

Always in shape

# 60-year-old sets record

By Dave Pink  
"I've never really been out of shape," comments Hamilton secondary school superintendent Ernie Hutton, "and I look after my diet."

This may be why the 60-year-old Nassagaweya resident set a Canadian record in his class in a half mile run to qualify for the World Masters Track and Field championships to be run in Toronto, Aug. 11 to 17. Hutton ran the event in 2:47, breaking the old mark of 2:48 by a single second.

The educator has been running competitively since he was 57.

Mr. Hutton became interested in returning to competition when he learned of the Masters International track team formed in San Diego about five years ago. The masters team was founded by a group of oldsters who really didn't want to stop competing. Since that time Masters track meets spread through the United States and into Ontario.

Since forming there have been Masters meets in Norway, Germany, Australia and Vancouver, B.C. prior to the summer meet slated for Toronto.

"I heard about the group," relates Mr. Hutton, "and I joined. I've been running for three years."

Mr. Hutton started competition in the 50 to 59 year old men's class in a quarter mile run but was beaten out by the defending champion from Ithaca, N.Y. who ran the event in 59 seconds.

"There would only be about five students in any large high school who could run the quarter mile that fast," continued Mr. Hutton, telling of the excellent shape in which most Masters keep themselves.

**Half second**  
The superintendent noted that former Olympic sprinter Thane Baker returned to competition recently and won the 100 metre event only half a second slower than he did in the Olympics. "Age makes little difference," explains Mr. Hutton, as long as a man works to stay in shape.

When he was 58 Mr. Hutton started running the half mile competitively and decided that was his best event when he won the race on the 200 metre Uroflex track at the Toronto Exhibition Park Coliseum. A year later Mr. Hutton pulled a muscle and was forced out of competition.

Back in competition this year and in a new age category, Mr. Hutton swept the record. "I was pretty sure I could run 2:40," explained the

record breaker recently, but he wasn't too disappointed when he clocked a time seven seconds slower.

**Olympic champs**  
Despite his record setting performance in March, however, Mr. Hutton is not optimistic about his chances in the International August gathering. "I don't figure I'm a great runner," concedes the educator, noting there was a top contender living in California and "the old Olympic champs are getting the urge."

Mr. Hutton is hoping a new horse arena constructed on his Nassagaweya farm, on 25 Sideroad just west of the Guelph Line, will aid in his training program. The expansive arena floor will be laid

over with sand and sawdust. "I'll try that," says the runner, "then I'll be alright. Running on the frozen ground outside is no good."

**Equestrian school**  
Mr. Hutton moved into northern Nassagaweya early this year after selling his residential home in Hamilton. The Huttons had been looking for a home in the Nassagaweya area for about two years at the insistence of Mr. Hutton's daughter Betty Lou, now a teacher at Lord Elgin High School in Burlington. A horse fancier, she has hopes of establishing an equestrian school at the farm. Since moving to the farm the Huttons have constructed 14 horse stalls in the barn where they now board horses.

Mr. Hutton lives on the farm with wife Betty and two daughters.

Mr. Hutton admits he knows very little about horses but is anxious to give the equestrian school a try under the direction of Betty Lou.

The educator also is hoping to make the farm produce. So far they've taken off two crops of hay but Mr. Hutton is hoping eventually to seed crops on all 100 acres. He concedes that day may have to wait until he retires in five years.

**Teaching career**  
Mr. Hutton has been involved in education all his life, beginning as a student in Hamilton then teaching in Fiesherston and Simcoe before returning to the Steel City as a teacher.

Mr. Hutton became the first principal of a Hamilton Mountain school in 1953 and continued to advance through the educational ranks, becoming an inspector and then to his present capacity as Superintendent of Secondary Schools.

Mr. Hutton has applied for the position of Director of

Education for the City of Hamilton but it has not been decided if he should step up.

**Rec program**  
Mr. Hutton's teaching career was interrupted by the outbreak of the Second World War but he returned to Canada in 1942 after losing an eye. Wanting to do something for the war effort in Canada, Mr. Hutton was one of the organizers of a community recreational program for industrial employees in Hamilton.

After settling up and overseeing the wartime recreational program, Mr. Hutton was named the first Recreation Chairman in Hamilton in 1945, a position he held until 1953 when he was promoted to principal.

Involved in recreation all his life, Mr. Hutton was a member of a Dominion Champion relay team in Montreal while he was in high school but let track slip early in his life to concentrate on football, lacrosse, baseball and hockey, but he always kept running.

**Good diet**  
Realizing the importance of a good diet, Mr. Hutton

avoids desserts and sugars, except on race days and tries to get the best bread—whole wheat. He tries to drink as little coffee and tea as he can but admits to drinking both. His diet includes no potatoes but as many fruits and vegetables as possible.

Mr. Hutton's weight never varies, except when he's preparing for a race and works to lose about five pounds. "That's the way you've got to be," he explains, "no fat."

**Lift weights**  
When working out at the "Y", Mr. Hutton will jog three miles in less than 23 minutes, two miles in less than 15 minutes or a mile in a maximum of seven minutes. He also does weight training to strengthen his stomach, upper legs, back and arms.

"For older men, running is a matter of mind release from tension. Athletics is a release," claims Mr. Hutton.

"I've got to be competitive by nature," he relates. "I wanted to take that record... because it was there," he quotes "I like to run. I feel exhilarated. I run as much as I can."

**Fitness is basic**  
An advocate of personal fitness, Mr. Hutton emphasizes good cardio-vascular fitness is basic and is convinced physically fit students have greater capacity both physically and mentally. "I like to see an experiment for eight, nine and 10 year olds," he suggests. "With a fitness program increased, the students' achievement would increase remarkably."

Despite only frequent visits to the Hamilton "Y", Mr. Hutton keeps himself in shape with active work around the farm. "You can't work unless you're fit," concludes Mr. Hutton. "You've got to be fit."



TWO PLAQUES. Hamilton secondary school superintendent Ernie Hutton displays two awards he's received after half mile runs recently. One was captured two years ago at a competition in Toronto and the other was taken at a Masters meet recently. Mr. Hutton's most recent winning time of 2:47 established a Canadian record in the half mile for men over 60.

**no champion . . . . .**  
(Continued from page 4) finals this year, losing only who defeated Belmont for the two games as they sidelined OHA Junior "D" title last Schomberg, Blenheim, year had breezed into the Arthur and Lakefield.

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**Rockwood bowling**

Rockwood bowling league play-offs got started Tuesday night with Carneys moving into the lead. Standings show Carneys 3,750 points; 2 Gooyers 3,705; 3 Neighbors 3,660; 4 Country Men 3,585; 5 Alley Cats 3,475; 6 Four Corners 3,415; 7 Rockets 3,415; 8 Optimists 3,412; 9 Nortons 3,395; 10 Unpredictables 3,385; 11 Jr. Farmers 3,375; 12 A's 3,365; 13 Guelphites 3,314; 14 Ramblers 3,277; 15 Unruthfuls 3,250; and 16 Trotters with 3,187 points.

**Highest bowlers**  
Highest bowlers on each team were: Ramblers, Bruce Farr with 204, 149 and 187 to triple 540; Orma Ferguson 174, 128 and 184 with a 485 triple.

Neighbors, Bill Garner with 282, 201 and 184 with 867 triple; Doug Battenham 187, 259 and 237 with a 683 triple.

Four Corners, Don McKersie 190, 183 and 184 with 567 triple; Nellie Stockman with a 568 triple with singles 194, 221 and 131.

Optimists, Sam Nyholt 234, 247 and 225 to triple 706; Mabel Wingrove 188, 182 and 177 with 545 triple.

Carneys, Lorraine Renaud with 218, 272 and 183 to triple 671; Bob Lilley 258, 182 and 190 to triple 640; Alley Cats, Mary Lush with 199, 229 and 212 with 640 triple; Ken Luah 159, 198 and 171 with a 528 triple.

Country Men, Jan Loof 238, 221 and 230 with 709 triple; Peter Bosch 181, 183 and 238, with a 584 triple.

Gooyers, Clarence Hillon 227, 224 and 220 with 671 triple; John Gooyers 188, 241 and 190 to triple 599.

Trotters, Ted Jestin 208, 280 and 205, 671 triple; Doug Cross 187, 179 and 170 with a 536 triple.

**Nightingale tops**  
Nortons, Fred Nightingale 215, 227 and 237 for singles with a 679 triple; Ivy Ritchie with singles 158, 186 and 214 with 569 triple.

Guelphites, Lloyd Marden 188, 214 and 159 to triple 542; Gary Parkes 179, 229 and 123 with 531 triple.

Unpredictables had Joan Springer with 527 triple with singles 187, 258 and 122; Gerda Bakker bowled 180, 185 and 159 for a 537 triple.

Unruthfuls, Randy Peart bowled 183, 196 and 173 for a 532 triple; Art Hebert bowled 159, 177 and 202 for a 519 triple.

Rockets, Harv Jestin bowled 263, 203 and 187 for a 653 triple; Lois Jestin bowled 173, 231 and 215 for a 619 triple.

Jr. Farmers had Harvey Allan bowl a 589 triple with singles, 205, 184 and 220; Glen Gray bowled 543 with singles 141, 189 and 213.

A's team showed Dave Cleland bowling 535 for triple with singles 178, 185 and 172; Jack Dunk bowled a 502 triple with singles 140, 199 and 182.

**Men over 60**  
Jan Loof 709, Sam Nyholt 708, Fred Nightingale 679, Ted Jestin 671, Clarence Hillon 671, Bill Garner 667, Harv Jestin 655, Dunc McKersie 649, Bob Lilley 640 and Danny Renaud 633.

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