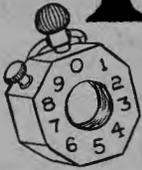


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NEWS

WASHINGTON INTRASQUAD MEET, Nov. 19: (indoors) 1320, Larson, 3:08.2; 300, Lomax, 33.3; 75, Mapes, 8.1; 70HH, Olberg, 8.9; 660, Harder, 1:23.6; 1½ miles, Miller, 7:12.1; PV, Cramer (frosh) 14'0"; HJ, House, Shinnick, Thrall, 6'3"; SP, Angell, 50'2"; DT, Hunt, 143'8½"; BJ, Strickler, 22'5".

STANFORD FALL CHAMPIONSHIPS, Dec 4: 440, Chesarek 48.9, Emanuels 49.8; 880, Lundh 1:53.8, Klier 1:54.7; Mile, Monzingo 4:20.4; 2 Mile, Cunliffe 9:18.8; HH, Cobb 14.7, Klicker 14.8; Martin 14.9; LH Thomason 23.6; Klicker 24.2; Cobb 24.2; SP, Winters 50'4¾"; JT, Kitching, 224'8"; BJ, Kelly 23'3¾"; DT, Limmer, 153'6".

ALL-COMERS MEET, Occidental College, Dec. 5: All Oxy unless noted. 100, Smith, 10.5; 220, Tie, Smith and Haas (frosh) 22.0; 440, Farmer (frosh) 48.9; 3 Mile, Mundle (Striders) 14:54.6; HH, Treat 15.4; LH, Farmer (frosh) 23.6; HJ, Barnes 6'4"; PV, Helms 14'9½"; Tie, Copp and Servis 14'; SP, Roberts (formerly Butt) (Striders) 56'4½"; Lewis 55'9½" (extra trial 56'2¾"); Pagani (NYAC) 54'8"; Johnson 53'2"; DT, Just (una.) 160'½"; Lewis 155'5"; Carl (LB State) 151'9½"; JT, Seymour (Striders) 222'9½"; English (Mt. Sac) 217"; Covelli (Oxnard AFB) 209'6½"; Luesebrink 207'10"; 35 lb. WT, Connolly (Striders) 62'4¾"; Pagani 60'8"; Women's discus, Connolly 159'11½".

AUSTRALIA, Melbourne, Nov. 22: HJ, Porter, Ridgway, 6'6". Sydney, Nov. 28: 100m Brown 10.6w; 1500 Power, 3:58.0; 200LH (turn) Prince, 23.9; BJ, Prince, 23'6½". Melbourne, Nov. 28: 440, Gosper 47.9; Stanton 48.7; Mile, (a) Henderson 4:11.0 (Stephens fourth in 4:19.6); (b) Sullivan 4:13.1, Russell 4:13.2, Blackney 4:13.2; (c) Oakley 4:14.9; (d) Stacy 4:16.1, Thackwray 4:18.7. Melbourne, Dec. 3: 100m Baker 10.5, Earle 10.7, Williams 10.7; 400m, Gosper 47.4, Stanton 48.5, Randall 48.8; 1500, Oakley 3:54.7; BJ, Tomlinson 23'2½", Jack, 23'2½"

BULLETIN BOARD

Next Newsletters Dec. 23; Jan. 6, 20. Track & Field News mailed Dec. 31.

Gerald Glockner, a trackman from East Germany, would like to know the address of an American trackman who knows the German language. His address is: Rackwitz/Leipzig, Leipziger Str. 21, Germany (Soviet Zone).

A gift subscription to Track & Field News is wanted by Helmut Mildner, also a German trackman. His address is: Reichenbach 4, Post Unterloquitz, Kreis Saalfeld/Saale, Germany.

WIND SPRINTS

Billy Mills, the University of Kansas junior, will represent the United States in the New Year's Eve road race at Sao Paulo, Brazil. Mills was the first U.S. citizen to finish in both the NCAA and National AAU cross country meets ... Shot putter Charley Butt has had his last name legally changed to Roberts ... Australian Dick Leffler recently had a measured hammer throw of 210 feet in practice at Melbourne University... Bob Vagg, one of Australia's hopes in the 10,000, does 80 miles a week in training with no work on the track.

NOTED WITH INTEREST

TN Emerson Case of Fair Oaks, Calif., wrote a history of indoor running tracks and here is how it appeared in an issue of "The Amateur Athlete."

As early as 1868 an indoor track was laid out by the newly-formed New York Athletic Club at the old Empire City Skating Rink on Third avenue, between 63rd and 64th streets. This eight-lap track was marked out on the hard earth, and the club held its first indoor meet -- 91 years ago.

In 1889, the Boston Athletic Association held its first indoor meet and since that time indoor tracks composed of boards, cinders, dirt and other materials have been built in the U. S., Canada, Europe and South America. Most of the American tracks are in the Northeast, Midwest and Rocky Mountain areas, where weather conditions do not generally permit outdoor workouts. And one should include in this category the outdoor board tracks at such institutions as New York University (11 laps), Columbia, Fordham, St. John's and Manhattan College in New York, Princeton in New Jersey, the University of Pennsylvania and Harvard (where one was built as early as 1892). These banked tracks are used primarily to practice for the indoor meets and in some cases for "Polar Bear" meets as at Columbia, Princeton and Pennsylvania in the winter. Also Yale has an outdoor composition track surrounding a 10-lap board track.

Many schools in the Midwest, Rocky Mountains and Northeast have indoor tracks of dirt, clay, cinders or some combination thereof. Some are banked, some are flat, and their size usually range from eleven to six laps per mile. In some cases, as at Yale, board tracks have been laid inside of them to aid in training for the indoor season. Some colleges, such as Bates in Maine, have both a dirt or cinder track and a board oval (the latter in the balcony).

Best-known college meets held on a flat armory floor (with no spikes permitted) are the annual Yale-Cornell affair and the Heptagonal Games. Both these meets are held in Cornell's Barton Hall on a 220yard track. Other eight-lap tracks are marked out on the floors of the 102nd Engineers Armory in New York (scene of the annual Metropolitan Championships), the 36th Regiment Armory (also in New York City and the locale of the annual Pioneer Club invitation meet), the 5th Regiment Armory in Baltimore and the National Guard Armory in Washington, D. C. (scene of the Washington Star Games). Also the old indoor tracks were flat, often with sharp turns, and this fact should be kept in mind when comparing the oldtimers with modern stars.

In the past, many meets were held at Buffalo armories and in the Boston and New Haven Arenas (all board tracks) as well as at Hartford, Conn., which had a flat floor, and other cities. Some of the old board tracks in national guard armories were laid in cement and were "dead." Even the board track at the old Madison Square Garden on which Paavo Nurmi set several records in 1925 was unbanked and laid on a dirt floor. This track was dismantled along with the building the following spring. However, as late as 1939, a similar track was in use in Buffalo.

Some records set on flat floors have not been recognized because of the absence of a raised border. It was felt that some runners were able to cover less than the stated distance. Another problem was to prevent slipping on the turns. Pumice has long been used, but silicon carbide has proved effective in recent years.

The meets on flat armory floors normally lead up to the big invitation affairs on banked tracks where short spikes are permitted. Of these big meets, the most famous are held on Madison Square Garden's 11-lap spruce track. Composed of 90 sections, of which two can be easily removed to permit the run-through in the 60-yard dash and the hurdles, it cost \$9,000. Every few years this track is repaired along the pole and from time to time a new track is laid to replace the damage done by thousands of spikes. In addition to the major meets, schoolboy meets are conducted throughout the afternoon with as many as a thousand athletes participating.

Tracks in the present Garden have been laid on a floor of terrazo, or polished cement, with the turns banked to a maximum of about 30 inches above the floor. Other and similar 11-lap (160 yards per lap) banked tracks are used for the two big meets in Boston, the Chicago Relays and the Milwaukee Journal meet. The track at the Boston Garden was lengthened from 12 to 11 laps a few years before World War II. At times the Hub has

claimed to have a faster track than Madison Square Garden. Certainly the former has usually looked less chewed up, since the New York track is used far more each year.

There have been, however, still faster indoor banked tracks at the Bronx Coliseum (six laps) and Dartmouth's famous 6 2/3 laps oval. Both of these are now dismantled but some of the sensational times made on them still survive to plague present-day record attempts.

The IC4A conducted its annual championships at the 102nd Engineers Armory, the Kingsbridge Armory and the Coliseum before shifting the meet to Madison Square Garden in 1934.

Other big meets are held by the Cleveland Knights of Columbus, the Philadelphia Inquirer (Convention Hall) and the Big Eight Championships (Kansas City Auditorium). All of these are run on 12-lap banked tracks which are believed to be two or three seconds slower per mile than those in Boston and New York.

Similar meets were held for a few years on a banked board track in San Francisco's Civic Auditorium. There the Olympic Club staged its annual meet starting in 1942.

These indoor board tracks are rarely more than 12 feet in width, and the straightaways run from 100 to 180 feet in length. If the boards are fairly new, they have considerable spring -- which lessens fatigue. The runways for the high jump, broad jump and pole vault are normally of the same material, usually of knot-free seasoned spruce which gives the best running surface of any wood.

With the indoor meets proving so popular in the U.S., it was inevitable that similar affairs would be held in Europe. As early as 1919 England's first indoor meet was staged at the Regent Street Gymnasium in London. The English AAA Open Indoor Championships started at the Wembley Stadium in 1935. Unbanked until 1938, this 12.5 lap track was marked out on the floor over the ice skating rink. These meets were held through 1939.

Since the war many indoor meets have been staged in Europe. In 1952 a two-day meet was held in London's Harringay Arena on a track of about 11½ laps. In 1950 an open meet was held at Leningrad's Winter Palace over a two-day period and many other meets have been held in Russia since that time. In addition, for several years indoor meets have been conducted at Paris' Palais des Sports and in Antwerp. The latter uses a special rubberized wood material which is considered faster than boards. The Westfalenhalle in Dortmund, Germany, has a 160 meter (180 yards) track and the new Ostenhalle in Kiel one of 130 meters (142.2 yards).

Some three decades ago it was believed that indoor tracks were generally faster than outdoor ovals -- at least from the one mile up. Reasons cited were: the smoothness of the indoor track; constant temperatures and lack of outdoor breezes; banked turns (counteracting centrifugal force); more frequent change of scenery; and the better grip of the short spikes on wood. All these advantages were supposed to offset the fresh air (no tobacco smoke), sunlight, long straightaways and the less crowded and more sweeping turns of the outdoor tracks. However, in the improvement in outdoor tracks, the advantages undoubtedly lie with them -- subject always to weather conditions.

And what is the future of indoor running tracks? In the U.S., as well as in Europe, new materials have been tried. For example, the Crystal Lake, Ill., Field House has used for four years a track composed of shredded rubber and emulsified asphalt. No spikes are needed and there is no slipping. With new and better surfaces being developed, the wooden track may in a few years be on its way out.

BILL EASTON, coach of the Kansas Jayhawks, thought his team had a chance to win two other NCAA team titles before nabbing the crown in 1959, according to Kansas sports publicist Don Pierce.

"I thought our '56 team with (Al) Oerter, (Bill) Nieder, (Dick) Blair, (Kent) Floerke and (Les) Bitner would win it at Berkeley," Easton said. "Then last year (1958) I thought we were good enough."

Easton wasn't far wrong. His 1956 team lost the title by six and seven-tenths points to UCLA when Bruin discus thrower Don Vick shot from seventh to second on the final heave and teammate Nick Dyer twisted out of an 11-way tie for third into a three-way split of first on his final effort in the high jump.

Two years later, USC shaded the Jayhawks by eight points when Al Oerter twisted

an ankle during the shot put qualifying rounds and failed to score.

"Something always seemed to happen that slammed the door in our face," Easton said. "Either a slight deficiency in our own ranks or the opposition rising to great heights."

However, it was Kansas that rose to the heights in 1959. Typical of the Kansas' performances in Lincoln that weekend was the one by javelin thrower Jim Londerholm. Londerholm got off the best heave of his career, 232'7½", to pick up third place behind teammate Bill Alley. Bill Tillman skimmed a career low of 14.0 for third in the high hurdles. Paul Williams dug for fourth in the 220 in another surprise. Berry Crawford, idled all season with an arch injury, maintained the streak with an unlooked for fifth in the steeplechase.

Then Ernie Shelby ran his first flight of the lows in a year for a third. He hadn't hop-step-jumped for the season either, but nailed fifth. All this in addition to repeating as broad jump champion. Clif Cushman came through as scheduled for a second in the 400-meter hurdles. He came through unscheduled for sixth in the hop-step-jump. Charlie Tidwell lost his low hurdles crown by a hair to Eastern Michigan's Hayes Jones, but equalled Shelby's 18 points with a surprise victory in the 100. On top of all this, Shelby had a sore leg and Alley a sore elbow.

The state of Kentucky has given a Louisville track club a big hand in the development of track in that area. On Dec. 1, Gov. A.B. Chandler, the former commissioner of baseball, made \$15,000 available to the state fair board for the construction of an indoor track in Louisville's Freedom Hall.

An agreement was signed with the state by George Gibson, president of the Kentuckiana Cinder Club. If the club can raise approximately \$10,000 to \$15,000 more between now and June 30, 1960, the track would be a reality, according to Gibson. The track the club has planned would be constructed primarily of wood and would be 220 yards per lap. The state would own the track.

The club plans to hold an annual indoor meet of national significance but Gibson said most of the meets would be held for schools and colleges in the area.

TRACK NUTS QUIZ

Guest contributor: R. Stanfield, London, England.

Answers to quiz appear at the bottom of the page.

1. In what men's event at the 1952 Olympics did the winner have the same time as the winner of a women's event?
2. Who was the second man to pole vault 15 feet and when?
3. Who are the only two men to have run a mile in exactly four minutes?
4. What is the record for the three-legged 100 yards?
5. What sprinter was nicknamed "The Midnight Express?"
6. Who out of the great Hungarian racing crew of Sandor Iharos, Laszlo Tabori or Istvan Rozsavolgyi was the first to hold or share a world record?
7. Who were the United States' two other representatives in the 100 meters at the 1952 Olympic Games besides Lindy Remigino?
8. What two events have the same times for world records but are over 200 yards different in length?
9. How many times did Emil Zatopek break a world record?
10. Who has the faster 400 meters time -- George Rhoden or Tom Courtney?

QUIZ ANSWERS

1. Men's 400 meters and women's 400 meters relay, 45.9. 2. Don Cooper of Nebraska, who did it two hours before Don Laz on April 21, 1951. 3. Derek Ibbotson and Mike Blagrove. 4. 11.0 set by Harry Hillman and Lawson Robertson in 1909. 5. Eddie Tolan. 6. Iharos and Tabori shared part of the 4 x 1500 meter relay record before losing it to Great Britain one hour later. 7. Art Bragg and Dean Smith. 8. two miles and 3,000 meters steeplechase. 9. 18 times. 10. Courtney and Rhoden have identical times of 45.8.

LES MACMITCHELL

By Wally Donovan

This excerpt from a letter was printed some time ago in a leading sports magazine: "I imagine that the track season is now in full swing and I indeed wish that I could be a part of it again. However, there are still a few years of running in me, I believe, and I sincerely hope to run again when the war is over. Everytime I work out I imagine myself running in some meet. Dreams, I'll admit, but pleasant, and they sure do help me cover the ground. My hopes are very high that I will see you all quite soon, but of course, I might add, those are the thoughts of every Navy man -- getting home. Please say hello to all my friends."

The letter was signed "Leslie" and the year was 1945. America was near the end of the war and Lt. Thomas Leslie MacMitchell, whose great track career was cut short when he entered the Navy as an ensign in 1942, was still hoping to return to track, the sport he loved.

Les MacMitchell was one of the finest schoolboy middle distance runners ever developed in New York City. While attending George Washington High School in the Bronx during the middle 1930s, he won three national indoor scholastic championships in Madison Square Garden. His first title was at 1,000 yards when he set a meet record of 2:22.9 in 1936. A year later he won the mile in 4:23.6, another meet record. His third national title was at 880 yards in 1938 when he stepped the distance in 1:58, again a meet record.

The 17-year-old barrel-chested (5'10½", 154 pounds) Washington Heights student became the first schoolboy in New York's history to win a Senior Metropolitan AAU title since Abel Kiviat in 1909 when he won the outdoor mile in 1938. He beat Howie Borck, the IC4A title holder, in 4:25.6. MacMitchell was considered a strong candidate for the 1940 Olympic team.

After graduating with honors from high school, MacMitchell entered New York University and ran in the Violet silks as a freshman during the 1939 season. His big-time indoor debut came in the 69th Regiment Games when he was beaten by a foot by Gene Venzke in a special three-quarters of a mile race. The veteran Venzke, who was then 30, set an armory record of 3:07.2. A little later, Les placed fourth in a special two-thirds of a mile race in the Millrose Games. The winner was John Borican, who set an American indoor record with a 2:39. MacMitchell was now travelling in fast company.

NYU won the freshman medley relay at the indoor IC4A meet with MacMitchell running the anchor leg. During the outdoor season, he raced to a double win in the Metropolitan Collegiate Championships, taking the freshman mile in 4:23.2, a meet record, and the frosh 880 in 1:58.2, breaking the meet record held by teammate Jimmy Herbert. At the Princeton, N.J., Invitation meet, Les finished third behind Wayne Rideout and Venzke in the three-quarters.

As a sophomore, MacMitchell spent much of his time running the anchor leg on many of NYU's fine relay teams. However, he did run in a few special races, notably a two-mile invitation race in Brooklyn in which he was defeated by Don Lash in 9:08.6, one of the fastest two miles ever run on a flat floor without the benefit of spikes. The 19-year-old MacMitchell was clocked in 9:09.7.

Les again won two events at the Metropolitan Collegiate meet, driving the varsity 880 yard record down to 1:54.8 and taking the mile in 4:23.4. He won the IC4A mile in a breeze and then lost twice to John Munski of Missouri. The first time was in the mile at the Princeton Invitation and the second in the NCAA mile. However, on both occasions, Les defeated Lou Zamperini, the 1939 NCAA mile winner from Southern California.

It was during the 1941 season that MacMitchell came into his own as one of America's greatest college milers. Early in the indoor season, Les lost a few races to his old nemesis, Munski, and to Walter Mehl of Wisconsin. At Boston, he gave an indication of what was to come as he finished third to Mehl and Munski in 4:10.2, his fastest mile. Mehl again beat MacMitchell in the Millrose Games but this time Les was only a yard or so back and he beat Chuck Fenske and Munski. Back in Boston, MacMitchell won the Hunter Mile, beating Mehl, Fenske, Munski, Luigi Beccali, the 1932 Olympic 1500 meters champion, and Borican. The Bronx Express had arrived as a big-time miler.

Before a standing-room crowd in Madison Square Garden, MacMitchell and Mehl battled to almost a dead-heat in the 30th running of the famous Baxter Mile. Beccali set the

pace for the first three-quarters of the race. Gene Venzke pushed into the lead momentarily but was soon passed by Mehl. MacMitchell raced to Mehl's shoulder down the back stretch of the 10th lap. As they straightened out for the stretch MacMitchell flew past Mehl with the gun sounding for the final lap. With the crowd in a frenzy, the two great athletes poured it on in their final drive to the tape. Mehl, the national outdoor 1500 meters champion and American record holder, never let Mac get too far away. Going into the final turn, Mehl unleashed his finishing kick and began to close on MacMitchell. But Les kept his form and staved off Mehl as they both lunged for the tape. They were both timed in 4:07.4, tying the American indoor record.

MacMitchell went on to win the IC4A indoor and outdoor mile titles as well as the IC4A 880 yard crown. He again beat Mehl to win the outdoor AAU 1500 meter title and also won the NCAA mile in 4:10.4. One of his top performances that year came at the Penn Relays in Philadelphia. He anchored three winning NYU teams --- the distance medley, the sprint medley and the four mile. On one of his anchor legs he was timed in 4:09.4 for the mile, the fastest up to that time on the Franklin Field cinderpath. Although NYU did not win the climatic mile relay, it wasn't Mac's fault. He ran a 48.3 anchor leg behind the great Roy Cochran of Indiana to bring the Violets home in second place.

MacMitchell won the IC4A cross country title for the third year and maintained his record of never having lost a cross country race. That same year (1941) he was awarded the James E. Sullivan Memorial Trophy as the outstanding amateur athlete in America.

What was to be his last great year (1942) opened in the Bronx Coliseum as the 21-year-old NYU captain won the Metropolitan AAU mile in 4:13.3. He followed this up by winning the Metropolitan Collegiate mile in 4:08 --- the fastest mile run up to that time in collegiate competition. MacMitchell won the Millrose, Boston A.A. and New York invitation miles and then had his 26-race winning streak snapped by Gil Dodds in the AAU. Dodds ran 4:08.7 to set a meet record while Les trailed in 4:08.9.

After winning his third IC4A indoor mile title, MacMitchell again took on Dodds and beat him in the New York Knights of Columbus mile in 4:08. Returning to the big Bronx Coliseum where he started the season, MacMitchell sped around the oil-stained nine-lap sharply banked track in 4:07.8 with Dodds second in 4:08.5. Running third in this mile at the Navy Relief meet was Frank Dixon of St. Francis Prep who ran 4:14.1 -- one of the fastest schoolboy miles on record.

Outdoors, MacMitchell won his third IC4A outdoor mile title but lost in the NCAA meet to Bobby Ginn of Nebraska. At Randalls Island in New York Dodds won the National AAU 1500 meters with MacMitchell in third place. A little later in Passaic, N.J., Mac set an American outdoor 800 yard record in 1:42.8. He beat the old mark of 1:43.6 set by Mel Sheppard in 1910.

After this, the Bronx Express went into the Navy. Like so many track and field athletes whose stars burned brightly in the early 1940s, Les was never his old self when he returned from duty in the Pacific. He won a good many races until he retired in 1948, but he never showed his best form. Today, MacMitchell lives in Valley Stream, N.Y., and still dons a track suit occasionally and jogs around Valley Stream State Park.

He is an executive with the College Entrance Examination Board in New York City. His love for track has never diminished and he is often seen at the meets around New York as an official. While in the Navy, MacMitchell was awarded the Navy's Commendation Ribbon for outstanding service aboard the cruiser USS Houston in the Pacific.

SO THEY TELL US

TN MICHAEL KILLIP, Caerns, North Wales: "The world best up to this year for the 220 yard hurdles around a turn was 22.7. Knocking off .1 second to convert to 200 meters we have 200 meter hurdles in 22.6. The world 400 meters record is 45.2, exactly double the hurdles time. This raises the question of whether a two-man hurdle team could beat a 400 runner in a race. Ray Norton ran the 100 meters in 10.1 earlier this year and passed the 100 yards marker in 9.4. 100 meters is roughly 109 yard one foot or 28 feet more than 100 yards. Thus he covered 28 feet in seven-tenths of a second or 40 feet per second. This is worth 7.5 seconds for 100 yards with a flying start."

PROFILES OF CHAMPIONS

ALLAN CLEAVE "AL" LAWRENCE, distances, 5'7 $\frac{1}{4}$ ", 130 pounds, brown hair, brown eyes, born July 9, 1932, Sydney, Australia. Student, University of Houston.

Became interested in track at the age of 13 while doing road work with a friend who was an amateur boxer. Ran 2:30 and 5:50 in his first year although he was giving equal attention to swimming. In 1948, cut times to 2:11 and 4:53 and the following year ran 2:13 and 4:55. From 1949 through 1951 concentrated on the pole vault and javelin. Went back to serious running in 1952 and posted bests of 2:00, 4:24 and 9:30. The next year ran 2:00, 4:18, 9:12, 14:20 for three miles and 30:08 for six miles. In 1954 continued to lower times with 1:57, 4:12, 14:06 and 29:38.4. He followed that up with bests of 1:54.8, 4:09.6 and 14:05.6 for three miles in 1955. Became internationally prominent in 1956 when he placed third in the Olympic 10,000 in 28:53.6, the fourth best time on the all-time list. However, received biggest disappointment in the Olympics when he was forced out of the 5,000 because of an injury after qualifying. Also in 1956 ran 13:44.9 for three miles, 14:01.8 for the 5,000 and 28:28.6 for six miles. In 1957, had the world's best six mile time with a 28:10.4. Also ran 13:46.4 for three miles, 13:54.2 for the 5,000 and 29:16.6 for the 10,000. Ran 29:03.0 for six miles in 1958 and then enrolled at Houston. Placed second in the 1958 National AAU cross country meet. During the 1959 indoor season ran 8:46.7 for a world indoor two mile record. In the outdoor season ran 4:11.4 and 8:57.0. Placed second in the National AAU 10,000. This fall, won the NCAA and National AAU cross country titles. Expresses disappointment at his showing in the U.S. during the past year. His goals are to make the Australian Olympic team and to cut the American 10,000 meters record to 29 minutes. Plans to run until 1964.

Trains 11 months a year, seven days a week, twice a day on five of them. Lifts weights three times a week, doing 20 repetitions of presses, squats and curls with a 50 pound barbell. Trains according to the following schedule all year although it has been somewhat modified since his arrival in the U.S. Sunday: 10 to 15 miles of easy running in the woods. Monday: 25 440s at about 75 to 85 seconds with 35 to 110 yards recovery. Tuesday: 50 40s, running two per lap. Wednesday: 10 880s at a 2:20 pace with a 440 interval. Thursday: 12 220s in 28 to 30 seconds with a 220 recovery. Friday: six miles in 34 to 36 minutes. Coached by Chick Hensley in Australia and Johnny Morriss in the U.S. Helped by Albert Thomas, Dave Power and Dave Stephens. Majors in radio and television with a minor in journalism. Hopes to become either a sports announcer or a sports reporter. Biggest thrill was winning his first Australian state title after seven years of track.

ROBERT ADDISON "BOB" POYNTER, sprints, 22, 5'11", 170 pounds, black hair, brown eyes, born Dec. 5, 1937, Pasadena, Calif. Student, San Jose State College.

Started track in the fifth grade at a Pasadena grade school. Ran 10.4 in the eighth grade and cut time to 10.2 the next year. Also ran 23.1. Entered Pasadena High and in 1954 ran 10.0 and 22.3. The following year received his biggest thrill by winning the state 220 championship. Had best times of 9.8 and 21.1 that year. In his senior year repeated as state 220 champ but suffered his biggest disappointment when he lost the 100. Posted bests of 9.5 and 20.8. Enrolled at Pasadena City College and ran 9.6 and 21.0. As a sophomore at San Jose State in 1959 ran behind the great Ray Norton but still had bests of 9.4 and 20.5. Placed second in both the NCAA 100 and 220 and placed second in the 100 and fifth in the 200 at the National AAU meet. Ran second in the 100 at the US-Russia dual meet but placed only fourth in the Pan-American Games. Has set goals of 9.3 and 20.0 for next season and 9.2 and 19.9 for all time. Plans to compete for two more years after graduation.

Trains 10 months a year, five days a week during the off season and four days a week during the season. Does no weight training. In the winter, runs 10 100s and practices form and baton passing. In the spring runs five 220s and three 300s plus relay and start practice. Favorite event is the 220 on a straightaway. Coached by Bud Winter and helped by Ray Norton. Rates Norton, Bobby Morrow, Bill Woodhouse, Roscoe Cook and Charley Tidwell as his most serious rivals. Majors in physical education and hopes to become a coach.

WILLIAM ERNEST "ERNIE" CUNLIFFE, middle distances, 22, 5'11", 165 pounds, brown hair, hazel eyes, born Sept. 2, 1937, Long Beach, Calif. Student, Stanford University.

Didn't start track until his junior year in Claremont, Calif., High School when he entered an intramural meet to represent his class, Ran the 440, tied up and fell down but the coach asked him to come out anyway. Ran 2:06 in his first year but in his senior year had one of the fastest high school times in the nation with a 1:54.7. Also ran 4:28.9 for the mile. Suffered his biggest disappointment in his senior year when he went unplaced in the 880 at the state meet although he lay two thirds over the finish line after falling down. Entered Stanford and ran 1:56.8 and 4:19.4 as a frosh. Missed the 1957 season because of injuries but came back in 1958 to run 1:50.2. During the same season, he became the first man to ever beat Don Bowden in the 880. In 1959 cut bests to 1:49.2 and 4:12.1. Won the Pacific Coast Conference 880 title and placed third in the 880-800 at both the NCAA and National AAU meets. Received his biggest thrill by being named to the Pan-American Games team. Placed fifth in the Pan-Am 800. Wants to keep running through the 1964 Olympic Games. Aims to break the world 880 record but also would like a good mile time.

Trains 11 months a year, six and sometimes seven days a week. Lifts weights three times a week doing squats, presses and curls. Started weight lifting just this fall. In the fall, his training consists of running cross country for four or five miles. In the winter uses fartlek work on the golf course and mixes it with interval work mainly of 220s and a few 440s. In the spring does a good 660 each week with lots of 220s on another day followed by some speed work. Also does some fartlek training. In the summer, works out three times a week to keep in shape for the cross country season in the fall. Coached by Jack Weiershauser, Payton Jordan, Bill Bowerman, Floyd Strain and Jim Terrill. Helped by Roger Moens, Don Bowden, Bertil Lundh and Tom Murphy. Majors in physical education with minors in speech and science. Plans to go into the air force in 1961 after getting a master's degree in education. Made the dean's list at Stanford last year. His father, James, ran the two miles at Pomona College in the early 1930's and held the school record of 9:53 for 20 years.

MICHAEL GAIL HODGSON, middle distances, 21, 5'11 $\frac{1}{2}$ ", 148 pounds, brown hair, hazel eyes, born Jan. 11, 1938, East London, South Africa. Student, University of Oklahoma.

Started track at the age of 11 while in the fifth grade in Johannesburg, South Africa. The next year ran the 440 in 66 and in 1951 ran the 880 in 2:24. Cut his time to 1:58 in 1952 and the following year had bests of 1:55.5 and 4:32. In 1954 set a world sub-junior record for the 880 with a 1:54.0 while only 15 years old. In 1954, ran 1:55 and 4:28 and posted bests of 1:54.5 and 4:18 in 1955. His bests in 1956 were 1:52.5 and 4:13.8. Enrolled at Oklahoma and in 1957 ran 1:52.2 and 4:08.2, the latter a national frosh record. As a sophomore placed third in the NCAA mile and received his biggest thrill by running in the mile at the National AAU meet although he placed seventh in 4:04.5. Suffered his biggest disappointment in 1958 when he failed to make the South African team to the British Empire Games. In 1959, placed fourth in the NCAA mile and fourth in the National AAU 1500. Ran 4:03.4 for the mile at the Meet of Champions in Houston. Plans to compete indefinitely and has set a goal of four minutes for the mile for the 1960 season. His personal ambition is to make the South African Olympic squad.

Trains 10 months a year, six days a week. Does a little weight training, mainly with squats and curls. Runs cross country in the fall and winter, doing from eight to 10 miles daily. Does not follow any strict training schedule in the spring and summer but follows this general pattern: Monday: stamina work, 10 to 15 440s in 60 seconds or under. Tuesday: increased pace and stamina, four 660s in 85 seconds or three 880s in 2:02 or 2:00. Wednesday: speed work, 15 220s in 28 seconds and ten 180s with 40 yard intervals. Thursday: Repeat Monday schedule. Friday: jog if before a meet, otherwise repeat Tuesday schedule. Saturday: race or time trial. Sunday: cross country or fartlek. Considers the interval more important in stamina work than the repetition.

Coached by Stuart Pitceathly in South Africa and Bill Carroll in the U.S. Helped by Gunnar Nielsen and Chris Chataway. Considers Jim Grelle, Ed Moran and Brian Hewson his most serious rivals. Majors in architecture.

Correction: Dave Edstrom placed second in the decathlon at the US-Russia dual meet and not third as was reported in his profile.