

3rd ANNUAL U.S. MASTERS TRACK AND FIELD CHAMPIONSHIPS



Sellers runs first heat of the mile in 4:45.2 and it's good but not good enough



Ed Dowell in long jump



STARTER TOM BACHE FIRES AND MASTERS MARATHONERS BEGIN 26-MILE JOURNEY

Masters Marathon Champion Runs Classic for Last Time

By JACK WILLIAMS

You figure that at the age of 40, Graham Parnell is old enough to know better than to run 26 miles, 325 yards non-stop.

Especially after a heavy Italian dinner and only five hours sleep the night before.

The interesting thing about Parnell, winner of the marathon which concluded the third annual U.S. Masters Track and Field Championships yesterday at Mission Bay Park, is that he does, indeed, know better.

More Harm Than Good?

"That was my last marathon," he said, after about six hours to think it over, the pain and strain drained from his 5-foot, 4-inch, 114-pound body.

"I hate the marathon," he insisted. "I can't train enough for it (he averages 60 miles of running per week). And I actually think it's doing my body more harm than good."

Parnell who ran off an urge to quit after about 15 miles, was timed in a meet record 2 hours, 45 minutes, 10.2 seconds. It was his sixth event of the four-day affair, including the 100, 440, mile, three-mile (which he also won) and six mile.

"I wanted to enter the Masters Six, too," he said, "but the Masters Six shot put and six mile were both being held at the same time."

Parnell, a carpenter in Brockton, Mass., came to the U.S. 15 years ago, but remains a British subject.

"I'm a Limey," he tells you, "and I'm short on education (he attended only technical college) because I had to get out and work early in life."

Parnell, nevertheless, ran a 4:28 mile 16 years ago. He's run a 4:35.6 this year, "and I'll run anything up to 15 miles."

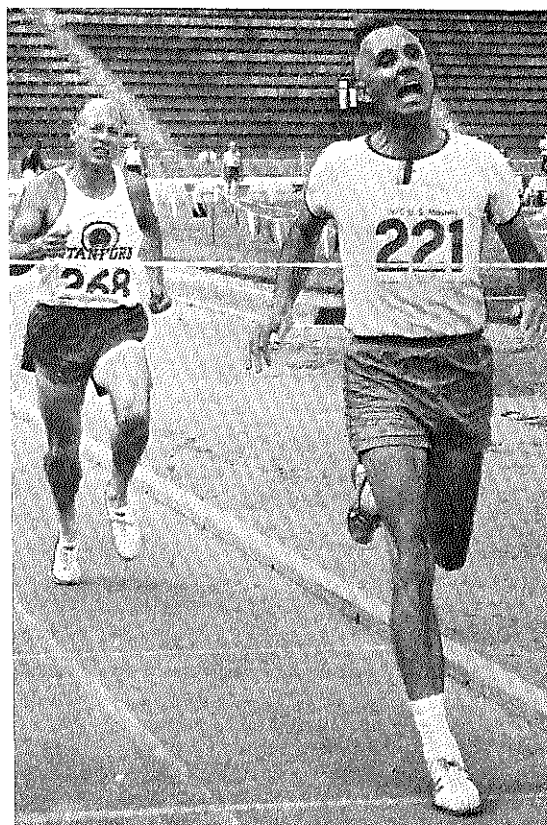
He won't, however, dine on Italian food the night before.

"I had dinner at 9 last night (Saturday) — Italian food — then breakfast at 12 before retiring," he said. "My tummy hurt during the whole race and I was stiff, anyway, from running on the track."

"When I ran my first mile in 6:52, which was terribly slow, I felt I couldn't go any faster. Then, when I caught the leader at 18 miles — he stopped and walked. That made me feel better."

KEEPING TRACK — Seven national records fell in the meet and so did one of the record breakers, former San Diego State high jumper Jack Razzetto, who tore a cartilage in his knee after clearing 6 feet . . . Razzetto underwent an operation Saturday night and will be in a cast for six weeks . . . athlete of the meet honors went to Bud Held of San Diego in Division I, Bob McDonald of San Diego in Division II and Walt Frederick of Pico Rivera in Division III.

Nat Heard of Corona Del Mar Track Club received the outstanding weightman award and Roger Ruth of Vancouver was honored as the outstanding field event man . . . La Jolla attorney Dave Pain, who organized the meet, plans to take up to 150 U.S. athletes to Munich, Germany, for the 1972 Olympics, where he hopes to institute a Seniors Olympics and competition against German and British veterans . . . the Masters has been certified for San Diego again next year and "We will consider bids from throughout the United States in 1972," said Pain.



Ray Gordon is 1st in Division II Mile and Alan Waterman is a few steps back

2ND IN MASTERS TRACK

Runners Too Tough, Morcom Tries Vault

By BILL CENTER

The last time Richmond (Boo) Morcom pole vaulted in anger they were using bamboo poles.

When he last tried the long jump he was 26. That was 23 years ago.

Yesterday, forced into his old events after underestimating the opposition in the running events, he taxed his skills and picked up two seconds as the U.S. Masters track and field championships began a four-day run at Balboa Stadium.

"I came out here to run the half-mile," the muscular Pennsylvanian said after vaulting 13-0 and long jumping a creditable 19-6.

"But I figured they'd be running around 2:07. They're running 2:01s out there. One look at those times and I decided to return to jumping."

Morcom, who had not vaulted in 10 years, borrowed a fiberglass pole and cleared 13-0 on his third try to place second to Canadian Roger Ruth, who did 13-6 this week after going over at 14-6 last week in the Senior Olympics in Los Angeles.

Ruth, 42, is still the ninth-ranked vaulter in Canada and last year placed fourth in the

British Columbia Open meet and owns a world age-group record with his 14-6.

"Fiberglass is nice," Morcom said while watching Ruth miss at 14-0. "But it gives you a strange feeling of insecurity I didn't have in 1949."

Morcom was one of 200-plus athletes converging on the stadium for the third "Life Begins at 40 Classic," with competition bracketed in 40-49, 50-59 and 60-plus categories.

Included in the group were ex-Olympic champions, former national record holders and a number of athletes just working off the spare tire.

The day started off fast as former Olympic champion George Rhoden and Stan Stolpe set a meet record with 10:3 clockings during the 100 heats and ended with six athletes (including Morcom) breaking the old long jump standard.

Stolpe, a 45-year-old Navy captain and father of former Coronado High middle distance runner Stan Stolpe, defeated former meet champion Don Badinelli in his heat to set the record and Rhoden, the 1952 Olympic 200-meter champ, equaled it moments later.

Rev. Bob Richards, a two-time Olympic pole vault champ making his first appearance in the third annual meet, placed second in the discus then withdrew from the meet. He strained a hamstring muscle while running the 100 in Masters Six competition.

Willis Kleinsasser, who for two straight years won the Masters Six (the meet's mini-decathlon) took the half-mile in 2:01.1, edging out Seniors TC teammate Bill Fitzgerald.

Santa Monica's Peter Mundle, who trains for the meet by running down the grass divider strip on a boulevard, won the six mile in the 40-49 division while Australian Cliff Bould took the 50-59 division. Bould won four races here last year.

Ed Dowell of San Francisco, 42, took the lead in the Masters Six after three events with 1,771 points, only 10 more than Harold Wallace. San Diego's Bud Held is third with 1,588 but the former world javelin record holder should gain today in his specialty.

Forty-nine-year-old Sandy Patterson added six feet on the existing hammer throw mark with a toss of 118-2.

Prophecy Fulfilled

Last year Boston's Richard Packard shrugged off his U.S. Masters meet marathon record by stating matter-of-factly:

"It won't stand. There's a young guy back home who's just itching to run out here. When he does he'll beat this record."

Packard's prophecy came true yesterday morning as Graham Parnell, a recent qualifier for the "Life Begins at 40 classic," took the 26-mile, 365-yard event in two hours, 45 minutes and two seconds.

The time was two minutes and six seconds under Packard's time, which was also equaled by yesterday's second-place finisher, San Diegoan Ernie Wake. The times stood off.

Virgil Yehner, a 41-year-old Australian who ran 2:28.0 in the Boston Marathon this past spring, took off fast after the 6:30 a.m. start and led after five miles in 23:22. Neither Parnell nor Wake was in the top 10 at this point as the 64 starters began to string out over the Mission Bay Park course.

SPORT HELPS HEAL THE MIND

Hartshorne: the Loneliness Of a Long Distance Runner

By JACK WILLIAMS

For Jim Hartshorne, the choice was one of being either fit or fit to be tied; of running or being rundown.

To his everlasting credit and peace of mind, Hartshorne chose to run because two tragedies within a year — the loss of his father in a plane crash and his wife in a fall from a cliff — could not be taken in stride.

"I had to do something," he recalled. "It was about eight years ago and I was about to climb the walls after the loss of my wife. We'd had three kids of our own and we'd taken in three of Dad's from his second family, a half brother and two sisters."

Hartshorne, here to compete in his third straight U.S. Masters Track and Field Championships beginning tomorrow at Balboa Stadium, didn't run away from his problems. He just tackled them with a running start.

"I'd never done much running before," he said. "I was a high jumper and long jumper at Cornell University. But, somehow, I started running just to ease my mind. The difference was like night and day."

"The more I was ready to climb the walls, the more I'd run and the less tired I would feel when confronting my problems. Running was something that helped my mental

health as much or more than my physical."

Hartshorne, a 46-year-old orthologist from Ithaca, N.Y., is perhaps the No. 1 testimonial among a field of 235 individuals 40 and over to the benefits of seniors track competition.

"It's becoming quite painful for me," he confessed. "I'm in a slump now because my whole body hurts below the waist and the doctors fear arthritis."

"But exercise, they say, is the best thing for it. I may not be competing in the future but there's one thing I would love to do here — to finish the marathon. Just finishing would be worth all that pain."

Hartshorne's superiority as a seniors distance runner (his 4:41 mile was an Eastern record until broken this year) may not run in the family but it is quite understandable.

His father, Harold, was a national figure skating dance champion at 50. He died in a 1961 plane crash in Brussels, Belgium — a tragedy which took the lives of the entire U.S. skating team.

Hartshorne has been running for his life most of the time since.

KEEPING TRACK — A total of 663 multiple entries have been received for the meet which begins at 3 p.m. tomorrow with 880 prelims and concludes with a marathon Sunday.

Two former Olympic champions, George Rhoden (400 meters) and Bob Richards (pole vault) will compete . . . Rhoden is shooting to break his record of 10.4 in the 100 and Richards will go in the Masters Six and pole vault, instituted for the first time . . . oldest entry is retired Col. David Fowler, 71, of Rancho Bernardo, entered in the 100, 220, 440, 880, mile and 2 mile . . . Bill Fitzgerald of Los Angeles will defend meet records in the mile (4:37), half mile (2:04.3) and 440 (:52.3).

The meet is sponsored by the City Recreation Department and San Diego Track and Field Association. It is sanctioned by the Amateur Athletic Union.



Rhoden first, Stolpe, and Badinelli a step behind

Sing-Song Sprinter in Tune

By JACK WILLIAMS

The melodic, easy laugh has a Calypso ring but when Dr. George Rhoden speaks you think of Big Ben, Oxford and the House of Commons.

He speaks, however, of a gap in time the London Bridge could never hope to span. And if he didn't tell you, of chap, that he is 43 years old you'd never believe he could have been an Olympic 400 meters champion as long as 18 years ago.

Seeing is Believing

Amid a field of graying heads, protruding midriffs and gnarled elbows that never quite brushed the Fountain of Youth, Rhoden stands out like a nursery in Sun City.

And when he tells you he can run a :09.8 hundred in the U.S. Masters Track and Field Championships, which continues its four-day run at Balboa Stadium today, you believe him.

After all, he won his heat in :10.3 yesterday — coasting.

Ran For Jamaica

The harline is receding slightly but the lithe, 6-foot, 2-inch, 165-pound frame is the same one Rhoden put into a black and gold Jamaica uniform at the 1952 Olympics. Into athletics, of course, he puts a bit less.

"I'm a foot doctor in San Francisco now," he said yesterday, "and I got interested in running again three years ago. I quit racing competitively at about 30, even though I still got a bit nervous whenever a 440 would be run during a meet at which I was a spectator."

In his prime — his first one, that is — Rhoden ran :09.7 (100), :20.5 (200 meters) and :45.8 (400 meters). The latter, set in 1950, was a world record which earned him the key to the city in which he ran it, El-kistuna, Sweden.

Only Runs 100

"I guess I could probably run :50 today," he said, "but I hurt my left hamstring a bit last week in the 220, so I'll just run the 100 here. I would like to bring the Masters 400 record down to something more respectable, though. That :52.3 is not good enough."

Rhoden, educated at Morgan State and New York University after coming to the United States at the age of 22, remains a Jamaican citizen.

From Jamaica comes his delightful British accent and love of Calypso music. "I'm a natural ham," he grinned, "and I love to sing and play the guitar. I think sometimes when my patients give me a hard time that I should be a professional entertainer."

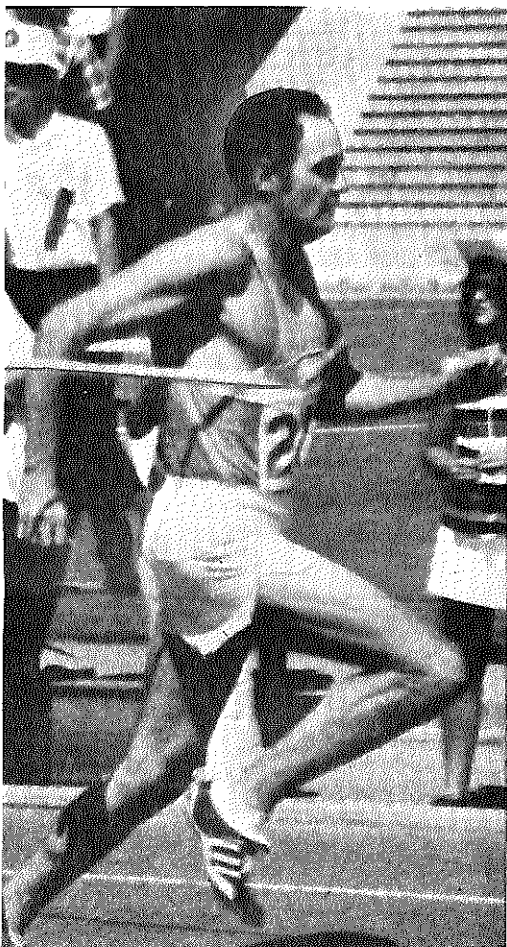
Feels Faster

Rhoden, winner of last year's Masters 100 in :10.4, feels much faster this year.

"I've been working out a lot more," he said, "and I've never abused my body in any way or smoked. Although I must warm up longer now than 20 years ago and work more on my start, age has nothing to do with running. It's a matter of conditioning."

"We must get everyone involved. The chaps 35-40 are in a kind of limbo, just open meets and not quite ready for the Masters. Hopefully, we can institute such a division in Masters meets."

Rhoden said he was confident of a fast time in today's 100 finals, "because I will have some stiff competition from Richard Stolpe (:10.3) and Don Badinelli (:10.7). In running :10.3 I got left in the blocks. With a good start, who knows — maybe a :09.9 or :09.8."



Division II Champ in Masters Six and Most Outstanding, Bob McDonald

Pulled Muscle Puts Richards on Sideline

"I'll be back next year," he said, sounding as resolute as the voice on those TV commercials he used to do for a breakfast cereal.

Bob Richards, 44, a two-time Olympic pole vault champion who must have cleared 15 feet as many times as he graced TV screens years later, pulled out of the U.S. Masters Track and Field Championships which opened yesterday at Balboa Stadium. The reason? A pulled muscle.

Richards pulled a hamstring en route to a :12.7 in his Masters Six 100-yard dash heat. Later, however, he struggled to a second in the Division I discus (137-5½) and first in the Masters Six shot put (44-9½).

The latter event is conducted with a 12 lb. shot instead of the regulation 16 lb., which is used in the Division I open event.

Four meet records were set in the third annual Masters, witnessed by about 200 spectators.

Then, turning to Stolpe, a former Coronado High star, he said, "Today you're my friend. Tomorrow when we race we will be enemies and although I may look at you I won't talk to you."

That flashing grin and infectious chuckle, which took you from Britain to Jamaica faster than any 747, let you know how serious he was.

tors. Richard Stolpe of Coronado and George Rhoden of the Northern California Seniors' Track Club, running in separate heats, each clipped one-tenth off the 100 mark of :10.4 Rhoden set last year.

Six long jumpers surpassed the 18-7½ standard, led by Shirley Davison's 20-2½. Davison, 51, is a member of the Corona Del Mar Track Club.

In the 800, Willis Kleinsasser of the Seniors' Track Club ran 2:01.1, breaking the mark of 2:04.3, as the first three finishers broke 2:02.

In the pole vault, conducted for the first time, Roger Ruth of the Vancouver Olympic Club leaped 13-6, a foot under his best.

"When I was in college at Emporia, Kan.," recalled the 42-year-old Ruth, "all I could do was 13-7½ — and that was with a fiberglass pole. Now I'm using a fiberglass, higher density."

Ruth's 14-6 effort, negotiated last week in Los Angeles, broke the international 42-year-olds record of 13-9½ by Nicol Oslin of Russia.

"I was fourth in the British Columbia Open at 14 feet," he said, "but the competition there is not nearly as good as it is in the United States. To give you an example, I was ninth-ranked in Canada last year."

The 100 finals and Masters Six long jump opened today's program at 3 p.m. The mile, pitting Bill Fitzgerald and Pete Mundie, was slated for 5

Three National Masters Track Marks Tumble

By BILL CENTER

Three national age group records, including a 229-foot, three-inch javelin throw by San Diego's Rev. Franklin (Bud) Held which may be a world mark, were set yesterday during the U.S. Masters track and field championship at Balboa Stadium.

A former Coronadan, Richard Stolpe, 45, knocked two-tenths of a second off the over-40 220 mark with a :23.3 clocking in a preliminary heat yesterday and 53-year-old shotputter Nathaniel Heard of Corona del Mar tossed the 12-pound ball 53 feet, 10 inches for a record.

Held, with his best toss since the 1966 AAU finals, bettered his old national over-40 javelin record by exactly 11 feet. The existing world record is believed to be 228-7 and it belongs to Germany's Emil Wordling.

"That was as much fun as I've had in a long time," an excited Held said after his record toss. "I didn't think I'd get it out that far."

Neither did meet officials, who roped off the course about 200 feet out.

The javelin and a winning leap of 18-2¼ in the long jump gave the 42-year-old Held the Masters Six championship, one of the highlights of the four-day meet which concludes its stadium program with events beginning at 3 p.m.

The next best javelin throw was 150-3 and Held's 878 points in the event were 303 more than anyone else could muster. He totaled 3,438 points in the mini-decathlon to defeat 42-year-old Hal Wallace of Los Angeles by 250.

San Diego's Bob McDonald, who also won the 50-59 year-old division of the 100-yard dash in :11.1, took Division II of the Masters Six. McDonald is 51.

Held will get a second shot at his specialty in today's open javelin. He owned the national javelin record in 1953 at 262-10 and has an all-time best of 270-10.

Stolpe, a Navy captain stationed at Omaha, Neb., and father of former Coronado High middle distance runner Stan Stolpe, was edged out by former Olympic 400-meter champion George Rhoden in the 100 yesterday before setting the 220 record.

The 100 time was a disappointing :10.4 as three false starts and a like number of delays took the runner's edge. Rhoden, who was gunning for a sub 10-second race, most of the way, catching Stolpe in the last strides. Both were clocked in the same time.

Stolpe won his heat of the 220 by 25 yards and 3.3 seconds, bettering the record set by Don Badinelli in last year's championships here.

"I ran a :22.8 200 meters in Los Angeles last week and I thought I could get the record here," Stolpe said afterwards. "In tomorrow's finals I'd like to get down to :22.7."

Second fastest qualifier in the 220 is another former San Diegoan, Bob Sieben, who traveled from Germany for the race. Sieben is in both the 220 and 440 finals today.

A 26-mile marathon beginning at 6:30 a.m. tomorrow will conclude the meet.

SHIN SPLINTS — Leo Wolczuk lost his touch as he hit the tape to finish third — the 50-59 year-old division of the 100-yard dash yesterday. Wolczuk, 52, was timed in :11.1 seconds. The temperature on the track at yesterday's 3 p.m. start was 91 degrees. Sieben's college coach, Robert Hissins, 45, is competing in Division II (:20-2½). Rhoden recently rec'd 50 weeks' leave from his job as a coach at the San Francisco Bay area. "It's for men 35-40, who don't yet qualify for our races," he quipped. "Seriously, I would keep people in shape just at the time they first begin to lose it." Rhoden recently rec'd 50 weeks' leave from his job as a coach at the San Francisco Bay area. "It's for men 35-40, who don't yet qualify for our races," he quipped. "Seriously, I would keep people in shape just at the time they first begin to lose it." Rhoden recently rec'd 50 weeks' leave from his job as a coach at the San Francisco Bay area. 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