

U.S. Masters International Track Team

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Laurie O'Hara Impressive Double Winner

The 6th annual AAU Masters Track and Field championships held in San Diego on July 6-8th, perhaps for the last time, were privileged to host a fine British team of veteran athletes headed by one of England's finest, just turned 40, Laurie O'Hara.



Laurie O'Hara (40) England, strides to uncontested 5000m victory in record 15:09.3.

A harbinger of what O'Hara would do at the Masters were his performances a week earlier in Los Angeles, where he won the open division against quality runners in a cross-country event and then took on all-comers open mile competition in 4:21, 5 seconds faster than the current U. S. Masters record. Also present to defend his 1971 10,000-meter title was a fit Hal Higdon (42) of Indiana, who missed the '72 Masters due to a fall off a horse. Because of the absence of Jerry Smartt, and Ray Hatton (1972 10,000 champion at 31:42.8), who broke his arm earlier in the year, Higdon represented the only real challenge to O'Hara; this became readily apparent as both runners soon separated themselves from the pack. With a 1st mile logged in at 4:37, it was obvious that a new Masters record was in the offing. By the 3-mile mark, O'Hara held his earlier pace and flitted - at 123 lbs. - to a convincing victory of 30:46.2, knocking nearly a minute off Hatton's record, and in so doing, pulling a fading Higdon to an excellent 31:09.2, which exceeded the old U. S. Masters record by some 33 seconds, and in so doing, set a new U. S. age 42 standard.

The next day, O'Hara impressed again as he set a Masters record in the 5,000-meter of 15:09.3 with Wilbur Williams (40) STC, who was so impressive earlier in the year, a distant 15:51.9, well off his potential. Wilbur was admittedly subpar, suffering from a leg ailment, who could do no better than a 2:02.3, fourth in the 800-meter.

It was apparent that O'Hara was at no time pressed in either race, although his 10,000-meter time was, for him, an all-time P.R. O'Hara's best performances as a Vet are still ahead of him.

The diminutive, but well-proportioned Belgrave Harrier started running at the relatively late age of 28, after giving up semi-pro football (soccer), and has run for the same club ever since. It is interesting to note that he is running better as a Veteran than he ever did earlier in life, which should give some comfort to those of us still struggling along at the back of the pack.

Of most significance, however, was the fact that O'Hara's efforts scored higher on the point tables than any other athlete who has competed in the Masters since its inception in 1966. He even outscored the now legendary Masters Javelin effort of Bud Held in 1970 of 229' 3" and Howard Payne's prodigious 1971 hammer throw of 222' 1-3/4".

Other convincing efforts in Division I were turned in by Bill Gookin (41) SDTC, who saved himself for the marathon, and in so doing, set a new Masters record of 2:32:37 breaking Graham Parnell's 1972 record of 2:33:06. As it turned out, Gookin's decision to not go in the 10,000 meter was well-advised as he was not capable of beating O'Hara and would have merely succeeded in pushing the winner to a better time. As it was, Gookin was lucky to win as Higdon and Bill Allen (41), Toronto, Canada pushed the winner to a 56 minute, 10-mile time, (where Higdon was forced to drop out with a bad leg), and sufficiently enervated the SDTC Vet so that Canadian Allen almost caught him with a fine time of 2:33:07, just one second over the old record. Had Allen stayed out of the 10,000, where he ran an excellent third, he may well have beaten the winner, or pushed him to an even faster time.

We are informed that this was Allen's second Marathon in two weeks.

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ATTENTION, WORLD TRAVELERS.... Actual or Potential!

This is the final call to those of you who are contemplating the South Pacific holiday. September 1st is the deadline for reservations, and any tentatively booked rooms must be released. We put a hold on the maximum facilities, but that casual reservation must now be confirmed with cash. Therefore, if you are planning to make the trip, be sure we hear from you IMMEDIATELY, if you have not already sent in your deposit plus installments to date.

The Regular Tour will depart from Los Angeles by Air New Zealand DC 10 on the evening of Thursday, December 13th, with a fuel stop in Honolulu and reaching Nadi (pronounced Nan-dy) early morning of Saturday, December 15th. The three days in Fiji will offer time for rest, unwinding, warming-up, sight-seeing, a one-day meet, and an island feast and entertainment - a lo-key beginning to a very full holiday.

Tuesday, the 18th, we're in the air by 5:30 a.m. on our flight to Sydney, where the swinging life begins. A harbor cruise is planned for the first day and an Opal Night will begin the evening that could be followed with a night at the new opera house (we haven't discovered as yet what programs are available.) The friendly competition at twilight, Wednesday, the Botany Track will be topped off with an evening of socializing at the track club's new facility nearby. A day of freedom then precedes an early departure on Friday to Australia's capital, Canberra, where coaches will meet us at the airport and then proceed for city sights and a sheep ranch tour. We shall visit the Australian War Memorial, Parliament House, embassies, and diplomatic homes, Red Hill Lookout, and on arrival at the sheep ranch see demonstrations of sheep dogs working, sheep shearing, wool classing and boomerang throwing and in addition, a picnic lunch to enjoy.

This particular day of sight-seeing is a departure from our usual policy of setting up the outline structure of a tour and letting you fill in what you want to - because - there would be no economical (in time or money) way to see Canberra on the short schedule without taking advantage of the Friday journey from Sydney to Melbourne.

Upon arrival in Melbourne we will be bussed to the St. Kilda Travelodge. After the first day of competition on Saturday, the local television station will host a party for the adults on the tour. This will be a live-telecast with much fun and also great promotion for the second day of the meet, which will also be followed by a social event. The stores will be open Monday morning for your last minute Christmas shopping (or hair appointments) before we enjoy the half-day tour to Healesville Sanctuary where we may make a full inspection of the Sir Colin MacKenzie Wild Life Sanctuary and see Australia's fauna at its best. A traditional and popular Christmas Eve program in the park is available to us. Christmas Day will be shared in the homes of our Aussie hosts.

Boxing Day will find us in Auckland. The 10km cross-country race and socializing are set for Thursday. In the next two days there will be a morning tea and farm visit on the way to the Waitomo Caves and lunch, then in Rotorua, a Maori concert, another tea, and visits to the Wohaka, the Agradome, trout springs, and Redwood Grove where the idyllic run will conclude our activities "down under."

Upon return to Auckland the members of the regular tour will board the DC-10 flight to Honolulu... arriving Saturday morning and with no planned events until Sunday afternoon when the one-day meet will take place at the University. Monday morning will find us being bussed to the mountain run which overlooks all of Waikiki. An all-day luau on the coral sands with native entertainment will be the setting for end of the old year as well as the USMITT's 1973 tour to the South Pacific.

The Extension until January 12th is planned to accommodate between 40 and 50 persons who have the time, funds and inclination to explore further into beautiful New Zealand. There are many exciting and worthwhile aspects of this addition, but the most compelling reason to make the trip is the Milford Track. Only 40 people per day are allowed to begin this walk, which has been known to modern man less than 100 years. Today you have comfortable bunkroom accommodations in three lodges with hot showers, modern plumbing, and "home-

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1973 Masters Results

Gookin

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Divisions — Div I (40-49 years old), Div II (30-39), Div III (20-29), Div IV (70 and over), plus Women's.

Div III Discus — John Dick (62, unaff.), Master's Striders, 147.0 (equalist meet record); John Pavelich (47, Vancouver Olympic Club), 141.6; Carlos Fraundorfer (41, Florida TC), 135.6.

Div II Discus — George Ker (50, Corona del Mar TC), 130.11 (meet record, old mark, 143.0); Aldrich (1972); David Aldrich (54, CDM), 131.3; Nathaniel Heard (55, CDM), 130.8.

Div IV 220 — Ralph Higgins (71, CDM), 31.6 (meet record, old mark 37.7, Dan Fowler, SDYC, '71); Robert Wiseman (70, Cambridge, Eng.), 32.1; Gien Ingram (71, Unaff.), 34.8.

Div III 1,500 meters — Bill Andberg (62, Twin Cities, Minn., TC), 4:58.3 (establishes record); Norman Bright (63, Snohomish TC), 5:07.0; Sidney Madden (65, MS), 5:09.6.

Div I Shot Put — Stewart Thomson (MS), 45-11 1/2; Ted Wassam (41, Unaff.), 43-10 1/2; John Pavelich (VOC), 42-7 1/2.

Div II 1,500 meters — Mauro Hernandez (50, Santa Monica TC), 4:38.1; Augie Escamilla (50, San Diego TC), 4:38.4; Ace Salmon (52, unaff.), 4:42.

Div I Triple Jump — David Jackson (42, DCM), 46-11 (U.S. age group record, meet record, old mark, 45-8 3/4, Jackson, '72); Phil Schlegel (44, CDM), 37-3 3/4; Dan Dannehy (44, SDTC), 34-8.

Div I 1,500 Meters — Henryk Kupczyk (40, Nashville, Tenn.), 4:02.9 (all-comers age group record); Alan Hughes (Northern Veterans, Eng.), 4:03.3; Wilbur Williams (40, Seniors TC), 4:05.9 (U.S. age group record).

Div III Discus — John Dick (62, unaff.), 102.0; Ron Drummond (66, unaff.), 97.2; Stan Herrmann (69, STC), 92.2.

Div IV Discus — Ralph Higgins (71, unaff.), 74.0; Gentry Mowrey (72, unaff.), 68.4.

Div III 200 Meters — Virgil McIntyre (62, STC), 27.5; Jack Williams (Brighton, Eng.), 27.8; Dick Sharp (61, SDTC), 29.3.

Div II 200 Meters — Alfred Guidet (55, Northern Cal Seniors TC), 24.7; Jack Tuttle (50, unaff.), 25.7; James Upham (52, Manhattan, Kan. TC), 26.3.

Women's 200 meters — Div A: Carly McDonald (SDTC), 28.7; Sharon Harcus (SDTC), 32.0. Div B: Donna Gookin (SDTC), 32.0; Joan Ecklund (unaff.), 32.6.

Div I 200 Meters — Jim Lingel (41, Bay Area Striders), 23.2; Jack Greenwood (43, Unaff.), 23.6; Keith Whitaker (42, England), 23.7.

Div II Triple Jump — Gordon Farrell (55, CDM), 37.5; Jonathon Sharp (52, CDM), 33-11 1/2; Harry Husney (YMCA), 32.7.

Women's 200 Meters — Div C: Nicki Hobson (SDTC), 32.2; Paula Georg (Unaff.), 37.5. Div D: Cathy Harcus (SDTC), 34.7; Annette Parziale (unaff.), 43.8.

Div I Shot Put — George Ker (CDM), 50.0; 52-4 1/2; Nathaniel Heard (CDM), 55.0; 45-11 1/2; Jack Thatcher (CMTC), 57.0; 41-9 1/2.

Div III Shot Put — Ron Drummond (66, unaff.), 43.6; James York (60, unaff.), 42-11 1/2; A. J. Puzilzevich (65, NCSTC), 41-11.

Div IV Shot Put — Gentry Mowrey (72, unaff.), 30-9 1/2.

Div III 400 Meters — Frillioe Stiorand (60, STC), 1:01.5; Virgil McIntyre (62, STC), 1:03.6; Dick Sharp (61, SDTC), 1:05.9.

Div I 5,000 Meter Walk — John Kelly (44, Beverly Hills Striders), 24:03.1; John Markon (44, Long Island AC), 25:40.3; John McLachlan (42, University of Chicago TC), 28:07.7.

Div II 5,000-meter walk — Don Johnson (56, Shore, N.J., AC), 27:15.9; Arthur Smith (52, unaff.), 27:36.4; Robert Long (54, BHS), 29:56.1.

Div III 5,000-meter walk — Larry O'Neill (Montana, 65), 30:41.5; Erkki Lunden Pera (67, SDTC), 33:28.2.

Div II 400 Meters — James Upham (52, Mon.), 56.5; Bob McDonald (54, Unaff.), 56.8; Philip Munn (50, Miltcham, Eng.), 57.9.

Div I Javelin — Bud Held (46, SDTC), 201.6; Norton Brayton (43, CDM), 168.8; Richard Straub (40, SDTC), 153.9.

Div I 400 Meter — Keith Whitaker (42, NocaITC), 51.1; Clark Marshall (40, unaff.), 52.0; Dan Palmer (43, CDM), 54.3.

Div III Triple Jump — Bud Deacon (62, HMTTC), 30-4 1/2; Winfield McFadden (68, SDTC), 29.7; Stan Thomson (62, HMTTC), 27-8 1/2.

Div IV Triple Jump — Ralph Higgins (71, CDM), 24-9 1/2.

Div II Javelin — William Morales (56, CDM), 170.3; Don Aldrich (54, CDM), 142.4; Jerry Siefert (55, SDTC), 139.6.

Div III 110 Hurdles — Bud Deacon (62, HMTTC), 22.3; Stan Thompson (62, HMTTC), 28.6.

Div II 110 Hurdles — Jonathon Sharp (52, CDM), 18.7; Orval Gillett (54, CDM), 19.8.

Div I 110 Hurdles — Hiah Hurdles — Al Feala (40, BHS), 15:5.5; Jack Greenwood (47, unaff.), 15.7; Bill Adler (40, MS), 18.6.

Women's 5,000 Meter — Div A: Jackie Hensen (Unaff.), 17:26.2; Mary Felix (SDTC), 20:51.19; Cindy Krugle (unaff.), 19:51.7; Donna Gookin (SDTC), 20:21.5; Lolita Baché (SDTC), 20:27.0. Div C: Nicki Hobson (SDTC), 20:29.9; Elizabeth Hamilton (SDTC), 22:27.0. Div D: Judy Simons (YMCA), 23:52; Cathy Harcus (SDTC), 23:42.

Div I 1,600-meter Relay — San Diego TC (Christian, Bowers, Pain, Perry), 4:09.7; Corona del Mar TC, 4:12.8; Beverly Hills Striders, 4:21.1.

Div I 1,600-meter Relay — Corona del Mar TC, 3:33.6; Seniors TC, 3:34.3; British TC, 3:40.6.

Div III Javelin — Bud Deacon (62, HMTTC), 100.4; Roland Nichole (62, England), 94.6; John Dick (62, unaff.), 85.0.

Div I 5,000 Meters — Laurie O'Hara (Balcarve, England), 15:09.3; Wilbur Williams (40, STC), 15:51.9; David Dellor (44, CAM), 15:58.0.

Div III 5,000 Meters — Bill Andberg (62, TCTC), 18:24.3; Norman Bright (63, SNOH), 19:15.7; John Montoya (61, STC), 19:53.6.

Div IV 5,000 Meters — Noel Johnson (73, SDTC), 25:41.4.

Div II 5,000 Meters — Mauro Hernandez (50, SMATC), 17:13.1; Augie Escamilla (50, SDTC), 17:36.0; Willard Schenk (51, NCSTC), 17:38.0.

White (TM) 15-0 1/2 3. Deacon (HMTTC) 14:6. (Div 4) — 1. Higgins (CDM) 12:6. (Only competitor).

NT (Div 3) — 1. Hubbell (STC) 85:5. 2. Dick (Unaff.) 74-1. 3. Blakesley (SDTC) 73-0.

400 IM (Div 2) — 1. Guidet (NCSTC) 45:0. 2. Sharp (CDM) 47:7. (Only competitors).

100 (Div 4) — 1. Higgins (CDM) 14.8. 2. Wiseman (CAM) 15.8. 3. Sewell (Unaff.) 15.9.

Pentathlon LJ (Div 1) — 1. Schellenberg (Unaff.) 19:3 1/2. 2. Norton (CDM) 18:4 3/4. 3. Hawke (SDTC) 18:0 1/2. Div 2 — 1. Morales (SFOC) 16:11 1/4. 2. Hutchinson (Torr TC) 15:8 3/4. 3. Kilbuck (Unaff.) 13:8. Div 3 — 1. Dick (Unaff.) 12:1 1/2. (Only competitor).

Pentathlon 200 (Div 1) — 1. Schellenberg 25:6. 2. Hawke 25:2. 3. Norton 25:2. Div 2 — 1. Hutchinson 28:8. 2. Morales 27:7. 3. Kilbuck 31:0.

Pentathlon JT — (Div 1): 1. Norton 148. 2. Schellenberg 146. 3. Wallace 141.3. Div 2 — 1. Morales 161-11. 2. Kilbuck 131-4. 3. Hutchinson 99-9.

HJ (Div 1) — 1. Austin (CDM) 5-9. 2. Billings (BHS) 5-8. 3. Simson (Unaff.) 5-8.

Pentathlon 1500 — (Div 1): 1. Haraden 4:59.2. 2. Schellenberg 5:01.1. 3. Norton 5:02.9.

100 (Div 1) — 1. Major (APOL) 13.1. 2. McIntyre (STC) 13.1. Williams (Bright) 12:4.

Pentathlon 1500 — (Div 2) — 1. Hutchinson 5:23.1. 2. Morales 5:24.2. 3. Kilbuck 6:30.0.

100 (Div 2) — 1. Guidet (NCSTC) 11.8. 2. Jordan (CDM) 11.9. 3. Foutz (CDM) 12.8.

HJ (Div 2) — 1. Gillett (CDM) 5-5 1/2. 2. Gist (SDTC) 5-2. 3. Kazarineff (OTC) 5-0.

100 (Div 1) — 1. Stolpe (CDM) 11:5. 2. Gruppe (Metro) 11:7. 3. Greenwood (Unaff.) 11:7.

3,000 Steeplechase (Div 1) — 1. Stock (SDTC) 10:48.8. 2. Roberts (STC) 11:03.4. 3. Noble (STC) 11:40.0. Div 2 — 1. Long (BHS) 12:38.8. 2. Wright (SDTC) 15:16.4. 3. McNelece (STC) 17:05.0. Div 3 — 1. Bright (Snohomish) 12:48.6. 2. Sigelaw (Unaff.) 14:23.8. 3. Carmichael (OC) 17:55.6.

800 (Div 2) — 1. Munn (Mitt) 2:17.3. 2. Shortieff (ITC) 2:18.7. 3. Escamilla (SDTC) 2:19.3. Div 3 — 1. Deacon (HMTTC) 2:26.8. 2. Madden (MS) 2:34.5. 3. Bole (STC) 2:34.9. Div 4 — 1. Wiseman (CAM), nt. (Only competitor).

PV (Div 1) — 1. French (STC) 11-6. 2. Wallace (STC) 9-7. 3. Holmes (SDTC) 9-7.

Div 2 — 1. Brown (CDM) 10-7. 2. Gillett (CDM) 10-7. 3. Vernon 9-7 (age 56 record).

4. Winton (CDM) 8-5 (age 54 record). 5. McMahon (SDTC) 6-6 (age 57 record). Div 3 record) 2. Thompson 8 (HMTTC) 8-5. 3. Brose (SP4) 6-2 (age 60 record).

800 (Div 1) — 1. Pratt (NCSTC) 1:57.6 (over-40 American record). 2. Fitzgerald (STC) 1:58.1. 3. Lloyd (Unaff.) 1:59.1. 4. Kupczyk (Poland) 1:59.5. 5. Williams (STC) 2:02.3.

Pentathlon (Div 1) — 1. Norton (CDM) 2713. 2. Schellenberg (Unaff.) 2612. 3. Hawke (SDTC) 2503. Div 2 — 1. Morales 1829. 2. Hutchinson (Torr) 1547.

HJ (Div 3) — 1. Thompson (HMTTC) 4-7 1/2. 2. McIntyre (STC) 4-6. 3. Deacon (HMTTC) 4-5.

400 (Div 4) — 1. Inarom (Unaff.) 1:18.5. 2. Wiseman (CAM) 1:24.6. 3. Head (Unaff.) nt.

NT (Div 2) — 1. Rochambeau (SDTC) 116-1. 2. Heard (CDM) 115-8. 3. Patterson (Unaff.) 115-3.

400 Relay (Div 1) — 1. Corona del Mar A, nt. 2. Bay Area Striders, nt. 3. NCSTC, nt.

Women's 1500 — (Div A, below 29): 1. Nadia Garcia 4:33.0. 2. Eileen Waters 6:03.0. 3. Jeanne Hamilton 6:43.0. (Div B, 30-39) — 1. Betty Wake 5:15.0. 2. Donna Gookin 5:22.0. 3. Lolita Baché 5:24.0. (Div C, 40-49) — 1. Nicki Hobson 5:25.0. 2. Virginia King 6:47.0. 3. Beverly Bettecourt 7:25.0. (Div D, 50-59) — 1. Kathy Aldrich 6:49.0. (Div E, over 60) — 1. Annette Parziale 7:43.0.

10,000 (Div 1) — 1. O'Hara (Britain) 30:46.6. 2. Higdon (US) 31:09.2 (U.S. age 42 record). 3. Allen (MTF), nt.

10,000 (Div 2) — 1. Hall (England) 35:21.0. 2. Ashcraft (England) 36:06.0. 3. Buckingham (England) 36:07.0. 4. Keysar (STC) 36:14.0. Div 3 — 1. Andberg (Anoka, Minn.) 37:08.8. 2. Bright (Snohomish TC) 40:13.1. 3. Maslove (STC) 40:20.0.

Gookin, Higdon and Allen covered the first 10 miles in 56 minutes.

Distance star Laurie O'Hara of England, the record setter in the 10,000 and 5,000-meter runs, was named the outstanding track competitor in Division I with David Jackson taking the field honor off record performances in the long and triple jumps.

Buckingham and shot put-ter-discus thrower George Ker were honored in Division II, Bill Andberg and Bud Deacon in Division III and five-event gold medalist Ralph Higgins in Division IV.

Dr. Seymour, 52, Javelin Star, Dies Of Heart Attack

Dr. Steve Seymour, 52, former American record holder in the javelin died here June 18 from an apparent heart attack, it was learned Saturday.

Dr. Seymour set a U.S. record of 248-10 in the javelin in 1947 representing the Los Angeles Athletic Club. He was the silver medalist in the 1948 Olympic Games.

Dr. Seymour, an osteopathic physician, practiced at the Ross-Loos Medical Center in Los Angeles.

He leaves two daughters, Stephanie, 23, and Mrs. Diana Hudson, 27, and a son, Ronald, 22.

At 41, best is yet to come for Pratt

Two weeks ago, the 860 seemed as if it were all uphill and, as David Pratt scratched his disappearing locks, he couldn't help but wonder if he might be a trifle over the hill.

He had run a pedestrian 2:05, laboring all the way, and that 1:58.4 he ran in high school seemed as far away as

New York, where he was second in his prep state meet.

Pratt, 41, figures he has been running "off and on," "ever since some bigger kid first chased me."

As one of his teammates on the Northern California Seniors Track Club said yesterday, "The big kids are still chasing him and he's still beating us."

Pratt won the Division I (40-49) 800 meters in a meet record 1:57.6 yesterday at the U.S. Masters Championships at Balboa Stadium. In so doing, he defeated defending champion and record holder (1:58.4) Bill Fitzgerald, who was second in 1:58.1.

It was that 2:05 he ran two weeks ago that seemed as far away as New York.

"Maybe I didn't train hard enough when I was in high school," said Pratt. "I know one thing, though: I get a lot more tired now. I feel lousy."

Pratt moved into the lead and held it over the final 220 after Poland's Henry Kupczyk had set the pace through a :59 first quarter.

"I can't be in too good a shape," said Pratt. "I only run three or four times a week, mostly 220s. It amounts to maybe 15 miles a week."

"I have run as much as seven miles but I'm pretty feeble at that distance."

Pratt is a professor of bacteriology at UC-Davis. He resumed running four years ago.

"Last year, Fitzgerald roared right on by me in the stretch. I was just trying not to get caught at the end today. I heard somebody coming."

The somebody was Fitzgerald, who made his move too late. Kupczyk began to fade on the second lap and settled for a 1:59.5 in fourth. He claims a 1:57.6 best.

Third was Englishman Lloyd Norman in 1:59.1 in one of the best events of the afternoon.