

## COLUMBIA TRACK CLUB NEWSLETTER

Vol. IV, No. 8

August 17, 1972

## CHUCK McMULLEN SETS RECORD IN TWO MILE RUN

Hickman Track July 29:

		880	Mile	1½ Mi.	2 Miles	Secs off DT
1.	Chuck McMullen MU	2:14	4:33	6:52	9:08.0	---
2.	Tim Shaw Westminster	2:19	4:44	7:09	9:31.8	---
3.	Phil Jensen Lincoln U.	2:21	4:45	7:18	9:47	12
4.	Bob Arnold MU	2:31	5:07	7:42	10:11.3	
5.	Ben Londeree CTC	2:29	5:08	7:48	10:27	3
6.	Whitney Hicks CTC	2:36	5:20	8:03	10:31	14
7.	Chris Kelly 17 Jeff City	2:20	5:02	7:53	10:38	17
8.	Doug Williamson CTC	2:37	5:21	8:04	10:45	5
9.	Art Fleming CTC	2:44	5:28	8:12	10:54	---
10.	Don Granberg CTC	2:38	5:27	8:17	10:58	8
11.	Steve Beck	2:47	5:41	8:42	11:37	---
12.	Dick Hessler CTC	2:44	5:40	8:41	11:37.5	13
13.	Joe Duncan CTC	2:40	5:41	8:45	11:49	19
14.	Chas. Talley	3:05	6:21	9:44	13:02	58
15.	Doug Duncan 11	3:45	7:37	11:24	14:56	4
16.	Mary Magnusson 14	3:50	7:57	12:26	16:46	
17.	Judy Magnusson	3:55	8:07	13:03	17:30	

## PALMER BACK AT THE WALKING GAME--TWO MILE WALK THE SAME DAY:

1.	Darrell Palmer	4:30	9:02	13:23	17:46	
2.	Dave Leuthold	4:29	9:10	14:04	18:47	73
3.	Chris Kelly	5:15	10:57	16:20	21:27	
4.	Rob Spier	5:26	10:58	16:21	21:29	16

70 degrees, cloudy, a little humid. The old CTC event two mile run record was 9:20 set by Bob Brouillet a year ago. McMullen looks in great shape for MU's upcoming cross-country season. Whitney Hicks sets a personal best in his "old-man" modern era--by 30 secs! He did this to give us something to remember him by for he is now off to Stanford U. for one year on a leave. He is supposed to be doing something in the way of research in the area of population growth and economics--but I'm sure he won't ignore that hotbed of Calif. distance running--we will all expect him back better than ever. Art Fleming has a personal best and Don Granberg is under 11:00 for the first time. And a personal best for Dick Hessler. In short there were many, many victories. This was also the last race for Doug Williamson. He has now moved to London, England, the home of his wife and a long way from Doug's home in Australia. Since running is so popular in England there is no question but that Doug will continue to compete. We wish him the best of luck and we were glad he was able to spend some time with us. We got him in a fit condition and he gave us some international flavor.

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## LONDEREE HEADS SLIM FIELD IN 30 KILO RUN

COSMO PARK Aug. 5, 1972:

	5 K.	10 K.	15 K.	25 K.	30 K.
1.	Ben Londeree	19:45	38:35	1:01:00	1:39:00 2:00:56
2.	Linley Lipper NE Mo.	20:30	39:00	1:01:00	1:40:00 2:03:47
3.	Don Granberg	22:40	44:23	1:05:30	- - - 2:16:31
4.	Bill Stintsman	20:29	41:30	1:03:46	- - - 2:20:40
5.	Art Fleming	22:40	44:23	1:05:30	out at 20 K.
6.	Ed Schneider	19:45	38:40	1:01:00	out

## 20 KILO HAS LEUTHOLD OVER SPIER 20 K Walk, that is Same Day:

	5	10	15	20 K
1.	Dave Leuthold	32:00	1:03:32	1:37:02 2:11:12
2.	Rob Spier	33:58	1:07:34	1:40:05 2:13:34
3.	Darrell Palmer	32:42	1:04:08	Out

A pleasant 59 degrees at the start (6:30 AM), but a warm 63 two hours later with 90+ % humidity. This is the first time Lipper has ever ventured so far. Stintsman is at Whiteman AFB after 2½ years in Germany.

The CTC Newsletter comes out monthly and only costs ONE DOLLAR for 12 issues--the money goes to Joe Duncan 4004 Defoe Dr. Columbia, Mo. 65201 and eventually finds its way into the CTC treasury. Results, comments, criticism and MONEY are most welcome. SUPPORT CTC!!!

BOB COLLETTE OVER LONDEREE IN THREE MILE RUN HICKMAN TRACK Aug. 12:

	1 Mi.	2 Mi.	3 Miles	DT
1. Bob Collette	5:06	10:38	16:07	---
2. Ben Londeree	5:10	10:52	16:38	23
3. Art Fleming	5:23	11:05	16:53	---
4. Steve Beck	5:40	11:59	18:02	---
5. John Wilson	6:01	12:22	18:50	---
6. Richard Griffin 15	7:01	14:30	21:16	
7. Pat Eng	6:59	15:10	23:06	
8. Doug Duncan 11	8:14	16:00	23:31	31
9. Dave Schulte	7:30	15:45	24:00	20

PALMER COMES BACK IN 3 MILE WALK SAME DAY:

1. Darrell Palmer	9:06	18:17	27:34	45
2. John Wilson	11:42	24:00	35:29	
3. Joyce Schulte	13:54	out--just a little tune-up		

Temperature was in low 80's, sun shining until it got dark at the end of the walk. Bob Collette has been doing some training, since, heretofore Londeree had been able to handle him. Collette has plans for running with the MU varsity--as part of that plan, Bob succumbed to the shears--the shearman really got carried away for Bob's shoulder length hair has been reduced to 1/16th of an inch. A fit recruit he is for Ft. Leonard Wood. . .and the girls weep. Bob does say that he can now move faster due to the lessened wind resistance and weight. Fleming establishes a personal best--by a whole minute! He obviously is after old man Londeree. Also a personal best for Wilson who had enough left to try his hand at race-walking. Doug Duncan ran each successive mile some 15 secs. faster than the preceding one in his first effort at anything over 2 miles.

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DENNIS STEWART WON THE 880 with a time of 1:52.0 in the Santa Fe Trail Golden Track Meet at Raytown, Mo. on July 29. He was some 13 secs faster than 2nd--with someone pushing him he might have made 1:50.0/

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LARRY YOUNG WON THE SR. NATIONAL AAU 40 KILO WALK in Long Branch, N.J. on July 23 with a time of 3:39:59. A modest time for Larry but I know nothing as to the conditions, nature of the course, etc. and no doubt Larry was using this merely as a workout. Larry won an International 20 Kilo walk in Oslo, Norway a week or so ago but I have no other de- on that. The next word about Larry will be the Munich Olympics. CTC is sending a "good Luck" cable to him to some uncertain address-- we're going to try c/o U.S. Olympic Team, Munich, Germany unless someone gives me something better. I know any individual message you might want to send would be well-received. The cheering crowds do help!

DESIGNATED TIME STANDINGS:

	av. secs	Events			
1. Mike Chippendale	10	12	7. Don Granberg	34	12
2. Ben Londeree	14	12	8. Dick Hessler	35	7
3. Whitney Hicks	15	12	9. Leonard Busen	47	7
4. Joe Duncan	20	12	10. Doug Williamson	49	11
5. Dennis Stewart	21	12	11. Rob Spier	129	8
6. Dave Schulte	25	12	12. Dave Leuthold	146	11

ELAPSED TIME STANDINGS:

	Points		Age 40 & over	
1. Ben Londeree	179	1. Leonard Busen	7	
2. Dennis Stewart	130	2. Wayne Leeman	2	
3. Whitney Hicks	105.5	3. Rob Spier	1	
4. Mike Chippendale	105			
5. Doug Williamson	99.5			
6. Don Granberg	77			
7. Joe Duncan	74			
8. Art Fleming	50			
9. Dave Schulte	35			
9t. Dick Hessler	35			

WALKERS

1. Dave Leuthold	31
2. Rob Spier	20.5

The last race of the DT, ET "season" is the Marathon. In the DT the positions are pretty well set unless Stewart can cut his DT below 20 secs. In ET, Chip- pendale could take advantage of Hicks' absence to get 3rd--BUT, Mike is also gone for a month. If Granberg would stay away from the next three races then Duncan might have a shot at 6th and an award.

BYE, DON!

SCHEDULE OF EVENTS:

AUGUST	26	Saturday	8:00 AM	Sprint Triathlon---440, 880
				One Mile run--a reasonable amount of rest
				between events Hickman Track
SEPTEMBER	4	Monday	6:00 A.M.	13th ANNUAL HEART OF AMERICA
				MARATHON
	9	Saturday	9:00 AM	One Mile Run, 5 Mile Walk Hickman T.
	9	"	8:00 AM	Oklahoma AAU 15 Kilo State Champion-
				ship Run Mohawk Park, Tulsa, Okla.
	9	"	9:00 AM	30 Minute Run South Park Quincy, Ill.
	16th & 17th	Sat. & Sun.	1:00 PM to 1:00Pm	SIXTH ANNUAL
				NATIONAL 100 MILE WALK CHAMPIONSHIP Hickman Tr.
	16	Saturday	9:00 AM	One Mile Run South Park Quincy, Ill
	23	"	9:00 AM	2 Man, 5 Mile Relay South Park "
	24	Sunday	2:00 PM	2 Mile Run, 6 Mile Walk Hickman Tr.
	30	Saturday	9:00AM	2 Mile Run South Park Quincy, Ill
OCTOBER	1	Sunday	HIGH NOON	SENIOR NATIONAL AND MVAAU-30 KILO
			WALK	Leawood Subdivision

A very busy schedule we have--the three biggest races of the year, all within a span of four weeks. We are going to need some help--lots of it, especially for the Marathon and for the 100 miler. We will be calling on you for your services--but it will help if you will simply call me at 445-2684 and express your desire to help and I will immediately sign you up for a specific task. WE NEED HELP!!!!

A scouter of players, Bill Clark,  
 He walks and he runs, for a lark.  
 But he finds it no fun  
 To walk so hard and run  
 Without a snort of Cutty Sark.

JOE DUNCAN  
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