

8 - 3 Mile Handicap in Fairmount Park

LONG DISTANCE LOG. A publication for runners by runners.
Vol. 1 - No. 10-October, 1956. 15¢ per issue. \$1.50 per year. 306 W.Center St.
Woodbury, N.J. Contributors this month- Chas. Robbins, Joe Kleinerman, Neil
Farrell, Don Jacobs, Don Fay, Bob Campbell, Fred Wilt.....

Editorial: The big question of the month seems to be -Will Landy, who has been both-
ered with very painful Achilles tendons, and Zatopek, recovering from a groin
operation, compete in the coming Olympic games, and if so, in what distance?

As of now - they both will run- but of shape or not- it's in their system-
and they will both be threats in any of the distance events with the exception
of the steeplechase! ... Best comment of the month from Dr. Charley Robbins,
"With all this talk of tremendous quantities of training and the enormous dist-
ances per week that are covered, no one speaks of how little one can get away
with and run well. In other words, no one speaks of efficiency in training.

Personally, I have averaged nearer to 25 miles per week with occasional longer
distances. Sometimes I had more time and I could have done more. However, quite
often, such as in medical school when I had almost no time to train, I was able
to compete steadily with as low as 20 miles per week, and some of it was top
notch running. All this tremendous distance is fine, and if someone has the
interest and time, there is nothing better. However, when you tell someone who
would like to start running and competing, about a schedule such as that, they
will never want to do it because they don't have the time or the interest. I think
it is time that we begin to emphasize some efficiency in the training, or how
little training one can get away with and still have a good time competing at
somewhere near one's best ability.. Lou Gregory, one of the best long distance
men that we have ever had. He ran everything from 2 miles to 26, and his best
marathon was in 1942 when he ran 2nd to Joe Smith in the Boston Marathon - at the
age of 38, states that after college, he ran 4 to 6 times weekly from 80 to 120
miles per month. He estimated that he averaged per week including races and
practice during his career -15 plus miles! Maybe he would have been better had
he run more but would he have been able to keep up his interest in competition
for the 28 years which he ran? You notice that Zatopek and others of his type who
ran tremendous distances in practice (and probably did very little work) tend
to retire pretty quickly as soon as they can't have "all the marbles", that is
win all the races they run. I found that I could run very satisfactorily on a
5 times a week schedule with a total of 3 to 3½ hours of running. This would
mean that I covered about 25 miles. At present I am getting along on two ½ hour
runs and a 1 to 1½ hour run per week. My whole point in this is to say that if
one enjoys running and wants to keep it up, he doesn't have to run 100 to 200
miles a week, and I feel that it is time somebody brought this out. It isn't
that I am against running these tremendous distances because if I had the company
and the opportunity, I would enjoy it. It is just that I don't think a fellow
starting to run now would ever get the idea that he could get away with less
than 100 miles a week from most of the training schedules that are printed..

New subscribers this month include: Donald Jacobs, Colfax, Washington, 2nd Lt.
Hugh Jascourt, Ft. Eustis Va., Archie Richardson, Hollywood, Calif., Michael Aller
Fontana, Calif., Gar Williams, Chicago, Ill., Horace Kreitzman, New York City,
Ermett Bradley, Yeadon, Pa., Jack Walsh, Phila. Pa., and Joe Gaffney, Phila. Pa.
Congrats to new U.S. 5000 meter record holder - Max Truex of U.S.C. and to Don
Bowden of U. of California a real coner and threat in the 1500 meters, for two
fine performances in Olympic practice meets in California.....

Distance Log - Calendar

- Sunday, Nov. 4th- Margate, N.J. (Suburb of Atlantic City) Recreation Commission,
6½ Mile handicap run. 1 P.M. 25 prizes, medals and trophies. Refreshments.
Tues. Nov. 6- Met. Intercollegiate X-C. New York. N.Y.
Fri. Nov. 9 - Heptagonal X-C. Champs., N.Y. N.Y.
Sat. Nov. 10- Big Seven, X-C. Anes, Iowa.
Sun. Nov. 11 - Road Race, Buffalo, N.Y. -- Middle Atlantic X-Country Committee
Sponsored 4½ mile scratch race, Penn AC boat house, Fairmount Park, Phila. 1 PM.
Fri. Nov. 16- Middle Atlantic Collegiate X-C. Champs: Muhlenberg College, Golf
Course, Allentown, Pa. -- Sat. Nov. 17 - 2½ Mile Handicap, X-C. Run, Clifton
Park, Baltimore, Md. 11:30 AM. 15 place medals & 3 fastest times. Entries to
George Brown, 1505 Northwick Rd. Baltimore 18, Md. -- Sunday, Nov. 18- 5 Mile
Handicap, Middle Atlantic X-C. Co. Penn AC Boat House, Fairmount Park, Phila. Pa
Sun. Nov. 18 - Niagara Assn. X-C. Champ: Buffalo, N.Y. & Jr. Nat. X-C. Champs.
Nov. 19 - IC4A freshman and varsity X-C. Champs, Van Courtlandt Park N.Y.C.
Thurs. Nov. 22- Berwick Marathon, Berwick Pa. 9 1/3 Miles. -- Turkey Day 5 Mile
Handicap, New Orleans La. -- Poughkeepsie, N.Y. YMCA 5 & 10 Mile Annual Races.
Manchester, Conn. Annual 5 Mile Run.
Sat. Nov. 24- South Atlantic 3 Mile Open X-C. Clifton Park, Balti. 11:30 AM
10 Prizes. Entries to Geo. Brown, -- Sr. Middle Atlantic AAU Dist. Sr. Champs:
6½ Miles Sponsor Phila. Inquirer. -- 10,000 m. Race, Culver City, Calif.
Mon. Nov. 26- NCAA X-C. Champs, Michigan State. Dec. 1- Camden YMCA N.J. 4.7 Mile
Handicap 2:30 PM. Broadway & Federal Sts. Camden N.J. Sun Dec. 2- 6 Mile, Balti.
OCT. 27- St. John's 23- N.Y.U. 38 - 5th in Row For S.J. 1. Ike Matza, NYU 25:03.8
- 2. Pete Close, 25:29.2; 3. Lionel Stevens, 25:47 S.J. 4. Hal Swidler, NYU, 26.06
Sun. Oct. 29 (Late) Middle Atlantic AAU Jr. X-C. 1. Jack Barry, Shanahan, 30:24
2. Jim Sumner, Shan. 30:29; 3. Jesse Burdelle, Penn AC. 30:42; 4. Bob Chambers,
Shan. 30:55; 5. Frank Batson, PAC 31:31; 6. Ste Thomas, PAC. 32 Starters, Team PAC

Last month's issue was a little late as I wanted to include the 2nd & Final Olympic tryout at the Marathon distance - at Yonkers, N.Y. held Sun. 9-30-56. Due to lack of space I only included the first 20 therefore, we will include the other finishers this month (courtesy of Don Fay) Supposedly 82 starters actually 60 to 65. Banquet after race in Chippewa Clubhouse, Yonkers.

21. Vincent Kern, Millrose AA	3:17.09	30. Stan Lindner, Penn A.C.	
22. Michael G. Allen, Culver City A.C.	3:19		3:45.37
23. John DiCommandrea, BostonAA	3:25.34	31. Bill Karavasilly, Greek Fe	
24. Jerry Bilotta, St. Anthony's	3:35.29		Phila. 3:48.46
25. Milton Pataky, St. Anthony's	3:36.07	32. San Oulette, Gorham, Maine	
26. John Doherty, North Melford Club,	3:36.20		3:49.52
27. Mark Pennachio, Boston AA,	3:40	33. Dave Vogel, St. Anthony's	
28. Arel Oulette, Gorham, Maine.	3:42.08		4:05.37
29. Larry Lesser, St. Anthony's	3:43.31	34. Eugene Oulette, Gorham, Me.	
			4:11.53

Team Scoring 1. Boston AA - 7 pts.

2. New York Pioneer Club 14 pts. 3. St. Anthony's N.Y. 28 pts.

The Oulettes of Gorham, Me., (28th, 32nd, 34th in the Yonkers Marathon) are father and sons, The father and three sons recently competed in a ten mile run at Salem, Mass. representing Ashland A.C.

Full Results of the 6th Annual 15 Mile Road Race Dundas, Ontario (as reported last month): 1. Gordon Dickson, Calgary, Alberta, 1:16.49 (New Record) 2. Doug Kyle, Calgary, 1:17; 3. George Norman, Gladstone & C, Toronto, 1:24.31; 4. Norm Neilson, Gladstone, 1:25.20; 5. Barry Lush, Hamilton Olympic Club, 1:25.37; 6. Bob Goldie, Gladstone, 1:25.40; 7. Arie Vandermeer, St. Kitts., 1:26.06; 8. Kenneth Lamb, H.O.C., 1:27.46; 9. Ted Suito, St. Anthony's B.C. N.Y. 1:28.53; 10. A. Hay, Vancouver, B.C. Olympic Club, 1:29.10, 11. Whitey Sheridan, H.O.C. 1:30.28; 12. Sidney G. Smith, H.O.C. 1:30.53; 13. Ken Douglas, Gladstone, 1:33; 14. Al Peilar, H.O.C. 1:36.40; 15. George Capraru, Toronto, Ont., 1:38.02; 16. Paul Bellevaull, Gladstone, 1:41.55; 17. Ken Twigg, Gladstone, 1:43.15; 18. K. Paakkola Gladstone, 1:43.19; 19. Frank Preston, Hamilton Police AAA, 1:44.10; 20. Fred Bristow, Gladstone, 1:50.35; 21. Ron Nichol, Guelph, 1:59.27; 22. John Brown, Guelph 2:06.17; 23. Harold Carter, Gladstone, 2:20.35;

GEORGE HILLIER WINS CANADIAN MARATHON CHAMPIONSHIP AT HAMILTON, ONTARIO IN UPSET.

SAT. SEPT. #)30th - The marathon, the most gruelling test of all - proved to be just that today as only nine out of 18 starters could complete the 26 mile, 385 yard course over the streets and highways in the east end of the city. Winner of the Canadian marathon championship and trial for the Olympic games was George Hillier, 26-year-old Boston University student from St. John's, Newfoundland. Hillier's time for the marathon was 2:36.05, which breaks the Hamilton record for the event. Standard set by the Canadian Olympic Co. for the marathon in 2:35, 65 seconds faster than Hillier's time. There is a good possibility that the eastern distance runner will be named to the Canadian team that runs in Melbourne, in November.

The Canadian record for the marathon is 2:35.08 set by Scotty Rankine, of Galt Well back of Hillier was an ineligible competitor - Norm Neilson of Toronto Downsview. Neilson who isn't a Canadian citizen yet and not eligible for the Olympic team from Canada, was timed in 2:48.41. Second official finisher was Adrian Vali, Vancouver Olympic Club pavement pounder. The Finn was 15 minutes and 41 secs off Hillier's pace. George Norman was the first Ontario runner to finish. The Gladstone & C runner from Toronto was the only other runner to complete the grind under three hours. Gordon Dickson, winner of many road races around Hamilton, and a pre race favorite from Calgary, Alberta, along with HOC's Barry Lush failed to finish.

Race fans figured Dickson as a pinch to take the race following his great race at Dundas but it just wasn't his day and he couldn't seem to get untracked properly. Gord was leading by two minutes at ten miles and then at 12 he started to grab his side and had to slow to a walk, by the time he got going again Hillier was two mins. in front of him. From then on Gord was alternately running and walking, finally having to give up at 17 miles. (Actually and this is not in the way of an alibi - Gord came up with a foot injury from the Dundas race and while attending a foot doctor only did light running on the grass and the last week prior to the race laid off entirely to rest the foot. The foot did not bother him in the event but he said he seemed very tight through the thighs and upper legs, in fact had trouble completing the first 5 but then was feeling better around 10 when the stitch came on to put the lid on his chances.) Dickson hit 27.30 for 5 miles a minute faster than Hillier. At 10 miles Dickson ran 55:10 to Hillier's 57:10. Hillier's time for 15 miles was 1:26.45 almost 3 minutes faster than Dickson, who got back into the thick of things after walking with his stitch, but not for long before he had to call it quits for the day. Hillier, who put in over 2,000 miles in a bid to make the Olympic team was 1:56 at 20 miles, 2:21:25 coming into the last road.

He collapsed into the arms of a compatriot at the finish line. Only nourishment that George had throughout the grind was liquid honey. He later complained of the carbon monoxide fumes from the cars and motor-cycles on the course. The race, held under the auspices of the Firestone War Veteran's Assoc., received tremendous support from the Hamilton Police Dept. One motorist, who just missed Lush and made Dickson hop out of the way, was lucky enough to get off with a ticket.

Ideal conditions aided the runners, but Hillier would have liked the weather to be cooler yet. Two yrs. ago in the British Empire Game trials in Hamilton on a hot and sunny day, Hillier led for 21 miles before being exhausted by the heat. Hillier is in his second term at Boston Univ. majoring in Physical Ed. Lush said the roof fell in after completing all but a mile of the course. Dickson, from Claresholm, Alberta, plans on taking up residence in Hamilton within the next yr. as a school teacher.

Canadian Marathon - - Times for finishers:

- 1. Geo. Hillier, St. John's Newfoundland, 2:36.05; 2. Adrian Vali, Vancouver, 2:49.46; 3. George Norman, Toronto Gladstone, 2:52.30; 4. Sid Smith, Hamilton 3:19.25; 5. Joan-Guy Groulx, Montreal, 3:25.30; 6. Karl Paakkola, Toronto Gladstone, 3:25.55; 7. Paul Ojansa, Toronto Gladstone; 8. Frank Preston, Hamilton. Ineligible starter, Norman Neilson, Toronto, 2:48.41. Failed to finish. Gordon Dickson, Calgary, Barry Lush, HOC; Whitey Sheridan, HOC Arie Vandermeer, St. Catharines; Bert Hay, Toronto; Ken Douglas, Toronto; Ed Sless, Hamilton; Al Pedlar, HOC; Ken Twigg, Toronto.

----- MENDEZ WINS PORT CHESTER, N.Y. MARATHON - Pioneer Club star timed in 2:26:41.9 -----

Start 12 Noon 26 miles over a fairly tough course. Temp. 60's nice and sunny. Prizes very good (all who finished received medals and trophies.) The event was a Columbus Day week-end feature which began and was completed at Liberty Square in Port Chester. There were 34 starters representing six t&F clubs. 26 finished the run, which led through White Plains and Manaroneck.. Rudy a tremendous runner of late just went out and ran away from the field, his time at 5 miles was 25:12.7 for 10 miles he ran 53:02 and 15 miles 1:22.35, according to timer Max Silver. (Not discrediting Rudy, but the times indicate a short course) Rudy should be given the opportunity to run in the Olympics for Puerto Rico after his fine races in the past couple of months.

Results:	
1. Rudy Mendez, NY Pioneer Club, 2:26.41.9	10. Mike O'hara, St. anth. 2:55.19
2. John Lafferty, Boston AA 2:35.33	11. Don Fay, Boston AA 2:56.50
3. Ted Corbitt, NY Pioneer Club, 2:40.03	12. Jim Green, Boston AA 2:59.04
4. John Conway, " " 2:41.17	13. Harry Murphy, St. Anth. 3:01.31
5. Aldo Scandurra, Millrose AA 2:43.02	14. John Di Gennaro, Boston AA 3:05.41
6. Ted Suito, St. Anthony's 2:46.55	15. Vincent Kerns, Millrose AA 3:06.40
7. Jim Borden, NY Pioneer 2:50.22	Team NIPC - 8 pts. 2. BAA-19 pts.
8. Nate Cirulnick, " " 2:52.36	St. Anthony's 23 pts. Millrose 28 pts.
9. John Sterner, " " 2:54.45	

 More from Percy Cerutti -- (In a letter to Fred Wilt late! -Australia, 3/27/56.

"Dear Fred I am glad you wrote me. In my own state I am almost completely ignored, by officials of the A&A, because a nature like mine does not recognize officialdom, least does not respect it just because it is official. Therefore I tend to ignore important people (officially) who are obvious self-seekers, fools, opportunists, or merely good fellows who know little about what I think I know about. On occasion I have been overfrank in my opinions publicly about everyone from the great John Landy down or up to the top man in Amateur Athletics in Australia. I am irascible by nature: a perfectionist: a truth-seeker above all else, cost me what it may- it has cost me plenty: security, jobs, home- the lot. To me there is no other way. In the end, I feel, if we can stand the racket of life we do win out: become what we hoped to become: learn what we hope to learn: run what we want to run (with certain reservations or limitations as to age and ability -- but ability is almost negligible in distance running since it can be taught.) Incidentally, my success is not so much Landy, Peiry, Stephens, etc., but some dozens of no-hopers, poor club runners, Not novices by any means, who had little real ability by 30 seconds (improvement due to my teachings) 1/2 minute for the mile. These chaps who were plodding around the mile in about 4:50 got down around 4:25 and achieved successes undreamed of in their unambitious spheres. I can recall very ordinary performers who even flunked (won) State Championship titles. It was the successes in this field that has convinced me of the rightness of my ideas rather than the success of Landy first, and now Stephens in the world record class. Landy could have been a coincidence, but not Stephens. Stephens had little standing here for years (he has been racing more than 10 years). Indeed I once rejected Stephens as hopeless for big things because of his lack of courage, inability to take punishment, and overlasting alibis and excuses. He first represented Victoria in National Championships only 14 months ago. Fred, I am probably more conversant with your life and efforts than you may imagine. I believe you visited Scandinavia re Fartlek, etc. Make no excuses for yourself or lack of knowledge since you are probably as informed as any in the USA (I would say you were - and more so) and could easily know more than I do in the general sense, experience, etc. But I have studied certain aspects such as how we run economically and efficiently (NATURALLY, I WOULD CALL IT) and what mental or psychological factors make men superior - (Champions - and World Champions in particular, in a word to excell - truly). However, to unfold all this would be a book. Time is the factor. Why? Did I tell you? Back from Helsinki in 1952, almost broke. No job. Since, uninteresting factory type job 7:30 AM to 4:30 PM because it pays more money than easier job. In 62nd year. Have shack at Fortsea where I formerly operated athletic camps occasionally. attempting to make it into a home for use as soon as I can afford to retire there and live, study, develop ideas, run, and write. These are all dreams at the moment. am also attempting to save enough money to revisit Europe for 1960 Olympics at Rome. I struggle to do all these things. However, that is a fundamental part of my philosophy of life - and running. Put an inordinate load on us, more than we feel we can possibly support, and - we either become greater (stronger, wiser, more competent, etc) and eventually able to support the load, or-we die! It is a "MAY" only for the strong - or the fat! But it wins out, or it doesn't in running. In letters that I will write you I shall unfold slowly the technique of it all as I understand it as to life and running - the two being inextricably mixed for all except those who treat a sport as a painless time-killer. Regards, Percy Cerutti. (This sort of thing the exclusive sort of thing - makes the "long distance log" a success despite my poor typing and mimeographing - tremendous.)

ROSS WINNER OF WOODBURY, N.J. "JAYCEE" RUN FOURTH TIME.

Sat. Oct. 6 - Browning Ross, Penn AC, won the fifth annual Woodbury Jr. Chamber of Commerce, 10-Mile run for the fourth time in five years. Ross took the lead after two miles from the pace setter Stan Lindner, PAC. Penn AC captured the team title for the 5th straight year. Cloudy, Cool. Good Course, winding out to country & return, finishing with one lap around lake. 10 Merchandise prizes.. RESULTS:

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|---|---|
| 1. Browning Ross, Penn A.C. 52:41 | 12. Stan Lindner, Penn AC 60:33 |
| 2. John Cunningham, Penn AC 53:20 | 13. Matt Singleton, Penn AC. 60:49 |
| 3. Luther Burdelle, Penn AC 54:22 | 14. Joe Hasiak, Penn AC 61:01 |
| 4. Bob Chambers, Shanahan CC 58:35 | 15. Joe Rocco, Penn AC 61:03 |
| 5. Jesse Burdelle, Penn AC 58:38 | 16. Henry Kinkaid, Penn AC 61:50 |
| 6. Frank Batson, Penn AC. 59:06 | 17. Royce Sawyer, Unatt. Mass. 61:56 |
| 7. Steve Thomas, Penn AC. 59:08 | 18. Ken Lovell, Woodrow Wilson H.S. Camden, N. J. 62:04 |
| 8. Bill Sloan, Pitman, N.J. H.S. 59:11 | 19. Bob Muliroch, Penn AC. 72:05 |
| 9. Jack St. Clair, Jr. Penn AC. 59:23 | |
| 10. Don Mitchell, Penn AC 59:33 | |
| 11. Herb Benario, Millrose AA. N.Y. 59:34 | |

Sun. Oct. 7- SAPIENZA WINNER OF BROCKTON, MASS. Long Distance Road run. 30 starters, 28 finishers.. 16 prizes.. Mostly merchandise.. 1 lap course.. cloudy, 68 degrees.. Not 10 miles about 9 1/2 & scratch.. Sponsor, "Sons of Italy", Start Brockton YMCA, finish "Sons of Italy" Park in City. Flat Course. (2 hour wait for prizes to be distributed !?). Results:

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|---------------------------------------|--------------------------------|
| 1. Tony Sapienza, Boston AA 49:27 | 11. Malcolm Hill, N.U. 56:31 |
| 2. John Lafferty, Boston AA. 49:38 | 12. Graham Parnell, BAA. 56:32 |
| 3. Tom Ryan, " " 51:07 | 13. George Hill, N.U. 57:02 |
| 4. Bob Black, New York AC. 51:08 | 14. Phil Crosby, Unat. 57:52 |
| 5. Norm Higgins, Conn. Unat. 52:03 | 15. Andy Poulos, BAA. 57:53 |
| 6. John Morrissey, No. Medford 53:24 | |
| 7. John Di Commanira, Boston AA 54:27 | |
| 8. Marshall Rowlette, Boston AA 54:54 | |
| 9. Geo. Harris, N.J. 55:06 | |
| 10. Don Fay, Boston AA 55:23 | |

Notes: Boston AA's Graham Parnell from England.. BAA to lose: Rowlette - to make his home in Indianapolis.. Tom Ryan going to live on West Coast, Leaves Oct. 9.. Lafferty to live on West coast.. Jim Green, going overseas for hitch (Germany?) But they still have Kelley, Thackwray and Sapienza!!

Li'l JOHNNY KELLEY JOINS WORLD'S REAL "MEN" OF MARATHON. by Jerry Nason (Boston Globe)

The local marathon set is in a wheel mood. They are convinced John (the Younger Kelley can win at Australia, because ;

1. "He's the first man we've ever had who could beat good runners by a mile... and has!" - Jock Semple;
2. "He broke the Yonkers record by six minutes... and finished fresher on a far tougher course than he did in Boston!" - Bob Campbell;
3. The incomparable Emil Zatopek, the bouncing Czech, underwent a recent operation which may shelve him. (Ed. The latest on Emil is that he will go whether Czech. sends him or not.) Based on precedent, the odds against Kelley winning in the Olympics are roughly 500 to 1; based on fact, about 10 to 1... for he is in the world's top 10 today. Campbell-- "Yonkers convinced me he has a chance. About a mile from the finish there's a big hill there. Even Leanderson the great Swede, walked up it. Kelley flew up it." When marathon runners compare courses, they call Boston's "for little boys"... and Yonkers "for men only" Campbell, most knowing of the AAU set on long-distance affairs, hesitated to call Kelley's 2:24.52 record Sunday superior to his 2:14.33 flight here in April.. "But it could be," he said. "I'm not sure that you could rightfully say the Boston course is 10 minutes faster.. but there is no comparison between the rigors of the two." The final five miles in Boston, each April, dip gently down hill. The final five at Yonkers are hard up -and- down running.

Semple-- "I had a watch on Johnny. Over those last five miles he was gaining over a minute per mile on the field. A terrific finish." Beaten at 26 miles, 385 yds. by only one man this year, Kelley probably has yet to unload his best race. The man? Antti Viskari- who was pushed to a new world record in a narrow escape from Kelley here six months ago. Viskari, meantime, has failed to make the Finnish Olympic team. Oksanen, who won their tryout, was beaten in Boston- by Kelley. Campbell-- "I had the feeling, at Yonkers, that Kelley might have traveled over that rugged course even faster than he did. "To beat the Yonkers record by six minutes is a tremendous feat, but I felt that if some fast Finns were there to pull him out early, he could have gone faster."

Semple--"Right! This was one of the best tryout fields we've ever had- but Johnny toyed with 'em. He could have left them at any time.. but he held off for about 17 miles, and then let it go."

The only clean cut American victory in the Olympic marathon was forged by a local citizen- Tom Hicks of Cambridge who outlasted, among others, two Haffirs in the terrible heat at St. Louis 52 years ago. Johnny Hayes' subsequent victory at London four years later was befouled by the disqualification of Dorando, who had been assisted across the finish. Is the Olympic test at Melbourne as tough, topographically, as is Yonkers? No, apparently. It is reputed to be hard climbing for the outward 13 miles, a downgrade run over the last half. Kelley-- "Yonkers was the most rugged thing I've ever attempted. Those hills on the last five miles were terribly tough." Psychologically, a victory by Kelley at Australia would be the biggest blow struck there. Beyond 800 meters Americans are supposed to have no legs-- the world likes to believe. Roger Bannister-- "This could be a theory we'll all live to see abandoned. From childhood on, Americans are the best fed athletes in the world. "When and if they become interested in distance running, and organize their training for it,

there's no reason why they shouldn't be as outstanding as, say, in the sprints and hurdles." Let Kelley win at Melbourne... and he will unlock the flood gates!

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Vienna, Austria, Oct. 7 - Emil Zatopok running in his first competitive race since his hernia operation ran 10,000 meters in 29:33.4. Emil finished a lap ahead of the second man. He considered his performance as "Just average".

Melbourne, Oct. 5 - John Landy, holder of the world mile record, won a two-mile race tonight in 9:02.2 and then said he was confident he would be ready to compete in the 5000 meter run during Australia's Olympic track and field trials Oct. 13. Landy, who has been bothered by sore Achilles tendons in both legs, (Ed. I'm another achilles tendon victim, if any of the readers know the cure or cause I'd like to hear from them. They can really get painful, other victims Ted Corbitt, Jack Barry, Gordon Pirie. The theory is that over training and hard surface could be the cause or training in ill fitting shoes.) ran barefooted on grass and finished 5.8 secs ahead of the time he posted for two miles 3 days earlier, on turf. "This was the first time in 3 mos that I felt I could run like a normal man," Landy said. "I certainly didn't feel sharp, but hurried when I heard the mile time announced as 4:34. Landy's run was made around a 220 yd. circuit in cold, windy weather. Melbourne, Oct. 5 - John Landy cancelled a scheduled workout on cinders today because of soreness in his legs. "I couldn't stretch out for a complete lap so I restricted my training during the past few days to sharp bursts," Landy said. "I feel soreness mainly when I stride out so it was impossible to compete a lap at top speed, this could be the end of my career as a runner."

Cross Country is Underway again! Sat. Oct. 6 - Fordham 24- N.Y.U. 48 - Seton Hall 65 - Van Courtlandt Park, N.Y. Winner Ike Matza, NYU -5 miles -25:31 60 yards ahead of Arthur Cunningham of Fordham, 3rd, Hal Swidler, NYU - 7 Fordham Rams in the first 10... Leo McEvoy, former assistant coach at Notre Dame was named to a similar post at Columbia Univ. in N.Y. Oct. 3rd assist in x-C. and track.

MONTREAL, Sept. 23/56. 3 Runners Break Marathon Mark. 3 Runners, one from Montreal and two from Toronto, broke a year-old record to-day when 35 men turned out for the City of Montreal 15 mile Championship. The winner, Roland Michaud, of Montreal, who did the distance in 1:19.26, 10 minutes better than the mark established last year by marathoner Gerard Cote of St. Hyacinthe, who ran 7th today. In second place was George Norman, Toronto, 1:23:50 and third was Bert Jay, Toronto in 1:25:45, both of Gladstone A.C.

LATE: Completion of results of Port Chester, NY. Marathon 10-13-56. (Starter: Johnny Hayes, Olympic Marathon winner.)

Rolling hills, 70 degrees, sunny. 10 trophies & medals, 1 team trophy. Buffet lunch. 16. Andy Neidig, Millrose - 3:09.54; 17. John Jarrett, St. Anthony's - 3:12.26; 18. Milt Pataky, St. Anthony's 3:12.41; 19. Mark Pennachio, B.A.A. 3:24.03; 20. Sam Ouelette, Ashland, Me. AC - 3:29.15; 21. Jerry Billota, St. Ant. 3:33.47; 22. Larry Lesser, St. Ant. 3:34.37; 23. Paul Ouelette, Ashland, Me. AC 3:35.00; 24. Dave Vogel, St. Anth. 3:36.17; 25. Costantino Kotteakos, MacBurney YMCA. 3:55.02.

Windsor, Conn. (7 miles north of Hartford) Sun. Oct. 14. 2PM. 10 Mile Road Run. 2 equal laps - 35 starters, 30 finishers. 70 degrees, sunny, 19 trophies, 1 team trophy, plus medals for all finishers. Start "Bar G Ranch" in Windsor, rolling hills. Actually about 9 1/2 miles. Scratch race. Royce Sawyer, North Medford Club, taken to Hartford Hospital with possible broken ankle, from trip over a stake in ground.) Refreshments after run. North Medford Club won team title.

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|---|--------------------------------------|
| 1. Bob Black, No. Medford Club, 52:20 | 16. Mark Landon, Trinity Col. 61:18; |
| 2. Charles Robbins, New York P.C. 52:57 | 17. Ed Erickson, BAA 61:32; |
| 3. Bob Scharf, Unat. 53:30 | 18. Wm Taylor, 64:30 |
| 4. Norman Higgins, Finnish-American AC. 53:41 | 19. John Lizak, No. Med. 65:09 |
| 5. Tom O'Brien, NYPC 53:57 | 20. Frank Kelley, No Med. 65:49 |
| 6. John Morrissey, No Medford Club, 54:48 | 21. Horace Krutzman, St. A. 67:40 |
| 7. Bill Marot, No. Medford Club, 55:27 | 22. Aurele Ouelette, Me. 68:30 |
| 8. Paul Phinney, " " 55:40 | 23. P. DeLuca BAA. 69:10 |
| 9. John Sterner, NYPC. 56:11 | 24. Harold Edwards, No Med. 70:19 |
| 10. Bob Harris, Unat. 56:47 | 25. Sam Ouelette, Me. 71:15 |
| 11. Frank Smith, St. Anthony's 57:10 | 26. Fred Brown, No Med. 72:09 |
| 12. Graham Parnell, Boston AA. 58:06 | 27. Paul Ouellette, Me. 74:50 |
| 13. Don Fay, Boston AA 58:13 | 28. Geo Grezebien, No Med. |
| 14. Ted Suito, St. Anthony's 59:20 | 29. Anos Kujala, Boston A. A. |
| 15. Herb Benario, Millrose 60:50 | |

DEAN THACKWRAY RUNS AWAY WITH NEW ENGLAND SENIOR & OPEN 15 KILO RUN. Andover, Mass. Oct. 13, Sat. Boston AA won team prize. 22 starters -smallest field in N.E. race in 3 yrs. the chairman had the race scheduled for Aug. since Jan. then rescheduled it for a weekend when races were held all over the place! 70 degrees, Fair- one loop- held in conjunction with Andover Olympic week - Sponsor Chamber of Commerce.

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| 1. Dean Thackwray, Boston AA. 51:18 | |
| 2. George Hillier, Boston Univ. AA (Canadian Marathon Champ. 52:46 | |
| 3. Tom Ryan, Boston AA. 54:58 | |
| 4. George Waterhouse, No. Med. 55:32 | |
| 5. John A. Kelley, Boston Edison, 56:20 | 8. Rene Doiron BAA 56:57 |
| 6. John Morrissey, No. Med. 56:33 | 9; John Kauppinen BAA 59:59 |
| 7. Lee Chisholm, U. of Mass. 56:34 | |
| 8. Rene Doiron, BAA 56:57 | |
| 9. John Kauppinen, BAA 59.50 | |
| 10. Graham Parnell, BAA | |

6

WIND SPRINTS: Ed League, veteran Atlantic City, N.J. AAU official plans on reviving the famed Atlantic City, "Boardwalk Mile" this spring after a year's absence... Jim Maddox, National Jr. 15 Kilo. Champ. 1952, is now stationed at the Newport, R. I. Naval Station... Australian Jim Bailey, thrives on oatmeal bread, seaweed jelly, porridge, fruit, nuts and soy beans. Hic. BUT Helmut Gude, former world class 5000 meter man from Germany, now living in Philadelphia tops that diet. Helmut buys his oats by the bag, mixes in prunes, peanuts, brown sugar, bananas and a few other things -- all raw- and eats this mixture for cereal each morning. Helmut a real philosopher on running has every eastern runner following his theories (after talking to him that is!)... The New York runners recently invited him to NY to expound his view points. Helmut claims he lost interest in the sport in Germany, when he would line up at the start in the European Championships and discover that he was the only working man in the field

The others being part time workers (first and only interests running). Helmut claims the only way he could beat them or stay with them in Europe was to work out

5 times a day which he oftened did, while waiting to come to America, where he works as a cabinet maker... Glenn Cunningham who was America's top mile runner in the mid-30's, is another who blames the American system of qualifying for the Olympics as the cause for the nation's poor showing in distance running in the games. Glenn claims Don Lash should have been the winner in the 1936 games 5000 meter run, "but he left his records back home on the qualifying tracks."

Glenn says, "Consistency of performance should mean something in qualifying." (Ed: Maybe in '36 Glenn, but not today, where would Curt Stone, Jerome Walters, Max Truex, Deacon Jones etc. be if we followed that rule -- nope the present method is the best, and we have the best men (under pressure runners) in there. Glenn predicts Americans will fare poorly in the distance runs and that John Landy will have trouble even if an injured Achilles tendon heals. (That's a statement shared by 100,000 other track fans too Glenn !?/ but I guess it makes good reading for the baseball fans)... From Don Jacobs, Colfax, Wash.

"One of America's unsung heroes in Long distance running is Tom Ryan - 9th at Yonkers in Sept. - The following article appeared in the Athletics Weekly of Oct. 1, 1955, as part of the writeup on the London-Brighton Run in which Tom Richards set a new 50 mile record. "In 5th place we had the surprise of

One day. Few critics would have said that Tom Ryan, a likeable fellow now serving with the American Forces in Germany, had a ghost of a chance of gaining a forward position, but Tom set about the onerous task of upholding American prestige and there was no happier man on the Brighton road as he strictly kept to a schedule and gradually worked his way into prominence after the halfway mark to finish in fine fettle. There will always be a welcome for Tom. Los Angeles will be proud of Ryan who has, interestingly, made the acquaintance of one of our old road running fraternity, the popular Paddy Mulvihill, now happily married with a family and living within a stone's throw of Tom's parents in the famous film area" - and from the results - 5. Tom Ryan (USA Army) 6:13:24.. (Winner Tom Richards time for the 52 miles and 694 yds. was 5:27.24). Think it out for yourself dept.

Gordon Pirie is in tremendous form just now and looks fitter and more like a world beater than ever before. Yet only a few months ago he was suffering so badly from a strained tendon that even he was unable to do any training for a considerable period. What are we to deduce from this?? That the enforced rest is just what he needed to bring him to his best? Or that he is only now reaping the full benefits of his years of intensive training? (It should be remembered that Pirie himself, in the early stages of his conversion to a super-strenuous routine of training, indicated that he couldn't be expected to put up consistently good times in races until his body had become thoroughly accustomed to the hard work). Or is Gordon's improvement in form the result of his alleged modification of training methods? The older followers of athletics would no doubt ascribe his improved form to the rest from the "over strenuous" training previously undertaken. The modern runner or coach, who believes that running over-training is virtually impossible, will be convinced that the years of hard work are now having their beneficial effect... Coming up -- The 26th annual Poughkeepsie, YMCA Thanksgiving Day Road races.. 2 Senior events 5 & 10 Mile scratch runs-- 5 miles- 9am

10 miles immediately following, trophies to first 10 medals to all in both races. For blanks write to Mr. Donald J. McKiernan, YMCA, Poughkeepsie, NY... The New England Road running Ouelette's are from Ft. Fairfield & Caribou Head near Canada. The father and 4 sons run (father is 52 yrs. old) may be 7 all told next year in races. They had to drive over 600 miles to compete in the Port Chester and Windsor, Conn. races... Bob Campbell, Nat. Long Distance Chairman was recently elected a delegate to AAU Convention but due to promotion at work, can't make it..

The National Jr. 25 Kilo was cancelled (1 week's notice) was scheduled for Oct. 21st in Mass... Bob Campbell reports that Nick Costes' legs tied up at Yonkers, probably due to not being able to train as well since going home to Farrell, Pa...

The 47th annual Berwick Pa. Marathon scheduled for Thanksgiving day, Nov. 22nd has an imposing list of prizes. 1st prize- 14-K. 17 Jewel Longines Wrist watch, 2nd prize - Gold Wittnauer Wrist Watch, 3rd prize - Gold Watch, 4th to 6th prizes- Chromium 1-10 second No.12 Size 7 Jewel Pocket Timers.. 7th to 10th prizes- Folding pocket Binoculars, 11th to 15th -Engraved Plaques, Plus Gold Watch to fastest High School boy to finish, two Local prizes, Gold Watches, Team Trophy- 15 inch Statuette, Individual team prizes- 4 plaques, State prize-20inch Statuette

Special prize - Chromium Stop watch - for runner breaking course record 46:43
9 1/3 miles- Entries to Chiv MacGrea, Berwick Marathon, Berwick, Pa. Open house at Moose Lodge night before race honoring runners, Buffet Lunch after race at the Eagles home in Berwick... Nov. 11th is the date set for the Met. 25 Kilo Champs, 11 am at MacCombs Dam Park, New York City.. St. Anthony's BC will sponsor the National Jr. and Open marathon at Ozone Park, L.I. over an 8 lap course, on Dec. 9th...

7
College X-Country Results: Annapolis, Md. Oct. 6 - Pittsburgh 34 - Villanova 39 Navy 59. Ron Delany, Villanova's 4 minute miler, nipped Pitt's Tom Timon at the wire, but the Pitt Panthers placed five of their 7 runners in the top 10 to run away with the meet. Summaries: 1. Delany, Vill. 20:50 (Course Record; old record 21:09 by N.W. Harper, Navy, 1953) 2. Timon, Pitt, 20:51; 3. John Kopil, Vill. 21:23; 4. Walt Meukow, Navy, 21:57; 5. Smith, Pitt, 22:03; 6. J. Moore, Pitt 22:08; 7. Christof, Pitt, 22:21; 8. Winter, N. 22:32; 9. Browne, V. 22:32.5; 10. Harford, Pitt, 22:53.. 4 Mile course.. Pitt well balanced..

William & Mary 22 - Virginia Military Institute 39 - Dist. 4.2 - Winner - Robert DeTombe, in 21:50.5. This beat the former course record by 1:11.0.

William & Mary 19 - Richmond Univ. 45 - Dist. 4.2 - Winner - Robert DeTombe, (W&M) Time: 20.20 - This was 6 secs. off Jim Beatty's record.

Phila. Oct. 13 - Villanova 28 - St. Joseph's 37 - Georgetown 63. (1st 3 runners linked arms at finish) 1. Ron Delany, Vill. 24:34; 2. Alex Breckenridge, Vill. 24:34; 3. John Kopil, Vill. 24:34; 4. Bob Lippinier, Georgetown, 24:50; 5. Ed Mather, S.J. 25:07; 6. Joe Sloan, S.J. 25:13; 7. Bob Haggarty, S.J. 25:14; 8. Geo. Browne, Vill. 25:35; 9. Henry Nealis, SJ. 25:39; 10. Jim Shields, S.J. 25:52; Dist. 5 miles, probably a little short.

Princeton, N.J. Oct. 12 - Princeton 18 - Rutgers 45 - Dist. 4.8 miles - Winner, Soph. Rod Zwirner, P. 26:33.2, won by 30 secs. (Jim Bonthron, son of Princeton immortal Bill Bonthron, finished 10th in 28:33..)

Tues. Oct. 16 - Van Cortlandt Park, N.Y. C. - Columbia 26, N.Y.U. 33, 1st - Jose Iglesias, Col. 25:47, Columbia record for course, 2. Ike Matza, NYU, 26:29; 3. Hal Swidler, NYU, 27:13; (7 Col. Lions finished in first 10)..

Sat. Oct. 13 - Van Cortlandt Park, St. John's of Brooklyn 33 - Manhattan 41 - Navy 50. Pete Close, St. John's standout soph. was the individual winner in 26:02, 5 miles, Navy Cap't. Walt Meukow, 2nd in 26:12; 3. Lionel Stevens, S.J. 26:24; 4. Dick Winter, N. 26:41; 5. Bob Heller, SJ, 26:47; 6. Ed McLaughlin, M. 26:54; Last yr. Close was the first S.J. undefeated runner in the school's history, sweeping ind. honors in all 7 meets he entered, including a record-breaking performance of 14:51 in the Met. Intercollegiate run.

Berkley, Calif. Oct. 13 - An American Record was set today for the 5,000 meter run by Bill Dellinger of Oregon in the U.S. Olympic team's invitational track & field meet. The lithe runner sped the distance in 14:25.5 secs. to clip half a second off the mark he set at the Olympic trial finals in Los Angeles last June. The old record was 14:26.8, set by Fred Wilt in 1950. Summaries:

800 meter run: 1. Arnie Sowell, Pitt. 1:48.2; 2. Lang Stanley, San Jose State, 3. Lou Spuerier, Air Force, 1:49. (all 3 ran faster than Whitfield's Olympic mark of 1:47.2)... 1500 meters: 1. Don Bowden, California, 2. Jerome Walters, So. Calif. Striders; 3. Lowell Zellers, Army; 4. Bob Seaman, UCLA Time: 3:46.6 (Stadium record. Old record 3:47.3 set by Ron Delany, Vill. 1956... 5,000 meters 1. Bill Dellinger, Oregon, 14:25.5; 2. Curtis Stone, NYAC 14:29.5; 3. Richard Hart, Col. T&F. 14:31.8; 4. Max Truex, USC. 14:32.6

DOES DON'T GIVE A HOOT; ONLY FIVE OUT FOR X-COUNTRY; Temple University once a power in Eastern track had only 5 candidates turn out for cross country this year. The Phila. Owls failed to win a meet in 8 outings last season. Does this decrease sports movement among some colleges pay off?

Melbourne, Oct. 13 - Australian Olympic tryouts - 800 Meters, 1. Jim Bailey, 1:51.2 2. Don McMillen

Phila. Pa. Oct. 16 - X-Country - Villanova 23 - LaSalle 33 - 4 1/4 miles - Winner - Alex Breckenridge, Villanova, 21:24.5; 2. John Kopil, Vill. 21:54; 3. Earl Jefferson, LaSalle, 22:19.5, (Bettered the LaSalle school record of 22:30) 4. Earl Eldridge, LaSalle, 23:05; 5. Geo. Browne, V. 23:25.5; 6. Ed McCabe, LaSalle...

West Chester, Pa. Oct. 17 - West Chester State Teachers College 22 - Lehigh 34 - 5 Miles - Winner - Jerry Bankart, W.C. 25.47

Finland will be well represented though not definite yet, in the Olympic Games by Paavo Kotila, Eino Oksanen and European champ Veikko Karvonen, Antti Viskari, who beat some of the world's best on the deceptively fast Boston Marathon course a few months ago, could do no better than 7th in the recent Finnish Champs. Kotila won in 2:18.04.8 from Oksanen, 2:18.51, Karvonen 2:18.56.4 (What a race that must have been) and Pulkkinen, 2:19.27. This was believed to be the fastest marathon on record over a "round trip" course.

Some more Olympic distance predictions by the fans and athletes (not the experts) Jack Pyrah - Shanahan CC Phila. Coach - 1500m. Rozsavolgyi; Steep. Jerzy Chronik, (Ashenfelter, a mild threat if he gets in top shape again); 5000m. Iharos; 10,000m. Kuts; Marathon - Johnny Kelley, (possible) probably Karvonen...

George Brown - Baltimore Cross Country Club & South Atlantic AAU X-Country Chairman. 1500m. Iharos, Steeple. Rzhishchin, Russia; 5000 M. Landy (if he runs) if not Iharos. 10,000 m. Kuts, Marathon, Zatopek... (Ed. Just to get in on this little prognostication contest, I'll pick - 1500- Rozaavolgyi, Steeple. Rozsnyoi, 5000m. Pirie, 10,000m. Iharos, Marathon, Kotila
Cordner Nelson T&F News: 1500 - Bailey, Steeplechase - Chronik, 5000- Landy, 10,000- Iharos, Marathon- Zatopek..

The Australian marathon championship and Olympic trial in Melbourne (over the Games Course) on Sept. 8 was won by John Russell (NSW) in 2:26.37.8, from favorite Keith Ollerenshaw (NSW) 2:27.31.2, and Les Perry (Victoria) 2:29.08) Russell, a strong, determined type, is 24, 5'9" and rather lightly built. He went ahead 900yds. from the end and was very fresh at the finish. Ollerenshaw was very tired.

Oct. 21- Reported from Berlin, Germany - Emil Zatopek won an international 25 Kilo road race in Torgau, East Germany in 1:19.38.4 beating 2nd place F. Stourek a fellow Czech... Lappeenranta, East Finland- Oct. 21 - Antti Viskari, the sensational 28 year old Army Sgt. who failed to make the Finnish Olympic team after setting an unofficial world record last April in Boston set a new world record for 30 Kilometers today, running 1:35:05.6. The old official record of 1:35.23.8 was set in 1952 by Emil Zatopek at Bratislava, Czech. Only 300 spectators watched this great performance in freezing weather (temp. slightly above zero!) a freezing wind blew over the cinder track during the race. 4 started the run and only Viskari and Erkki Vlikala (1:40:55.6) finished... Oct.20 - Melbourne, Aus. Jim Bailey, Australia's chief hope in the Olympic metric mile captured the 1500 meters in the Aussie Olympic trials to go with his earlier 800 meter victory, last week. Bailey beat off Mervyn Lincoln's stretch bid to win the 1500 easily in 3:44.4. Brian Hewson, England won an 800 meter race in 1:49.7, bettering John Landy's Australian record of 1:49.8...

College X-Country - Sat. Oct. 20 - Manhattan 15 - Seton Hall 40. 5 Miles, Van Cortlandt Park, NY. 1. Cap't. Gerry Malloy, M. 26:31; 2. John Gormally, M. 26:46; 3. Ed McLaughlin, M. 27:01; 4. Ted Muellers, M. 27:30; 5. James Doulin, M. 27:34; (first Seton Hall finisher, John Kushner, 12th - 28:51...

N.Y. Oct. 19 - Harvard 25 - Columbia 39 - Penn 75. Columbia's Jose Iglesias placed first in 25:10.2 over the 5 mile course. Harvard's strong team won by placing men in the third through seventh slots, after Pete Reidle and Jim Schlae who had finished 2nd & 3rd, were disqualified because they cut the course.

Princeton, N. J. Oct. 19 - St. Joseph's of Phila. 24 - Princeton 50 Fordham 63. 1. Rod Zwirner, Princeton, 28:41; 2. Ed Mather, S.J. 28:45; 3. Art Cunningham, Fordham, 29:01; 4. Joe Sloan, S.J. 29:16.5; 5. Bob Haggerty, S.J. 29:34;

6. Jim O'Donnell, S.J. 29:35; 7. Henry Nealis, St. J. 29:42; 8. Jim Shields, S.J. The presentation of the check for the fabulous amount of \$9.30 on the B.B.C. Sportsview program to Gordon Pirie caused somewhat of a concern in jolly old England as to whether or not it was a wedding gift or merely consideration in lieu of his athletic prowess. Pirie and his wife, Shirley did in fact receive many presents from athletics sources but these were wedding gifts, the 3 pounds, 6 shillings, 6 pence being one of them.

Sat. Oct. 6 - Derek Ibbotson, England's 5000 Meter Olympic hope, showed much of his old fire when he won the 1500 m. at the Birchfield Harriers floodlit meeting at Birmingham last night. This was the equivalent to a 4:04 mile (3:46) conditions described as "bitterly cold". Alan Gordon did most of the pace-making but at the bell the 23 year old Ibbotson tore away to win by nearly 30 yards..

Sept. 30 Budapest, Hungary, Hungary 108 - Britain 104 dual T&F Meet. High spot of Sunday's events was the 10,000 m. won by Londoner Ken Norris in 29.56.4 over Josef Kovacs by a few yards.

Ontario, California - Olympic team practice meet - Skeptical fans found out that the U.S. Olympic team is in good shape and ready for Olympic competition after their second practice meet Oct. 20th. Results showed one world record, one world record tied, and two American records. Max Truex, young University of Southern California distance star set a new American record in the grueling 5000 meter run with a time of 14:22.8 seconds, bettering the mark set last week by Bill Dellinger by nearly three seconds. The two lanky Iowa Univ. stars captured the 1500m. (Ted Wheeler) and steeplechase (Deacon Jones).

Sunday, Oct. 14 - Phila. Pa. Middle Atlantic AAU Cross Country Committee's 5 mile run, Fairmount Park.. Browning Ross, Penn AC led almost all the way, briefly wandered off the course a quarter of the way out, but soon made it up to win by more than 100 yards. Penn AC coached by John St. Clair, Sr. won the team trophy with 21 points, Shanahan CC second with 34 points. Warm, 80 degrees. Prizes, 10 medals

ORDER OF FINISH.

1. Browning Ross, Penn AC. 25:10	13. Hugh Jascourt, Penn AC. 28:59
2. Luther Burdelle, Penn AC 26:41	14. Jim Smith, Penn AC. 29:13
3. John Cunningham, Penn AC. 26:41	15. Joe Rocco, Penn AC. 29:17
4. Jim Sumner, Shanahan CC. 26:47	16. Stan Lindner, Penn AC, 29:30
5. Vic Zwolak, Shanahan CC. 27:17	17. Don Mitchell, Penn AC. 29:44
6. Jesse Burdelle, Penn AC. 27:24	18. Vernon Ordiway, Shanahan CC 30:19
7. Bob Chambers, Shanahan CC. 27:30	19. Jim Ignus, Penn AC. 30:24
8. Bill Prater, Shanahan CC. 27:31	20. Henry Kincaid, Penn AC. 30:47
9. Steve Thomas, Penn AC. 27:37	21. Biagio Evangelisto, " 32:04
10. Matt Singleton, Penn AC. 27:51	22. Jean DeBrie, Drexel Univ. 35:44
11. Frank Batson, Penn AC. 28:18	23. Jim Beckett, Penn AC. 37:19
12. John St. Clair, Jr. Penn AC. 28:43	24. Walter Greene, Unatt. 38:46

Phila. Sun. Oct. 21, Heaney, Ross take X-Country Honors. Vesper BC's 31-year old Jim Heaney ran to victory in the 3 1/2-mile handicap cross country event, sponsored today by the Ontario AC in Fairmount Park. Browning Ross won the best time prize in 15:10 (Course probably 1/2 mile short). Husky Heaney, 6-1, scored by 10 yds. over Baltimore's Wayne Hanson. 42 starters. (The handicapping in the Middle Atlantic Area is murder! 5 1/2 mins. for 3 miles! High school boy's are better off staying home -which they do!) Shanahan CC won the team prize with a perfect score of 15 points, 2nd Penn AC, 44, 3rd Baltimore CC. 61 pts.

	Elapsed time	Hdcp	Actual Time.
1. Jim Heaney, Vesper Boat Club,	18:51	1:00	17:51
2. Wayne Hanson, Unatt.	18:53	2:00	16:53

Continued -Ontario AC - 3 1/8 mile run.

3. Tom Oslar, Shanahan CC.	19:01	-	1:30	-	17:31	Somebody fouled up these handicaps for the newspaper but the placings are correct. Luther Burdelle captured 2nd time and finished out of the first 25. The Middle Atlantic Area needs a modern up to date on the game handicapper. Prizes-large trophies to winner and time prize winner, plus 10 place medals, and one team prize.
4. Wm. Greenplate, Shanahan CC.		Go			19:05	
5. Vernon Ordiway, Shanahan	19:42	-	2:00	-	17:42	
6. Gus Constant, Vesper,	19:46	-	2:00	-	17:46	
7. Frank Kelloy, Shanahan	19:57	-	Go	-	19:57	
8. Ed Hothan, Shanahan	20:09	-	2:30	-	17:39	
9. Don Mitchell, Penn AC	20:13	-	3:00	-	17:13	
10. Jim Ognus, Penn AC	20:23	-	2:00	-	18:23	
11. Stan Lindner, Penn AC	20:24	-	3:00	-	17:24	
12. George Thrush, Vesper,	20:45	-	2:00	-	18:45	
13. Wayne Gallantin, Baltimore,	20:51	-	3:10	-	17:41	
14. Bill Lehman, Baltimore			1:00	-	19:39	
15. Browning Ross, Penn AC	5:30				15:10	
16. Vince Dellevalle, Vesper,			1:30		19:11	
17. Vic Zwolak, Shanahan			4:40		16:01	
18. Dick Clark, Shanahan			2:30		18:13	
19. Bob Chambers, Shanahan			4:30		16:17	
20. Frank Batson, Penn AC.			4:00		16:52	

Villanova Wins X-Country Meet. Oct. 25- Scottish mile champion Alex Breckenridge captured 1st-place laurels for the 2nd time in a row and Villanova Univ. (3-1) won its 3rd straight as the Wildcats defeated Fort Monmouth (N.J.), 18-38 in a dual meet over the 5 1/5 -mile course at Villanova yesterday. The Wildcats lost only to Pitt in a triangular meet early in the season. Ron Delany leaves for Australia Nov. 15th. He has been working on speed sharpening up lately & is bypassing the long jaunts over the X-Country trails. SUMMARIES: 1. Alex Breckenridge, Villanova, 2. John Kopil, Vill. 3. Lt. Ed Shea, Ft. Monmouth; 4. George Browne, Vill. 5. Al Peterson, Vill. 6. Nick DiMaio, Vill. 7. Richard Ollen, Ft. Mon. 8. Fred VanEyk, Ft. Mon. 9. John Blood, Ft. Mon. 10. Joe Armon, V. Time: 25 Minutes, 51 seconds.

Oct. 8- Guelph, Ontario, Canada - Thanksgiving (Canadian) Day Road Runs: In the most fantastic thing I've ever heard of in distance running - 10 distance events in one day plus 2 relays and three sprints - "It was a great day for the races as the saying goes, and throngs of Guelphites and visitors lined the streets for the running of the Thanksgiving Day Road Races.

Gordon Dickson of the Calgary AC ripped off the 15 mile going in 1:21.24 to head Barry Lush of the Hamilton C.C. and Norman Neilson of the Toronto Gladstone AC. The western speedster showed his heels to the pack despite the handicap of a badly swollen toe... John Vamplew of the Toronto O.C. was only 42 secs. off the course record in the 5 mile open event... College student Alan Claremont hit the tape ahead of Paul Pooe of Toronto in the gruelling 10-mile x-c run. A long standing argument in Ontario as to who was the fastest was solved, at least temporarily, in the 3 mile jr. boys event when Toronto O.C.'s Jim Irons defeated Galt's Billy Reynolds in their first meeting. Results: 20 Kilo Walk: 1. Alex Oakley, Oshawa; 2. Jim Hewson, Buffalo; 3. Adolph Weinacker, Detroit; 4. J.E. Wall. (Time- 1:31:16)... 15 Mile Open - 1. Gordon Dickson, 2. Barry Lush, 3. Norman Neilson; 4. Arie Vandermeer, St. Catharines; 5. George Norman, Gladstone AC. 6. Albert Hay, 7. Sid Smith, HOC. 8. T.K. Douglas, Gladstone, 9. Al Pedlar, (First Guelph man, Terry Curzon.) Time of winner - 1:21:24. 10 Mile X*Country - 1. Alan Claremont; 2. Paul Pooe; 3. Lorne White, Guelph; 4. Ken Lamb, H.O.C.; 5. Don Pettitt, 6. Jack Geddes. Time: 58:07 for the hill and dale course... 5 Mile open: 1. John Vamplew, 2. Randy Mason, T.O.C. 3. Bob Goldie, Gladstone AC. 4. Ivan Robb; 5. Jan Kivisild, Gladstone. Time - 26:49. 3 Mile Jr. Boy: 1. Jim Irons, Toronto O.C. 2. Billy Reynolds, Gladstone; 3. Ed Graydon, Hamilton Delta Collegiate; 4. Art Hackett, Guelph, 5. David Meylan, 6. Bruce Andrews. (Time: 15:44.5 - Irons bettered his course record by 7/10 sec. Three Mile (Open to Local) 1. Art Hackett, 2. Lorne White, 3. Don Prior, 4. Ron Nichol, 5. Geo. Corbett. Time: 16:33. Two Mile: 1. Bruce Andrews 10:47... One Mile: Ed Blythe 5:40 etc. etc. on down to 100yds for young kids...

Sat. Oct. 13- DICKSON CAPTURES AROUND-THE-BAY RACE- Canada's most historic road race, Hamilton, Ontario - Gord Dickson "the Clarendon Comet", continued his murderous assault on the Ontario road race circuit today in 70 degree weather as he captured Canada's oldest distance event, in easy fashion. His time of 1 hour, 52 minutes and 16 seconds, was good enough to defeat a field of 29 asphalt pounders. Runner-up to Dickson was last year's winner Barry Lush, of Hamilton Olympic Club, who was over 3 minutes behind the winner's winning time. Dickson winner of the 10 mile New Year's day race in Hamilton; Dundas 15 mile; Guelph 15 mile; winner at the Canadian Nat. Exhibition besides numerous triumphs below the border this year, ran on a big toe that had been operated on hours before race time. A local doctor removed the nail from his toe, which was giving him considerable pain. The former NYU student, who'll be taking residence in Hamilton soon to become a school teacher, put on a tremendous spurt in the final 3 miles to pull away from Lush and Arie Vandermeer, who had alternated with the lead until Dickson decided to get earnest. Another former winner Arnold Briggs finished 8th, a bad knee handicapped the Syracuse runner. Doug Kyle and George Hillier didn't start as expected. The inaugural running of the Earle E. Gladwell memorial race of 2 1/2 miles for junior runners went to Delta Secondary school's Ed Graydon, a 10 second winner over Billy Reynolds of Galt Track Club. Graydon's time was 10:37 (1/2?) A field of 48 competed in the short race. 29 started in the Around Hamilton Bay Race of approx. 19 miles 300 yds.

Aronnd - bay Race Summaries:

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| 1. Gordon Dickson, Claresholm, Alberta, | 1:52:16 | 12. Whitey Sheridan, H.O.C. |
| 2. Barry Lush, Hamilton Olympic Club, | 1:55:54 | 13. Karl Paakkola, Gladstone |
| 3. Arie Vandermeer, St. Catharines, | 1:59:08 | 14. Frank Preston, Hamilton |
| 4. Norm Neilson, Gladstone A.C. Toronto, | 2:00:11 | Police AAA. |
| 5. George Norman, Gladstone A.C. | 2:00:57 | 15. Ron Nichol, Guelph |
| 6. Ralph Eilberg, Penn A.C. Phila. Pa. | 2:02:59 | 16. Len Gilbert, East Yk. |
| 7. Ken Lamb, Hamilton O.C. | 2:03:47 | 17. Ed Siosa, Hamilton Police. |
| 8. Arnold Briggs, Syracuse, N.Y. | 2:06:23 | 18. John Rowe, Gladstone A.C. |
| 9. Lorne White, Guelph Legion, | 2:10:38 | 19. Ken Twigg, Gladstone |
| 10. Sid Smith, Hamilton O.C. | 2:10:59 | 20. Terry Curzon, Guelph. |
| 11. Ken Douglas, Gladstone A.C. | | |

GORD DICKSON WINS CANADIAN SENIOR X-COUNTRY TITLE OVER 6 MILE COURSE IN HAMILTON. Sat. Oct. 20- Fundarn Park, Rolling Hills. Gordon Dickson the transplanted Albertan now running for the Hamilton Olympic Club, romped to an easy victory in the 6 mile event of the Canadian cross-country championship today. The inability of the other entries to press Dickson dashed any hopes for a new record. After taking the lead one mile from the finish, Dickson breezed home several hundred yds in front of the 2nd place Dick Carmichael, of the Toronto Olympic Club. The winning time of 29:44 was well off the record of 28:50 set last year by Henry Kennedy of Toronto and Michigan State's 1944 X-Country Champion. The team prize went to the Toronto Olympic Club with the Toronto Gladstone Club second. (Ed, Gordon Dickson's reported 30:02.4 or 30:24 as I reported last month, at the Canadian National Exhibition for 10,000 meters was actually 32:04 - mistake in paper.)

Summaries Senior (Six Miles) 1. Gordon Dickson, HOC, 29:44; 2. Dick Carmichael, TOC, 30:27; 3. John Vexplew, TOC, 30:31; 4. John Walter, Buffalo YMCA; 5. Paul Poce, TOC; 6. Randy Mason, TOC; 7. Bob Robb, TGO; 8. Bob Goldie, TGO; 9. Norman Neilson, TGO; 10. Jan Kivisild, Toronto Gladstone Club.

Junior (2 1/2 Miles) 1. Jim Fene, TOC, 15:18 (better record by 25 seconds) 2. Bill Reynolds, Galt Track Club, 15:31; 3. Ed Graydon, Delta, 15:42; 4. Ron Nichol, Guelph; 5. Henry Sundin, HOC; 6. Bob Martin, HOC; 7. Don Oliphant, Delta.

Juvenile 2 Miles - 1. Bob Phillips, London, Ont, 15:02 (for boy's under 19)

Midget (1 1/2 Miles - for boy's under 16) 1. Bob Andrews, Guelph; 2:26 new record, New England 20 Kilo Walking Championship Oct. 22 - Providence, R.I. 47 starters.

1. Carl Stinson, No. Medford Club; 2:02.36; 2. Ted Miller, NoMed Club, 2:24.46

3. Winn Benton, Mitchell Club, 2:03.40; 4. Fred Brown Sr. No Med Club, 2:05.10

Team No. Ned 17 - 2. Gentlemen's Excursion Society AA 44pts. (The Gentlemen's Excursion Society AA was formed just before the walk and was made up of the Pawtucket High, Woonsocket High, Classical High, and several track men from M.I.T. Brown and Rhode Island State.)

College X-Country - Fri. Oct. 26 - LaSalle College of Phila. 17 - Temple 42

Four explorers shared first place, Earl Jefferson, Earle Eldridge, Ed McCabe and Jerry Butler came home together in 24:31 for the 4 mile distance. 5th Art McCall, T. Fri. Oct. 26- Cobbs Creek, Phila. Princeton 29 - Columbia 32 - Penn 69.

Rod Zwirner, Princeton's undefeated soph. upset Columbia's previously undefeated Sophomore star, Jose Iglesias with a time of 21:28. Iglesias, winner of all 4 of the Lions' previous meets and who established course records at New York and Dartmouth, toured the 5 mile course in 21:35 (Ed, Boy! these college times and distance certainly don't add up??).

(Ed: I recently received this interesting letter from Doctor Charles Robbins in reference to Achilles tendon trouble which usually troubles most runners during their running careers. It should prove enlightening to all distance runners.

Box 351
Middletown, Conn.

Dear Bfowning,

Received your card and it sounds as though you have a tendon sheath inflammation (tenosynovitis). There are all types of treatments but none specific. Most doctors advise rest and heat, I don't feel that rest is a good treatment for anything. I feel that they should mildly exercise- for you, just jogging two or three miles or whatever feels easy.

I have had this condition for years. Funny thing is, it always begins in the summer and lasts until the cold weather comes. This is just the opposite of what you would expect. I just train very easily and when I am well warmed up, I may do a sprint or two. As for races, it seems as though I have been able to hobble through them without too much loss of speed. This may be an interesting time or opportunity for you to learn a new style which will save your tendons a little. Every time I have a pain, I have been interested to see if I can run with it and favor it. In this way sometimes you hit on another style which you can use from time to time, especially during long races. The main thing to be careful of is that you don't run too far favoring the pains - that is, with the new style - and get sore shins, ankles or what have you. The idea is to just run it a little way. I don't mean as a permanent change, but just to add to your bag of tricks.) I feel that when you rest completely, by the time the pains have gone you are in such poor condition that you have to work so hard to get back in shape, you will probably hurt something else or have them come back. If you mean by resting, very easy running for 10 to 15, or what have you, miles per week, that is more like it. One good test is to see if after running a long time they seem to get a little better (toward the end of the workout.) If they do, you may be safe in training just about as much as you want to. Bicycle riding combined with jogging - good.