

U.S.M.



I.T.T.

u.s. masters international track team

February 1975

From The Daily Gleaner—Kingston, Jamaica—Dec. 27, 1974:

MCKENLEY, WHITTAKER SHINE IN U.S. MASTERS JAMAICAN TRACK & FIELD MEET.

TWO Jamaicans -- 54-year-old Herb McKenley of undying international fame over the quarter mile and upcoming world star 17-year-old Gerald Whittaker who is now residing in Connecticut, USA, stole the spotlight in the U.S. Master Track and Field Athletic Meet at the National Stadium yesterday afternoon.

McKenley recaptured some of the drive that made his last twenty burst a feared power in international sprinting some twenty years ago to win the Over 50, 100-metre sprint, pushing Connecticut Track Coach Jon Hutchinson into second position.

Then in the 5,000 metres Whittaker led all the way to win 16:03.9 showing a fluid stride and beautiful judgment of pace.

There wasn't a great degree of competitiveness in the 1,500-metres. Over 40 Masters but the winner Avery Bryant turned in a fast time of 4:33.5, which eclipsed the best time previously turned in by that Age group in a U.S. Masters.

In the discus event Len Olson of the USA, rubbing on age 45, heaved the sphere 139 feet 7 inches, a feat not attained before in a U.S. Masters.

Below are the detailed results of the Meet, which was jointly sponsored by Carreras of Jamaica and National Sports Limited.

RESULTS:

60 Metres (Heat 1 Age 40 plus): James Parks (USA); "Flash" Mordecai, Ossie Dawkins (USA); Ronald Horsham (Jamaica); Herb McKenley, Time: 6.7 secs.

60 Metres (Heat 2 - Age 30+): Dennis Johnson (Ja.); Patrick Robinson (Ja.); King, Time: 6.5 secs.

100 Metres Masters (Over 50): Herb McKenley (Ja.); Chris Hutch (USA); Herbert Boulin. Time: 12.5 secs.

100 Metres Masters (Age 30 plus): Mel Spence; Parks, Patrick Robinson, Time: 11.2 secs.

100 Metres Masters (Heat 2-Age 40+): Ossie Dawkins; Bobb, Time: 12.9 secs.

400 Metres Masters (Heat 2-Age 40+): Mal Spence; R. Clarence, Bobb. Time: 49.9 secs.

400 Metres Masters (Heat 1 - Age 50+): Hutchinson (USA); Ingram (70 plus). Time: 59.9 secs.

1500 Metres (Over 40): Avery Bryant (US); Ray Archibald (US); Cameron, O'Brien; Ingram. Time: 4:33.5 (Record).

5,000 Metres Masters: Gerald Whittaker, Tom O'Neil Jr., Jim O'Neil, Snr., L. Dreher; Bryant, Time: 16:03.9.

Please turn to page 7

TORONTO '75 -- WORLD MASTERS

We have just returned from our fourth visit to Toronto, Canada to confer with the Canadian Masters who are sponsoring the World Masters. This trip was primarily to work on the budget for the '75 event which now exceeds \$100,000. A budget this size was guaranteed when in addition to the CNE \$25,000 pledged two years ago, the Province of Ontario pledged \$50,000. This major commitment, in addition to other smaller pledges puts the Committee well over the \$100,000 mark. This, of course, is a remarkable development for Masters Athletics and assures that the Meet will be well financed and far better than originally thought possible. It also means that a standard of quality in presentation of the World Masters will have been established by the Canadians which will be hard to exceed, let alone equal, in subsequent World Masters. Our visit confirmed of what we already were aware, namely that the Canadians are well organized and have excellent leadership in Don Farquharson, Welshman Elwyn Davies and Ken Hignell.

Friday saw us depart a warm and sunny San Diego for an evening arrival at Wintery Toronto, some 30° plus degrees colder than our Southern California abode. We immediately conferred until the small hours of the morning with Don regarding details and policy which will assure the presence of the World's Best Veteran Athletes.

Please turn to page 6

WEST COAST JET CHARTER TO NATIONALS -- WORLD MASTERS

THE JET CHARTER FROM LOS ANGELES TO NEW YORK TO TORONTO LEAVING AUGUST 7TH (FROM L.A.) IS ASSURED WITH AN APPROVAL OF THE CHARTER BY UNITED AIRLINES, AND FIRM DEPOSITS AT THIS WRITING OF 120.

OUR GOAL IS NOW 220, SO THAT WE MAY CONTRACT FOR A LARGE STRETCH DC-8 AND THEREBY REDUCE THE COST PER SEAT EVEN FURTHER. IF YOU HAVE NOT SIGNED UP DON'T DELAY, AS WE ARE MAKING SPECIAL TOUR ARRANGEMENTS IN TORONTO AND NEW YORK FOR THE NON-COMPETITORS AS WELL AS THE ATHLETES.

IF YOU CAN GO ONLY ONE WAY, DROP ME A NOTE AND WE WILL TRY TO PAIR YOU UP WITH SOMEONE WISHING TO GO THE OTHER WAY.

IF EACH ONE WHO HAS SIGNED UP ENLISTS ANOTHER WE HAVE REACHED OUR GOAL OF 220.

SEND \$50.00 DEPOSIT PER SEAT AND RESERVATION TO US: I.T.T., 1951 CABLE STREET, SAN DIEGO, CA 92107.

RESULTS FOR MASTERS TRACK MEET
December 21, 1974
South Plantation High School, S.Plantation, FLA.

4 Age Records 54 Participants

JAVELIN

(40-49)

- | | | |
|-----------------------|----|---------|
| 1. Carlos Fraundorfer | 42 | 125' 8" |
| 2. Len Olson | 43 | 122' 5" |

(50-59)

- | | | |
|-------------------|----|----------|
| 1. Jon Hutchinson | 53 | 104' 10" |
|-------------------|----|----------|

(60 & Over)

- | | | |
|-----------------|----|---------|
| 1. Neel Buell | 60 | 85' 2" |
| 2. Dave Shrader | 60 | 68' 10" |

SHOT PUT

(30-39) (8 lb. Shot)

- | | | |
|---------------------|----|--------|
| 1. Marco DiBernardo | 32 | 54' 8" |
| 2. John Russell | 33 | 53' 8" |

(60 & Over)

- | | | |
|-----------------|----|---------|
| 1. Neel Buell | 60 | 41' 5" |
| 2. Dave Shrader | 60 | 39' 9½" |

(40-49) (16 lb. Shot)

- | | | |
|-----------------------|----|---------|
| *1. Len Olson | 43 | 45' 1½" |
| 2. Carlos Fraundorfer | 42 | 42' 11" |

DISCUS

(30-39)

- | | | |
|---------------------|----|---------|
| 1. Marco DiBernardo | 32 | 131' 5" |
| 2. John Russell | 33 | 111' 2" |

(40-49)

- | | | |
|-----------------------|----|---------|
| *1. Len Olson | 43 | 136' 9" |
| 2. Carlos Fraundorfer | 42 | 135' 9" |

(60 & Over)

- | | | |
|-----------------|----|---------|
| 1. Neel Buel | 60 | 130' 4" |
| 2. Dave Shrader | 60 | 120' 2" |

LONG JUMP

(30-39)

- | | | |
|-----------------|----|--------|
| 1. John Russell | 33 | 16' 5" |
|-----------------|----|--------|

(40-49)

- | | | |
|------------------|----|---------|
| 1. H. Wagenmaker | 45 | 18' 2" |
| 2. Len Olson | 43 | 15' 9½" |
| 3. Ed DePasquale | 43 | 14' 11" |

(50-59)

- | | | |
|-------------------|----|----------|
| 1. Jon Hutchinson | 53 | 16' 3½" |
| 2. John Goree | 50 | 15' 10" |
| 3. Freeman Marr | 50 | 14' 10½" |
| 4. Bill O'Brien | 50 | 13' 7" |

(60 & Over)

- | | | |
|-----------------|----|---------|
| 1. Charles Neff | 61 | 12' 10" |
| 2. Jack Lalley | 63 | 9' 11" |
| 3. Dave Shrader | 60 | 6' 6" |

HIGH JUMP

(30-39)

- | | | |
|-----------------|----|-------|
| 1. John Russell | 33 | 5' 3" |
| 2. Lou Cappi | 31 | 4' 6" |

(40-49)

- | | | |
|-----------------------|----|-------|
| 1. H. Wagenmaker | 42 | 5' 3" |
| 2. Carlos Fraundorfer | 42 | 4' 9" |
| 3. Len Olson | 43 | 4' 0" |

(50-59)

- | | | |
|-------------------|----|-------|
| 1. Bill O'Brien | 50 | 4' 3" |
| 2. Jon Hutchinson | 53 | 4' 0" |
| 3. Freeman Marr | 50 | 4' 0" |

TWO MILE RUN

- | | | |
|-----------------|----|---------|
| *1. Leon Dreher | 53 | 10:52.4 |
|-----------------|----|---------|

(*New Age Record)

120 HIGH HURDLES Age Time

- | | | |
|-------------------|----|------|
| 1. Lou Cappi | 31 | 16.3 |
| (50-59) | | |
| 1. Jon Hutchinson | 53 | 19.7 |
| 2. Freeman Marr | 50 | 20.0 |
| (60 & over) | | |
| 1. Charles Neff | 61 | 21.2 |

100 YARD DASH

- | | | |
|-------------------|----|------|
| (30-39) | | |
| 1. Lou Cappi | 31 | 11.2 |
| (40-49) | | |
| 1. Jim Parks | 40 | 10.6 |
| 2. H. Wagenmaker | 45 | 11.1 |
| 3. Bill Armstrong | 45 | 11.6 |
| 4. Jack See | 41 | 12.3 |
| 5. Al Bobb Nelson | 42 | 12.8 |
| 6. Allan Lembitz | 43 | 12.9 |
| 7. H.D. Sprinkle | 48 | 13.3 |
| (50-59) | | |
| 1. Jon Hutchinson | 53 | 12.1 |
| 2. John Goree | 50 | 12.3 |
| 3. Freeman Marr | 50 | 12.5 |
| 4. Don McNelly | 54 | 14.8 |
| (60 & over) | | |
| 1. Ray Edwards | 61 | 12.1 |
| 2. Jack Lalley | 63 | 14.7 |
| 3. Glen Ingram | 73 | 15.8 |

220 YARD DASH

- | | | |
|-------------------|----|------|
| (30-39) | | |
| 1. Lou Cappi | 31 | 28.0 |
| (40-49) | | |
| 1. Jim Parks | 40 | 23.5 |
| 2. Bill Armstrong | 45 | 27.6 |
| (50-59) | | |
| 1. Jon Hutchinson | 53 | 27.6 |
| 2. John Goree | 50 | 29.3 |
| 3. Freeman Marr | 50 | 29.8 |
| (60 & over) | | |
| 1. Ray Edwards | 61 | 28.5 |
| 2. Jack Lalley | 63 | 35.9 |
| 3. Glen Ingram | 73 | 37.1 |

440 YARD RUN

- | | | |
|-------------------|----|------|
| (40-49) | | |
| 1. Al Bobb Nelson | 42 | 63.8 |
| 2. Mel Homans | 48 | 63.9 |
| 3. Allan Lembitz | 43 | 65.0 |
| 4. H.D. Sprinkle | 48 | 71.0 |
| (60 & Over) | | |
| 1. Glen Ingram | 73 | 1:40 |

880 YARD RUN

- | | | |
|------------------|-----|------|
| (30-39) | | |
| 1. John Shenk | 32 | 2:07 |
| (40-49) | | |
| 1. Robert Bowman | 44 | 2:08 |
| 2. Ray Archibald | 40+ | 2:20 |
| 3. Neil Grey | 42 | 2:29 |
| 4. Mel Homans | 48 | 2:37 |

880 YARD RUN (Cont'd) Age Time

- | | | |
|-----------------|----|------|
| (50-59) | | |
| 1. Avery Bryant | 50 | 2:24 |
| 2. Don McNelly | 54 | 3:01 |
| (60 & Over) | | |
| 1. Bob Boal | 62 | 2:41 |

ONE MILE RUN

- | | | |
|----------------------|-----|------|
| (30-39) | | |
| 1. Coleman Mooney | 34 | 4:44 |
| 2. John Shenk | 32 | 4:52 |
| 3. Ray Russell | 35 | 5:07 |
| 4. Phil Giusto | 38 | 5:29 |
| (40-49) | | |
| 1. Henry Kupczyk | 41 | 4:44 |
| 2. Ray Archibald | 40+ | 5:02 |
| 3. Bob Fine | 43 | 5:07 |
| 4. Jim Montgomery | 40 | 5:13 |
| 5. Bill Cameron | 49 | 5:16 |
| 6. Neil Grey | 42 | 5:50 |
| 7. Allan Lembitz | 43 | 7:11 |
| 8. H.D. Sprinkle | 48 | 7:11 |
| (50-59) | | |
| 1. Avery Bryant | 50 | 4:59 |
| 2. Alexander Hossack | 52 | 5:22 |
| 3. Bill O'Brien | 50 | 5:31 |
| 4. Don McNelly | 54 | 5:36 |

(60 & Over)

- | | | |
|-------------------|----|------|
| 1. Herbert Boulin | 60 | |
| 2. R. MacTarnahan | 62 | 5:40 |

WOMEN

- | | | |
|--------------------|----|------|
| 1. Kris Gallagher | 28 | 5:39 |
| 2. Melanie Pascale | 52 | 6:59 |

3-MILE RUN

- | | | |
|----------------------|-----|-------|
| (30-39) | | |
| 1. Coleman Mooney | 34 | 15:37 |
| 2. Jim Gallagher | 30 | 16:31 |
| 3. Ray Russell | 35 | 17:02 |
| 4. Dennis Maher | 35 | 17:29 |
| 5. Phil Giusto | 38 | 18:36 |
| 6. John Shenk | 32 | 20:45 |
| (40-49) | | |
| 1. Jim O'Neil | 49 | 16:18 |
| 2. Robert Bowman | 44 | 16:34 |
| 3. Henry Kennedy | 42 | 16:45 |
| 4. Henderson Cleaves | 43 | 17:27 |
| 5. Mel Homans | 48 | 18:44 |
| 6. Ray Archibald | 40+ | 20:01 |
| 7. Jim Montgomery | 40 | 20:06 |
| 8. H.D. Sprinkle | 48 | 22:38 |
| 9. Allan Lembitz | 43 | 23:25 |
| 10. Neil Grey | 42 | 25:15 |
| (50-59) | | |
| *1. Leon Dreher | 53 | 16:22 |
| 2. Avery Bryant | 50 | 16:53 |
| 3. Paul Jarrett | 53 | 16:57 |
| 4. Alex Hossack | 52 | 17:36 |
| 5. Bill O'Brien | 50 | 19:14 |

(60 & Over)

- | | | |
|-------------------|----|-------|
| 1. Bob Boal | 62 | 19:55 |
| 2. Bill Brobston | 61 | 20:32 |
| 3. R. MacTarnahan | 62 | 20:49 |

WOMEN

- | | | |
|--------------------|----|-------|
| 1. Melanie Paschal | 52 | 23:36 |
|--------------------|----|-------|

From the Sacramento Bee, Thursday, Dec. 4, 1974:

**DRAMATIC MOMENTS AT
20-MILE BUNION BUSTER**

EVERYBODY KNOWS, naturally, that the ninth annual Pepsi 20-Mile Run was contested recently and motorists in the vicinity of John F. Kennedy High School, the beginning and finish site of the bunion-buster, had to be especially alert for fear of nudging one of the masochists with a fender.

Meet directors Elaine Hocking and Paul Reese, however, reported no injuries, adding that all 586 runners, of whom 441 or 75 per cent finished, enjoyed the loneliness that is theirs.

This, friends, is a hearty and hardy breed--including San Francisco's Walter Stack, who at age 66 completed the distance in two hours, 40 minutes and 59 seconds. The 25-year-old winner, Berkeley's Ron Wayne, who captured the National AAU Marathon in New York, did it only 55 minutes faster.

"STACK TOOK HIS division by default since the other 60-year-old failed to finish," said Reese. "He also won the Mike Hironaka Memorial Trophy, which made him even prouder."

The Hironaka trophy goes annually at the Pepsi to a person who rendered outstanding service to Pacific AAU long distance running. It honors the C.K. McClatchy High School runner who graduated from Oregon State and was working as a civil engineer when, at age 22, he drowned in a rafting accident.

Everybody who knows Stack knew he'd finish the 20-miler. One chap was willing to bet his house and three cats but Reese talked him out of it.

WALT'S TRAINING SCHEDULE might make you shudder. Mind you, he's 66.

Stack is up at 3:30 a.m. weekdays, cycles 40 minutes to his running area where he puts in two-and-a-half hours to net about 17 miles. Then he takes a dip in the Pacific Ocean -- 40 minutes of swimming in the summer; 15, in the winter.

By now, of course, Walt's wide awake, so he cycles to his job as a hod carrier. Last year he ran a 3:25 marathon (26 miles, 385 yards) and a 7:55 50-miler. Nothing to it.

REESE POINTED OUT that Stack enjoys the whole routine, that it serves as a tremendous boost for his self-esteem and eating, loving, living, sleeping and working go better; also, life generally is spicier.

When informed he would receive the Hironaka trophy, Walt told Paul, "That's great, and I hope it will be presented by a pretty lady who'll give me a big kiss."

"Joan Branson, a budget technician for the city schools, did the honors," said Rees. "With such enthusiasm, in fact, that Jim O'Neil of Sacramento, who placed second in the over-40 class, was heard to remark, "That's the kind of award I should have gotten instead of a plaque."

**HOT OFF THE WIRES - NEWS FLASH FROM
WESTERN REGIONAL DIRECTOR PHILLIPS
AAU Masters Western Regional Meet will be
held July 5 & 6, at Laney College, Oakland
Ed Phillips, Box 1267, Los Altos, CA. 94022**

From the Las Vegas Sun - Sunday, Nov 30, 1974

OLDTIMERS SET RUN RECORD

A group of distance runners - all more than 60 years old - set a new world record, running from Hollywood to Las Vegas in elapsed time of 40 hours, 33 minutes.

The group finished in front of the Sahara Hotel at 2:42 p.m. Friday. The old record, set by this same group in 1972, was 41 hours, 40 minutes.

Participating in the 300 mile run were Bill Selvin, 64, Orange, CA; Monty Montgomery, 68, Sherman Oaks, CA; Al Clark, 61, Orange, CA; Walt Frederick, 67, Pico Rivera, CA; Noel Johnson, 75, San Diego; Bert Williams, 60, Orange, CA; John Montoya, 62, Colton, CA; Bill Monheit, 65, Oakland; and Walt Stack, 67, San Francisco.

Selvin, the group captain and organizer, suffered the only injury, a sprained ankle.

The runners left the parking lot of KTLA-TV at 4 p.m. Wednesday. Each member ran relay legs of either 15 or 10 minutes, depending whether the terrain was level or hilly. In the past four years each member ran 30 minute legs.

The group, paced by a mobile home, took periodic breaks, including a one hour stop in Jean.

The runners agreed that the toughest part of the trip was going through Mountain Pass at 4,600 ft. elevation where they bucked a strong wind. The group followed freeways through California and came into Las Vegas by the old Los Angeles highway.

Selvin said after the race, "By completing this run I think we have made further progress in the area of getting senior citizens to go out and keep healthy."

While the members make this run only once a year, each participate in marathons in California.

HIGH ALTITUDE TRAINING.....

For those seeking an edge over other distance runners we suggest a couple of weeks at 9 - 11,000 ft. in Runners Mecca Utah (Brian's Head Ski Area). For details write to Rick Heywood, Box 2186, Mesa, Arizona 85204. He has full housing, feeding and training facilities at super low rates. Check it out!!

The following age-records were set in Fort Lauderdale:

| | | | |
|----------------|----|-------------|--------|
| Jim O'Neil | 49 | 3 Miles | 16:18 |
| Glen Ingram | 74 | 100 Yds. | 15.8 |
| Glen Ingram | 74 | 220 Yds. | 37.1 |
| R. MacTarnahan | 62 | One Mile | 5:40 |
| Len Olson | 43 | 16 lb. Shot | 45'1½" |

The following records may have been set but further information is needed:

| | | | |
|----------------|----|------------------------|-------------------------------------|
| Jon Hutchinson | 53 | High Hurdles | 19.7 |
| | | Need height of hurdle? | |
| Charles Neff | 61 | High Hurdles | 21.2 |
| Len Olson | 43 | Discus | 136'9" |
| Leon Dreher | 53 | 3 Miles | 16:22 - This is an American Record! |

Leon also broker the American record for the two miles on the way to his three mile record. His time was around 10:59.

FALSE STARTS.. . . .

We propose that all Australian Vets be disqualified as "Pros," at least they are running as though they were! Our man "Down Under". Jack Pennington reports that Jack Ryan (52) did a 4:14.6 1500m, and a 15:55 5000m on the Tartan Track in Melbourne on 12/1 and 12/8/74 and that George McGrath (55) did a 16:10 5km in Sydney on 12/1. The Aussies have, without a doubt, the best crop of 1/2 century runners in the World and by the end of '75 they will have rewritten the Age Group Records for sure!

As for Cliff Bould (58) Perth who suffered a stroke in November; he was up to 7-8 miles a day but sustained a second stroke in December. We do hope he achieves a full recovery in time for Toronto. Cliff was the 1st of this great group of Div. II runners produced by Australia although Cliff originally came from England and emigrated to Australia about 10 years ago.

.....Gleanings from SPIRODON (French T&F Magazine), 9/22/74, Göteborg, Sweden Marathon Eric Oestbye (53) 2:34.51 and T. Jensen (67) 3:07.35..... Kitchener, Canada Marathon 10/12/74, Arthur Taylor (48) 2:29.18..... Other fine Veteran performances were turned in at the National AAU 25km held in San Diego on the flat sea-level Mission Bay Course with Graham Parnell (40+) turning in an 85:25 for 26th overall. Another exceptional performance was submitted by Ed Almeida (52) 94:38. Both winners in their division. Other fine Master Div. I performances were turned in by Jerry Smartt 88:02, and Pete Mundle 88:43, Bill Stock 94:20 for the 15.3 miler.... PA AAU 50km (31 miles) Sacramento, Temp. 81°, 10/20/74 Ross Smith (46) 3:15.27 (that's 6:20/mile average)..... Roger Ruth (45) Victoria, B.C. writes that the marks submitted for the Pole Vault all have been exceeded by him several times. A possible reason his records have not been accorded record status is that AAU record submissions must be made on the official form and approved by the Meet officials. If you set a Masters record, it is incumbent on you to see that the officials at the Meet are notified and that the necessary paper work is done..... We have had requests for info about the USTFF Masters Championships. Anyone possessing this info please pass it on to the Editor.... Another R. Ruth observation regarding the Australian's fear of losing their Amateur status if they compete in Open Masters events is that should an athlete decide to continue in open competition after age 40 he is free to do so and at some point in time he is free to join the Masters at which time he should be prepared to forego compliance with the restrictive open rules and give up open events.... It makes sense... USMITT Member Jim O'Neil (45) turned a recent 1:57.18 for 20 miles which his son Tom (17) had to settle for a 2:01:21. Harry Cordellos, the Blind Runner, did it in 2:23.25 and Dr. Joan Ulyot (30+), of San Francisco got a fine 2:12.53.....

..... From the D.C. Roadrunners, we learn that the Heart of their Club, Rod Steele was killed in the TWA crash on Dec. 1st. We did not have the opportunity to know Rod, but from reports he was a fine person who made a significant contribution to Running in the D.C. area..... In Oct. in a D.C. 10km Road Race, we see where USMITT Members Ray Gordon (56) clocked 39:43 and Bob Boal (62) Chairman of the S.E. Masters Meet broke 40 with an excellent 39:57..... From newsclippings from England we have learned that Duncan MacLean (90) is finding difficulty in getting Age Group Competition-

---We Wonder Why?!! Duncan is training daily and promoting his trip to the U.S. this August, looking forward to White Plains and Toronto... They report Dave Shrader (60+) was bit by a dog -- 6 stitches.... just prior to the Florida Masters Xmas Meet but still performed well in the Weight events... For those in Nebraska a Masters Club is forming under the auspices of Larry Fuerst, 821 Hazelhurst Dr., Lincoln, NEBR 68510. The Topeka Sunflower Marathon was run in rain, ice and snow conditions. Perhaps the race was inappropriately named. Best wishes extended to the Missouri Valley Masters... Hal Higdon and Roger Swank "had a real barn-burner" at the Holiday Meet in Chicago in the Masters Mile with Hal taking it in 4:38.6 over Roger in 4:38.8. The last 1/4 was 64.....

..... The Hawaiian Marathon Scott Hamilton reports, was as might be expected "Hot & Humid" run Dec. 15th in Honolulu on busy smoggy streets. Under these conditions Scott ran a good 2:59.09 for 5th Master in a race won by Jeff Galloway (Florida) 2:23.02 followed by Kenny Moore and Frank Shorter (5th) who had an excuse.... he had just won the Rukuoka Marathon the week before..... Hal Higdon writes from the Midwest that the Carmel Classic scheduled for June will have 100, 800, 5000, Shot and Long Jump plus a feature Masters Mile. Wendy Miller of Chicago is putting on the Midwest Regional Masters Championships in the Chicago area. He also takes issue with our statement that the RRC of America dominates the LDR program and argues the program has benefitted from the change... He may be right! He was also galled by our statement that Ray Hatton is the Top Master Runner in the U.S. today.... Hal knows how to make us swallow those words and that's by his showing up at White Plains and Toronto in August and proving to Hatton he can beat him on the track..... No more serious record hounds abound than Stan Herrmann (70) of Santa Barbara, CA, who claims to 7 World Age Group Records in the 6, 12, & 15# Shot, 1.6K and 1K Discus, Javelin & Hammer events. Rivaling Stan is San Diego's Chuck McMahon (59) who claims 6 Age Group Records -- Hammer, Javelin & Shot... .. Chuck turns 60 on 8/1/75 so we can expect a whole new set of records at White Plains..... DIV II Discus Thrower, Paul Fanning, who took in the South Pacific Tour has been found (thanks to Dave Shrader sending us his new address!) and we are pleased he and Marjorie are alive and happy in Tripoli. For those wishing his address, it is Box 358, UNDP, Tripoli, Libyan Arab Rep. Paul writes they have "a Villa on the sea with plenty of room for jogging, biking and swimming". Paul will see us in New York and Toronto..... For the Big Carmel Meet in the Midwest write to Jack Beasley, 11040 Winding Brook Rd., Indianapolis, IND 46260..... And for the 1st Regional Midwestern Masters contact Wendell Miller, 351 Birkdale, Lake Bluff, ILL. 60044... .. From the Missouri Valley Masters we received their Annual issue edited by Russ Niemi and Bob Sympson. As might be expected USMITT Member Jack Greenwood was their '74 "ATHLETE OF THE YEAR". Since March of '73, they have grown to over 200 members and are expanding over several states. They are heavy on LDR but the other disciplines are coming along as the Sub-Masters --- in which they predominate -- move into the 40+ ranks.. They have published the AAU Masters Standards for Weights & Hurdles (something all Newsletters should do).....

..... Our sympathy and prayers for Dr. Paul Hobe (70+) Ohio, whose devoted Margaret died suddenly of a massive heart attack on Jan. 31st. She was a gracious person and will be missed by all of us in the USMITT who were fortunate enough to have enjoyed her acquaintance. We trust Paul will find solace in his running and understanding -- that life must go on.....



AT 72, HE TACKLED THE HIMALAYAS

by Beverly Creamer, Star-Bulletin
(Honolulu) Writer

"If you're over 50 we don't want you," read the Mountain Travel club's brochure about a 250-mile backpack through the mountains of Nepal.

Harold Chapson, 72, ignored that and sent in his application. "I concealed my age till they accepted my money," said the wiry Chapson, whose idea of a good way to start the day is a six-mile run around Ala Moana Park.

As it turned out, he was probably one of the most tireless, energetic and organized hikers among the group of 18 who took the trip through the steep and rough terrain of the Himalayas. One man, a 48-year-old engineer, suffered a coronary three days before the hike ended; another had trouble with his knees, and one of the women was continually losing things, particularly her glasses and watch.

Chapson is no novice backpacker; two years ago, at the youthful age of 70, he tackled the Andes of Peru.

A retired teacher and businessman, he is a member of the Hawaii Masters running club and holds a dozen world track records for his age group.

To him, such hikes are exhilarating and just plain fun, a way to "prove to myself that I can do it. Why does anyone do anything?" he asked rhetorically.

The 24-day Himalayan back pack was led by Norman Dyhrenfurth, renowned mountain climber who led the first American ascent of Mt. Everest in 1965. Besides Chapson, the hikers included 11 men and six women, among them several executives, two doctors and a couple of engineers. "The next oldest person was 18 years younger than me," said Chapson.

These trips are done the hard way -- walking all the way with a pack on your back, camping out on mountain slopes and steep ridges and sometimes on a layer of hailstones as Chapson's group did.

"The thought of it would just horrify some people," said Chapson, chuckling.

The hikers met in Katmandu, the capital of Nepal, on Nov. 18. From there they flew the 60 miles to Pokra, a village near the mountains where their hike began.

After two days of rest to assemble the party of 44 porters to carry the food and 12 Sherpas and Sherpani -- Tibetan men and women hired to guide the group, do the cooking and tent pitching -- they set off. Chapson chose to carry a 30-pound pack, the heaviest of the group.

Within six days they reached the Annapurna base camp in a valley surrounded by the 26,000-foot peaks of the three Annapurna mountains. It was located at an elevation of 14,500 feet. Their mission was not to reach the summits, but to criss-cross the ridges of the lower slopes reaching an elevation of 16,000 feet at the highest point.

The group traveled 10 to 15 miles each day, rising at first light each morning and walking till 4 each afternoon before setting up camp.

THE WELL-WORN TRAIL took them across rickety wooden suspension bridges over raging rivers, into tiny villages of only six or seven huts, around terraced rice paddies and some of the most beautiful scenery in the world.

"I'm at a loss to describe it," says Chapson. "It's like describing the Grand Canyon."

There were villages every six or seven miles along the trail, and the hikers would usually be greeted by a number of the inhabitants seeking medical attention. The Nepalese have come to expect these expeditions, and also to know that they usually include a doctor as a precaution against sickness or accidents.

The doctor would dole out everything from pills and antibiotics to band-aids, but sometimes it did more harm than good. "The people had a dismaying habit of trading pills," said Chapson... "like three green ones for two red ones."

The hikers traveled light, with usually only two changes of clothing. On the coldest nights Chapson filled his plastic water bottle with hot water and snuggled his feet against it.

Chapson carried five pairs of thick red woolen socks, and every night he'd wash in a stream the pair he had worn that day. But the real problem was getting them dry. Each day he'd tie his wet socks on top of his pack hoping they'd dry in the sun as he walked. Usually it took two to three days, he said and he'd have each pair in a different stage of dryness.

What he couldn't wash was his goose-down sleeping bag, much to his consternation. "After you've slept in a sleeping bag for 24 days it smells like a goat has been sleeping in it," he said.

The days were usually a comfortable 60 degrees and Chapson hiked in shorts, but the temperature went down with the sun and hovered around the 20s. Sometimes he was so cold he'd wear every piece of clothing he had with him to bed.

Please turn to page 8

TORONTO continued from page 1

Entry blanks will be out shortly. Entries close July 20, 1975 and no exceptions for late entry will be made.

The next morning Don and I had an exhilarating local five-mile run with Bill Allen and then drove to Toronto to confer with the Committee including Ken Twigg who recently agreed to assume the duties of Meet Director. Ken, you may recall is Sports Promotion Manager of the Maple Leaf Gardens and Meet Director for the highly successful Toronto Maple Leaf Indoor Games. His presence as Meet Director of the World Masters assures the presentation of a highly professional event as few Meet Directors have the expertise of Ken. We were also advised that the Canadian Federal Government will bring to Toronto 90 Olympic Games Officials for the Meet as they will use our event as a warm-up and training session for these Officials who will be flown in from all parts of Canada for this purpose. Those concerned about the quality of Officials may rest easy. The presence of these Officials will guarantee that all record performances will be properly documented and submitted for record approval. To assure proper place selection all events will be electronically timed and photographed.

Awards were discussed and it was agreed that in such an event as this, where placing will require World-class Veteran performances if not WR efforts, that only 1st, 2nd and 3rd place would be awarded in each 5-yr. class except in the Marathon and Cross-Country where six awards will be made in each class.

Team scoring will be conducted in the Marathon and Cross-Country only with special permanent trophies to be awarded to the winning teams. A budget for those two awards alone was set at \$500 with a total of \$10,000 being allocated for awards. A corporate sponsor for all awards has been obtained.

In addition to those awards each participant will receive a quality commemorative "T" shirt, and patch, as well as a vellum participation inscribed certificate, plus a participants envelope which will include, besides Meet Data, a Map of Toronto, passes to the CNE and other goodies. Courtesy Airport pickup plus transport from the housing at the University of Toronto to the Etobicoke Track has also been arranged. Since the University Housing will be 15 miles from the Competition Venues, this is a major item in our budget and will probably exceed \$20,000 in cost. Non-participant guests will be asked to pay a nominal charge for transport.

The Committee has very grandiose plans for the awards banquet, which have, as yet, not been finalized. You can imagine the magnitude of housing and feeding up to 3,000 at such an affair. Details, regarding this aspect, will be released later.

The University of Toronto located in the Center of Metropolitan Toronto is equipped to house and feed all athletes and guests during our stay from the 10th through the 17th of August. As it will be on Summer Session all University facilities, which are extensive, will be available including use of the Track for training purposes. Rates are quoted at \$9.00 and \$10.00/day, single or \$49.00-\$55.00 for the week, and \$7.00-\$8.00 double or \$38.00-\$44.00 per

week, plus 7% sales tax. Meals are expected to run around \$1.50 for breakfast; \$1.75 for lunch and \$2.40 for dinner.

Hotels are available nearby but we suggest the University as by far the most reasonable as well as the center of activity for the week.

Good restaurants are within walking distance of the University offering every type of cuisine and at all price ranges.

Those not desiring to commute from the University may acquire housing in Etobicoke if they desire. Those doing so, however, must arrange their own transport.

The venue of the Cross-country will be Sunnybrook Park, a hilly tree-covered area bisected by a stream just a little too wide to jump over. The 10,000m course will consist of 2 5km loops with several spots for good spectator viewing of the action. Shower facilities are available. Following this event will be a jolly picnic with lots of cold drinks and beer for all. U.S. beer swillers are forwarned that Canadian beer, like the British, is stronger than our 3.2 and their Ales are both darker and have a stronger flavor. Most of us will, with a little practise, become quickly adept at drinking it. Our Canadian hosts will, I assure you, be happy to give us lessons of which Elwyn Davies is the best qualified although most the the CMITT are a close second.

A decision to eliminate preliminaries for those who have not made the qualifying time for their event was made. The Committee felt that since the qualifying standards are rather low any serious Veteran coming to Toronto would meet those standards in any event. Besides most of us will have competed in White Plains the previous weekend and those times should more than suffice.

No doctor's medical certificate will be required. However, every entrant will be required to attest to his fitness to compete in the events entered and that he has trained adequately for those events. The Meet sponsors will reserve the right to require any athlete to submit to an on-the-spot medical examination and in a proper case to disqualify any athlete deemed unfit or suffering from a serious disability. Any athlete who has the slightest doubt about his physical ability to compete should immediately withdraw and seek a medical opinion. The sponsors cannot overstress the importance of avoiding any unfortunate incident which could prove disastrous not only to the individual but, also cause adverse publicity to our program.

Relays will prove a highlight of the Meeting with our U.S. Sprinters being hotly contested for the 1st time. There will be a National team in the 4x100 and 4x400 in 3 ten year divisions. Each country may field but one team which obviously will be composed of our 4 best athletes in their Divisions, fit and ready at post time. These teams may be composed and declared on the day of the race as fatigue and injury can cause runners to drop out. Preliminary selection of these teams will probably be made at White Plains with several alternates.

In addition to the National Relay Teams, each country may field as many additional 4x400 teams in the 3 divisions as it may desire. None of the members of these unseeded teams may compete in the seeded races, however. These teams shall consist of 2 members in their 40's, and one each in their 50's and 60's; those enabling smaller teams to participate. These hotly contested races should be a highlight at the end of each evening's program.

More on TORONTO.

The Committee has selected as the implement and hurdle standards those previously selected by the U.S. AAU at the Washington, D.C. Convention last October. These standards were published in our December issue of the USMITT Newsletter and are repeated here for your benefit.

MASTERS IMPLEMENT STANDARDS

| | 40-49 | 50-59 | 60-69 | 70-79 | 80+ |
|---------|-------|-------|-------|-------|-------|
| SHOT | 16# | 12# | 12# | 8# | 8# |
| DISCUS | 2K | 1.6K | 1.6K | 1K | 1K |
| JAVELIN | 800gm | 800gm | 800gm | 600gm | 600gm |
| HAMMER | 16# | 16# | 12# | 12# | 8# |

Adopted: 10/15/74

MASTERS HURDLES STANDARDS

| | 40-49 | 50-59 | 60+ |
|---------------------------|-------|-------|-----|
| 110 Meter High Hurdles | 39" | 36" | 33" |
| 400m Intermediate Hurdles | 36" | 33" | 30" |

All of these implements and hurdles have Metric equivalents and are used in all foreign competition either at the open, junior, or women's levels. It is hoped that these standards will be uniformly adopted in all Masters competition World-wide. These standards will be submitted to the National delegates attending at Toronto for adoption as the official standards for future World Masters Competitions.

Every effort is being made by Don, Elwyn and their dedicated group of CMITT volunteers to make this the First truly World Class Masters T&F Champions. After conferring with them for the best part of three days, we are sure of it.

All business and no pleasure has never been our thing, nor the CMITT for that matter. As a consequence we attended a Welsh Rugby Club Dance on Saturday and on Sunday at 8:30 a.m. (5:30 a.m. on our San Diego watch) we met with members of the CMITT and Toronto Fitness Club -- some 50 strong for a one hour jog through the downtown area and returned to the home of CMITT member Max Bacon located just a block out of the business district and located on a Cul-de-Sac. The home - 15' wide and 4 stories high - was built a century ago and had, like so many central core areas, fallen into disrepair and disrepute as brothels abounded in the area. A few years ago it became fashionable to restore these old homes rather than demolish them for high rise projects. Accordingly, Max Bacon, an architect redesigned the interior of this quaint stone dwelling, adroitly and tastefully incorporating modern interior design with a Victorian, or earlier exterior. Here we all gathered following the Run (not a Race), for eggnog, beer and traditional Christmas cake and other viands. Best of all we resumed our acquaintanceship with so many of our Canadian running friends and their wives who had been with us in Europe and the South Pacific. It was a jolly time as we planned for August and shared ideas on how we can make your trip to, and competition in Toronto, a memorable affair in your life.

DAVID H.R. PAIN

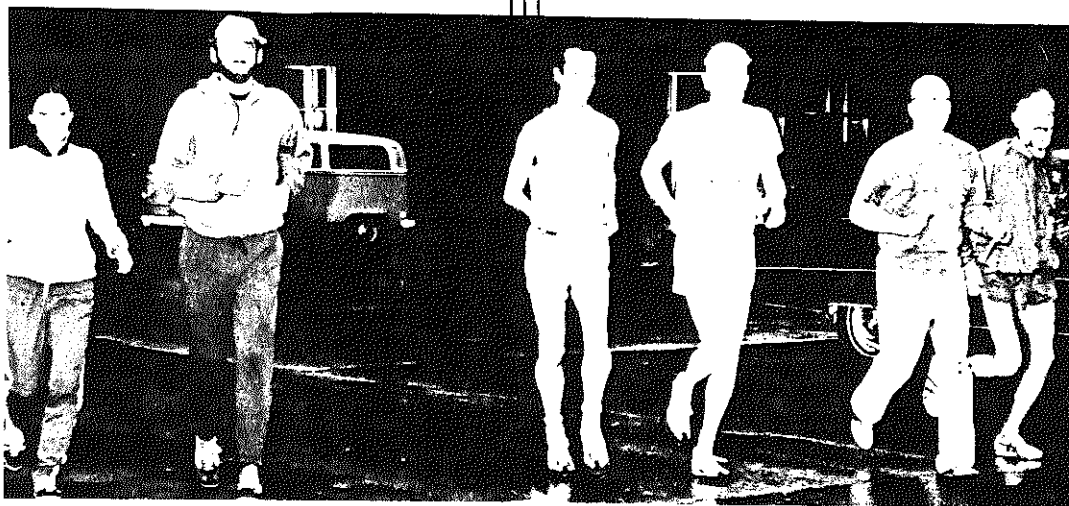
JAMAICAN MEET continued

Shot Putt Masters: Olson (Age 40: Dist. 42'9½"; Neel Buell (Age 60, Dist: 38'2½"; Russell (Age 33), Dist. 35'.

Discus Masters: Len Olson, 139'7" (U.S. Record for his age; Neel Buell, Dist. 131'8"; Russell 102'7".

Mile Relay: Jamaica; Local Girls: Ossie Dawkins team. Time: 3:42.2.

Shuttle Relay: Mal Spence's team; Dawkins team. Time: 27.5 secs.



MASTERS BOB FINE, BUD DEACON, AND BOB BOAL ATTENDING THE AAU CONVENTION WERE SOME OF THE FEW IN ATTENDANCE WHO ACTUALLY PRACTISE WHAT THEY PREACH.

OLDER WOMEN CAN RUN!!

Although they are few in number, compared to the Veteran men in competition some, a few outstanding ladies are proving that being female and over 40 is no drawback. An example is the indomitable Anne McKenzie (49) of South Africa who in '74 came up with these outstanding performances:

| | | |
|---------|--------|----------|
| 100m | 13.8 | 11/6/74 |
| 200m | 28.5 | 10/2/74 |
| 400m | 61.6 | 10/5/74 |
| 800m | 2:19.6 | 12/11/74 |
| 1500m | 4:49.2 | 11/16/74 |
| Javelin | 27.24 | |

Anne plans to compete at Toronto and should give our U.S. Women something to shoot at....Speaking of LDR the DSE Newsletter lists Walt Stack as logging 3735 miles and 54 Races in 1974. However Ross Smith toted up 6285 miles and Pax Beale listed an even 2000 and 33 races.

CORRECTION OF RESULTS -- MASTERS X-COUNTRY *****

Our apologies to the Age 50+ runners in the AAU Masters X-Country as we had to guess the athletes ages. The correct order of finish was:

DIV II (50-59)

1. Rudy Cejo 36:58
2. Sid Toabe 36:59
3. Avery Bryant 37:01
4. Ed. Preston 37:45

MISSION BAY MARATHON

Ed Mendoza (20) (Jamul Toads) threw down the gauntlet at the AAU National 25km when he spread-eagled the field with a shattering 1st place of 2:16:30. He was clocked at 13mph on the last mile of that one. At the Mission Bay Marathon he was turning 5 minute miles for most of the race and didn't slow up until about 20 when he dropped off to 5:15's. He held on to win in a new course record of 2:16:33. In the Veterans Division, 47 yr. old Ross Smith was the class of the field in an excellent 2:38.40. The Masters Division lacked a large Veteran field particularly runners of Bill Gookin's quality. Bill, as usual was Meet Director and presented one of the best M.B.R's in recent memory but couldn't participate in his own event due to a broken foot incurred in the National X-Country. In Division II a 52 yr. old, Ed Almeida (SDTC), squeaky voice and all, but in superb shape logged a 2:44.19 (good for 56th place overall in a field of 502).

Ed will certainly give the Div. II Australians a test at 10,000 and/or the Marathon in Toronto.

In Division III, 67 yr. old Jim Bole (STC) scored a sound 3:51 for the 1st position in his Division.

FIRST WOMAN was Eileen Waters (29)(SDTC) in at 3:16.44 substantially off her best.

Continued from page 5

They usually set up camp in a harvested rice paddy ("The Sherpas never bothered to ask the owner, they just move in on him," said Chapson), or occasionally in a village schoolyard.

One day, as they hiked up a precipitous ridge, they were caught in a hailstorm. They spent that night in tents pitched on two inches of hailstones.

In one of the villages, Chapson found a bottle of beer in a store. The beer, in a bottle about the size of a fifth of whiskey, cost \$1.50 and had been brought from 50 miles away by the storekeeper. Chapson shared it with some of the village boys -- their first taste of beer. The cost of that beer would have been a week's wages for some Nepalese.

Because of the scarcity of fuel in the mountains, the hikers only rarely had a campfire to sit around at night. Morning came with the sound of a boy beating on a cup with a spoon.

Breakfast was porridge and cookies, peanut butter and maybe jam, tea or coffee, and "by 7 we were on our way," said Chapson. At mid-morning, the hikers would stop for brunch when they found a level spot. The Sherpas had gone ahead to set up camp and heat the food, usually canned meat, pancakes, potatoes and canned fruit or juice. Dinner, eaten just after darkness fell, about 6, was usually a stew. But occasionally they'd stock up and buy a few chickens or a goat in a village. Once they led a goat for three days before cooking and eating it.

MOST OF THE PEOPLE, they met in the villages were warm and friendly to the strangers, and there was rarely anything to fear, said Chapson. The one thing they worried about was theft and then only in the larger centers.

"The first thing you did was put your boots in your tent," he said. They were much desired because it would take a Nepalese months to save money enough to buy a good pair of hiking boots.

Chapson was bothered by many of the things he saw in Nepal -- by the intense poverty of the people and by the hard work many of them did for so little pay. The porters who carried their food in 80-pound loads on their backs were often barefoot. And, when the food supply on one porter's back was used up, the man was simply paid off and sent home -- sometimes miles from anywhere.

Because Nepal has never been surveyed, there was no way to determine exactly how far the group hiked, but Chapson estimates it was between 250 and 290 miles.

When they did finally return to Katmandu the first thing they wanted was a change of food and a clean soft bed to sleep in -- one without rocks for a mattress.

NOTICE TO RENEW SUBSCRIPTION

MORE THAN HALF OF OUR MEMBERS HAVE SENT IN THEIR \$5.00 SUBSCRIPTION RENEWAL. ARE YOU ONE OF THEM? PRINTING AND MAILING COSTS ARE SUCH THAT WE MUST ASK YOU TO SEND YOUR RENEWAL IN FORTHWITH!

CORONA DEL MAR NEWSLETTER

SOUTHERN CALIFORNIA INDOOR GAMES - ANAHEIM
SATURDAY - JANUARY 25, 1975

60-YARD DASH

| Heat #1 | Age | Time |
|--------------------------|-----|------|
| 1. Thane Baker - Seniors | 6,5 | |
| 2. Percy Knox - CDM | 6,8 | |
| 3. Nick Newton - BHS | 6,8 | |
| 4. Phil Presber - N. Cal | 6,9 | |
| 5. Jim Parks - Seniors | 7,0 | |

Heat #2

| | |
|------------------------|-----|
| Shirley Davissou - CDM | 7,1 |
| Hugh Cobb - BHS | 7,1 |
| Al Guidet - CDM | 7,2 |
| Bill Adler - BHS | 7,2 |
| Wayne Ambrose - CDM | 7,3 |

Heat #3

| | |
|----------------------|-----|
| G. Hanson - UN | 8,2 |
| Joe Gross - CDM | 8,3 |
| Joe Caruso - Seniors | 8,4 |

60-YARD HIGH HURDLES

| | |
|-----------------------|-----|
| 1. Dave Jackson - CDM | 8,0 |
| 2. Al Feola - BHS | 8,2 |
| 3. Bob Billings - BHS | 8,5 |
| 4. Bill Adler - BHS | 8,6 |

500-YARD RUN

| | |
|------------------------|--------|
| 1. Jacob Coss - BHS | 1:03.8 |
| 2. Don Cheek - CDM | 1:04.1 |
| 3. Jim Parks - Seniors | 1:04.8 |
| 4. John Cull - BHS | 1:06.4 |
| 5. David Mack - BHS | 1:06.7 |
| 6. Eddie Halpin - UN | 1:10.1 |

MILE RUN

| | |
|------------------------------|--------|
| 1. Pete Mundle - SM | 4:38.5 |
| 2. Bill Fitzgerald - Seniors | 4:49.4 |
| 3. Eddie Halpin - UN | 5:18.2 |

(This was Eddie's fastest mile ever. Congratulations, Eddie!)

LONG JUMP

| | |
|---------------------------|---------------------------|
| 1. Shirley Davissou - CDM | 20'4" |
| 2. Dave Jackson - CDM | 20'1-3/4" (foul over 21') |
| 3. Hugh Cobb - BHS | 20'0" |
| 4. Phil Schlegel - CDM | 19'1-3/4" (foul over 20') |
| 5. Nick Newton - BHS | 18'7" |
| 6. Joe Caruso - Seniors | 13'7" |

640-YARD RELAY

| | |
|--------------------------|---------|
| 1. Corona Del Mar | 1:12.7* |
| Phil Schlegel | |
| Dave Jackson | |
| Don Cheek | |
| Percy Knox | |
| 2. Beverly Hill Striders | 1:15.3 |
| Nick Newton | |
| Bill Adler | |
| Hugh Cobb | |
| Bob Billings | |

| | |
|-----------------------|--|
| 3. Corona Del Mar "B" | 1:17.5 |
| Al Guidet | |
| Pete Fetter | |
| Wayne Ambrose | |
| Kendall Webb | |
| Seniors Track Club | - finished Second in 1:13.5, but were disqualified for interference in A zone. |
| Jim Parks | |
| Ozzie Dawkins | |
| Tony Nasralla | |
| Thane Baker | |

HIGH JUMP

| | |
|-----------------------|-------|
| 1. Bob Billings - BHS | 5'6" |
| 2. Ed Austin - CDM | 5'6" |
| 3. Bill Adler - BHS | 4'10" |
| 4. Dave Brown - CDM | 4'8" |

*New Record.

Old Record was Corona Del Mar - 1:17.8, San Diego 1971;

team of Wayne Ambrose, Shirley Davissou, Phil Schlegel & Don Palmer

This Relay was quite a race--Nick Newton starting for the Striders hit the curve on the first turn, fell, was up immediately in hot pursuit. The first exchange was tough. It looked like all of the runners were in the same lane. The runners were still bunched when Dave Jackson handed off to Don Cheek, and the next thing we knew Don had a twelve yard lead (shades of Seton Hall Days!). When he handed off to Percy, Percy ran a very intelligent, controlled race to hold off the Seniors' Thane Baker for a CDM win and new record

RECORDS MEET

Beautiful 88° Weather!

COURSE OF THE DESERT - Palm Desert, California

January 18, 1975

60 METER DASH

| Heat #1 | Age | Time |
|---------------------|-----|------|
| 1. Percy Knox | 41 | 7.2 |
| 2. Jim Parks | 40 | 7.3 |
| 3. Erick Lawson | 33 | 7.4 |
| 4. Nick Newton | 41 | 7.4 |
| 5. Al Henry | 37 | 7.4 |
| 6. Herb Adams | 45 | 7.7 |
| 7. Ursula Schreiber | 56 | 8.3 |
| 8. | | |

| Heat #2 | Age | Time |
|---------------|-----|------|
| Nick Newton | 41 | 7.2 |
| Tony Nasralla | 42 | 7.3 |
| Herb Adams | 45 | 7.4 |
| Hugh Cobb | 42 | 7.6 |

| Heat #3 | Age | Time |
|-------------|-----|------|
| Ted Vick | 45 | 7.5 |
| Al Guidet | 56 | 7.6 |
| Pete Fetter | 53 | 7.9 |
| Bob Hunt | 54 | 8.0 |
| Bill Bowers | 56 | 8.4 |
| Doug Bowman | 44 | 8.8 |

| Heat #4 | Age | Time |
|---------------|-----|------|
| Percy Knox | 41 | 7.3 |
| Nick Newton | 41 | 7.3 |
| Jim Parks | 40 | 7.5 |
| Eric Lawson | 33 | 7.6 |
| Tony Nasralla | 42 | 7.6 |
| Hugh Cobb | 41 | 7.6 |
| Wayne Ambrose | 49 | 7.7 |
| Herb Adams | 45 | 7.9 |

Heat #6

| | | |
|----------------|----|-----|
| Wayne Ambrose | 49 | 7.9 |
| Jess Winton | 55 | 8.0 |
| Gordon Farrell | 57 | 8.5 |
| Gene Hanson | 62 | 8.6 |
| John Haski | 60 | 8.6 |

Heat #7

| | | |
|--------------|----|-----|
| Rene Acosta | 18 | 7.3 |
| LaGrand Barr | 18 | 7.4 |

60 METER HIGH HURDLES

| Heat #1 | Age | Time |
|-------------------|-----|------|
| 1. Bob McConoughy | 66 | 12:2 |
| 2. Doodles Weaver | 62 | 15:2 |
| 3. | | |
| 4. | | |

Heat #3

| | | |
|----------------|----|-----|
| Jim Hampton | 18 | 8.4 |
| Larry Hamilton | 19 | 8.5 |
| Rich Arco | 20 | 8.0 |
| Ray Gamble | 19 | 9.0 |

300 METER DASH

| Heat #1 | Age | Time |
|-------------------|-----|------|
| 1. Chris Buttz | 18 | 35.8 |
| 2. M. Wagner | 26 | 36.7 |
| 3. Larry Hamilton | 19 | 37.2 |
| 4. Rene Acosta | 18 | 38.0 |
| 5. | | |
| 6. | | |

| Heat #2 | Age | Time |
|--------------|-----|------|
| Bob Pollack | 30 | 37.9 |
| Eric Lawson | 33 | 38.9 |
| Al Henry | 37 | 39.8 |
| Jim Rountree | 35 | 40.7 |

| Heat #3 | Age | Time |
|----------------|-----|------|
| Jim Parks | 40 | 39.6 |
| Percy Knox | 41 | 41.2 |
| Nick Newton | 41 | 41.5 |
| Tony Nasralla | 47 | 43.5 |
| Hal Wallace | 47 | 43.7 |
| Juan Pedevilla | 42 | 44.6 |

| Heat #4 | Age | Time |
|-------------|-----|------|
| Al Guidet | 56 | 41.9 |
| Ted Vick | 45 | 42.6 |
| Bill Bowers | 56 | 42.9 |
| D. Kagner | 48 | 44.1 |
| Pete Fetter | 53 | 44.5 |
| Ed Halpin | 56 | 45.1 |

600 METER DASH

| Heat #1 | Age | Time |
|-----------------|-----|--------|
| 1. Jaime Barron | 20 | 1:37.5 |
| 2. LaGrand Barr | 18 | 1:37.5 |
| 3. Jim Rountree | 35 | 1:38.0 |
| 4. Don Palmer | 45 | 1:38.5 |
| 5. John Cull | 43 | 1:35.5 |

| Heat #2 | Age | Time |
|------------|-----|--------|
| David Buck | 43 | 1:35.7 |
| Ed Halpin | 56 | 1:40.8 |
| D. Wagner | 48 | 1:40.9 |
| Dave Lewis | 55 | 1:51.7 |

1,000 METER RUN

| Age | Time |
|-----------------|-----------|
| 1. Tom Taylor | 19 2:41.1 |
| 2. Scott Payne | 19 2:47.6 |
| 3. Pete Mundle | 46 2:48.0 |
| 4. Tom Sturz | 45 2:52.0 |
| 5. John Suttler | 16 2:52.7 |
| 6. Ed Halpin | 56 3:15.5 |

3,000 METER RUN

| Age | Time |
|------------------|------------|
| 1. Pete Mundle | 46 9:11.2 |
| 2. Greg Gonzales | 19 9:19.5 |
| 3. Avery Bryant | 50 9:55.1 |
| 4. Dick Jackson | 45 11:27.6 |
| 5. P. Gonzales | 56 11:50.0 |

HIGH JUMP

| | | |
|---------------------|----|-------|
| 1. R. Manzanares | 19 | 5'10" |
| 2. Matt Wagner | 19 | 5' 8" |
| 3. Mark Wagner | 20 | 5' 8" |
| 4. Ray Gamble | 19 | 5' 6" |
| 5. Tom Richards | 33 | 5' 6" |
| 6. Bob Billings | 41 | 5' 4" |
| 7. Orville Gillett | 55 | 5' 0" |
| 8. Bill Adler | 41 | 5' 0" |
| 9. Don Donnelly | 46 | 4'10" |
| 10. Keith Gilliland | 41 | 4'10" |
| 11. Dave Brown | 52 | 4' 9" |
| 12. Tom Cross | 27 | 4'10" |
| 13. J. Romero | 18 | 4'10" |
| 14. John Haski | 60 | 4' 8" |
| 15. Gordon Farrell | 57 | 4' 6" |
| 16. Ross Winton | 55 | 4' 6" |
| 17. Bob Perry | 40 | 4' 4" |
| 18. Bob Hunt | 53 | 4' 4" |
| 19. Dave Lewis | 53 | 4' 0" |
| 20. Doodles Weaver | 62 | 3'11" |

DISCUS

| | | |
|----------------|----|------------|
| Gabe Garza | 19 | 124' 5" |
| - Conkle | 40 | 122' " |
| Tom Richards | 33 | 115' 7" |
| Jack Thatcher | 58 | 111' 0" |
| Ross Winton | 55 | 109'11" |
| - Ross | 19 | 109' 8" |
| Mark Kramer | 18 | 102' 5" |
| Jim Maillecaux | 34 | 100' 8" |
| Stan Herrmann | 70 | 89' 2-1/2" |
| Stan Herrmann | 70 | 79' 5" |
| Fanson Grinn | 49 | 47'10-1/2" |

*Wt. 4.6# unless noted

JAVELIN

| | | |
|-----------------|----|---------|
| Jaime Barron | - | 160'11" |
| Hal Wallace | 47 | 147' 3" |
| Tom Richards | 33 | 140' 9" |
| Rich Harrison | - | 135' 6" |
| Pete Fetter | 53 | 131' 8" |
| Bob MacConoughy | 66 | 106'10" |
| Deugh Bowman | 44 | 105' 8" |
| Doodles Weaver | 62 | 98' 8" |
| Tom Cross | 27 | 95' 8" |
| Rich Arco | 20 | 88' 0" |
| Stan Herrmann | 70 | 64' 8" |

LONG JUMP

| | | |
|------------------|----|------------|
| Ray Gamble | 19 | 20' 8" |
| Dave Jackson | 43 | 19'11-3/4" |
| Hugh Cobb | 42 | 19' 3-1/2" |
| Tony Nasralla | 42 | 18' 4-1/4" |
| Don Donnelly | 46 | 18' 2" |
| Tom Richards | 33 | 16' 8-1/2" |
| Ursula Schreiber | 36 | 15' 8" |
| Doodles Weaver | 62 | 11' 5" |

POLE VAULT

| | | |
|----------------------|----|------------|
| 1. Matt Wagner | 19 | 14' 6" |
| 2. Orv Gillett | 55 | 10' 6" |
| 3. Hal Wallace | 47 | 10' 0" |
| 4. Don Gresh | 49 | 10' 0" |
| 5. Dave Brown | 52 | 10' 0" |
| 6. Tom Richards | 33 | 10' 0" |
| 7. Bob MacConoughy | 66 | 8' 6" |
| 8. Tom DeVaughn | 52 | 7' 6" |
| 1. Craig Wilson | 20 | 44'11-3/4" |
| 2. Mike Terry | 18 | 40' 0-1/2" |
| 3. Gabe Garza | 19 | 40' 0" |
| 4. Steve Voss | 19 | 37'11-1/4" |
| 5. Tom Richards | 33 | 37' 9-1/2" |
| 6. Mark Kramer | 18 | 37' 2-1/4" |
| 7. Hal Wallace | 47 | 36' 2-1/4" |
| 8. Jack Thatcher | 58 | 34' 7" |
| 9. V. Mayer | 19 | 30' 6-1/2" |
| 10. Stan Herrmann | 70 | 26' 9" |
| 11. Bob Perry | 46 | 24' 2" |
| 12. Fanson Grinn | 49 | 23' 2-1/2" |
| 13. Stan Herrmann | 70 | 32' 7-1/2" |
| 14. Jack Thatcher | 58 | 51' 3-1/2" |
| 15. Pete Fetter | 53 | 44' 2-1/2" |
| 16. Ursula Schreiber | 36 | 27' 5" |
| 17. Gene Hanson | 62 | 40'10-1/2" |

*16# unless noted

CALENDAR

1975

MARCH

- Sat. 8th: Masters Indoor AAU Championships, Peddie School, Hightstown, N.J.10:00 a.m.
Contact: Masters Sports Assoc., Bob Fine,
11 Park Place, N.Y.C. 10007
- Sat. 15th: Second Annual "CDM RELAYS", Calif. State Univ. San Luis Obispo; Contact: Don Cheek,
P.O. Box 1476, Atascadero, CA 93422...10:00am

APRIL

- Sat. 5th: Fifth Annual Grandfather Games, L.A. Valley College, Van Nuys, CA.....12:00 Noon
Contact: George Ker, 16750 Index St.,
Granada Hills, CA 91344
- Sat. 5th: Fifth Annual Grandfather Games (Mile Walk & Sun. 6th: 6 Miles Only), S.E. Masters, Raleigh, N.C...
Contact: Bob Boal, 121 W. Sycamore Ave.,
Wake Forest, N.C. 27587....12:00 Noon
- Sun. 13th: 50km Masters So. Pacific Assoc., Rosebowl, CA.
Contact: Wes Alderson, 4070 Minerva,
Los Angeles, CA 90066
- Sat. 26th: MT. SAC RELAYS, Walnut, CA.
Sun. 27th:

MAY

- Mon. 5th: AAU, Berkshire 10-Miler.
- Fri. 23rd: Dual Meet with British Masters, London,
thru ENGLAND. Contact: Masters Sports Assoc.
Sun., Bob Fine, 11 Park Place, Rm. 1400, N.Y.C.
June 1: 10007.

JUNE

- Sat. 7th: Masters District SPAAAU Championships,
Sponsored by Seniors Track Club (Site not
yet determined).
- Sun. 8th: Masters 20km, Huntington, Long Island,
Metro Association.....11:00 a.m.
- Sat. 14th: Third Annual "CDM RELAYS", Irvine, California.
Contact: Dave Jackson, 19103 S. Andmark Ave.
Carson, CA 90746.
- Sat. 14th: Calif. State College, California, PA.,
Sun. 15th: USTFF Nat'l Masters Championships.
Contact: John Harwick, 467 Beverly Rd.,
Mt. Lebanon, PA 15216.

AUGUST

- Sun. 3rd: 1-Hour Run, Jr., Senior, Masters & Women.
Pac. Assoc., Santa Barbara, CA. Submit
results to: John Brennand, 4476 Meadowlark
Lane, Santa Barbara, CA 93105.
- Fri. 8th: U.S. MASTERS AAU NATIONAL CHAMPIONSHIP,
thru WHITE PLAINS, N.Y. CONTACT: BOB FINE,
Sun. 10th: MASTERS SPORTS ASSOC., RM 1400, 11 PARK PLACE,
N.Y.C. 10007.
- Mon. 11th: "FIRST WORLD MASTERS T&F CHAMPIONSHIPS",
thru X-COUNTRY & MARATHON, TORONTO, CANADA.
Sun. 17th: CONTACT: DAVID PAIN, 1160 VIA ESPAÑA,
LA JOLLA, CA 92037.

From the Sunday Express -- November 24, 1974

Throughout the next two weeks Mr. Duncan MacLean will be hard at practise for an important athletics meeting in which he will compete against seven other sprinters in the 100 Metres.

The race, before hundreds of spectators, is being held in honour of his 90th birthday, and despite his age the veteran athlete, thought to be the oldest active sprinter in the world, is determined to win.

Yesterday he was out as usual at the sports centre near his home doing exercises and practice runs in his track-suit to ensure he is in peak condition for the big day.

He said: "I want to do well, so I am putting in a good hour of training every day.

"My best time this year for the 100 metres is 16.3 seconds, but I am hoping to improve on that. The other competitors will all be over 60, although I shall be easily the oldest".

Mr. MacLean, of Upper Norwood, South London, is a regular competitor in veterans' races at the nearby Crystal Palace sports centre, and still goes abroad to take part in international events.

He is known by other athletes as the "Tartan Flash" because of his tartan running shorts.

And when Mr. Arthur Welling, secretary of the Veterans' Athletic Club, heard it would be his 90th birthday on December 3, he asked the Southern Counties Amateur Athletic Association to hold a special veterans' race at their meeting at Crystal Palace the following week.

ONLY 86

Mr. MacLean said: "I don't know yet who the other competitors will be. One of them will probably be my old opponent Charlie Speakley. He is only 86, but I generally give him a three or four-metre handicap."

Mr. MacLean, who was born at Gourrock, on the Firth of Clyde, spent his youth in South Africa, and it was there he made his name as a sprinter. Between 1904 and 1906 he was the country's champion amateur sprinter.

Later he returned to Britain and became a professional music-hall artist for nearly 50 years. He and his wife Elsie, 70, have seven children, all named after islands on the west coast of Scotland.

His secret of keeping fit is not to smoke, not to eat fried food, and only drink "when someone else is paying."

"I have a busy year ahead of me in 1975," he says "I am competing in the World Masters' Athletic Championships at Toronto in August, and in the American Masters' Championships near New York."

Dec. 3rd, 1974 Crystal Palace, London. 100 Metres (Handicap 0-40) Duncan MacLean (90) (Off 34m) 7th, Alf Sutherland (70+)(Off 20m) 3rd, 12.8.

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