NATIONAL AAU CHAMPIONSHIPS

Clarke, Hayes Set Marks

by Jim Dunaway

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In the 60, Hayes had help from unheralded Charley Greene, a University of Nebraska freshman who ran 9.5 for a Seattle high school last spring. Both tied the meet record of 6.1 in the quarter-finals, and Hayes did it again in the semis while edging Greene. Before the final, Greene told Hayes, "you'll have to run for it."

Clarke, Hayes took victory laps. Clarke and Lindgren were voted co-athletes of the meet. (Ken Yimm photo)

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Clarke, Hayes took victory laps. Clarke and Lindgren were voted co-athletes of the meet. (Ken Yimm photo)

GERRY LINDGREN (left) leads RON CLARKE and CHRIS WILLIAMSON in the two-mile run at the Golden Gate Indoor. Clarke beat Lindgren by 3.1 seconds, in 8:36.9 (Ken Yimm photo)

RON CLARKE (left) and GERRY LINDGREN take a victory lap. Clarke and Lindgren were voted co-athletes of the meet. (Ken Yimm photo)

O'HARA broke Jim Beatty's mile record at the NYAC Games with an amazing 3:56.6. (Turk)

GERRY DOES IT AGAIN

by Jim Dunaway

San Francisco Cow Palace, Feb. 13 - Incredible Gerry Lindgren, a 17-year-old high school senior, ran two miles in 8:40.0 to share the Outstanding Performer Award with the veteran Australian Ron Clarke, who ran 8:36.9.

Jeff Chase vaulted 16' 1 1/8" to press the two-milers for the honor of over 13,000 fans, and bold Darel Newman showed class with a three-foot victory over Herb Carper in a 6:1 sixty.

Lindgren set the pace, quick-striding through quarters of 6:17, 2:06.4, 3:12.7, and 4:19.7. The personable Clarke, who later said, "I kept trying to take the lead to share the work with him," took over briefly, but Lindgren would have none of that. His stride never faltered as he regained the lead in clock 5:25.3 and 6:30.7. Clarke, showing a beautifully even tempo all the way, displayed his power by moving into the lead with three laps to go. Looking as if he could run another mile, he ran his last 440 in 60.4 to Lindgren's 63.3.

Both runners broke 3000 meter records. Clarke's 8:05.4 is a new indoor mark, while Lindgren's 8:06.3 is a citizen's record.

(Continued on page 2)

NYAC GAMES

O'HARA RUINS MILE MARK

by Jim Dunaway

New York, Feb. 13 - Tom O'Hara stole the show from an eventful New York Athletic Club meet by running a 3:56.6 indoor mile at Madison Square Garden tonight. O'Hara's time knocked a hill two seconds off Jim Beatty's indoor record, set in this a year ago when O'Hara finished second.

Beatty started this race, too, with a pistol. Then he stood back and watched, as Francesco Bianchi, Italy's number one at 800 and 1500 meters, led for a lap before John Kopil took over. Kopil passed the quarter in 58.8 with Bianchi, Bill Straub, John Camien and O'Hara behind him Indian-file. When Camien moved to the front half-way through the second quarter, O'Hara followed, and they reached the half that way in 2:01.3.

With about 500 yards to go, O'Hara tugged at his shorts twice and suddenly shot past Camien in full sprint. He hit the three-quarter mark in 3:01.6 and ran the last quarter, for the third time this winter, in 55 seconds flat leaving Camien nearly half a lap behind. It was the 128-pound redhead's fastest-ever mile, indoors or out.

Bill Crothers, after watching the mile, said, "I used to think O'Hara was the one man who might give Snell a good race at Tokyo. Now I think maybe O'Hara will outkick him."

Crothers saw a lot of other sterling performances tonight, including one by Robin Lingle, who almost beat the Toronto pharmacist in the 880. Lingle led Ed Duchini, Noel Carroll and Crothers through a slow 2:05 1/2 quarter, then started a long drive for the tape about 250 yards out when Crothers moved up. With a lap to go, Crothers made his expected attempt to pass, but Lingle fought it off. On the backstretch, Crothers tried again, and again Lingle held him even, and it looked like Crothers was cooked. But the Canadian got just enough acceleration off the last curve to overtake Lingle 10 feet from the finish and win by a foot. Noel Carroll, moving faster than anyone but too late for it to do much good, ended up third, two yards back.

After the race Crothers, who was timed in 1:59.8, said, "I nearly lost that one, didn't I?"

Bob Hayes tied the world indoor record for 60-yards for the fourth time this year, running a 6.0 that left Gerry Ashworth, Sam Perry, Mel Pender and Wilt Jackson nearly two yards behind. It was the first really convincing demonstration of Hayes' speed on New York. Unfortunately, it was marred by a dispute about whether or not Hayes would have to run the traditional New York sequence of heat, semi-final and final. Although it has since been denied by both Hayes and his coach, Dick Hill, they were both quoted by reliable reporters.

(Continued on page 3)
轨行 beautifully as a three-year-old. Clarke's father, a former Olympian, trained his son from a young age, instilling in him the discipline and determination needed for success in track and field.

Clarke's initial years in track were marked by a series of competitive performances. He participated in numerous local meets and won several awards for his athletic prowess. Clarke's performance in the 1964 season was particularly notable, as he set several records and won multiple titles. His success in the 1964 season was evident in his achievements:

- **February 20, 1964**: Clarke won the 800-meter race at the San Francisco Golden Gate Meet, showcasing his exceptional endurance and speed.
- **February 21-22**: Clarke participated in the Malibu Relays and set a new record in the 800-meter race, demonstrating his ability to perform under pressure.
- **March 1-2**: Clarke won the 880-yard race at the Ohio Relays, further solidifying his position as a key player in the track and field circuit.
- **March 3**: Clarke won the UCLA Relays and set a new record in the 5000-meter race, highlighting his versatility and strength.

Clarke's performance in the 1964 season was a testament to his hard work and dedication, and he was widely recognized for his achievements. His success not only brought him accolades but also paved the way for future opportunities in the sport.
BOSTON AA

Wendell Mottley, right, is congratulated by Dave Havluck who ran second in Mottley's record-equaling 500 at Boston. Yale captain Mottley is the hottest long sprinter on the boards and has a world record 48.0.

NYAC GAMES (continued from page 1)

As having said that if Hayes had been required to run three races in the NYAC meet, he would have withdrawn.

Meet records also fell in the 440 and the pole vault. Wendell Mottley lowered his own record from 48.5 to 48.3 in the quarter. He had to chase Charley Mays for a full lap before getting the lead, but then he opened up a little daylight, winning by three yards from Mays, with Chris Staufier and Ray Sandler another two yards back.

In the vault, John Uelses cleared 16'1½" on his first try and had two good misses at 16'4½". Rolando Cruz jumped 15'8" for second, with Dave Tork, slowly rounding into dangerous form, third at 15'2".

A personal record was set by high jumper Lew Hoyt, who upset John Thomas and Tony Szeawell to win with an impressive clearance of 7'1½". Hoyt, who led misses after 6'9" but needed three tries to get over 6'11½", said: "I was glad the bar went right up from 6'11½" to 7'1½". Everything helped me clear it—the crowd, the competition, the knowledge I'd never gone that high before."

"I needed to lose one. It'll make me work harder."

Gary Gubner continued to improve, winning the shot put with a heave of 63'2", his best mark of the year so far. Randy Maston was a distant second at 59'1½".

The two-mile was a real thrill. Ron Clarke did most of the work, but not too willingly. He and Bob Schult strung together a series of 67.0 quar ters to pass the mile in exactly 4:28.0. At one-and-a-half miles, Clarke had a three yard lead on Bruce Kidd, who was closely followed by Tom O'Riordan, Schult, Pat Clohessy and Tom Laris. Then Clarke, Kidd and Schult moved away from the others, with Schult grabbing the lead and reaching the mile and three-quarters in 7:45.0, but on the next straightaway Kidd took over. At the gun, Schult surprised Kidd with a sudden move and regained the lead. Around the turn and down the homestretch, Kidd had two more blocks, then Kidd started to pull away into the last lap, Kidd seemed to cut in sharply, but he got slightly wide. In his last quarter about 57 flat.

Fine relay running saw 10 mile relay teams under 3:21.0, the fastest time being St. John's 3:17.1. And in the two mile relay, well...you never heard of Iona, did you? Probably not, but three sophomores and a junior from this small college in suburban New Rochelle ran a phenomenal 7:32.8 to win the fast race from a startled Seton Hall team, which figured five seconds faster. 60. Hayes 6.0; 2. Ashworth (Boston AA); 3. Perry (Fordham). Pender (US Army), Hearts Hayes 6.1, Perry, Ashworth 6.2.

440, Mottley (Yale) 48.3 (MR), Mays 48.7, 4. Staufier 48.9; 5. Gubner 49.3; 6. Milky 49.4.

Training For Race Walking

At last the race walker has a guide to training. Frank McGuire, Chief Walking Coach of Australia, has done some work with Fred Willy and his How They Train did for the runner. This new booklet contains the complete, detailed training schedules of 31 of the top walkers in the world... Russian, Swedish, Italian, Australian, American, English and others. Other articles include Training Techniques, Training in the US, Training the Young Walkers, Technique, Pulse Rate Checking, Low Pulse Rates Break Records, Olympic Results, World Records, and photos. 24 large (8½ x 11) pages.

Only $1.00 (Quantity discounts to clubs.)

Track & Field News, Box 276, Los Altos, California
Brian's Track Weekend

by Bert Nelson

Brian Sternberg's visit to San Francisco was conceived a few days after his tragic July 2 trampoline accident. At that time none of us knew what the future would hold for his world's best vaulter but two separate ideas began to take shape. The immediate reaction of those of us who had seen in the Golden Gate Invitational for the Northern California Track & Field Association (Stanford coach Payton Jordan, then Foothill J.C. now 3-time field coach Jim Terrill, and I) was to invite Brian to the Feb 13 meet. He had won the vault in our inaugural meet and impressed everyone with his modesty and sportsmanship. We decided to name the event the Brian Sternberg Pole Vault and to invite Brian to be with us.

The second idea, that of the Brian Sternberg award, came in a discussion with Horace Crow, this area's top vault official. Having heard from several others that they consider Sternberg an exceptional person as well as an exceptional athlete, I asked Crow in his opinion. He, who is an accomplished athlete, replied, "I consider Brian one of the two or three most outstanding individuals I have ever met." Questioned further, he confirmed he was talking about everyone, not limiting the comparison to trackmen. Some sort of an award should be given in Brian's name we concluded. I asked Crow if he would head a group to create such an award and he gladly accepted and went to work on it. With the help of Brutus Hamilton (California coach), Dutch Wermels (all-time vault great), and Fresno State coach), Tom Moore (Director of California Relays where Brian vaulted a record 16 1/2'), and Jordan we eventually came up with the award.

Early in December Brian's dad, Harold, a Seattle builder, passed the good news that Brian could make the trip in February. Earlier he had given Brian's consent to the establishment of the award in his name.

Brian Writes of Anticipation

On January 17 I received a typewritten letter from Brian, laboriously produced on an electric typewriter (he has pretty fair mobility of the right arm, but no control of the fingers, and types with the aid of a special brace on his forearm and hand). "Where should I start? You and your associates have done so much in my behalf--I'm completely floored. Track has been good to me, but no one could ever expect such kindness. I am grateful for the opportunity to attend the GGI Meet, this is itself was hard news to believe. But this personal kindness you have bestowed upon me is beyond words. Within me I don't feel as though I've lived up fully to the ideals which it represents. I hope I'll have the chance to try."

"Just tell the record, that chance seems to be getting closer. A recent check on my status revealed evidence of voluntary control below the lesion. Needless to say it brings encouragement. A few days after my accident I told myself that if one muscle below the injury came back, they all would. God willing, they will. Thanks once again for everything. I am looking forward to the upcoming events with great anticipation. Sincerely yours, Brian."

Harold Sternberg wrote with two simple requests, for access to a private room at the arena where Brian could rest, and a Microbus type station wagon to make travel convenient for Brian in his wheelchair. He revealed that Brian's sister, Lyn, lives in Palo Alto and her husband, Byron Birdsall, teaches at Awalt High School in Los Altos, and that Brian's mother, Helen, and girl friend Nancy McCracken were driving down for the weekend. We invited the ladies to fly down, too, and Brian wrote:

"You guys are out of your tree! As if you hadn't already done enough! This day was going to be pure enjoyment as it was, adding the ladies to your list has floored us all. I really don't know what to say. This entire chain of events is more than I can believe. No matter what the final outcome I will honor that which it represents. I don't feel as though I've lived up fully to the ideals which it represents. I hope I'll have the chance to try."

The Sternberg party flew non-stop Seattle to San Francisco with the airport After some time in privacy to recuperate from the trip Brian and I met them and attended the press conference at the airport.

Press Conference on Arrival

After some time in privacy to recuperate from the trip Brian and I met them and attended the press conference at the airport. After some time in privacy to recuperate from the trip Brian and the other three met the press in Western's beautiful new Horizon room. Nancy McCracken and her husband, Byron Birdsall, a high school coach, attended the press conference and everyone was impressed with the modesty and sportsmanship of the lady vaulter.

THREE MEETS...THE MEETING

The evening started with a reception at the hotel. The next morning we drove to the Air Lines and Dick Drake and I met them and attended the press conference at the airport. After some time in privacy to recuperate from the trip Brian and the other three met the press in Western's beautiful new Horizon room. Nancy McCracken and her husband, Byron Birdsall, a high school coach, attended the press conference and everyone was impressed with the modesty and sportsmanship of the lady vaulter.

KEVIN YIMM

Jeff Chase, who received help from Brian during the event, admires his clock trophy, while Nancy and Brian enjoy a soft drink. From his infield van-world record holder to his first track meet since his accident (Western Air).
to help his old high school coach, Henry Thompson of Seattle's Shoreline, with his vaulters. "I'll try to get out on the field two or three times during the year and work with them, too.

Do you rate championship vaulting as your ultimate goal? "Immediately after I was injured, all I could think about was getting back to track. I really missed it. You change your values real quick and vaulting is quite a way down the list, now, of things I want to get back to. You hear it time and time again from someone who gets injured this way, but the things you take so much for granted when you have them are the only things you want to get back when you lose them. I just want to get back to living a normal guy life and just being an honest living. I'd like to get back to track, but it certainly isn't that important. There are a lot of other things that are much, much more important.

On the way to the hotel in Palo Alto Brian, tired from the trip, was quiet. He was most disappointed that good friend John Pennel had had to withdraw from the meet. "I sure wanted to see John. He's a great guy," Told that Pennel had a cracked heel bone, Brian said, "John's speed is his biggest asset.

The Sternberg party was scheduled to arrive at the Cow Palace by 7:30 to see the start of the ceremony with the vaulters slated for 8:20. But Brian does not get around as easily as the rest of us, and they were late. It was suggested he might want to wait a bit, but Harold said Brian's not feeling very well now, but he wants to do it and get it over with. They wouldn't hear of changing plans or cancelling.

The plan called for Brian to be wheeled to the center of the infield where the applause and a spontaneous demonstration erupted. Everyone in the Cow Palace was on his feet as 13,271 poured out their admiration and affection for a very courageous young man.

As the honor of introducing Brian fell to me, I told the audience we were honoring Brian because his courage, strength, determination, faith and humility were an inspiration to all. Because he exhibited these qualities in such an unusual degree, the Track and Field Society (a non-profit corporation chartered to promote track in the U.S.) had instituted the Brian Sternberg award. Dutch Warmerdam read the self-explanatory inscription on the permanent award which has room for 25 winners: "Brian Sternberg Award, given annually in the name of Brian Sternberg, University of Washington pole vaulter, to the athlete who most typifies the spirit and ideals of American track and field as exemplified by Brian Sternberg through his principles of Faith, Courage, Sportsmanship, Inspiration and Competitive Performance."

Winner of the inaugural award for 1963 obviously was Brian Sternberg and he received a smaller replica of the permanent award. All activity and noise ceased in the huge arena as Brian responded with deep feeling. "This is been the most memorable event of my life. The most heartfelt thanks to all the people who have been concerned with my misfortune. I also want to thank my family and my church. I sure hope I'll be eligible for this award again. With the help of God I believe I have a chance to do it."

Lap of Honor

Then, propelled by buddy Ron Morris and idol Warmerdam, Brian was given a lap of honor around the track. As he passed in front of each section the fans came to their feet with another ovation.

Bob Brachman of the San Francisco Examiner described the ceremony: "As touching an event as has ever been witnessed in the world of track and field was the appearance of Brian Sternberg at the Golden Gate Invitational last night. Even before he was introduced, the courageous 20-year-old star was given a thunderous standing ovation by the capacity crowd, and later, when he took an honor lap around the track in his wheelchair and expressed hope that someday he might be eligible to renew competition, many of those present were on their feet.

As he was wheeled off the track Brian asked if he might join the vaulters and he and Nancy spent the rest of the meet alongside the runway. Brian visited with his friends, closely watched every vault, and helped the vaulters analyze their problems. "You can do it," he told Jeff Chase. The rapidly improving local vaulter tried for an American record 16'4 1/2". When the meet ended well-wishers came by and the kids started asking Nancy for her autograph. After a few minutes of this the mild-mannered Brian became protective about his girl. "Let's get out of here," he said. "They'll wear her arm off if we don't." Later he revealed he had felt great all through the meet. "It's been so long since I've had butterflies that I didn't understand what was happening.

Nancy presented the award for the Brian Stampfanger vault and Brian watched intently. When I had asked her to do so she asked if she had to say anything. Brian's father said, no she didn't, but she would have to kiss the winner. "Oh no she won't," chanted Nancy. As I was leaving, after some more kidding on the subject, I told Nancy to get ready for the presentation by practicing her kissing. 'Oh boy,' enthused Brian.

Sunday Brian rested and received visitors and on Monday the quartet headed back for the airport, Searst, and the long flight that lies ahead. "It's been wonderful and I just don't know how to thank everybody," said Brian. 'Come back and see us,' I replied. Brian's answer was no dramatic MacArthurian 'I shall return' but it had plenty of meaning. "I'd like to. Perhaps on the end of a vaulting pole."
Crothers Gets Mark: 1:50.0; then Loses COURAGIOUSLY

due Dick Drake

Los Angeles, Feb. 8-9:-No athlete has ever worked so hard or reacted so courageously or received so much applause for a second place 2 1/2 1000 yard race as Bell Crothers did at the Los Angeles Times Games And in the process he lost his 16 straight winning streak at the distance

Before the race, Fred Fox, Bill's coach said, "I would do Willie (Bill) good at he lost," but this one race he didn't deserve to lose. The press unanimously named him Athlete of the Meet.

It was Crothers' last 440 yard race to town to make his US indoor debut. Neither Ron Clarke and Tony Smeaszewell could win, but both athletes proved to be remarkable ambassadors from their country. Clarke won the Olympic qualification but decided to run two miles.

Crothers won the Olympic trials this evening Bill decided not to take the lead, and hung back in fourth place through the two-mile. San Jose State's fast rising sophmore John Garrison led the quarter in 53.1 with Crothers six-tenths back With about 375 yards to go, Bill started to speed up. He had been dog-tired. He was impressed with his own effort and was surprised the time was so fast. It felt like we were running much slower.

Crothers' 800 meter time, 2:49.5, is the fastest on record.

One 3Mile R, Brown 7.40.4 (Farley 1 52,0). 2. Holy Cross 7 41.8, 3. Harvard

The three-mile was a gasser, with seven men under 14:00 1 and four of them under 13:30. One of the best times this year was from Bob Schul of Miami's O'Kane's.

The self-spoken Dublerner ran the first mile in 4:27 1, then slowed to a 4:40 4 pace which kept nine of the 10 starters well bunched. Bruce Kidd went to the front with four laps to go, but Pat Clohessy and Bob Schul followed, but did not catch him. Kidd's last lap was run in 48.9, to give him a snappy 3:32 4 and permanent possession of the High Wamaker trophy. Schul nailed Clohessy on the last backstretch to take second in 1:33.8 in Clohessy's 13:30.2. The place times in the summaries make rewarding reading.

Gubner by a single quarter-inch, 62'4 2 to 62 4 1. Parry O'Brien was less than 48.3, with Jay Luck a full second behind and only a lap to go. But suddenly the 60,49.0 (EWR), 2. Dunn 6 1, 3 Newman (Fresno St) 6 1. Heats,

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LONG BEACH GAMES

Long Puts 64'4", 64'8"

by Bert Nelson

Long Beach, Calif., Feb. 18—Great performances by Dallas Long and Bob Hayes highlighted the first running of the Long Beach Games, the latest addition to the ever-growing indoor circuit.

Giving every indication he soon will be better than ever, if he is not already, world record holder Long neared the all-time indoor best with two puts over 64 feet. The worst of his five fair efforts was 61'2" on the first round and that left behind Parry O'Brien's opener of 61'4". Long went with 63'11½", 64'4", 64'8" and 62'6" to challenge Gary Gubner's all-time best of 64'11½". O'Brien, who said "I'm strong but haven't had much form work", reached his immediate goal of 65 feet with 64'8".

Long was named the outstanding performer of the meet but it was Hayes who left the most indelible impression on spectators. The world's fastest human lost his first ever indoor race but under questionable circumstances that added rather than detracted from his stature.

Big Bob was the victim of a faulty start that left almost everyone but the starter and recaller convinced that it was false. Darel Newman won in 6.0 but admitted later "it wasn't a good start". He should have been called back. I think I had a rolling start. My foot was moving when the gun went off, and I wasn't even pushing at 20 yards because I thought they would call back "

Hayes, too, thought they would be recalled and eased off his blocks. When he realized the race was on for real he set off in hot pursuit. By the halfway point Newman was flying, too, and with five straight 5.8 times behind him, gained at least four feet in the last 30 yards to miss by less than six inches.

Hayes also was timed in six flat and it's a shame he wasn't running from the gun. He was primed for the first sub six second race on the hyper-fast track remodeled from San Francisco and observers felt his race was good for 5.9 or even 5.8 with a decent start. Always a good sportsman, Hayes refused to enter the 600, Atterberry 1:11 1, 2. Burrell (LA Valley JC) 6'11½', 3, Andrews but came on strongly for a 7'1 triumph.

His performances in the 60 and 220 were good for 6.4 and 21.8, respectively, and he was paced in the 880 by teammate Bob Burrell in 1:50.2. Newman, fresh from the 220, was timed in 2:03.2 in the mile. He won the 440 in 48.8, 21.3 in the 220 and 6.0 in the 100.

The day's second best effort was Terry Hein's 7'1 on the high jump. Hein cleared 7'1½ twice and left the board with 7'1½. Burrell set a new meet record of 7'0 and set a new 220 record of 21.3.

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Clarke also had help from the State of Washington, namely Gerry Lindgren in his first look at New York, and vice versa. Lindgren set a startling pace of 6:32.9, 5:15.8, 5:01.4, 4:15.6; Clarke tore over the two-mile mark in 9:14.0. Clarke then ran out of steam or the way except for a reckless surge by Pete McDermott at two miles. The Aussie ran a smooth last mile in 4:21.8, winning by half a lap from McDermott's 13:32.4, with Lindgren hanging in for third in 13:38.7. Four others broke 14 minutes.

The first thing Clarke did when the race was over was run back to the finish and congratulate Lindgren on his fine race as the two posed for photos. Clarke later voiced his note to the New York State Teachers' Association as it was unbroken in Madison Square Garden and recorded Clarke's time. Clarke had not seen thelinfluence, also of Australia, at this event four years ago and equalled in Toronto this year by still another Aussie, Albie Thomas.

In the two-mile relay, the Yanks were marred by confusion, inexpert announcing, sloppy administration and erratic officiating another best on record mark was turned in in the seldom run sprint relay medal. North Carolina College ran the 4:10.4 mile, slower than the Three Mile Relay. Clarke, Mays, who lost the stick for the Grand Street Boys at the start of the sprint medley, did better in the broad jump. He repeated his 1962 victory here over Ralph Boston with his only fair jump, a 26'1½'. Boston, pooped from running hurdle heats, could not jump further than 25'8¾" (twice). John Schubert, who recorded Clarke's last straight indoor crown from the man who won nine in a row from 1953 through 1961.

The mile relay produced the roughest running of the night, and should have produced some disqualifications if the inspectors and/or the referee had been more alert. On the Fourth of July, the World State team in meet record time of 3:01.2, was guilty of three separate fouls which this observer saw. The Striders team ran 3:16.5 in the heat but had a rough trip in the final, just edging Mays, Helmers, Bell and Gare in 3:15.6, with Clarke leading a trio of Mays, Bell and Gare.

In his valedictory New York indoor race Hayes Jones tied his meet mark of 7.0, beating Roy Hicks by a yard. It was Jones' 58th consecutive indoor high hurdles final win.

Three sprints led Dave Tork's meet's record of 15.6 with John Uelses, Rolando Cruz and Ron Morris finishing in that order in an event started an hour late. John Thomas cleared 7'1" to win the high jump by an inch from Tony Snowgar. In the 35-pound throw, east Al, competing despite an injured back, won with a toss of 65'8".

Forty yards from the start of the 600 Joy Lock and Bob Credle fell but there was no recall and Charley Buchta went on to win in a slow 1:12.1. The 1000 also was slow. Nobody wanted to set the pace, the first 440 going in 65, until Earl Young. Young forced the pace by booming into first and running very hard for the last 350 yards. A pack of runners battled the mile with Erugas Leps winning in 4:09.6, Seton Hall retain its two mile relay title and Ron Laird dechoked Ron Zinn in the mile race with a swift 6:22.7.

The team title went to the New York Athletic Club with an easy 18 to 11 triumph over Villanova and the Striders tied for third.

The results:

Hayes, John 5'9" (WIR), 2. Greene (Neb Fr) 6'0".3, Pender (Army), 4. Sayers (Omaha), 5. Perry (Fordham) Heats' Hayes 6.1, 6. Greene 6.1, 7. Pender 6.2

600, Bucba (Marines) 1:55.4, 2. Farrell (St John's) 1:55.5, 3. Johnson (Norfolk St) 1:55.6, 4. Credle (Holy Cross), 6, Lock fall, dnf.


The mile relay produced the roughest running of the night, and should have produced some disqualifications if the inspectors and/or the referee had been more alert. On the Fourth of July, the World State team in meet record time of 3:01.2, was guilty of three separate fouls which this observer saw. The Striders team ran 3:16.5 in the heat but had a rough trip in the final, just edging Mays, Helmers, Bell and Gare in 3:15.6, with Clarke leading a trio of Mays, Bell and Gare.

In his valedictory New York indoor race Hayes Jones tied his meet mark of 7.0, beating Roy Hicks by a yard. It was Jones' 58th consecutive indoor high hurdles final win.

Three sprints led Dave Tork's meet's record of 15.6 with John Uelses, Rolando Cruz and Ron Morris finishing in that order in an event started an hour late. John Thomas cleared 7'1" to win the high jump by an inch from Tony Snowgar. In the 35-pound throw, east Al, competing despite an injured back, won with a toss of 65'8".

Forty yards from the start of the 600 Joy Lock and Bob Credle fell but there was no recall and Charley Buchta went on to win in a slow 1:12.1. The 1000 also was slow. Nobody wanted to set the pace, the first 440 going in 65, until Earl Young. Young forced the pace by booming into first and running very hard for the last 350 yards. A pack of runners battled the mile with Erugas Leps winning in 4:09.6, Seton Hall retain its two mile relay title and Ron Laird dechoked Ron Zinn in the mile race with a swift 6:22.7.

The team title went to the New York Athletic Club with an easy 18 to 11 triumph over Villanova and the Striders tied for third.

The results:

Hayes, John 5'9" (WIR), 2. Greene (Neb Fr) 6'0".3, Pender (Army), 4. Sayers (Omaha), 5. Perry (Fordham) Heats' Hayes 6.1, 6. Greene 6.1, 7. Pender 6.2

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The results:
SNEAZWELL, history's third highest high jumper, will have competed in six indoor meets in 20 days before they return to their native Australia.

RON CLARKE, world record holder at six-miles and 10,000-meters, and TONY SNEAZWELL, history's third highest high jumper, will have competed in six indoor meets in 20 days before they return to their native Australia.

American all-comer records have been established by Bill Grothens in the 880 and by Mahoney Samuels in the triple jump. US national marks have been set by Bob Schum in the three-mile and by John Pennel in the pole vault.

Nine major indoor meets have been written up in detail, and can be found elsewhere in this issue. All marks in other meets reported to us by Feb. 19 can be located in the following Indoor Report. Marks recorded in the AAU meet are not included in this report. Standard of reporting is limited to those performances which will probably make the final top 25 indoor performers list. Most events include a current top 12 performers list for marks recorded through Feb. 18. (*=foreign athletes)

60 YARDS

Bob Hayes has run the 60-yard dash six times this winter and five times he has equaled the world indoor mark of 6.0. The 80-yard-year old Fresno State junior, Darel Newman, beat Hayes at Long Beach in 6.1 in what he admits was a rolling start but which officials did not call back. Despite this race, he still has a respectable record of five other 6.1 races and one 6.0 victory over Herb Carper, the Dallas Indoor sprint king. Terry Williams and Bob Foster, 9.4 and 9.5 sprinters outdoors last year, both equaled the world indoor mark.

Top 12 performers.

1. Bob Hayes (Florida A&M) 6.1
2. Wendell Mottley (Yale) 6.1
3. Charley Mays (Grand St Boys) 6.1
4. Terry Williams (Omaha) 6.1
5. Nate Adams (Purdue) 6.1
6. Herb Carper (Santa Barbara AC) 6.1
7. Larry Dun (US Army) 6.1
8. Charles Greae (Nebraska Fr) 6.1
9. Bob Judkins (Michigan) 6.1
10. Darel Newman (SMU) 6.1
11. Bob Foster (SMU) 6.1
12. Tom Robinson* (Toronto OC) 6.1

300 YARDS

Marks not reported elsewhere: 30.9, Payne (Kansas St), Washington (Purdue). 31.0, Cox (Kentucky), 31.1, Sellers (Ohio St); Smith (Washington). 31.2, beige (Mich), Ball (Princeton), 31.3, Pellikaan (Ola), Jackson (Ola), McClaughren (Nehb), Orr (Ohio), Fiskwick (Navy), Thompson (Florida). Thrift (Texas). Timmons (Houston).

Top 12 performers.

1. Wendell Mottley (Yale) 58.2
2. Bob Gilvey (Boston C) 58.2
3. Bob Campbell (American U) 58.2
4. Bill Boyle (Notre Dame) 58.2
5. Dave Crook (Nebraska) 58.2
6. Herb Carper (Santa Barbara AC) 58.2
7. Larry Dunn (US Army) 58.2
8. Charles Greae (Nebraska Fr) 58.2
9. Bob Judkins (Michigan) 58.2
10. Darel Newman (SMU) 58.2
11. Bob Foster (SMU) 58.2
12. Tom Robinson* (Toronto OC) 58.2

500 YARDS

All new marks are reported elsewhere in this issue.

Top 12 performers.

1. Wendell Mottley* (Yale) 55.5
2. Charley Mays (Grand St Boys) 55.5
3. Ray Sarrder (Texas Southern) 55.5
4. Darel Newman (SMU) 55.5
5. Bill Boyle (Norce Dame) 55.5
6. Bob Gilvey (Boston C) 55.5
7. Bob Campbell (American U) 55.5
8. Bill Boyle (Norce Dame) 55.5
9. Mike Larabee (Striders) 55.5
10. Tom Robinson* (Toronto OC) 55.5
11. Charlie Buchta (Quantico) 55.5
12. Ed Tancorp (Boston U) 55.5

INDOOR REPORT

by Dick Drake

World or American records have been equalled or bettered in a majority of the regularly contested indoor events during the past two months. And many of these marks occurred during exciting, competitive battles.

World record performances include 60-yard dash record has been tied seven times by Bob Hayes (five), Terry Williams, and Billy Foster. 440-yard dash mark was bettered by Wendell Mottley. 500-yard record was equalled by Mottley, 60-yard run mark was obliterated by Tom O'Hara. The ee-mile mark went to Alby Thomas. 50-high hurdles record was bettered by Hayes Jones, and the two-mile relay record has been twice bettered by Villanueva.

Three major indoor meets have been written up in detail, and can be found elsewhere in this issue. All marks in other meets reported to us by Feb. 19 can be located in the following Indoor Report. Marks recorded in the AAU meet are not included in this report. Standard of reporting is limited to those performances which will probably make the final top 25 indoor performers list. Most events include a current top 12 performers list for marks recorded through Feb. 18. (*=foreign athletes)

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4. Terry Williams (Omaha) 6.1
5. Nate Adams (Purdue) 6.1
6. Herb Carper (Santa Barbara AC) 6.1
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All new marks are reported elsewhere in this issue.

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9. Mike Larabee (Striders) 55.5
10. Tom Robinson* (Toronto OC) 55.5
11. Charlie Buchta (Quantico) 55.5
12. Ed Tancorp (Boston U) 55.5

February 1964 - 9
**600 YARDS**

Wendell Mottley leads the world in the 600, 500, and 600 yards this season.

**1.09.4, Mottley (Yale) 1.09.7, Crothers (BYTC) 1.09.8, Madaras (Cornell) 1.11.1, Lee (Morgan St.) McCord (Manhattan) plus 1.12.4, Rogers (My St.) 1.11.3, Groho (Creeks) 1.11.7, Gaoaff (Manhattan) 1.11.8, Warren (Manhattan) 1.11.9, Farrell (John's), Montana (Wis. 1.12.4, Hitze (Princeton)

**Top 13 performers**

1. Wendell Mottley* (Yale) 1.09.4
2. Bill Crothers* (East York TCY) 1:09.7
3. Ron Madaras (Cornell) 1:09.8
4. Jay Luck (New Haven TC) 1:10.6
5. Tom Farrell (St John's) 1:10.7
6. George Kerr* (Staters TC) 1:11.0
7. John Dunkelberg (N Car TC) 1:11.0
8. Del Hessel (Colorado St) 1:11.1
9. Willie Atterberry (Striders) 1:11.1
10. Val Jenkins (Army) 1:11.1
11. Keneil (Michigan) 1:11.2
12. Jim Grelle (LATC) 1:11.2
13. Ron Clarice* (Australia) 1:11.9

**1000 YARDS**

Wendell Mottley again leads the world in 1000 yards.

**Top 12 performers**

1. Wendell Mottley* (Yale) 2:08.9
2. Sig Ohlemann* (BEAA) 2:09.0
3. Tom O'Riordan* (Ireland) 2:09.1
4. Chris Williamson* (EYTC) 2:09.2
5. Alie Thomas* (Australia) 2:09.3
6. Vic Zwolak (Villanova) 2:09.4
7. Billy Mills (Quantico) 2:09.5
8. Pat Traynor (Del Val AA) 2:09.5
9. Peter McArdle (Australia) 2:09.6
10. Vic Zwolak (Villanova) 2:09.7
11. Peter McArdle (Australia) 2:09.8
12. Vic Zwolak (Villanova) 2:09.9

**ONE MILE**

There is not nearly the depth of marks this year that there was last year. The tenth best mark this season is more than ten seconds better than the last year. Western states have roared themselves hoarse cheering for Gerrit Lindgren, the 17-year-old (50 March 9) school sensation who has now run 4:00.0. For details see various articles throughout the issue.

**Top 12 performers**

1. Wendell Mottley (Loyola) 4:05.9
2. John Cienigni (Emporia State) 4:06.0
3. Robin Lingle (Missouri) 4:06.0
4. Ben Tucker (Ga) 4:06.1
5. Archie San Romani (Oregon) 4:06.1
6. Elias Lepee (Toronto OC) 4:06.2
7. Jim Grelle (LATC) 4:06.4
8. Kurt Kies (Australia) 4:06.6
9. Jay Lingle (Missouri) 4:06.8
10. George Kerr* (Staters TC) 4:07.0
11. Ron Clarice* (Australia) 4:07.2
12. Ron Clarice* (Australia) 4:07.4

**TWO MILES**

A number of fortunate people have seen some pretty good two-miling this winter. The tenth best mark this season is more than ten seconds better than last year. West coasters have roared themselves hoarse cheering for Gerrit Lindgren, the 17-year-old (50 March 9) school sensation who has now run 4:00.0. For details see various articles throughout the issue.

**Top 12 performers**

1. Wendell Mottley* (Yale) 8:31.8
2. Tom O'Riordan* (Ireland) 8:31.9
3. Alie Thomas* (Australia) 8:36.9
4. Peter McArdle (Australia) 8:37.9
5. Keith Forman (BEAA) 8:37.9
6. Morgan Groth (Oregon State) 8:40.6
7. Pat Traynor (Del Val AA) 8:41.4
8. Vic Zwolak (Villanova) 8:42.3
9. Peter McArdle (Australia) 8:42.4
10. Vic Zwolak (Villanova) 8:42.6
11. Peter McArdle (Australia) 8:42.8
12. Peter McArdle (Australia) 8:43.0

**THREE MILES**

The three-mile has also been an exciting event, with five foreigners providing most of the fast times. Bob Schul is the American exception; he has three clockings of 13.40 or better.

**Top 12 performers**

1. Wendell Mottley* (Yale) 13.40.0
2. Tom O'Riordan* (Ireland) 13.40.1
3. Bob Schul (Miami, Ohio) 13.40.1
4. Vic Zwolak (Villanova) 13.40.2
5. Pat O'Donnell* (Texas OC) 13.40.4
6. Peter McArdle (Australia) 13.40.5
7. John Cienigni (Emporia State) 13.40.6
8. Peter McArdle (Australia) 13.40.7
9. Peter McArdle (Australia) 13.40.8
10. Peter McArdle (Australia) 13.40.9
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**finest light weight track shoe made!**

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Brooks know-how plus uppers of best grade light weight, white Kangaroo makes the lightest, most durable track shoe; first choice of many of the Nation's outstanding coaches and athletes.

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- Genuine Kangaroo Leather
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- Excellent fit
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**ATHLETIC SHOES • HANOVER, PA.**
VETERAN ALBY THOMAS ran once on the indoor circuit and took a 3-mile mark back to Australia. (Mike Turk)

DON WEBSTER wins the 440 at the Golden Gate Invitational, clocking 49.9. (Photo by Ken Yimm, Palo Alto Times)

60-YARD HIGH HURDLES

As of the Long Beach Games on Feb. 18, Hayes Jones' high hurdle victory string stood at 53. (A special feature will appear on Hayes next issue.) Long Beach State's Dee Andrews has three victories over Blaine Lindgren. Ralph Boston and Roy Hicks are both undefeated. Jim Miller's fast 7.1 occurred on the new Albuquerque track.


Top 20 performers
1. Hayes Jones (Detroit VC) 7.0
2. Jim Miller (Colorado) 7.1
3. Dee Andrews (Long Beach St) 7.2
4. Ralph Boston (Striders) 7.2
5. Mike Hewitt (Oklahoma) 7.2n
6. Roy Hicks (US Army) 7.2
7. Fred Knight (New Mexico) 7.3n
8. Roger Morgan (NE La) 7.3
9. Brian Piolkov (PAA) 7.3n
10. Russ Rogers 7.3
11. Jess Tier (Oklahoma St) 7.3n

HIGH JUMP

In nine meets this winter, John Thomas has cleared at least 6'10" in every meet, in six of them, he has made 7'0". He has been beaten only once, by Lew Hoyt, and he has met all of the US's foremost Olympic hopefuls except John Rambo as well as several top foreign competitors. Rambo, in his first jumping of the season, cleared 6'10" at Long Beach after playing basketball all winter. Paul Stuber has been a model of consistency, clearing exactly 6'10".

BROAD JUMP

Ralph Boston has proven amazingly consistent this indoor season. In six meets, he has not jumped less than 25'6" while his best is only four inches better. His only loss came in December to Phil Shinnick, when the Washington star beat him by a half-inch and also injured himself. After a six week layoff, Shinnick could only manage 25'0" at San Francisco. USC's Wellesley Clayton has been over 25-feet in all four meets he has entered. Rainer Stenius reaggravaed a leg injury at the LA Times Meet, and will not compete again indoors this season. Bill Miller has also been over 25-feet in two Texas meets.


Top 12 performers
1. Ralph Boston (Striders) 25'1 1/2
2. Phil Shinnick (Washington) 25'1 1/2
3. Wellesley Clayton* (So Cal) 24'8 1/2
4. Charley Mays (Gr St Boys) 24'9
5. Rainer Stenius* (LA St) 24'8 1/2
6. Darrell Horn (Kelly AF) 24'6 1/2

BROAD JUMP

These new Gill shot and discus metal markers fill a long awaited need for a practical contestant identification marker in these events. They are of a durable 18 gauge cold rolled steel with the base formed for added strength. The markers are painted with a jet black lacquer which makes it possible to record the contestant's name and number in chalk on the marker. This recording can be rubbed or washed off for repeated usage. The MM metal markers are a full 7 1/2" long with over 3 square inches of writing surface.

School Price

MM Metal Markers.......................... 60c ea.

THE HARRY GILL CO.

401 N. Vine St., Urbana, Ill.
12-February 1964

TRIPLE JUMP

USC's Mahoney Samuels broke Ira Davis's triple jump American record of 52'1" with a mark of 52'7" at the Los Angeles Invitational. The best US citizen is Charles Craig of Fresno State at 50'4".

All new marks are reported elsewhere in this issue.

Top eight performers
1. Mahoney Samuels* (So Cal) 52'7"  5. Ralph Boston (Striders) 48'12"  9. Art Croasdale (Harvard) 57'3½"
2. Charles Craig (Fresno St) 50'4"  6. Les Bond (San Jose St) 47'8"  10. Bob Spence (Striders) 54'9½"
3. Darrell Horn (Keily AFB) 49'7"  7. Pete Danna (San Jose CC) 47'1½"  11. Tom Patania (NYAC) 51'7½"
4. Mike Woods (Striders) 49'4"  8. Roy Williams (So Cal) 47'3½"

SHOT PUT

With two puts over 64-feet at Long Beach, Dallas Long appears well on his way to regaining his 60' record. For that matter, Gary Gubner also seems to be ready for a big Olympic year, particularly now that he isn't concentrating so heavily on weight lifting. Dave Davis still has a hard time, which he injured before Christmas. Parry O'Brien has improved every meet this season, from a 60'1½" beginning to 62'6½" at Long Beach. But all four of these veterans will have to look out for Randy Matson. He hasn't fared too well outside of his native Texas but what he has done inside the Longhorn state is worth concentrating so heavily on weight lifting. Dave Davis still has a hurt hand, which may limit his potential.

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Win an Olympic Trip!

See The Tokyo Olympic Games At No Cost To You!

Some lucky track fan will see the 1964 Olympics in Tokyo (October 14-24) at no cost. The winner of the simple, fun-filled contest will join one of the Track & Field News Olympic Tours, with air fare, hotels and tickets all paid for, and will get $100 cash besides. The trip includes three days in Honolulu and 12 days in Tokyo.

The contest is easy to enter and you can enter as often as you like. Read the rules carefully, then send in your first entry. You may make it Tokyo! Everybody has an equal chance.

RULES

1. Winner of the contest will receive a free Track & Field News Olympic Tour, starting and ending in San Francisco, plus $100.00 cash.

2. To enter, list your predicted time for the winner of the 1500 meter run and the javelin throw in the final U. S. Olympic trials at Los Angeles, Sept. 12-13. Winner will be person who comes closest to the winning 1500 meter time. In case of tie on the 1500 meter time, the winner will be the same entrant who comes closest to the winning javelin distance. Should a tie remain, contest officials will announce further tie-breaking rules. (1964 Olympic trials winners did 3:46.9 and 2777.7". U. S. records as of January, 1964, are 3:39.3 and 2823.5")

3. There is no limit on the number of entries by one person, but each entry must be accompanied by an order. Some orders qualify for multiple entries. New and renewal subscriptions are billed, as do all other purchases from Track & Field News.

4. Entry must be received by Track & Field News Box 296, Los Altos, Calif., by Sept. 10, 1964. Results will be announced by Sept. 20.

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8. Contest open to employees of TFN or their families.

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12. Contest open to employees of TFN or their families.
BOB HAYES blisters the new Albuquerque boards in another of his routine record equalling six flats.

Fresno State’s DAREL NEWMAN has five 6s this year and beat Bob Hayes in a disouted race at Long Beach.

ệnau from Bernie Ceneus.

Australian distance runners continued to perform well as the dawn under season approached its climax.

Melbourne, Jan 21 Ron Clarke and Tony Cook outdistanced stride for stride until the last half mile when Clarke drew away for a 12:41.6 clocking at 5000m. 7th place on the all time list. He hit 13:17.6 at three miles for a national rec. Schachman ran 13:11.0 outside the country. Cook had a personal best of 12:54.0.


Sydney, Feb 1 Ian Tomlinson 25:52 for national record. KenRoche 46:5 in 1000m race which demonstrated his potential in the intermediates. Clarke 3:50.6 for 1500m. Dave Prince 14:3 from Gary Knoke 14:3.

Sydney, Feb 2 Clarke, Aby Thomas, back from his world indoor three mile record, and Cook tangled on the second day of the Victoria vs NSW dual. Clarke won in second best time of 13:45.8 with Thomas and Cook getting PRs of 13:50.0 and 13:51.2

Trevor Vincent continued to improve with 8:34.0 for the Australian open duplex record. Ken Roche claimed a 400m hurdle record of 50.7 as Knoke ran 51.0. Tony Sneazwell, returning from an injury causing layoff, jumped 6'10 against Lawne Peckham's 6'8. In his second sell mark in two days Tomlinson triple jumped 59'2. C. L. Grinton Blue ran 31:45.5. Alf Mitchell threw 204:73 and Dick Leffter harnessed 192:10.

New Zealand from Peter Brown, Tony Brunt and Tom Crossen.

Bill Ballie was remarkably well, Peter Snell had one good race and a lot of trouble, and there man content from the United States produced mixed results in recent New Zealand activity.

Snell returned to Wanganui, scene of his mile record, Feb 1 and gutted out a 3:37.7 win in his only good run of the season. Four days later, at Napier, he was a dominant winner of a half mile run. At that time he was revealed later. He was suffering a stomach upset and was under orders of the doctor not to run.

Peter had run only 4:07.8 on Jan 21 when he lost to John Davies' 4:01.7. He was a tenth shorter in losing again on Feb. 15.

Ballie chased Snell home in the mile, running 3:38.2 for a personal best and beginning a tough-to-beat eight day record. At Napier, Feb 5, the little 20,000 meter world record holder outdistanced Neville Scott at 5000 meters, 12:54.2 to 13:46.5. He finished on the eighth, with an 3:34.8 eye-lash win over Geoff Pyne, the latest NZ sensation, who is only 20.

America's Cary Weissger was third in the Wanganui mile with 4:04.4 in the first of four straight losses. He was fourth in the 1:51.4 behind Davies' 1:50.1, and ahead of Snell, at Napier, then returned to Dunedin on the 8th for his best effort of the tour, clocking 3:41.7 for 1500m. Davies won in 3:39.6 as former world mile record holder, Derek Libberton did 3:43. In the Feb. 15 Auckland win, Weissger ran 4:04.5, again losing to Davies (4:02:5) and beating Snell (4:07.9).

Darrell Horan had the best record of the trio from the states, winning all his long jumps and bettering the NZ record in three of his four meets. He went 24'6", 24'7½", 24'5" into the wind and 25'4" (25'9½'w) at Wanganui. He triple jumped 48'10½ in three hundreds had a best of 9.0.

C. K. Yang opened with a 14'7½' third place. He vaulted 15'8½ on the fifth, and ran 3'9, 5'3 in the highs, and threw the javelin 210'9. In his third meet, the Feb. 15 Auckland triangular, Weissger ran 4:04 5, again losing to Davies (4:02:5) and beating Snell (4:07.9).

Other results.

Wellington, Jan 18: Morse 50'10½".

Christchurch, Jan 18: Tait 174'6" NZ record (192' in training).

Christchurch, Jan 25: Pyne 46'0.8

Dunedin, Jan 28 Cook (Australia) 13'20'4 from Pyne 13'21'5. Vincent (Australia) 8:41.7 in steeplechase.

Wanganui, Feb. 1: Bickel (Australia) 51'2. Thomas 50'7½' Norris 50'5".

Napier, Feb. 6: Cook (Australia) 14.22.2m.

Dunedin, Feb. 8: Cook 8'40.8m.

Auckland, Feb. 15: Blum 14.02

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February 1964-13

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DEALERS - ATHLETES
McClellon Soars 6'7 3-4"

by Fran Erorra

The 3'24.8 mile relay credited to Washington High of New York City at the St. Francis Games is believed the fastest ever run on a flat board track. Team members were Maurice Patterson 52.2, Cuthbert Chamberlain 52.0, Elmo Morales 50.9 and Carlota Brown 49.0. Carlota Brown can anchor a medley 

In the lead White Plains to a 3'23.3 mile relay clock at the Westchester Relays... Don Knox of Adams (NYC) has recorded one of the big surprises with his two-mile victory over junior Tom Donnelly of LaSalle in Philadelphia. Knox clocked 9:34.8, and it is likely that Donnelly will break it in the New York Relays on March 9.

Zieminski, 19-year-old of Baldwin, N.Y., is not worried about lack of depth in the 880. He has seven boys who have gone under 2:02.0 indoors, three more under 2:07, three more under 2:09 and has a total of 19 who can dip under 2:15.

Carlyle Brown ran his last high school race for George Washington (NYC) High in the Millrose Games. He has enrolled at Kentucky State College for the spring semester... Brooklyns Prep's 8:03.1 is believed to be the fastest-ever high school two-mile relay on a flat floor, but more outstanding perhaps was the 8:06.7 credited to Molloy in third place at the Mayor's All-City meet. The Stanners ran without two aces, Peter Farrell who won 1000 in 2:16.5 and Robert Zieminski who ran a 1:55.8 anchor during a medley relay at the Millrose Games... Farrell is the younger brother of Tom Farrell who runs for St. John's University.

Zieminski, 16-year-old sophomore at DeWitt Clinton High in New York, has shown consistency, having also leaped 6'7¼" in the NYU Interscholastic meet Feb. 15 on the Armory floor. He bested LaSalle's Del Benkin's 6'7" in only his second jump of the season before a sold-out crowd in Dec.

McClellon uses the straddle style and has a five-step approach from the right side.

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### Track and Field

#### HIGH SCHOOL MARKS

by Fran Errota

Marks received by Feb 18 **

Please send new marks, additions or corrections to Fran Errota, P.O. Box 781, San Jose 6, California.

Incomplete results for the broad jump and pole vault prevented us from publishing lists for these events this month.

<table>
<thead>
<tr>
<th>Event</th>
<th>Mark</th>
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<tbody>
<tr>
<td>60-YARD DASH</td>
<td>6.2</td>
<td>Hines (McClaymonds, Oakland, CA)</td>
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<tr>
<td>200-YARD DASH</td>
<td>22</td>
<td>Martinez (Hamilton, CA)</td>
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<td>400-YARD DASH</td>
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<td>Kiefer (Syosset, NY)</td>
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<td>800-YARD DASH</td>
<td>1:58.0</td>
<td>Thompson (North Babylon, NY)</td>
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<td>4:21.3</td>
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Outdoor Preview

As an aid to people who make predictions and play track games, and to fans in general, here is Track Field News' 7th annual Outdoor Preview. A blueprint to who's who in U. S. track and field in 1964, each event is presented first by a list of returning NCAA, NACC, and other outstanding college athletes, including a separate category for new sophomores, and, finally, the outstanding club and service athletes. All performances are 1963 bests at the distance shown, except where otherwise indicated. Metric marks are indicated by "m". Other meaningful symbols are as follows:

F = foreign athlete, not eligible for U.S. international teams.

Under "Collegeians Not In NCAA," symbols used in explanation:

J = college junior from the standpoint of remaining eligibility.

La = Louisiana collegians not allowed to compete against Negroes.

A = too old to be eligible (foreign students).

St = transfer student who must wait one year to become eligible.

Sl = scholastically ineligible.

JC = athlete who is not a junior college graduate (must wait one year).

4th = has already completed three years of varsity competition.

La = Louisiana collegians not allowed to compete against Negroes.

J = college junior from the standpoint of remaining eligibility.

Forrest Bear, California 10:20.4
Sam Perry, Oregon 10:20.4
Edward Owens, No. Carolina 10:20.4
John Roderick, SMU 10:20.4
Bob Hanson, Kansas 10:20.4
Terris Williams, Oklahoma 10:20.4
NEW SOPHOMORES:
Forrest Bear, California 10:20.4
Sam Perry, Oregon 10:20.4
Edward Owens, No. Carolina 10:20.4
John Roderick, SMU 10:20.4
Bob Hanson, Kansas 10:20.4
Terris Williams, Oklahoma 10:20.4

110 YARDS HURDLES

1. Harry Jerome, Oregon 14:07.2
2. Mike Muma, Southern California 14:07.2
3. John Catsimatidis, Boston College 14:07.2

400 YARDS

1. Bill Boyer, Notre Dame 46:55
2. Bill Boyer, Notre Dame 46:55

400 M.

1. Harry Jerome, Oregon 45:00
2. Mike Muma, Southern California 45:00
3. John Catsimatidis, Boston College 45:00

1000 M.

1. John Butcher, Princeton 2:28.0
2. John Butcher, Princeton 2:28.0
3. John Butcher, Princeton 2:28.0

800 M.

1. Ralph Lee, Long Beach 1:50.8
2. Loy Gutter, Texas 1:50.8
3. Mike Gibeau, San Jose 1:50.8

4. Bill Doak, Georgetown 1:50.8
5. Bill Doak, Georgetown 1:50.8
6. Bill Doak, Georgetown 1:50.8

7. Derick Shockey, Florida 1:50.8
8. Derick Shockey, Florida 1:50.8

440 M.

1. Janis Johnson, Morgan State 47.2
2. Janis Johnson, Morgan State 47.2
3. Janis Johnson, Morgan State 47.2

4. Derick Shockey, Florida 47.2
5. Derick Shockey, Florida 47.2
6. Derick Shockey, Florida 47.2

7. Derick Shockey, Florida 47.2
8. Derick Shockey, Florida 47.2

420 M.

1. Pat Clohessy, Florida 1:50.6
2. Pat Clohessy, Florida 1:50.6
3. Pat Clohessy, Florida 1:50.6

4. Bob Day, UCLA 1:50.6
5. Bob Day, UCLA 1:50.6
6. Bob Day, UCLA 1:50.6

7. Bob Day, UCLA 1:50.6
8. Bob Day, UCLA 1:50.6

3000 M.

1. John Meese, Cent. Conn. St. 8:57.2
2. John Meese, Cent. Conn. St. 8:57.2
3. John Meese, Cent. Conn. St. 8:57.2

4. Joe Lynch, Georgetown 8:57.2
5. Joe Lynch, Georgetown 8:57.2
6. Joe Lynch, Georgetown 8:57.2

7. Joe Lynch, Georgetown 8:57.2
8. Joe Lynch, Georgetown 8:57.2

1500 M.

1. Bill Doak, Georgetown 4:02.2
2. Bill Doak, Georgetown 4:02.2
3. Bill Doak, Georgetown 4:02.2

4. Derick Shockey, Florida 4:02.2
5. Derick Shockey, Florida 4:02.2
6. Derick Shockey, Florida 4:02.2

7. Derick Shockey, Florida 4:02.2
8. Derick Shockey, Florida 4:02.2

800 YARDS

1. Bradi Clark, Oregon 2:10.8
2. Bradi Clark, Oregon 2:10.8
3. Bradi Clark, Oregon 2:10.8

4. Bob Day, UCLA 2:10.8
5. Bob Day, UCLA 2:10.8
6. Bob Day, UCLA 2:10.8

7. Bob Day, UCLA 2:10.8
8. Bob Day, UCLA 2:10.8

1500 M.

1. Mike Muma, Southern California 4:08.0
2. Mike Muma, Southern California 4:08.0
3. Mike Muma, Southern California 4:08.0

4. Bill Doak, Georgetown 4:08.0
5. Bill Doak, Georgetown 4:08.0
6. Bill Doak, Georgetown 4:08.0

7. Derick Shockey, Florida 4:08.0
8. Derick Shockey, Florida 4:08.0

4200 M.

1. John Meese, Cent. Conn. St. 9:52.4
2. John Meese, Cent. Conn. St. 9:52.4
3. John Meese, Cent. Conn. St. 9:52.4

4. Joe Lynch, Georgetown 9:52.4
5. Joe Lynch, Georgetown 9:52.4
6. Joe Lynch, Georgetown 9:52.4

7. Joe Lynch, Georgetown 9:52.4
8. Joe Lynch, Georgetown 9:52.4

10000 M.

1. John Meese, Cent. Conn. St. 26:20.8
2. John Meese, Cent. Conn. St. 26:20.8
3. John Meese, Cent. Conn. St. 26:20.8

4. Joe Lynch, Georgetown 26:20.8
5. Joe Lynch, Georgetown 26:20.8
6. Joe Lynch, Georgetown 26:20.8

7. Joe Lynch, Georgetown 26:20.8
8. Joe Lynch, Georgetown 26:20.8

16—February 1964

Newcomers to Track Field News' collegiate preview this year: Pat Clohessy, Florida; Bill Doak, Georgetown; Joe Lynch, Georgetown; and the relays of Southern California. Newcomers to last year's preview: John Meese, Cent. Conn. St.; Mike Muma, Southern California, and the relays of Southern California and Georgetown. Last year's preview: Pat Clohessy, Florida; Bill Doak, Georgetown; Joe Lynch, Georgetown; and the relays of Southern California and Georgetown.
### 400 Yard Hurdles

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<th>Height</th>
<th>Points</th>
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<tr>
<td>John Rambo, Long Beach</td>
<td>J</td>
<td>7'</td>
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<tr>
<td>Joe Faust, So. Calif.</td>
<td>J</td>
<td>7' ¼</td>
</tr>
<tr>
<td>Jim Derwin, Tenn.</td>
<td>J</td>
<td>6' 7½</td>
</tr>
<tr>
<td>Jim Brown, SCVYV</td>
<td>J</td>
<td>6'</td>
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<tr>
<td>Cliff Cushman, USAF</td>
<td>52.5m</td>
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<tr>
<td>Paul Stuber, Oregon</td>
<td>J</td>
<td>7'</td>
</tr>
<tr>
<td>Gene Johnson, California</td>
<td>J</td>
<td>7' ½</td>
</tr>
<tr>
<td>Chris Stauffer, BOC So.</td>
<td>J</td>
<td>9'</td>
</tr>
<tr>
<td>Dixon Farmer, Pas, AA</td>
<td>J</td>
<td>5'</td>
</tr>
<tr>
<td>Eddy Southern</td>
<td>J</td>
<td>5' 1½</td>
</tr>
<tr>
<td>Steve Cushman, USAF</td>
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### HIGH JUMP

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<tr>
<td>Mark Brady, Oklahoma</td>
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<td>6' 10½</td>
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<tr>
<td>Copper Miller, Indiana</td>
<td>J</td>
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<tr>
<td>Gene Johnson, California</td>
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<td>7'</td>
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<tr>
<td>John Rambo, Long Beach</td>
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<td>7'</td>
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<tr>
<td>Col Ridgeway, Lamar T</td>
<td>W</td>
<td>6' 9½</td>
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<tr>
<td>Wm. Holmen, Wisconsin</td>
<td>J</td>
<td>6' 9½</td>
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<tr>
<td>Ross Tunnell, Missouri</td>
<td>J</td>
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<tr>
<td>Jim Hill, Morgan St</td>
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<td>6' 8½</td>
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<tr>
<td>Joe Faust, So. Calif.</td>
<td>J</td>
<td>6' 7½</td>
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<tr>
<td>Richard Ross, So. U.</td>
<td>J</td>
<td>6' 7½</td>
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<tr>
<td>Jim Derwin, Tenn.</td>
<td>J</td>
<td>6' 7½</td>
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<tr>
<td>Mark Brady, Oklahoma</td>
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### TRIPLE JUMP

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<td>J</td>
<td>51' ½</td>
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<tr>
<td>Charles Craig, Fresno</td>
<td>J</td>
<td>50' 4</td>
</tr>
<tr>
<td>Steve Cropfitt, Stanford</td>
<td>J</td>
<td>48' 6</td>
</tr>
<tr>
<td>Walt Roberts, San Jose</td>
<td>J</td>
<td>49' 3</td>
</tr>
<tr>
<td>Henry Lawson, Sacramento</td>
<td>J</td>
<td>49' 4</td>
</tr>
<tr>
<td>Craig Ferguson, San Jose</td>
<td>J</td>
<td>48' 8</td>
</tr>
<tr>
<td>John Yancy, So. Calif.</td>
<td>J</td>
<td>48' 2</td>
</tr>
<tr>
<td>John Goode, Stanford</td>
<td>J</td>
<td>47' 6</td>
</tr>
<tr>
<td>Don Myrick, LSU</td>
<td>J</td>
<td>47' 5</td>
</tr>
<tr>
<td>Clarence Robinson, MN</td>
<td>J</td>
<td>47' 2</td>
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<tr>
<td>Mahoney, Stanford (AA)</td>
<td>J</td>
<td>52' 4</td>
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### BROAD JUMP

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<tr>
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<tbody>
<tr>
<td>Cliff Mayfield, Cent, St</td>
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<tr>
<td>Sid Nicholas, Fresno</td>
<td>24' 9</td>
<td></td>
</tr>
<tr>
<td>Paul Minnich, NYAJ</td>
<td>27' 4</td>
<td></td>
</tr>
<tr>
<td>Les Bond, San Jose</td>
<td>25' 1</td>
<td></td>
</tr>
<tr>
<td>Dennis Holland, West, Mich</td>
<td>J 25' 2</td>
<td></td>
</tr>
<tr>
<td>Ken Tucker, LA St</td>
<td>24' 11</td>
<td></td>
</tr>
<tr>
<td>Anthony Watson, Okla.</td>
<td>62' 20</td>
<td></td>
</tr>
<tr>
<td>Henry Lawson, Sacramento</td>
<td>J 25' 1</td>
<td></td>
</tr>
<tr>
<td>Ranier Simonis, LA St</td>
<td>25' 10</td>
<td></td>
</tr>
<tr>
<td>Clarence Robinson, N. Mex</td>
<td>24' 7</td>
<td></td>
</tr>
<tr>
<td>Herb Hinkle, So.</td>
<td>24' 5</td>
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<td>CLUB, SERVICE, UNAT:</td>
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### DISCUS THROW

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<thead>
<tr>
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<tbody>
<tr>
<td>Gary Guibner, NYU</td>
<td>62' 5</td>
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<tr>
<td>Al Williams, Pla, St</td>
<td>59' 10</td>
<td></td>
</tr>
<tr>
<td>Mike Berkowitz, Navy</td>
<td>59' 3</td>
<td></td>
</tr>
<tr>
<td>Jim McNamer, Baylor J</td>
<td>57' 10</td>
<td></td>
</tr>
<tr>
<td>Dave Price, Cal West, J</td>
<td>59' 4</td>
<td></td>
</tr>
<tr>
<td>Don Castle, So. Calif.</td>
<td>59' 11</td>
<td></td>
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<tr>
<td>Carl Wallin, No'eastern J</td>
<td>57' 3</td>
<td></td>
</tr>
<tr>
<td>Dennis Wright, Stanford</td>
<td>56' 9</td>
<td></td>
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<tr>
<td>Dick Inman, Oklahoma</td>
<td>62' 8</td>
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<tr>
<td>Steve Arch, Stanford</td>
<td>56' 4</td>
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</tr>
<tr>
<td>George Fuchs, Michigan</td>
<td>57' 3</td>
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<tr>
<td>Jack Chapman, So. Ill</td>
<td>55' 8</td>
<td></td>
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<tr>
<td>Chuck Mercein, Yale</td>
<td>58' 2</td>
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<tr>
<td>Bill Pace, Wash, St</td>
<td>56' 11</td>
<td></td>
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<tr>
<td>Pat Kelso, San</td>
<td>58' 10</td>
<td></td>
</tr>
<tr>
<td>Roger Orrell, ACC</td>
<td>56' 9</td>
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### ADD:

- New Sophomores:
  - Bill Miller, McMurry TC

### HIGH JUMP

<table>
<thead>
<tr>
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<th>Height</th>
<th>Points</th>
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<tbody>
<tr>
<td>Lew Hoyt, So, Calif.</td>
<td>J</td>
<td>7' 1½</td>
</tr>
<tr>
<td>Roger Olsen, California</td>
<td>J</td>
<td>6' 11½</td>
</tr>
<tr>
<td>Paul Stuber, Oregon</td>
<td>J</td>
<td>6' 3</td>
</tr>
<tr>
<td>Terry Lellywellyn, Ore.</td>
<td>J</td>
<td>6' 10½</td>
</tr>
<tr>
<td>Gene Johnson, California</td>
<td>J</td>
<td>7'</td>
</tr>
<tr>
<td>John Rambo, Long Beach</td>
<td>J</td>
<td>7'</td>
</tr>
<tr>
<td>Col Ridgeway, Lamar T</td>
<td>W</td>
<td>6' 9½</td>
</tr>
<tr>
<td>Wm. Holmen, Wisconsin</td>
<td>J</td>
<td>6' 9½</td>
</tr>
<tr>
<td>Ross Tunnell, Missouri</td>
<td>J</td>
<td>6' 9½</td>
</tr>
<tr>
<td>Jim Hill, Morgan St</td>
<td>J</td>
<td>6' 8½</td>
</tr>
<tr>
<td>Joe Faust, So. Calif.</td>
<td>J</td>
<td>6' 7½</td>
</tr>
<tr>
<td>Richard Ross, So. U.</td>
<td>J</td>
<td>6' 7½</td>
</tr>
<tr>
<td>Jim Derwin, Tenn.</td>
<td>J</td>
<td>6' 7½</td>
</tr>
<tr>
<td>Mark Brady, Oklahoma</td>
<td>J</td>
<td>6' 10½</td>
</tr>
</tbody>
</table>

### POLE VAULT

<table>
<thead>
<tr>
<th>Name</th>
<th>Height</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolando Cruz, Vill.</td>
<td>F</td>
<td>6' 15½</td>
</tr>
<tr>
<td>Bob Watson, Oregon J</td>
<td>J</td>
<td>6' 15½</td>
</tr>
<tr>
<td>Mike Flanagan, So. Calif</td>
<td>J</td>
<td>6' 15½</td>
</tr>
<tr>
<td>Dale Pryor, Army</td>
<td>J</td>
<td>15' 8½</td>
</tr>
</tbody>
</table>

### CLUB, SERVICE, & UNAT: 

- Hayes Jones, Detroit VC | 13' 4  |
- Blaine Lindgren, Pas. AA | 13' 5  |
- Roy Hocks, US Army | 13' 5  |
- Willie May | 13' 7  |
- Frank Washington | 6' 12½ |
- Russ Rogers | 13' 7  |
- Brian Polkinnine, US Army | 13' 7  |
- Bob Green, BOC | 13' 9  |
- Ralph Boston, Striders | 13' 9  |
- Ella Gilbert, BOC | 13' 9  |
- Willie Henning, US Army | 13' 9  |
- Charles Moseley, Striders | 13' 9  |

### 440 YARD HURDLES

- 2. Ron Whitney, Occidental | 50' 3  |
- 3. Jim Allen, Wash, St | 50' 1m |
- 4. Jim Miller, Colorado J | 50' 8  |
- 6. Tom Wyatt, Oregon J | 51' 2 |
- 7. Billy Hardin, LSU | 51' 3 |

### ADD:

- David Morris, McMurry J | 52' 1 |
- Vincent McArulde, Matil. | 52' 2 |
- John Beath, Morgan St | 51' 5 |
- Ray Hiltan, Tex, West | 51' 7  |
- Steve Corriffitt, Stanford | 52' 4 |

### NEW SOPHOMORES:

- Bob Hansen, Kansas So. | 330 30 |
- Artis Morocco, Tex, So. | 330 30 |
- Fred Knight, New Mexico | 53' 2  |
- John McIntosh, Mont, St So. | 330 37 |
- Ben Hawkins, Ari. St | 330 37 |

### CLUB, SERVICE, & UNAT: 

- RC Cawley, Pasadena AA | 49' 6  |
- Willie Atterberry, LATC | 50' 6 |
- Chris Stauffer, BOC | 50' 9  |
- Russ Rogers | 51' 2 |
- Dixon Farmer, Pas, AA | 52' 8  |
- Eddie Southern | 53' 1 |
- Glll Cushman | 52' 5m |

### Javelin Throw

- 1. Ray Van Asten, Oregon | 70' 5  |
- 2. Jerry Hinkle, Yale | 226' 3 |
- 3. Bill Kipe, Washington St | 243' 10 |
- 5. Bob Sbordone, USAF | 264' 9½ |

### ADD:

- New Sophomores:
  - Bill Miller, McMurry | 26' 2 |
  - Charles Moseley, Striders

### ADD:

- Henry Lawson, Sacramento | J 25' 1 |
How to Qualify for Tokyo

Considerable confusion has arisen with regard to the method of selecting the United States men's track and field team for the 1964 Olympic Games. These are the facts, as received by T&FN from the US Olympic Committee and the IAAF. The US Olympic Track & Field Committee, headed by George Eastman, has made it clear that the final selection will be made by the athletes themselves in competition and not by a board or coaches and officials.

For 17 of the 22 individual events (not including the 10,000 meter run, marathon, decathlon, or 20,000 and 50,000 meter walks) on the Olympic program, three qualifying rounds have been established for the New York trials, July 3 and 4, and the Los Angeles trials, September 12 and 13. They are:

1. 400 meters relay teams may enter and no substitution or competitors is permitted in any individual competition.
2. No minimum performance standard is set for the relay events. Entries for the relay teams may comprise up to six competitors of whom four will compete in the actual event.
3. These are the qualification standards for the entry of a second or third athlete in the individual competitions:

<table>
<thead>
<tr>
<th>Event</th>
<th>100 meters</th>
<th>10.4</th>
<th>200 meters (turn)</th>
<th>21.0</th>
<th>400 meters</th>
<th>47.0</th>
<th>800 meters</th>
<th>1:45.8</th>
<th>1500 meters</th>
<th>3:43.5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1000 yards</td>
<td>9.5</td>
<td>220 yards (turn)</td>
<td>21.1</td>
<td>440 yards</td>
<td>47.3</td>
<td>800 yards</td>
<td>1:49.4</td>
<td>Mile</td>
<td>4:01.5</td>
</tr>
<tr>
<td>1500 meters</td>
<td>3:43.5</td>
<td>13.34</td>
<td>5000 meters</td>
<td>14:02</td>
<td>10,000 meters</td>
<td>29.25</td>
<td>3000 meters</td>
<td>8:46.0</td>
<td>110 meter high hurdles</td>
<td>12:20</td>
</tr>
<tr>
<td>400 meter intermediates</td>
<td>51.8</td>
<td>440 yard intermediates</td>
<td>52.1</td>
<td>110 meter high hurdles</td>
<td>12.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pole Vault</td>
<td>15.14</td>
<td>or 6.94</td>
<td>or 6.94</td>
<td>or 6.94</td>
<td>or 6.94</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broad Jump</td>
<td>24.115</td>
<td>or 7.60</td>
<td>or 15.80</td>
<td>or 17.80</td>
<td>or 17.80</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>51.105</td>
<td>or 15.80</td>
<td>or 17.80</td>
<td>or 17.80</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shot Put</td>
<td>58.2</td>
<td>or 17.80</td>
<td>or 17.80</td>
<td>or 17.80</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Discus Throw</td>
<td>180.55</td>
<td>or 55.00</td>
<td>or 77.00</td>
<td>or 77.00</td>
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<tr>
<td>Javelin Throw</td>
<td>252.75</td>
<td>or 77.00</td>
<td>or 77.00</td>
<td>or 77.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>205.6</td>
<td>or 63.00</td>
<td>or 63.00</td>
<td>or 63.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Decathlon</td>
<td>7000 points</td>
<td>or 63.00</td>
<td>or 63.00</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

The qualifications will be met by "right" for the New York Trials.

(2) NCAA Championships at Eugene, Oregon, June 18-20

The first six Americans to finish in each event will qualify by "right" for the New York Trials.

(3) AAI Championships at New Brunswick, New Jersey, June 27 and 28

Without duplicating any placings above, six additional Americans taken in order of finish will qualify by "right" for the New York Trials.

The New York Olympic Trials will be held at Downing Stadium, Randall's Island, July 3 and 4. This meet will reduce the number in each event from 10 or more athletes to six--but the winner of each event shall have qualified for the US Olympic team provided that "he competes against (and gives evidence of maintaining his level of top performance) the other five in Los Angeles.

The Los Angeles Olympic Trials will be held at the Memorial Coliseum, September 12 and 13. The first three finishers (in the 100 and four in the 400) in 18 events will compose the US Olympic team provided "(a) the New York winner is among them, or (b) the New York winner is obviously not fit." All athletes competing in the Los Angeles Trials will have their expenses paid by the US Olympic Committee. After the LA Trials and until entries are filed, about September 19, a fourth man will be invited to remain with the squad. The winner of the AAU championship marathon at Yonkers, New York, May 25, shall have qualified for the Olympic team and the second place man will be the first alternate. The winner and second place man in the Culver City Western Hemisphere marathon, July 25 or 26, shall qualify for the Olympic team.

For the three decathlon representatives on the Olympic team, the first two American finishers in the decathlon at the Olympic Trials, September 12 and 13. The first three finishers (four in the 100 and four in the 400) in 18 events will compose the US Olympic team provided "(a) the New York winner is among them, or (b) the New York winner is obviously not fit." All athletes competing in the Los Angeles Trials will have their expenses paid by the US Olympic Committee. After the LA Trials and until entries are filed, about September 19, a fourth man will be invited to remain with the squad.

For the three decathlon representatives on the Olympic team, the first and second American finishers in the AAU championships at Walnut, California, in June (definite date not available) shall qualify. These two men plus the next four finishers in the AAU decathlon championships will re-compete in the LA Trials to determine the third man.

The entire team will convene in Los Angeles September 3 for training, preparation and processing prior to departure for Tokyo about September 28.

The International Amateur Athletic Federation (IAAF) has set up the following regulations for Olympic entries.

With the exception of the marathon and the two walks each nation has the right to enter one competitor, irrespective of his or her ability to attain the qualifying standard, in each event.

A second and a third competitor may be entered by a nation provided that all reach the qualifying standard for the event. Where second or third competitors are entered, the attainment of this standard by the first competitor is obligatory. These standards must have been reached between October 1, 1963 and September 30, 1964. The IAAF alone shall decide the acceptability of entries made under the qualification conditions.

Each nation may enter up to three competitors in each of the marathon and the two walks without restriction as to performances previously recorded. No reserves may be entered and no substitution or competitors is permitted in any individual competition.

A nation may enter one team only for each scheduled relay event. No minimum performance standard is set for the relay events. Entries for the relay team may comprise up to six competitors of whom four will compete in the actual event.

These are the qualification standards for the entry of a second or third athlete in the individual competitions:

<table>
<thead>
<tr>
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<th>100 meters</th>
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<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

If, for example, the third place finisher at the LA Trials has not met the Olympic qualifying standard by that time he will have a chance to meet the mark in a couple of post Olympic Trial meets. If he fails to meet this time and one of the other finishers has bettered the standard, the next highest placer to have qualified will be a team member.

The GILL OGS UNIVERSITY AND COLLEGE BUILT TO LAST 2 DECADES

Simple Wing Nut for Fast Folding

ADJUSTS TO ALL HEIGHTS 30"-36"-39"-42"

Stabilizer Bar for Added Rigidity and Safety

Visible Rotating Weights

The OGS is for the school who wants the very finest hurdle that is being offered today. This hurdle is engineered for satisfactory performance and meets the track and field rule requirements in every respect. It has gained wide acceptance as evidenced by the fact that the OGS was used in the current NCAA finals, the most recent American Final Olympic Trials and Pan American Games and can be found in five out of the ten Big 10 universities.

School Price $32.75

URBANA THE HARRY GILL CO. ILLINOIS
by Dick Drake

One hundred thirty-nine track nuts entered T&F's Monthly US Olympic Contest to pick the first three placers in the Final Olympic Trials at Los Angeles.

The February entries were largely based on performances of 1963 and before, since there was considerable agreement. In both sprints, stars were unanimous picks: Bob Hayes* 139, Henry Carr 68, Johnny Gilbert 51, Larry Questad* 45, Nate Adams* 29, Paul Drayton 25, Roger Sayers 15, John Moon 13, Sam Perry 10, Ulis Williams 1. The 100 and 22 in the 400. And since Williams and Plummer came within one of being unanimous selections, the final 20 selections were for the "third spot.

The contest is based solely on the first three places in the final US Olympic Trials. It has nothing to do with the winner in New York, nor with qualifying marks, nor who is selected to compete on the team that goes to Tokyo.

There were a number of athletes picked who are not eligible for the US Olympic team nor eligible to compete in the Trials.

The March entries are due March 17. Late entries will be discarded.

The entries from Gabriel, Hernon, and Pliner were late, and not accepted.

In future months, there may not be a progress report each issue.

In the following tabulation my picks are not counted but are marked with an *.

---

100: Bob Hayes* 139, Henry Carr 68, Johnny Gilbert 51, Larry Questad* 45, Nate Adams* 29, Paul Drayton 25, Roger Sayers 15, John Moon 13, Sam Perry 10, Ulis Williams 1.

200: Henry Carr 139, Bob Hayes* 131, Paul Drayton* 120, Larry Questad* 119, Nate Adams 9, Adolph Plummer 8, Don Webster 14, Forrest Beaty 3, John Richardson 2, John Roderick 2, Herb Carper 1, Larry Dunn 1, Ray Etherly 1.

400: Ron Freeman 8, Bob Tobler 6, Charley Mays 4, Bill Boyle 2, Jim Heath 2, Elzie Higginbottom 2, Gary Comer 1, Otis Davis 1, Mike Larrabee 1, Nick Roll (Eire) 1, Tom Farrell 1, Jim Grelle 1, Jay Lucic 1, Barry Sugden 1, Cary Hessy (Australia) 4, Jim Grelle 4, Danny Murphy 4, Dale Story 4, Sterling Jenkins 1, Fred Most 1, Charlie Clarie 1, Norm Higgins 1, Danny Murphy 1, Jerry Smartt 1.

3000 Steeplechase: Pat Traynor* 134, Blaine Lindgren* 112, Roy Hicks* 102, Willis May 45, Elias Gilbert 9, Russ Rogers 7, Dee Andrews 1, Bob Cherry 1, Steve Cottrell 1, Bob Green 1, Jim Miller 1, Brian Polkinghorne 1.

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Monthly Olympic Contest

The entry of Gabriel, Hernon, and Pliner were late, and not accepted. The entries from Gabriel, Hernon, and Pliner were late, and not accepted.

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BOB DONWELL, University of Miami Head Coach. "With reference to Bob Hayes' 9 1 on New Year's day at our track, I submit the following: The normal wind in Miami blows from the southeast at 10 miles an hour. This day, however, since winds from the northwest changed the wind in a crazy quall pattern. It came mostly from the west and northwest. Dave Sime told me he felt a real wind trying to handle a wing gague that he knew how to read but not how to operate. At the time the 100 was run, the wind had defnite blows from the west. Since the track runs due north and south and since a 100 can be run in either direction, we elected to run the race south bound. As it turned out Hayes ran at a right angle to the wind. This in a strict sense of the word made it a head wind. (The wind guage at Coral Gables measures the velocity of the wind but not the direction.) I have called this to the attention of the meet directors, and they will apply for recognition of his performance.

BOB NEWLAND, Meet Director of the Oregon Invitational, in response to rumors that the track was short. "I remember when Frank Budd set the 100 mark at Randalls Island. Painters didn't believe it could be run that fast. This attitude is always prevalent among the 'experts'. It's somewhat amusing that they don't challenge a track as being long when the times are slow.

"One of the first things we always do in setting up our meet is to measure the track and then be sure that the start and finish lines are in the proper locations. Our track is 160 yards to the lap, 11-laps to the mile. We not only count the panels from the architects plan but also run the measuring wheel on it and stretch out a steel tape.

"We have not had a survey on it yet, in part because we didn't have time to do it, and I'm sure that no other indoor track in the country has gone to that extent. It is a fast track with a 9 inch rise in the middle of the turns. Indoor tracks throughout the country are not built with the same degree of banking on the turns as this track. I believe this to be the reason one of those 99 York victories.

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ARCHIE WILLIAMS, 1936 Olympic 400 meter champion, now an Air Force major, was named to the Northern California Track and Field Hall of Fame. "In this day of the four minute mile and 17-foot pole vault, it is real heart-warming to know that anyone still remembers us prehistoric foot-racers." Jhn RAMBO, high jumper, on being named T&F's JC Athletic of 1963: "This is the greatest thrill and honor I have ever received."
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12 Films on the Olympics of 1952, 1956 and 1960. Some in color and sound. 16mm and 8mm. Rentals as low as $10.
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Is He Psychoed Out?
by Bruce C. Ogilvie Ph.D. FACSAM and Thomas A. Tutko Ph.D.
Our studies of hundreds of young athletes substantiate coaches' general observations with respect to differences in levels of physical and psychological tension necessary for maximum physical efficiency.

Tension terms they speak of two general types of problem athletes.
At one extreme is the youngster who operates at such a tension level that the tone of his system is "psychoed out." At the other extreme is the individual who is so controlled and devoid of tension that the coach must invent ways to attempt to generate the emotional enthusiasm necessary for competition.

We would like to discuss some of the more pertinent features of the athlete who we have found to exhibit consistently high levels of anxiety. Although the coach may not be aware of general life patterns of these individuals we find that they, characteristically have many fears. When we examine the number of situations and objects that provoke anxiety it turns out that there are a substantial number of causes of such reactions. Those situations which provoke the average person to momentary tension and concern lead to prolonged anxiety, and even fear for these individuals.

We have prepared a model which will appear in the next edition of Fred Wilt's Track Technique, describing the hypothetical increasing physical efficiency as it interacts with increasing anxiety. We superimpose this model upon the model suggested by Selby, 1954, in which he explains the curvilinear relationship which obtains for physiological adaptation. Like physiological adaptation psychological adaptation exhibits a pattern of gradual peaking wherein the anxiety compliments physical efficiency but should the anxiety peak too soon we would expect the individual to be "psychoed out" prior to his need for maximum effort. At the other end of the scale is the individual who is so apathetic that his peaking curve of increasing tension does not occur until after he leaves the competition. As with apathy, peaking is found also with its complimentary psychological reaction decompensation will occur.

Here are some of the signs of too early psychological decompensation:
(a) Relaxation of general musculature.
(b) Slowing of respiration. (c) Slowing of heart rate.
(d) Decrease in pilomotor activity. (e) Reduction of tone of reflexes. (f) Increased attention to surroundings. (g) Increased awareness of presence of others. (h) Loss of interest in meaning of team. (i) Negative reaction to the enthusiasm of others, particularly the coach. (k) A wish to escape entirely from the environment where excitement or bustling activity continues. Generally the athlete will seek the companionship of a single other person, girl friend, family, etc.

The single systematic attempt to control overextending anxiety was reported by Dr. Dale Hensel in a study of high anxiety basketball athletes. It was found that the psychological agents discovered in the middle of the practice week did in fact control the level of anxiety and prevent early peaking. The criterion of improved physical efficiency was strongly supported by observation during competition.

We are not recommending such pharmacological control of anxiety. Our point is that this increasing curve of tension can be controlled before it interferes with performance.

Here are some of the recommendations for handling your "high anxious athlete" that we have found to be helpful.

1. No matter how much the next meet means to you, such as the district regional or even NCAA championship, please try not to communicate to your anxious athlete how important this meet is. If you are afraid that your athlete will know you are concerned, be straightforward with him. Let him know what you are involved in. Only in this way can he handle the concern and anxiety that you feel.

2. Never ride excessively on his shoulders. It is never right to elect such individual team captain. He would accept the responsibility but we find that rather than acting as a distraction it will just contribute to increasing anxiety.

3. Every opportunity that presents itself to reassure emotional load off this type of athlete by relieving him of concerns is imperative. Let him know, when appropriate, that this is your concern and not his. Let him know that you care about this, believe in him, and you will support him to the very end. Remember to share your confidence with your anxious athlete. You will find that rather than acting as a distraction it will just contribute to increasing anxiety.

4. Share your burden in an intelligent manner. Arrange for him to meet his own coach not the enhancement of overdependency upon the coach. Remember, we are stressing sharing on the part of the coach not the enhancement of overdependency upon the coach.

5. In general this is the type of athlete who will seek you out for discussion. As long as he initiates the contact you should honor his need to talk but try to prompt your own response to that of listening. Any talk or extra talking will usually quell your anxious athlete. In the forthcoming meet, he will feel more secure especially on his own. Remember to talk to your anxious athlete. You will find that rather than acting as a distraction it will just contribute to increasing anxiety.

6. If you include time trials on your own competition for the role of the coach not the enhancement of overdependency upon the coach.

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8. In the original plan, the experienced athlete was supposed to give the role of the coach not the enhancement of overdependency upon the coach.

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Keeping Track of Gerry

by Dick Drake

Before December 27, 1963, Gerry Lindgren was a good but not sensational 9 24.0 prep two-miler. During the fall he ran a two-mile cross-country race on a relatively flat course—which proved to be 40 yards short—in 8:59.5, which figured roughly to a 9 05.2 two-mile equivalent. This prompted meet promoters of the Examiner Holiday meet to invite Gerry to San Francisco in December for a special high school two-mile. That's how it all began. And this is what history shall record for Gerry's first four major races—all indoors.

1. San Francisco Examiner Holiday Invitational (Dec 27) 9 00.0 two-miles
   a. He beat the greatest prep two-mile field ever assembled, which included three of the four fastest schoolboys in history.
   b. He smashed the indoor prep two-mile mark by 23.5 seconds
   c. He bettered the outdoor prep two-mile record by 9 6 seconds
   d. He improved his personal best by 24.0 seconds

2. Los Angeles Invitational (Jan, 18) 8 46.0 two-miles
   a. In placing second to Belgium's world steeplechase record holder Gaston Roelants, he lost his first race ever.
   b. He exceeded Kidd's international age 17 indoor mark of 8 49 1
   c. He exceeded Kidd's international age 17 outdoor mark of 8 46.0

3. San Francisco Golden Gate Invitational (Feb, 15) 8 40.0
   a. In placing second to Australia's world 10,000-meter record holder Ron Clarke, he still has never lost to a US citizen at two-miles.
   b. He is now the ninth fastest indoor two-miler ever, and the fourth swiftest US citizen indoors.
   c. He is the fifth fastest US two-miler, either indoors or outdoors.
   d. His time bettered the outdoor World Junior Record (sub-20 years) of 8 41 9

4. National AAU (Feb, 22) 13 37 8 three-miles
   a. He is the eighth fastest indoor three-miler ever, and the fourth swiftest US citizen indoors.
   b. He is tied as the ninth fastest US three-miler, either indoors or outdoors.
   c. His time bettered Kidd's international age 17 indoor mark of 13 47 0

Errata, Addenda

February 1964—21

Track Talk

by Cordmer Nelson

Let's think about Gerry Lindgren, now, as an American distance runner. He is too good to be referred to as a "sensational high school runner" or a "fabulous 17-year-old". He is a runner of world class, right now, and you must give consideration for his present ability, not only for his unimaginable future. He is a runner who has gone faster for two miles than Wilt, Ashenfelter, Rice, Truex, Lawrence, Tabori, Delfinger, Dodds, and Story, not to mention Nurmi, Zatopek, Reiff, Hegg, Chataway, and Kidd.

This boy is good. Right now.

The questions are: How good is he? And how good will he be next fall? His coach, tall, slim, balding Tracy Walters of Rogers High School in Spokane, Wash., says, "We really don't know what Gerry can do."

Nor does anyone else, but we can guess. I would not have been surprised, two nights ago, if Lindgren had failed. If he had run only 8:55 or 9:00, Young distance runners are usually erratic and even the best of them fail to set a personal record every time out. My prediction, or guesses, then, are for his capabilities, not exactly what he might do on any given day. I will say, though, that he looked to us as any man did, when he could run 4:04 now.

To begin with, we have only his 2-mile time of 8:40. If we knew his limit for one mile, we could figure his 5000 meter potential. But we don't know how fast he can run a mile. I would guess he could break 4:04 right now, indoors, but I don't know his speed. He trains with much distance miles, and so he is probably geared for longer races than one mile. With speed work he certainly has the potential to be 4:04 flat this spring. If he can run 4:04 now, then, he must be good for a 13:30 3-mile. (Under 14:00)

Lindgren's weakest point, thus far, is his lack of a finishing kick. His last quarter in his 9:00 race was 56.5, in his 8:46 race he finished in 66.2, and in his 8:40 he improved to 65.3. Under racing conditions, the top finishers will go under 60, and Lindgren might run 13:33 at Tokyo and still be outranked by many runners like Beatty, Jazy, Roelants, Clarke, Halberg, Herrman, Thomas, or Baille.

You may think I've finally cracked wide open, and perhaps Lindgren is not as sensational as I think. But I will watch next Saturday night in the Cow Palace at San Francisco has convinced me that world records are going to continue to fall in all the runs. I think Tom O'Hara may run 3:51 in the mile, and he might continue to run 4:04 flat a mile, 7 days a week for the past two months, and then run a mile next year at 3:49. Ron Clarke is aiming for a 10,000 under 20 minutes, and I think he'll do it. (I also think he may run the marathon under 2:10.) Jim Beatty says the 5000 meter record should be 13:23, and the 2-mile 8:20. I believe somebody will do it ... soon. And if nobody else does these "impossibles", I think they'll be done by Lindgren.

To get back to what I started out to say: Gerry Lindgren is very good.

Right now
Meet the Coach

One of the men responsible for the increasing popularity of track and field in the South is University of Tennessee Coach Chuck Rohe. Says T&F’s Southern Editor Paul Adams of Rohe: “Don’t forget his name, you are going to be hearing it for many years to come. I predict that he will be carrying around an NCAA trophy or two in a couple of years. I can’t say enough for Rohe. He is a fantastic recruiter.”

Upon graduating from Mississippi Southern, he began his coaching career at Hattiesburg High School, which had gone three seasons without a track victory prior to his arrival. Under Rohe’s tutelage, his team won the State title in 1957, two years his squads compiled 24-1 record. He returned to his alma mater for a year before matriculating to Furman, which had gone four seasons without a victory. Track performances improved gradually and in 1962 his squad won both the indoor and outdoor titles of the Southern Conference.

Having once again brought a weak track school into track power, Rohe moved onto the University of Tennessee in 1962. His 1963 freshman won the Southeastern Frosh Conference Title. In his second year at Tennessee, his varsity cross country squad was undefeated in dual meets and scored a convincing triumph in the SEC finals.

Rohe owes much of his success to sheer hard work. Besides being a determined recruiter, he has been instrumental in starting the Piedmont Relays and in forming the Knoxville Track Club.

Late News


High School Annual

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- are available for back issues and group purchases of Track Technique. The sport’s technical journal is published March, June, Sept., and Dec. of each year. Regular prices are $1.00 per copy; $3.00 per year; $10 four years.
- back issues are available from Issue No. 1 (Sept. 1960) to date. $1.00 per page issue: four for $3; eight for $5. Track theory classes and other groups may purchase 20 to 49 assorted copies at just $.50 each; 50 or more assorted copies at only $.40 each.

Letters to the Editor

DARRELL HORN, triple jumper, Palo Alto, California: This is a reply to Pete Hopkin’s recent letter concerning the use of the term “triple jump.” The US should not continue to use the name “hop-step-jump” for so long that our youngsters are trying to execute the second step as a “sidewalk step.”

BILL SCHROEDER, Director, Helms Halls, Los Angeles: Please accept our heartiest congratulations for the truly outstanding January edition of T&F—In my opinion it is one of the finest track and field publications I have ever seen. We are happy to add it to our collection in our Helms Athletic Foundation library.

STAVE GOULD, Beverly, Maryland: The January issue is really great! I received a long-felt need of nuts like myself who have always wanted annual summaries, records, etc to be in a single issue.

HUGH GARDNER, Santa Clara, California: A statistician’s delight! I bet I wasn’t the only one to stay up till 5 a.m.

HAL HIGDON, Chicago, Illinois: Do you compete in your better events?

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Valery Brumel will make a special trip to New York on March 10 to accept the "Wide World of Sports Athlete of the Year" award from the American Broadcasting Company.... The state of Tennessee now has three cities with indoor doctors operated they discovered a cyst, the size of a bean, on top of the femur, and a fat pad above that. The Fresno West Coast Relays will be expanded to a two-day meet this year. The 45th edition of the event will be held the weekend of May 28 and 29 with high school and college meets. As of Feb. 10 when the new semester began, Southern California's roster including eight national junior college record holders--six of them newcomers. They are Don Castle, 55'11" shot putter; Larry Stuart, 266'1" javelin thrower; Sterling Jenkins, 4'7" high jumper, Gary Comer, 46.6 quarter-miler, Dave Morris, 20.3 220-m, Mahoney Samuels, 51' 10" triple jumper, Joe Faust, 7' 11" high jumper and Les Mills, 187' 5" discuss thrower. The marks were their national junior marks. All are expected to compete for the 1964 season, but Samuels and Mills will be ineligible for the NCAA championships because of the age restriction on foreign athletes.

Jim Beatty says he will not compete again indoors this season because he has not regained his condition because of overwork, bad health, and his age. As of Feb. 10 when the new semester began, Southern California's roster including eight national junior college record holders--six of them newcomers. They are Don Castle, 55'11" shot putter; Larry Stuart, 266'1" javelin thrower; Sterling Jenkins, 4'7" high jumper, Gary Comer, 46.6 quarter-miler, Dave Morris, 20.3 220-m, Mahoney Samuels, 51' 10" triple jumper, Joe Faust, 7' 11" high jumper and Les Mills, 187' 5" discuss thrower. The marks were their national junior marks. All are expected to compete for the 1964 season, but Samuels and Mills will be ineligible for the NCAA championships because of the age restriction on foreign athletes.

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of People and Things

by Bert Nelson

Ron Clarke is a quiet, soft-spoken young man who happens to be champion of the world at 10,000 meters but wears his mantle of greatness modestly. He's pleasant to be with, a good talker when pressed, but not likely to volunteer much. Track is important to him, obviously, but it's not all important and occupies no more of his thoughts than necessary to carry out a twice a day training schedule and a heavy competitive slate. With a wife, two children and a home and good job to share his attention and efforts, Ron is well rounded and mature. Yet he knows track, loves it, and talks about it well, as I found out during his visit to this area to run in the Golden Gate Invitational. Here are some quotes and observations from, and some facts about, Ron, as picked up during a round trip by air to Los Angeles, a round of golf, a sauna session, and dinner.

It takes about three hours a day to train, including changing. Since early last year I have been on two sessions a day. I run 10 to 15 miles in the evening, long, steady stuff, on the roads or parks. On Sunday I like to get in about 32 miles. The morning run is a bonus.

Changing often is the hardest part of training. Sometimes I do it four times a day. My morning run, a session of squash at lunch, the evening run, and then perhaps a short run just before bed with my wife. She does short interval runs almost every night, just to keep fit.

No, this much training doesn't interfere with my home life. It comes at a time when I'd just be in the way around the house. I get home when the kids are ready for bed and enjoy them for a half hour or so.

I'm training for the marathon. The even the ten thousand, are just speed work. The other races I'm planning to run the 10,000 on opening day and the track schedule. If I can make the Australian two and three mile races, I'd rather win the Olympic marathon. It's the classic race for a distance runner. At Tokyo the marathon on the last day of the season at 5000 without displacing the others. He's the best bet we have for a fast 10,000 runner. He's run at Roelands at 10,000 meters, has better mile speed than anyone in the finish.

My record run was planned to be out of reach. I planned to run at 70 seconds on the quarter. You get tired about three miles and are unable to concentrate on figuring out the pace. So I call out my lap times after the third mile. I had one other race in the six mile record easily, but I still didn't think about the 10,000. I decided to stay in. They yelled to get going and to get the 10,000. I figure I lost about three seconds by slowing down near my limit. And if I can do it, so can a lot of other guys.

Too many runners waste their whole career by not learning to run the mile. They sit and sit and sometimes win, but to me, track is a test of what I can do. Every run should be to meet that test, and for a good time in the process.

It's easier to run a good time by yourself in a competitive race you win. Too much worry about saving a little for the distance. Your feeling is, or why. But John Landy told me he felt depressed. It's hard to explain, but he had the same feeling after his mile record.

My brother Jack has been one of the best distance runners for several years. Even now he is known best as Jack Clarke's brother. I played croquet, a boatman to show for it.

I'm funny. I don't like coffee or tea. I can't stand alcohol in any form. I'd like to be able to drink a couple of beers after a race. All the other running to help me get to sleep. But it at Perth (the British Commonwealth Games) I drank two bottles of champagne and gave the rest to the three and a half months. All they gave me was speech, and I wasn't doing what I want. I love jelly - you call it jelly.

Sightseeing doesn't interest me in my workouts, and sightseeing usually is very kind and it's hard to tell them you're not interested. But I came to run and I want to run well for the people who brought me over. I had planned to return through Europe, spending about a week. But now I'll go right home after my last race.

Running is fun. I like to go for a run to shake tension and to do a lot of good thinking. When I'm running I like to play golf every day. I took my clubs to Perth but got worse every time out. But if you just sit around the village all day you'll go crazy.

Three things entered into my decision to resume hard training. I moved back to Melbourne from the beach, where I had a 50 mile commute. I lived near Les Perry (former distance star) and he kept nagging me. And I suddenly realized I had a lot of years to be old, and if I didn't see what I could do now I'd spend the rest of my life wondering.

Consistency is all important. You must build from one year to the next. Too many runners get a good basis during winter, then freshen up for each race in the summer. By next winter they are back where they started.