

LONG DISTANCE LOG

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Editorial! In an attempt to explore the many unknown factors involved in our sport we will issue a monthly paper solely for the distance running "fanatics".

This Log won't be the work of a master only words from one trying to learn more about one of the world's most interesting sports.

We hope to cover the results of all the distance running events in the various A. A. U. districts, with your support! Any race results, training schedules, or other material pertinent to our sport will be greatly accepted, and put into print.

The Log will be crude at first due to inexperience but with increased interest we hope to improve with each issue in both material and paper and printing.

We hope any correspondence containing race results will contain recorded times for every runner in the race which helps a lot toward encouragement to run better even though it is not possible to always win.

To interest more individuals, to promote this sport and to assist in enabling the U. S. A. to become a leader in Distance Running will be the purpose of this Log. If we are to popularize distance running in this country we must first interest more people, and second, keep them informed of coming events, and the personalities involved just like the daily newspapers do for our popular team sports, football, basketball and baseball.

Actually this Log will be a continuation of the Long Distance Journal started by the late Austin Scott, and abandoned after his untimely death in 1954 at the national A. A. U. Track Championship's in St. Louis.

In addition to race results we plan to have a question and answer column in each issue which we hope will be of interest to our reader's with the answers furnished by those both inactively and actively connected with distance running.

PLAN FOR SELECTION OF U.S. OLYMPIC MARATHON RUNNERS SET

After much talk of holding one of the marathon trials in California, even though the great majority of the marathon runners are from the east, the National A. A. U. Long Distance Running Committee has decided to hold two trials for selection of the marathon runners to represent the U. S. in the coming Olympic games.

The two trials will be the Boston Marathon on April 19, and the National A. A. U. Marathon Championship at Yonkers New York on September 30.

Three runners will be selected on the basis of a point system according to finishing positions in each race. Runners must finish both races to count in the point system. In the event of a tie, the runner who finishes highest at Yonkers will be selected.

Two runners from previous Olympic teams are expected to compete in the 1956 tryouts, Johnny Kelley (1948 team) and Ted Corbitt (1952) team. Vic Drygall, Tom Jones, Ted Vogel and Ollie Mannenin, other members of the 1948 and 1952 teams, have all retired.

RECOMMENDED READING

From: Tatopek the marathon Victor--by Frantisek Koz-
ic--a must for all distance runners--he was interested to
know how far the body's power of resistance can be extended
how much a healthy man can stand, and he made his experi-
ments not only on the sports field. The way to the factory
ran beside a row of poplars. In order to make the best
use of his way to work everyday, he worked out a special
form of torture for his body.

The first time he held his breath as far as the fourth
poplar. The next day the same, and the following day as
far as the fifth. And so on. He went on and on forcing
himself to hold his breath. His head was thumping wildly,
there was terrible pressure on his breast, he felt he was
nearly suffocating and that he would lose conscious. But
he held on bravely. And as he came to the last poplar
he fell to the ground unconscious.

"Emil, tell us something about your style?" "How often
have I been reproved for not having a beautiful style.
My answer has always been that I shall learn to have a better
style once they start judging races according to their
beauty. So long as it's a question of speed then my atten-
tion will be directed to seeing how fast I can cover the
ground.

Too many theories confuse the mind. For fear of
doing it wrong, one might as well do nothing and sit at home
and study theories."

January 7-The New York Metropolitan A. A. U. Indoor
track and field Championships launched the Olympic-year
indoor season Saturday night Jan. 7th at the 192nd Engineers
Armory.

Horace Ashenfelter suffered an upset in the mile
but later in the evening captured the three mile title.
With a view to his later race, Ashenfelter tried a little
strategy in the mile. He let Fordham's Tom Ward set a
64.4 pace for the first quarter, then took the fore for
a 2.15.4 half and a 3.20.5 three-quarters. With almost
three of the eight laps remaining, the Olympic steeple-
chase Champion began a drive designed to remove the finish-
ing sting of the Metropolitan Intercollegiate Champion
Ike Matza. But the dark-haired, bespectacled junior, who
had moved up from the pack to yap at Ashenfelter's heels,
refused to yield. He stuck with the lean Penn. State
alumnus as though in tandem, and, at the bark of the gun
for the final lap, he swung wide. He began pulling away
on the back stretch, and at the finish he had nearly 20
yards on the national cross-country king.

After a 60-second final quarter Matza clocked 4:20.4,
Ashenfelter 4:23.6 and Manhattan's John Doulin, third 4:24.
Ed McAllister of Manhattan was 4th.

Ashenfelter followed more or less the same strategy
in the three-mile, but only until the bunched field had
opened up enough to permit him to sift through. Third
from last on the initial lap, he had moved into first place
by the quarter mark.

Passing the half in 2:27.2 the mile in 4:48.8 and
the two-mile pole in 9:32 (2nd mile 4:43.2) the F. P. I.
agent from Newark blazed a 4:50.3 final mile to finish
50 yards ahead of N.Y. U.'s met Collegiate titlsh,
George King.

Ashenfelter's three-mile clocking was 14:22.3 for the
8 lap flat floor armory track. Robert Sbarra of Manhattan
was third and Gordon Dickson, New York A. C. fourth.

POSTON K. OF C. INDOOR GAMES

Jan. 14, Ron Delaney Villanova sophomore by way of Dublin, Ireland, won the O'Reilly Mile, first big race of the indoor banked board track season by lapping the distance in 4:11.2. Delaney hung back in the pack until 9 of the 11 laps were completed. Then he turned it on and hit the tape about five yards ahead of Len Truex, of the Air Force. Joe La Pierre was third and Joe Deady who only last week set a world indoor three-quarters mile record of 3:01.2, fourth.

Joe Deady led Tufts' John Fawcett at the 1/4-mile mark in 0:64. La Pierre led at the half in 2:07.4 Delaney led at the 3/4 pole at 3:11.3. Ripping off a 0:59.9 final quarter Delaney beat Truex by 4 yards. Fawcett was fifth and Squires of Notre Dame 6th. Truex's time was 4:11.8, La Pierre's 4:14.2, Deady's 4:15.4 and Fawcett's 4:17.

In the two mile Horace Ashenfelter breezed to victory in 9:04 with George King of N.Y.U. second in 9:11.5 (Ed. Note: according to Nick Costes King will do perhaps 8:55! "I am sure that is not unreasonable to state, for I am wholly familiar with his training program.") Bob Sbarra in 9:17 of Manhattan was third, a repeat of the Metropolitan Indoor Championships. Lewis Stiegiltz of Connecticut was fourth just nipping out Ed Shea former IC4a Indoor 2 mile champion in 9:20. Stiegiltz was a 4th place finisher in last November's N.C.A.A. cross country.

West Point N. Y. Jan. 14 Daug Moorhead roared to exciting victories in the mile and two mile and led off the victorious two mile relay. Times 4:24.4, 10:06.5 as Penn State humbled Army 67-42.

STEPHENS RUNS SENATIONAL 6 MILE FOR WORLD RECORD

Jan. 26, Dave Stephens, an admirer and follower of Emil Zatopek and his training methods gave Australia's Olympic hopes a substantial boost last night when he set a world record for the six mile run at 27 minutes 54 seconds and declared afterward "I should have done much better."

Stephens known as the flying milkman, broke the previous mark set in 1954 by Zatopek. As Stephens passed the five-mile mark, he set an unofficial record for that distance of 23:22.2. His run put him into top contention for the Olympic 10,000 meter championship because had he continued for another 376 yards, he probably would have broken Zatopek's 10,000 meter record also.

Stephen's had to be talked into running in the after-dark meet at Melbourne Australia therefore, the record came as a tremendous surprise.

BRITISH NAVY RUNNER BREAKS WORLD MARK FOR 30 MILES

Robert Henry Pope, master at arms of the British Royal Navy, smashed both the world and British Empire records for the 30-mile run today at the South China Athletic Association stadium in Hong Kong with a time of 2 hours, 54 minutes and 45 seconds.

12th ANNUAL PHILADELPHIA
INQUIRER GAMES JAN 20th

Mile (5 man field)-Ron Delaney the 20 year old Villanova soph who holds the Irish outdoor record of 4:05.8 set in Dublin last summer, made off with his second race of the winter and his second in two tries at Convention Hall. First in the Borican 1000 yds. last year, Delaney won the Philadelphia Inquirer mile in 4:16.9. It was only his third race at the distance, and his third victory. Mayor Richardson Dilworth presented Delaney with the silver trophy.

Delaney assumed immediate command in the Inquirer mile, followed by Ike Matza N.Y. U, Metropolitan A.A.U. Champion, and Georgetown Alumnus Joe Deady, holder of world indoor three-quarter mile record. Joe LaPierre, an intercollegiate king while at Georgetown, and Lt. Len Truex, Air Force, strung along.

Delaney passed the quarter pole in 66.5 and the half in 2:15.5 as a capacity crowd of 10,650 at Convention Hall groaned at the disappointing time. (Delaney expected Matza to set the pace, "But he hesitated, "Delaney explained, and I had to move in front. Once in high school in Dublin I walked the first lap, but I wasn't going to do that tonight."

On the seventh of the 12 lap old board track Deady forged ahead with Truex sliding into third.

Truex leaped ahead on the ninth tour around clocked in 3.20.7 at the three quarters. Then all 5 men took off like Jackrabbits with two laps to go, Delaney returned to the fore.

At the start of the final lap Truex pulled up virtually even, but with his short peculiar stride, (leg action similiar to former Irish Olympian John Joe Barry) Delaney regained sole charge at the turn. He stayed there, but Truex held on grimly and lost by a mere two-three yards.

1. Delaney-4:16.9	Last quarter 56.2!
2. Truex -4:17.2	
3. Deady -4:18.2	
4. Matza -4:19.5	
5. La Pierre-4:22.3	

"I like the mile and expect to stick to it," Delaney said after the race. "When you win something you always like it. I haven't been forced to run terribly hard. I find that I'm not as exhausted after a mile race as after the 1000."

2 mile-10 starters--Horace Ashenfelter captured the 1954 Robertson trophy for keeps, since he also won in 1954. Ash cut loose with 5 laps left and won by 70 yards in 9:06.6. Villanova's Johnny Kopil led for a lap, then Browning Ross Villanova Alumnus led through a 2:16.2 half. Then Ash led for the rest of the race. Ash passed the mile and a half in 6:53 with Wilt a step back followed by Ed Shea and Ross. Ross and Shea outsprinted Wilton the last lap with Burdelle of Penn A. C. outsprinting Alex Breckenridge of Villanova for 5th.

1. Horace Ashenfelter	-New York A.C.	-9.06.6
2. Browning Ross	-Penn. A.C.	-9.14.8
3. Lt. Ed Shea	-V.S. Army	-9.15
4. Fred Wilt	-New York A.C.	-9.18.3
5. Luther Burdelle	-Penn A.C.	
6. Alex Breckenridge	-Villanova	
7. John Kopil	-Villanova	
8. Don Townsend	-St. John's	
9. William Ashenfelter	-New York A.C.	-9.44
Bob Allen	-Marquette Univ.-	-Dropped out

MARATHON RELAY PLAN

On Saturday, March 24, 1956 (Maryland Day) the South Atlantic Association will stage a Relay from Annapolis, Maryland to the City Hall at Baltimore, Maryland, under the sponsorship of radio station W. I. T. H. and its affiliates. This event will serve as a Grand Finale to the Maryland Olympic Fund month. It will also be recognized as an official olympic development event. The distance is approximately .27 miles.

The Maryland Day Relay Committee will decide, (after receiving opinions from runners and coaches as to the number of men per relay and how many teams will enter) what type of relay will be run.

Suggestions are 6 man Relay (each man runs $4\frac{1}{2}$ miles) 8man Relay (each man runs 3.75 miles) 12 man Relay (each man runs $2\frac{1}{2}$ miles) or a 1 man marathon race.

They hope to have prizes for every competitor and Team trophies to each team finishing according to team point score. Individual trophies will also go to the winning team.

Overnight hotel accommodations, March 23rd, and meals on the 24th will be provided for out of town competitors. This will include attendance, as honored guests, at the special Olympic Fund Dinner to be held on the same evening, Saturday, March 24, 1956.

Chauncey W. Ashley, 4438 Pen Lucy Rd. Baltimore 29 md is Chairman of the Relay Committee. It is the hope that Both College and A. A. U. Clubs will compete.

1955 NATIONAL A. A. U. CHAMPIONS

Senior Distance Events:

- 15 Kilo Run-Browning Ross Penn A. C. (54:02)
- 20 Kilo Run-Dr. Charles Robbins, New York Pioneer Club (1:10.47)
- 25 Kilo Run-Browning Ross Penn A.C. (1.24.35)
- 30 Kilo Run-Browning Ross Penn. A.C. (1.21.25) Short Cou.

Marathon-Nick Costes Unat., Natick, Mass. (2.31.12.4)

Cross Country-Horace Ashenfelter New York A.C. (31:39.1)

Outdoor T.&F.-6 mile run-Dick Hart-Collegiate Track and

Field Club (31:58.5)

3 mile run-Horace Ashenfelter New York A.C. (14:45.2)

2 mile Steeplechase-Ken Reiser, Oregon Town Club (10:20.7)

Outdoor Mile Run-West Santee U. S. Marine Corps (4:11.5)

Indoor Mile-Wes Santee (4:07.9)

Indoor 3 Mile Run-Horace Ashenfelter, New York A.C. (13:54.0)

Jr. Long Distance Running:

- 15 Kilo Run-Robert Cons, Culver City A.C. (51:46.3)
- 20 Kilo Run-Duane Ludlow, UNAT. Calif. (1:15.55)
- 25 Kilo Run-Gordon Dickson, New York A.C. (1:20.28)

30 Kilo Run-James Daily Jr. UNAt., Mass. (1:53.02)

Jr. Cross Country-Fred Eckhoff-New York A. C. (31:59)

Jr. Marathon-Norman Nielson, Toronto Gladstone A. C.
(2:46.02)

John J. Kelley and Nick Costers making strong bids for Places on U. S. Olympic Team.

Young John Kelley and Nick Costes two of New England's greatest runners are both carrying out punishing training programs this winter in preparation for this Spring's Olympic Marathon trials.

Some of Kelley's workouts are as follows: 6 times 1 mile averaging 4:54 with a mile jog between each, having warmed-up for 8 miles prior to the workout, 50 times 440 yards, averaging 75-76 seconds, jogging 440 yards between each, getting a total of 26 miles for that day.

Costes states, "This year my training is undeviating and methodical. Last month I averaged 15.6 miles, gradually increasing the severity of the interval runs. This month I am averaging 16.8 miles daily, having completed 12x440 yards (68-69 seconds) with 440 yard jog between, 12x440 yard jog between, 5x1,000 meters, 2:59 (72-73-34 with a 660 yard jog between, and 32x220 yards (33-35) with a 220 yard jog between; all these without pushing.

I plan to work these repetitions up to 25x440 yards, 50x220 yards, and 10x1,000 meters, grouping them close together within the period of two week intervals, I plan moreover, to average 20-22 miles a day by March or April, without pushing!" (Editor's note: WHEW!

THE RETURN OF JOHN LANDY

In the 17 months which have passed since Roger Bannister edged past him on the last turn of the Mile of the Century at Vancouver, Australia's John Landy has become a forgotten man of track--after the excitement of last year's great season, in fact, it sometimes became a little difficult to remember that his mark of 3:58, set at Turku, Finland in 1954, was still the world record. There was little reason to believe that Landy would ever run again. His father felt strongly that a man of 25 was past the age of games ("I was in business before I was that old") and the runner tended to agree with him. And Landy's pride was bruised at Vancouver; standing beneath the stadium in his disheveled green sweat clothes he said sadly, "I've had it." He meant it.

But time heals and hope springs eternal. Last September, while carrying on his duties as a teacher of agricultural science (at Timber Tops, a branch of the famed Geelong Grammar School in the rugged Whittlesea Ranges, east of Melbourne), Landy began training again. Daily for three months he ran uphill and down over rough country. Last month on a vacation at Melbourne he ran on the flat in Central Park, where he had trained for years before setting his record. Even so, he was inclined to resist the idea of trying for the Australian Olympic team. "I don't," he said rather shortly, "want to make a fool of myself." The first week of January he entered a half-mile race against World Record Holder Lon Spurrier of the touring U. S. track team (3 mon) mostly to see whether he had anything left at all.

Nobody seemed more astounded by the outcome than Landy. He has run no time trials at 880 yards. Even in his best days, he had never been noted as a sprinter. He himself expected to end up somewhere in the middle of the field. But at 550 yards, despite a fast early pace and a soggy track, he was still fresh. He tore into the lead on the last turn and held it--while 8,000 of his countrymen roared with excitement--until he was but a few yards from the tape. Though the laboring American finally caught him (Spurrier won, the judge

decided, by a scant two inches), both men were clocked in 1:51.8. It was the fastest half mile of Landy's life--under the circumstances an astounding performance. Almost as soon as he had gotten his breath he announced that he would return to the wars as a miler in the Olympics.

Landy Clips 21 Secs. Off Best 3-Mi. Time

MELBOURNE, Jan. 14 John Landy bettered his previous best time for the three-mile run by 21 seconds today while scoring an easy triumph in 13 minutes 39 seconds at Olympic Park.

Les Perry, former Aussie three-mile champion, finished second. He trailed Landy by 250 yards. Landy's time was 7.2 seconds off the Australian record held by Dave Stephens. Andor Iharos, Hungarian, holds the world three-mile mark of 13:14.2.

CALENDAR

*Indoor Track Meets

February

Fri. 3 --*Metropolitan Intercollegiate New York, N. Y.
 Sat. 4 --*Millrose A.A., New York, New York.
 Sat. 11 --*New York A.C., New York, N. Y.
 Sat. 18 --*National A.A.U. Champs, N. Y., N. Y.
 Sat. 25 --*I. C. A.A., New York, N. Y.

March

Sat. 3 --*Heptagonal Games, Ithaca, N. Y.
 Sat. 3 --*New York K. of C., New York, N. Y.
 Sat. 10 --*New York Pioneer Club, New York, N. Y.
 Sat. 10 --*Milwaukee Journal, Milwaukee, Wis.
 Fri. 16 --*Cleveland K. of C., Cleveland, Ohio
 Sat. 17 --*Junior National 30 Kilo Run, Brighton, Mass.
 Fri. 23 --*Quebec T. & F. Assn., Montreal, Canada
 Sat. 24 --*Chicago Daily News, Chicago, Ill.
 Sat. 24 --*Marathon Relay from Annapolis Md. to Baltimore, Md.
 Fri. 30 --*Firestone War Veterans International 15 mile Road Race. Hamilton, Ontario, Canada

1956 SENIOR NATIONAL CHAMPIONSHIPS COMING UP!

Senior 15 Kilo Run-Allegheny Mt. Assn., Sept. 5 at South Park, Pittsburgh, Pa.
 Senior 20 Kilo Run-New England Assn., Wed. July 4, at Needham, Mass.
 Senior 25 Kilo Run-New Jersey Assn., Sun. Sept. 16, at Clifton, N. J. *(changed to June 24th)*
 Senior 30 Kilo Run-Ohio Assn., Sun. Aug. 26, at Neville, Ohio
 Senior Marathon-Metropolitan Assn., Sun. Sept. 30 at Yonkers, N. Y.
 Senior Cross Country-Middle Atlantic Assn., Sun. Dec. 9 at Fairmount Park, Phila., Pa.

1956 JUNIOR NATIONAL CHAMPIONSHIPS COMING UP!

Jr. 15 Kilo Run-Southern Pacific Assn., Sept. 3
 Jr. 20 Kilo Run-New England Assn., at Methuen, Mass., June 10 or 17.
 Jr. 25 Kilo Run-Allegheny Mt. Assn. at Pittsburgh, Pa. May 30
 Jr. 30 Kilo Run-New England Assn. at Brighton, Mass. March 17
 Jr. Marathon-Michigan Assn., at Detroit, Mich., Oct. 14
 Jr. Cross Country-Niagara Assn., at Buffalo, N. Y. November 18

WIND SPRINTS

Zatopek : The 1956 Games will be the most

difficult Games so far. I think, however, that my experience will have a considerable part to play here as was the case in previous Games." (Ed. note: Never bet against Emil even if he decides to run the 100 meters against Stanfield, Hogan, etc.) Vladimir Kuts is putting in 30,000 meters daily.

Gordon Pirie says he may never run again as the result of his achilles tendon injury. A common injury among distance men (Ted Corbitt, Curt Stone) best recovery-lay off--!!

Burr Grim, I.C. 4 m. Outdoor Mile Champion from Maryland had a calcium deposit cut out of his back during Thanksgiving and probably won't run until late Spring.

Several track books have been printed in England that are a must for every runner, Stampfl on Running, "In the Long Run," by ^{J.M. BATES} Roger Bannister. All available from Track and Field News P. O. Box 296, Los Altos, California.

Horace Ashenfelter told reporters after the National A.A. U. Cross Country Championship in Buffalo, that he doesn't think he will go to the Olympics. He figures five weeks away from his family would cut in on their vacation plans for this summer. Ash who was 33 on January 23rd would possibly go if he could make the trip in a two week period. Ash rates Jerzy Cromik of Poland as the outstanding steeplechaser in the world today. (Ed. note: It will be Ash vs. Cromik in Australia!)

Luther Burdette, Penn. I.C.'s fine distance runner became Track and Field News' Prognosticators' Club Champion for the past Cross Country season for his near accurate predictions as to the outcome of the N.C.A.A. Cross-country.

Allan McKnight of New Zealand set a NZ 10-mile mark of 50:58.0 on a grass track in December. On the same night Murray Halberg won a 4:02.2 mile from Bill Beillie (4:04.2) and Lon Spurrier U.S.A. (4:08.4).

Ken Norris, (29:21.4) for 10,000 meters this year of England won the famous Sao Paulo, Brazil new year's eve race in 22:18.0 far behind the record 20:30.4 set by Emil Zatopek in 1954.

The race through city streets over a distance of 7,300 meters begins in the old year and finishes in the new No U.S. runners competed this year. In past years Curt Stone, Bill Ashenfelter and Gordon McKenzie have competed in this spectacular race. In which over 2000 runners compete. Stone finished 3rd in his first attempt, winning a diamond ring, 10 lbs. of butter, material for a suit of clothes and a few other prizes!! In his next attempt he got a poor start, (who wouldn't with 2000 starters taking off in a dead sprint) lost his glasses (knocked off) ended up quite battered and beaten as an also ran.

George Terry, former Boston Univ. I.C. 4 m. Cross-Country Champion is training for a spot on the Marathon team for the Olympics. Terry ran his fastest 880 yards in the Boston K. of C games this month 2:02 lead relay leg.

Gordon Dickson of Calgary won the annual Hamilton, Ontario, Canada, V.M.C.A. road run on New Year's Day running away from the field in one of the fastest times since 1932 Reg Darley of Toronto was second and Jim Klien of Buffalo, third Dickson's time was 53:27 Darley, 55:14 and Klien, 55:27. The record is held by Cliff Bricker, of Galt, set in 1928, of 51:34 Cliff won the Porwick Marathons in 1926-27.

26 runners competed and all finished. It was a good day, dry and clear.

Brian Hewson, England's 4 minute miler won't compete indoors in the U.S. this February after all due to a strained leg muscle.

Jan. 21 King and Ashenfelter win distance events in Washington Star Games.

George King, fresh from a 1:52.3 half mile relay leg the night before, (Philadelphia Inquirer Meet) won the Junior Chamber of Commerce mile in 5:11.3 at the annual Washington Evening Star games at the National Guard Armory.

King, N.Y.U. Senior from Boston won by 2 yards over Billy Tidwell, Emporia State, Kansas and Lt. Len Truex.

Horace Ashenfelter captured the 2 mile by 50 yards in 9:14.2 with Walter Poshm, a transplanted Californian representing the U.S. Air Force, second, and Jim Peatty, North Carolina, third. It was Ash's second two mile victory in two nights.

Jan. 21, Peter Driver, who trains on 60 miles of running a week won Britain's inter-counties Cross Country Championship today at Peterborough, England in 37 minutes and four seconds over the 7 mile, 100-yard course.

THE QUESTION BOX

Each month your inquisitive reporter will ask runners and former runners a question pertaining to Distance running in general.

This month's Question- "Who do you rate as the best American runner you have faced during your running career?"

Asked of-

Horace Ashenfelter-1952 Olympic Steeplechase Champion-
"That's easy," pointing to--Fred Wilt.

George King-N.Y.U.-Metropolitan Cross-Country Champion-
"Who else? Horace Ashenfelter!"

George Terry-1954 I.C.A.A. Cross-Country Champion "John J. Kelley, he's a hard man to beat when he's in the proper frame of mind for running.

Joe McCluskey-N.Y. A.C. Coach, holder of 32 National Championships-"Greg Rice, the most courageous by far!"

Nick Costas-"It's hard to say, but Helmut Gude (Germany's 11.10, 5,000 meter man now living in Phila.) impressed me tremendously when I was stationed in Germany. He took terrific workouts!"

Alex Breckenridge-Villanova Indoor T.C.A.A. mile Champ.
"I haven't run that well to pick anyone person but Arnie Sawell really impresses me."

Browning Ross- Woodbury N.J. playgrounds Champ- "Curt Stone, when he was at his best he didn't like to lose. Costas, Young Kelley, and Wilt, Ashes (plural) and John Joe Barry all tough.

LANDY RUNS 3:58.6 FOR THIRD TIME.

Melbourne, Jan. 28_ After predicting that soon he would be well under 4-Minutes, Australia's fabulous John Landy cracked the 4 minute barrier for the third time today at the Victorian championships for the second fastest clocking of all time.

Only Landy's 3:58 world record set at Turku, Finland, on June 21, 1954, was faster.

There were two other Aussies who performed creditably above the four minute level today. Mervyn Lincoln ran second at 4:06.6 and 18-year old Ronald Clarke finished third and set an Australian junior record of 4:08.

Landy's lap times were 58 seconds at the quarter, 2:01 at the half, 3:01.6 at the three quarters. 58-63-60-57.6.

The conditions for today's running were almost ideal with the temperature a comparatively cool 83 degrees, after a recent dry spell which made the track firm and springy.

JACK BARRY CAPTURES SHANAHAN MARATHON

Jack Barry, of the sponsoring club, led home three New York runners in winning the third annual Shanahan C.C. 26 mile marathon in a steady cold rain Sunday January 29th.

Weathering the long grind in fine shape and less mud spattered than most Barry, 29, sped across the finish line at 4624 Lancaster ave. with strong strides to score in 2:36.09. He had taken over the lead on the third lap and held it thereafter. The race was of four 6½ mile laps through Fairmount park. The 5-10 Merchantville(N.J.) harrier was trailed by about 175 yards to the finish mark, a comparatively short distance as marathons go, by Nat Cirulnick, New York Pioneer Club. Cirulnick caught in 2:36.43, had about 165 yards on Aldo Scandurra, New York engineer from Millrose AA, who did 2:37.23. James Borden, another New York Pioneer Club entrant, placed fourth in 2:38.42.

The local runners followed. Ralph Eilberg, Penn AC, was fifth in 2:39.18, and Vernon Ordiway, Shanahan CC, sixth, in 2:39.28. Eilberg, Penn State alumnus, came from Lafayette, Ind, and graduate studies at Purdue to compete. Ordiway, former Princeton harrier, attends the Temple University Medical School.

Jack Pyrah, Shanahan coach, held up the start of the race 15 minutes in hopes two star entrants, John J. Kelley, the 1955 winner and George Terry former LO4A cross-country champion from Boston University, would appear. Just after starter George Williams sent the field away, Kelley and Terry drove up, having been delayed by the weather and icy roads en route from Boston. Pyrah suggested they run for time trial purposes, but Kelley and Terry, disappointed, did not so elect, and headed their auto home.

ORDER OF FINISH

- | | |
|--|---------|
| 1. Jack Barry, Shanahan CC. | 2.36.09 |
| 2/ Nat Cirulnick, NY Pioneer C | 2.36.43 |
| 3. Aldo Scandurra, Millrose AA | 2.37.23 |
| 4. James Borden, NY Pioneer C | 2.38.42 |
| 5. Ralph Eilberg, Penn AC | 2.39.18 |
| 6. Vernon Ordiway, Shanahan CC | 2.39.28 |
| 7. John Conway, NY Pioneer C | 2.39.39 |
| 8. William Welsh, Millrose AA | 2.51.17 |
| 9. Mike O'Hara, St. Anthony's BC, N.Y. | 2.52.03 |
| 10. John St. Clair, Jr., Penn AC | 2.56.31 |
| 11. John Jarrett, U.S., Navy | 3.03.14 |
| 12. Dr. Charles Robbins, NY Pioneer C | 3.05.33 |
| 13. Ted Suito, St. Anthony's BC, N. Y. | 3.10.44 |
| 14 Milt Pataky, St. Anthony's BC, NY | 3.10.45 |
| 15. Albert Cripps, unattached, N.Y. | 3.35.10 |
| 16. Walter Drescher, St. Anthony's BC, N.Y. | 3.36.05 |
| Barry's laps (38.06, 1.15.44, 1.55.52, 2.36.09) | |
| Cirulnick's laps (37.58, 1.15.36, 1.55.43, 2:36.43). | |

DELANY WINS BOSTON A.A. MILE:....SANTEE IS 4TH.

ASHENFELTER WINS 2 MILE.

Jan 28, Villanova's Ron Delany outdistanced tiring American mile champion We s Santee and two other competitors to win the featured Hunter Mile of the Boston A.A. Games in 4:06:3. Delany who looked hopelessly out of the race untill the last lap came from nowhere with a "blazing" last lap to win by 8 yards over Len Truex, Santee's "mechanical rabbit". Bill Taylor led in 58.6 at the quarter. Santee at the half in 2 flat, Truex at the three quarter mile in 3:03.6. Delany ran his final 440 in 57 seconds.

Horace Ashenfelter captured the Billings 2 Mile in 9:01.7 leading all the way to win by 40 yards over Browning Ross.

RESULTS.

HUNTER MILE

- | |
|---------------------------------|
| 1. Delany..... Villanova |
| 2. Truex..... Air Force |
| 3. Deady..... Washington, D. C. |
| 4. Santee..... Quantico |

RESULTS.

BILLINGS TWO MILE

- | |
|--|
| 1. Ashenfelter..... 9.01.7 |
| 2. Browning Ross..... 9.05.6 |
| 3/ Alex Breckenridge..... 9.13 |
| 4. John Kopil..... 9.15 |
| (Aloran...Ed Shea, Walter Boehm, Jim Beatty, Lew Steiglitz)..... |

LANDY SETS TWO AUSTRALIAN RECORDS; STEPHENS WINS THREE MILE.

Melbourne, Jan. 30- John landy, the world's No. 1 miler, set Australia records for 880 yards and 800 meters today at the Victoria track and field championships. Landy easily won the 880 in 1.50.4, bettering the national mark of 1.51.6 set in 1938 by Vernon Booth, New Zealand, by 1.2 seconds. Landy hit the 800 meter mark in 1.49.8, clipping 1.4 seconds from the Australian record of 1.51.2 set by Don MacMillan.

Dave Stephens, captured the 3 mile in 13.47.8, coming from behind in the last mile. This time was considered comparatively slow by Aussie Officials. Standards are really improving in Australia! Late Report--- The Maryland Day Relay Marathon has definitely been set for Two-Man Teams- Each Contestant to Run About 13 Miles. Team Trophies To first 10 teams to finish. March 24th 1.00P.M. sharp.