

NEWS

Top headlines, as 1955 got off to a rousing outdoor start, were the world records by Lou Jones (45.4 for 400m), Adhemar da Silva (54-4, hop-step-jump) and Lon Spurrier (1:47.5 for 880 yards. All will undoubtedly be ratified.

INDOOR

CLEVELAND K OF C, March 25--45, Hudson, Western Michigan 5.0; 600, Gaffney, 1:12.9; 1000, Sowell, 2:13; mile, Santee, 4:04.6, meet record; 2-mile, Jones, Iowa frosh, 9:14.4 by 25 yards from Kennedy, MSC; 45 highs, Dillard, 5.7; relays, Pittsburgh 3:20.1 (Sowell 48.1), Indiana 3:19.2, meet record; Syracuse 7:37.3, meet record; high jump, Fritts and Stuart 6-8, Allard 6-6; Richards 15-0, Laz and Welbourn 14-8.

CHICAGO DAILY NEWS, March 26--50, Williams, 5.4; 600, Whitfield, 1:11; 1000, Maynard, 2:10.5, ties meet record; mile, Santee, 4:04.2, meet record; 2-mile, Ashenfelter, 9:01.2; 60 highs, Dillard, 7.1, ties American indoor and meet record; high jump, Fritts 6-7½; PV, Richards and Laz, 15-0; relay, Indiana, 3:18.9

ELSEWHERE-- Tom Henderson of Yale tossed the weight 60-4, and Mike Brown of Cornell ran 4:20.2 and 2:14.2 in a dual meet...Heinz Futterer claimed a new world's record of 6.5 for 60 meters. Owens, Ben Johnson and Herbert Thompson have done 6.6...

OUTDOOR

PAN AMERICAN GAMES--400m, Lou Jones 45.4, Jim Lea 45.6, J.W. Mashburn 46.3, Rivera 48.2, Spence 48.2; 1500m, Juan Miranda, Argentina, 3:53.2, Wes Santee 3:53.2, Fred Dwyer 3:55.8, Bob McMillon 4:04.4, Steeplechase Sola, Chile, 9:46.8; Nova, 9:50.4. 110mH, Jack Davis 14.3 (13.7 in heat with aiding wind of 2.9 mps), Keith Gardner, Jamaica 14.7, Iglesias 14.7, Anderson 14.7. HSJ- Adhemar da Silva, Brazil (54-4), Devonish, Venezuela, 52-11 (third best ever), Hernandez 51-2 1/8, Vera 50-2 3/8, Cabrejas 49-2½, Hollie, US, 49-1. Hammer, Bob Backus, 180-1 3/4, Marty Engel 175- 3/4; Javelin, Bud Held 228-10 7/8; Heber, Argentina 217- 3/8; Oliver, Puerto Rico, 215-1 1/8. Marathon, Deroted Flores, Guatamala, 2:59:09. Decathlon, Rafer Johnson 6994, Bob Richards 6886, Figueroa 5740. 400m R, USA 40.7, Venezuela 41.2. 1600mR, USA 3:07.2, Jamaica 3:12.5, Venezuela 3:15.6.

LON SPURRIER broke the 880 mark at Berkeley, Cal, March 26 in an Olympic Club, California, Santa Clara Youth Center triangular. He ran 25, 51.6, 1:19.3 and finished strongly. Later ran 46.3 relay leg. In same meet Bud Held threw 257-6, Cy Young 249-8½, Leo Long 229-2½. Other marks, Len Simpson 4:16.4, John Kahnert and John Stellern, Cal, 53-1½ and 52-10½, Dave Pratt 1:52.9, Len Simpson 1:53.9, Gene Jones 1:54.4, Eddie Griggs 24-7/8, Woody Lin 160-4 3/4, Fred Barnes 14-0. Leamon King did 21.3 and Don Bowden 1:52.6 for Cal frosh.

BORDER OLYMPICS at Laredo saw Bobby Morrow, Abilene Christian frosh run 9.5 and 20.5 with wind, and Bobby Whilden, Texas 9.6 and 20.4 with wind. Mashburn 48.3; Hight, Rice, 14.6; Johnson, Texas, 52-0.

OTHER GOOD MARKS include: 100, Dorsey, Santa Monica JC, 9.6; 220, Dorsey 20.9; Nelson, Long Beach JC, 21.2; Bugbee, SC, 21.3t, Dollar, N. Texas, 21.4, Swisshelm, Santa Ana JC, 21.4; Taylor, Camp Pendleton, 21.4; 440, Garrett, Stanford, 47.9; Heard, Oklahoma A&M 48.5; Weaver, SMU, 48.5n; 880, Heard 1:50.6n; Spence, Rice, 1:52.2n; Shinn, Oxy, 1:54.1; mile, Seaman, UCLA, 4:16.6 time trial; Denbow, Fresno, 4:17.4; Hunt, San Diego, 4:17.1, Wing, SC, 4:17.2n; Foerster, Texas, 4:17.5. 2mile- Bogerud, Okla A&M 9:09.7n; Ledesma, SC, 9:22.6; Truex, SC frosh 9:27; Hunt, UCLA, 9:27.8. 110 Nelson, Stanford, 14.6; Barnard 14.6; LH Beamon, Compton, 23.7; McBride, Houston, 23.7; Luttrell, Stanford, 23.7; Lawson, SC frosh, 23.8. HJ Shelton 6-9; Dyer, UCLA, 6-6 3/4;

Fehlen, Stanford, 6-6; Haddon, Occidental, 6-5 $\frac{3}{4}$. BJ Andrews, Arizona, 24-10 $\frac{1}{2}$ and 24-8 $\frac{1}{2}$; Roberts, SC frosh, 24-4 $\frac{1}{2}$; Upshaw, Cal frosh 24-2 $\frac{3}{4}$; Holloway, UCLA, 24-1, with 24-4 $\frac{3}{4}$ trials; PV Levack, SC, 14-1; Morris, SC, 14-0; Hightower, San Jose, 14-0; Gutowski, Oxy, 14-0; James, Rice, 13-11; Rhodes, San Jose, 13-9; Hill, UCLA, 13-9; Carter, Oxy, 13-10. SP-Vick, UCLA, 55-2; Meyer, Oxy, 54-6 $\frac{1}{2}$; Martin, SC, 54-4 $\frac{1}{2}$; Stellern, Cal, 54-8 trial; Kahnert, Cal, 53-8, trial; DT Iness, 178-6, 171-11; Drummond, UCLA, 165-3; Hester, Occidental, 162-9 $\frac{3}{4}$; Javelin, Held, 243-8; Young, 239-8 $\frac{3}{4}$; Long, 221-9 $\frac{1}{2}$; Kimball, Stanford, 219-2; Righter, Olympic Club, 217-8 $\frac{3}{4}$; Conley, Cal Tech, 216-2 $\frac{1}{2}$; Bugge, Stanford, 214-2; Garcia, Arizona State, 208; Greene, San Jose, 209-3/8.

ELSEWHERE Frank Sando of England won the 42nd international cross country title at San Sebastian, Spain, March 19, doing 46:06 for 8.75 miles, as England won the team title.....Dave Stephens of Australia ran 14:29.6 in a pouring rain for a new Australian 500m record on March 23.....Emil Zatopek won Iron Curtain cross county title from Jerzy Chromik of Poland on March 27.....New Zealand championships, March 11 and 12: Rae, 9.5w and 21.4w; Jowett 9.8, 21.6, 48.5; Halberg 4:06.4; Wells 6-5.

TOURING AMERICAN TEAMS are: O'Brien, Davis, Bennett, Jones and Kelly, managed by Ivan Fuqua, to Panama, Colombia, Peru, Chile, Argentina, Brazil, and British Guinea, finishing April 12; and Richard, Dwyer, Wyatt, Range, Engel, managed by Clarence Sussaul, Tufts coach, to Cuba, Jamaica, Haiti, Dominican Republic, Trinidad, Martinique, and Guatamala, ending April 14.

HIGH SCHOOL MARKS are led by the 48.4 of Eddie King of Salinas, Cal; 6-6 $\frac{1}{2}$ by Julius Jefferson of El Cerrito, Cal; 6-6 by Charles Dumas, of Centennial, Compton, Cal; 13-8 by Jim Brewer of Phoenix, Arizona; and 1:57.1 by Wayne Lemons of Riverside, Cal.

WIND SPRINTS

Don Bowden, the interscholastic 880 record holder at 1:52.3, ran a 3:04.5 three-quarters two weeks ago in a time trial, finishing with a 57 second last lap. He'll run a few miles this year...Bob Mathias is the father of a two-weeks-old daughter...Wes Santee is scheduled for a special mile at the Fresno Relays, May 24, at 1:30 p.m. Santee is heading for the West Coast to train after the Drake Relays April 30... Argentine official Alfredo Pandelo said "we were very confident Juan Miranda would beat Wes Santee. He said he was not impressed when he saw Santee win the indoor AAU...March 23 was Lou Jones day in his home town of New Rochelle, New York...french javelin thrower Henri Koziol says he has managed to build a javelin made of plastic fibers based on wool glass, which does not alter with weather conditions. The javelin was made by putting the plastics in an aluminum mold with an iron bar in the middle at high temperature. French officials and the national sports institute have tested the javelin and consider it better than Finnish ones. The inventor plans to market it internationally....Herb McKenley has advised young runners not to turn professional until they have won all the honors they possibly can as an amateur. He says he gets the urge to run once in a while, but being connected with the sport as Jamaican coach is satisfying....Avery Brundage, International Olympic Committee President said U.S. track tours and the Armed Forces training program resembled Russia's athletic camps and jeopardized the athlete's amateur standing. But AAU president Louis Wilke said otherwise, and Dan Ferris said Brundage spoke before he understood the situation. Ferris reported that Brundage made a full study of the tours, then admitted he was wrong. On hearing his amateur standing may be jeopardized, Mal Whitfield had this to say: "What's the matter with that man. Is he on the side of the Russians?"

I travelled all around the world for the state department, trying to make friends for our country. I tried to show people how to be good athletes, even though it meant some of them eventually would beat me and my records. If Mr. Brundage thinks it was a picnic, it wasn't. That last trip just about killed me. Man, when I got back to the USA I was in bad shape. I couldn't compete in the National Indoor Championships because of it, and you saw how bad I looked in losing my 800m PanAm title. I finished fourth and haven't run as slow as that 1:52.5 in years. About that amateur business...it cost me money to go on that goodwill tour. It took me away from my business and all I got for my time and trouble were expenses. But I don't mind. I was doing it for the USA. We can't let those Russians beat us in track or propaganda, man....Rose Bowl tickets have been raised 50 cents to \$6.00, with the additional 50¢ going to the Olympic fund.

NOTED WITH INTEREST

ATHLETICS WORLD Explains the mysterious spelling of Kuts, which often comes out Kuc. The 5000m record holder signs himself B. Kyu, which in Russian is pronounced V. Kootz and written in English V. Kuts. The 'Kuc' version is derived from the programme of the European championships because the Swiss write the tz sound as a "c" and were therefore perfectly correct in rendering the Cyrillic script Kyu as Kuc.

It has been found that of a group of 1482 members of Cambridge University who were undergraduates between 1860 and 1890, 73 died by suicide. No less than 60 of these were from the "intellectuals" who numbered only 374 as compared to 772 "sportsmen" and 336 who were undistinguished athletically or academically.

Ross McWhirter has surveyed the development of world class 5000meter-three mile men and finds that Sweden is tops in quantity, but Britain leads in quality. His time limits are 14 minutes or under for 3 miles, and 14:30 or under for 5000m. After the 1948 season there were 48 athletes from 13 countries who had reached world standards. Sweden 17, Finland 15, Germany 5, U.S. 2. In four years, the list became 85 runners and 20 countries. Sweden now had 21, Finland 20, Germany 6, Great Britain 5, U.S. 5, Russia 4, Hungary 4, Yugoslavia 3. The last two years have added 43 more men, raising the total to 128 from 21 countries. Sweden 24, Finland 22, Great Britain 17, Russia 10, Hungary 9, Germany 8, Poland 5, and the US, still 5. Britain's ten best average 14:10.6 for 5000m, to 14:14.1 for Finland, 14:14.7 for USSR and 14:15.3 for Sweden. McWhirter concludes with "The U.S. lags sadly as the rest of the world--including now Australasia--march by." (our national 5000m record is 16 seconds slower than the British average for 10 men).

A comparison of the 12 greatest triple-jumpers of all time (before Pan Am Games) leads to a rule of thumb that a hop-step-jumper can attain a distance of double his broad jump distance, plus one meter. Of the dozen jumpers, only four Japanese were better than 25 in the broad jump. And only Helderio Da Silva and Chuei Nambu were good sprinters (10.4 and 10.5). Jack Metcalfe was the best high jumper at 6@6½.

GLENN CUNNINGHAM, in an interview, wouldn't say he could have run the four minute mile, but he believes that the delay in achieving the goal was simply a mental one. "The sports writers built up a psychological barrier that the four-minute mile just never could be run. When it finally came, the time was the result of the mental attitude one builds up to keep doing things better. The milers shook off the notion that it couldn't be done and they gained confidence as they got closer to it. The world became more record conscious and the runners just didn't let

DOWN when they discovered they had a 10-yard lead a short distance from the tape--in fact they ran all the harder. We're still a long way from the best that can be done, now that the psychological barrier has been cleared. Even I don't have the psychological outlook to visualize a 3:30 mile, but then I remember when they told me that a 4:05 mile was impossible." Today Cunningham lives on a ranch near Cedar Point, Kansas, 70 miles northeast of Wichita. He goes afar from his 840 acre ranch, lecturing in schools and churches about juvenile delinquency. He also makes speeches for the national temperance league. He says the two interests inter-lace. "In comb atting juvenile delinquency ever re-search or study comes full circle to the liquor bottle. Maybe not in the hands of the juvenile himself, but in the hands of an alcoholic father or mother." Glenn besecches parents to set a personal example of clean living for their children. He has three boys and three girls, and every summer fills his ranch with young people unable to attend camps. He has 110 Shetland ponies for them to ride and dozens of peacoaks and pheasants to ornament the grounds.

JIM PETERS says all year training really is necessary. He says the success of Bannister and Chataway on less than all-out training is a great danger for the continued improvement of the ordinary rank-and-file runners if they think there is an easier way than year around training to get to the top. "What I wish to point out is that the great performances of Bannister and Chataway are performed each year in a season that only lasts four months at the most, and that they are not seen in regular competition at regular intervals. Both appear to keep themselves comparatively fit by comparative light training programs in the eight months of winter, and then put in some really hard work to reach several peaks for the most important races of the summer. I do not want to take anything away from the wonderful running of these two great athletes, but I wish to impress on the young athletes with real ambition to get to the top that "two swallows do not make a summer", and that our sport lasts the whole year round. It is only by continuous regular tough training methods that good performances can continually be put in. There is no other way."

ATHLETICS WEEKLY tells of Brian Hewson. He will be 22 April 4, is 5-11 $\frac{1}{2}$, 140 pounds, has done 1:51.2 and 4:05.4. Trains six days in each week of the early season, 4 later in the summer, and 6 or 7 in the winter. Hard training sessions last up to 2 $\frac{1}{2}$ hours; easy ones to 50 minutes. Typical week's summer training: Monday, 50 minutes jogging on grass; Tuesday, warm up, 10x440 in 60 seconds with 440 in between. warm down with 25 minutes jogging. Wednesday, 50 minutes jogging on grass. Thursday, warm up, 12x220 in 27 seconds with 660 in between. 25 minute warm down. Friday, rest. Saturday, race or time trial. Sunday, 50 minutes jogging on grass. Tuesday and Thursday are changed to fast and slow 150, 300 or 660 or 1320, depending on whether he is working on speed or strength. In the winter he runs around a large field for 50 minutes to 90 minutes. He runs as he feels, some jogging and some fast and slow running. He advises young athletes not to train too hard at first, not too race too much at 17 and 18.

TIM OWENS WRITES: "That Bill Stewart jumped 6-10 $\frac{3}{8}$ at Provo, Utah on April 26, 1941, the same afternoon Les Steers jumped 6-10 $\frac{3}{4}$, is recorded track history. But how about the 7 foot jump Bill made in Chicago on the way to the AAU in Philadelphia? Payton Jordan was on the team with Stewart and measured the practice jump of 7 feet with a steel tape. He also measured a distance of 18 feet from his take-off to landing. In any case, Bill Stewart was a real potential in the high jump. He crashed into the North Sea in February of 1944, taking with him the potential of better than 7 feet. He was only an SC frosh in 1941, when he won the AAU junior title at 6-8 $\frac{3}{8}$ and the senior meet at 6-9 $\frac{3}{4}$."