

COLUMBIA TRACK CLUB NEWSLETTER

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November 10, 1972

STEWART WINS TWO MILE CROSS-COUNTRY IN 9:46.8 October 8, 1972: D.T.

1. Dennis Stewart	9:46.8	4	Mid 70's, sun shining, no
2. Alan Cummings	10:14	11	wind, perfect weather for CC.
3. Mike Chippendale	10:52	28	A personal best for Stewart on
4. Ben Londeree	11:04	26	this course. Cummings is a
5. Don Granberg	11:34	6	MU student, as are Patton &
6. Don Leake	11:48	--	Katzif--in fact all three live
7. Paul Redhage	11:48.4	8	on the same floor at Donnelly
8. Tom Kilburn	12:20	--	Hall.
9. Joe Duncan	12:29	29	Chippendale continues to improve
10. Jim Patton	12:46	--	Last fall he did 11:58 on this
11. Jon McClain	13:22.4	37	course, then 11:49, and then
12. Sean Clark	13:22.5	58	down to 11:10 in the spring race!
13. Larry Katzif	14:51.8		Londeree did no running for some
14. Dave Schulte	14:52	23	two weeks prior to this race,

permitting recovery from a bother
some Achilles tendon and other assorted ailments.

BOB COLLETTE ALL ALONE IN THREE MILE RUN October 14, 1972: 1 Mi. 2 Mi. 3 Miles Secs off DT

1. Bob Collette	5:05	10:23	15:33	33
2. Art Fleming	5:39	11:18	16:51.3	54
3. Mike Chippendale	5:36	11:18	16:53	37
4. Ben Londeree	5:37	11:25	17:40	15
5. Jules DeCoster	5:40	11:40	17:46	14
6. Paul Redhage	5:47	12:04	18:26	41
7. Joe Duncan	6:12	12:33	18:50	10
8. Jim Fields	6:49	13:47	20:45	--
9. Dave Schulte	7:21	15:12	22:57	13
10. John Lashly	7:00	13:55	out with one lap to go	
11. Steve Decker	7:22	out at 1 1/2 miles		

600, soft track, no wind. Personal bests for Chippendale (by almost a minute!), Fleming and Schulte. Collette, an on again, off again member of the MU squad ran easily with no one pressing him.

THREE MILE WALK, SAME DAY, 15 MINS. LATER GOES TO PALMER:

1. Darrell Palmer	9:17	18:35	27:28	30
2. Joe Duncan	9:55	19:00	28:17	79
3. Dave Leuthold	9:11	18:35	28:27	12
4. Rob Spier	11:02	21:48	32:13	37
5. Barry Lasswell	11:58	23:50	35:10	10
6. Steve Decker	11:59	23:52	35:10	--
7. Joyce Schulte	12:23	25:28	37:58	52
8. Carolyn Leuthold	13:04	26:11	38:49	--

Duncan stopped for some 45 seconds on the 4th lap to shake the rocks out of his shoes--but he never did get the lead out of his pants.

STEWART AGAIN IN TWO MILE CROSS COUNTRY, TOUGHER COURSE October 29: DT

1. Dennis Stewart	10:19	23	56° no wind, perfect weather
2. Mike Bush	11:06	36	This was the first two miles
3. Ben Londeree	11:24	9	of the Gustin Golf Course Five
4. Jerry Kokesh	11:27	--	Mile Course--a tough, hilly
5. Art Fleming	11:28	2	two miles. The race on Oct.
6. Don Granberg	11:29	4	8 was on the Municipal Course.
7. Dick Hessler	11:31	39	Bush, an almost member of MU's
8. Mike Chippendale	11:42	27	CC team, stayed with Stewart
9. Greg Klott	12:16	--	for a half mile or so. A hot
10. Bruce Sewell	12:54	24	race for third with Londeree
11. Joe Duncan	12:58	28	setting the pace except once
12. Stan Hennigh	15:20	140	when Hessler got ahead of him.
13. Dave Schulte	15:26	26	Ben has obviously "come back."
14. Doug Eckberg	16:35	65	Chippendale fell at about 1 1/2

miles, otherwise that battle would have been even tighter. We are glad to have the new people out for these races. Anyone interested in our races should understand that we are a very low pressure outfit, we have fun, stay fit and welcome anyone regardless of ability. Those who stay with our program are always amazed at the tremendous improvements made in their fitness.

STEWART YET AGAIN--FIVE MILE CROSS-COUNTRY

NOV. 5, 1972:

	5	DT
1. Dennis Stewart	28:29	29
2. Clark Hamilton	29:07	--
3. Randy Bakewell	29:45	--
4. Tom Van Goethem	29:49	--
5. Don Granberg	31:38	98
6. Mike Chippendale	32:04	86
7. Dick Hessler	32:11	79
8. Ben Londeree	32:27	58
9. Art Fleming	32:49	41
10. Darrell Palmer	33:01	241
11. John Lashley	38:11	--
12. Sean Clark 15	41:17	77
13. Doug Eckberg	46:07	--

This is a real tough course. The Big 8 Championship was held on this same course on the previous day. The course, with no flat stretches, is considered the toughest cross-country course in the Big 8. All of which makes John Halberstadt's time of 24:22 in the Big 8 race pretty remarkable. Stewart got a little competition today, but as usual he was able to keep his early pace while the others faltered slightly.

GRANBERG, STEWART AND HESSLER DID WELL IN THE TRI-STATES MARATHON on Oct. 15. Granberg was 16th with 2:55:00, a personal best for a marathon. Stewart was 25th in 3:06:05, a personal best, while Hessler was right behind in 26th with 3:06:35, almost 30 mins. better than in his first marathon on Labor Day. The top 3 were Terry Ziegler, Tulsa, Okla., 2:26:40, Bob Busby, Warrensburg, Mo., 2:29:10 and Tim Hendricks, the Heart of America champion, 2:33:25. There were 67 starters, 53 finishers. Stewart had won a 4 mile cross-country race in Warrensburg with a time of 20:49, the previous day.

LOREN MOES WON THE COVERED BRIDGE MARATHON ON Oct. 8, Winterset-to-Indianola, Iowa with a time of 2:32:44, while Bob Hunerdosse was 7th with 2:56:04.

LARRY YOUNG ANCHORED THE US TEAM IN THE AIROLO-CHIASSO (SWITZERLAND) RELAY on Oct. 15. The US team finished 2nd, some 15 minutes behind Italy, with the British 3rd. Larry's stretch was a 25 kilo which he did in 1:57:32, on a hilly course in excellent weather. Lead-off for the US was Bob Kitchen who did 26 kilo, finishing some 4 mins. behind the leader. Next was Todd Scully with 30 kilo. Only Pamich, of Italy, was faster on this leg, by 2 mins. Bob Bowman then did 14 kilo, losing 4 mins, and then Bill Ranney did 18 kilo, losing another 5 mins. Larry then simply held his own with the Italian, Virsini. 21 teams were entered. The race totaled 114 kilometers and I believe this is the best showing by the Americans.

MVAU 20 KILOMETER WALK GOES TO LARRY YOUNG INDEPENDENCE Oct. 8:

	5 Km.	10	15	20
1. Larry Young	24:54	50:43	1:17:29	1:43:15
2. Mark Achen	30:05	58:54	1:28:33	1:58:13
3. Art Fleming	30:21	59:42	1:29:17	2:00:33
4. Darrell Palmer	28:34	58:03	1:29:12	2:05:52
5. Bob Young	30:37	1:02:36	1:34:22	2:06:55
6. Bob Chapin	33:44	1:05:45	1:38:22	2:12:16
7. Bob Gillis	33:44	1:08:00	1:53:45	2:27:36

DAVE LEUTHOLD WINS MVAU 50 KILO CHAMPIONSHIP JEFFERSON CITY Nov. 5:

1. Dave Leuthold	(2 Mile Splits:	22:04, 43:06, 1:03:45, 1:24:31
		1:45:25, 2:06:31, 2:31:04, 2:50:46, 3:12:02, 3:34:37
		3:57:10, 4:20:27, 4:43:15, 5:04:45, 5:24:26, <u>5:34:53</u>
2. Rob Spier		22:04, 43:06, 1:03:45, 1:24:31
		1:45:25, 2:06:31, 2:27:58, 2:50:10, 3:12:02, 3:34:37
		3:57:10, 4:20:27, 4:43:15, 5:07:51, 5:31:14, <u>5:42:23</u>
3. Albert Van Dyke	MSP, age 47	19:14, 39:09, 1:00:28, 1:21:52
		1:43:54, 2:06:21, 2:30:56, 2:56:27, 3:21:02, 3:44:04
		4:10:12, 4:38:23, 5:03:34, 5:26:41, 5:50:31, <u>6:02:11</u>
4. Harry Morrow	19 MSP	26:12, 51:59, 1:15:32, 1:38:39
		2:01:23, 2:25:14, 2:48:21, 3:10:15, 3:32:25, 3:57:31
		4:20:40, 4:44:05, 5:09:10, 5:31:44, 5:54:19, 6:06:41
5. Steve McKinley	MSP	28 miles in 6:18:30
6. Roger Crook	MSP	21½ miles in 5:28:10
7. Charlie Jones	MSP	11 miles in 2:36:29

This was on The Renz Prison Farm course. Leuthold's first try at this distance. Spier improves by 33 minutes over last year. Van Dyke a good prospect for the 100miler, while Morrow has good style.

SCHEDULE OF EVENTS:

NOVEMBER	18	Saturday	2:00 PM	2 Man-6 Mile Relay	Alternate Miles Hickman Track	RECORD: 33:31 Doug Williamson & Mike Chippendale	Nov. 1971
	18	"	10:00 AM	Quincy, Ill YMCA/ Quincy College Ten & Two Mile Park Road Races.		Age groups & Awards	
	25	"	?	MVAAU 10,000 Meter Championship Run Winfield, Kans. Contact: Bob Karr South- western College Winfield, Ks. 67156			
	25	"	?	Mississippi River Ten Mile Road Run Alton, Ill. Excellent awards, age groups			
DECEMBER	2	Saturday	9:00 AM	10,000 Meter Run, 10,000 Meter Walk Hickman Track	RECORDS: 34:42 Larry Carpenter Dec. 14, 1968; 44:15 Larry Young May 7, 1972		
	2	Saturday	1:00 PM	Mel Vos Memorial-Sunflower State Marathon Topeka, Kansas		I have entry blanks for this.	
	16	Saturday	9:00 AM	5,000 Meter Run, 5,000 Meter Walk Hickman Track	RECORDS: 16:08 Dennis Stewart Dec. 18, 1971; 25:25 Mark Achen Dec. 19, 1970		

The Columbia Track Club Newsletter goes out every month, haven't missed a month since I started. It costs only ONE DOLLAR (\$1.00) for 12 issues. Send your dollar to Joe Duncan 4004 Defoe Dr., Columbia, Mo. 65201.

Green grow the rashes O,
Green grow the rashes O;
The sweetest hours that e'er I spend,
Are spent among the lasses O!

There's nought but care on ev'ry han',
In ev'ry hour that passes O;
What signifies the life o' man,
An 'twere na for the lasses O.

. . . Burns, Green Grow the Rashes

Joe Duncan
4004 Defoe Dr.
Columbia, Mo. 65201