

VOL. 1 NO. 3 MARCH 1956 RATES .15¢ per copy \$1.50 per year

Editorial: In addition to race results and schedules, it is the purpose of this Log to offer aid to the hundreds of athletes who are striving for greater familiarity with and proficiency in their favorite sport, distance running, by presenting both the scientific facts and personal opinions which are basic to the acquisition and appreciation of the skill of distance running.

Many thanks for all the favorable comment and constructive criticism of the Log. At least we are well underway and gradually the editor is learning to type efficiently again!

As we go into the third issue of the "Long Distance Log" we would like to make this issue a pre-Boston Edition with articles on the entries from each section of the country. The world famous Boston Marathon on April 19th, is our first Olympic tryout.

The best comment of the month came from Bill Jameson, Coach of the Baltimore Olympic Club, in regard to last month's opinions on the Olympic Coach selection. Bill states; "With the Olympic-coach selection set-up the way it is, the best man probably never will get the job. It's usually the man with the most pull politically. I think the best coaches in America aren't in the big colleges. Those men get good high school boys on scholarships. It's easy to take a good man and make him better. The real job is done by the coaches in the little colleges that take nothing and year in and year out come up with a team.

I'll give you some examples: "Pop Hadelton, Haverford College, Dorsey Griffith, Catholic U., Homer Best, Roanoke, Harry Johnson, Bridgewater, and-- well, there are a lot of men I don't even know that do this sort of thing all the time. I didn't even mention the high school coaches. Most big-time coaches (colleges) owe their success to the high school coaches."

SANTEE WINS COLUMBIAN MILE, DELANY VICTOR IN SPECIAL, ASPENFELTER CAPTURES 2 M.

New York, March 3. - Wes Santee broke through an A.A.U. barricade and in a virtual walkover won a 4:13.8 mile after listed entries ran a special race of their own arranged by the K of C games committee at the last instant. Santee under tremendous strain, tried to run a mile in fast time and failed. (59.2-2:02.1 - 3:08.4 - final quarter 65.4 for a 4:13.8 mile.) El Kirk, formerly of Georgetown but now in the Air Force was second some 100 yards back with Ed Shea, a former Northeastern runner now in the Army, at Fort Monmouth, N.J. 3rd Shea had been shanghaied out of the two mile run to make the Columbian a threesome.... Ron Delany, the Irishman from Villanova won the "Special" in 4:11.8. Jim Bailey, an Australian at the U. of Oregon led the first half of the race with Jim Doulin, Manhattan and George King, NYU and Delany taking turns trailing close behind. Fred Dwyer former Villanova distance star, out of condition after a long layoff due to a leg injury, ran fifth and last all the way until he dropped out on the seventh lap of the eleven lap race. Doulin took over temporarily (66.9- 2:12.1 - 3:13) Delany took over with 3 laps to go and won by 20 yards. King got up in the last strides to take second from Bailey.

Horace Ashenfelter received very good opposition from little Jim Beatty of North Carolina Univ. but managed to outkick him by 2 steps in 9:05.3. Beatty was timed in 9:05.7 Bob Sbarra of Manhattan was third in 9:21.6 just nipping Alex Breckenridge of Villanova who had the same time. Don Townsend of St. Johns was 5th with Ike Matza of NYU third in the early going, sixth, Ike previously won a special Met. College 880, early in the evening.

Ithaca, N.Y., March 3. In th Indoor Heptagonal track meet in Cornell's Barton Hall, Harvard won with 39 points. Results... Mile . 1. Doug Brew, Dartmouth, 2. Walter Moukow, Navy 3. Mike Miller, Cornell 4. Tim Hogan, Yale, 5. Jerry Barr, Penn.... 2mile. 1. Arthur Reider, Harvard, 2. Louis Quatannons, Army, 3. Dan Maltose, Penn. 4. Don Creighton, Princeton, 5. Kirk McReary, Cornell Mile time 4:19.3. 2 mile time 9:41.5.

New York, March 3. New York PSAL indoor track and field championships at the 102nd Engineers' Armory. One Mile Run. 1. Gordon Bray (16 yr. old senior) Brooklyn Tech. 2 Robert Clement, John Adams. 3. Richard Russell, Jamaica, 4. Peter Calabrese, George Washington. Time 4:31.9

Baltimore Md. Mar. 3. 5th Reg't. Armory, South Atlantic AaU Champs: Mile 1. Aubrey Blankenship, Baltimore Olympic Club. Time.. 4:35 2 mile . Dante Marini, Delaware. Time.. 9:56.4. Mike Fleming B.O.C's 19 year old high school senior won the 1000 in 2:17.5. Morgan State won with 64pts. B.O.C. 2nd 62 1/3 pts.

Baltimore Md. Fri. Mar. 9. Tenth Annual Sports Boosters- S.A.A.-A.A.U. Games Fifth Regiment Armory. In the Governor's Two Mile Run Frank Pflaging, of Georgetown, broke his own mark of last year. Pflaging, legged Browning Ross Penn A.C. , for the first mile and a half and then went to the front and stayed there, just ahead of his teammate, Bob Lippencier, with Ross finishing third. Pflaging's time was 9:35.2. His old time was 9:57.1. (4th Dante Marini, Delaware)... Lord Calvert One Mile Run.. Just ten Minutes before the 2 mile Ike Matza uncorked a 60 sec. last 440 to win the mile in 4:22.5. Matza (NYU) took over the lead at the halfway and shook off a last lap bid by Ross.

Results: (Baltimore)- 880 yds. 1. Carney-Georgetown 2. Lockerbie NYU. 3. Johnson Morgan. Time 1:57.6 1 Mile walk- 1. Humcke NYAC. 2. Denman NYU. 3. Chicura Fort Myers. 4. Mirm, Penn A.C. Time 6:59.4 Lord Calvert Mile- 1. Matza NYU 2. Rose Penn A.C. 3. Martin Georgetown 4. Fleming Maryland Time: 4:22.5 2 mile relay 1. Georgetown (Mackey, Lippeior, Peyton, Carney) 2. NYU (lyd.) 3. Morgan 4. Shanahan O.C. time 7:46.8 (Balt. O.C. also won a 2 mile relay over West Chester Teachers Bridgewater and Delaware in 8:09.2)

MILWAUKEE WIS. MAR 10.- Another 2 section mile! With Santee turning in the fastest of the evening's 3 mile runs.

Results: Journal Invitation mile (first section)- 1. Bill Tiwoll Kansas State (Emporia), 4:10.9 2. Phil Coleman, Chicago, 4:12.9 3. Deacon Jones, Iowa City, Iowa. 4:15.9..... (second section) 1. Wes Santee, Quantico Marines. 4:10.5 2. Ed Kirk, U.S. Air Force, 4:27.7. 3. Bill Taylor, Quantico.

Collegiate Mile. 1. Ted Wheeler, Iowa- 4:12.8 2. Henry Kennedy, Michigan State. 4:14.4. 3. Wm. Pyle, Western Michigan. 4:18.2

2 Mile Run. 1. Karl Johnson, Illinois, 9:24. 2. Jack Blackburn, Ohio State 9:32.8 3. Ron Wheeler, Michigan State, 9:32.9

NEW YORK, MARCH 10. - KING and ASH distance winners in Pioneer Club Games.

Results: Lieut. Pegler One Mile Run. 1. George King, NYU. 2. Jim Doulin, Manhattan. 3. Ike Matza, NYU. Time 4:11.9 (King retired Trophy for second straight win in this event.)

2 Mile run, Hanlicap- 1. Horace Ashenfelter, NYAC. (Scratch) 2. Richard Hart Collegiate T&F. (scratch) 3. Bill Ashenfelter NYAC. (35 yards) 4. Bob Sbarra, Manhattan, (45 yards). Time 9:04.5.

One mile run, Hanlicap, 1st section- 1. Pete Close St. John's (25 yds.) 2. Tom Ward, Fordham (50 yds.) 3. Ed Kilkelly, Fordham (55 yds.) 4. Robert Carter, Seton Hall (55 yds) Time: 4:20.2 ... 2nd Section. 1. El McGuirk, Fordham (15 yds.) 2. Walt Kocher, Fordham, 3. Ed Joyce, NYAC. (60 yds.) 4. Bob Fine, Pioneer Club, (40) yds. Time :4:20.7 ... 1 Mi. Walk (Hanlicap) Humcke NYAC. (60 yds) 2. Lasku (Scr.) 3. Haluza Pioneers (120 yds) 4. Denman NYU (100 yds). Time 6:33.8. Team Score Pioneers 32 pts. 2nd Fordham 25 pts. 3rd Man. 20 pts. 4th Seton Hall 17 pts. ...

BROWNING ROSS WINS COURTNEY MEMORIAL RUN FOR FOURTH YEAR.

(Courtesy Baltimore Sun) March 11. (Sun). Penn A.C.'s Browning Ross outdistanced 20 other competitors today at Clifton Park. Ross took the lead after the first 2 miles and lengthened his advantage with each stride, to win by more than a half mile in 52 minutes 23 seconds. Penn A.C. captured the team title with 9 pts. followed by Shanahan CC with 12 and the Baltimore O.C. 24. The race started at the pump House in Clifton Park and included a lap around the lake to Lock Raven Boulevard to the city line, and then back over the same course. A real battle developed for second place from the start, Barry led on the way out, Burdelle most of the way back. Burdelle jumped ahead to stay running the lake for the last half mile beating Barry for second by 150 yards. Behind these two, 5 or 6 runners made a close race from start to finish with most of them changing positions at various points on the hilly course (very hilly!) Ross received a large silver (3 yr. trophy) donated by George J. Brown while Burdelle and Barry received plaques. All participants received engraved i.d. bracelets. It was the first time the annual event has been run over the 10 mile course. For many years, a 12 mile jaunt was in order.

RESULTS:

1. Browning Ross, Penn A.C.52.23	11. Joe Rouse, Balt. O.C. ... 58.38
2. Luther Burdelle, Penn A.C...53.35	12. Ed Sutherland, Balt. O.C. 59.07
3. Jack Barry, Shanahan O.C....53.54	13. Wayne Hanson, Balt..O.C. 59.44
4. Gene Brodie, Shan. 55.36	14. Vernon Ordway, Shan. C.C.1.00.01
5. Bob Chambers, Shan. 55.49	15. Gary Unfried, C.C.C... 1.00.49
6. John Cunningham, Penn A.C.. 56.04	16. Phil Carroll, Balt. O.C. 1.02.01
7. James Sumner, Shanahan CC....56.12	17. Jack Chapman, Penn A.C. 1.04.45
8. Ron Kiehl, Penn A.C. 56.13	18. Larry Delancy, Shan.CC.. 1.09.06
9. Dave Williams, Shanahan CC..56.30	19. Nevin Schopf, Sr. Penn AC 1.09.30
10. George Brown, Cross Country Club	20. Thomas Radfort, Unatt. 1.10.00
(Baltimore) 56.50	

In a book which every American distance runner and coach should read, Franz Stampfl on Running, the author advocates interval training as the core of modern running: "One of the main charms of interval training is its flexibility, since it can be adapted to the varying needs of all athletes at any stage of development. It induces speed and stamina which together produce pace, judgment, and an all around improvement in physical well-being."

CARL QUELLMALZ, 24 year old distance runner from Denville New Jersey was killed instantly when struck by a car in Mountain Lakes, Morris County, N.J. Saturday night, March 3rd. Quellmalz was a 3rd place finisher in the 1955 Nat. Sr. 15 Kilo run in Pittsburgh last September.

A doctor recently linked long-distance cycling, Channel swimming and Marathon running, as the most gruelling tests of sport. For the more prolonged a sport is, the more it draws on the human reserves of stamina and will power. Now that the 12 m.p.h. (19.3 km.p.h.) barrier for the full marathon course is about to be broken, successful competitors have to put far more energy and determination than ever into their efforts. Athletics organizers must realize in future that all Marathons are going to be run, not at a plodding pace, but at speed.

CROSS COUNTRY*

A TOP GEAR DRIVER HOLDS OFF KENN NORRIS

(Courtesy News of the World) By Joe Binks

Finishing the nine miles course only three seconds ahead of his rival, Ken Norris Peter Driver, of South London Harriers, won the Southern cross-country championship at Windsor. The result was in doubt until the last 300 yards when Driver put on a devastating finish which Norris could not match. Driver now has a 2-1 lead over Norris in their cross-country meetings this season and the South London Harrier would have been an outstanding favourite to win the English Championship but he will be in Trinidad with a British team and will not compete.

Within 24 hours of returning from the torrid heat of Nigeria the Duke of Edinburgh fired the starting pistol, in near freezing Windsor, to set off 443 runners. He congratulated Driver on his performance and wished him success in the West Indies. The event was run in a biting east wind. Peter Driver and Ken NORRIS were soon in the lead with Dennis O'Gorman (St. Albans City), George Knight (Essex Beagles) and Alan Perkins (Ilford A.C.) well placed. This little bunch had a battle royal right up to the last half mile when Driver took the lead, but Norris, who had been slightly ahead, immediately closed up with him. Driver forged ahead once more 300 yards from the finish and all Norris's determination failed to close the gap. There were only 13 seconds between the first four. Thames Valley won the team title by two points which robbed South London of a third consecutive victory. Gordon Pirie won last year's race, running the nine miles in 52.48 in terrible conditions rain and thick fog that made it difficult for even the officials to see the runners.

Senior Results: - 1. P.B. Driver (50.20sec.) 2. K.L. Norris (Thames Valley Harriers) (50.23) 3. D.O'Gorman (St. Alban's City) (50.31) 4. A. Perkins (Ilford A.C.) (50.33) 5. G. Knight (Essex Beagles) (51:29) 6. B.T. Barrett (Surrey A.C.) (51.45) Team: 1st Thames Valley (130 pts.)

JUNIOR (6 miles). - 1. S. Seal (Ponders End) 33.44 2. S. Langridge (So. London) 33.45 3. S. Eldon (Windsor & Eton) 33.49. Team South London (33) 2. Southgate (96) YOUTH (3 miles) 1. D. Haith (Thames Valley) (17.31) 2. N. Roberts (Cambridge) (17.38) Team: South London (60) 2. Shaftesbury (103)

Derek Ibbotson, who pushed Chataway to a world 3 mile record last year in a planned record attempt, had a clear-cut victory in the North of England senior 9 mile championship at Port Sunlight, Cheshire, finishing well in front of the holder, Ken Gates (Perbroke) in 47 min. 24 sec. Sheffield United Harriers were team winners.

A.J. Smith (Cambridge City A.C.) retained the senior title in the Eastern Counties championships at Exning, Suffolk, in 46 min. 58 sec. Dennis Dare (Ipswich H.) was second and J. Lawrence (Luton H.) third.

LANDY RUNS 4:04.2 AFTER STOPPING IN OLYMPIC TRYOUT!

Melbourne, March 10 - John Landy world mile record holder (3:58) gallantly stopped to aid Ron Clarke (19 yr. old Aussie Mile sensation) who fell, then continued at Clarke's insistence and made up 30 yards in plenty of time to win the Australian Mile Championship and an Olympic Berth in 4:04.2... Melbourne Mar. 12 - John Landy, the world's fastest miler, ran on an injured foot to win the Australian 3 mile championship at Melbourne's Olympic Park today. At the start of the race he appeared to be limping slightly from an injury suffered in Sat. Mile race. But he soon strode away to finish in 13 min. 42.2 seconds. Dave Stephens, the Aussie 3 mile recordholder who was expected to finish neck and neck with Landy faded at the two mile mark and finished nearly 300 yards back. Alan Lawrence was second and Dave Power third. Afterwards, Landy said he would make the 5000 meters his "main mission" at the Olympic Games here in Nov., but would also run in the 1500 meters.

MIMOUN WINS EUROPEAN CROSS COUNTRY CHAMPIONSHIP* FRENCH UPSET BRITISH.

Balmoral, Northern Ireland, March 17. - Alain Mimoun, Olympic runner up to Emil Zatopek, won the European nine-mile cross-country championship today, for France. Mimoun was timed in 45 min. 18 seconds. Frank Sando of England a perennial runner up was second in 45.28. France won the team title, with England second. The race marked the climax of the Western European season after a thrilling 2 month X-Country season. Last year France, for the first time in 30 years, did not get into the first three, finishing behind England, Belgium and Spain. Ken Norris second to Pirie in 1954 and third to him and Pat Ranger last year was the pre race favorite. Sando was second in 1953 and third in 1954

World Sports Interview with GORDON PIRIE.

Question- If you could nominate your Olympic event, what would it be?

Answer - 5,000m. or 10,000m.

Q- How many top-class races do you plan to compete in before the Olympics?

A- 15 to 20.

Q- How many hours a day will you train? A- 3 hours.

Q- Will you have a coach or adviser? A- Yes, Woldemar Gerschler, of Germany.

Q- Would you tell us your overall 1956 schedule and break it down to show how you work up to a peak period? A- No, training secret.

Q- As the Games are out of season, do you envisage a period or periods of relaxation? A- Yes.

Q- What is your target, as regards time, which you think you should reach to gain a place in the first six? A- In the 5,000 meters -13.35 for first place and 13.50 for sixth. In the 10,000 m. -28.40 for first and 28:55 for sixth.

SPORTS MEMORIES-- 1935.

Lets reminisce each issue and bring back famed races of the past mostly from old clippings the editor had saved now brown with age.

LASH BREAKS NURMI'S RECORD, SHATTERS PHANTOM FINN'S MARK WITH WORLD RECORD 8:58.3.

Princeton N.J. Jan.13 - Donald R.Lash, of Indiana University- a phantom of the fog, a sprite in the rain- raced to a new outdoor world's two mile record at Palmer Stadium today as 30,000 gave him one of the greatest acclaims ever accorded a track giant. Darting through sheets of mist, dodging gusts of rain and running on a track that oozed water and muck from the first step to the final tape the mighty Hoosier spun the two miles in 8minutes,58.3 seconds. This was one &three tenths seconds faster than the standard set by the marvelous Paavo Nurmi in his native Finland on July 24,1931 & it definately established Lash as one of the greatest runners in the world today, a sure point getter for Uncle Sam in the Olympic Games. The Indiana youngster might have made even better time, might have excelled Nurmi's indoor mark of 8:58.2 had he been pressed- but he ran almost alone after the sixth lap. Norman Bright of the Olympic Club who finished second was at least 250 yards in the rear as Lash stepped over the wire. Bright had snapped at Lash's heels for six laps but when the Hoosier turned on the fire the coast youngster had nothing but ashes left. Third place went to Joe McCluskey of the N.Y.A.C. who missed catching Bright by feet at the finish. Lash's time for each quarter-mile was as follows: 62.9 - 2:09 - 3:16.8 - 4:26.9 - 5:35.7 - 6:47.7 - 7:55.6 - 8:58.3. The hoosiers spectacular triumph, carrying a world's record in its wake, overshadowed Gene Venzke's thrilling two -yard victory over Glenn Cunningham in the feature mile, of this annual Princeton Invitational meet, (4:13.4) and also stole the spotlight from the surprising defeat of Chuck Hornbostel by Louis Burns of Manhattan in the half mile. (1:55.3). It is almost impossible to conceive of a meet conducted under more unfavorable conditions to the runners. The magnificent Palmer oval, one of the finest cinderpaths in the world when dry, was a curved ribbon of water dotted with miniture lakes and offering mushy footing to the runners. Add to these handicaps a chilling breeze which tightened muscles and tensed tendons. Each man was be pattered and caked with mud.
Results: Two Mile: 1. Lash 2. Bright 3. Joe McCluskey 4. Raymond Sears, Greencastle, Indiana 5. Frank Crowley N.Y.A.C. (Old record Nurmi- 8:59.6 in 1931).

SANTEE, WHEELER AND ASHENFELTER COP DISTANCE TITLES IN CLEVELAND K.of C.

Cleveland Ohio, Mar.17- Wes Santee the Kansas Marine at war with National A.A.U., spread-eagled the field in a "special" mile last night in 4:06.9, his best time of the winter indo r season and only 2.3 seconds off the local record he set last year. Santee lapped the entire four-man field and for the last 880 had to set his own pace. At the halfway mark, with the pace slowing, Santee spoke a word to his buddy from Quantico Bill Taylor, and promptly opened up a 15-yard gap. Santee's famous kick quickly put him ahead of all the field except Taylor, and he passed him too, just as they approached the wire. (61- 2.04.5- 3:06.7)

The special section of the mile in which Santee competed followed a mile race won by Ted Wheeler of Iowa in 4:13. Wheeler moved into second place in the last 440 and then took the lead with about 10 yards to spare over Phil Coleman.

Horace Ashenfelter of the New York A.C. outclassed the two-mile field. He was timed in 9:07.6. The 33 year old runner passed Charlie (Deacon) Jones in the last half mile and finished a quarter of a lap ahead of Jim Beatty of the University of North Carolina, who had set the early pace. Beatty put on a strong spurt to overhaul Jones in the final 10 yards and finish second... NYU upset Pitt, N.D. and Syracuse in that order in a record & 7:36.7

Results: Special 1 mile run- 1. Wes Santee, Quantico 2. Guy Beretich, Unatt. (former Ohio State miler) 3. Ed Kirk, Lockbourne 4. Bill Taylor Quantico-Time- 4.06.9 ... One Mile run- Ted Wheeler, Iowa 2. Phil Coleman, Chicago T & F. 3. John Walter, Unatt. (former Mich.State captain) 4. Jack Blackburn, Ohio State. Time- 4:13 Two Mile- 1. W. Ash 2. J. Beatty 3. C. Jones Iowa 4. Selwyn Jones Michigan State Time- 9:07.6

Training Camp ?

Top A.A.U. officials will turn their attention to a proposal to set up a three month summer training camp for prospective Olympic athletes. The Olympics in Australia will be held during the winter and the training camp would serve to bridge the gap in training usually encountered in some sports in the U.S. during the summer months. (Track and Field) AAU President Carl Hansen of Oakland Cal. commented, "I don't know if the camp can be worked out yet, but I am in favor of it and am checking on the possibilities." In Chicago A.Brundage even agreed !!
? it would meet international Olympic amateur (what are they?) rule requirements and those of the AAU.

WIND SPRINTS

MAIN MIMOUN, the great French distance runner from Algeria, No. Africa, took up running in 1946 for want of anything better to do. After the war he could not find work in Algeria, so began to run to kill time. (that will do it) Going to Paris, he joined a track club and took a job as barman at the club. Later he gave up his job as bar tender and for the past four years has passed on his knowledge to youngsters as an instructor at the National Institute of Sport. Injured in August 1954, Mimoun did not improve, until he met up with Adrien Josie, a famous French Masseur. Since then he has shown good improvement and a return to form.

WIND SPRINTS

JOE KLEINERMAN, veteran New York distance runner is about to embark on his 29th year of running in the cathedral 10 mile handicap run, April 7th in Boston. After hitting the "jackpot" on a couple of New York T.V. shows last month, John Twomey ran into a streak of bad luck upon returning to his Illinois farm. Fire destroyed his grain elevator and offices. The grain building and equipment loss was around \$80,000. The Twomey's plan to rebuild.

GENE VENZKE, miling great of the 30s, lives near Reading, Pa. and operates a lucrative miniature golf course, located on the main highway. He's 47, 15 lbs. over running weight. Thinks the 4 minute mile is possible indoors. "You've got to set your mind to thinking it can be done. You must gear yourself to be physically perfect, mentally believing in yourself. There's no wind, good footing, and the boards give you good spring. The turns are not fast or tough because you don't have to go around them fast". In 353 races Venzke won 104, was 1-2-3 300 times.

Jack Lovelock, New Zealand miling great, had no qualms about swimming. He felt swimming, walking, running and gymnastics made up a symmetrical, relaxed, coordinated training program. Swimming was a good "limber down" activity after a workout and preferred a relaxed swim in a warm bath to a rubdown. But he would never precede a workout with swimming.

Walter Lemps set a new South American record for 10,000 meters in Feb. clocking 30:24.0. He also set a new six mile mark in the race clocking 29:23.8. The race was held in Buenos Aires, eight of the 1951 Pan-American games.

Peter Driver won the 5000 meter run in the 16th annual Southern (Trinidad) games at Pointe-a-Pierre. Driver clocked 15:13.6

Bobby Cons won both the Hermosa Beach, Calif. 5 mile race and the New Port Beach, Calif. 10-Mile handicap in Feb. in 25:50 and 55:24.6 (fast time) In the shorter race Gordon McClenathen was second in 26:05 and Sam Waltmire 3rd in 26:27. Silvester Villa was second in the 10 in 56.55.

Emil Zatopek says he has a good chance in the Olympic marathon, but has little chance of winning the 10,000.

 JOHN J. KELLEY IS HOT! WINS NATIONAL JUNIOR 30-KILO AT BRIGHTON.

BRIGHTON, MASS. MARCH 17- Johnny Kelley won the Nat. Jr. 30 Kilo road race today over an icy, snow-covered course after Nick Costes saved him from running the wrong way. Kelley, 25-year old ex-Boston University student, turned in a very creditable time of one hour, 46 minutes, 3 seconds for the approx. 18 3/4 mile course which started and ended at Brighton center. Costes, hard training Natick school teacher was clocked in 1:50.58- near a mile behind young John. He slipped at least three times on the treacherous footing along the way. A little less than the halfway mark, Kelley and George Terry, running in front, made a wrong turn in a fork in the road and Costes stopped and called them back. (It always happens in New England, in Phila. we let 'em go until they hit a dead end or run into the thicket!) The trio ran close together until Kelley took off to leave the field a little beyond the 10 mile mark. Notes: 15 or more were late for race according to Bob Campbell. Traffic held the race up for 20 minutes. Costes was 1 minute 32 sec. behind Kelley at 12 miles. A combination of bad traffic - snow- slush- Ice- really made it rough going. (4 inches hard slippery snow) Prizes fine- sponsor- runners all pleased -trophies- medals - merchandise.

RESULTS:

1. John J. Kelley	Boston A.A.	1:46.03.	21. Ted Suito St. Anthony's	2:07
2. Nick Costes	Unatt.	1:50.58.	22. Lee Chisholm No. Med.	2:09
3. George Terry	Unatt.	1:52.30.	23. Herb Benario Millrose	2:12
4. Rudy Mendez	N.Y. Pioneers	1:54	24. Stan Tiernian Un.	2:12
5. Jim Green	Boston A.A.	1:55	25. Royce Sawyer No Med.	2:15
6. George Hillier	Unatt.	1:58	26. Marshall Rowlette BAA	2:16
7. John DiComandrea	Boston A.A.	1:59	27. Ron Kiehl Penn A.C.	2:17
8. Rene Doerori	Boston A.A.	1:59	28. Jim Dailey Sr. Un.	2:17
9. George Waterhouse	No. Medford	2:00	29. Andy Poular BAA	2:18
10. Jack Barry	Shanahan C.C.	2:01	30. Ed Brackett BAA	2:21
11. Dave Gott	Boston A.A.	2:01	31. LaF. Norwood Gorham	2:24
12. Nat Cirulnick	N.Y. Pioneers	2:01	32. Milt Pataky St. A.	2:23
13. Jim Dailey, Jr.	Unatt.	2:02	33. Jerry Bitolla "	2:26
14. Alde Scandurra	Millrose A.A.	2:02	34. Aug. Wright Un.	2:33
15. Will Murphy	Boston AA	2:03	35. Sam Sean Un.	2:36
16. Don Fay	" "	2:05	36. Frank Kelly No. Med.	2:49
17. Ted Corbitt	New York Pioners	2:05	37. Ed Norton (Is this Gleason's friend)	2:49
18. Bob Rehn	Boston A.A.	2:05	38. Joe Carey No. Med.	2:54
19. John Lafferty	Boston AA	2:06		
20. John Conway	N.Y. Pioneers	2:06		

MENDEZ - Green - Hillier- 1-2-3 in Junior Race BAA 1-2-3 for team prize.

Definition of sports fan: a man who complains if he has to park four blocks away from the track where he intends to yell "you bum" at a college boy who fails to run a mile in less than four minutes... daily board charge at the 1956 Olympic village will be \$6.30 per athlete. It was \$5.20 in Helsinki... Some of Gordon Pirie's workouts last season (Tuesday workout) 20x440 at 60 seconds (many at 59) with 1 lap in 2 1/2 minutes in between; (2)4x880 in 2:02, 4x440 in 56; (3)15 x220 in 25. John Disley ran 4:23, 3:12, 2:04 and 58 one day.

WHEELER AND JONES WIN DISTANCE TESTS IN CHICAGO RELAYS.

CHICAGO, MARCH 24- With Wes Santee on the sidelines, a lanky Negro senior at the University of Iowa is looking more and more like the United States best bet in the Olympics... Ted Wheeler, six foot, four and one-half inch successor to Santee won his eighth indoor mile in eight appearances this season at the Chicago Daily News relays... It was the best mile performance by Wheeler this year, but it was still slower than Santee's best performance... Wheeler just managed to beat out Phil Coleman of the Chicago Track Club by about three feet in the good time of 4:07.5. He ran the first 440 in 60.6, was clocked in 2:01.8 at the half and 3:04.2 at the three quarter mark... Only Ireland's Ron Delany and Santee have bettered Wheeler's 4:07.5 this year. It also marked the fourth speediest Bankers Mile in the 20 years of the Chicago Relays... Coleman is a 24 year old Army veteran who finished second to Santee a year ago when the Kansas star, now under A.U. suspension, won the event with a meet record of 4:04.2... Wheeler is the Big Ten mile champion.

Iowa's other one-two-punch Charles "Deacon" Jones ran a very good 9:04.9 to just nose out Michigan's Ron Wallingford by a tenth of a second. The defending Chicago two mile titlist Horace Ashenfelter set the early pace in the 22 lap grind but dropped out with a pulled leg muscle with three and one-half laps to go.

Wallingford is the Big Ten 2 mile champion and Michigan Track Captain... The meet acclaimed by many track men as the best of all the indoor meets attracted 15,633 fans. Tom Courtney won the 1000 yds. in 2:09.4 a meet record.

SO. CALIFORNIA SOPH RUNS " MILE IN 9:01.5.

Los Angeles, Mar. 26- Little Max Truex, former Indiana H.S. mile recordholder, now a sophomore at U.S.C., Saturday ran 2 miles in 9:01.5, fastest time known for a college soph., as the Trojans won a triangular meet by 10 pts. over San Diego Naval Training Station, with L.A. A.C. and San Diego State lagging far behind.

Burdelle and Ross win Maryland Day Marathon Relay Race.

Baltimore, March 24- Luther Burdelle and Browning Ross, of Philadelphia's Penn A.C. won the (anywhere between 26 and 28)mile relay race between the state house in Annapolis and city hall in Baltimore today... A 30 mile headwind hindered the runners all the way up the highway, forcing most of the runners to don sweat suits. Burdelle gave Ross a lead of approx. one quarter mile after finishing his leg.

Young Jim Daley, Jr. ran a very good second leg advancing from 12th to 3rd. The runners were transported to Annapolis for the start in very frigid weather after the start the runners of the second leg boarded the bus and rode back half way to Baltimore, shouting encouragement to the first leg runners as they passed them on the chartered bus... A banquet was held at 6pm following the race, and prizes awarded consisting of 15 team trophies, and duplicate merchandise prizes for each member of the team. Most of the runners agreed unanimously that it was one of the finest run affairs that they had ever competed in. C.W. "Doc" Ashley, Chairman and his large committee deserve praise for a job well done. The committee hope to make the race an annual affair. Burdelle and Ross received RCA portable radios, clocks, traveling bags, silver plates and dishes and bowls, featured the prize list. Ross carried a torch on the last 100 yds. of his journey and lit a replica of the Olympic flame to end the race.

Statistical Report.

31 Teams entered. 20 Teams started. 19 Teams finished.

Winning Team- Penn A.C. ("A" Team) Lou Burdelle- Approx. 13 miles in 1:15.48

Browning Ross (second Leg) 1:16.52.10. (Fastest time for an Ind. runner- James Daley, Jr. 1:13.26.

PLACE & RUNNER	5Mi.	10 Mi.	13Mil.	Time.	15Mi.	20Mi.	25Mi.	Finish	Team
1. Burdelle	4	1	1	-1:15.48	1	1	1	Ross	2:32.40.10
2. Green	3	3	3	-1:17.33	2	2	2	DiCoranira	2:36.07
3. Daley, Sr.	13	12	12	-1:24.27	11	7	3	J. Daley, Jr.	2:37.53
4. Benario	9	6	6	-1:21.08	6	5	5	Scandurra.	2:40.09
5. Jack Barry	1	2	2	-1:17.22	3	3	4	Chambers	2:40.22
6. Ron Kiehl	2	4	4	-1:18.38	4	4	6	St. Clair	2:42.24
7. Don Fay	6	5	5	-1:20.10	5	6	7	Lafferty	2:42.21
8. Gary Unfried	5	9	8	-1:22.08	7	8	8	Gen. Brown	2:43.21
9. G. Scotto	11	11	10	-1:23.03	8	9	9	W. Murphy	2:46.26
10. Mike O'Han	14	13	13	-1:24.25	12	10	10	T. Suito	2:47.27
11. V. Ordiway	7	8	9	-1:22.17	9	11	11	L. Delaney	2:54.17
12. J. Rocco	8	10	11	-1:23.36	13	12	12	N. Schopf	3:00.35
13. Willoughby	15	16	16	-1:35.03	16	15	13	M. Jones	3:04.29
14. I. Levy	17	17	17	-1:35.12	17	17	16	Bilotta	3:05.21
15. J. Jarrett	12	14	14	-1:32.31	14	14	14	F. Smith	3:05.45
16. F. Kelly	18	18	18	-1:39.52	18	18	18	R. Sawyer	3:07.17
17. Harshman	16	15	15	-1:34.06	15	16	15	J. Carlock	3:07.38
18. Kitchell	10	7	7	-1:21.17	10	13	17	E. Ouellet	3:08.59
19. Birchbauer	19	19	19	-1:48.19	19	19	19	W. Lehman	3:33.17

From WORLD SPORTS MARCH 1956.

Derek Ibbotson (England) won the international cross country race in Hannut, Belgium in freezing conditions, by beating the Belgians, Marcel Vandowattyne and Lucien Theys. Ibbotson's time was 35 mins. 59 secs. Belgium won the team title, with England second. Gaston Reiff made a "comeback" in a race in Sombrefe and finished 2nd to the young Belgian, Van Praet... Reiff also competed in his home town, Braine l'Allued, in a race named after him, but was beaten by Theys and Vanderhoeven.

LATE: from Johnny Semple. Boston prospects for BAA... "Going overboard of young Johnny Kelley, he is in greatest shape of life but I'm not selling Costes short. Dark horses- P.F.C. Jim Green and PFC Dean Thacaray both of BAA but now at Camp Devens, Mass... Foreign entries-"all we have heard is requests for invitations from Guatemala and Korea. They have to have that to get the O.K. on their passports. Yi- The Finns were scheduled (2 of them) arrive in Conn. last weekend. Kelley works out twice a day 5:30 AM and dark. BOSTON MARATHON
BY JOE KLITZBERG

With the Boston Marathon being used as an Olympic trial, a large strong entry is expected from the New York area. There will be at least 25 runners tooting the mark at the starting point at Hopkinton, Mass. The three clubs in the met area will send the following teams: the Millrose AA has nominated a four man team.... Aldo Scandarra, John Holt, Bill Welsh and Andr Neidnic. Scandarra is the past junior national marathon champ and has been turning in fast times for the full marathon distance and is looked for a 2 hour and 30 minute or better performance this year. Bill Welsh hampered by a bad heel is finally getting into shape and will be right up with the leaders all the way; John Holt after a third place finish in the Met. 30 Kilometer Champs last December has been training in Miami, Fla. staking all in his attempt for a good performance and a good start toward making the U.S. Olympic team; the fourth member of the team Andr Neidnic, former ICAI champ, has always come thru with a good marathon at Boston and only a reoccurrence of his leg injury can keep him from doing as well as in the past. The New York Pioneer Club, winners of last year's BAA team prize, will send a big (in numbers and ability) team up to the starting line.

Among their entries will be Ted Corbett, member of the U.S. team at Finland in 1952. After fighting off continued injuries to his legs the past months Ted looks like he is ready for his usual good race at Boston whether the day be hot or cold, wet or dry. Another entry of the defending team is Rudy Mendez, 21 year old Puerto Rican runner, who turned in the astounding time of 2:28 at last year's BAA race and this year will try and do even better as he hopes to make a great showing which will reward him with a trip to the Olympics as a member of the Puerto Rican team. His team mate Luis Torres will also be aiming for the same goal with a repeat performance of last year when he was the third man on the winning squad. Nate Cirulinick, the slender schoolmaster, is in line for a great race as he turned in a fast second place at Phila., Pa. in the Shamshan Marathon in January while losing to Jack Farr of the Shamshan CC by 150 yards. If training has anything to do with a good performance Nate's long hours of pavement pounding should pay off. One of the newest runners in the marathon game and a reformed sprinter.... Jim Gordon looks to be the dark horse entry. A great race at Atlantic City in the Sr. National 30 Kilometer Champs and another at Phila., Pa. in the marathon rates Jim as a cover and a future great marathoner.

The veteran Dr. Charlie Robbins will once more start the BAA and if he is in shape, will be battling the leaders the way in his usual jolly and talkative manner of running. The captain of the NY Pioneer team and one of the best improved marathon runners John Conway is another of the big entry who should be right up with the entry who should be right up with the early arrivals at the finish line. Another entry not sure to start is that of Lou White former National distance star. Lou will start if he is in shape and if he does a good race will result. Finally John Sterner another provisional starter rounds out the ten man team entry of the N. Y. Pioneer Club.

The third team entry from the New York area is that of the ST. ANTHONY'S BOYS CLUB OF OZONE PARK, L.I. They have signified their intention of starting ten men at Boston with the entries of Mike O'Hara, Milt Pataky, Harry Murphy, Edo Romagnoli, Frank Smith, Ted Suito,

Irwin Levy, Gerry Pillotta, John Jarrett and Walter Drescher. Foremost among the entrants is the veteran Mike O'Hara who will be competing in his 19th Boston Marathon and all of which have been good performances and looked for to finish up front especially if favored with a hot day. Another well known plodder is Edo Rocagnoli N.Y. policeman who has been taking it pretty easy the past year not competing in too many races but who has turned in fine races at Boston in the past and hopes to pull a good race out this year in

in hopes of making the Olympic team especially since he just missed the 1952 team being named as an alternate. Milt Patky and Harry Murphy are two veterans who have gone over the Boston course in fine time in the past and sure finishers in better than 3 hours. Frank Smith, John Jarrett and Irwin Levy are the young members of the team who are unpredictable due to inexperience but youth may have its fling. The old timers Gerry Pillotta and Walter Drescher are sure finishers but may be lack in the field. Ted Suito is expected to turn in one of his best races as he has shown continued improvement in all his races and workouts.

The lone individual entrant from N.Y.C. will be New York AC's Gordon Dickson. The red head is from Canada and attending NYU graduate school. He hopes that great race at Boston will help him attain a place on the Canada Olympic team. Gordon has one marathon completed to his credit, but that was a great ligh place finish at the national last year in Yonkers. He walked and ran the last 6 miles and still returned great time. Since then he has run some great 30 Kilo. races as he won the Met. 30 Kilometer and finished 2nd to Prowing Ross at the national 30 Kilo. With determined training and a better pace, he is looking to a better than 2:30 at Boston.

All in all, a successful Boston race for the New York runners will see the door open up for the Olympic teams of the United States, Puerto Rico and Canada. It is the prediction of all that with a good day there will be at least six runners under 2:30 from the NY entrants. Yes, months of hard training may pay off and dreams may come to a reality for some.

PHILADELPHIA AREA ATHLETES in BOSTON MARATHON

Outstanding prospects from the Phila. area include Jack Parry, Vernon Ordway, Larry Delaney and Bob Chambers all representing the old established, famous, Philadelphia Track Club, Shamahan C.C.

Parry is the most outstanding runner of this group, with a great deal of marathon experience. Dave Williams former Villanova distance star will also represent Shamahan Penn. A.C. will be represented by Jack St. Clair, John Cunningham and Prowing Ross winners of many distance team titles for that club. Ralph Filberg now a graduate student at Purdue Univ., Bill Hackulick now attending college at Millersville State Teachers College in Pennsylvania and one or two younger inexperienced marathon runners.

LONG DISTANCE RUNNING

Some interesting facts were presented on long distance running by Dr. George L. Leckner and Dr. Travis Winsor of the USC Medical School and Cardio Vascular Foundation, Good Samaritan Hospital. Dr. F. L. Tico, Coliseum Medical Director, assisted in the study.

"Tabulations are based on examinations of 165 runners who have completed in the six Western Hemisphere marathons and 10-mile races held here since 1948. The athletes were examined before and after the races and results compared with 40 nonrunners of corresponding age, weight and height.

More than 200 electrocardiograms were recorded. Average age of the runners was 27, of nonrunners 25.5. Weights averaged 142 and 148 respectively.

THE FINDING--During a race the runners lost approximately 1% of body weight for every five miles run..... Blood pressures were normal, but the venous blood pressures increased on an average of 210% after a 26-mile race....The pulse was characteristically slow, average 57 to rest (40 to 72).

There was an increase in nonprotein nitrogen, red and white blood cells, sedimentation rate, sodium and hemoglobin....Calcium, sugar, carbon dioxide, potassium and chlorides were decreased....Hearts of the runners were found to be larger than those of the nonrunners, but there was no evidence of heart disease....

THE RECOMMENDATIONS--Due to a 73% increase of non-protein nitrogen, the eating of high protein diet before and after the race would be beneficial....The 47% decrease of chlorides would indicate that this condition could be corrected by the use of sodium chloride (interic coated) before and especially after the race....

It is suggested that the longer races should be undertaken by the older group of runners, ages 31 to 48....Their chances of success on a percentage basis is better, for with their increase of age has come a longer period of training, a knowledge of how to run more economically, how to conserve their energy and to use it when it is needed most, and thus to increase their chances of success without injury to themselves."

NORMAN NEILSON WINS CANADIAN MARATHON FROM GUELPH-TO-HAMILTON, ONTARIO.

March 17. The annual Guelph-to-Hamilton marathon was won by Toronto Athletic Club's Norman Neilson in three hours and 18 minutes. The time was some minutes off the record set by George Norman in 1954. The course is approx. 30 miles. While the runners couldn't do any record cracking, Alex Oakley led the walkers over the same distance and scored a repeat victory, knocking over 20 minutes off the record. The Toronto walker was clocked in 4 hours 56 minutes 13 seconds in his latest effort. In the running division of the "doubleheader" that saw 12 taking part, Kennedy Douglas, Gladstone AC was second. Third was Sid Smith, Hamilton Olympic Club; fourth, Lorne White, Guelph; fifth, Fred Bristow, Gladstone AC; sixth, Bob Warwood, Hamilton OC; seventh Kurt Steiner, US Army, Ft. Knox

#31st ANNUAL 91st HIGHLANDER'S A.A. INDOOR TRACK MEET, HAMILTON, ONTARIO

March 17. With a total of more than 400 athletes, requiring a full afternoon program of eliminations so that only the fleetest remained in the night events the games moved to a thrilling climax in the Armurics on Sat. night. George King, of NYU, made a show of a big field in the open mile, sprinting the last two laps like a dash man to shade John Moule, former Westdale, Ont. and Michigan Univ. star now running for the Hamilton Olympic Club, King lapped a dozen runners when he made his move, running his own gait to finish in 4:18. Moule, in 2nd spot, pulled up from far in the rear to displace Rog Darley, of the Toronto O.C., the pacemaker for 3/4 of the journey... Bruce Lockerbie, former Central Collegiate Ont. star now running for NYU took the lead from Harry Bright with 2 laps to go, opened a decisive gap and finished in 2:14.1 only 3/10 sec. off the record set last year by Les Vielbig, of Syracuse Univ. It was Lockerbie who set the record for the junior mile in the 1955 games here. Results: 1000 yds. open- 1. Lockerbie 2. Bright Pioneer's 3. Bob McDonald, LeMoyne College, Syracuse. Time 2:14.1.... 1 mile run -Boys 19 and under- 1. J. Irons Toronto Olympic Club. 2. Bill Melody, Westdale, Hamilton 3. F. Finnerty, Alfred. Univ. Time 4:31.1 ... 600 yds. open. 1. Reg Pearnan Pioneer's 2. Lou Jones, Pio. 3. Don Shupe, Buffalo Downtown Y. Time 1:13.2. (Jones 1:13.4) Shupe 1:13.9

FROM WORLD SPORTS: MARCH 1956 ISSUE: South Africa.

Mercer Davies won a 25 km. (about 16 miles) road race in 1 hr. 28 mins. 42 secs. and looks like developing into a strong Marathon contender. Jackie Mekler, who was 3rd in this race in 1 hr. 35 min 34 secs. and Jan Barnard are expected to run for South Africa in the Olympic Marathon.

ROSS WINS FIRESTONE WAR VETERANS' 15 MILE RACE.

Hamilton, Ont. Good Friday, March 30- Browning Ross won the Seventh Annual East End 15 Mile Road Race from the finest field of long-distance runners ever assembled for the Firestone race. Ross took the lead at the start, winning both lap prizes for the 3 lap course (each lap measured 5.5 miles). Flat course, very windy and cold, snow throughout race. Prizes are the best anywhere, (1st, two trophies electric skillet, German 400 day clock, set of art pottery) other prizes consisted of trophies & merchandise for all runners plus innumerable team trophies and special awards. Race very capably handled by tremendous committee. Results will give fuller details:

1. Browning Ross Penn A.C. Woodbury, N.J.	1:23.04	24. Sid Smith	1:44.12
2. Roland Michaud Les Francis Amis, Montreal	1:25.43	H.O.C. Hamilton Ont.	
3. Reg Darley Gladstone A.C. Toronto	1:26.36	25. John St. Clair	1:46.03
4. Gordon Dickson N.Y.A.C. Calgary, Alberta	1:28.39	Penn A.C. Phila. Pa.	
5. Jack Barry Shanahan C.C. Merchantville, N.J.	1:29.08	26. Joe Dube	1:46.20
6. Norman Neilson Gladstone A.C. Toronto	1:30.32	Les-Francis Amis, Mont.	
7. Ronald A. Kiehl Penn A.C. Reading, Pa.	1:31.47	27. Joe Ficarro Unatt	
8. Jim Klein Downtown Y Buffalo, N.Y.	1:31.51	Syracuse NY.	1:47.47
9. Bill Welsh Millrose A.A. N.Y.	1:32.12	28. Ed Sless	1:49.33
10. Arnold Briggs Downtown Y Buffalo, N.Y.	1:32.55	Hamilton Police AA	
11. John Cunningham Penn A.C. Phila. Pa.	1:33.45	29. Fred Bristow	1:49.48
12. Ted Corbitt N.Y. Pioneer Club	1:34.58	Gladstone A.C. Tor.	
13. Whitey Sheridan Hamilton Olympic Club	1:35.33	30. Wilson Allonby	1:51.55
14. Ralph Eilberg Penn A.C. Phila. Pa.	1:35.38	Guelph Legion TC Ont.	
15. Gene McKelvey Penn A.C.	1:37.10	31. Al Foster Guelph Leg.	1:53.26
16. Al Beasley Unatt. Mentor, Ohio	1:38.51	32. Lynn Spoor Delta SS	
17. Lorne White Guelph Legion T C Guelph, Ont.	1:39.15	Hamilton	1:55.10
18. Ken Douglas Gladstone Ac. Toronto	1:40.07	33. Al Pedlar HOC	1:57.25
19. Ed Graydon Delta S S Hamilton, Ont.	1:40.20	34. John Rowe Gladstone	
20. Jean-Guy Groulx Les Frances-Amis, Montreal	1:40.33	AC Tor.	1:57.55
21. Vic Blumenthal Purdue Univ. Lafayette, Ind.	1:41.27	35. Fred Begley "	1:58.30
22. Luther Burdelle Penn A.C. Phila. Pa.	1:41.27	36. Roland Bouffard Les	
23. Tony Diamond Downtown Y Buffalo, N.Y.	1:44.08	Frances-Amis	1:59

Notes: Michaud is from France, qualified for French 1952 Olympic team behind Minoun. Ran 12 miles in Montreal in 1:03.25 winning Canadian championship last season. Reg Darley is from England now living in Canada prefers shorter distances. Johnny Kelley BAA and Fred Wilt both entered but couldn't make the race.

1st lap	2nd lap
1. Browning Ross 26.35	1. Browning Ross 54.25
2. Roland Michaud 27.33	2. Roland Michaud 56.10
3. Reg Darley 27.43	3. Reg Darley 56.10
4. Luther Burdelle 28.02	3. Lou Burdelle 56.10
5. Gordon Dickson	(Note: Michaud was 4th at end of 2nd lap)
6. Lorne White	5. Gordon Dickson
7. Norman Neilson	
8. Jack Barry	
9. Tony Diamond	
10. Jim Klein	

International Team Prize - 4 men Team Prize
 Canada 1. Penn A.C.
 Roland Michaud (Ross, Kiehl, Cunningham and Eilberg)
 Reg Darley
 Gordon Dickson
 Norman Neilson

LONG DISTANCE LOG CALENDAR

MAR. 31-Hyde Shoe Cambridge, Mass. 10 Mile Han'cap
 Fri. Sat. Apr. 6-7- Marine Corps Relay Games, Quantico, Va.
 " " Texas Relays, Austin, Texas.
 Sat. Apr. 7 Cathedral Club -10 Mile Han'cap Boston, Mass.
 (contact-T.J. Haggerty, Mgr. Cath. Club, 75 Union Park St. Boston 18
 Sun. Apr. 8. Pasadena Dep't. of Recreation 5th Annual 10 mile handicap run.
 Thurs. Apr. 19 Boston Marathon, (Olympic Trial) Boston Mass.
 Fri. Sat. Apr. 20-21- Queens-Iona Spring Relays, (John J. Downing Stadium-Randall's
 Island, NY. (at 12.30pm Apr 21. Int. relay handicap and 3/4 mile run handicap
 specials open to all registered athletes.) Entries close Fri. Apr 13 with
 Heliodoro Rico Chairman Met. AAU 233 Broadway NY.)
 Sat. Apr. 21- Ohio State Relays, Columbus Ohio.
 " " Kansas Relays, Lawrence, Kan.
 Sat. Apr. 27-28 Penn Relays, Phila. Pa.
 " " " " Drake Relays, Des Moines, Iowa.
 Sun. Apr. 29 East Los Angeles Olympians 3rd Annual 10 mile handicap run.
 " " " " New England Sr. 20 Kilo Run Championships. Lawrence Mass.
 Late: Apr. 22- Long Island City 6 mile handicap L.I. N.Y.
 Mar. 24- Sat. Indoor Canadian Championships.
 Mile run- 1; Fred Dwyer-4.11.1. 2. John Moule, Hamilton O.C. 4:25 Rest of field
 lapped.... 2 Mile. 1. Fred Dwyer 2. Reg Darley, Tor. 3. Crawford Kennedy Canada
 Dwyer won by inches for double win. All three times were the same. 9.30