

# TRACK NEWSLETTER

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### NEWS

METROPOLITAN AAU DEVELOPMENT MEETS, New York City, Dec. 26: Hdcp. 1,000, (heat) Evans (Manhattan) 2:14.5 (scratch). 60HH, Johnson (Plainfield H.S.) 7.7; 2. Cohen (Columbia); 3. Sinisi (Brown); 4. Rogers (Maryland St.); 5. Hearn (N. Carolina College); 6. Hoddinott (Georgetown); (heats Johnson 7.9, Cohen 7.8, Hoddinott 7.8; semis, Johnson 7.9, Hoddinott 7.7). Hdcp. HJ, Herman (NYPC) and Curry (NY Community College) both 6'4" (scratch). 70, (heat) Thomas (NYPC) 7.5 (scratch). Jan. 2: Hdcp. 880, (heat) Evans 1:54.2 (scratch). Hdcp 3 Miles, Kopil (NYAC) 14:27.9 (30 yards); McArdle (NYAC) 14:28.3 (scratch). 60 HH, Rogers 7.7; 2. Cohen 3. Urban (NYU); 4. Sinisi. (heat Herman 7.8, semis Cohen 7.9, Herman 7.9).

METROPOLITAN AAU INDOOR CHAMPIONSHIPS, New York City, Jan. 2: (Field events only) SP, Bantum (NYPC) 55'4"; Marchiony (Manhattan) 53'7"; Monkofsky (NYPC) 51'1 $\frac{1}{2}$ "; Thomson (NYAC) 49'9". BJ, Moore (NYPC) 24'1". PV, Anderson (NYAC) 13'6". 35 lb. WT, Backus (NYAC) 65'10 $\frac{1}{4}$ "; Thomson 64'2 $\frac{3}{4}$ "; Hall (NYAC) 62'5"; Engel (NYPC) 62'2 $\frac{1}{2}$ ".

ALL-EASTERN INDOOR CHAMPIONSHIPS, Baltimore, Jan. 9: 60HH, H. Johnson (Plainfield H.S.) 7.5; Rogers (Md. St.); W. Johnson (Maryland); Hoddinott (Georgetown).. 60, Collymore (Quantico) 6.4; Winder (Morgan St.); Robinson (N. Carolina College). 600, Ellis (Morgan St.) 1:12.4; Johnson (N. Carolina College). Mile, Fleming (Quantico) 4:20.5; Homan (Delaware). 880, Bazemore (Duke) 1:58.6; Smith (Maryland). 2 mile, Matza (US Army) 9:23.7; Zwolak (Quantico) (15 yds.); Svehla (Maryland). Mile walk, Laird (NYPC) 7:12.1. PV, Bragg (Shanahan CC) 15'3"; Schwarz (Quantico) 15'; Uelses (Quantico) 14'6"; Anderson (Maryland) 14'. HJ, Dennis (Shanahan CC) 6'6 $\frac{1}{4}$ "; Tait (una.) 6'4 $\frac{1}{2}$ "; Morris (Morgan St.) 6'4 $\frac{1}{2}$ '. Mile Relay, North Carolina College 3:26.5; Seton Hall; Maryland; Philadelphia Pioneer Club. Mile Relay, Morgan State 3:24.7; Maryland State. 2 Mile Relay, Georgetown Frosh 8:00.3; Maryland Frosh. 2 Mile Relay, Georgetown 7:56.0; Baltimore Olympic Club.

CHICAGOLAND OPEN, Chicago, Jan. 9: 2 Mile Walk, Blackburn (Ohio TC) 13:44.3; Mortland (Ohio TC) 15:11.5. 60, Jacobs (UCTC) 6.4; Garron (Western Ill.); BJ, Hall (N. Illinois) 21'8 $\frac{1}{4}$ ". PV, Hoyle (UCTC) 13'11 $\frac{1}{2}$ ". 60HH, Calhoun (una.) 7.2; May (UCTC) 7.3; P. Jones (Detroit TC) 7.5. SP, Winter (Wisconsin-Milwaukee) 49'7 $\frac{1}{2}$ ". 3 Mile Run, Jones (una.) 14:23.4; Williams (UCTC) 14:27.9; Higdon (UCTC) 14:41.9. HJ, F. Smith (UCTC) 6'6 $\frac{1}{4}$ "; M. Smith (Detroit TC) 6'5". Mile Run, Coleman (UCTC) 4:11.1. 60LH, Calhoun 7.0; Loomos (UCTC) 7.0; P. Jones 7.1. 440, Telford (Detroit TC) 50.5; Billups (Loyola) 50.9. 56 lb. WT, Brown (UCTC) 28'1 $\frac{1}{2}$ ". 220, Johnson (UCTC) 22.9; Jacobs 23.2; Billups 23.2. 3,000 Meter SC, Higdon 9:38.2; Ryan (UCTC) 9:46.4; Bashaw (Una.) 9:51.7. 880, Pond (UCTC) 1:55.0; Sullivan (St. George H.S.) 1:55.8; Saddler (UCTC) 1:56.3.

METROPOLITAN AAU JUNIOR CHAMPIONSHIPS, New York City, Jan. 13: Mile Run, Geraghty (Manhattan frosh) 4:23.9. 60HH, Zemachson (NYU) 8.1. One Mile Walk, Jordan (NYPC) 7:35.5. 60, Rush (NYPC) 6.5. Mile Relay, Manhattan 3:27.8. 600, Buckley (St. John's) 1:14.0. 1,000, Brennan (Manhattan frosh) 2:18.4. 1,060 yard medley relay, Fordham 1:57.3. Two Mile Relay, Fordham frosh 8:01.7. 3 Mile Run, Furnel (NYAC) 15:00.7. HJ, Joyce (Columbia) 6'2".

CHESTERFIELD JAYCEE MEET, Richmond, Va., Jan. 15: Mile, Fleming (Quantico) 4:27.6; Weisiger (Duke) (2 yds.).

STANFORD ALL-COMERS, Stanford, Calif. Jan. 16: Mile, Wallace (Stanford) 4:18.4;

Cunliffe (Stanford) 4:22.8; Ruble (Los Altos H.S.) 4:23.8; Boore (Los Altos H.S.) 4:24.0. 220, Thomassen (SCYC) 21.3; Carpenter (Navy) 22.6; Pease (Stanford) 22.9. 880, Lloyd (Stanford) 1:56.2; Klier (Stanford) 1:56.3. 440, Carpenter 51.4. 3,000 Meter SC, Fishback (una.) 9:51.8; McCalla (Berkeley H.S.) 10:00.5. 10,000, Lehner (Palo Alto H.S.) 33:13.6; Hart (una.) 34:01.8.

BOSTON KNIGHTS OF COLUMBUS, Boston, Jan. 16: HJ, Thomas (Boston U.) 7'1 $\frac{1}{2}$ "; Dennis (Shanahan CC) 6'10"; Gardner (Quantico) 6'8". 45HH, Calhoun (una.) 5.8; Johnson (Maryland); Pras (Villanova), 50, Winder (Morgan St.) 5.4; Collymore (Quantico); Merritt (N. Carolina College). 35 lb. WT, Backus (NYAC) 65'11"; Hall (NYAC) 63'9"; Lawlor (Boston U.) 62'2"; Thomson (NYAC) 61'2". SP, Bantum (NYPC) 54'6 $\frac{1}{2}$ "; Cohen (Harvard) 51'10"; Thomson (NYAC) 51'2". BJ, Herman (NYPC) 24'2"; Douglas (Bates) 23'. 600, Stack (Yale) 1:10.9; Ellis (Morgan St.); Smith (Bates); Johnson (N. Carolina College). 1,000, Carroll (Yale) 2:09.2; Murphy (NYAC); Leps (Michigan); Finnerty (Alfred). 3 Mile, Edelen (una.) 13:58.0; Williams (UCTC); Lowe (Brown). Mile, Coleman (UCTC) 4:07.0; Moran (NYAC); Mugosa (NYAC); Lockerbie (NYAC). PV, Bragg (Shanahan CC) 15'4"; Welbourn (USAFA) and Schwarz (Quantico) 14'7 $\frac{1}{2}$ ". 500, Liles (Harvard) 58.3; McAloon (Rhode Island); Slowik (Yale).

AUSTRALIAN RESULTS, Jan. 1: Geelong, 100m, Baker 10.6; 400, Randall 48.0; Stanton 48.1; 110HH, Chittick 14.6. Jan. 2: Sorrento: Ridgway 6'6". Sydney: 100m, Bursill 10.6; 6 mile, Vagg 29:12.6; Power 30:08.0; HT, Morris 191'2". Hobart: Lincoln 4:03.5 (3:48.6 1500); Oakley 4:10.7. Brisbane: HT, Brown 189'2". Jan. 6: Sydney: Thomas 3:58.8 (3:43.2 1500); Power 4:00.2; Wilson 4:04.5; 100y, Tipping 9.7, 2 Mile, Vagg 8:52.8 (8:17.8 3,000) 120HH, Prince 14.4. Jan. 9: Sydney: 100m, Tipping 10.4; 200m, Bursill 21.2; 110HH, Prince 14.6; 440H, Goodacre 54.4; JT, Mitchell 214'2 $\frac{1}{2}$ "; SP, Penfold 52'2 $\frac{1}{2}$ ". Melbourne: 880, Cozens 1:52.4; Oakley 1:52.9; Blake 1:53.3; 3 miles, Cook 14:12.6; DT, Balodis 155'2"; HT, Leffler 189'6", HSJ, Rutherford 49'3". Brisbane, Bigby 9.7; Blue 4:13.8. Perth, HSJ, Baguley 50'1 $\frac{1}{4}$ ". Jan. 19: Sydney: 2 mile, Thomas 8:35.4.

ST. SYLVESTER RUN, Sao Paulo, Brazil, Dec. 31: (7300 meters) Suarez (Argentina) 21:55.2; Kyle (Canada) 22:02.2; Hyman (England) 22:15.9; Faria (Portugal) 22:33.8; Roelants (Belgium) 22:37.8.

MISCELLANEOUS RESULTS, South Africa, Potgiter 46.3y; Spence 46.4y; Kruger, 14'8". France, (indoors) 60y, David 6.4; 60HH, Duriez 7.5; Fournier 6'6 $\frac{3}{4}$ ". Russia (indoors) Mikhailov 14.1; Bulkin 6'8 $\frac{3}{4}$ ".

#### BULLETIN BOARD

Next Newsletters Feb. 10, 24. Track & Field News mailed Feb. 4.

British Coaching Newsletter will not be a part of the Track Newsletter subscription after the end of this volume in August, 1960. There has been too little interest to compensate for the expense and trouble. However, the Coaching Newsletter still will be available from Track & Field News at a reduced price. Details will be announced in the Market Place.

#### WIND SPRINTS

The Australian AAU has turned down miler Herb Elliott's request to run in two indoor meets in the United States. Elliott was granted approval by the Victorian AAU but the national body turned down the request because Elliott had waited too long to ask permission. Arthur Hodson, Australian AAU secretary, said Elliott had the invitations for seven weeks before deciding to accept them. Elliott was invited to run in the Los Angeles Invitation meet on Jan. 22 and the Millrose Games in New York City on Jan. 30. However, four European athletes are scheduled to run in some U.S. indoor meets. Miler Dan Waern of Sweden will compete in the Los Angeles Invitational and most of the major Eastern meets. High jumper Stig Pettersson, also of Sweden, is slated to compete at the Boston A.A. meet, the Philadelphia Inquirer meet, the New York A.C. Games and the National AAU meet. English middle distance runners Brian Hewson and Mike Rawson will compete in three meets --- the Chicago Daily News Relays, the Milwaukee Journal Games and the Highlanders meet in Hamilton, Ontario. Gert Potgieter and Mal Spence will not be permitted by the South African AAU to compete in a series of U.S. indoor meets. Boston U. Coach Ed Flanagan said John Thomas had only five days of intensive work before he jumped 7'1 $\frac{1}{2}$ " in the Boston Knights of Columbus meet. Flanagan then added --- "As for his indoor record of 7'1 $\frac{1}{4}$ ", he'll better that in a couple of weeks."

## 10 YEARS OF TRACK AND FIELD

### Part I - The Sprints

By Humphrey J. Long

World Records:	100 yards	100 meters	220 yards	200 meters
1950	9.3	10.2	20.2	20.2
1960	9.3	10.0	20.0	20.0

Over the past 10 years there has been very little improvement in sprint records but this is only to be expected when one considers the short duration of sprint races. On top of this weather conditions have a greater effect on the short dash events than on the longer races. The dashes also are more subject to human error in starting and timing than any other event.

The early 1950's saw the last fling of 1948 Olympians Lloyd LaBeach and McDonald Bailey and the arrival of new stars Andy Stanfield and Jim Golliday. At Guayaquil, Ecuador, in October, 1950, LaBeach ran 100 meters in 10.1 for a new world's best. However, the time was never submitted for ratification because of doubts as to the authenticity of the timing. The veteran Bailey, however, ran an acceptable record-tying 10.2 at Belgrade, Yugoslavia, in August, 1951, as a climax to a great season. The leading U.S. sprinters of the day, Golliday and Stanfield, looked certain of winning Olympic honors if both could stay clear of injury. Golliday won the 1951 AAU 100 meters in 10.3 while Stanfield ran a bend 220 yards in 20.6 for a best on record performance for this event.

Injury did prevent Golliday from traveling to Helsinki in 1952 but Stanfield's legs stood up to the job of carrying him around the 200 meters in a record-tying 20.7 to grab the gold medal. The short sprint saw one of history's great come-through performances when little-fancied Lindy Remigino won his first major championship race in a blanket finish. The first four finishers were timed in 10.4.

No single sprinter dominated the sprinting scene for the next couple of years although Australian Hector Hogan surprised with a 9.3 century in 1954 and Heinz Futterer of Germany set European marks of 10.2 and 20.8 while on a tour of Japan. Futterer earlier had won the sprint double at the European Championships in Bern. The following year Golliday tried a comeback and looked faster than ever. He flashed to a 9.3 clocking at the Big Ten Relays and later won the NCAA sprint double. But injury again laid him low and newcomer Bobby Morrow caught everyone's eye by winning the AAU 100 in 9.5. Morrow had bests of 9.4 and a wind-blown 9.1 that season.

Olympic year 1956 saw great sprint activity and a whole series of fine marks. Texan Morrow matured to true greatness by winning the sprint titles at the NCAA, AAU and Olympic Games with relative ease. He was the year's top sprinter but earlier in the season it had looked as if tall, red-haired Dave Sime would sweep all before him. He beat Morrow and rocketed to 9.3 and 20.0 clockings as he made record-breaking look easy. The prospect of these two greats meeting in the Olympic final whetted everyone's appetite. But this was not to be. A muscle pull put Sime out of action. Another non-qualifier for the U.S. Olympic team was Willie Williams, who hit 10.1 twice at Berlin in August to set a new 100m mark. Diminutive Ira Murchison also clocked 10.1 in Berlin and later in the season Leamont King, who only made the U.S. relay squad at Melbourne, also clocked 10.1 twice. Such a feast of sprinting had never been seen before in one year.

Sime, Morrow and Murchison all clocked 9.3 in 1957 and in Europe Germany's Manfred Germar ran 20.4 for 200 meters around a half-bend at Cologne. Germar was the favorite for the sprint double in the 1958 European Championships in Stockholm. However, in the short sprint he was upset by countryman Armin Hary -- the rocket starter. Germar made no mistake in the 200 meters and proved himself Europe's best at this distance.

In the United States another phenomenal sprinter came to the fore in the person of Ray Norton of San Jose State. Norton gave warning of impending greatness with a 9.3 clocking and an unbeaten European tour in 1958. In 1959 Norton beat all comers in winning doubles in the AAU and Pan American Games and in the USA-Russia dual meet. The NCAA sprint double eluded him when he was disqualified for breaking in the 100 final. Norton equalled the records of 9.3, 10.1 and a 20.6 for a full-bend 220. With the Olympics in 1960 Norton must rate as the favorite in both sprints. He may possibly be the sprint star of the 60's just as Melbourne champ Morrow was the star of the 50's and some say of all time.

## THE FASTEST HUMANS ON BOARDS

Part Two of a Series

By Wally Donovan

(Author, All Time Indoor Record Book)

The Black Diamond Express from Marquette University -- Ralph Metcalfe -- continued to dominate the indoor sprint races during the 1934 season. In order to stay on top the great Metcalfe had to turn back the determined challenges of some great sprinters. One of them was a Columbia freshman named Benjamin W. Johnson. Little Ben hailed from Plymouth, Pa., and was Pennsylvania interscholastic sprint champion in 1933 with outdoor marks of 9.8 and 21.6, respectively, in the 100 yard and 220 yard dashes.

Johnson outstepped Ed Siegel and others at the Manhattan Athletic League games early in the season and won a spot in the Millrose 60 yard invitation. At the Millrose Games Johnson outlegged Bert Pearson, the Canadian lightning streak, in his heat and then upset Metcalfe in a semi-final race. However, things were different in the final. Metcalfe met the challenge and beat his great rival Emmett Toppino with Johnson finishing third.

A sellout crowd in Madison Square Garden thrilled to the first meeting between the great milers, Bill Bonthron and Glenn Cunningham, in the Baxter Mile feature of the New York A.C. Games. They also saw a brilliantly run sprint race. The four finalists were Sam Maniaci and Johnson of Columbia, Dick Bell of M.I.T. and Earl Widmyer of Maryland. All four ran neck and neck most of the way. First Maniaci began to fade, then Bell dropped behind as Johnson and Widmyer continued their fierce battle to the tape.

In the closing yards Widmyer succumbed to the dazzling drive by Johnson and lost by inches. The winning time of 6.3 was just one-tenth of a second behind the indoor record.

Another challenger for Metcalfe to turn back was a freshman at Ohio State who had scored an unprecedented triple in the 1933 National Interscholastic Championships at Stagg Field in Chicago. Then wearing the colors of East Tech High School in Cleveland, he ran 100 yards in 9.4, 220 yards in 20.7, both national high school records, and broad jumped 24'9 $\frac{1}{2}$ ". His name was Jesse Owens.

The races between the Atlanta, Ga., born Metcalfe and James Cleveland "Jesse" Owens, son of an Alabama cotton picker, will long be remembered by all those who saw them. They are regarded as to of the greatest sprinters of all time.

Their first meeting on boards was at the 1934 National AAU championships. Owens had won the broad jump with a leap of 25'3 $\frac{1}{4}$ " -- a new American indoor record. In the 60 meter dash Metcalfe won his heat but Owens was upset in his by Eddie Siegel. They both won their races in the quarter-final round and Metcalfe went into the final with a victory over Maniaci in the semis. Owens nosed out Ben Johnson in the other semi-final and the field was set for a great race in the final.

Coming on with a great effort Metcalfe turned back both his challengers to win in 6.7, tying the indoor record. Johnson was second and Owens third. It was said that Jesse's broad jump effort hurt his chances in this great sprint field. But there was no denying Metcalfe's great victory and his ability to beat back two such strong challengers. It was also certain that Johnson was headed for a great sprint career.

The season ended at the New York Knights of Columbus meet as Owens tied the indoor 60-yard record by beating Johnson, Siegel and Bell.

(Next installment: Metcalfe, Owens and Johnson face a new challenger -- Eulace Peacock)

### NOTED WITH INTEREST

Kansas Coach Bill Easton will have 14 lettermen on hand when the Jayhawks open their indoor season on Feb. 8 with a dual meet against Oklahoma. Among those back are sprinter-hurdler Charlie Tidwell, sprinter-broad jumper Paul Williams, distancemen Billy Mills and Dan Ralston, 440 man Bob Covey, middle distance men Cliff Cushman and Bob Tague and broad jumper Darwin Ashbaugh. Among those who are missing are hurdler-broad jumper Ernie Shelby, high jumper Bob Cannon, quarter-miler Bob Lida, hurdler Bill Tillman and miler Tom Skutka.

## ROGER BANNISTER

By H.E.D. O'Neill

Roger Gilbert Bannister, the first man to run a mile in less than four minutes, was born on March 23, 1929. However, he didn't come into any athletic prominence until the day before his 18th birthday when he won the Oxford vs. Cambridge Universities mile in 4:30.8. Three months later he recorded his best mile of the 1947 season with a time of 4:24.6. That earned him a place on the British Olympic "possibles" list for the next season when the games were to be held at Wembley Stadium, only a few miles from Bannister's home. Although he tried to gain a place on the British Olympic team he was not successful and had to settle for a season's best of 4:17.2.

In 1949 Bannister suffered his first and only distance over the mile distance when he finished third in the London vs. Goteborg meet. He was spiked and finished in 4:14.2 behind Sture Landqvist (4:12.8) and Roy Morley (4:13.8). His season best of 4:11.1 came during the Oxford-Cambridge visit to the United States.

Bannister won the inter-varsities mile in 1950 in 4:14.8 and the mile against a combined Princeton-Cornell team in 4:13.0. However, the majority of his running that year was in the 880 yards-800 meters distance. In the British A.A.A. Championships he placed second in 1:52.1 behind Arthur Wint (1:51.6) but ahead of John Parlett, the newly-crowned British Empire champion. Bannister had not competed in the British Empire Games but was selected, along with Parlett, to represent Great Britain in the European Championships at Brussels. After an easy win in his heat in 1:53.8, Bannister placed third in a photo-finish with Parlett (1:50.5) and Marcel Hansenne of France (1:50.7). Bannister was given the same time as the Frenchman. Bannister had one more mile race in 1950. That came on Dec. 30 at the Centennial Games in Christchurch, New Zealand. The opposition included Willi Slijkhuis of Holland, Don MacMillan of Australia and John Twomey of the United States. After a last quarter of 57.1, Bannister won in 4:09.9, 2.9 seconds in front of MacMillan. The time was the fastest ever recorded in the Southern Hemisphere or on grass up to that date.

Bannister returned to miling in 1951 and on July 14th won his first A.A.A. mile championship from Parlett and Bill Nankeville in 4:07.8, a world's best for the season. Prior to this, Roger had won the mile at the Penn Relays in 4:08.3. His best mark for the half mile during theseason was a 1:52.9 posted at London's White City Stadium on Aug. 6.

It was an Olympic year in 1952 and despite much criticism Bannister ran only one mile prior to the Games. He was selected for the British team on the strength of a 4:10.6 performance early in June. All his early season work was done over shorter distances. At the A.A.A. Championships on June 21 he won a half mile in 1:51.5 from Albert Webster, who later placed fifth in the Olympic 800 meters final.

At Helsinki, Bannister reached the final of the 1500 meters but was obviously temperamentally upset to find that qualification involved heats and semi-finals. He ran 3:56.0 for third in his heat and 3:50.6 for fifth in the semi-final. In the final he ran around fourth or fifth for most of the distance and although lacking his usual fire managed a last lap of 57.6 to take fourth place in one of the greatest mass finishes of all time. The first 10 finishers were all inside 3:50.0.

After the Games the British Empire vs. U.S.A. meeting took place in London and Bannister ran in the four mile relay event. He was timed in 4:09.8 for the first leg. Running the third leg in exactly the same time was a comparatively unknown Australian, John Landy, the man who was destined to be Bannister's great rival. For the next two years both were to participate in the scramble for the first sub-four minute mile.

During the next season the scramble was on in earnest with both Bannister and Landy having season bests of 4:02.0. Bannister produced his in a specially framed handicap race at Motspur Park, London, on June 27. At Oxford on May 2 he registered a smart 4:03.6 and on July 11 he regained the A.A.A. title in 4:05.2. His followed this up with a 4:07.6 leg on the British team which set a world record in the four mile relay. The previous Saturday he had won an 880 race in 1:50.7.

In the meantime, Landy had not been idle. During the 1953 season he ran the mile in under 4:05 on three occasions. The indications now were that either Bannister, Landy or Wes Santee of the U.S. was ripe for the big effort. Sanfee also had produced three miles under 4:05.

The year 1954 started off with a bang. In the first four months of the new season 4:05.0 had been beaten five times, three times by Landy and one each by Santee and Murray Halberg of New Zealand. It began to look as though one of these three would produce the magic mark before Bannister could get going.

However, British fears were soon to be allayed. A few minutes after 6 p.m. on Thursday, May 6, on his favorite Oxford track, Roger Bannister became the first man to run the ever-glamorous mile in less than four minutes. Aided by his two great friends and former university teammates, Chris Chataway and Chris Brasher, Bannister recorded an amazing 3:59.4 to break Gunder Hagg's world record by 1.9 seconds. Brasher had led the parade past the half in 1:58.0 and Chataway led after three laps in 3:00.4. Chataway held the lead until about 250 yards from the finish when Bannister shot past and that was "it." Chataway achieved a personal best by finishing second in 4:07.2.

After this a lot of feasting and feting took place, including a trip to the U.S. to receive a huge trophy presented some years before for the first man to achieve this feat.

Quite naturally in his next appearance Bannister was a little jaded and on June 5 at the British Games he was beaten in the invitation 880 by Stanislav Jungwirth of Czechoslovakia 1:50.7 to 1:51.3. Two days later, Bannister attempted to repay his debt to Chataway by assisting him to a new world two mile record. Chataway avenged his friend's defeat by beating Jungwirth but missed Gaston Reiff's record by only six-tenths of a second. Bannister, in his only recorded attempt at two miles, ran seventh in 9:09.2.

By the time the A.A.A. Championships rolled around the new world record holder was back in form, winning the mile in 4:07.6 by spreadeagling the field with a fantastic 53.8 last lap. Meanwhile, Landy was not content to sit back and wait for the big clash which was due in the Empire Games. On June 21 at the lightning fast track in Turku, Finland, Landy broke Bannister's 46-day-old record with a superb 3:57.9 time. He was trailed home by the "eternal second," Chataway, who ran 4:04.4. Thus the stage was set for the "Miracle Mile" at the Empire Games in Vancouver, Canada, on Aug. 7. The big question was, could Landy, a front runner with little finishing kick, draw the sting from Bannister, the master of the finish?

At the end of the first quarter Landy had a lead of five yards and was timed in 58.2. By the end of the half mile, Landy increased his lead to 10 yards by running 1:58.2. At the three quarters mark, which Landy ran in 2:58.4, Bannister was only a couple of yards behind and obviously gathering himself for a final effort. However, this didn't materialize at the usual furlong from the finish and English supporters began to worry, particularly as the gap between the Australian teacher and the British doctor had widened. But 90 yards from the tape Bannister went into high gear, passed Landy and it was all over. The four minute mile had again been run. Bannister recorded a personal best of 3:58.8 while Landy ran 3:59.6.

Bannister was to run only one more major race, the European 1500 meters two and a half weeks later. At Vancouver Landy had been the only serious competition but in Bern, Switzerland, the "enemy" included Gunnar Nielsen of Denmark, Werner Lueg of Germany, Sandor Iharos of Hungary, Jungwirth, Ingvar Ericsson of Sweden and Istvan Rozsavolgyi, also of Hungary.

Bannister qualified in 3:51.8 and seemed much more confident and self-possessed than the Roger Bannister of Helsinki two years earlier. At the end of the first lap, Roger was in seventh place, not wishing to be involved in the jockeying for position. A lap from the end he had moved into second place, behind Jungwirth with Nielsen in third place. On the back straightaway Bannister moved into the lead. Only Nielsen attempted to go with him, but coming off the last bend he too gave up the chase and Bannister forged ahead to win in 3:43.8, six-tenths of a second ahead of the red-haired Dane.

After this race Bannister announced his retirement because his work as a doctor prevented him from giving the necessary time to track. So, in a blaze of glory, he ended his great career. Bannister was an athlete who was gifted both physically and mentally. Although many seconds have been removed from his record, he has the great satisfaction of knowing that he was the first man to run the classic distance of one mile in less than four minutes.

## PROFILES OF CHAMPIONS

(Ed. Note: Most of the information used in the profiles is supplied by the athlete)

CLIFTON EMMET "CLIFF" CUSHMAN, middle distances, hurdles, 6'2", 159 pounds, blond hair, blue eyes, born June 2, 1938, Cedarville, Mich. Student, University of Kansas.

Developed his interest in track while delivering newspapers as a boy. Had a two-mile route and used to run all the way. Started track in the sixth grade in Ames, Iowa. In the ninth grade, he posted bests of 2:13 and 5:09. Enrolled at Ames H.S. and in 1954 cut his bests to 2:00.6 and 4:27.5. The same year he was the Iowa state mile champion. Moved to Grand Forks, N.D., and became a combination middle distance runner-hurdler. In 1955 his bests were 2:03.0, 4:36.0, 15.0 for the 39-inch high hurdles and 20.0 for the 180-yard low hurdles. He won state titles in the mile and high and low hurdles. In his senior year he won state titles in the 880, both hurdles and the broad jump. His bests that year were 2:01.7, 4:21.4, 14.4 and 19.3.

Enrolled at Kansas and as a frosh won the Kansas Relays intermediate hurdles in 51.9. Placed third in the AAU intermediate hurdles that same year. His other bests were 48.6, 1:51.6, 4:11.6, 9:43.0 for two miles, 14.8 for the 42-inch high hurdles and 23.7. As a sophomore in 1958 he recorded times of 10.1, 21.6, 47.8r and 1:54.0 although he was sidelined most of the season with mononucleosis. He placed second in the Kansas Relays intermediates in 52.0 and came in sixth in the AAU intermediates. Continued to show all-around ability last season by placing second in the NCAA intermediates in 51.3 and fourth in the AAU intermediates. Also placed sixth in the NCAA hop-step-jump with a leap of 45'9". He was named to the U.S. Pan-American Games team after Glenn Davis was forced to withdraw because of injury. He placed third in the Pan-Ams behind Josh Culbreath and Dickie Howard. His other bests in 1959 were 10.1, 21.6, 47.3r, 1:49.6r, 4:13.2r and 14.6. He plans to compete until he is 30 years old.

Trains 10 to 12 months a year, six to seven days a week. Lifts weights no more than three times a week. Does mostly fast work to get speed with strength. Does bench presses and snaps with weights from 100 to 130 pounds. His typical training schedule is: Sunday, four to five miles of cross country at various speeds. Eight to 10 110-yard sprints. Walk 110's. Monday, 8 x 440 in 62 to 64 seconds. Walk 440's except for backstretch sprint. Tuesday, three to four 880's in 2:06 to 2:12. Walk and jog 880's. Eight to 10 110's as on Sunday. Wednesday, two or three 1320's in 3:10 to 3:15. Eight to 10 110's as on Sunday. Thursday, eight 220's in 27 to 28 seconds. Eight to 10 110's as on Sunday. Friday, jog two or three miles. Eight to 10 110's as on Sunday. Saturday, 880 time trial or competition. Coached by Ken Rio and Hi Covey in high school and Bill Easton in college. Helped by Ernie Shelby. His biggest thrill was running in Italy and Portugal in 1957. His biggest disappointment was coming down with mononucleosis in 1958. Lists the mile as his favorite event. Majors in language arts but plans to make the air force his career after graduation. His hobby is flying and he is a private pilot. His father was a 12'6" pole vaulter at Western Michigan.

LESTER N. "LES" CARNEY, sprints, 5'10 $\frac{1}{2}$ ", 170 pounds, black hair, brown eyes, born March 31, 1934, Bellaire, Ohio. Department store assistant buyer.

Started track at the age of 15 in the ninth grade at Wintersville, Ohio, H.S. because it would keep him in shape for football. Broad jumped 15'5" in his first year and ran the sprints for the next three. However, he wasn't even the top sprinter on his high school team. Entered Ohio University in the fall of 1952 but left after his freshman year to go into the army. In 1956, he won the 100 meters in 10.5 at the U.S. Army European Championships. After his release he re-entered Ohio U. and came into national prominence in 1958 when he ran the 220 around a turn in 20.8 during a semi-final heat at the NCAA Championships. He suffered his biggest disappointment, however, when he placed only seventh in the finals. In 1959 he placed third in both the NCAA 220 and the AAU 200. He then received his biggest thrill by taking second in the Pan-American Games 200. His bests in 1959 were 9.6 and 20.9. He would like to compete for six to 10 more years.

Trains eight or nine months a year, five to seven days a week depending on meets.

Does no weight training. Starts training in January by jogging four to five miles a day, finishing off each day with easy 220's, 300's or 330's. He will build up to 10 to 15 a day working mainly on form and relaxation. In February he practices form starts and concentrates on building up speed. Coached by Stan Huntsman and Ed Hurt. Helped by Ira Murchison, Ray Norton, Ira Davis and Hayes Jones. Considers Norton and Bobby Poynter his most serious rivals. Majored in business management in college and now works as an assistant buyer in the curtain and drapery department of an Akron, Ohio, store. Played football for four years in college and was good enough to be drafted for professional football by the Baltimore Colts. His goal for this season is to make the Olympic team and for all time to make the 1964 Olympic team.

CLIVE BARRIE ALMOND, middle distances, 5'9", 131 pounds, brown hair, brown eyes, born Dec. 21, 1934, Sydney, Australia. Student, University of Houston.

Became interested in track in the 10th grade at a Sydney high school. Ran the 440 in 52.8 in his first year and improved to 52.2 in 1951. In 1953 his best was 50.0 but he ran two-tenths of a second slower than that in 1954. He started to run the 880 in 1955 and posted a best of 1:56.2. His best 440 time that year was 50.1. He cut his 880 time to 1:52.8 in 1956 but he slipped to 50.6 in the 440. Showed marked improvement in 1957 and had bests of 50.2, 1:49.7 and 4:11.8. He finished second to Herb Elliott in the 880 at the Australian Championships. In 1958 he ran 1:51.2, 4:07.9 and 14:23.4 for three miles. He enrolled at Houston and in 1959 posted times of 1:51.3, 4:07.2 and 9:19.8 for two miles. He plans to compete until he is 30 years old. His goal for this season is to qualify for the Australian Olympic team. His all-time goals are a sub-1:49.0 880 and a sub-four-minute mile.

He trains 11 months a year, six days a week. He sometimes trains twice a day. Does some weight training although he has no set pattern. He always keeps a barbell in his room and usually does some presses and curls for upper body strength. He does not train according to any set pattern and he prefers to train on grass surfaces. He warms up with stretching exercises and two miles of easy running. The distance he covers in practice varies from 10 miles a day in the fall to seven miles per day in the spring. In the fall and winter he places an emphasis on slow running with a short recovery. One day he will do 20 x 440 at an 80-second pace with a 50 to 100 yard recovery. A second day he will do 6 x one mile in 5:15 to 5:30 with a 440 or 880 recovery. A third day his schedule will be a long steady run of five to eight miles at a 5:20 to 6:00 pace. On a fourth day he will do one hour of speed play.

In the late winter and spring he will train at race speeds. On one day he will do 20 x 220 in 28 to 30 seconds with a 220 jog recovery. A second day his schedule will be 10 x 440 in 58 to 62 seconds with a 440 jog recovery. The third day he will do 12 x 330 in 41 to 44 seconds with a 550 recovery. A fourth day his schedule is four to six 880's or 1320's or a long steady run. A fifth day he will do 90 minutes of speed play.

During the race season he will do 6 x 440 in 56 seconds on one day and 10 x 220 in 25 to 27 seconds on another. On a third day he will do 8 x 330 in 40 seconds. He will spend the fourth day doing an hour of speed play. He has been coached by Gabor Gero and Johnny Morrissey and has corresponded with Percy Cerutty. Helped by Al Lawrence and Bryce Mackay. His biggest thrill was making a tour of New Zealand in December, 1957. His biggest disappointment was his failure to be selected for the 1956 Australian Olympic team. Majors in business but is undecided about his future occupation. Served six months in the Royal Australian Air Force. He was New South Wales 880 champion in 1956 and 1958 and mile champion in 1958. Ran for the Botany Harriers Club in Australia. Also on the same club were Al Lawrence and Pat Clohessy, his present teammates at Houston.

#### CORRECTION

In the Joie Ray profile that appeared in the Jan., 6 Newsletter the Long Beach Marathon was held in New York and not in California as it appeared in the article.