet, 1 1/4 inches to establish a world senior record in Balboa Stadium in the fourth annual U.S. Masters Championships.

40 YEARS OLD

Payne is 40 but his effort would have placed him second in the National AAU meet conducted last week in Eugene, Ore. His record throw was more than 100 feet past the former senior standard of 118-2. In the same event, Bob Backus of the New York Athletic Club established an American record of 109-5/4 and lost by more than 50 feet.

Payne is a professor at Birmingham University but he hardly could be described as doddering. He weighs 230, his face is unlined and he said he feels as strong now as he did when he began working at his event in 1953.

"You lose a bit of speed," he said, "but you make up for it with better technique."

The man certainly knows his subject. His field is Newtonian mechanics — how the forces of gravity will influence the flight of a discus or some other object with which people play.

To this bespectacled athlete, the hammer throw, in which an athlete spins around and around with an iron ball dangling from a chain, then unleashes it, handle and all, is the most fascinating of events.

It also is one of the most difficult. College athletes rarely acquire any great degree of proficiency in it because the techniques are so alien to those used in other events.

A GRADUAL PROCESS

"You have to develop the techniques gradually. It takes about eight years to master them," said Payne.

"Generally," he explained, "the center of gravity is over the feet but in this event you have to lean away from the feet in order to counterbalance the weight of the hammer. To see somebody balance well and then throw to me is very spectacular."

Payne's winning 222-1/4 was only slightly shorter than his career best of 227-2 achieved last year. It delighted him that

he could do so well in this meet.

"I don't think this event is minor at all," said the Britisher as the Masters opened in a wash of limiment. "The U.S. Masters has made a very important step in athletics. You can't go on always competing against athletes 20 years younger and most athletes would retire but for events like this."

Performing isn't the thing in senior track; competing is. Yesterday a U.S. Senator and a 72-year-old middle distance runner were among those who knew the joy of competition.

Sen. Alan Cranston (D-Calif.), competing in Division II, for contestants from 50-59, gained the finals in the 100 by placing third in a four-man heat in 12.8 seconds.

"I used to run 9.9," recalled the legislator. In the finals, he got only halfway down the track when he pulled up lame and did not finish.

The oldest competitor was the only entry in the 880 for runners 70 and over. David Fowler, a retired Army colonel who lives in Rancho Bernardo, made the trip in a leisurely 3:27.5.

"That's the longest I've ever run," said Fowler. "It gets longer every time."

The event continues today, starting at 2 p.m., and concludes tomorrow morning when the marathon is run around Mission Bay.

The thing had a serious side. Fortune Gordien, a name out of the past, took the Division I discus (ages 40-49) at 147-0. Australian John Gilmore took the Division II 10,000 meters — more than 26 times around the track — in 35:42.1, defeating countryman Cliff Bould, a two-time winner.

A San Diego track club representative, Bill Stock, won the Division I 3,000-meter steeplechase in 10:50.4.



Making like a bird, Robert Herman (63) of Los Angeles prepares for a wet landing while competing in the 3,000-meter steeplechase in yesterday's U.S. Masters Track and Field Championships. Heading for firmer footing is Dave Davils of San Diego (117). Neither placed.

Mile record faces assault at Masters

It won't exactly be a miracle mile — something around the 3:50 mark — but it borders on the miraculous that seven runners who have seen the better side of 40 will be breaking 4:30.

That is a possibility, if not probability, tomorrow in the second day of competition at the U.S. Masters Track and Field Championships at Balboa Stadium.

The mile final, set for 2:45 p.m., ranks as one of the featured events of the fourth annual meet which began today. Peter Mundle of Santa Monica, the record holder at 4:26, will be opposed by six entrants who have done 4:30 or better. A 4:25 or better is being forecast by meet officials.

Mundle has run 4:29.6 this year. Jim Van Tatenhove, the defending champ, has logged 4:29.9 and Frank McBride, a Detroit entrant with a 1:58.8 half mile to his credit, will submit a 4:29.6.

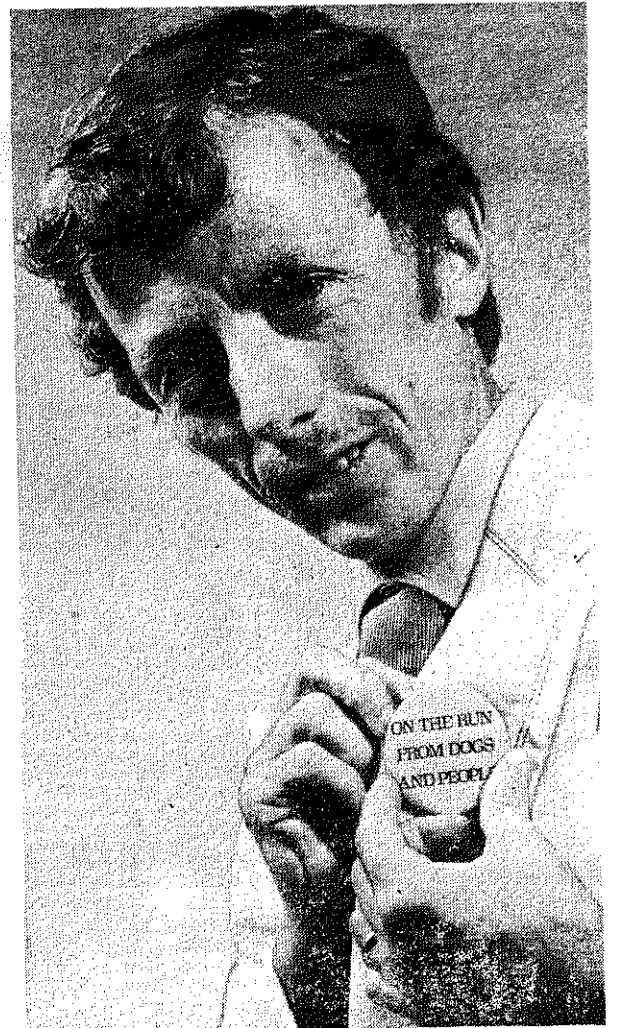
Skip Dougherty, an Army major from Philadelphia, ranks as a darkhorse off a best of 4:31.

"If everybody shows up and it is reasonably cool," said meet director Ken Bernard, "I can't see how a 4:30 can't be beaten. But it could be a tactical race. When you get a group of four or five good ones they may wait and have the confidence they can outkick the other fellow."

"What seems particularly interesting to me is that they haven't competed against one another in many instances and they're not aware of the other fellow's kick."

KEEPING TRACK — The iron men of the Masters meet, who might be a trifle rusty before the competition is over, are Norman Bright, 61, of San Francisco, who has entered every running event, and Walt Frederick, 65, of Los Angeles . . . Frederick will compete in every running event, plus the long jump, high jump, discus and javelin

Bright, an international class distance runner 40 years ago, held the Dip Sea distance record for 37 years . . . the race, approximately seven miles, is run from Mill Valley to Stinson Beach . . . Bright won it again last year, in addition to logging a 234th among 2,000 runners in the Bay to Breakers race in San Francisco . . . Bright's average marathon is 3 hours, 11 minutes, a time which could win him Division III (60 and older), although Urban Miller of Germany is another leading contender.



DOGGED DETERMINATION—Hal Higdon, who has continued to run in marathons despite dogs snapping at his heels and other assorted hazards, will compete in the U.S. Masters Track and Field Championships here. The events are today and tomorrow in Balboa Stadium and a marathon Sunday at Mission Bay. For details on meet and Higdon, see Page C-5.

WRITER WINS STRETCH DUEL

A writer beat a mathematician in a thrilling stretch duel in the Division I (40-49 years) 10,000 meters yesterday during the U.S. Masters Track and Field Championships in Balboa Stadium. Hal Higdon, free lance writer and author from Michigan City, Ind., finished a couple of paces ahead of the mathematician, Pete Mundle

of Santa Monica. Third was Owen Gorman of the Seniors Track Club of Southern California.

Higdon was timed in 32 minutes, 37.8 seconds for the distance which is 6.2 miles. Mundle's time was 32:38.2. Mundle led until the final lap when Higdon caught him, lost the lead, then sprinted ahead in the final 50 yards.