

# TRACK NEWSLETTER

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## Gerry Just Keeps Improving: 8:40.0

San Francisco, Feb. 15--What would Gerry Lindgren have done if he had been healthy?

For seven days prior to the San Francisco Golden Gate Invitational Gerry took penicillin shots for a bad cold and sore throat. But he hardly looked sick when he quickly assumed the lead in the two-mile that included Australian world record holder Ron Clarke and Canadian Chris Williamson. He sped past the quarter in 61.7, followed by a 64.7 and a 66.3. When this Rogers High School (Spokane, Wash.) senior came by the mile in 4:19.7 the 13,217 spectators jumped to their feet. Lindgren continued to lead Clarke and Williamson by a tenth through the mile and a quarter. The Canadian dropped back slightly. Despite repeated efforts by Clarke to help Lindgren with the pace, Gerry held the lead until approximately three and a half laps remained on the 160-yard lap track. Clarke charged by and led Gerry by three tenths at the last quarter post.

Clarke eventually posted his best indoor effort in three starts by winning in 8:36.9. The big news was that 17-year-old Lindgren ran 8:40.0, six seconds faster than his performance on Jan. 18, 20 seconds faster than Dec. 27, and 44 seconds faster than his best outdoor effort. So sensational is his 8:40.0 that it is 4.6 seconds faster than any US citizen ran the event outdoors last year. And he has never been beaten by a US citizen, either indoors or outdoors, at two-miles.

Both the third and fourth place marks were overlooked in the excitement. Williamson finished third in 8:47.6 and Jeff Fishback, despite having layed off for a week because of an injury, ran 8:56.4. Both athletes ran their life-time best at the distance.

Fast improving Darel Newman scored a convincing victory over Herb Carper in the 60, winning by a tenth in 6.1. Charles Craig of Fresno State easily won the triple jump with a good US indoor mark of 50'4". Jeff Chase cleared 16-feet for the third time this winter season, winning the vault at 16'1½" to become a strong candidate for the Olympic team. Morgan Groth outspurred Ben Tucker in a 4:07.9 mile. Jim Beatty, handicapped by lack of conditioning resulting from the foot injury last November, lost his first indoor race in four years as he finished third in the mile at 4:13.4. Canadian Hylke van der Wal again hitch-hiked to the West Coast from his home in Ontario to record a world's best in the mile steeplechase at 4:25.5. Oregon State's Norm Hoffman tried to steal the 880 from Bill Crothers by jumping the Canadian with less than two laps to go and building a sizeable lead of seven yards. Crothers speed was too great, as he powered past Hoffman to beat him by five tenths in 1:54.2. The leaders came by the quarter in 60.7; Crothers was a tenth back.

60, Newman (Fresno St) 6.1; 2. Carper 6.2; 3. Gilbert 6.2; 4. Questad 6.2.

440, Webster 49.9; 2. Kerr 50.3; 3. Plummer 50.3.  
880, Crothers 1:54.2; 2. Hoffman 1:54.7; 3. Ohlemann 1:56.0.  
1 Mile, Groth 4:07.9; 2. Tucker (San Jose St) 4:09.3; 3. Beatty 4:13.4; 4. Dotson 4:29.8.

2 Mile, Clarke 8:36.9; 2. Lindgren 8:40.0; 3. Williamson 8:47.6; 4. Fishback 8:56.4; 5. Morgan 9:02.3.  
60HH, Lindgren 7.2; 2. Andrews (Long Beach St) 7.4; 3. Nickolas (Fresno St) 7.4; 4. Gairdner (Canada) 7.4.

Mile Steeplechase, van der Wal (Canada) 4:25.5 (best on record);  
2. Davis 4:36.4; 3. Johnson (Stanford) 4:37.8; 4. Oakley 4:43.0.

Mile R, Striders (W. Williams 51.8, Carr 49.4, Hogan 49.9, Webster 49.2) 3:20.3; 2. San Jose State 3:23.9.

Weight Man's 60, Hodge 6.6.  
HJ, Sneazwell (Australia) 6'10"; 2. Burrell (LA Valley JC) 6'10";  
3. tie between Stuber (Oregon) and Johnson (Cal) 6'10"; 5. Faust 6'10".  
PV, Chase 16'1½"; 2. Morris 15'8"; 3. White (Stanford Grad) 15'4".

BJ, Shinnick (Washington) 23'10¾".  
TJ, Craig (Fresno St) 50'4"; 2. Danna (San Jose CC) 47'3"; 3. Bond (San Jose St) 47'2¼".

SP, O'Brien 61'6½"; 2. Silvester 59'½"; 3. Steen 58'5"; 4. Kelso 58'1¾".

## O'Hara's 3:56.6 Obliterates Indoor Mark

by Mike Lester

New York City, Feb. 13--Tom O'Hara put on one of the most stunning performances ever witnessed at an indoor track meet to overshadow several other fine efforts and provide the individual highlight of the New York Athletic Club Games.

The Loyola of Chicago senior, whose best previous time in the mile was a runner-up 3:56.9 clocking recorded in the outdoor national AAU meet last June, covered the 11 laps on the Madison Square Garden oval in 3:56.6 to clip two full seconds from Jim Beatty's indoor record, made in this same race last winter. Beatty, sidelined by a foot injury since November, fired the gun to start the five-man field in the Baxter mile.

O'Hara was content to trail his opposition in the early going and passed the quarter-mile post in fifth place in 60.0, seven-tenths behind the leader, NYAC rabbit John Kopil. When John Camien took over the lead on the next lap, O'Hara moved up into second place and followed Camien through the half in 2:01.3. Realizing a record was within his reach, the 21-year-old redhead raced into the lead with three laps remaining and never eased up until he had snapped the tape, with a final 440 in 55.0. Camien gamely tried to follow O'Hara, but the fast pace had taken its toll, and he finished a distant second in 4:06.9.

Bob Hayes atoned for his mediocre showing in the Millrose Games by equalling the indoor record of 6.0 for the fourth time this season. Off to a good start in the final, the Florida A&M ace gave another impressive demonstration of his tremendous acceleration to leave Gerry Ashworth and Sam Perry five feet behind.

Canada's sensational pair of Olympic hopefuls, Bruce Kidd and Bill Crothers, won as expected, but their combined margin of victory was only three feet. Missouri's Robin Lingle held off Crothers for most of the final lap in the 880 and the bespectacled Canadian just barely managed to inch ahead in the closing yards to record a 1:50.8.

Kidd, who has never been beaten in an indoor race in New York, notched his eighth straight victory on this track since 1961 by edging Bob Schul in the two-miles by two feet in 8:42.6. Schul was caught in 8:42.8 and Ron Clarke, who had set the pace most of the way, placed third in 8:43.8.

Little Iona College of New Rochelle, NY, won the fastest two-mile relay of the night in 7:32.8 with a team composed of three sophomores and a junior to nip Seton Hall by two-tenths of a second. St. John's, sparked by Tom Farrell's second-leg effort of 48.1, clocked 3:17.1 to take the fast-time honors in the mile relay from Morgan State, which won another section in 3:18.5.

Low Hoyt handed John Thomas his first defeat of the indoor season and established a personal record of 7'1" to win the high jump, and Gary Gubner broke the 63-foot barrier for the first time in 1964 to win the shot put by over four feet from Randy Matson and Dick Crane, with a toss of 63'2½".

60, Hayes 6.0; 2. Ashworth (Boston AA); 3. Perry (Fordham); 4. Pender (US Army).

440, Mottley (Yale) 48.3; 2. Mays 48.7; 3. Stauffer 49.0; 4. Saddler 49.1.

500, Luck 57.0; 2. Boyle (Notre Dame) 57.2; 3. Buchta 57.3.

880, Crothers 1:50.8; 2. Lingle (Missouri) 1:50.9; 3. Carroll (Villanova) 1:51.0; 4. Duchini (Georgetown) 1:51.7.

1 Mile, O'Hara 3:56.6 (World indoor record); 2. Camien (Emporia St) 4:06.9; 3. Bianchi (Italy) 4:12.6.

2 Mile, Kidd 8:42.6; 2. Schul 8:42.8; 3. Clarke 8:43.8; 4. Clohessy 8:50.8.

60HH, Hicks 7.3; 2. Rogers; 3. Davis (Mary St); 4. Bethea. Mile R, St. John's 3:17.1.

2 Mile R, Iona College 7:32.8.

HJ, Hoyt (So Cal) 7'1"; 2. Thomas 6'11"; 3. Sneazwell 6'11"; 4. Hicks 6'9".

PV, Uelses 16'1¼"; 2. Cruz (Vill) 15'8"; 3. Tork 15'2"; 4. Lesek 15'2"; 5. Murray (US Marines) 15'2".

SP, Gubner 63'2½"; 2. Matson (Texas A&M) 59'1¾"; 3. Crane 58'2"; 4. Wallin (Northeastern) 58'1½".

## National News

**MICHIGAN RELAYS**, Jan. 31: 60, Moreland (Mich St) 6.2. 2MR, Western Michigan 7:42.1; 2. Michigan 7:42.4; 3. Miami, O 7:43.2.

**PITTSBURG STATE, WICHITA, KANSAS**, Feb. 1: HJ, Twiss and Smith (Kan) 6'8 $\frac{1}{2}$ ". PV, Manning (Kan) 15'0".

**ARMY 60, PENN STATE 49**, West Point, Feb. 1: 600, Jenkins 1:12.8. PV, Plymale (A) 15'7". 35 lb Wt., Schillo (A) 55'9 $\frac{3}{4}$ ".

**YALE 60, DARTMOUTH 45**, Feb. 1: 35 lb. Wt., Cahners (D) 55'1 $\frac{1}{2}$ ".

**MINNESOTA 67, NORTHWESTERN 47**, Minneapolis, Feb. 1: 440, Thomas (N) 49.8; 2. Uplinger (M) 50.1; 3. Fleming (M) 50.5.

**MISSOURI 87, INDIANA 53, NORTHWESTERN 22**, Feb. 7: 440, Thomas (N) 50.3; 2. Walker (I) 50.4. HJ, Tunnell (M) 6'9". 300, Pope (I) 31.6; 2. Beldner (M) 31.9; 3. Thomas (N) 32.0. Mile R, Indiana 3:20.9.

**BROWN 62, YALE 48, PENN 27**, New Haven, Feb. 8: 600, Mottley (Y) (Yale record) 1:09.4.

**OKLAHOMA FEDERATION**, Norman, Okla., Feb. 8: 60, Jackson (Okla) 6.2. HJ, Brady (Okla) 6'10".

**NAVY 75 $\frac{1}{2}$ , PITT 33 $\frac{1}{2}$** , Annapolis, Feb. 8: 60HH, Gray (N) 7.4. SP, Berkowitz (N) 59'3". 35 lb Wt., Thomassy (P) 56'5"; 2. Gleeson (N) 55'0". Mile R, Navy 3:20.8.

**NORTHWEST OPEN**, Minneapolis, Feb. 8: 300, McLaren (NDakota St) 31.9. 440, Uplinger (Un) 50.4. SP, Yost (NYAC) 57'8".

**ARMY 82, PITTSBURGH 37, RUTGERS 18**, West Point, Jan. 25: 600, Jenkins (A) 1:12/8. Mile R, Pittsburgh 3:19.4. PV, Plymale (A) 15'5 $\frac{1}{4}$ ". 35 lb Wt., Schillo (A) 55'3".

**MANHATTAN 66, NAVY 43**, Annapolis, Feb. 1: 600, McArdle (M) 1:11.0. SP, Berkowitz (N) 56'8 $\frac{1}{2}$ ". Mile R, Manhattan (Pisanti) 50.3, Kozicki 49.2, Warren 48.5, McArdle 47.6) 3:15.6; 2. Navy 3:19.2.

**PRINCETON 76, SETON HALL 33**, Lawrenceville, NJ, Feb. 1: 60, Ball (P) 6.2. HJ, Hartnett (P) 6'8".

**NOTRE DAME 55, INDIANA 39, PURDUE 35**, Notre Dame, Feb. 1: 60, Adams (P) 6.1 (also 6.1 in heat). 440, Boyle (ND) 48.7; 2. Fugate (P) 49.4; 3. Brooks (I) 50.2; 4. Sneed (P) 50.4. Mile, Clark (ND) 4:10.7. 60HH, Whitehouse 7.4. Mile R, Purdue 3:18.8; 2. Indiana 3:19.5.

**ARMY, CORNELL**, West Point, Feb. 8: 600, Madaras (C) 1:09.8; 2. Jenkins (A) 1:11.1. 35 lb Wt., Gage (C) 56'7 $\frac{1}{2}$ "; 2. Schillo (A) 56'4 $\frac{1}{4}$ ".

**MICHIGAN STATE RELAYS**, East Lansing, Feb. 8: 60, Moreland (MS) 6.1; 2. Alverson (Cent St) 6.2; 3. Orr (Ohio) 6.2. 300, Payne (Kan St) 30.9; 2. Washington (P); 3. Peters (Mo) 31.7; 4. Burnley (Mich) 31.8. 2MileR, Missouri (Ray, Conrad, Rawson, Lingle) 7:33.3; 2. Michigan 7:39.7; 3. Drake 7:39.8. Mile R, Michigan (Jarema, Romaine, Hunter, Bernard) 3:17.9; 2. Purdue 3:19.0. BJ, Mayfield (Cent St) 24'9". SP, Schmitt (Mich) 55'5"; 2. Magrane (Drake) 55'2 $\frac{3}{4}$ ".

**NEBRASKA, OKLAHOMA STATE**, Feb. 8: McCloughan (N) 6.2. 440, Crook (N) 49.6. 600, Gebo (N) 1:11.3. 60HH, Moore (N) 7.4. HJ, Lavery (O) 6'7". Frosh 60, Green (N) 6.1.

**OHIO STATE 91 $\frac{1}{2}$ , BOWLING GREEN 43 $\frac{1}{2}$ , KENTUCKY**, Columbus, Ohio, Feb. 8: 300, Cox (K) 31.3. 600, Arthur (K) 1:12.5.

**SOUTHEASTERN FEDERATION**, Chattanooga: SP, Cohen (un) 55'0"; 2. Williams (Fla St) 54'10". 60, Tompson (Furman) 6.2. Heat, Thrift (Tenn Fr) 6.2.

**DRAKE 80, IOWA STATE 57, SOUTH DAKOTA 14**, Des Moines, Feb. 5: SP, Magrane (D) 55'4 $\frac{1}{4}$ ".

**DUAL**, Omaha, Feb. 6: 60, Williams (Omaha) 6.0 (EWR).

**HARVARD 76, DARTMOUTH 33**, Hanover, NH, Feb. 7: 2MileR, Harvard (Crane, Chiappa, Ogden, Meehan) 7:47.1. 35 lb. Wt., Croasdale (H) 59'1 $\frac{1}{2}$ ".

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## Bulletin Board

Next Newsletters mailed March 4 and 18, April 1 and 15, May 6 and 27, June 10 and 24, July 8 and 22.

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## Crothers Falls, Loses 35 Yards, Almost Wins

Los Angeles, Feb. 8--The fifth annual Los Angeles Times Invitational produced a host of good marks but generally lacked competitive excitement. The one notable exception was in the 1000-yard race. And Bill Crothers' performance in that race would have been a highlight of most any meet.

Facing a good field, Crothers decided to hang back in fourth as San Jose State's sophomore John Garrison led through the quarter in 55.1. The pace continued at the same tempo until Crothers decided to make his move with about 370 yards to go. He charged ahead with quick acceleration only to come in contact with someone's heel and go sprawling. Before he could get up and decide whether to continue he had lost 35 yards on the leaders. But move he did. He passed everyone in the field except Jim Dupree, whom he lost to by a whisker. Both were timed in 2:11.9.

History's second and third highest high jumpers met for the first time tonight. John Thomas, the rededicated American, cleared seven-feet for the sixth time in seven indoor meets this season and eventually made 7'1 $\frac{1}{4}$ ", which was good enough to beat Australia's Tony Sneazwell by one inch.

Only 11 inches separated the first three finishers in the shot put. Dallas Long, who hit 60-feet or better on his first five puts, captured the event with a mark of 62'4 $\frac{1}{2}$ ", just a quarter of an inch better than Gary Gubner. Parry O'Brien managed 61'5 $\frac{1}{2}$ ".

Australian long distance world record holder Ron Clarke encountered rhythm problems in his initial performances on the boards. Stepping down to the two-mile, Clarke led the field through six quarters, passing the mile in 4:21.1. Midway through the seventh quarter Bob Schul spurt past Clarke and held the short lead to the tape. Schul was caught in 8:42.2 with Clarke six-tenths back.

In other action, Bob Hayes equalled the world 60-yard dash record of 6.0 for the third meet this winter. Tom O'Hara beat Jim Grelle in the mile, 4:07.0 to 4:08.4, Hayes raced to his 52nd consecutive high hurdle victory with a 7.2 clocking in the 60 highs (although he was timed in 7.0 during a heat), Mel Hein cleared 16-feet for the first time and beat four other 16-footers with a mark of 16'3 $\frac{3}{4}$ ", and Ralph Boston edged Wellsley Clayton in the broad jump, 25'7 $\frac{1}{2}$ " to 25'4 $\frac{3}{4}$ ".

60, Hayes 6.0 (EWR); 2. Dunn (US Army) 6.1; 3. Newman (Fresno St) 6.1. Heats, Hayes, Newman 6.1; Gilbert, Winder, Dunn 6.2; Carper 6.3.

500, Williams 58.2; 2. Webster 58.5; 3. Cawley 58.6. 600, G. Kerr 1:11.1; 2. Luck 1:11.4; 3. R. Kerr 1:11.5. 1000, Dupree 2:11.9; 2. Crothers 2:11.9; 3. Garrison (San Jose State) 2:12.4.

Mile, O'Hara 4:07.0; 2. Grelle 4:08.4; 3. Tucker (San Jose St) 4:10.8.

2Mile, Schul (Miami, O) 8:42.2; 2. Clarke 8:42.6; 3. Larriett 8:45.2; 4. Marin 9:00.8; 5. Hughes 9:01.1.

60HH, Jones 7.2; 2. Andrews (Long Beach St) 7.3; 3. Nickolas (Fresno St) 7.4. Heats, Jones 7.0; Nickolas 7.2; Lindgren, Andrews 7.4.

MileR, Pendleton Marines (Edmunds) 50.0, Hershey 50.3, Winder 50.0, Metzgar 49.8) 3:19.9; 2. Striders 3:21.7.

2MileR, Oregon State (Mewett, Colpitts, Baker, Underwood) 7:38.0; 2. Southern California 7:42.4; 3. Long Beach State 7:47.4.

HJ, Thomas 7'1 $\frac{1}{4}$ "; 2. Sneazwell 7'1 $\frac{1}{4}$ "; 3. Hoyt 6'10"; 4. Johnson 6'8"; 5. Burrell 6'8"; 6. Faust 6'8".

PV, Hein (Striders) 16'3 $\frac{3}{4}$ "; 2. Morris 16'3 $\frac{3}{4}$ "; 3. Ankio 15'8"; 4. tie between Rose and Tork 15'0".

BJ, Boston 25'7 $\frac{1}{2}$ "; 2. Clayton (So Cal) 25'4 $\frac{3}{4}$ "; 3. Stenius (LA St) 24'8 $\frac{1}{2}$ ".

SP, Long 62'4 $\frac{1}{2}$ "; 2. Gubner (NYU) 62'4 $\frac{1}{2}$ "; 3. O'Brien 61'5 $\frac{1}{2}$ "; 4. Kelso (San Jose St) 58'10 $\frac{1}{2}$ "; 5. Silvester 57'3"; 6. Kohler 56'10 $\frac{1}{2}$ ".

## Foster in Record Equalling 6.0

Lubbock, Texas, Feb. 3--Billy Foster, a junior at Southern Methodist, swept to a record equalling 60-yard dash effort at the third annual Lubbock Indoor Meet. He became the seventh athlete to run 6.0.

Ralph Boston won three events to win the Athlete of the Meet Trophy. He bagged the 60-yard highs in 7.2, the broad jump at 25'7", and the high jump at 6'8".

Texas A&M freshman Randy Matson got off the best shot put effort indoors in Texas with a 60'3 $\frac{3}{4}$ " mark. It was his second best shot put ever, trailing only his 60'6" toss outdoors last spring.

60, Foster (SMU) 6.0 (EWR); 2. Watson (Okla) 6.3; 3. Maloc (Houston) 6.3; 4. Cunningham (Tex Tech) 6.3. 60HH, Boston 7.3; 2. Hewitt (Okla) 7.3; 3. Biffle (Tex Tech) 7.3; 4. Tier (Okla St) 7.3. HJ, Thomas 6'8"; BJ, Boston 25'7"; 2. Miller 25'1 $\frac{1}{2}$ "; 3. Watson (Okla) 23'10 $\frac{3}{4}$ ". SP, Matson (Tex A&M) 60'3 $\frac{3}{4}$ "; 2. Roberts (Tex A&M) 59'3 $\frac{3}{4}$ "; 3. Orrell (ACC) 56'3"; 4. Lancaster 54'1 $\frac{1}{4}$ ".

## Traynor Tops International Field

Philadelphia, Feb. 7--Pat Traynor, indicating that he is ready for a big Olympic year, turned to the two-mile and beat an international field in 8:52.6 to pull the biggest upset of the 20th annual Philadelphia Inquirer Games.

The first five finished within four seconds of one another. Pat Clohessy bagged second in 8:53.4, followed by Tom O'Riordan in 8:55.4.

John Uelses and Rolando Cruz both pole vaulted 16'1" but the La Salle student was given the victory. Uelses had no misses on his way to the winning height.

Noel Carroll edged John Dunkelberg in the 1000, 2:09.7 to 2:09.9. Dunkelberg assumed the lead with less than a quarter-mile to go. With about 300 yards to go, Carroll, the favorite, broke out of the pack and caught Dunkelberg with 15 yards remaining.

Other highlights included a 5.250 by Mel Pender, a 6.0 in the 50 highs by Roy Hicks, and a 6'11" high jump by triple jumper Grant Krow for second place behind Stig Pettersson.

50, Pender 5.2; 2. Jackson (Morgan St); 3. Johnson; 4. Rush. 440, Mays 49.7; 2. Toomey 50.0. 600, Stauffer 1:12.5. 1000, Carroll (Vill) 2:09.7; 2. Dunkelberg 2:09.9; 3. Duchini (Georgetown) 2:09.9; 4. Buchta 2:10.6; 5. McCleane (Ireland) 2:10.6. Mile, Leps (Toronto) 4:09.0; 2. McNeal (Kansas St) 4:11.3. 2 Mile, Traynor 8:52.6; 2. Clohessy 8:53.4; 3. O'Riordan (Ireland) 8:55.4; 4. McArdle 8:55.8; 5. Young 9:56.6. 50HH, Hicks 6.0; 2. Gilbert; 3. Rogers; 4. Green. Mile R, Morgan State (Moore, Bagley, Brown, Lee) 3:19.5; 2. Villanova 3:19.9; 3. Manhattan 3:20.2. 2 Mile R, Seton Hall (Andrews, Hennessey, Germann, Germann) 7:38.2; 2. St. John's 7:44.2; 3. Iona 7:45.5.

HJ, Pettersson (Sweden) 6'11"; 2. Krow (Delaware Val AA) 6'11". PV, Uelses (La Salle) 16'1"; 2. Cruz (Vill) 16'1"; 3. Wadsworth 15'1"; 4. Meyers 15'0". SP, Crane 59'3 $\frac{3}{4}$ "; 2. Kurnik (Vill) 55'3 $\frac{1}{2}$ ". 35 lb Wt., Brown (Columbia) 54'1".

## Matson Improves Personal Mark to 61'6 1-4

Ft. Worth, Texas, Feb. 8--Randy Matson became the eighth best indoor shot putter in world history at the tender age of 18. His winning mark of 61'6 $\frac{1}{4}$ " came on his first put. His remaining efforts included 58'11 $\frac{3}{4}$ ", 58'11 $\frac{1}{4}$ ", 60'10 $\frac{1}{2}$ ", 60'1", and 58'2 $\frac{3}{4}$ ".

Billy Foster came within a tenth of a second of again equalling the world 6.0 record in the 60-yard dash.

60, Foster (SMU) 6.1; 2. Timmons (Houston) 6.2. 60HH, Morgan (NE La) 7.3. PV, Brattlof (Rice) 15'1 $\frac{1}{4}$ "; 2. Pemelton (ACC) 15'1 $\frac{1}{4}$ ". SP, Matson (Tex A&M Fr) 61'6 $\frac{1}{4}$ "; 2. Roberts (Tex A&M) 59'3 $\frac{3}{4}$ "; 3. Mazza (Baylor) 56'3 $\frac{3}{4}$ "; 4. Orrell (ACC) 55'11 $\frac{1}{4}$ ".

## Matson's 62'5" Ranks Him Fifth Best Ever

Dallas, Feb. 15--Texas A&M freshman Randy Matson became the fifth best indoor shot putter in indoor history with a heave of 62'5" at the Dallas Invitational.

The featured event of the evening, however, was the 60-yard dash where Southern Methodist teammates, John Roderick and Billy Foster, met. Foster, a junior, had run a record equalling 6.0 less than two weeks before tonight. Roderick was the Southwest Conference freshman sprint champion outdoors last year. At the tape both runners were clocked in 6.1 but Roderick was given the nod.

60, Roderick (SMU) 6.1; 2. Foster (SMU) 6.1. 300, Bankhead (SMU Fr) 32.0. BJ, Miller (unat) 25'1 $\frac{1}{4}$ ". SP, Matson (Tex A&M) 62'5"; 2. Roberts (Tex A&M) 59'9"; 3. Mazza (Baylor) 57'7 $\frac{3}{4}$ "; 4. Orrell (ACC) 56'8 $\frac{1}{2}$ ".

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METROPOLITAN INDOOR CHAMPIONSHIPS, New York City, Feb. 14 & 15: 600, Farrell (St John's) 1:11.9. SP, Gubner 59'0". MASON-DIXON GAMES, Louisville, Feb. 15: 70, Hayes 6.9. 880, Cornell (So III) 1:50.9. Mile, Camien (Kan St) 4:01.9. HJ, Thomas 6'10". PV, Cruz (Vill) 15'9 $\frac{3}{4}$ ". BJ, Boston 25'10". 70HH, Hicks (US Army) 8.1.

PRINCETON 68, RUTGERS 41, Lawrenceville, NJ, Feb. 8: 600, Hitzrot (P) 1:12.4. 1000, O'Keefe (P) 2:11.2. HJ, Hartnett (P) 6'8".

BROWN 68, BOSTON COLLEGE 31, Providence, RI, Feb. 11: 600, Gilvey (BC) 1:12.5. 35 lb Wt., Fiore (BC) 54'4".

MAINE 93, BOSTON UNIVERSITY 20, Orono, Feb. 8: Mile, Williamson (New Brunswick) 4:09.0. 35 lb Wt., Nason (M) 57'8 $\frac{1}{2}$ ".

MICHIGAN 98, INDIANA 36, NOTRE DAME 35, Ann Arbor, Feb. 14: 300, Mac Hunter (M) 31.9. 440, Boyle (ND) 48.8. 600, Bernard (M) 1:11.2. Mile R, Michigan (Romain, Jarema, Hughes, Bernard) 3:17.2. HJ, Miller (I) 6'9 $\frac{3}{4}$ ".

## Answer Please

These are the final replies to our original nine questions, which we posed in this Answer Please column.

### 1. Why are you a track nut?

**BOB ARMSTRONG**, Seattle, Washington: I've been asked that question many times and my answer always seems to be some inner feeling resulting from the training and the association with other track nuts. The best summation of this feeling was offered by Glenn Cunningham and printed in T&FN many years ago: "People can't understand why a man runs. They don't see any sport in it, argue that it lacks the sight-thrill of body contact, more raw and challenging than any man versus man competition. In track it is man against himself, the cruelest of opponents. The other runners are not the real enemies. His adversary lies deep within himself, in his ability, with brain and heart, to control and master himself and his emotions."

**BOB HERSH**, Brooklyn, New York: I feel it's in my blood, a medically unsound but nevertheless an honest statement.

### 3. Who is the fastest sprinter of all time? Why?

**ARMSTRONG**: If we go by time Bob Hayes would be the pick. But I feel that time is only relative. When I think of sprinters one man dominates my thought--Jesse Owens. We can talk of Davis, Patton, LaBeach, Sime, Morrow, and Hayes but just flash the movies of Owens on the screen. This man had something and it still inspires those who have the opportunity to see him on film or hear him speak.

### 4. Who do you think will win the Olympic 1500 meters? Why?

**MARK FARRIS**, Portland, Oregon: I think it will be either Dyrol Burleson or Peter Snell. Everyone seems to think Tom O'Hara is an Olympic threat to the gold medal. He is too young. True, he is an excellent miler but there are too many good milers. I believe the US Olympic entries will be Burleson, Cary Weisiger, and Jim Grelle. If Snell decides that he wants to win and trains toward it, he'll win; otherwise Burleson will win.

**RICHARD DEVENNEY**, Islington, Ontario: Cary Weisiger will win the gold medal.

### 6. If you could choose the US Olympic team what method would you select? Describe.

**JOHN WELLS**, Garden Grove, California: I like the system put into effect this year. However, if I were a competitor I'd prefer the old method of the trial winners representing us. I would hate to place in the trials and not get my just reward.

### 7. Do you think a prep will break four minutes this year in the mile? Why or why not?

**DEVENNEY**: Yes, Gerry Lindgren. After watching Lindgren run the 8:46 two-mile in the LA Invitational, I believe he is capable of running the sub-four minute mile. The psychological barrier is the thing holding back the young fellows, but the ability and eagerness to do more running than ever before is one of the factors that will enable Lindgren to conquer the barrier.

**FARRIS**: No, for two reasons. There aren't any capable of it and the emphasis will be on metric distances.

**HERSH**: If Lindgren made it a goal, I could see him doing it. But since I doubt if he will strive for it I don't think anyone will. Perhaps Ryan will go under Sullivan's mark.

## Wind Sprints

by George Grenier

Hospitality as handled by Ken Twigg and John Hudson at Toronto's Maple Leaf Games impressed this veteran indoor track observer. These two men knocked themselves out to accommodate the athletes. The usual procedure on the board track circuit is to oblige officialdom, and ignore the athlete. Not so in Toronto. No wonder such a battle weary performer as Hayes Jones undertook a tiring last minute four-and-a-half hour drive to fulfill his commitment to the meet after his plane was grounded.

Villanova's Jumbo Elliott commented that Toronto fans were the politest and most appreciative fans he has encountered.

Of course Toronto missed a good bet when the management did not let Noel Carroll tangle with Robin Lingle and Bill Crothers in the 1000. A misunderstanding kept the eager Carroll out of the race.

Speaking of the 1000, it should be mentioned that Ernie Cunniffe holds the American Citizen's record of 2:07.9, though Lingle has a faster non-winning time of 2:07.6.

The boards took a rough toll on Albie Thomas' feet. He really had the post meet hobbles. When Albie mentioned that he was interested in contacting some American coaches on this trip, many a coach's ear perked up.



# Track in Africa

by Walt Boehm  
Part IV

I would like to say a few words about the four day trip I made to Tripoli, Libya. I went to the American Air Force Base of Wheelus (Libya) to contact the responsible people on the base to insure participation of the USAF Base teams in basketball and any other sports in the Annual Festival of Sports in Tunis. During the visit I took time to visit the sporting installations in Tripoli. The lighted basketball outdoor macadam court was jumping with activity and in the center was an American coach, another State Department grantee coaching the Libyans in play making, fundamentals and rules. He was the head basketball Coach from Mankato State. After the basketball court there wasn't a thing in the way of installations. Libya has a very narrow strip of land, six miles at the widest, which is really habitable, along the coast. Further inland it is all desert.

The official beginning of the Tunisian Olympic training was January, 1960. The Ministry of Youth and Sports appointed me head coach with the national coach as my assistant. The 1960 Games were the first ever for this two-year-old country. The attitude was that though they were not entertaining hopes of any medals, they certainly wanted to learn as much as possible. The ministry called a meeting and informed the army leaders, federation presidents and school sports directors to select their best athletes for daily training for the next eight months. The army sent eight runners, the federations sent nine and one came from the schools. The team had 18 members in the following events: two sprinters, 3 middle distance, twelve distance and one high jumper. Four walkers were entered in the team one month before the Games. The group was equipped and assembled for an initial meeting and the Minister blasted them with threats of prison and loss of jobs if there were any discipline problems.

The training was between five different points: the municipal stadium, the Institute, Belvedere Park, Raouad Beach and the

horse track. We were furnished a big bus with chauffeur. The training at the municipal stadium was centered on interval and fractional training on the track with emphasis on diminishing the rest periods and increasing the speed and varying the distances depending on the season and level of each athlete's development. One workout often used by the middle distance, distance runners and marathoners went like this. Four men teams with the men designated A B C and D. A runs 200 meters around turn touches off B, in the meantime A returns to his starting point. B runs 200m, touches off C, B returns to his starting point. C runs 200m around turn and touches off D. C returns to his starting point. D runs 200 around turn and touches off A, D returns to his starting point and so on until someone cracks. 50 x 200 each is normal. They averaged 33 to 35 seconds. The total rest is the time the other three take to run their 200's. The 20 x 400 two men relays were also used by the runners.

Belveder was a very hilly park and we made the most of it with two hour non stop runs at vaying speeds.

Workouts at the Institute were in the gym or on the grass track. The Raouad Beach days were the most tiring. The marathoners (6) would go up the beach one hour in the soft sand and return one hour on the hard sand at varying speeds; they would reverse it on the next time out, that is one hour up the beach in the hard sand and one hour back in the soft sand. This was done barefoot by all but one. The middle distance and distance runners would mark off 300 meters on the hard sand with each 100 meter mark plainly identified; they would stride at about 16 for the first 100m, blast the second 100 at 90 percent effort and stride the last 100 easily then jog back. This training can be varied infinitely. The distance runners did the same but the next time out the same thing would be done in the soft sand over gently rolling dunes. There were not any formidable dunes in Tunisia. Running in chest deep water was for everyone when the water was not too cold. Thrashing with arms and legs in water up to the waist and chest tested one as much as dune climbing if one persisted at it for 40 to 50 seconds at full bore. Later on this workout was varied by running full-out in water only up to the calf; this forced the athletes to lift their thighs higher to allow clearance of the foot at each stride. Luckily the beaches are expansive and flat, and the tides go very high and very low. There were no suggestions during these days at Raouad beach, the athletes just followed me, then improvised on their own. They all had their turn of spills and I'll never forget the day one of the boys fell and out popped his dental bridge in the water; luckily the Mediterranean water is so clear that it was easily spotted, but there was consternation at first. This training became very popular and we went for these outings from once a week at first to three and four times when the water and weather warmed up. After the beach all would board the ragged old bus and take off the Tunis 22 kilometers 13½ miles away. The trips home were always entertaining: Arabic belly dancing and singing rocked the bus and oranges were devoured by the dozens. I always felt that if there ever came a trip back to Tunis after the beach without this uninhabited singing and dancing then I would know that we had reached the saturation point. Luckily this day didn't arrive.

Training at the horse track over barriers, ditches and fences also was popular early in the training; it had to be reduced later on for fear of injuries. Remember these kids had never been subjected to any serious training before. They only knew one thing: go out and run and keep it up until they were tired. This is okay but it takes you up the ladder only so far.

The sprinters also profited from this training but they never accepted the fact that they should try a longer distance. Times of 11.2 and 22.9 were the best they could go and 51 or 52 over 400. I used to take them on in the workouts and I tried to show them that if they would add strength, resistance and endurance they could prolong their speed over a longer distance. This sounded too much like work. I could see early on that from the point of view of international standards the marathoners were the only hope. Fortunately the Olympic rules allow entrance of one athlete per event without regard to minimums. Since the Rome Games were to be organized after five weeks of the above training a half-marathon under competitive conditions on an out and back course which was covered in one hour eight minutes. This was encouraging especially since the last home was just over two minutes behind. This test, which took place on Feb. 7, was pressed upon me by the ministry to cut the group because of mounting food costs. With only two minutes separation in the group I honestly could not recommend any eliminations and another test was planned over 32 kilometers (20 miles) for a later date. Before that date, again pressed by the ministry to reduce the group, I had to do something so I organized a unique test: 20 x 1000 meters on the track at 3:05 to 3:10 with 200 meter jog rest. We cut six men, five army and one club. (Continued on page 112)

## Crossword Puzzle Answers

These are the answers to last issue's crossword puzzle. The key to 26 and 27 Down was not included but the answers are included here.

M		Z	A	T	O	P	E	K		
A						I		I		H
T		A	U	S	T	R	A	L	I	A
H						I		B		L
I		B	I	C	K	L	E	Y	A	
A	A								I	C
S		B		S				K	N	A
		K		T	H	O	R	P	E	H
		M	A	M	O			V		A
		O			N	I	E	D	E	R
		D	R	A	K	E		O		T
		R			M	A	L			A
		I	O	C				P	A	D
		R	W		D	U	T	C	H	A
A					Y			S	N	E



Tom Robinson of the B nips Sam Perry of For and Harry Jerome of C at the Toronto Maple I Games 59-yard dash. three runners were cr with a 5.3. (Photo by Telegram)

G  
C  
R  
C  
C  
I  
S  
Y



Hayes Jones shows the of his 50th consecutive hurdle victory. He wo Maple Leap Games 50 highs in 5.9. (Photo b to Telegram)

All  
Otis  
7'0"  
but  
clea  
fala



Lindgren leads Ron  
 Iris Williamson, and  
 Andez in the San Fran-  
 cisco Gate two-mile.  
 Lindgren finished  
 in 8:36.9, while  
 Andez finished  
 8:40.0. (Photo by Ken  
 Yimm)



Officials help  
 Burrell attempt to clear  
 the bar. Burrell did  
 not clear. (Photo by Ken  
 Yimm)

## Noted with Interest

Oregon coach Bill Bowerman is an inventor, too, tells Dick Leutzinger of the Eugene Register-Guard.

Bill Bowerman is best known for his athletes who've competed in the Olympic Games (10), his sub-four-minute milers (4), his teams' almost incredible success in dual meets (68-9 won-lost record in 15 years) and his daily jogging.

But behind this facade is another Bowerman--William J. Bowerman the inventor, improviser, improver, fixer, builder--a regular please-I'd-rather-do-it-myself man.

On Jan. 25, at the Oregon Indoor Invitational track meet in Portland, two of the Oregon track coach's latest projects went on public display for the first time.

One is a standard for holding the pole vault cross bar which Bowerman describes as "slightly different than anything I've ever seen." The other is a portable foam-rubber-filled landing pit for high jumpers and pole vaulters.

The pole vault standards are built along lines similar to the goal posts used in professional football. Only the cross bar is a good distance behind the uprights instead of in front. This, says Bowerman, enhances the vaulter's chance of landing in the middle of the pit.

The National Collegiate Athletic Assn. rules committee, which sets strict specifications regarding such equipment, gave Bowerman special permission to experiment with the new apparatus in the Portland meet.

It would seem easier to place ordinary standards on each side of the landing pit, but the NCAA won't allow this. The pit must be at least 16 feet wide but the cross bar no wider than 13 feet, 1 inch.

Bowerman did not invent the foam rubber landing pits; he patterned them after those built by Port-A-Pit. Then he constructed them for a fraction of the price.

Both the high jump pit (20 x 10) and the pole vault pit (16 x 16) are larger than the minimum allowable size as an added safety measure.

The main advantage of foam rubber over wood shavings is it provides a softer landing surface for jumpers and vaulters.

Bowerman has been working on similar projects for as long as he has been coaching track.

He says inventing things is not a hobby, "...just part of my job. My hobby is devising ways of doing things better."

He has done a great deal of research and work on rubber and asphalt takeoff and running surfaces and is believed to be the first to actually use them.

He also designed and helped build portable broad jump and pole vault runways and discus and shot put rings.

Worried that his hurdlers might be injured and then become timid about skimming the tops of hurdles, he built practice hurdles which weigh only seven pounds. A canvas and-elastic strip across the top replaced the conventional wood.

Bowerman still makes shoes for his runners, the total weight of a pair being only nine ounces. "The weight of shoes is important," he says. "Multiply two or three extra ounces by the number of steps a man runs in a mile and you'll see he's lugging around quite a bit of extra weight."

The shoes are made of kid leather, elastic and spikes and are as pliable as a glove. "Most shoe manufacturers put a tongue and fancy leather decorations on their shoes," Bowerman says. "That's just added weight."

He figured that if lighter shoes could be made, so could shorts, jerseys and even the numbers runners must wear in big meets.

The shirts and shorts his runners now wear are made of such a sheer material it can be crumpled up and concealed between the hands. He is still doing research on numbers which can be stuck to the uniform like tape, rather than attached with safety pins.

For a shot putter (Dave Steen) who had unusually large hands, Bowerman obtained a large hollow iron ball and brought it up to 16 pounds by inserting buck shot.

His innovations carry over into practice, too.

His runners, who often take long treks through the hills around Eugene, wear ripple-soled shoes to prevent slipping during rainy weather. All his trackmen wear long johns rather than conventional sweat pants as Bowerman feels they contain the body heat better.

When Bowerman isn't available for timing his athletes on the track, they pace themselves by a large clock, which has only a second hand, attached to a Hayward Field wall.

Indoors they study loop films, a common practice nowadays. Loop films are continuous films, about six feet long, which athletes study to pick up pointers or catch their mistakes.

(Continued from page 109)

I wrote many reports and memos to the Ministry suggesting to them to contact various other countries to get entrance into some serious road races over 15 miles for the marathoners. Correspondence between England's BAAB showed courteous interest but the race organizers at Stockton (20 mile run) had to decline our request to enter because of only one week notice which they claimed was too short, even though the BAAB gave their permission and blessing. It seems our cable got stuck in the BAAB offices over the Easter holiday and arrived at Stockton too close to the race date. All costs were to be borne by the Tunisians, all we wanted was a chance to run a hot race. They offered a date in June but we were holding our own marathon on June 5 as part of the Tunisian Annual Festival of Sports.

We had another test in April over 32 kilometers and they all finished within seconds of each other. The heart beats, taken immediately at the finish, were phenomenal. The first had 84, the second 92 and the third 96, the others were over 100. They ran 1 hr. 53.51.

The Tunis marathon on June 5 was fast. Franjo Skrinjar (Yugoslavia) won in 2:21.40.2 followed by Antti Viskari (Finland) 2:21.57.0, Beneissa Bakir (Morocco) 2:22.21.4, Labidi Ben Hamed (Tunisia) 2:22.39.1, Palos Navarro (Spain) 2:24.17.4 and Arnold Waide (Sweden) 2:25.40. The second Tunisian was in at 2:32. Encouraging results for their first marathon 2:22.39.1, 2:32.20., and 2:34.10.

After these encouraging results we began to seek another race, this time away and over a marathon distance. Fortunately we received confirmation from Budapest that they would pay the way for one athlete and one coach. The Tunisians paid for two other runners and we were off. The race was to be July 17 in Szeged (Hungary).

Our reception without visas at the Buda airport was hilarious if you had a sense of humor, and nerve wrecking if you had not. After almost a year in Tunis it took an awful lot to upset me because I had been well conditioned with Mediterranean attitudes and habits of work. I told my athletes to sit on a bench and relax while a Hungarian who spoke some English helped me explain how an American and three Arabs would be trying to get into Hungary without visas. The cable we had received in Tunis informed us that we would obtain the visas at the airport and that one Hungarian official would meet us and escort us through. Our man was not there. It took us lots of waiting and explaining, and finally we were simply told that we had to catch the next flight to Zurich. All of a sudden loud voices came from one corner of the hall and Mr. Goldman of the Szeged Marathon Committee came running over profusely apologetic. But all was not well, he was hustled off by the police and didn't come back for some minutes. When he did, he wanted our passports and said all had been arranged after talking to the airport chief of police. We had to stay overnight in Buda so we enjoyed a walk around town and a fine dinner. The next day we were off by special bus with all foreign participants and their coaches or managers. The race was won by Adolph Gruber of Austria in 2:32. We were third and seventh, my best man Labidi did not run, and Ben Amor Mouldi Azaiz, the Panarab Games winner of 1957 in Beirut was outkicked on the track by six seconds for the second spot, barefoot all the way, while Hedi Daoui faded over the last five kilometers from the front group from fourth to seventh.

The Hungarians had a team prize which we didn't know about until we won it. Hungary won with only a couple points better than Tunisia but our prize was for the best foreign team. Tunisia beat Denmark, Poland, Austria and Sweden. Ben Amor Mouldi Azaiz won a beautiful crystal vase for his third place. The dinner and dance after the race were very gay. After a few belts of Hungarian apricot brandy, my three marathoners put on one of the best three man belly dances you ever saw to the music of Lazlo Zvotly and his Danube Strompers playing the then very popular Mustapha. They literally broke up the people with laughter and praise. Back to Tunis for a few days before the Game.

I have to mention here something about the diet of the Tunisian athletes. From January, 1960 the athletes had been given one hot meal a day. This was free of course and all taken care of by the Ministry. They asked my advice and accepted my recommendations to the letter. The Tunisian ordinary diet included bread, overcooked stews, cousscouss which is a sort of semolina dish with vegetables and meat, a burning hot red pepper sauce, lots of very strong tea and coffee. My idea, of course, was to use all the ingredients and commodities that were already part of their national diet but have them prepared differently, add only yeast, vitamins and skim milk and eliminate the hot sauce, the tea and coffee. The dinner always started with a thick soup of either wheat, lentils, garbanzo beans, white beans, barley, rice corn or oats. When the grain was cooked a quantity of fresh vegetables were added and cooked only a few minutes, then vegetable oil was added at the last minute and served.