

Editorial: Now that we are old veterans in the journalistic field we will proceed with an over-abundance of confidence into the second edition.

You can make our coverage much better by sending the news from your area. ANY comments will also be gleefully printed.

THE FIRST FIVE SUBSCRIBERS COVER A WIDE AREA, Nick Costes of Natick, Mass., Ron Kiehl, of Reading, Pa., Keith Dummett, of Dundas, Ontario, Johnny Semple of Boston, Bob Milner of Syracuse University, and GEORGE KING, a name to remember in distance running, from N.Y.U.

THE best comment of the month was a plea for sectional invitational meets, to bring the best athletes of the country together in weekly presentations, as is done indoor. Outdoor meets would draw equally well with good "indoor type promotion" In other words we need to promote Track and Field and especially distance running for the non-collegian. Everyone knows distance runners achieve greater marks at an age when their collegiate days are long forgotten. (Horace Ashenfelter, Dick Hart, NICK Costes, Gordon Mc Konsio, Charlie ROBBINS, TO name a few.) The meager bill of fare for the non-collegiate athlete is not enough! It's an old, old story!!

#### DELANY WINS WANAMAKER MILE AT NEW YORK; BRECKENRIDGE CAPTURES 2 MILE.

New York, Feb. 4-- Ron Delany, the slender, short-striding import from Ireland, won his fourth mile in a row without strain, but with his usual burning finish, by a good 15 yards from Len Truex, in the 49th annual Millrose Games at Madison Square Garden tonight.

the time was 4:09.5. Jack Fawcett, Tufts College, led for the quarter in 61.1 seconds, Truex led at the half and the three quarters in 2:06.3 and 3:10.3. Delany passed Joe Deady at the start of the next to last lap, and on the backstretch of this lap he sprinted past Truex. Ron was never headed!

After only five laps of the Millrose 2 mile, defending champ Horace Ashenfelter dropped out because of a pulled or painful calf injury, that had bothered him during the week. Alex Breckenridge, Villanova import from Scotland, ran strongly and was moving away from the field when he finished in 9:12.6.

Results.  
Wanamaker Mile.  
1. Ron Delany Villanova....4:09.5  
2. Len Truex, Air Force.... 4:10.9  
3. Joe Deady, Unatt. ... 4:11  
4. Phil Coleman, Chicago... 4:13  
5. Jack Fawcett, Tuft's ...

Results.  
Millrose 2 Mile.  
1. Alex Breckenridge, Vill. 9:12.6.  
2. Browning Ross, Penn A.C. 9:15  
3. John Kopil, Villanova 9:20  
4. Joe Tyler, San Diego, Cal.  
(also ran)- Don Townsend, Gordon Dickson, Charlie Cappazoli, (first race indoor comeback, 9.42) Bob Sbarra, Walter Boehm.

#### GEORGE KING, SETS MEET RECORD IN METROPOLITAN COLLEGE 2 MILE.

New York, Feb. 3-- George King of the N.Y.U. Violets won the N.Y. Met Collegiate 2 mile, leaving his rivals breathlessly outdistanced with a 2:06 last 880 for the meets only footracing record.

Ike Matza, N.Y.U. blazed past Manhattan's pace setting Jim Doulin on the last lap to take the mile in a lively 4:15.8.

RESULTS  
MILE RUN.  
1. Ike Matza, N.Y.U. 4:15.8  
2. Jim Doulin, Manhattan  
3. Ed McLaughlin, Manhattan  
4. Walter Kocher, Fordham.  
5. Joe Licari, St. John's.

RESULTS.  
2 Mile  
1. Gen. King, N.Y.U. 9:17.8 (New record, old record 9:22.6, set by Bill Lucas, Manhattan, 1951)  
2. Don Townsend, St. John's  
3. Robert Sbarra, Manhattan  
4. Art O'Connor Jr, Fordham  
5. art Cunningham, Fordham  
(King, 2.20.6, 4.46.2, 7.11.4)

Met, Freshman 2 Mile- Eugene Martin, Manhattan, Time 9:41.2 (meet record old record, 9. 46.7, set by Al Ray, Manhattan, 1951)

Met Fresh 1 Mile-- 1. Peter Close, St. John's, 4:25.4

Feb 4.-Bob Clement, a star distance runner from John Adams H.S. New York, registered the fastest met. schoolboy mile of the current season in 4:30.1 Clement holds the Public Schools Athletic League's indoor and Outdoor crowns. The meet was held in Madison Square Garden in the afternoon of the Millrose games.

DELANY AND ASHENFELTER AGAIN IN NEW YORK A.C. GAMES!  
New York Feb. 11.

Villanova's unbeaten Ron Delany waltzed to victory in the featured mile in the featured time of 4.14 which drew loud catcalls from the Indoor crowd continually watching the clocks instead of the tactics and fine style employed by the top indoor meetspecialists.

Delany was content to lay second behind Joe Deady, of Washington through a 66.8 quarter and a 2.11.6 half. They stayed that way through a 3.16.8 three-quarter mile. With 2 laps to go Delany fought off George King in an elbowing duel and accompanied by a chorus of boos from the disappointed crowd of 10,000 primed for records, went on to win handily. The officials conferred heatedly and then decided Delany had not fouled King.

Horace Ashenfelter, bad leg and all, captured the 2 mile for the 6th time in 9.06.6. Ash let Jim Beatty of North Carolina Univ. set the pace through a 4.31 mile before taking over the lead for keeps.

Carl Party of Maryland captured the handicap 2 mile with a last lap burst in 9.23.8 in an early event on the long N.Y.A.C. program.

RESULTS

1 mile.

1. Ron Delany-Villanova
  2. George King- N.Y.U.
  3. Len Truex-Air Force
  4. Joe Deady, Washington, D.C.
- Time 4.14 (20) yd's.

2 mile.

1. Horace Ashenfelter N.Y.A.C. 9.06.6
2. Browning Ross-Penn A.C. 9.08.2
3. Jim Beatty- North Carolina 9.08.6
4. Joe Tyler- U.S. Navy 9.12
5. Ed Shea- Ft. Monmouth, N.J.
6. Don Townsend -St. John's  
(also ran- Alex Breckenridge, John Kopil, Bill Ash, Frank Pflaging, and Ed Kirk.)

2mile handicap

1. Carl Party- Md. (20yards)
2. Ed Kilkelly-Fordham (125yds.)
3. Robert Sbarra-Manhattan (scratch)
4. Gordon Dickson-N.Y.A.C. (25yds)  
(Dickson 9.31)

WIND SPRINTS.

BOBCAMBELL, reports a change of date in the running of the National Sr. 25 Kilo run from Sept.16 to Sunday, June 24th at Clifton, N.J.

CHARLES (DEACON) JONES, University of Iowa sophomore distance star, was declared ineligible Feb.10th for second semester track competition because of one scholastic deficiency.

Jones, who won the NCAA cross country championship last year, was regarded as one of the most promising young distance runners in the United States. Coach Francis Cretzmeier had counted on Jones as a heavy point winner in the 1956 Hawkeye indoor and outdoor track season. Jones would have run the mile and two mile events for Iowa.

Jack Fawcett, promising Tuft's College Soph also was declared scholastically ineligible, after flunking a geology course, according to his coach, Jack will join the Navy.

Greg Rices, called the new arrival Mary Jane...Johnny Twomey 2 time Nat. 1500 meter champion spent a 10 day vacation in New York with his wife in order to take in the Millrose games and the NYAC meet. While in N.Y. John appeared on Bud Collyer's T.V. show "Feather Your Nest", winning a bed, a dresser, a night stand, a clock and a Snorkel Pen Set on the half hour quiz show. The Twomey's live in Smithshire Ill. When asked why he retired so early John said, "If somebody doesn't quit these indoor 2 miles would look like the NCAA cross country championships". he also cited the lack of competition in the midwest, and the great distance to travel for a runner living in the middle of the country in order to compete. A terrific handicap and a sad situation! John was one of the greatest!

One of the year's top track events shapes up as the Marine Corps Schools Relays, slated for Quantico, Va., on April 6-7...Some 90 colleges and universities-including most of the Big 10 and Eastern powers-- have tentatively entered the competition. The 2 day affair will include a mile 2 mile and a steeplechase as well as all the relays. A number of AAU clubs will also compete... The Scandinavians feel that running in a foot or two of snow is so beneficial that in the spring and summer they run in sawdust paths laid out around their tracks to simulate the softness of snow!

On Saturday, March 10.1956 at 1 pm the Univ. of Pennsylvania Spiked Shoe club will sponsor their tenth annual Spiked Shoe Club T&F meet for High and Prep school athletes. There will be an 880 and mile for both H.S. and Prep plus a full Schedule of track events. The meet will be held on Penn's outdoor 11 lap banked board track. Entries close March 3rd with the Spiked Shoe Club, Wrightman Hall Univ. Of Penn. Phila.4, Pa.

Curt Stone's Back and Leg trouble seems to be O.K. now and he has started running 3--6 miles per day, he expects to be competing by spring. Against the frantic wishes of his wife Margaret, Curt subscribed to the distance log...Ron Delany, is one lad Jumbo Jim Elliott, Villanova track coach, doesn't have to worry about descending on Melbourne, this November. Ron has already qualified for the Irish Olympic team. He switched from the 1000 to the mile for the current indoor season and sports 5 straight victories in times ranging from 4.06.3 in Boston's Hunter Mile Jan.28 to 4.16.9 in the Phila. Inquirer Mile Jan. 20. "A 1.50 half-mile qualifies you for the Olympic team in Ireland, and that's what I did- right on the nose!"

## WIND SPRINTS

DeKany says with a grin. Ron was both hurt and embarrassed after the NYAC Baxter Mile due to the uncalled for jeering from the crowd....

A standard championship cinder track will be laid at Heidelberg Olympic village for the use of games competitors this year.

This track at the village will save the athletes a bus trip of nine miles each way every time they want to practice. The track will cost about 10,000 Australian pounds (\$22,400). The Olympic Organizing committee thus reversed a decision it had reached earlier to eliminate the track at the village because of the expense.

### College Results

West Point, N.Y., Feb. 4.- Pittsburgh outclassed Army 53 1/3--46 2/3.

The mile was won by Herb Harford, Pitt who let Ron Kennedy set the pace until the last 50 yards. Then the Panther distance star came through with a strong finishing kick to win by four yards in 4.22.6. Larry Fitzgerald, Army was third. Army's only individual victory in the running events came in the 2 mile as Louis Quantannens, Army turned on a terrific kick in the final 100 yards to kill off Thornton Smith, Pitt, who had set a slow pace from the starting gun. Quantannens was timed in 9:48.6, as he crossed the finish line 15 yards in front. Thomas Winter, Army, was third.....

New Haven, Conn., Feb 10.- Yale overpowered Penn and Brown in a triangular meet today. The final score was: Yale 77 1/2, Penn 46 1/2, Brown 13.

Mile. 1. Gerry Barr, P 2. Jeff Loucks, Y 3. James Smith, P 4. Rob't Schaller, Y  
Time--4.28.8

2 mile. 1. Tim Hogan, Y 2. Tony Dutton P 3. Ed Sullivan, B 4. Joe Sears, Y.  
Time -10.07.2 .....

West Point, N.Y., Feb 11.- Army swamped Princeton, 84 1/3 - 24 2/3

Mile. 1. Ronald Kennedy, Army 2. Ken Montgomery, Army 3. Larry Fitzgerald, A.  
Time - 4.31.9

2 mile. 1. Louis Quantannens, A 2. Thomas Winter, A 3. Jerome Lewis, A.  
Time 9.53.3 .....

Princeton, N.J., Feb 15.- At Lawrenceville Prep fieldhouse. Annual Polar Bear Track meet . Princeton 66- Pennsylvania 51, Columbia 20.

Mile. 1. Gerry Barr, Penn, 2. James Smith, Penn 3. Paul Flaum, Columbia  
4. Eugene Shahan, Princeton. Time. 4.32.1

2 mile. 1. Anthony Dutton, Penn. 2; Don Creighton, Princeton, 3. Daniel Maltese  
----- Penn. 4. William Mather, Princeton. Time , 10.01.1. -----

Auckland, New Zealand, Feb. 11. Murray Halberg, 22 year old N.Z. miler, today ran a mile in 4.01.8 -the fastest ever recorded on a grass track-- four tenths of a second faster than his previous best. There is no official world record for a grass track mile. The cinder track mile record is 3.58, held by John Landy. A couple of years ago, Halberg was virtually unknown, but he shot into the headlines with a 4.04.4 mile on Feb.14, 1954 at Auckland.

In a small high school near Villanova College, outside of Philadelphia, the track coach and the baseball coach compete each spring for the available material. It's a friendly rivalry and each resorts to everything short of kidnapping to entice the best prospects. The track squad had a good day in a local relay carnival a few years ago and brought home a dozen medals. By way of a little public relations, the track coach, to entice future candidates, put the medals on the school bulletin board. Below the medals appeared a sign:

WIN A MEDAL FOR YOUR GIRL FRIEND! COME OUT FOR TRACK!

The next day the students were two-deep before the bulletin board. The day after, the crowd was four-deep. Gratified, the track coach broke through the crowd. On the space next to the medals were a printed sign and two newspaper clippings:

Joe MARRIES MARILYN! TED SIGNS FOR \$100,000!

FOR THE STASTically minded... COME OUT FOR BASEBALL!

In Dave Stephens recent sensational 27.54- 6 mile at Melbourne, the hustling travel agent ran 4.38, 4.38, 4.43, 4.41, 4.42.2, and 4.31.8. When told he had erased Emil Zatopek's standard, Stephen's beamed, "He's my friend and teacher. I think he'll be as pleased as I am".

DELANY AND ASHENFELTER WIN NATIONAL INDOOR DISTANCE TITLES.

New York, Feb. 18.

Ron Delany, again running just fast enough to win, uncorked his quick striding sprint, to capture the National AAU Indoor mile title in Madison Square Garden in 4.14.5. Ron won by 10 yards over tall Bill Squires, Notre Dame. John Kopil, Villanova was third. Gerry Barr, Penn, was fourth.

Horace Ashenfelter, captured the 3 mile title for the fifth straight time in 14.09.6. Dick Hart, of the Philadelphia Collegiate Track and Field Club, now an Engineer in Connecticut, made his first indoor appearance of the season and finished second. Joe Tyler, a Calif. runner now in the Navy was third, with Alex Breckenridge, of Villanova fourth.

Don Lusi, of Rockland, Mass. H.S. won the National Interscholastic mile title in the Garden preceeding the Nat. AAU meet, in the fast clocking of 4.23.3. Lusi beat Harold Johnson of Troy, N.H. to the wire by a "flicker". Officially, the two racers were clocked in the same time, but the judges gave the decision to the bespectacled Lusi. It marked the 3rd time in 4 races this season that Lusi has beaten Johnson. Rob't Clement of J. Adams 3rd. Johnson led in 59.8, 2.08, 3.17.8. Lusi held his bid until the final stretch.

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## JACK BARRY SPEAKS UP!

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After winning the mid-winter shanahan C.C. Marathon in January Jack Barry, in Collaboration with former German distance ace Helmut Gude (now living in Phila.) passes on his training schedule set up to have anyone 17 run a 2.25 marathon!!

Average Week 6 days-Maximum week 12 workouts a week.

Average workout-2hours covering 75 to 125 miles per week.

(A.) 1 hour of running with very short, quick steps, springing hard off the toes, (breathing in 4 steps out 4 steps)-warmup. (Note: Percy Cerutti, Landy's coach says 10 miles of this type of running is worth 15 miles of easy slow running. Helmut Gude, Herbert Shade, Gordon Pizce, Dave Stephens, Nick Costes all run 1 hour of above for warm up.)

(B.) Following this 1 hour warmup 8 to 10 times 440's at Cross Country pace, (recovery run in all is 220 yards 8 to 10 x 1/4 mile's at 1:15 speed, 5x220 at 30 sec. speed.)

Somedays (B) is 10x1/2 mile in 2:35 effort with 3 minute recovery run. (Note: Recovery run is never slow but a 7 minute mile effort.

(C) Once a week 1 hour warmup and 30 to 40 times 100 yards at 90% effort.

(D) Once a week 9 miles in 49:30 pace or 18 miles at 1 hour 50 min. effort.

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Maximum 2 weeks before big race-18 to 22 miles a workout, A. M. 1 hour workout (warmup run) P. M. 20 minutes warmup 30 x 1/4 mile at 1:20 effort 5x220 at 30 sec. speed. If no time for 2x a day do 1 1/2 hour warmup 20x1/4, 3x20=18 miles.

Jack has a philosophy on running and since he recently won the Shanahan run we shall allow him this space to give his eminent opinion which follows:

"The ability of a good runner is not measured in how or what place he finishes, for example, take a man like John Conway 20 pounds over weight yet he ran a 2.39 marathon in Phila., what time would he turn in if he lost 20 lbs! or take 49 year old Hohnny Kelley how much faster did he run 30 years ago! These men are the backbone of running, and are better than the winner because they are handicapped so much. (Editors note: We can glean a lot from these personal training schedules lets hear from some others.)"

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### BOB CAMPBELL NEW NATIONAL LONG DISTANCE CHAIRMAN

In a widely hailed move the national A. A. U. has named Bob Campbell national long distance Chairman replacing Marvin Thomas of Chicago.

Bob has vast experience in promotion, handicapping and also as a competitor in distance running. He has been New England A. A. U. handicapper since 1950, attending 48 distance runs alone in 1955. Bob was the former coach of the Norfolk (Mass.) Young Men's Association National Distance Champs and has coached a host of fine New England and National distance Champions including Fred McGlone, former National Senior 20 kilo champ, John DiCommandrea, National Senior 15 kilo champ, Ed O'Connell, National Jr. 30 kilo champion, Dean Thackwray National Jr. 25 kilo champ, and George King now at N.Y.U. (Bob coached George as a Boston schoolboy.)

In his competitive days Bob won New England A. A. U. titles at 3, 6 and 10 miles plus Cross Country and Steeplechase. Scratch man in handicap races during the days of Lou Gregory, Eric Pennti, Les Pawson, "Tarzan" Brown and John A. Kelly. Bob has won 155 prizes in 160 races from 140 yards to 26 miles. He competed from 1929 through 1943.

Bob is now 46 years of age, married, father of 5 children and lives at 758 Mt. Auburn St., Watertown, Mass.

#### UNDER FOUR MINUTE LIST IS GROWING !

With John Landy's third under four minute mile run Jan. 28th we took stock of the number of World runners who have broken the 4 minute barrier and found the list has grown to five, with many others clamoring now at the door (Halberg, Iharos, Santee, Delany, Railie, Ken Wood, etc.) the list should soon double.

Here's a list of the present runners who have broken four minutes for the mile:

	TIME	SITE
May 6, 1954 - Roger Bannister, England	3:59.4	Oxford
June 21, 1954 - John Landy, Australia	3:58.0	Turku
Aug. 7, 1954 - Roger Bannister, England	3:58.8	Vancouver
Aug. 7, 1954 - John Landy, Australia	3:59.6	Vancouver
May 28, 1955 - Laszlo Tabori, Hungary	3:59	London
May 28, 1955 - Chris Chataway, England	3:59.8	London
May 28, 1955 - Brian Hewson, England	3:59.8	London
Jan. 28, 1956 - John Landy, Australia	3:58.6	Melbourne

London, Feb. 22 - Two leading British runners, John Disley and Ken Wood will compete in the Percival Memorial Mile in the annual indoor Chicago Relays March 24, Disley ran third in the Olympic steeplechase and Wood was second to Sandor Iharos last May in London when Iharos ran 8.33.4 for a world record 2 mile (one of 5 world records he set during 1955), Wood ran 8.34.8 and lost by 4 yards, both broke Gaston Reiff's former world mark of 8.40.4. Britain's Chris Chataway will compete in the Canadian indoor track and field championships March 23 at the Montreal Forum. The Quebec T&F Assn. hope to bring top runners from the U.S.A. to compete in the meet.

New York Feb 21, The athletes who take the first three places in their events in the Olympic track and field tryouts, June 29-30, won't be assured of places on the team unless they keep in condition.

Irving Schoolman, a member of the Olympic Track and Field Com., told N.Y. Track writers that the Melbourne Olympics in November "won't be a joy ride for one- two- three, We plan to take the fourth man to Los Angeles for the final training period and the fifth and sixth will be alerted to the possibility they may be called in an emergency," he added. "Every athlete will be required to live up to a code that will be outlined by the committee."

The U.S. has turned down a Russian invitation for a 70, an American track team to tour Russia this summer due to the closeness of the coming Olympics...

Commissioner of the U.S. food and drug administration says Americans of the future will surpass the present generation in physical prowess because of advances in nutritional and medical sciences...

Coach Carl Olson thinks Arnie Sowell can win both the 800 and the 1500 in the Olympics, providing the American final trials are scheduled properly...

Ron Delany eventually will run 3.56, thinks fellow Irishman John Joe Barry, Coach Jim Elliott says, 3.55...

Sowell, credits cross country running with his ability to run all distances well. He would rather move up in distance than down...

Dave Stephens has a new job which permits him to train twice daily...

#### The Distance runner of today.

Hard and fast, crystallized rules of picking and training athletes can be shattered and disproven in the twinkling of an eye. Most have jerky, contortionate characteristics, or a style all their own at least. Quite a few never had one day's formal training other than what they have picked up in conversation at meets and such, and then very little of what they have heard appears in their running style. They train every day, fanatically, religiously, machine-like, never letting up. On rainy days, even in the pouring rain, they run through the woods and fields where the leaves and needles will keep them from getting too muddy. On dry days, they run everywhere they can, on a track

LONG DISTANCE LOG  
CALENDAR

\* - Indoor Track Meets

MARCH

FRI. SAT 2-3 --\*Big Ten Indoor Champs., East Lansing, Mich.  
Sat. 3 -- \* Heptagonal Games, Ithaca, N.Y.  
Sat. 3-- \* New York K. of C. N.Y. N.Y.  
Fri. 9 -- \* 5th Regiment, Baltimore, Md. (National Mile, Governor's 2  
Mile plus full program of track events)  
Sat. Mar. 10 -- \*N.Y. Pioneer Club, N.Y. N.Y.  
Sat. Mar. 10 -- \* Milwaukee Journal Milwaukee, Wis.  
Fri. Mar. 16 -- \*Cleveland Kof C. Cleveland, Ohio.  
Sat Mar. 17 -- Junior National 30 Kilo Run Brighton, Mass.  
Sat. Mar. 17 --\*Hamilton Highlanders, Hamilton, Ont. Canada.  
Sat. Mar. 17-- Recreation Meet- Fort Worth, Texas.  
Fri. Mar. 23-- \*Quebec T. and F. Assn, Montreal Canada.  
Sat. Mar. 24--\*Chicago Daily News, Chicago, Ill.  
Sat. Mar. 24 --Marathon Relay from Annapolis Md. to Baltimore, Md. (2 man  
Relay, each man runs approx. 13 miles.)  
Sat. Mar. 24-- Odessa Relays, Odessa, Texas.  
Mon. Mar. 26 -- Oklahoma Relays, Okla. A.&M., Stillwater, Okla.  
Fri. Mar. 30 -- Firestone War Veterans International 15 Mile Road Race.  
Hamilton, Ont. Canada. (Very good Prizes) Contact Neil  
Farroll, c/o YMCA, Hamilton, Ont.

April

Fri. Sat. Apr. 6-7 -Marine Corps Relay Games, Quantico, Va.  
" " " " - Texas Relays, Austin, Texas.  
Thurs. Apr. 19- Boston Marathon, (Olympic Trial) Boston Mass.  
Fri. Sat. Apr. 20-21- Queens - Iona Spring Relays, NY, N.Y.  
Sat. Apr. 21- Ohio State Relays, Columbus, Ohio.  
Sat. Apr. 21- Kansas Relays, Lawrence, Kan.  
Apr. 28-27-- Penn Relays, Phila. Pa.  
" " " " Drake Relays, Des Moines, Iowa.

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THE QUESTION BOX

THIS MONTH'S QUESTION- Who in your opinion should have been appointed  
the Coach of the U.S. Olympic Track and Field Team?

Asked of-

Charlie Cappozoli -Member 1952 Olympic Team, Former N.C.A.A. X- Country  
Champion- "At that stage of an athletes development he pretty well knows  
what to do without any formal coaching. I think a friendly, well-liked  
coach like Clyde Littlefield of Texas would satisfy the athletes.

Jack Pyrah - Coach Shanahan C.C. Phila. - "JUMBO, He's got the horses  
He could do the job as well as anyone" (Jumbo Jim Elliott, Villanova)

John Twomey - Former Illinois Univ. Nat. 1500 Meter Champ-"It all depends  
if you want a young coach, Peton Jordan of Occidental College in  
Cal would do. If they want an older coach Chick Werner, or Leo JOHNSON"

Joe McCluskey-Coach N.Y.A.C. "Why stick with the college coaches so much  
if a club coach should be considered."

Bill Jameson, Coach Baltimore Olympic Club- After much deliberation,  
"It's hard to say, I'll think over the question and let you know".  
(That was three weeks ago Bill?!) (He did say if they want a  
hustler and promoter - Jack Pyrah would fill the bill as well as any  
body.)

Boston Feb. 5th- A Clinic on long distance running was held at the Boston  
Y.M.C.A. tonight where Nick Costes, J.J. Kelley and J.A. Kelley  
headed the list of outstanding speakers. Bob Campbell, National A.A.U.  
Long Distance Running Chairman, directed the affair.

The Distance Runner of today. (Continuation of preceding page)  
Some days they will run as much as sixty laps of in and out quarters  
other days even more! They never break their training grind and become so  
accustomed to it that to miss a day makes them irritable and feel out of  
sorts. Their own theory about their head twisting and grimacing while running  
is its their way of fighting fatigue, that paralyzing weariness that creeps  
over a long-distance runner after he has swung his arms and shoulders in the  
same rhythmic cadence several hundred times... the very incessant repetition  
of the same movements over and over. Deep down they believe they will some-  
day be the best distance runner alive (if they can add on more work).

Their leg action is so overshadowed by their above the waist antics, that  
a lot of attention fails to be focused there. Therein lies their greatest forte  
Their legs are more heavily muscled, and while their heads, necks and shoulders  
go through rigor mortis, their pins never falter. Their stride, although  
comparatively short, is powerful indeed. They can change pace any time they  
want to and any runner who has the misfortune of competing against them will  
attest to the fact that they rarely ever let a race descend to a set pace  
through its entirety.

D. LANY AND KING WIN I.C.4.A. INDOOR TITLES.

New York, Feb. 25 - Ron Delany made a cakewalk out of the I.C.4.A. Indoor mile in Madison Square Garden tonight before a crowd of 9,000. He uncorked his patented last-lap sprint to win by ten yards over Ike Matza, of N.Y.U. In third place until 2 laps remained, Delany jumped into the lead, but he didn't begin to travel until the last lap, when he flew away from the field. Jim Doulin, Manhattan, was third and Frank McLaughlin of St. Joseph's, who set the pace for the first half mile was fourth, Ed Mather, another St. Joseph's miler kept up with the field until about three laps to go, when he began to slide back... The I.C.4.A. 2 mile record went by the boards as George King flew away from the pack on the last two laps. The little Violet runner was timed in 9.07 wiping out the 9.07.2 record made by Dick Church, of Syracuse Univ. in 1950. King's last lap sprint was one of the fastest ever seen in the Garden. Bob Sbarra overhauled Alex Breckenridge (co-favorite with King) in the last quarter and captured second by 30 yards, in 9.14.0.

RESULTS

MILE RUN - 1. Ron Delany- Villanova- 2. Ike Matza - N.Y.U. - 3. James Doulin- Manhattan - 4. Frank McLaughlin- St. Joseph's -5. Doug Brew- Dartmouth  
TIME - 4.11.4

2 MILE - 1. George KING -N.Y.U. -2. Rob't Sbarra- Man. 3. Lewis Stieglitz- Connecticut -4. Alex Breckenridge-Vill. 5. Don Townsend -St. John's (Bklyn).  
TIME -9:07.0

In the I.C.4.A. meet two heats were run for the evening mile run final 4 to qualify... Heat 1... 1. Jim Doulin-Manhattan - 2. Ron Delany- Vill. 3. Frank McLaughlin - St. Joe - 4. Gerald Barr- Penn. TIME 4.23.4.

Heat 2... 1. Michael Midler-Cornell- 2. Ike Matza- N.Y.U. 3. Doug Brew-Dart. 4. Ed Mather - St. Joe's. TIME- 4.23.1

27 MILE HANDICAP MARATHON- START 12:15 PM SUNDAY FEB. 19th FROM ST. ANTHONY'S BOYS CLUB, OZONE PARK, QUEENS, N.Y.

NAME	HANDICAP	12 mi. *	20-2/3mi.	20-2/3mi.	*23-5/6mi	23-5/6	27	27
Lesser	60	X	2.50.38	2.50.38	-	Out	-	Out
Drescher	60	X	3.00.00	3.00	3.35.36	3.35.36	4.10.10	
Murphy	30	1.24.16	2.23.23	2.23.30	3.19.51	2.49.51	-	-
Levy	30	1.24	2.58.51	2.28.51	-	Out	-	-
Cripps	30	1.26	3.19	3.19	3.55.30	Out	-	-
Suito	25	1.19	2.17.40	2.17.40	3.14.28	2.40	3.35.43	
Pataky	25	1.20	2.55.15	2.20.20	-	2.48.49	-	-
Neidig	20	1.21.30	3.01.48	2.21.48	-	Out	-	-
Benairin	15	1.14	3.01.48	2.16	-	Out	-	-
O'Hara	15	1.14.35	2.56	2.11	3.18.25	3.33.25	3.42.36	
Smith	15	1.16	2.07	-	-	-	-	-
Conway	5	1.12	3.02.20	2.07.20	3.24.25	2.29.25	-	-
Borden	5	1.10	2.57.10	2.02.10	3.17.39	2.22.40	-	-
Cirulnik	Scratch	1.08.30	3.03.5	2.03.05	3.27.02	2.27	3.50.21	
Mendez	Scratch	1.06.30	3.00.15	2.00.10	-	Out	-	-
Scandurra	Scratch	1.08	2.58.40	1.58.40	3.19.25	2.19.30	3.40.7	
Sternor	5	1.13.3	3.27.10	-	-	-	-	-

\* THESE COLUMNS ARE TIME ON CLOCK OTHER COLUMNS ARE ADJUSTED TIMES

Assisting Officials included Bob Preston and Joe Kleinerman. Equal Thanks to the others not mentioned herein.

Suito "ran a well thought of race". Scandurra won fast time honors by 9-1/2 minutes. A study of the figures above will show all else for which we again thank those who assisted us in the conduct of the run. (Reported by Milt Pataky) Add the final times in the last column which I didn't have room for: Suito 3.00.43 -1st -- Scandurra 2.40.57 -2nd-- O'Hara -2.57.28 -3rd Cirulnik- 2.50.21--4th. (Drescher took short cuts)

Going back a month to the Chicago T. & F. Club Indoor meet Jan. 14 th at the Chicago fieldhouse - spectators saw a good competitive 3 mile race.  
1st - Phil Coleman -14.29.9. 2nd-- Valt Boehm- 14.30. 3rd- Bob Kelly-14:31

NEW THREE MILE RECORD MERELY BORING TO LINDY.

Melbourne, Australia, Feb. 25 - John Landy, holder of the world mile record of 3.58, set a new Australian three-mile mark of 13.27.4 today during what he described as a "monotonous run" against weak opposition... The curly-haired Aussie clipped 4.4 seconds off the national record set last year by Dave Stephens. He missed the world mark of 13.14.2 set in 1955 by Hungarian Sandor Iharos by 13.2 seconds. "It was a monotonous run during the second half because there was no opposition," Landy said... "There is little significance in it because Stephens surely will post a better time on cinders. Remember he set his record on grass and has improved greatly since then." ... But Landy is pointing for the 1500 meter run in the 1956 Olympic's here, and he was happy about the closing sprint he showed in today's long race, he ran the last 440 in a snappy 61.8 and was in good shape at the finish. He won the invitation event at the inter-club meet by nearly a lap. Ron Clarke, a 19 yr. old youth, who ran 2 miles in 9.01.8 at the age of 18 for a nat. jr. record on Jan. 4th and who recently ran a 4.11.7 mile, stuck with John for the first 6 laps but then dropped out. Landy ran only against the clock after that (4.29 mile, 8.58.5-2miles) None of the other 14 men in the field gave him any competition after Clarke tired. On Jan. 14 Landy ran 13:39 then his personal best by 21sec. He ran 14.00 in 52' (late) Buffalo N.Y. Col Mile Wood-Syr.U. 4.30- )Open mile Walters Buf. Y 4.21 2 mile -3 Canadians came in together in 9.37