

**MEAAU 1 Hour Run
Championship
October 4th, 1970 | Bowdoin**



Ralph Thomas, 34 years old, took the initiative from the start with Bob Hillgrove and Bill Wilson sticking for the first three miles. Wilson eventually dropped to leave Hillgrove as Ralph's only competitor. The race, run on the new all-weather track at Bowdoin College, saw the first four runners break the old state AAU record of 10.25 miles, 303 yards set by Fred Judkins in 1967. There were many top runners absent who could have pushed Thomas to well over 11.5 miles had they been present.

Results:

1. Ralph Thomas Un. 11.25 miles, 114yards
2. Bob Hillgrove Un. 11 miles, 239 yards
3. Bill Wilson Un. 10.5 miles, 435 yards
4. Tom Doyle Un. 10 miles, 344 yards
5. Ron Drogan NMC 10 miles, 10 yards
6. Roland Dyer Un. 9.74 miles, 163 yards
7. Darrell Vigue Un. 9.5 miles, 188 yards
8. M. Coverdale Un. 9.5 miles, 117 yards
9. Wayne Gardiner Un. 9.25 miles, 421 yards
10. George Drugal Un. 9.25 miles, 378 yards
11. J. Hennessey Un. 9.25 miles, 200 yards
12. Richard Bean GPAC 8.75 miles, 78 yards
13. N. Sampsido Un. 8.75 miles, 52 yards
14. Steve Ross LRAC 8.25 miles, 211 yards
15. Phil Harmon Un. 8 miles, 402 yards
16. Bill Pierce FRS 6.75 miles, 249 yards
17. Brian Sheridan Un. 5 miles
18. Bruce Murphy Un. 3 miles
19. Ron Dyer Un. 3 miles