

Editorial - Another full month of distance running mostly in the New England California and South Atlantic Associations. Orchards to these Associations especially the South Atlantic with meets and distance runs once or twice a week all summer. Onions to the Middle Atlantic and Metropolitan Assns., who should be tops in their schedules but aren't! With the American major meets over after the sensational final Olympic tryouts, we go into the "big" European campaign which should produce some "hot" times especially in the distance runs. (Pirie and Iharos started things off early with world records.) It's an old Olympic custom to expect these flashes in an Olympic year. Best Comment of the month by John Emmat Farrell old Scottish Distance runner - "Athletics becoming a full-time job." - Athletic limits may not be reached for some time yet but there is little doubt that saturation point is being reached by most athletes of world class in time devoted to training. The athlete holding down an ordinary job by sacrificing his leisure-time can achieve much but I still say that in the present era he is handicapped in comparison with others enjoying extraordinary jobs.

Technically, Olympic amateur rules are of the strictest but in practice there are ways and means of preserving the amateur status whilst affording the fullest possible assistance for training. In some countries athletes receive army commissions in other such opportunities are denied them but many receive jobs largely because of their athletic prowess that allow the maximum opportunity for training and time off for training and racing. On the other hand let a very young athlete even without knowledge of rules accept 5/- in cash and he is banned for all time from the possibility of Olympic selection.

-By the way-the Scots Athlete -To stimulate interest in Scottish and World Athletics is a wonderful publication with much of it devoted to Distance running and training schedules of the leading world runners. Annual Subscription \$2 To Editor -Walter J. Ross, 69 St. Vincent St. Glasgow, C.2. Scotland.

An interesting letter was published in the June issue from George Cunningham now running for the New York AC entitled -SCOT'S U.S.A. IMPRESSIONS.

Dear Walter,

Many thanks for your consistent delivery of "The Scots Athlete." I left home in 1953 for the U.S.A. I miss the many friends I have back home, especially my fellow athletes of my old club Victoria Park. I never really got down to good running in Scotland having left there for England in 1949 then off to Pakistan and now the U.S.A... I am now doing engineering research at Pennsylvania State University. I run for New York Athletic Club. I should be flattered because some of the top athletes of the USA belong to this club. Namely the brothers Horace and Bill Ashenfelter, Brewning Ross, (Ed.??)! Curt Stone, Fred Wilt, and many others. Incidentally I ran in the 8 lap steeplechase against Curtis Stone in '47. He and I are good friends and have done quite a bit of training here together. Unfortunately, it means travelling hundreds of miles to obtain competition -I have run in a half dozen road races here around 10 to 15 miles. There are usually 40 runners in a field. So far I have managed to place -usually 4th, 5th or 6th. In track there are far and few meets. Practically all of them are scratch. My best official win was 9.36.1 for 2 miles in Buffalo last summer... This year because of pressure of studies and work I have managed one race. The N.Y. Metropolitan Junior x-country I finished second having led right up to the last mile. I am not being vain when I say that I was far from fit. I guess I am one of those runners who have run a few good races but never quite made the big one. I expect to run 6 miles on the track this year. However, it is a question of time to train.

Here in the USA I have run against old buddies, namely; Alex Breckenridge and Henry Kennedy. One time when I was running 4th in a 10 mile road race in Canada, flying around a corner with 100 yds. to go, whom did I see at the corner? Willie Ritchie. He was then living in Hamilton, Ontario, Canada. I nearly stopped dead.

You can imagine the fire it gave me over the last 50 yds.-That's what one Victoria Park supporter can do for an old clubmate. It is really surprising how many Scots I ran into in Canada ... The fault I find with the USA. is this- dozens of potential champions graduate from college and give up the track for good. Another year and many of them would be Olympic possibilities. But there just isn't the opportunity to continue running- unless you are track minded like Stone and Ashenfelders and many others. They train alone in their various communities. Then drive 400 miles or so to compete.. There are no athletic clubs as we know them back home. There is no scope for youngsters at all. High School Track !! In many schools it is-out for training two weeks before competition begins. A month later the season ends.. So the American Universities make the track stars-losing many potential after graduation. Always remember there are the exceptions in High Schools and in College track men. If they are keen and are prepared to go on alone - then champions they become. It would be interesting to know just how many American Track men came from the ranks of Industry to track, as compared to Univ. graduates. I would say probably 90% of the U.S. '56 Olympic team will be either former collegemen or University students. I guess I'll write forever on this topic. Before closing I wish to send best wishes to your magazine and to all my friends in Scotland. Yours in Sport, George M. Cunningham. Pennsylvania, U.S.A.

European Sports Diary - August 4 - Great Britain vs. Czechoslovakia (Pirie vs. Zatopek and other rising Czech stars) at White City Stadium, London.

Aug. 31-Sept. 1 -Great Britain vs: U.S.S.R.

Sept. 29-30 -Hungary vs: Great Britain at Budapest - (The 3 big ones, distance wise.)

Wind Sprints - Johnny Semple, Boston AA coach has advocated for years that our good distance men could be developed from the milers and two milers of college and high school ranks, ever since Lou Gregory pioneered the way. Johnny thinks Charlie Robbins was the real spear head and since then many others have followed. Quote: "I think I have gathered together the greatest collection of ex-college men and I'll try and site a few. I'll start off with my school teachers - Ed O'Connell (Now Principal of Secondary Schools in Panama Canal Zone), Johnny Gray, Yale, Johnny Kelley, Boston Univ., John DiCommandrea, Michigan Normal, Anthony Sapienza, Boston College, Ted Vogel, Tufts, Nick Costes, Lock Haven, Marshall Rowlette, Indiana, Browning Ross, Villanova, John Cunningham, St. Joseph's and Gordon Dickson, Drake! (TO name a few)... Johnny Kelley will start teaching school in Groton, Connecticut in the fall... One of the real old timers in distance running is now a subscriber to the "Distance Log", Mr. A.L. Monteverde, 1420 W. 50th St. Los Angeles, 62, Calif. 88 years young and still in fine shape, he used to live in Mays Landing, NJ. He ran across the country and made the record of 79 days 10 hours 0 10 minutes... Old Johnny Kelley is still showing most of the younger runners how it's done. He finished 6th in the National 20 Kilo, July 4th in Needham, Mass. 53 starters!... Bob Campbell reports that Ohio has requested a change in dates for the Sr. Nat. 30 Kilo run from August 26 in Neville to Oct. 21 in Cincinnati. According to Bob this is a poor date since Oct. 21 is the date set for the Nat. Jr. 25 Kilo and the Jr. Nat. Marathon is scheduled for Detroit on Oct. 14 and the Port Chester marathon is set for Oct. 13th. Bob expects to place the Nat. Sr. 15 Kilo at Watertown, Mass. on Sept. 9th... Earle Gladwell, director of the Army & Navy Air Force Veterans Association, Around the Bay Race of 19 miles held each October in Hamilton Ontario, died the morning of June 22nd at his home in Hamilton. Earle was twice overseas in both wars as a sergeant in World War I and a regimental sergeant-major in the Second World War with an armoured division. He was 59 years old and an active member of the Hamilton Olympic club...

From the Irish Independent, Wed. June 20 - Ronnie Delaney, the 21 year-old Irish wonder runner arrived at Shannon Airport yesterday on a Swissair plane to spend a three months' holiday at his Sandymount, Dublin home. He was given a tremendous welcome at the airport and on his arrival home by train by his family Irish officials and a large host of well-wishers from his Dublin club, Crusaders, who bore a large placard inscribed "Welcome Home, Ronnie". He was given a tremendous ovation when the club official called for "three cheers, and a whisper." Autograph hunters were out in force, and it was some fifteen minutes before he could escape the attention of his admirers. Yes, the Irish sporting public certainly showed their appreciation of Ronnie, who is the first Irishman, and the 8th athlete to have broken the 4 minute mile "barrier". Within the last month he has travelled a total distance of 21,000 miles - 6000 of these during the last three days. He said that the secret of his success was hard work, and added that any of the Irish boys here in Ireland could be as good if they trained. It is a six day week job with one day of rest. He spends about two hours each day in practise. To mark his achievement in breaking the 4 minute barrier, his club, Crusaders, presented him with a silver salver at a Welcome Home dinner in the Hibernian Hotel in Dublin last night.

Neil Farrell announces the following Canadian and vicinity events scheduled for the future. Dates to be announced: Hamilton Bay Race; Guelph Thanksgiving Day Races; Canadian Cross Country Championships; St. Francis Xavier Sports Cavalcade in Buffalo, ny. and the Gladstone A.C. 5 mile open... The Canadian Olympic Marathon Trial (Closed) will be held in Hamilton, Ont., Sept. 22 or 29th... Ralph Eilberg reports that Fred Wilt's poor running in the Olympic trials was helped along by a bad leg (not enough training) and lack of desire, to put it his way, he's lost his competitive urge. Fred thinks he could have a lot of fun running road races in the east for the next ten years if he lived in the east, but from Indiana it's just too long a trip to compete.. Wilt finished 5th in the Olympic Trials 10,000 m. in 32:07.7; Jack Blackburn, Unat. was 6th in 32:24.2; Luther Burdelle, Penn AC 7th in 32:36.5; Hal Higdon, Chicago, 33:12.6, 8th and 9th Hughes, Colorado 33:13.6. Phil Coleman, winner of the Olympic trials steeplechase is a 24-year-old English teacher and 4:08 miler, he has been an AAU place winner in the steeplechase for the past 4 years, but this was his first victory. Asked how long he had prepared for the race, he said, "Eight long years, and I feel it was time well spent." Coleman's 9:00.3 is the fastest steeplechase ever run in this country, thus qualifying as some sort of American record under one of the varying standards used for that category... Splits in the 5,000 meter Olympic trials - 67.4 Jim Beatty mile 4:32.8 Gordon McKenzie - 2 Mile - McKenzie 9.17.5 - 2 1/2 miles Curt Stone 11.43.7 - Stone ran the 11th lap (2 3/4) in 70.9 - 3 miles, Dellinger - 13.59.5 for a 15 yd. lead Dellinger's last 800 was in 2:10.6 his last 440 in 62.3 ! Stanislav Jungwirth, ran 1500 meters in 3:42.4 in Prague, June 16 - New Czech record and 7th best ever in World; he also did 3:43.6 at Belgrade, June 30 Mugosa 2nd in 3:44 a new Yugoslav record. In Glasgow, June 9; Jungwirth ran the mile in 4.04.5 with Ian Boyd 2nd in 4.04.9 and Scotland's George Everett a newcomer 3rd in 4.07.5... Peter Driver, won a close decision from Brian Hewson at Motpur Park, London, June 2 (4.04.6 to 4.04.8)... In a great competitive 5000 meter race at Prague June 16: Milos SZABO of Hungary won in 14:07 from Kovacs and Graf of Czech. (both 14.08.6), Milos Tomis (14.14) EMIL ZATOPEK (14:14.8) Vaclav Rudolf (14:15.2) Ivan Ullsperger (14.18.2) all Czechs!! Franjo Mihalic was 8th in 14.18.8 a personal best for the 36 year old Yugoslav... Siegfried Herrmann of Germany ran 14.08.0 at Turku, Finland June 12. Little known Arnold Jackson of England beat Finland's Eero Tuomaala and Erkki Sairanen at Helsinki, June 4 times, 14.13.6, 14.14.2 and 14.14.8.

Russia's Anufriyev ran one of his best competitive races at Helsinki June 15th running 10,000 meters in 29.29.0 in beating Ilkka Auer-29.50.6 and Aarne Ahlbon both of Finland. Thyge Fogersen set anew National record for Denmark 30.11.4 at Copenhagen... Antonio Amoros set a new National record for Spain at Barcelona June 25 -(30:15.2) 10,000 meters... Olavi Rinteenpaa ran 8.49.8 in the Steeple chase at Turku, Finland, June 13, beating the USSR Champion Rzhishchin 8.50.2. Hugh Foord of England had his third sub-28.40 6 miles time on June 9- 28.34.6 (Good warm up runs now into the European Track season for some real pre Olympic marks)... The Hungarians are emphasizing sprints and running twice a day. They run every day but only train hard 3 days per week. The morning workout is always a steady 2-3 mile run. In the harder evening workout they start and finish by doing 15 x 150 meter sprints. In between they do 20 x 200 meters in 28-29 secs. or 10 x 400 meters and then 2 x 800 meters in 2 mins. each. Its interesting to note how John Landy varies his program for the same mile distance training - He runs approx. 600 yds. at 67-71 secs, 440 pace with a 300 yd. recovery run all on c/cross country, seldom on a track. Let's get running those 100 yd. sprints! Boys.

Budapest, Hungary, July 15- Hungary's SANDOR IHAROS, the world's greatest ever distance runner, bettered TWO more world records today. He ran the 10,000 meters in 28.42.8 secs. and 6 miles in 27.43.8 topping the marks established by Czechoslovakia's Olympic triple medalist, EMIL ZATOPEK. Zatopek's time for 10,000 meters was 28.54.2 and for the six miles, 27.59.2. Iharos ran in the two-day Budapest track meet ending today. Iharos is credited with five world records from 1500 to 5000 meters, set last year, plus one mark he subsequently broke himself. After a 3 months rest, he has just intensified training for the Melbourne Olympic Games. Iharos 5 records 3.40.8 - 7.55.6 - 13.40.6 and 6.40.4 (2 miles) and 13.14.2 (3 mi.)

June 24 National Sr. 25 Kilo Clifton, New Jersey. Team BAA 38 pts. Pioneer 35, Penn AC 67 points.

Results:	
1. John J. Kelley-BAA 1:21.28	16. Harry Murphy, St. Anth. 1:48.09
2. Nick Costes Unat. 1:28.24	17. Ralph Eilberg, Penn AC 1:48.58
3. Browning Ross, Penn AC 1:32.31	18. N. Higgins Un. 1:49.32
4. Rudy Mendez, Pioneer's 1:32.52	19. R. Hillier, Mill. 1:49.39
5. Ted Corbitt, Pioneer's 1:35.21	20. Mike Murphy, BAA 1:52.25
6. Jim Green, BAA 1:35.53	21. Bob Chambers, ShanahanCC 1:55
7. John Conway, Pioneer's 1:37.57	22. Arnold Briggs Syracuse
8. Shalom Kahalny, Israel 1:38.18	23. Jim Mc Dade, Penn AC
9. Aldo Scandurra, Millrose, 1:39.23	24. Tommy Duffy, Penn AC
10. Ted Suito, St. Anthony's 1:41.05	25. Chas. Short, St. Anth.
11. Don Fay, BAA 1:42.55	26. Nat Circulnick, Pioneer's
12. Tom Ryan, B.A.A. 1:43.51	27. Larry Delaney, Shanahan CC.
13. Jim Borden, Pioneer's 1:44.07	28. Joe Rocco, Penn AC
14. Mike O'Hara, St. Anthony's 1:45.35	
15. Gus Likos, Pioneer's 1:45.51	

"Bennie's Lunch" 4th Annual 10 mile handicap race, Lynn, Mass. (Flat Course 9 1/2 Miles) July 10 Tues. Evening. 6.30 PM. Young Johnny Kelley broke older Johnny Kelley's course record. 42 Starters, 34 finishers (Out and home one lap course) Kelley sets some blistering pace up and down hills irregardless of weather! Two time prizes should be given when Young John runs. In fact 3 should be given all the time. 11 Trophies 11 medals. Temp. Low 80's very humid.

1. John J. Kelley, Boston B.A. 59.50 -10 - 49.50	16. Frank Ryder, BAA 64:35 -2.30
2. Ted Suito, St. Anth. 60.32 -1.30-59.02	62.05
3. Lee Chisholm, No. Med. 61:10 03.30-57.40	17. John Morrissey, No. Med. 64.41
4. Tom Ryan, B.A.A. 61:32 -6.15-55.17	-1 - 63.41
5. Hal Swidler, NYPC 61:43 - 4 - 57.43	18. Marshall Rowlette, BAA
6. Don Fay, B.A.A. 61:56 -2 - 59.56	65:02 -4 - 61.02
7. Geo. Waterhouse, No. Med. 62.32 - 4 - 58.32	19. Richard Weeks Unat. 65.17
8. Ed Brackett, BAA (1st Local) 62.37 -2.30-60.07	-1- 64:17
9. John Lafferty, BAA 62.43 -7.15-55.28	20. Andy Poulos, BAA. 65:46
10. George Hillier, B.U. 63.00 -5 - 58.00	So - 65:46
11. Joe Kleinerman, Millrose 63.10 -2.30-60.40	21. Phil Sweeney, Lynn, 66.31
12. Malcolm Hill, N.U. 63.18 -0.30-62.48	-1 - 65:31
13. John Gray BAA 63.36- 3.30-60.06	22. Ed Erickson, B.A.A.
14. Ed Dullea, BAA 64.17-2.30-61:47	67:36 -0.30 - 67.06
15. Sumner Sears, Lynn 64:32-1 - 63.32	23. Carl Stinson No. Med. 69.

1st Olympic Development Meet at Sailors Field Boston. July 9 Mon. 6.30 PM.

3 Mile Run. (Handicaps up to 1/2 lap) 9 Starters -1/4 Mile Track

1. Jim Daley, Jr. Unat. 15.50 Winds & soft track.

2. John Lafferty, BAA

3. Dain Oliver, BAA 7 finishers including Fay & Rehn, BAA & Sawyer, No. Med.

Quincy, Mass. July 7 Sat. 2:30 PM. Sponsored by Quincy Chamber of Commerce

10,000 meter handicap (actually 5 1/2 miles) Rolling Hills, one loop, 74 degrees. 30 starters -28 finished. 10 silver engraved bowls as prizes.

1. Tom Ryan - BAA (Best time) 35.35 - 4.15 - 31.20	6. Dave Gott, BAA 36.39 -3 -
2. Geo. Waterhouse, No. Med. 36.05 - 3.30 -32.53	33.39
3. Wm. Spencer, N.U. 36.20-2.45 - 33.35	7. Paul Whitleck, N. M.
4. Wm. Marot, No. Med. 36.37 - 3 - 33.37	36.55 - 2.45 - 34.10
5. Lee Chisholm U. of Mass. 36.38 - 3.30- 33.08	8. Don Fay, BAA 37-2.30-34.30

Quincy, Mass. 10,000 meters (Continued) : 14. Andy Poulos, BAA 38.24 - 1.30 -
 9. Bob Rehm, BAA - 37.16 - 2.45 - 34.31 : 36.54
 10. Dain Oliver, BAA -37.25 - 2.45-34.40 : 15. Carl Stinson, No. Med. 38.27 -
 11. John Morrissey, N.M. 37.59 - 2 - 35.39 : -2 - 36.27.
 12. Ed Janiak, BAA 38.07 - 2 - 36.07 :
 13. Myron McLaughlin Portsmouth, N.H. 38.19 -3.30 - 34.49

Younger Kelley Wins National Sr. 20 -Kilo Crown - July 4- Needham, Mass.

Young John had nearly a two mile edge over runner up Jim Daley Jr. Team prize in the run went to the Boston AA with an almost perfect score of 16. Pioneer's second with 39 points and North Medford third with 65 points. 15 Merchandise & trophies 3:30 P.M. 40 Starters - 2 laps not very hilly. 75 degrees. 33 finishers.

1. John J. Kelley, BAA	1.04.21	17. William Marot, No. Med.	1.17.17
2. Jim Daley, Jr. Unat.	1.10.14	18. Arnold Briggs, Unat.	1:18.16
3. John Lafferty, BAA.	1.10.18	19. Bob Rehm, B.A.A.	1:19.05
4. Tony Sapienza, BAA.	1.11.55	20. Ed Dullea, B.A.A.	1:19.55
5. Tom Ryan, B.A.A.	1:12.32	21. F. Ryder, BAA	1:20.
6. John A. Kelley, Unat.	1:12.37	22. Nat Circulnick, Pioneer's	- 1:20.37
7. Ted Corbitt, N.Y.P.C.	1:12.49	23. R. Lister, Un.	1:22.37
8. Rene Doiron, B.AA.	1:13.47	24. J. Morrissey, N. Med.	1:23.32
9. Jim Borden, N.Y.P.C.	1:14.54	25. Ed Janiak, B.A.A.	1:24.28
10. Marshall Rowlette, B.AA	1:15.5715	26. Chas. Robbins N.Y.P.C.	1:26.55
11. Lee Chisholm, U.of Mass.	1.15.42	Needham July 4 Track Meet held in	
12. Rudy Mendez, N.Y.P.C.	1:15.57	Conjunction with Sr. Nat . 20 Kilo.	
13. John Conway, N.Y.P.C.	1:16.02	Mile-1. Tommy Tomasian, South Boston A.C.	
14. Gus Likos, N.Y.P.C.	1:16.23	2. Norman Higgins, Finnish American A.C.	
15. Don Fay, Boston AA	1:16.44	3. Bob Murano, M.I.T. Time- 4:33.3	
16. Dain Oliver, B.AA.	1:17.14	880-1. Bob McSorley, Syracuse - 2.00.8	

Woodbury, N.J. July 4 -Woodbury Junior Chamber of Commerce Track Meet.

Results: Woodbury Mile-1. Walt Clarkson, Unat. 2. Frank Pflaging, Baltimore Olympics; 3. Jim Smith, Penn A.C. 4. George Jackson, Penn A.C. 4:26.4
 880- 1. Leroy Johnson, Shanahan 2. Clarkson, Unat. 3. Jackson, Penn A.C
 4. Merryweather, Phila. Pioneer. 1:57.5 (New Record; old record 1:59 by Roggio Fearman, NYC in 1954)
 2 Mile- 1. Browning Ross, Penn A.C. 2. Carl Hawthorne, Phila. Pioneer
 3. Tom Duffy, Penn A.C. 4. Ron Keihl, Penn A.C. 9.42.8 (New Record old record 9:51.1 set by Al Pittis, Warinanco A.C in 1952).
 6 Mile- 1. Browning Ross, Penn A.C. 2. Frank Pflaging, Baltimore O.C.
 3. Ron Keihl, Penn A.C. 32.21 (New Record, Old record set by Ross in 1953 -32.38) Shanahan retained its team championship with 56 points; Phila. Pioneer 32 points, Penn A.C. 26 1/2 and Balt.O.C. 24 pts.

AGE, HERNIA OPERATION DIM EMIL ZATPEK'S OLYMPIC BID - Prague, Czech. July 12-(U.P)
 Emil Zatopek admits he's "getting old" and, in addition, must spend the next month recuperating from a hernia operation, but the record-breaking triple Olympic champion of 1952 still hopes to compete in this year's Olympic Games.
 "Of course, I'm not sure if I will get to Melbourne," said the 34-year-old Czech army officer, "First, I have to qualify for our team." "The trouble with me is that I am getting old. The other boys like Gordon Pirie (England), Vladimir Kuts (Russia) and Sandor Iharos (Hungary) are getting strong." Zatopek established himself as the finest Olympic distance runner in history by winning the 5,000 and the 10,000-meter races and the 26-mile, 385-yard marathon, all in games record times, in 1952 at Helsinki, Finland. "I like to run a maximum of 50 kilometers (31miles) a day," he said, discussing his preparations for the 1956 games. "I've run 60 kilometers only twice this year. But it's not good-it's over the possibility of recovery. "You lose speed and feel very, very tired and you lose your appetite. But 50 kilometers is possible, half in the morning and half in the evening." Zatopek, who now speaks fairly fluently, admitted he hoped to defend his crowns in the 10,000-meter and marathon races at Melbourne, but he said he had no chance to win. "I like to take the lead," he said when asked what tactics he would use in the 10,000 meter race. "That's not a good tactic against faster runners but it's the best way to make a good result. "I have no chance to be first anyway. If I chose a slow tempo, it gives a chance to everyone who's faster to beat me. "The best 10,000 meter men at Melbourne will be Pirie, Kuts, and Dave Stephens of Australia. Perhaps Iharos also will run in this event because Hungary has plenty of good distance runners." Zatopek said he did not know who rates as the best current marathon runner. "I would say the best marathon runners right now are the Finnish, Russian and, say, Japanese runners," he said. "I never ran against the best, Jim Peters, of England, was the best at Helsinki, but he didn't finish the race." Peters had to quit because Zatopek set a blistering pace that clipped a fantastic six minutes and 16 seconds off the Olympic record. When the Czech, apparently strong enough to go another ten miles, dashed across the finish line, 70,000 spectators gave him the biggest ovation of the 1952 games. I asked Zatopek if he was eating onions to increase his fabled endurance. "I'm eating them because Dana (his wife, Olympic women's javelin champion Dana Zatopekova) is in Italy," he said with a grin. "When she's here I can't. She say's, 'Emil, you smell when you eat onions!'"

July 4 - Tacoma Park, Md. Annual 10 Mile Run won by Bob Chambers.

Bob Chambers of Philadelphia's Shanahan Catholic Club took over the pace setting at the 4 mile mark and went on to score an easy victory today in the annual holiday affair. Jack Barry suffering from achilles tendon trouble was second. 19 yr. old Bob Scharf, who attends Trinity College, Hartford, Conn., ran his first long dist. race and came in 12th. 20 trophies...

1. Bob Chambers - Shanahan CC - 58.14	13. Paul Sherman - Baltimore Md. 70.04
2. Jack Barry - Shanahan CC - 60.16	14. Joe Rouse - Baltimore, Md. 74.21
3. Ted Suito - St. Anthony's, N.Y. 60.31	15. Joe Carrick - Washington, DC 75.12
4. Harold Swidler - N.Y. Pioneer's - 61.18	16. Bill Karivassily - Phila. Pa. 75.27
5. Mike O'Hara - St. Anthony's - 63.49	17. John Sterner - NY Pioneer's 75.56
6. George Brown - Cross Country Club Baltimore, Md. 64.29	18. Gary Unfried - Cross Country Club, Baltimore - 77.26
7. John Jarrett - St. Anthony's 64.33	19. Harry Verran - Unat. 79.59
8. Harry Murphy - St. Anthony's - 66.09	20. Constan. Kotteakos - N.Y. 86.9
9. Tom Basick - Ohio - 66.18	
10. Lt. Don Creacey - Ft. Meade, Md. 67.00	
11. Francis Smith - St. Anthony's - 69.09	
12. Bob Scharf - Maryland - 69.20	
Team Prize - St. Anthony's B.C. NY.	

Bover, N.J. July 4 - The 5 Skutka brothers took on all comers today in a two and a 4 mile relay and won easily. They set a new Morris County record in winning the 2 mile event in 8.25 and then won the 4 mile in 19.06.4. Tom Skutka, Kansas freshman who set a national schoolboy mile record of 4.19.5 last year teamed in the 2 mile with brothers Joe, (Georgetown), Bob and Jim, Morris Hill High runners. Brother John (Syracuse) replaced Jim on the 4 mile team. They defeated 4 North Jersey schoolboy aces.

Baltimore Cross City Club Track Meet - Sunday, July 8 - Druid Hill Park - Track very soft - Mile Run Trophy event - 1. Carl Party, Baltimore Olympic Club 2. Walter Clarkson, Unatt. 3. Frank Pflaging, Batl. O.C. Time 4.26.7 by 30 yds. Two Mile - 1. Bob Chambers, Shanahan CC 2. Leroy Drummond, Shanahan 3. Ger. Brown Cross Country Club - Time 10.23

From Nick Costes - "Here are some overseas notes from the German T&F magazine which I get weekly from Berlin. Prague, Czech. May 26-27. 5000 meters Ulsperger, 14.22 Koubek, 14.52 (he recently beat Zatopek in an 11,000 meter cross country race.) Both are Zatopek proteges.. June 1. 5000 m. Zatopek, 14.19.6 Milos Tomis (another protege) 14.19.7.. Turku, Finland. 25 kilos. (In the park) Viskari, 1:18.32. Manninen, 1:19.13. Kotila (4th in '55 B&A) 1:21.08.. Tampere, Finland -20 Kilo (In the Park) Viskari, 1:02.53.4, Oskanen, 1:04.16. Kotila, 1:06.01.. Warsaw, Poland. June 9-10. 3,000m. Iharos (Hung. 7.59.4, Tabori (Hung.) 8:00.8. Cronik (Pol) 8.02.2 (Nat. Rec.) Havenstein (E.Germ.) 8.05.6. Next two men under 8.14!.. Gordon Pirie eclipsed Nurmi's great double with an almost inhuman performance. On June 19, 1924 at Helsinki, Nurmi set two world records inside an hour's time: 1500 m. in 3:52.6 and 5,000 m. in 14:28.2. But the 25 yr. old Pirie also within one hour ran 4:03.6 for 1 mile (3:45 at 1500 meters), and 13.45.6 for 3 miles (with a probable 14.15 for 5000m. had he continued)... Scotland. June 9 Ibbotson, 13.35.2 for 3 miles."

London, July 14 - Chris Chataway, British hope in the Olympic distance races, lost his first race after a year's retirement today although he was given the same time as the winner.. He was defeated by a fraction of an inch in the 3 mile run at the annual British track championships by Derek Ibbotson. Both were timed in 13:32.6. Chataway said he is satisfied with his condition this far in advance of the opening of the games Nov. 22. Ken Wood 23 yr. old paint salesman won the mile in 4:06.8 after the talent-laden field loafed past the 3/4 mark in 3.12.

South Africa - Jan Barnard, the South African 6-mile and marathon champion, is expected to be his country's No.1 choice for the long road race in Melbourne. He recently broke his own national 6-mile record with 30mins.7.3 secs. and has also established a new mark for the hour, covering 11 miles 1,042 yards (18.58 km).

South Africa will probably send two marathon men. If so, the second will probably be Jackie Mekler (runner-up in the Empire Games in Vancouver), Mercer Davies or Gerald Walsh. Mekler has not done much competitive running since his return from England, but is training steadily. Walsh recently won an 18-mile road race in 1hr. 48mins. 50secs. to break Wally Hayward's record for this event by one minute 16 secs. Another of Hayward's records went when Davies won the 39-mile Peter Korkie race in 4:5:45 - an improvement of 1 Min. 39 secs.. A marathon trial will be run on October 6, after which the Olympic runners will be named. T&F trials are to be held the same day in Port Elizabeth.

Czechoslovakia's Josef Dolezal one of the worlds best in the 50 km. walk and one of the favorites in the long walk at Melbourne after discussions with clubmate Emil Zatopek applies the "hunger-and-burst" Zatopek training system to the heel and toe sport. (Ex. 500m.x20 to 25, with 100m. slow in between. He runs once a week to relieve the monotony of walk training.(6-9miles). Dolezal treads the corns of marathon runners by insisting that the 50 kilo walk is more strenuous than the marathon run; and makes a practice of demonstrating the truth of his views by turning in a marathon time of 2hrs. 40mins. -on walk training- usually once a year for "light relief." He will be 36 four days after the Melbourne Olympics end. Formerly a compositor, Dolezal is now a civilian clerk with the Army in Prague Like many East European athletes he has the best facilities for training..

From the Irish Independent, Dublin, June 26- When many a faster mile has been forgotten, last night's Lansdowne Road clash between one of England's sub-4 min. men and the only Irishman who has crashed that barrier, (Brian Hewson and Ronnie Delaney, will be a talking point for all who saw the race- and there must have been about 25,000 people at this Clonliffe meeting, the biggest attendance ever at an athletic meeting in this country. The time-4.07 - is, by modern standards, disappointing, even though it is the second fastest ever run in Ireland, only 1.2 secs. outside Ronnies own record. But as a race, it was a tremendously exciting spectacle, with both men being timed equally and the judges placing Hewson as the winner (ED. Note - Rons winning lunge in the photo proved him the winner - the photo finish apparatus which was in operation for the first time at an Irish athletic meeting bore this out) (The photo in the clipping is really spectacular with Ron at least 3 feet in the air in a swan dive.) Unfortunately the photo was there entirely in an experimental role and was not called upon by the officials.

Peter Driver was an absentee from the British team, but the other three, Rowbottom, Alan Gordon and Hewson ran as a team, believe me, Hewson's victory was essentially one of tactics, but not to be decried on that count. It was his good fortune that he had to do none of the "work." At no stage of the race was Delaney running with the smoothness and ease he displayed in his earlier 880 title win of 2 days earlier, and I formed the impression that with Rowbottom and Gordon doing the pace-making at too slow a rate and Hewson on his own heels, the Irishman was caught in two minds. His choice was to accept the tactics of the English trio and trust to his finishing "kick" to get him home in a slow mile, or to go away and try to run the opposition into the ground. He settled for the former alternative and as things turned out his finish was just not strong enough to hit back after Hewson had swept to the front for the first time only 40yds. from the finish. (Rowbottom -61 secs. -2:03) Gordon led the third quarter slowed to 3:08 On the back stretch Ron settled Gordon in a short sharp sprint and the cheering rose as he surged to the front. But he had to race to do it, and Hewson was not being shaken off. It was just entered into the straight that Hewson made his effort sweeping past Delaney for a 2 yards lead before the Irish Runner could find an answering rally. He got to within a foot of the leader and they raced to the line shoulder to shoulder. Then a yard from the finish, Delaney drew on his very last reserves of fading strength but unquenchable spirit and literally flung himself forward to fall across the line. The announcement that Hewson was the winner was greeted with a magnificent ovation; and Delaney too was cheered to the echo for a gallant effort which had obviously taken a great deal out of him. It was quite some time before he recovered and naturally he was very disappointed.

(Ed. I covered this race last month but thought the Irish writeup would prove enlightening to U.S. readers).

Sunday July 15 - Baltimore Track & Field Association First annual Relays

Druid Hill Park- The Baltimore Olympic Club placed first in half of ten events to win with 50 points, Shanahan CC of Phila. was second with 29 points. Cross City Club was third with 11 points; Cross Country Club 8 points; Oriole T&F Club 4 points and Chick Webb Center 3 points. Results -440 Relay Shanahan 43.2 - 888 Relay Shanahan 1.28.07 - Mile relay B.O.C. 3.40.8 - Mile Walk - Martak, Cross Country Club 8.18.6 - 2 mile relay B.O.C. (Hanson, Party, Grim, Pflaging) 8.12.3 Medley Relay B.O.C. A team 2nd B.O.C. Bteam (Ateam anchored by Frank Pflaging in 4.31.8, B team by Burr Grim in 4.41, Carl Party ran 1.59.7 880 leg good for slow track) 7.48.8 Ateam. 3 Mile team race (scored as in x-country - 1. Browning Ross Penn A.C. (64-2.16-3.30.5-4.47- 9.59- 15.11) 2. Bob Chambers, Shanahan 3. George Brown, Cross Country, 4. Jack Barry, Shan. 5. Drummond, Shanahan. race won by Shanahan CC with 8 points. 2. Balt. Cross Country 13 points (Times- Chambers 16.34 Brown 16.41 Barry 16.50 Drummond 16.57

Tuesday Evening July 10- 11th Annual Department of Recreation Senior T&F meet

Olney H.S. Phila. Pa. - AAU Mile-1. Browning Ross, Penn A.C. 4.25.2

2. Walter Clarkson, Unattached. 4:25.4. 3. Jim Smith, Penn A.C. 4. George Jackson, Penn AC. (64-2.13-3.22-4.25.2) Non Reg. Boys Mile-1. Pat Walsh unat. 4.48.9 Team Title Tie Phila. Pioneer and Shanahan -3. Penn AC.

Downtown YMCA Meet

June 23 - Niagara Falls, Buffalo, N.Y. All-High Stadium - Mile Run - 1. John Kotsubka -4:21 (30 yd. Handicap) 2. Frank Finnerty -"Y" Track Club (25Yds) 3. Ed Moran-"Y" Track Club (10yds.) 4. Joe Bessel-"Y" Track Club (50yds.)

2 Mile Scratch Race (3 Man team Prize too!) 1. Reginald Darley-Toronto Olympic Club -9:37.5: 2. Crawford Kennedy-Toronto Olympic Club;9:38.5 (he is a younger brother of Henry Kennedy of Mich. State) 3. Robert Osborne Syracuse U. 9:40

4. James Hamilton, Toronto O.C. (Team-Toronto O.C. 7 pts.) Correct: Downtown Y meet July 7-Ontario T&F Championships - Toronto, Ontario Varsity Stadium 12 records broken, 3 equalled as the performers warmed up for the big one - the Canadian Olympic trials in Hamilton in August. 500 spectators. The upset of the day came in the men's one mile. Selwyn Jones, Canadian student at Michigan State, but running, Saturday, for Hamilton Olympic Club was forced to take second place to Reg Darley, a recent expatriate from Hull, England, now with Toronto O.C. Jones fresh from a record-breaking 10,000 metre victory in the NCAA meet, was expected to romp in the mile. When he moved handily, from 4th to the lead on the back stretch of the second lap, it appeared as if the race was his. However, Darley racing from 3rd place caught and moved ahead of Jones, beginning the last lap. The Hamilton lad made a run at the leader on the turn for home, but Darley

had the reserve to break away, finishing 6 yards on top in meet record time of 4 minutes 13.6 seconds. Jones was also under the record, being clocked in 4:15. The former meet mark is 4:16.9 set by Art Clarke of Toronto. Third was Wes McLeod, Toronto O.C. The 3 mile race, won by Ford Kennedy of Toronto O.C., was one of the most exciting of the day. Ford and clubmate Jimmy Irons, Canadian Jr. Champion at 1 and 2 miles, let loose with amazing bursts of speed to alternate the lead on the backstretch of the last lap. They finished a splinter of daylight apart like sprinters. Time 14:54.8. 3. Bob Goldie. A couple of lean-limbed Cannucks attending U.S. universities on athletic scholarships, accounted for meet records. Blond Murray Cockburn, labelled the Canadian Comet at UCLA, shook off a determined bid by Bruce Lockerbie, London Ont. boy with NYU, to take the 880-yds. in 1:54.6 for a new record. Six Mile - 1. John Vamplew, Toronto O.C. 2. Kenneth Keith Dunnett, Dundas Legion, 3. Gary Watson, Gladstone A.C. Time - 32:11.4 (Mile Winner Reg Darley reports that he has been down to Penn State University to talk things over re a Track Scholarship & successfully sat the Entrance Exam but as yet he hasn't received any definite reply as to being accepted for this fall Semester. He shaved 8 seconds off his previous best time for the mile distance with his 4:13.6, having never broken 4:20.

June 30 - 10 Mile open Road Race, Paris, Ontario Canada. Won by Keith Dunnett.

- | | |
|--|---|
| 1. K. Dunnett, Dundas -1 hour, 1 minute. | ! |
| 2. Norman Neilson, Gladstone A.C. | ! |
| 3. H. Vanderdee, St. Kitts. | ! |
| 4. Barry Lush, Hamilton O.C. | ! |
| 5. Whitey Sheridan, H.O.C. | ! |
| 6. S. Smith, H.O.C. | ! |
| 7. Al Pedlar, H.O.C. | ! |

Dunnett led practically all the way while Neilson and Vanderdee alternated second position for the majority of the distance.

9th Annual Warton Ontario, Blue Water Marathon -Oliphant to Warton, Monday July 2nd, 1956. Won by Selwyn Jones, running unattached (Big Ten Conference Ruling) broke record by almost 4 minutes (42.20) Jones ran away from the field and had almost a half mile lead at 4 mile mark. Keen battle for second spot with Dunnett shaking White off in last mile.

- | | | | |
|--|---|---------------------------------|---|
| 1. Selwyn Jones - 42.20 | ! | 11. Al Pedlar-Hamilton O.C. | ! |
| 2. Keith Dunnett-Canadian legion, Dundas-46.23 | ! | 51:11 | ! |
| 3. Lorne White -Guelph Legion -46.44 | ! | 12. S. James -St. Kitts. 51.38 | ! |
| 4. Barry Lush - Hamilton Olympic- 47.10 | ! | 13. Luke Keeshig-Warton A.C. | ! |
| 5. Norman Neilson-Gladstone A.C. Toronto-47.23 | ! | 53.55 | ! |
| 6. Gary Watson - Gladstone A.C. 47.54 | ! | 14. Ken Twigg -Gladstone A.C. | ! |
| 7. Garnet Keeshig - Warton A.C. 48.43 | ! | 55.05 | ! |
| 8. Sidney Smith- Hamilton O.C. 49.15 | ! | 15. Bob Whorwood -Hamilton O.C. | ! |
| 9. Donald Johnson- Warton A.C. 49.52 | ! | | ! |
| 10. Whitey Sheridan, Hamilton O.C. 50.36 | ! | | ! |
- Also races for runners under 13 years old!
and runners under 10 years old!
A good program and development program.

2 Mile Juvenile open -Billy Reynolds of Galt easy winner in 10.26. Half a minute in front of Guelph's Art Hackett. Bruce Andrews of Guelph Legion won the 1 1/2 mile midget in 8 minutes 10 seconds!

In preparation for the Canadian Olympic Trials Fri. & Sat. Aug. 24 & 25 th The Hamilton Olympic Club have a full summer of Weekly Handicaps at Hamilton Civic Stadium. 7PM (June 13, 20, 27, July 4, 11, 18, 25, Aug. 1, (1500meters) 8, (2000meters) 15, (10,000meters) 22, (5,000 and 1500 meters).

4th Annual St. Lambert T&F Meet -St. Lambert Quebec -2 day meet, turnout of 2,500. rain and blustery winds. Speech by Dr. Roger Bannister. Meet held in sports-minded city across the St. Lawrence River from Montreal. Bannister told the crowd "The more you know about track and the people and the performances, the more satisfaction you get from watching it," The Bannister Trophy, named in his honor, was presented to Jim Irons of the Toronto O.C. who won the junior mile Friday night.

Sat. Results: Juvenile mile 1. Bob Sparks 4:54.2 he also won 880 in 2:03.2 from Toronto Secondary Schools. Senior Men's 880 1. Andy Crawford, Mount Royal, Montreal 1:58.5 Senior Men's 3 mile run- 1. Roland Michaud, Francis Amis; 2. J. Vamplew Toronto O.C. 3. J. Martin, Francis Amis. Time-15:12.9 (provincial native record; old record 15:13.5). Junior 2 mile run-1. Jim Irons, Toronto O.C. 9:47.4 Something of a Canadian miniature Olympic show -a flock of records and age classifications and divisions.

Schedule of Track & Field Meets -Distance Races for the 1956 Season in Ontario and vicinity from Neil Farrell AAU of Ontario.

- July 14- Emile Bogley Track Meet: Earls Court Park, Toronto
- July 21- Toronto Polbe Games
- July 28 Western New York Scottish Games Williamsville NY.
- August 4 - Glengarry Highland Games: John Jamieson, Maxwell, Ontario for entry BANKS
- August 5- American Relay Championships: Buffalo All High Stadium, Carl J. Roesch, 29 Burlington Ave. Buffalo 15, NY.
- August 6 - Niagara Falls, Ont. Police Games: Oakes Stadium, N.F. C/o N.F. Police Sta.
- August 11 - Eastern Canadian Championships: East York Stadium -Miss C. Gleed, 3 Pailton Cres., Toronto (Tentative date)
- August 18 Fergus Scottish Games c/o Art Keay (Tentative date)
- Aug. 24-25- Canada Olympic Trials Hamilton Ont.
- Sept. 1-3 - Canadian Olympic Training Plan & Open Meet: C.N.E. Stadium Mr. George Duthie, Sports Dept., Canadian National Exhibition, Toronto Ont.
- Sept. 8- C.N.E. Junior Meet: Mr. G. Duthie. -15 Mile Open Road Race, Dundas, Ont. Mr. J. Knowles, c/o Branch 36 Canadian Legion, Dundas.
- Sept. 15- 15 Mile Open Road Race: Gladstone A.C -F. Begley, Toronto, Ont. Canada

Olympic Record of the U.S.A. in the distance events. Since 1896 .			
Event	Wins	In first three.	In first Six.
800 meters	6	14	31
1500 meters	2	11	20
5,000 meters	0	1	6
10,000 meters	0	1	1
Marathon	2	6	12
Steeplechase	1	3	8

From World Sports- Jack Crump's Gossip- The stretch of American road alongside Boston has taken from the long, long Windsor Castle to Chiswick Stadium trail the distinction of being the world's fastest course. Let's get this straight: both the Windsor-Chiswick and Boston courses are of the genuing marathon distance of 26 miles 385 yards; and the Boston course is not as easy as we have, at times been led to believe. It derives its reputation as a fast course from a long downward gradient towards the end- but whereas the Windsor-Chiswick road is virtually flat all the way, (Jim Peters ran 2hrs.17.39.4 here in June 1954 in the annual Polytechnic Harriers' race) the American one is hilly in the middle stages. Because of my knowledge of the Boston course, and the belief that it is the worlds fastest, I am not unduly shocked to hear of Viskari's time. What do surprise me are the performance of the USA runners. This is the first time in history that four runners in a race have completed the distance in less than 2-18-30 and 10 runners were timed in at under 2 1/2 hours. Of these 8 were Americans. The performance of local boy John Kelly, who gave Viskari a great race to finish second (and whose 2:14.33 pushes Peters' time into 3rd place on the rankings) surprises me because I had not expected him to prove so fast so soon. In 1954 I saw him finish 7th in this BAA race. He was then, I believe, only 23; and was trained by Johnny Semple, the former Scottish marathon man, who had the highest hopes of him. The performance of Nick Costes, who came fourth in 2:28.10 was certainly no shock, for last year he came third in 2:19:57. What does this overall USA performance indicate? It is a hint that the Americans may make their biggest and best challenge in an Olympic marathon since 1908, when J.J. Hayes won for the US following the dramatic Dorando incident, and J. Forshaw and A.R. Welton filled third and fourth places. NEVERTHELESS, I would still expect Britain to beat the USA in a straight eight-per-side marathon team race, for, even without Peters, our standard is better than ever. What excitement there would be if Finland, Russia, Japan, Argentina, the USA and Britain had a six-to-score team competition! Before we leave the subject of the Boston run, let me flash your minds back to that 1954 race, when Jim Peters finished 2nd. I shall always consider his decision to run an error of judgment by his coach, Johnny Johnston. He wanted to keep the world's unofficial best time for Great Britain. I believe that this was a case of casting away the substance of winning for the shadow of recording fast times. I hold the view that if Jim had missed Boston, when he was not "marathon-racing-fit" he could have won the Empire title (instead of collapsing near the finish), and probably the European one, too... and by going to Boston a year later, might have approached or even equalled the times now returned by Viskari and Kelly. Incidentally, what a pity Emil Zatopek has never been able to compete in Boston. Given the good opposition of this race, I think he would get close to 2 hrs. 10 mins. Fred Norris is switching to the marathon in an effort to get on Britain's Olympic team. Norris has everything needed to be a star on the road- except, perhaps, the opportunities for training and competition which those former great British marathon men, Jack Holden and Jim Peters, possessed. Fred is a coal miner and suffers a loss in earnings when he has time off for competition. But the lad is tough, courageous and fast; and is also a shrewd judge of pace and tactics. If he can find time for the 100-odd miles a week demanded of modern marathon runners, he will surely be in the Peters class. Harry Hicks, winner of the Finchley Harriers' 20 miles road race in record time will challenge keenly for a place on the Olympic team.

From Harold Abrahams another leading British writer in World Sports - I should take these times in the Boston Marathon with a cellar-full of salt, as the course is notoriously fast and there was probably a howling gale behind the competitors. The most interesting runner to me was Fred Wilt, who finished 10th in just inside 2 1/2 hours. Still holder of the USA 2 mile native record, he could become a formidable marathoner. (Ed. spoken like a true sprinter that he was, Ash now holds the native record, the most interesting runner to me was KELLY-2:14:33!)

Aikenberg, Sweden, July 8 -Gene Maynard of the touring US track team won the 800 meters tonight in 1:52.2.

Paris, July 8 - Irish four-minute miler Ron Delany, Villanova U., was spiked in the 800 meter run of the International track meet today and taken to a hospital. Ron suffered two deep gashes in his right heel but doctors said he will be able to run in the Olympics. The accident occurred 20 meters from the start of the race when Iran's Golverdi Peymani fell just in front of Delany. Ron was unable to avoid the fallen Persian and stumbled over him. A pack of racers coming from behind bumped into Delany. It was one of the racers coming from behind that kicked Delany with his spikes. The wound was cleaned at the stadium first aid station.

CAUSTIC COMMENTS ON COACHES AND COACHING *BY PERCY WELLS CERUTTY* Athletics
Coach, Australia, Olympic Games, 1952.

The athlete must learn to understand his own body and its needs and capabilities. Also he must learn to understand his own mentality, his capacities and lacks. Introspection is not enough. He must have his ear attuned to the opinions of others: But he must be able to separate the sheep from the goats: those who do know and those who purport to know. Only knowledge based in experience supplies the answer to that one although to some extent an athlete can be guided by what he observes in the experience of others. If a tree consistently brings forth good fruit one can believe that the tree has something. But the caustic comment suggests that any coach anywhere may have the good fortune to have a world-beater fall into his hands. Especially is this so for sprinters. But a steady stream of world class, even top club class do not come along fortuitously. We can only truly see ourselves mirrored in others. Fortunate indeed is the athlete who finds the best reflection of himself in a fine or good coach. I do not believe it is given to any man to achieve greatness in himself without the support, drive, inspiration and belief in him, of another. We must all turn to the great minds that have gone before, or are still with us. In justice to those athletes who are "lone-wolves" it is freely admitted that there appear to be too few coaches who can really help the advanced athlete. The case of the beginner is much more simple. Such athletes must reach out to a wider field than mere athletics. They must seek out the scientist, humanist and philosopher. Fortunate is the athlete who finds such a mentor close to hand. But they exist I know of some. I would take it to be axiomatic that they, these super coaches, have had more than ordinarily successful careers themselves. I have in mind teachers of the calibre of Arthur Newton (famed So. African marathon runner, who started his running career at 40 years of age) and George Hackenschmidt to name but two. "Those who can - do: those who cannot - teach! The note of warning here here is that the best coaches: the really knowledgeable ones: the understanding ones, are those who still train and practice. I would like to testify this: all that I may profess to know comes to me whilst running. I then "feel" the truth of it. Otherwise what I am told and read is merely hearsay - to me. I believe that what I feel I know, and teach, the very little that I do do, would fall by 80% to 90% in its truth, inspiration and value, when I entirely gave up hard running: that is racing against the clock as well as steady and other running. Only then can I feel the needs and problems of the athlete striving to make the grade-big. The coach need no longer run records but I feel he must still be in it-actively: vitally. Finally: it is well for the athlete, especially the beginner, to distrust all academic statements that treat body lean: foot placement in terms of angles and geometry. These people are invariably wrong. When the body carriage is as it should be: when the athlete is told not to tense his leg or foot in any way: not even to think of the foot landing, such an athlete is more likely to run naturally, as do horses and dogs, without any such pseudo scientific analysis. A good coach can demonstrate in his personal movements and run as long as he lives: at least relatively fast: even if it is only deceptively fast. In a first class coach of the future a 60 sec. 330 at 60 years of age will be expected. Let us be honest. In what field, let us take music, literature, gymnastics, the ballet, the arts and skills in general, much less carpentry, brick-laying or accountancy, in what field would we give credence to the teacher who could not do the thing he purports to teach! Even with great age the masters remain, and demonstrate that they are masters. I refer again to Newton and Hackenschmidt. The one over 70 yrs. the other approaching that age: both demonstrated prowess, agility that had to be seen to be believed. As a runner Newton remains as perfect a mover as I have ever seen: erect: lifted: balanced: he had gifts: or developed them- far greater than his modesty would have us believe. For it is the law- for coaches as for all men and fields of activity: The gifted who keep in practice not only tend to remain gifted but will tend to remain gifted and grow more gifted: whilst those not gifted, and especially those who never practice, these people will lose with the passage of the years even that which they may have had.

Jackie Mekler, young South African marathoner in a letter to the Scots athlete:
"As you know or may not know, Mr. Arthur Newton is out here in South Africa at the moment, and is really having a grand time. The highlight of his visit here was a banquet held at a hotel in Johannesburg, and attended by the mayor. Wherever he has been taken to, and has said a few words of thanks as a reply, you can see he is overcome with emotion and appreciation. Of course we who know him and knowing his simple charm and modesty are not surprised. Next month Mr. Newton goes down to Durban where he is sure to be just as royally entertained. (Ed. Newton's book Races & Training is a tremendous book for reading pleasure

for the distance running addicts. Even though his training methods are frowned on by a lot of present day runners) who fell in the "In and Out" system of training.) Mekler continues: As for me and my running- well, things haven't been too good and I think the best and only thing I could do was to "lie low" for a few weeks, which I have just done. I have re-started training though my knee is troubling slightly again as it did in England last year. However, I'm sure things will start going right for me in the very near future. It'll just have to be I can forget about Olympics! I had been racing solidly for 4 years in which I had averaged almost 100 miles per week. I was never in form last year and seemed to be going down all the time. I think I should strike better form now- hope so anyway. Sincerely, Jackie Mekler. Johannesburg, South Africa.

15 Marks Set in Eastern A.A. U. Track Championships at Morgan State College. Baltimore - July 22- 15 meet records were set in 21 events, and eight members of this year's Olympic team were on hand. The N.Y. Pioneer Club easily retained its team championship, running up 73 3/4 points. Second was the New York A.C. 33; third, Shanahan CC, 22 3/4; fourth Baltimore O.C., 19; fifth Mercurities, 11. Results: Mile Run: 1. Burr Grin - B.O.C. (65-2:13-3:18-4:22.5) led all the way; 2. Carl Party - B.O.C. 3. John Kopil - N.Y. A.C. 4. Frank Pflaging - B.O.C. 3 Mile Run - 1. Gordon McKenzie - Pioneer's (4:42-9:36-14:31) won by 3/4 lap 2. Curt Stone - NYAC; 3. Bob Chambers, Shanahan CC. 4. Carl Hawthorne, Phila. Pioneer A.C. McKenzie's time of 14:31.8 was a new meet record; old record Stone in 1953- 15:21; also a new South Atlantic Record; old record 15:12.2 by Luther Burdelle, Penn A.C. 1955. 6 Mile Run- 1. Browning Ross, Penn A.C. (15:09-30:54.3) by 2 laps. 2. Bob Chambers Shanahan (doubled on a hot, humid day) 3. Joe Rouse, B.O.C. 4. Hellor, N.Y. P.C. (Meet and S.A. mark; old meet and S.A. mark, 31:11.8 by Ross, 1954) Chambers time -34:10. Rouse-34:13. 2 mile walk 1. Huncke NYAC 2. Mimm, Penn AC 15:00.6 880-1. Rudy Clarence NYPC. 2. Spence, Quantico. 1:55.3

Sat. July 14- Pembroke American Legion annual 10 Mile Road Race Handicap 2:30 PM Bryantville, Mass. 42 starters, 41 finished. Very Hilly course, humid, cloudy Thunderstorm held up race 1/2 hour. Team -B.A.A. 2-3-4- 9pts. 2. No. Med. 18 N.Y.P.C. 18.

1. George Waterhouse- No. Med. 63.36 -6.30 - 57.06	11. Don Fay - BAA -64.55 - 4.45 - 60.10
2. Tony Sapienza - B.A.A. 63.45 -10 - 53.45	12. Tom O'Brien -NYPC -65.20 4.00 - 61.20
3. Rene Doiron - " 63.47 -6.30 - 57.17	13. Hal Swidler- NYPC - 65.22 7.00 - 58.22
4. John Gray - " 63.54 -4.45 - 59.09	14. Frank Ryder -BAA - 65.23 4.00 - 61:23
5. Dave Gott - " 63.59 -4.45 - 59.14	15. Lee Chisholm - Unat. 65.35 7.00 - 58.35
6. Tom Ryan - " 64.05 -9.15 - 54.50	
7. John Conway - N.Y.P.C. 64.15 -6.30 - 57.45	
8. Phil Sweeney - Unat. 64.21 -1.30 - 62.51	
9. John DiCommandrea -B.A.A. 64.36 -4.00 - 60.36	
10. John Steiner - NYPC 64.45 -4.45 - 60.00	

A Clock Radio for Time Prize to Sapienza. 30 good merchandise prizes. Refreshments *****

Sun. July 22- E. Longmeadow, Mass. 12 Mile Scratch Race - Won by Tony Sapienza. 4 laps - half flat, half low, rolling hills. team B.A.A. 34 starters, all finished. cloudy, humid.

1. Tony Sapienza - B.A.A. 67.37	9. Don Fay - B.A.A. - 75.29
2. John Lafferty - " 70.35	10. Nate Cirulnick - NYPC- 76.47
3. Geo. Waterhouse-No. Med. 71.08	11. Chas. Short - St. Anth. 77.25
4. Hal Swidler- NYPC - 72.55	12. Wm. Marot - No. Med. 77.38
5. John Conway - " - 72.56	13. John DiCommandrea - BAA. 78.17
6. Marshall Rowlette -BAA - 73.39	14. John Morrissey- No. Med. 79.24
7. Ted Suito- St. Anth. - 74.16	15. Andy Poulos - B.A.A. 82.34
8. Jim Borden - NYPC - 75.11	Temperature --Mid. 80's.

ARMY MARATHONER RUNS DISTANCE IN 2:40.49 - Culver City, Calif. July 21 - Army distance runner Michael Allen, Fort Lewis, Wash., captured the Ninth Annual Western Hemisphere marathon here by racing over the 26-mile course in 2 hours, 40 minutes and 49 seconds. He broke the tape two seconds ahead of Sy Villa, of the East Los Angeles Olympians. Donald Wyman, of the San Diego Track and Field Assn., was third. Only eight of 21 starters finished.

Copenhagen, July 21 - Gunnar Nielsen, Denmark's four-minute miler and chief Olympic hope, suffered a leg injury last night and must take a 3 month rest. It was described as the rupture of a blood vessel in his right thigh. Nielsen already had won the 400, 800 and 1500 meter races in the close Danish-Icelandic track duel when he returned to the field as the third man on the 1600-meter relay team. He took the baton and made up the 10-yard handicap, but slumped to the turf as he handed the stick over to the final Danish runner. Denmark lost the relay and the meet, 108 -102, despite Neilson's efforts.

Josy Barthel back in harness.- Lahti, Finland, July 25- Billy Tidwell, Emporia State Teachers(Kan.) equalled the winning time of 3:45.2 that won the 1500 meter run in the last Olympic games tonight as Josy Barthel the Olympic champion ran third. Barthel set an Olympic record with his victory in 1953 over Bob McMullen who clocked the same time which is equivalent to a 4.03 mile. Tidwell's time surpassed the 3:47.6 time posted by Jerome Walters, in the U.S. Olympic trials last month in L.A. Tidwell had finished 6th in the 800 meters failing to make the team. Jorma Kakko, Finland was second behind Tidwell in 3:46.6. Josy ran 3:48.6 for third with Matti Jarvinen, Finland, 4th in 3:50.6. Rog Pearman won the 400m. in 47.4 for the touring American athletes. Tidwell and Wes Santee were H.S. rivals.

Croydon, Eng. July 28- Gordon Pirie ran his fastest mile 4:02.2 (1:59.2 -3:02.2 60sec. last lap. Club meet. Heavy drizzle. 2nd M. Walsley, Manchester, 4.23. July 28- Phila. Pioneer Meet, Norristown, Pa.-3 Mile 1. Horace Ashenfelter, NYAC 14.32 (By 3 laps!) 2. Bob Chambers, Shanahan 3. Jim Smith, Penn A.C.- Mile-1. George Jackson, Penn A.C. 2. Jim Smith, PAC. 3. Chas. Hill, Un. 4.29.1. Team-Shan. 73pts. Larry Delany & Jack Barry sponsored) 9 mile run around Cooper River, Carden, N.J. last Sunday in August. Aug. 4-6 mile hand' cap Clifton Park, Baltimore. Druid Hill-Balt. Md. 5000 m. Dev. Run. 1. George Brown 16.20. 2. Wayne Hanson B.O.C. 16.21. 4. Don Mosken, Cross Country. 3. G. Unfried, C.C. Club.