

TRACK NEWSLETTER

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Upsets Mark U.S.-Russia Encounter

Moscow, July 20-21--The U.S. forces almost played a sequel to the "Black Thursday" in the last Olympics when they barely nipped the best Russian team, 119-114. Payton Jordan's athletes, who also comprised the best U.S. dual meet team to date, lost an "assured" first in the high hurdles, expected seconds in the 100, 400, and the 800, fell way below expectations in the 5000, and were disqualified in the 400 meter relay for not one but two violations.

On the other hand, Ralph Boston and Hal Connolly both scored significant upsets in the broad jump and hammer throw. Boston leaped 26'10 $\frac{1}{2}$ " early in the competition, which was good enough to beat Igor Ter Ovanesyan's 26'5 $\frac{3}{4}$ ". The victory kept Boston's outdoor record over Ter Ovanesyan in tact. After an announced withdrawal from the meet because of an injury, Connolly showed up in time from Finland to capture the hammer with a throw of 219'0".

With the exception of the javelin, where the U.S. took second and third instead of third and fourth, this was the end of the U.S. surprises as the Russian athletes scored 10 triumphs in the 22 events--the most in the five meet series. And the U.S. women were a disgrace, failing to capture even so much as a single second place and scoring three points less than the minimum as two girls false started and another fell over a hurdle.

The United States scored only four one-two sweeps, while the Russians annexed six. At a time when U.S. prestige is beginning to rise in the long distances, the four entrants in the 5000 and 10,000 were beaten badly. Buddy Edelen was probably the biggest disappointment. After setting a U.S. national record in the six miles in 28:00.8 the week before at London, he could only run 30:04.0 for last place.

100, Hayes (US) 10.2; 2. Ozolin (R) 10.4; 3. Gilbert (US) 10.5; 4. Prokhorovsky (R) 10.6.
200, Carr (US) 20.9; 2. Drayton 21.3; 3. Ozolin (R) 21.5; 4. Tuyakov (R) 21.7.
400, Williams (US) 46.2; 2. Arkhipchuk (R) 46.3; 3. Milburn (US) 46.8; 4. Sverbetov (R) 47.8.
800, Dupree (US) 1:47.8; 2. Bulyshev (R) 1:48.0; 3. Groth (US) 1:48.0; 4. Krivosheyev (R) 1:50.8.
1500, Burleson (US) 3:41.0; 2. O'Hara (US) 3:41.3; 3. Savenkov (R) 3:44.8; 4. Belitsky (R) 3:45.6.
3000St, Osipov (R) 8:35.0; 2. Sokolov (R) 8:41.6; 3. Traynor (US) 8:50.4; 4. Zwolak (US) 9:19.6.
5000, Tyurin (R) 13:50.0; 2. Ivanov (R) 13:50.4; 3. Keefe (US) 14:30.0; 4. Fishback (US) 14:51.4.
10,000, Ivanov (R) 28:10.2; 2. Yefimov (R) 29:25.0; 3. McArdle (US) 29:46.0; 4. Edelen (US) 30:04.0.
HH, Mikhailov (R) 13.8; 2. Lindgren (US) 13.9; 3. Jones (US) 14.0; 4. Kontaryev (R) 14.3.
IH, Atterberry (US) 50.4; 2. Cawley (US) 50.9; 2. Anisimov (R) 51.3; 4. Kuklich (R) 52.6.
Walk (20,000), Solodov (R) 1:33:45.0; 2. Zenin (R) 1:35:06.0.
3. Zinn (US) 1:41:34.0; 4. Laird (US) 1:42:24.0.
Decathlon, Kuznetsov (R) 7666; 2. Ovseyenko (R) 7631; 3. Pauly (US) 7536; 4. Emberger (US) 7113.
HJ, Brumel (R) 7'5 $\frac{3}{4}$ " (world record); 2. Johnson (US) 7'0 $\frac{3}{4}$ "; 3. Bolshov (R) 6'10 $\frac{3}{4}$ "; 4. Stuber (US) 6'10 $\frac{3}{4}$ ".
BJ, Boston (US) 26'10 $\frac{1}{2}$ "; 2. Ter Ovanesyan (R) 26'5 $\frac{3}{4}$ "; 2. Horn (US) 26'2 $\frac{1}{4}$ "; 4. Barkowski (R) 25'11 $\frac{1}{2}$ ".
PV, Uelses (US) 16'0 $\frac{3}{4}$ "; 2. Pennel (US) 15'5"; 3. Petrenko (R) 14'5 $\frac{1}{4}$ "; 4. Bliznetsov (R) 14'5 $\frac{1}{4}$ ".
TJ, Fedoseyev (R) 52'10 $\frac{3}{4}$ "; 2. Kreer (R) 52'4 $\frac{1}{2}$ "; 3. Horn (US) 51'5 $\frac{1}{4}$ "; 4. Sharpe (US) 51'1 $\frac{3}{4}$ ".
SP, Davis (US) 62'0"; 2. O'Brien (US) 61'11"; 3. Lipsnais (R) 59'9 $\frac{1}{4}$ "; 4. Karachev (R) 59'9".
DT, Silvester (US) 201'7"; 2. Babka (US) 185'0"; 3. Baltovehanin (R) 178'10 $\frac{1}{2}$ "; 4. Truseneyev (R) 177'0".
JT, Lusia (R) 272'7 $\frac{1}{4}$ "; 2. Covelli (R) 257'2"; 3. Stuart (US) 235'6 $\frac{3}{4}$ "; 4. Tsibulenko (R) 234'6 $\frac{1}{2}$ ".
HT, Connolly (US) 219'0"; 2. Kondrathev (R) 215'10 $\frac{1}{4}$ "; 3. (Please turn to page 188)

U.S. Redeems Itself vs. Poland

Warsaw, July 26-27--It was a complete reversal here for the U.S. forces just a week after the Russian debacle. The Polish national team could not score a single upset, and the only events in which it broke normal U.S. domination, in the shot, discus, and the 800, occurred against a fifth or sixth string performer.

Payton Jordan's men scored seven 1-2 sweeps plus two firsts in the relays and won 16 of the 20 events on the way to winning, 125 to 85--the largest margin of the four meet series.

The best performance of the meet went to John Pennel for his world record leap in the pole vault. His height of 16'8 $\frac{3}{4}$ " was exactly the same that he jumped in London on July 13--but higher by two centimeters. The jump in London, where the metric system is not in vogue, was listed as 5.098, compared with 5.10 here.

Considerable confusion arose at the conclusion of the pole vault, which was ending in total darkness. Besides the poor lighting from automobile headlights, confusion increased because of the translation of the metric system and the use of two languages--English and Polish.

The most competitive race of the two-day meet, though by no means the fastest, occurred when Dyrol Burleson edged both Tom O'Hara and Witold Baran in a 3:50.0 1500 meters.

Although Jim Keefe only placed third in the 5000, his time of 13:59.2 betters the collegiate record of 14:02.0 by Julio Marin earlier this year.

For the second time this season, Darrell Horn upset Ralph Boston in the broad jump, 25'10 $\frac{3}{4}$ " to 25'9". Horn also recorded the second best triple jump his career at 50'4 $\frac{3}{4}$ ".

100, Hayes (US) 10.2; 2. Moon (US) 10.5; 3. Juskowiak (P) 10.6; 4. Syka (P) 10.8.
200, Carr (US) 20.8; 2. Drayton (US) 21.0; 3. Foik (P) 21.0; 4. Zielinski (P) 21.3.
400, Williams (US) 45.8; 2. Badenski (P) 46.1; 3. Milburn (US) 46.9; 4. Kluczek (P) 48.9.
800, Dupree (US) 1:48.2; 2. Baran (P) 1:48.6; 3. Weisiger (US) 1:49.5; 4. Lipkowski (P) 1:50.6.
1500, Burleson (US) 3:50.0; 2. O'Hara (US) 3:50.2; 3. Baran (P) 3:50.4; 4. Kowalczyk (P) 3:58.3.
3000St, Traynor (US) 8:43.6; 2. Szklarczyk (P) 8:45.6; 3. Fishback (US) 8:47.4; 4. Zaluska (P) 8:57.8.
5000, Zimny (P) 13:54.4; 2. Boguszechwicz (P) 13:54.5; 3. Keefe (US) 13:59.2; 4. Zwolak (US) 14:37.8.
10,000, McArdle (US) 30:00.0; 2. Mathias (P) 30:20.8; 3. Sargent (US) 31:20.8; 4. Lukasik (P) 32:03.6.
HH, Jones (US) 13.6; 2. Lindgren (US) 13.8; 3. Kolodziejczyk (P) 14.5; 4. Muzyk (P) 15.2.
IH, Cawley (US) 50.8; 2. Allen (US) 50.9; 3. Gierajewski (P) 52.7; 4. Makowski (P) 52.9.
400R, United States (Gilbert, Moon, Drayton, Hayes) 39.6; 2. Poland (disqualified on its last baton pass).
1600R, United States (Williams, Cawley, Milburn, Carr) 3:03.6; 2. Poland (disqualified when Foik dropped the baton at the first pass).
HJ, Johnson (US) 6'11 $\frac{1}{2}$ "; 2. Czernik (P) 6'10 $\frac{1}{4}$ "; 3. Stuber (US) 6'9 $\frac{1}{8}$ "; 4. Sobotta (P) 6'2 $\frac{3}{4}$ ".
BJ, Horn (US) 25'10 $\frac{3}{4}$ "; 2. Boston (US) 25'9"; 3. Schmidt (P) 24'10"; 4. Majchrowski (P) 23'1 $\frac{1}{4}$ ".
PV, Pennel (US) 16'8 $\frac{3}{4}$ " (world record); 2. Uelses (US) 16'3"; 3. Sokolowski (P) 15'9"; 4. Gronowski (P) 15'5".
TJ, Schmidt (P) 55'0 $\frac{1}{4}$ "; 2. Jaskolski (P) 53'7"; 3. Horn (US) 50'4 $\frac{3}{4}$ "; 4. Sharpe (US) 49'4 $\frac{1}{4}$ ".
SP, Davis (US) 61'7"; 2. Sosgornik (P) 61'0 $\frac{3}{4}$ "; 3. Komar (P) 60'4 $\frac{3}{4}$ "; 4. Matson (US) 58'9 $\frac{1}{4}$ ".
DT, Humphrey (US) 195'0 $\frac{1}{2}$ "; 2. Paitkowski (P) 191'11"; 3. Begier (P) 187'8"; 4. Frenn (US) 155'8 $\frac{1}{2}$ ".
JT, Sidlo (P) 261'11 $\frac{1}{2}$ "; 2. Glogowski (P) 260'1"; 3. Coyelli (US) 225'9 $\frac{1}{2}$ "; 4. Stuart (US) 225'7 $\frac{1}{2}$ ".
HT, Cieply (P) 214'2"; 2. Rut (P) 211'4"; 3. Hall (US) 208'9 $\frac{1}{2}$; 4. Frenn (US) 189'5 $\frac{3}{4}$ ".

Foreign News

KAUHAHA, FINLAND, BJ, Eskola 26'7". JT, Nejala 261'0".
NOKIA, FINLAND, HJ, Bolshov (USSR) 6'9 $\frac{1}{8}$ ". HT, Boltov-
 ski (USSR) 205'0".

HELSINKI, Kairento 6'9 $\frac{1}{8}$ ".

MANTTA, PV, Nystroem 15'9 $\frac{3}{8}$ ".

WARSAW, TJ, Schmidt 55'3 $\frac{1}{2}$ ". JT, Glogowski 260'11 $\frac{1}{2}$ ".

BALE, SWITZERLAND, Oegerli 10.4; 400, Bruder 47.2

OSLO AND BERGEN, 100, Jones (Eng) 10.4. 200, Jones
 21.2. 400, Metcalfe (Eng) 47.3. 800, Boulter (Eng) 1:50.5. 5000,
 Anderson (Eng) 13:55.2. 10,000, North (Eng) 29:29.4. 400IH, Coo-
 per (Eng) 51.5. 3000St, Herriot (Eng) 8:54.0. 400R, England 40.2.

WETZLAR, GERMANY, 200 H, Wilimczyk 23.4. JT, Salo-
 mon 263'9 $\frac{1}{2}$ "; Herings 252'5".

SCANDINAVIA 265.5 VS. BALKANS 171.5, Helsinki, July 16-
 17--1500, Salonen (Fin) 3:42.7; Vamos (Rum) 3:42.9; Larsson (Swe)
 3:43.2; Barabas (Rum) 3:44.5; Vazic (Yug) 3:45.7. 10,000, Benum
 (Nor) 29:47.6. HJ, Pettersson (Swe) 6'10 $\frac{1}{4}$ "; Nilsson (Swe) 6'9 $\frac{1}{8}$ ";
 Porumb (Rum) 6'9 $\frac{1}{8}$ "; Hellen (Fin) 6'9 $\frac{1}{8}$ "; Spiridon (Rum) 6'9 $\frac{1}{8}$ ". BJ,
 Eskola (Fin) 25'4 $\frac{1}{4}$ "; Stenius (Fin) 25'0". JT, Nevala 283'2 $\frac{1}{2}$ ". 800,
 Salonen (Fin) 1:49.6; Niemelae (Fin) 1:49.9. 5000, Dalkilic (Turk)
 14:02.2 (record); Barabas (Rum) 14:02.4 (record); Saloranta (Fin)
 14:03.4; Cervan (Yug) 14:09.6. 400IH, Rintamaki (Fin) 51.9; Gul-
 brandsen (Nor) 51.9. 3000St, Siren (Fin) 8:39.4; Span (Yug) 8:39.4;
 Persson (Swe) 8:39.8; Dandorau 8:52.8. PV, Nikula (Fin) 15'11";
 Nystroem (Fin) 15'7 $\frac{3}{8}$ "; Laitinen (Fin) 15'1 $\frac{1}{4}$ ". TJ, Ciochina (Rum)
 52'0 $\frac{3}{4}$ "; Tamminen (Fin) 51'9". Marathon, Pistinen (Fin) 2:26:30.0.
MOSCOW, HJ, Bolshov 7'0 $\frac{5}{8}$ ". 3000St, Sokolov 8:33.2. 400
 IH, Kriunov 51.7.

FRANCE 117 VS. CZECHOSLAVAKIA 95, Prague--100m,
 Delecour 10.3. 400, Boccardo 47.3. 1500, Jazy 3:42.2; Salinger
 (Cz) 3:42.6; Wadous 3:42.6; Szotkowski (Cz) 3:45.6. 5000, Ber-
 nard 13:58.6; Bogey 13:58.8; Tomas (Cz) 14:01.6; Hellmuth (Cz)
 14:03.2. 10,000, Tomas (Cz) 29:41.4; Vaillant 29:48.0. 110HH,
 Duriez 14.1. 400IH, Poirier 51.9. 400R, France 40.1. 1600R,
 France 3:08.5. PV, Tomasek (Cz) 15'1 $\frac{1}{4}$ ". TJ, Battista 52'1 $\frac{1}{4}$ ". SP,
 Smid (Cz) 58'2". JT, Syrovatski 251'7". HT, Matousek (Cz) 225'8"
 (record).

FRANCE 228.5 VS. BELGIUM 178.5, Forbach, Fr.-- 400,
 Pennewaert (B) 46.8 (equals record); Dyzers (B) 47.5. 800, Rock-
 aerts (B) 1:50.4. 3000St, Roelants (B) 8:42.8.

FRANCE 127 VS. HOLLAND 81, Versailles--800, Durand
 1:50.1. 5000, Lucas 14:42.2. HJ, Guezille 6'8 $\frac{3}{8}$ ".

POTSDAM, 6000R, East Germany 14:58.0 (world record,
 old mark by France in 1961 at 14:04.2).

TRIESTE, 100, Ottolina 10.4. 110HH, Mazza 14.0. 800,
 Bianchi 1:48.7 (record); Spinozzi 1:49.5. 400IH, Frinoli 50.5;
 Morale 51.3.

BELGIUM, De Backere 233'8 $\frac{1}{2}$ " (record).

POLAND, HT, Cieply 218'2 $\frac{1}{2}$ ".

MOSCOW, HT, Bakarinov 211'4 $\frac{1}{2}$ ".

LENINGRAD, 400IH, Anisimov 50.7. 3000St, Skolda 8:48.6.

KIEV, Orentas 14:04.0

RIGA, Lulis 263'0 $\frac{1}{2}$ "; Nazers 250'2 $\frac{1}{2}$ ".

GORKI, TJ, Kreer 52'8 $\frac{3}{8}$ ". 200IH, Kriunov 23.3.

PRAGUE, 1000, Juza 2:21.2.

Bulletin Board

Don't Miss An Issue!

This is the last Newsletter of the current volume. Unless you renew within the week you won't receive the next Newsletter. You'll miss the results of the US-Germany and US-Great Britain meets, as well as all the other big news from Europe. Send your renewal now.

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Next Newsletters mailed August 14, 28, September 11, 25.
 Track and Field News mailed August 15, September 19, Octo-
 ber 24, November 28, and December 26.

(continued from page 187)

Bakharinov (R) 214'3 $\frac{1}{2}$ "; 4. Hall (US) 202'1 $\frac{1}{2}$ ".

400R, Russia (Prokhorovsky, Tuyakov, Kasanova, Ozolin)
 40.2; 2. United States (disqualified).

1600R, United States (Williams, Saddler, Milburn, Carr)

3:04.4; 2. Russia 3:08.6.

LUDWIGSBURG, GERMANY--100, Gamper 10.3. 200, Zie-
 linski 20.9. Hebauf 20.9. 400, Badenski (Pol) 46.1; Kaufman 47.0.
 1000, Jelinek (Swit) 2:22.9; Lawrenz 2:23.3. 400IH, Janz 51.2.

TORONTO, ONTARIO--Mile, Crothers 4:02.5; Birtles 4:04.0
 Leps 4:04.7; Ball 4:08.8; Williamson 4:09.8. 100, Dunn 9.6. 3M,
 Ellis 14:16.0.

KOUVOLA, FINLAND--1500, Matuchewski (EGermany)
 3:43.9.

OSLO, NORWAY--SP, Varju (Hung) 62'7 $\frac{1}{2}$ ". 5000, Simon
 14:13.2. 400H, Gulbrandsen 52.5. PV, Tomasek (Czech)
 15'5". DT, Danek (Czech) 189'4".

LONDRES, FRANCE--1500, Baran (Pol) 3:45.2; 2. Keeling
 3:46.7. 3000m, Zimny (Pol) 8:15.8.

RENNES, FRANCE--800, Durand 1:50.4

METZ, FRANCE--100m (wind) Laidebeur 10.4. 1500,
 Jazy 3:46.4.

BRUSSEL, BELGIUM--110H, Marien 14.1 (equals Belgian
 record).

More Americans in Europe

PRAGUE, 100, Figuerola (Cuba) 10.4. 400, Haas (US) 46.7.
 1500, Valentin (EGer) 3:44.7. DT, Weill (US) 191'3 $\frac{1}{2}$ ". JT, Kuznet-
 sov (USSR) 262'2 $\frac{1}{2}$ ".

COLOGNE, 100, Hebauf 10.3; 7. James (US) 10.7. 200,
 Antao (Kenya) 20.8; Ulonska 20.9; Roderfeld 21.1; Foik (Pol) 21.1.
 400, Schmitt 47.0; Freeman (US) 47.1. 800, Kreuger (19 years old)
 1:48.6; Balke 1:48.9; Wengoborski 1:49.1. 400IH, Atterberry (US)
 50.3; Haas (Ger) 50.8; Janz 51.1. JT, Sidlo (Pol) 257'0". Salomon
 253'9". 400R, Germany 40.3.

BELFAST, NO. IRELAND--PV, Cramer (US) 15'4"

DUBLIN--Cramer (US) 15'3".

BREMEN, GERMANY--100, Schumann 10.3; Foik (Pol) 10.3.
 200, Foik (Pol) 20.9; Antao (Kenya) 21.2. 400, Kalfeder 47.4; Free-
 man (US) 48.4. 800, Kinder 1:51.6. 200LH, Haas (Ger) 23.3; James
 23.3. PV, Yang (For) 16'5"; Rose (US) 14'9 $\frac{1}{4}$ ". BJ, Yang (For)
 23'6 $\frac{3}{4}$ ".

HAMBURG INTERNATIONAL, PV, Yang (For) 15'9" (missed
 twice at 16'5"; Rose (US) 14'5 $\frac{1}{4}$ ". 400IH, Atterberry (US) 51.0.
 400, Freeman (US) 47.7. 1600R, West Germany 3:06.3.

The Greatest Distance Runs

by Robert Carman

(Reprinted from Pacific Coast Distance Running Report)

It is conquest, conquest of one's self through survival of an ordeal, that brings a man back to frontiers again and again... by testing himself beyond endurance, man learns to know himself.

For the past few years, since I was first soundly bitten by the marathon bug, I have casually been collecting information about some of the truly amazing running races held around the world. By now, I have amassed quite a collection. I have run in a few of these and have hopes of competing in many of the others before I call it quits. Let me make it clear that these are races that I consider the top challenges in the world of long distance running. I have selected these on the following basis:

1. They are distance runs --20 miles is usually the minimum unless there is some outstanding feature about the race.

2. They are rugged--most of these races incorporate out-
 standing natural obstacles (desert, mountain, weather, etc.).

3. They are usually well known, often even famous--this assures that the opportunity to run them will exist for a while, and they are on set courses so that records are kept and comparisons with other runners' performances may be made. Usually runners from many parts of the world have competed in these races.

I have purposely omitted shorter races like the Dipsea Run (6.8 miles), Statuto Run in San Francisco (7.4 miles), Sao Paulo New Year's Eve Run (4 miles), Manchester Road Race (5 miles), etc. since these are too short or are handicap runs.

The Famous Marathons

1. Boston Marathon, Mass.--Held on Patriots Day, April 19; record is 2:18:58.0. Probably the oldest continually held marathon (first race 1897) in the world. A comparatively fast course (finish is below the start) but with rugged hills. Undoubtedly the world's most famous marathon.

2. Yonkers Marathon, New York--Usually held in the spring, and usually the U.S. National Marathon Championship. Very rugged course, especially over the last eight miles. Record is 2:20:13.

3. Western Hemisphere Marathon, Culver City, Calif.-- Now held in December each year, is considered the West Coast Championship; a very fast multi-lap course with a gentle hill; winner's name is added to the famous Helm's trophy. Record: 2:17:11.4.

4. Peace Marathon, Kosice, Czechoslovakia--Europe's top class yearly marathon. First held in 1930, usually run in October.

5. Enschede Marathon, Holland--Relatively flat course, one of Europe's most famous runs.

6. Polytechnic Marathon, England--First run in 1913, usually run in 1913, usually held in June, England's number one marathon.

7. Asahi Marathon, Japan--The top marathon in the Orient every year. Usually held in December. Record is 2:16:18.4.

8. Athens Marathon, Greece--Held every two years, usually in May (odd years: 1961, 1963, etc.), in honor of Pheidippides, the Greek courier whose feats are commemorated every time a marathon is run. Rugged terrain, over the first Olympic marathon course, and finishes in the 1896 stadium. Record is 2:23:44.6

9. Mainichi Marathon, Japan--Usually held in early spring. Level course along the sea. Record is 2:23:38.

10. North American Marathon, St. Hyacinthe, Canada-- Usually held in October.

The Shorter Runs

1. Mt. Whitney Run,--21.2 miles, annually held in September. Start at Whitney Portal (altitude 8367 feet), run to summit (14,496 feet) and return. Record is 3:54:45. Rough, rocky surface. Unique race to the top of the highest mountain in the continental U.S. Unfortunately this race is not AAU sanctioned.

2. Pike's Peak Race,--25 miles, annually held in August. Start at Barr trail, Manitou Springs, Colorado; climb from 6563 feet to 14,110 feet elevation and return. Record is 4:07:31. Very rugged going at the top.

3. Sooke Marathon--23 miles, annually held in July. Start at Victoria, British Columbia, and run over the Sooke Hills to the village of Sooke. Very hilly after the first six miles. Record is 2:19:18.

4. Mt. Washington, New Hampshire--8 miles, annually held in July. Start at 1500 feet and run to 5238 feet. Record is 1:08:54. Short race but very bad weather conditions (50 mph winds, snow, hail) at the top make it tough.

5. Ben Nevis Race, Ft. William, Scotland--12 miles, annually held early in September. Run to summit of Ben Nevis (highest mountain in Scotland--4400 feet) and return. Record is 1:45:55. Particularly difficult because of the severe weather often encountered at the summit (In 1958 a runner died of exposure after lying down to rest.).

6. Three-Peaks-Fell Race, England--22 miles, usually held in April. Extremely rough surface, over three rugged mountains. Record is 3:07:00.

7. Around-the-Bay Race, Hamilton, Ontario, Canada--19.1 miles. Record is 1:44:19. The oldest continually run race in Canada and the world. Hilly over the later part of the race. Usually held in September.

8. Firestone War Veterans Race, Hamilton, Ontario, Canada--15.6 miles. Record is 1:17:26.5. A very flat three-lap course. One of Canada's top running events held annually on good Friday.

9. Alaska Mt. Marathon Race--about nine miles, record 48:37.0. A very rugged race over dirt and rock into the snow country and return. Annually held in July since 1915. Unfortunately the trails are not marked and local runners enjoy an overwhelming advantage.

10. Berwick Mountain Race, Berwick, Pennsylvania--9.33 miles, record is 46:06. A short but gruelling race up a steep mountain on paved roads, return over winding, rolling hills. First held in 1908.

11. Kungsbacka Run, Sweden--17.4 miles, usually held in May. First held in 1898. Sweden's premier distance run.

Super Marathons

1. Comrades Marathon, Durban, South Africa--54 miles, 1100 yards, held May 30. Undoubtedly the world's most famous long race. First held in 1921. In alternate years it is run in alternate directions. Lowest point is sea level, highest is 2500 feet. Record is 5:52:00 on the down part, 5:56:32 on the up part. Awards are named after famous runners.

2. London-to-Brighton Race, England--52 miles, 786 yards. Held last Saturday in September, it is the most famous long race in England. Record is 5:25:56 over the rolling hills. Starts under Westminster Clock in London (Big Ben). Awards named after famous runners.

3. Isle of Man Race, England--37.75 miles, held in May or June. Record is 3:50:40. A rugged course up a mountain.

4. South London Harriers, England--30 miles, held in August. Record is 2:52:40.

5. Peter Korkie Race, South Africa--38.5 miles. Record is 3:38:44. A steady climb for 38 miles.

6. Bath-to-London Race, England--100 miles, record is 12:18:16. Usually held in October. An easy course with only rolling hills. A very famous race.

7. Forty-Mile Run, England or South Africa--Occasionally held track run. The record is 4:04:34.

8. Fifty-Mile Run, England or South Africa--Occasionally held track run. Record is 5:16:07.

9. Six-Hour Run, England or South Africa--Occasionally held track run. Record is 52 miles, 1110 yards.

10. Twenty-Four-Hour Run--England or South Africa--Occasionally held track run. Record is 159 miles, 805 yards.

California and Western U.S. Runs
(Try these sometime. Hiking doesn't count.)

1. Altadena to Mt. Wilson--Nine miles one way on the Mt. Wilson dirt road, a rise from 1282 feet at Foothill Blvd. to 5720 feet at Mt. Wilson Observatory. Compared to the rest of these this is a speed workout.

2. Mt. Baldy--12 miles one way. Start at Mills Road in Pomona at 1640 feet and run to the ski lifts at 6750 feet. Paved roads and another "sprint".

3. San Bernadino to Victorville--43 miles. Leave Valley College at 1080 feet altitude and run up Cajon Pass (Route 66) to the summit at 4240 feet (25 miles) and continue to Victorville across the Mojave Desert at 2820 feet altitude. Prevailing winds will often be against you for 20 or 30 miles of the run. Paved roads.

4. San Bernadino Peak Divide Trail--about 40 miles. Start at Angeles Flats, elevation 5800 feet, and run on a dirt trail to San Bernadino Peak (10,691 feet). Continue on the trail reaching in order East Peak (10,691 feet), Anderson Peak (10,864 feet), Shields Peak (10,701 feet), Charlton Peak (10,815), Jepson Peak (11,201), and Mt. San Gorgonio (11,502 feet), the tallest mountain in Southern California, then down the trail to Barton Flats (6000 feet). This is a very rugged run over rough surfaces at high altitudes and has never been attempted.

5. Around Lake Tahoe--75 miles on a fairly level paved road at an elevation of 7000 feet.

6. Salt Lake City to Roosevelt, Utah--164 miles. Edo Romagnoli of New York attempted this one in September, 1958, but "only" managed 118 miles in 23½ hours. Paved road passes over many mountains up to 8000 feet. Temperature and weather vary greatly. Temperature may drop from 80 degrees to 20 degrees in a single mountain. This would be an amazing feat if accomplished.

7. Bad Water, Death Valley to Mt. Whitney Summit--About 135 miles. This feat has never been attempted and would rank as one of the most outstanding endurance performances of all time if accomplished. Start at 282 feet below sea level, leave Death Valley via the West Side Road and Trail Canyon, then through the Panamint Range of mountains to Lone Pine and Mt. Whitney. It would require about 50 miles of desert running and would cross three mountain ranges over 4000 feet altitude as well as a 10,000 foot climb from Lone Pine to Whitney Summit. This would be unique since few countries in the world are so arranged geographically that the lowest and highest points are within a hard day's run.

Profiles of Champions

DAVID JOSEPH PRICE, Cal Western University, shot putter, 6'3½", 250 pounds, black hair, brown eyes, born August 14, 1943, Washington, D.C.

Progression:

Year	Grade	Age	SP
1961	12	17	54'4" (12 lbs)
1962	Fr	18	50'9¾"
1963	So	19	59'4½"

Dave didn't start competing until his senior year at Clairemont HS in San Diego, Calif. His very first competitive throw was 47'5". During the course of his freshman year he improved four-feet with the 16-pound to a fair 50'9¾". At the beginning of this year he put 52'10" and wound up the season by winning the NAIA with a mark of 59'4½".

He emphasizes weight training to a great extent; he was the national teenage weight lifting champion in 1962. He utilizes heavy weights with few reps. He feels that he will not be heard from until after May next year since he plays football and concentrates on weights. "I will not set a definite goal but I believe I have one more year of marked improvement left before I hit a plateau--three to five feet to my 59'4½"!"

So They Tell Us

TN ALEX GRAYES, Toledo, Ohio: "The article on Mal Whitfield in TN July 3 was splendid. Whitfield has always been one of my favorites, and I enjoyed reading about him very much. I believe it was Whitfield, when asked how he planned to run the mile, answered, 'I plan to run as far as I can as fast as I can and then sprint the rest.' This certainly typifies Mal Whitfield. It's too bad he did not begin earlier on the mile. I really believe he could have been one of the greatest at that distance."

GRAYES, again: "I strongly disagree with Dick Gregory's letter and with his request of the Negro athletes. On top of this, Gregory is clearly guilty of a misstatement of fact when he says that nobody is willing to win freedom for the Negro, but the Negro himself. If Gregory will not admit this, then it certainly will be difficult to reason with him."

"Most everyone has a particular talent that when fully developed can enable him to achieve end results that might otherwise escape him. These particular Negroes that Gregory is appealing to have worked hard and long to develop themselves into the finest track athletes that the United States has. In fact, if it weren't for their intense desire to compete in track, they probably would not be in college. And if they were not in college they would not be receiving the education which is the single most important factor in eliminating racial discrimination, which is the very thing that Gregory and Martin Luther King are striving to do."

"To the dedicated track athlete nothing is as important as the opportunity to compete against the best. These Negro athletes that Gregory is appealing to have trained intensely for years for the moment that they could compete against the finest athletes in America. These Negro track athletes will achieve status and acceptability, and they will learn responsibility... from having competed among the best in track and field."

DAISY YANG, C.K.'s wife: "C. K. is devoted to his country and to athletics. His favorite food is still Chinese, but his favorite dish is steak. I'm not a very good Chinese cook; my father came to the United States 40 years ago, and his favorite food is still Chinese. I've never been to Taiwan, but we plan to visit on our trip to Japan. We talk a lot of figures at home; 16'8" is one of them. We expect C. K. to break his own decathlon record. And if he has a goal, it's this--to win a gold medal in Tokyo."

BILL LEISER, San Francisco Chronicle columnist: "We can not help but believe that the continuing squabble of the AAU and the colleges for control of international sports is throwing a blanket over enthusiasm everywhere."

Mt. Marathon Runners Go Up 60°

(Ed: The following is a portion of a letter received from Scott Hamilton, Jr., of Anchorage, Alaska, who tells us about the Mt. Marathon race, run annually on July 4, at Seward, Alaska. Here are his impressions about the nine-mile race up a 60 degree slope. This year Karl Bohlin won the race in record time: 48:37.0, which erased 2:11.0 from the old mark.)

The race has been run since 1915 and has always been colorful and the high point of the Alaskan summer in this region. Team competition was begun last year, and this second year was very successful, although the death of the Seward Captain Dennis Hitt a few days before the Race threw a pall over both the Mountaineering Club of Alaska and Seward teams.

There are five mountain races in the world, and this is one of the most rugged. I understand that Mt. Washington is not run this year, and Mt. Whitney discontinued. Pike's Peak is somewhat esoteric, leaving Mt. Marathon in Alaska and Ben Nevis in Scotland as the two established races of this time over the past decades. I call it the "Boston Marathon of the North." This year, the record was broken by four Biathletes, while three women ran for the first time.

Next year, Olympic year, we should have 65-70 entries rather than the 49 we had this year, and perhaps an Olympic Development meet for high school teams during the larger race. As you know, we have no university cross-country teams or running clubs, only high school, and no significant races except for this unique grind. If the interest continues to build, there is the chance of branching out with some 12-15 mile races before after Mt. Marathon. This is virgin territory, you see--no AAU, etc.

Sports Illustrated people took beautiful photos this year, but coverage may not be until next time. Several of us are making special efforts to get the world out to encourage any college runners who expect to be working in Alaska to remember the date--July 4.

Matson--Greatest Texas Shot Putter

by Bob St. John

Around the Texas world of cinders and tape measures this year, the guy they've talked about mostly is a 6'6½", 225 pounder from the Texas Panhandle named Randy Matson.

People who missed various meets around the state kept the newspaper phones buzzing with, "Say, how far did he throw," and if you didn't know who "he" was, well, you were just behind, that's all.

And recently (June 1) on a hot, humid day in Houston, people found out just what the 18-year-old from Pampa could do with the college, or 16-pound shot. He hurled the iron ball 60'6" and became the greatest shot put artist in the state's history. Never before has a Texan gone over the 60-foot mark.

Certainly, if you had to pick the hero-type--in the old Jack Armstrong vein--Randy fits the bill. No matter whom he meets, or talks to, it's always "Yessir" or "Thank you, sir" and he has the politeness that mothers still teach, but kids forget these days.

Randy, wearing the Pampa High colors for the last time, set records in both the discus and shot at the state meet in Austin, May 3-4, by pitching the shot 66'10½" (the schoolboy shot) and sailing the discus 192'3". Oh yeah, he also owned the old records.

The kid's accomplishments would look like the agate summaries in a three division track meet, but, among other things, he was an All-District football player at fullback, was named All-State in basketball, and ran the 100 in 10.6.

Because of the cage season and PHS winning its district title and going into bi-district, Randy got a late start in track. But even at first, he established new records everywhere he competed in schoolboy meets.

By the time the regionals (qualifying for state) came around in Odessa, he was ready. All he did was launch the discus 199'4", which bettered the old schoolboy standard of 195'4" set by Bob Stoecker of Los Altos, California, in 1962.

But the toss wasn't official. Seems they brought out the surveyors and transits, and found Odessa's Barrett Stadium to have more than a foot slope below that allowed by the record book.

Still, it looked as if he'd get the national mark--officially--in the state meet. Texas Interscholastic League officials started him off on the wrong foot by deciding that participants couldn't use their own discus and shots, but had to employ those supplied by the TIL.

The crowd in Memorial Stadium, home of the Texas Longhorns, was pulling for Randy, but he started badly and, coming down to his final throw of the oval, his best distance was well below par at 180'9".

When he entered the circle, the meet announcer really pointed a finger at him. "And now," barked out the loud speaker, "Randy Matson of Pampa will try--for the last time--to break the national record!"

That was enough to kill many kids, but Randy sailed the discus 192'3", and nobody doubted he had the mark of a champion.

"It didn't bother me," said Randy about the change in the discus, but his coach, Orman Phillips, felt differently. He said, "Randy is a very superstitious boy. He likes things to stay the same. I think it may have hurt him a little. We had no idea of the change until we got here (to Austin)."

Once during a high school meet this year, Randy went up for a practice throw and tossed the shot over 60-feet.

Another schoolboy was waiting his turn, but when he saw what Randy had done, he just handed the shot to another member of his team and said, "Guess I'm in the wrong event, man."

Coach Phillips pretty well describes what kind of boy Randy is: "Well, I usually take my wife with me when I go to meets around the state, and she never starts to get out of the car, or sit down, that Randy doesn't open the door, or hold her chair."

"You've probably heard this before, but I've never seen, or been associated with a nicer kid. But he wants to win badly, too. My wife told him not to be so disappointed after failing to reach the national record at the state meet, and that at least he was the best two weight event schoolboy in the country. He just said 'Yes mam, but I wanted to be the very best in something.'"

Randy has been throwing the shot since junior high. Once he was working out in the back yard and lofted a long throw, which landed right in the middle of the family car.

"Randy, what are you doin'," yelled his father, running to the back door.

"Aw, dad," said Randy. "If you hadn't parked the car there, it'd gone for a record."

Better than 50 colleges from all over the country were after Randy, and he inked a letter-of-intent with Texas A&M.

Anyway, people around College Station better not park their cars close to the track.

Russians Speak on Past U.S. Meets

The following quotes appeared in "USSR," the Soviet magazine written in English for the U.S. They were made prior to the U.S.-Russian meet this year.

IGOR TER-OVANESYAN, world record holder in the broad jump: "I have two concrete suggestions I want to make. I believe it would be worth while to have future USSR-USA track meets run like an Olympic program, with three competitors, not two as now, entered in each event by each country. The scoring could still be confined to the two best, as it is now.

"A reserve man makes the team results less chancy. Then, too, the third man will give the other two more confidence--very important, especially in the broad jump, where every challenger jumps cautiously, always plagued by the fear that he might overstep the mark."

VICTOR TSIBULENKO, Olympic javelin champion: "I particularly remember the closing ceremony at Palo Alto."

"The contests were over, but the crowd stayed on. There was a standing ovation when the Soviet and American athletes came out and circled the track in Indian file to the strains of the famous march from Aida. I carried the Soviet flag, and John Thomas the American flag.

"We had been told to cut across the field, turn right, move on for about 50 meters and then march off. But when we got to the edge of the track, John and I looked at each other and grinned, clasped hands and turned... left, starting an unforgettable 400-meter march past the stands.

"Looking back, I saw all the athletes, rivals a half-hour or so ago, now striding along smartly, in pairs, with clasped hands, all smiling. The big brass band was drowned by the roar from the stands as we filed by. A forest of hands rose above the rows of cheering spectators. It was a stirring finish to the "match of the titans."

"Maybe it isn't becoming for an army officer to get sentimental, but at that moment I felt a lump in my throat and tears in my eyes, I wasn't ashamed of the tears, and I'm sure that my friends weren't ashamed of theirs either. They were the overbrimming sentiments of warm friendship."

VALERIY BRUMEL, world record holder in the high jump: "What struck me most at Palo Alto was the way the American fans cheered me on to my record-breaking jump.

"I was the only one left when the bar was lifted to 7'1 $\frac{1}{4}$ ". The stands suddenly began chanting: 'Seven and five. Seven and five.' The crowd of 100,000 was set on having the world record broken on their home soil.

"The excitement infected me. A spring of strength somewhere inside me began to bubble. I felt fine, in high spirits. The jump sector was ideal, the sky cloudless, the air clear, and, most important, 100,000 pairs of eyes were riveted on me. A combination like that makes it easy to set a new high. I made 'seven and five.'

"John Thomas, who performed in Moscow two years ago, knows that our fans are just as enthusiastic and full of life as the Americans, that they'd like every contender to take top place.

"I'm a little tired of answering the question about whether it's possible to clear 7'6 $\frac{1}{2}$ ". I'll say again that it can be done, but I don't say that I'll be the one to do it. I don't want to be that immodest, but like any other athlete I'm trying for a better record all the time. High jumpers are putting up a tough battle for every fraction of an inch."

PYOTR BOLOTNIKOV, world record holder in the 10,000 meters: "I don't think I'll ever forget what happened on the first day of the Philadelphia meeting. The runners in the 10,000 meters had not yet passed the midway mark when Robert Soth suddenly sprinted wildly ahead of the rest of the field. Our Hubert Parnakivi gave chase and caught up with Soth past the 6000 meter mark. This premature spurt in the intolerable heat sapped the strength of both men. A mile from the tape Soth slowed up, staggered, turned around for some reason, and then fell flat on his back. The poor chap was unconscious when they carried him off the field on a stretcher.

"It was the first time I ever saw anything like that happen, and I hope the last. Parnakivi was also on the verge of collapse when he staggered over the line.

"The reason for this dramatic episode, I think, was that at that time the Americans had no long-distance runners of world-competition caliber. They thought that by sacrificing Soth they could wear down the opposition and give Max Truex, the other U.S. candidate, a chance to win.

"Ordinarily a sacrifice is fine, but in this case it was a gamble that called not only for super-human self-control, but for speed, endurance and all-round physical conditioning--all of which the U.S. long-distance runners were short of at the time.

"I've said all this to show that my American competitors have learned a lot from this sad lesson. Their standards are noticeably higher now, especially in the 5000 meters. Last year Jim Beatty cut the national record down to 13:45, or 5.6 seconds better than my best in 1962. And Max Truex once during that season covered 12 $\frac{1}{2}$ laps one second faster than I did."

GAVRILL KOROBKOV, head coach of USSR: "I believe that Palo Alto meet was the best of those held between the two countries to date. A great deal of credit for this should go to Payton Jordan, a fine fellow and one of the world's best track experts. He told me frankly that he had set himself the task of making up for the somewhat poorly organized Philadelphia meet. Payton coped with the task handsomely.

"U.S. coach John Oelkers impressed me very much, an easy man to talk to and an all-round fine fellow. We quickly found a common language and got along very well all the time.

"When the chief judge, Cap Haralson, tossed a half dollar for "heads" or "tails" to see which team would start, John said to me: 'Honestly, I'd like to see that half dollar land on its edge.'

"An hour before the opening event Elkers came into my room, handed me a little box, wished me luck, and left. Inside the box was a half dollar standing on its edge and a card that said: 'May it go like this. John Oelkers.'

"It really did go like that. Both sides chalked up world records and team honors were split, the men taking them for the United States; and the women, for the USSR. It was only a margin of four points in the team score, gained by our side at the very end of the contest, that pushed the half dollar down.

"I would like to mention the friendly comments in most of the U.S. newspapers on our last appearance. In his article in the Palo Alto Times, headed 'Olympic Spirit Prevails at Stanford,' Dink Templeton described the friendly atmosphere of the competition between the best athletes of the countries. He expressed the hope that the atmosphere would be friendly at the fifth meeting in Moscow, the sixth in the U.S. and all subsequent meetings."

History of the Pole Vault

by Ray Kring

Track Coach, Pittsburg (Calif.) High School

THE 13 FOOT VAULT

1912 to 1914

Two new names made their appearance on the pole vault scene during the year 1912, and with them began a new age in the history of the pole vault; the era of the 13 foot vault. One of the two men was Robert Gardner of Yale University, who on June 1, 1912 startled the world at the intercollegiates by sailing over the cross bar placed at 13' 1". This vault wiped out Scott's world standard of 12' 10 3/16" set two years earlier. Exactly one week after Gardner's feat, the second of the two men, Marc S. Wright of Dartmouth College, cleared 13' 2 $\frac{1}{4}$ " at the Eastern Olympic tryouts at Cambridge, Massachusetts. Wright's mark was to stand as the world record for the next seven years.

The big international competition of 1912 was the V Olympiad held at Stockholm, Sweden. And the big star of the Games was the American Indian, Jim Thorpe. His performance in winning the pentathlon and decathlon so startled the world that it prompted King Gustav V of Sweden to say to Thorpe, "Sir, you are the greatest athlete in the world." To which Thorpe simply replied, "Thanks, King." Thorpe's marks were never recorded in the record book, however, in as much as he was declared a professional upon his return to the United States.

The first three places in the pole vault at Stockholm were won by Americans. Harry S. Babcock set a new Olympic record with a leap of 12' 11 $\frac{1}{2}$ ". All six place winners broke the old record of 12' 2". Second place went to Frank Nelson at 12' 7 $\frac{5}{8}$ ", and third to Wright, the new world record holder, also at 12' 7 $\frac{5}{8}$ ". W. Happenny of Canada was fourth at 12' 5 $\frac{5}{8}$ ". D. Murphy of the United States was fifth at 12' 5 $\frac{5}{8}$ ", and Bertill Uggla of the host country, Sweden, was sixth, also at 12' 5 $\frac{5}{8}$ ".

The best vaulter on the Pacific Coast during the Olympic year of 1912 was Samuel H. Bellah the former Stanford captain, who competed for the Multnomah A.C. of Portland, Oregon. Bellah won the Pacific coast Olympic tryouts at 12' 9 $\frac{5}{8}$ ". This mark was the fourth best in the world that year.

Another name was added to the list of 13 foot pole vaulters during the season of 1913. Samuel B. Wagoner of the Missouri A.C. won the National AAU Championships with a new AAU record of 13 feet even. T. Fiske, of Princeton, was the best college vaulter of 1913, winning the IC4A with a vault of 12' 8".

The fourth best mark of 1913 belonged to a young man from Southern California. Charles Borgstrom, a student at the Univ-
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ersity of Southern California Preparatory School, won the Pacific Coast Interscholastic meet with a leap of 12' 6 1/16". Borgstrom was one of the biggest men to ever vault, standing 6' 4" in height and very powerful.

The year 1914 will be remembered as the year that the world was wracked with war. Although the European war had little effect on athletic standards in the United States, the performances were not up to the marks of the previous few years. There were no 13 foot vaults made during 1914. The best height was made by Borgstrom of the University of Southern California. Borgstrom was ineligible to compete in the Pacific Coast Conference meet, or PCC meet as it had come to be known; however, after the meet was over he cleared 12' 7". He was also named the All-American vaulter of the year by the AAU. Marc Wright, the world record holder competing for the Boston A. A., had a best that year of 12' 6". Two vaulters from Cornell each cleared 12' 4 1/2". They were Howie Fritz, and A. L. Milton.

Quotable Quotes from the Past

JIM KELLY, in 2-25-58 TN: "Within the next few years I believe we shall see 45.0 broken for the quarter-mile, 1:45.0 for the half, 200-feet for the discus, 3:50.0 for the mile, 16-feet in the vault, and 7'6" in the high jump, though much further away appears certain. When a sprinter comes along with the fantastic starting ability, plus the leg speed and smoothness of a Jesse Owens, Bobby Morrow, or Leamon King, we shall see the 100 yards run in nine-seconds. And come he will, one day."

Five years later the world records for these events are: 44.9 (440), 1:45.1 (880), 205'0 1/2" (discus), 3:54.4 (mile), 16'8 3/4" (pole vault), 7'5 3/4" (high jump), and 9.1 (100).

JANUSZ PIEWCEWICZ, Poland, in 9-7-54 TN: "After two wars, Poland is working hard to regain a place in international track. First-class coaching has been going on for the last three years. It aims at attaining a widely spread athletic achievement. When this is reached the ripest and most talented boys will be picked out and given further training on a higher level."

DON JACOBS, Tigard, Ore., in December 1957 T&FN: "It looks like the U.S. is going for cross country and that is good as it will mean better distance men who can compete to advantage internationally."

JOE GALLI, Australia, in 2-6-57 TN: "Herb Elliott is the goods. No doubt, or so it looks. The boy looks the class. That is, he's got it. Now everything depends on his own approach to it, to his remaining in Melbourne, and sticking with Cerutti. The foot still worries Elliott a bit. I feel sure, though, that now he could run under 4:04. He looks the type that can take the racing. There is plenty of time, and Cerutti is keen to keep the brakes on awhile."

Elliott's best mark in 1957 was 4:00.4. In 1958 he ran 3:54.5.

HUGH GARDNER, Indianapolis, in 2-6-57 TN: "In the walks for the 1960 Olympics I pick Eijmyjwnci and Wkchneoz-- in other words, I don't try it."

HOWARD SHICK, Peoria, Illinois, in 8-13-57 TN: "Leo Johnson, Illinois coach, is said to be ready to retire as soon as he wins the Big Ten again. From the looks of this year's frosh he won't have to wait too many years. Heading the frosh list, of course, is Jim Bowers. Others include Jamaicans George Kerr and Ernie Haisley, John Lattimore, Ted Beastall and Norman Ehlers, and there are others. If all the boys stay eligible the Illini could challenge Indiana next season."

Illinois won the Big Ten title outdoors in 1958, 1959, and 1960 (the varsity years of this group) and indoors in 1958. Johnson is still the coach.

LASZLO TABORI, miler, in March 1957 T&FN: "The best performance possible in the mile under present coaching methods is 3:55.8. Any of several good milers could do it. What would be needed more than anything is perfect circumstances. I think the four minutes mile is possible indoors, but I have what might sound like a strange theory on how it could be done. I think the fellow who wants to try it should run indoors in the summer, when he is in better condition than is possible to attain during the cold indoor season."

BUD HELD, javelin thrower, in 9-21-54 TN: "In addition to the javelin with which I broke the world record in 1953 I have two others I am experimenting with. They are both hollow. One is of Japanese Ash, with the tail a little larger and a bulge forward. The second is of gum, and is 1 3/4" in diameter, as compared with the usual one-inch. I believe these javelins should go farther than the orthodox javelin, but I can't prove my theories because so far I haven't thrown them as far."

Cawley, Jones Guides for Michigan

by Bob Briner

(Ed: Readers are invited to submit articles concerning track and field in their state.)

Michigan, long noted as a producer of automobiles, a land of lakes and on the sport scene for football, at last is beginning to flex its track and field muscle. This is not to say that the Wolverine state is challenging the position of California and Texas in the hierarchy of track states, but progress is being made.

This progress is reflected in the times and distances being recorded by Michigan high school runners. A 4:13.2 mile, a 1:53.3 half and a 6'7 1/2" high jump are representative of the new era in the state's high school track program. The fact that nine new high school records were set in the state meet is also indicative of this.

What are the factors which precipitate a renaissance in a state's track program? As far as Michigan is concerned there are many. Undoubtedly one of the most important is the success of the state's two fine hurdlers, Hayes Jones and Rex Cawley. The success of these two men has spurred Michigan runners and coaches on to greater efforts in this quest for excellence.

Another contributing factor has been the growth of cross-country running. Large and small high schools alike have found that this is an inexpensive sport that does not require large numbers of participants. Almost every Saturday in the fall there are a number of big invitational cross-country meets across the state. Some for large schools, some for small and some for all classes. It is now realized that fall weather in Michigan is great for cross-country running. The growth of this sport has more than an incidental effect on the number of high school milers who have their times down to 4:25 or better.

The success on the national scene of the large state universities has helped to spur track interest and participation all over the state. Don Canham's Michigan track squad is a perennial Big Ten contender. The success of Western Michigan's Broncos has been phenomenal under Coach George Dales. Fran Dittrich's Michigan State runners continue to uphold their national reputation especially in distance running.

The coverage of track by the Detroit News, a paper with state-wide circulation, is a contributing factor in the growth of the cinder sport in the state. One of the state's outstanding high school coaches, Bruce Waha, compiles a weekly honor roll of high school track and field. This honor roll lists the boys (or teams in the case of relays) with the ten best performances in the state in each event. The News publishes this listing each Saturday of the track season. Track fans throughout the state look forward each week to Saturday's edition of the Detroit paper.

The aggressive high school coaches (Coach Waha is a good example) deserve much of the credit for the progress track is making in the state. These men are building the kind of program which will result in more men the caliber of Hayes Jones and Rex Cawley.

Finally, the track facilities in the state are constantly improving. There are a number of new all-weather tracks in existence and many more are being planned. The increase in the number of indoor facilities, while slower, is nonetheless encouraging.

For these and many other reasons Michigan is enjoying an exciting growing period in track and field. The Michigan men who are interested in the sport are by no means satisfied and will continue to work for further advancements.

Profiles of Champions

ARTHUR ROWE, (Great Britain) shot put, 6'1 3/4", 220 pounds, born August 17, 1936, Barnsley, England. Blacksmith.

1955	19	42'	12.80m
1956	20	51'7"	15.72m
1957	21	55'7"	16.94m
1958	22	58'11"	17.96m
1959	23	61'	18.59m
1960	24	62'8 1/2"	19.11m
1961	25	64'2"	19.56m
1962	26	64'3"	19.58m

Although criticized for failing to qualify for the final in the 1960 Olympic Games, he was generally a good competitor, being Europe's top ranked shot putter for five years and European Champion in 1958. He also won the British Empire Games title in 1958. He has held the European shot record since 1959 and climaxed his career with a 64'3" on July 24, 1962. Less than 24 hours later he ended his amateur career by signing a professional rugby contract. His best discus throw was 143'1". World Ranking: 1958, fifth; 1959 fifth; 1960, fifth; 1961, second; 1962, third.