

Vol. 2 - No. 24. December, 1957. .25¢ per issue. \$2.50 per year. 306 W. Center St. Woodbury, N.J. Contributors this month - Joe Kleinerman, Neil Farrell, Bob Craib, Don Jacobs, Bill Jameson, Dick Park, Bill Marot, Bob Campbell, George Brown, Dick Packard, H.E. Martin, Nolan Fowler, Curt Stone, Hal Higdon, Mike Allen.
 "BEST WISHES FOR A HAPPY AND HOLY CHRISTMAS"

12 - Roman AC 5 m Handicap
 5 - Benurack 9 m
 10 - Camden Y MCA
 11 - May Club 5 m Handicap

MACY WINS SA. NATIONAL AAU X-COUNTRY TITLE IN CHICAGO: NEW YORK AC WINS TEAM TITLE.

CHICAGO, DEC. 7 - Jan Macy, 26-year-old Polish refugee who attends the University of Houston, won the AAU 10,000-meter cross-country title today with a time of 31:12s. The race was sponsored by the University of Chicago Track Club and run over the Washington Park Course. The course was level and almost all grass except for a couple bridges and walks that had to be crossed. The pace was quite even and a little slow for the first three miles. Then Macy took up the pace and the group thinned out. At least a dozen runners ran in a bunch until the 5 mile mark, and as the results show, no great gaps were opened over the first runners. The level course probably contributed to that. The team race was quite close, but the New York AC won the team title in the race for the eighth straight year! (King, McCardle, Stone, Lubina & Dougan). The race was well run, the official results were available as the runners left the course to go back to the gym, and dittoed results were available before the athletes departed. Buffet lunch served. The UOCTC will also sponsor and conduct next year's title run.

- | | |
|--|---|
| 1. Jan Macy, U. of Houston Track Club, 31:12 | 16. John VanPlew, Toronto OC, 33:09 |
| 2. Doug Kyle, Hamilton Olympic Club, (110 yrs) 31:33 | 17. Allan Lubina, New York AC 33:12 |
| 3. Jerry Smartt, U. of Houston, TC, 31:37 | 18. John Dougan, NYAC, 33:18 |
| 4. George King, New York AC, 31:46 | 19. Gerald Norman, Toronto OC, 33:22 |
| 5. Peter McCardle, New York AC, 31:48 | 20. Walt Doiko, UOCTC, 33:25 |
| 6. Phil Coleman, U. of Chicago TC, 32:00 | 21. Ben Almaguer, UOCTC, 33:30 |
| 7. Gar Williams, U. of Chicago TC, 32:04 | 22. George Rankin, Toronto OC 33:44 |
| 8. Dick Carrichael, Toronto Olympic C. 32:12 | 23. Jarrard Ashmore, Unatt. 33:50 |
| 9. Tom Skutka, Unatt. (U. of Kansas) 32:14 | 24. D. Pistulka, So. Dakota St. 33:58 |
| 10. Walt Boehm, San Francisco Olympic C. 32:20 | 25. Julius Penzes, Cleveland Magyar AC, 34:02 |
| 11. Hal Higdon, U. of Chicago, TC, 32:25 | 26. Don Loadman, U Houston TC, 34:06 |
| 12. Curtis Stone, New York AC, 32:30 | 27. Lawton Lamb, UOCTC, 34:20 |
| 13. Reggie Darley, U. of Houston TC, 32:39 | 28. Mario Garcia, U Houston 34:27 |
| 14. Jim Irons, Toronto Olympic Club, 32:51 | 29. John Kopil, NYAC, 34:36 |
| 15. Bob Kelly, U. of Chicago TC, 32:58 | 30. Bruce Leckerbie, NYAC, 34:37 |
- other finishers: 31. Terry Long, U of Houston TC, 34:41; 32. Harold Harris, Unat. 34:43; 33. Arno Richards, UOCTC, 34:44; 34. Ray Monzio, UOCTC, 34:46; 35. Andrew Bojeca, Cleveland Magyar AC, 34:58; 36. Paul Pocco, Toronto Olympic Club, 35:14; 37. Wayne Buff, U. of Chicago TC, 35:32; 38. Leslie Herodun, Cleveland Magyar A.C. 35:55; 39. Peter Uhlir, Cleveland Magyar AC, 36:11; 40. Don Santi, Unatt. 36:31; 41. James W. Wallace, Jr., Unatt. 37:16; 42. Richard T. King, UOCTC, 37:31; 43. Neil Levy, Unattached, 39:28; 44. Sam Ash, UOCTC, 39:32; 45. William Gasper, Cleveland Magyar A.C. 40:07... Team Scores: 1. New York Athletic Club- 45; 2. U. of Chicago Track Club, 48; 3. U. of Houston Track Club, 54; 4. Toronto Olympic Club, 65; 5. Cleveland Magyar A.C., 126; 6. UOCTC "B"- 127

Melbourne, Dec. 7 - Olympic Park, Hervyn Lincoln, running his first serious race of the season, won a 4:05.7 mile today. The first five runners all finished under 4:10. Lincoln ran 4th or 5th until the last 200 yards, then he sprinted and won by 10 yards. Lincoln's splits: 63,61,63, 56.7. John Murray finished second in 4:05 and Pat Olohesy was third in 4:08. Kevin Gasper won the 440 in 48.1 over Harry Jewell, 48.8... Dec. 8- Albert Thomas, 22-year-old Sydney runner, bettered John Landy's Australian three-mile record by 1.5 seconds today, winning in 13:25.9 in the annual dual meet between the States of New South Wales and Victoria.

Although he crased Landy's mark, Thomas was 11.7 seconds off the world record, 13:14.2, held by Sander Iharos, Hungary. Thomas led all the way at Olympic Park to defeat Pat Olohesy by 200 yards. (Warm and sunny day)...

MAX TRUZZI AND MAL ROBERTSON SET NEW U.S. TWO MAN, TEN MILE RELAY MARK.

Dec. 3- Southern California track. Time: 42:49.8. Max's effort, considering two hard cross country runs and two long airplane trips last week was excellent.

Mal Robertson -		Max Truex -	
1. 63.1	13. 66.5	1. 63.4	13. 63.6
2. 63.0	14. 66.8	2. 63.2	14. 63.6
3. 64.2	15. 67.4	3. 63.0	15. 63.7
4. 64.7	16. 66.9	4. 63.2	16. 63.5
5. 65.6	17. 66.8	5. 62.8	17. 63.2
6. 65.1	18. 65.4	6. 62.6	18. 62.7
7. 65.7	19. 67.0	7. 63.5	19. 61.2
8. 65.7	20. 63.1	8. 62.6	20. 60.3
9. 65.8	Average: 65.5	9. 63.2	Average: 62.8
10. 66.0		10. 63.0	
11. 66.0		11. 62.1	
12. 67.0		12. 62.6	

Shanahan CC Marathon - Sunday, Jan. 5th. 4624 Lancaster Ave. Phila. Pa. (Entries to Jack Pyrah, 512 Sherwood Ave. Gloucester, N.J.) MAAU and Open Championship Run.

JOHNNY KELLEY RUNS ARMY WITH NEW ENGLAND I.A.A. U. CROSS COUNTRY CHAMPIONSHIP
 Nov. 24, 1957 2 P.M. Franklin Park, Boston, Mass. (45 m.p.h.; windy and sunny)
 Johnny (the younger) beat Bill Hanlon of Providence College by a quarter of a
 mile. The former Boston University track great, ran away from the pack after
 the first mile... Teams: 1. Harvard Univ. 28; 2. Boston AA. 48; 3. Providence
 College, 50; 4. Boston AA. (B) Team, 93; 5. North Medford Club, 125.

1. John J. Killy, Boston AA. (A)	30:31	21. Pat Stewart, Prov. College,	34:50
2. William Hanlon, Prov. College,	31:28	22. John DeJouandrea, BAA (B)	35:03
3. Don Benjamin, Harvard Univ.	32:06	23. George Terry, BAA. (A)	35:28
4. Art Reider, Harvard Univ.	32:32	24. Don Fay, BAA (B)	35:29
5. Jim Schlaeppl, Harvard Univ.	32:34	25. Royce Sawyer, North Med.C.	35:32
6. William Thompson, Harvard Univ.	32:35	26. Dain Oliver, Harvard Univ.	35:43
7. Al Confalono, Boston AA. (A)	32:34	27. William Feeney, BAA (B)	36:07
8. Dave Morris, Harvard Univ.	32:37	28. Bill King, BAA (B)	36:27
9. Robert Harris, Harvard Univ.	33:07	29. Bill Marot, North Med. Club	36:35
10. Charles Goetz, Harvard Univ.	33:12	30. Dennis Carey, Prov. College	36:39
11. Robert Damberger, Prov. College	33:14	31. Paul Schell, No. Medford C.	37:05
12. Larry Berman, What.	33:27	32. Jim Goucill, No. "	37:06
13. Richard Packard, Boston AA. (A)	33:32	33. Edward Seigal, Harvard U.	37:17
14. Ed Brackett, Boston A.A. (A)	33:58	34. William Wilcox, No. Med.C.	37:43
15. John Gray, Boston AA. (B)	34:06	35. Jim Green, BAA. (B)	37:44
16. Robert Ruggieri, Prov. College	34:10	36. William Fourich, BAA (B)	38:26
17. Robert Ames, Providence College	34:28	37. Richard Gelien, What.	40:06
18. Paul Phinney, North Medford C.	34:37	38. George Grzebich, No. Med.C.	41:00
19. Joe Julian, Harvard Univ.	34:44	63 starters - 36 finished.	
20. John Booras, Boston AA. (A)	34:45		

Thurs. Nov. 28- 47th annual City Hall to Seney Island Walk, New York (Handicap)
 Johnny Morrissey, a 19-year-old orphan from Springfield, Mass., representing the
 North Medford (Mass.) Club, won the ten and one-half mile walk in 1 hour 43 mins.
 25 secs. Carl Kurr, a 24-year-old entrant from the Penn AC., Philadelphia, one
 of the two scratch men in the race, had the fastest time, 1:31:06. Carl finished
 eighth. The other scratch man, Ronald Laird, New York Pioneer Club, was 37 secs.
 slower than Kurr and finished twelfth in the race. Last year's winner, the 45-
 year-old Marion K. Ritchie, crossed the finish line in third place but was disqu-
 alified for nonconformity with the rules of walking. The judge ruled that the
 former test pilot at times was trotting, not walking (El. Reminds me of my good
 friend, John Dond, at the Helsinki Olympic Games. Walking along in 6th place
 upon entering a long tunnel, he miraculously "inched" up to 12th before he reached
 the end of the darkened tunnel! -- Bill Ashenfelter swears he timed John in 4:48
 for the mile loop tunnel.)

1. John Morrissey, NYC, Hicap-20,	1:43:25	6. Chas. Berry, S.I. Harriers (26)	1:56:51...
2. Paul Schell, NYC,	9 mins. 1:56:34	7. Bernard Dakin,	A.C. (3) 1:59:59...
3. Paul Roughgarden,	18 " 1:46:45	8. Carl Kurr *	9. Dick Palatine, Utica, NY, What.
Queens College AC		(11) 1:42:29...	10. John J. Abbate,
4. David Lakritz, 92nd St. YMAA	12- 1:41:28	Penn AC (13) 1:42:29...	11. George
5. Alex Treven, Penn AC	26 mins. 1:36:12	Casper, Penn AC (10) 1:41:42.....	
Team: 1. Penn AC, 11; 2. Queens Coll. AC 19;		37 finishers: Sponsor-Walker's Club	
3. Staten Island Harriers, 19; 4. NYAC, 29			

Thurs. Nov. 28- Poughkeepsie, N.Y. I.M.C.A. Road Races (27th annual) 5 mile- 9am
 & 10 mile- Immediately following the 5 mile.. Robert Cheves, a 20-year-old junior
 from Boston, took the ten-mile run through the city streets, winning in 36 minutes
 18 seconds after tying for fourth place in the five-mile test won by Ben Johns, a
 21-year-old sophomore from Niagara Falls, N.Y. in 24:39, three seconds off the
 record set last year by Tom Hoffman of Union College, who did not defend his laure-
 els. The leading finishers: 5 Miles: 1. Ben Johns, Syracuse, 24:39; 2. Robert
 Osberne, Syracuse, 25:01; 3. Ray Schnerer, Syracuse, 25:15; 4. Bryant Wood, Syrac-
 use, 25:24 & Robert Cheves, Syracuse Univ. 6. Frank Rasterson, Cobleskill, 25:36,
 7. Art Somers, Barrytown, 25:45, 8. Tom Schepinkey, Cobleskill, 26:06; 9. Don
 Freedman, Barrytown, 26:15; 10. Orville Flynn, New York Pioneer Club, 26:19.....
 Ten Miles: 1. Robert Cheves, Syracuse Univ. 36:18; 2. Robert Dalamat, Cornell,
 57:00; 3. Thomas O'Brien, NYAC, 57:10; 4. Jim Borden, NYAC, 57:28; 5. Nat Circul-
 nick, NYAC, 57:40; 6. Gary Thompson, Gland Teachers, 58:30; 7. Peter Told, Cortland
 Teachers, 58:30; 8. Herb Navarro, St. Anthony's B.C., NY, 59:19; 9. Arnold Uhrlass,
 St. Anthony's, 60:20; 10. Hank Veix, Cortland, 61:25... Awards - Trophies to first
 10 finishers in each race, team trophy, and medals to all finishers.. Race direct-
 or- Donald J. McKiernan, Poughkeepsie, YMAA.

Cincinnati, Nov. 28- Robert Schul of Miami University and West Milton, Ohio, today
 won the 47th annual Elks Club six mile cross-country run in the record time of
 27:35. (?) The old record was 28:19, set by Jack Blackburn of Columbus, Ohio, 3
 years ago.

Vancouver, BC, I 1/9/57. DFW Meet- 4 Miles, Sor. Idaho, 14, U of BC 51.
 1. Frank Wyatt, Idaho, 21:27; Ray Tatten, I. Ron Adams, I. Jack Burnett, UEG, Jim
 Moore, WSC... Jr. 2 1/2 Miles, 1. Glenn Houge, WACE... 23 2 1/2 mile, 1. Glenn Ferguson
 Oliver 18, Vancouver, BC, 14:19... Inland Empire- at Spokane, College- 1. Bob
 Yoder, WSC, Idaho's top 2 men took a wrong turn and cut 200 yds. off the run and
 were disqualified. WSC 24, Idaho 26... Dual Meet- 1. Ron Adams, Idaho; I. 18, WSC 42
 Dual Meet, 1. Ray Tatten, Idaho, I. 18, WSC, 38.. Dual Meet, Frank Wyatt, I. 1.16,
 WSC 36. Notice the two top teams in the Pacific Coast x-c meet? Idaho, Oregon.

KELLEY WINS MANCHESTER ROAD RACE IN RECORD TIME; PETE CLOSE SECOND BEFORE
 12,000 Fans.. Thurs. Nov. 28- Manchester, Conn. JOHNEY KELLEY, of New London, Conn. and the Boston A.A. ran away from a field of 78 contestants to win the 21st running of the Manchester 5 Mile Road Race. Kelley was clocked in the record-shattering time of 23:59.3. The Groton, Conn., schoolteacher was a good 300 yards ahead of runner-up Pete Close of St. John's University in Brooklyn, N.Y. Close covered the course in 24:20 to match the old record set in 1953 by Kelley. Excellent weather conditions prevailed for the holiday race. There were 114 entries received but only 78 started and 78 finished. For the 7th straight year the race was sponsored by Nutmeg Forest, No. 116, Tall Cedars of Lebanon.

Kelley, a 5'5" 126 lbs athlete, took over the lead from pace-setters Lew Stieglitz and Close at the 2 mile mark and gradually pulled away to equal the record of Joe McCluskey as the only four-time winner of the Silk Town bunion derby. Fabulous Joe, now the track coach of the New York A.C. won in 1930-31-32 and 1947. Kelley copped first honors in 1951-52-53. Team honors went to St. John's (Close, Stevens, Crumpley) 16 points. 2. Finnish-American A.C; 3. Harvard Univ. 4. Manhattan College; 5. Boston AA; 6. William & Mary. There were 14 teams entered. Best showing by a H.S. runner was Bob Leah of Conard HS, West Hartford, who placed 28th. The first 25 finishers received awards, as did the first three H.S. finishers and the first three men from the top two teams. All contestants had a full course turkey dinner following the race.

- | | | | |
|--|---|--|-----------------------------------|
| 1. John Kelley, Boston AA | 23:59 | 16. William Poole III, Hamilton Col. | 26:58 |
| 2. Pete Close, St John's Univ. | 24:20 | 17. Paul Pulitz, St. John's Univ. | 26:46 |
| 3. Lew Stieglitz, Finnish-Amer.AC | 24:38 | 18. Bruce Bartlett, Hamilton Coll. | 26:47 |
| 4. Robert DeTombe, William & Mary | 25:18 | 19. Lawrence St.Clair, Manhattan | 26:48 |
| 5. Dick Hart, Unat. Windsor, Conn. | 25:22 | 20. Charles Cohen, Univ. of Conn. | 26:48 |
| 6. Robert Scharf, Trinity College | 25:45 | 21. Nat Cravener, Cornell Univ. | 26:49 |
| 7. Lionel Stevens, St.John's Univ. | 25:47 | 22. William Thompson, Harvard Univ. | 26:52 |
| 8. Manfred Kandschur, Fin. Amer.AC | 25:47 | 23. Dr. Charles Robbins, NYAC, | 26:53 |
| 9. Grady Crumpley, St. John's U. | 25:56 | 24. Al Frazier, U. of Connecticut, | 27:00 |
| 10. Al Thompson, St. John's Univ. | 25:56 | 25. Paul Phinney, North Medford Club | 27:02 |
| 11. James Schlaoppi, Harvard Univ. | 26:00 | 26. Kye Courtney, Manhattan College | 27:12 |
| 12. Charles Dyson, Fin. Amer. AC. | 26:02 | 27. George Terry, Boston AA. | 27:18 |
| 13. Brandon Harrison, Harvard Univ. | 26:11 | 28. Bob Leahy, Conard, H.S. | 27:24 |
| 14. Richard Brinley, Manhattan Col. | 26:35 | 29. Gil McHair, William & Mary, | 27:30 |
| 15. <u>Norman Higgins, Fin. Amer. AC</u> | <u>26:35</u> | 30. <u>Scott Glendaniol, Manchester Har.</u> | <u>27:31</u> |
| 31. Alfred Cross, Central Conn. | 27:36 | 32. Hub Segur, Trinity College, | 27:36; 33. |
| Gerry Vichi, St. John's Univ. | 27:39; | 34. William MacArdle, Brown Univ. | 27:39; 35. |
| Robert Langen, Trinity College, | 27:44; | 36. Frank Barnes, W&M, | 27:45; 37. Richard |
| Shorman, U of Conn. | 27:45; | 38. William Marot, North Medford Club, | 28:16; 39. Donald |
| Wojtyna, U. of Conn. | 28:37; | 40. Robert Niodoran, U. of Conn. | 28:44; 41. William |
| Feenoy, Boston AA. | 28:44; | 42. David Williams, Springfield College, | 28:54; 43. Anth. |
| Perrone, St. John's Univ. | 29:14; | 44. Colin Pitblado, U of Conn. Fresh, | 29:30; 45. |
| Ed Whittingslow, Hope HS, Providence, | 29:36; | 46. Robert Russell, Central Conn. AA. | |
| 29:42; 47. James Council Jr. North Medford Club, | 29:45; | 48. Robert Kwash, Manchester | |
| Harriers, | 29:48; | 49. William Wilcox, No. Mod. C. | 29:48; 50. Dave Barsloau, Central |
| Conn. AA. | 30:03 (As per usual, most of the huge crowd stayed to watch the last man finish, and once again this "honor" went to 67-year-old Amos Kujala of the Boston AA. The applause that greeted the Harvard, Mass., veteran rivaled that given to Kelley. Kujala responded when he sprinted the last 50 yards to the finish line. Once again he was the recipient of a special award from the Tall Cedars. Kujala's time-44:33). | | |
- Scoreboard Since '45
 1945- Charlie Robbins, Herb Stevenson, Fran Leary 26:10.. 1946 Robbins, Tom Crane, Joe McCluskey, 25:09; 25:09.. 1947 - Joe McCluskey, Bob Knowles, Jesse VanZant; 25:02.. 1948- Ted Vogel, Fred Schoeffler, George Terry; 25:03.. 1949 - Tom Crane, Fred Schoeffler, John Kelley; 24:48; 1950 - Fred Schoeffler, John Kelley, John Lafferty; 24:55; 1951- John Kelley, Tom Crane, Bob Black; 24:30.. 1952 - John Kelley, Austin Scott, Chas. Robbins; 25:33.. 1953 - John Kelley, Chas. Robbins, Nick Costas; 24:20 1954 - Nick Costas, Dick Hart, Fred Schoeffler; 24:42.. 1955 - Dick Hart, John Kelley, George Terry; 24:28.. 1956 - Chas. Dyson, Alan Shalor, Bob Scharf; 25:34.....

MAX TRUOX WINS 1st ANNUAL PACIFIC COAST CONFERENCE CROSS COUNTRY CHAMPIONSHIP.
 Nov. 30- UCLA's four mile course (all but a few hundred yards over very rugged hilly course). 10 a.m., 76°, 44 starters, 39 finishers. 1. Max Truox, Southern Calif. 20:32.6 (course record); 2. Frank Wyatt, Idaho, 21:05.1; 3. Jim Grelle, Oregon, 21:14; 4. Ken Riding, UCLA, 21:19; 5. Mark Robbins, Oregon, 21:28; 6. Ray Hatton, Idaho, 21:41; 7. Ron Adams, Idaho, 21:42; 8. Roger Price, Calif. 21:43; 9. Ed Baldwin, Oregon, 21:49; 10. Dick Boyce, Idaho, 21:50; 11. Pete Rodriguez, UCLA, 21:51; 12. Hayward Orms, Calif. 21:55; 13. Jack Larson, Washington, 21:59; 14. Jim Bailey, Oregon, 22:01; 15. Mal Robertson, Southern Calif. 22:03; 16. Gene English, Washington, 22:07; 17. Doug Martin, Stanford, 22:08; 18. Bob Holland, UCLA 22:09; 19. Keith Wallace, Stanford, 22:10; 20. Ernie Bramson, Washington, 22:11.. Team Scores: 1. Idaho 25, 2. Oregon, 31, UCLA, 58, Southern Calif. 67, California, 72, Stanford 90, Washington 95, Washington State, 112. (All of Idaho's men are from England. They are all in mid or late 20's.. Over 300 turned out to see race under ideal conditions. PCC finally realized the benefit of a H-S Championship. Max Truox was selected by the National Long Distance Committee to represent the U.S. in the 7,200 meter Sao Paulo, Brazil, New Year's Eve, Road Run. Usually they take our 1st finisher in the AAU Championship, but Max's record warranted the early choice. He is our best possibility to date with a chance of winning this great race.

SMARTT PROVES TO BE BEST MUDDER IN SHAMROCK RUN (National AAU Jr. Cross-Country) Thursday Morning, Nov. 26- Louisville, Kentucky. Jerry Smartt of the University of Houston led his teammates to victory in the 10,000 meter Shamrock sponsored Junior National AAU Cross-Country championship.. Smartt covered the rainsoaked Bellarmine College campus route in 34:19, almost a minute ahead of Gar Williams of the Univ. of Chicago. The times do not represent the abilities of the runners, for the course (a very hilly one to start with) was very slick from a two hour rain.

- 1. Jerry Smartt, Houston, 34:19
 - 2. Garnett Williams, Chicago Univ. 35:03
 - 3. Reggie Darley, Houston, 35:34
 - 4. Kent Osborne, East Tennessee State, 35:37 (captured the 3000 meter steeplechase last summer in the N.A.I.A. meet, at San Diego in 9:46.6, the first time he had ever tried the event. He was 5th in the 2 mile in the same meet in 9:30.6. He's a junior in college.)
 - 5. Billy Reynolds, Michigan State Fresh, 36:13
 - 6. Bob Kelly, Chicago TG, 36:25
 - 7. Press Wholan, Kentucky Univ. 36:31
 - 8. Hal Higdon, UCTG, 36:33
 - 9. Don Loadman, Houston, 37:01
 - 10. M. Garcia, Houston, 37:03
 - 11. Terry Long, Houston, 37:13
 - 12. E.G. Plummer, Kentucky, 37:15
 - 13. Al Bosman, Houston, 37:16
 - 14. Ben Almaguer, Chicago 37:17
 - 15. Harold Harris, Illinois, 37:18
 - 16. Elaine Adkins, Berca, 37:25
 - 17. Lawton Lamb, Chicago, 37:29
 - 18. Stan Wheeler, Mich.St. 37:42
 - 19. Floyd Romack, Indiana 38:06
 - 20. Arno Richards, Chicago, 38:11
- TEAM: 1. Houston, 28; 2. Chicago Univ. Track Club, 38; 3. Univ. of Kentucky, 76.

In an earlier 5,000-meter race for high schoolers, Charles (Poo Woo) Wine of Louisville Trinity HS won over last year's individual champion, Thomas Clements of Bardstown St. Joe. Wine covered the distance in 17:42. Behind him and Clements were John Baxter of Lexington Lafayette, Joe Cissoll of Bardstown St. Joe, Tinley Logan of Lincoln Institute & Ed Cleary of Fern Creek. Team: 1. Trinity, 41; 2. Fern Creek, 44; 3. Bardstown St. Joe...

SOUTHEASTERN CONFERENCE X-COUNTRY CHAMPIONSHIP Nov. 25, Atlanta, Georgia. Distance-- 4.4 miles. ORDER OF FINISH: 1. Press Wholan, U of Kentucky, 21:03 (S.E. Conference record); 2. E.G. Plummer, U of Kentucky, 21:28; 3. Norman Stone, Univ. of Tennessee; 4. James Hood, Mississippi State; 5. Warren Burns, Miss. State; 6. Frank Rath, Miss. State; 7. Paul Hall, Auburn; 8. Robert O'Dare, U. of Florida; 9. Mike Morgan, U. of Florida; 10. Roger Gurn, U. of Kentucky... Team: 1. Mississippi State; 35; 2. University of Kentucky, 52; 3. Univ. of Florida, 84; 4. Auburn, 87; 5. Georgia Tech, 121...

University of Texas Invitational Freshman 2 Mile Run, Nov. 2- 1. Paul Mason, AOC, 9:47; 2. Morvyn Coleman, AOC, 9:55; 3. R.D. Ross, Texas, 9:59; 4. Terry Overhall, Houston, 10:00; 5. Jerry Mabry, AOC, 10:18; 6. Eusebia Garcia, Texas A&M, 10:19... 29 entries. Team: 1. Texas A&M 30; Texas 48; Houston 50... High School- 1. Bob Barrett, Midland, 9:51; 2. Bob Williams, Midland, 10:24; 3. Harold Phillips, Baytown, 10:25; 4. John Donley, Austin, 10:40; 5. Jay Hundley, Austin, 10:44; 6. Ray Strother, Port Arthur, 10:50; 7. Lanny Cole, Midland, 10:55 (46 entries) Team: 1. Midland, 19; 2. Austin, 30; 3. Baytown, 51...

Nov. 23, 1957 - South Texas AAU Cross Country Meet, City Park, Victoria, Texas. Senior Division - 1. Carlos Saucedo, Del Mar, 10:17.5; 2. Les Branham, Victoria College, 10:24; 3. Terry Overhall, Houston U. 10:31.6; 4. Jack McRoberts, Houston U. 10:53; 5. Jim Martin, Victoria Coll. 10:55; 6. Bob Kerth, Victoria College; 10:55.5; 7. Jim Foster, Houston, 11:11; 8. Henry Draper, Victoria College, 11:13; 9. Jack Smyth, Houston U. 11:16; 10. Gene Crain, Del Mar, 11:23.5... Team Standing: Victoria College, 1,4,5,7--17 points; 2. Houston Univ. 19; 3. Del Mar (only 2 entries). Length of Course- 2 miles. Weather- cold, 39 degrees with rain, very little wind. Medals to first ten in each division, trophy to winning team in each division. Entries- several teams in each division did not show as to weather. All that started finished. Ten officials and about 15 fans also showed. Sponsors: Victoria College and Victoria City Recreation Dept. High School Division- 1. Harold Phillips Baytown #1, 10:31.5; 2. Ed Weber, Victoria, 10:40; 3. Pete Cortinas, Victoria, 10:49; 4. Lupe Ovalle, S.A.Tech, 10:56; 5. Terry Hammonds, Victoria, 10:59.5; 6. Charles Mashburn, Victoria, 11:03; 7. Mike Hammon, Baytown #1, 11:05; 8. Robt Mendoza, S.A. Tech, 11:12; 9. Earl McCalib, Baytown #2, 11:14; 10. Don Pfenning, Baytown #2, 11:21 Team: Victoria, 16; 2. Baytown #1, 33; 3. S.A.Tech, 44; 4. Baytown # 2, 49...

Sat. Nov. 23- Hamilton, Ontario, Olympic Club's Annual 30 mile relay between the club's single boys and the married men. The single boys won- standing is now 15 - 12 in their favor. Time 2:57.12 (record is about 2:47.0 on this course) Teams: Single - H. Sundin, B. Martin, B. Smith, T. Kennedy, D. Noyland, E. Graydon, A. Podlar, G. Dickson; Married: F. Preston, S. SMITH, A. Adams, E. Webster, D. Shoridan (ringer), K. Lamb, W. Shoridan, W. Daak.

The young members of Baltimore's Cross Country Club helped inaugurate National Youth Week in a very unique way on Sunday, November 3rd. Giving the Optimist Clubs of Maryland a helping "hand-off," ten runners, ranging in age from 15 to 20, carried a letter from the President to the Governor of Maryland to officially open the week in the Free State. The ten runners covered the 37.8 miles in 3 hours, 36 mins. 25 seconds. Exact even distances were not run, since one boy (a polo vaulter) could not hold the pace of about 10 miles per hour and handed over after 2.8 miles.

The police protection was great, each boy received a medal, and food for all climaxed the event which may be put on as a race next year. 1. John Wavrik, 3.8miles - 21:32; 2. Don Maskon, 3.7 -23:29 (hills); 3. Bruce Campbell, 3.7- 21:36; 4. Dick Svohla, 3.7- 19:29; 5. Larry Gibson, 3.7- 22:26; 6. Lew Smith, 3.7- 20:18; 7. Gene Goigan, 2.8-18:50; 8. Mickey Smith, 3.7-20:21; 9. Chas Ginsberg, 4.6-25:21; 10. Ray Harrison, 4.4 miles, 27:33

7

WIND SPINETS: Advice from Johnny Kolley (the older), "Keep a jar of honey in your car and before you suit-up take some every day! It will give you the extra lift." ... A 20 mile, 4-man team relay race is being planned in the Atlantic City, NJ vicinity, for late March or early April, under sanction of the Middle Atlantic Assn and sponsored by the Atlantic City All Sports Association. The tentative course of the proposed race will be from Seneca Point, N.J. up Shore Road to Abscon, N.J., hence to Atlantic City, the last leg on the Atlantic City Boardwalk with the finish in front of the Auditorium. The runner of each team will cover approximately 5 miles... One of the most improved eastern distance runner's is George Brown of the Baltimore Cross Country Club. George finished in eighth place in the Thanksgiving Day, Berwick Marathon, in his first Berwick attempt. He is in his 17th year of distance running as the active running coach of the Balt. CC.; and was Mason-Dixon harrier champ in 1947 while competing for Loyola College. Brown this past season, took over the Varsity cross country coaching job at Johns Hopkins University; prior to this he had coached prep school harriers at Southern HS in Baltimore... Bill Welsh, Metropolitan AAU champ at 20 and 25 kilo's, plans to continue his schooling in the fall, by beginning work on his doctorate at either the University of Chicago, or possibly Penn. Welsh teaches social studies at Port Richmond High on Staten Island... The Berwick Enterprise and the Manchester Evening Herald both publicise their Thanksgiving Day road race classics with a two page spread... Manchester's fine HS coach of x-c and track, Paul Phinney, ex Illinois ace, made his third start in the local classic this year and finished 25th... Pete Close, was the first local runner to finish in the Manchester race and as a result won a turkey from the Haraburda turkey farm of Gastonbury, Conn. He will have his bird delivered for Christmas. Close also won the bird last season. The donor, Frank (Duke) Haraburda was second to John McCluskey in the first Thanksgiving Day Road Race ever held in Manchester in 1927. McCluskey, older brother of the more famous Joe McCluskey, is a practicing M.D. in Breckton, Mass... Attractive souvenir programs are distributed to spectators at both the Berwick and Manchester races... New father and son teams in New England road races include the two Jordans of East Hartford, Conn. & the Fredersons-father and three sons of North Medford, Mass... Low Stieglitz is now a graduate student at UConn and is doing practice teaching at Windham High in Willimantic, Conn... Hal Hilden's comments on Jr. Nat. X-C in Louisville, "It was a mess. Every 3 stops forward you slid 2 sideways. I fell on my face in the mud & finally finished 6th." ... From the Long Distance Committee report at the National AAU Convention in Washington D.C. - "It was proposed by chairman Campbell that we add a one hour, on the track, to the national aaU program and that we investigate necessary legislation to make it official. Moved, seconded and approved." ... National Championship Distance running awards: SENIOR 15 Kilo- Southern Pacific-Santa Monica, September; 20 Kilo- New England- Needham, Mass. July 4th; 25 Kilo - New Jersey Assn. Clifton, June 14; 30 KILO- Middle Atlantic, Philadelphia, Nov.; Marathon- Yonkers, N.Y. Met. Assn. May 18; CROSS COUNTRY- Central Assn. Chicago, December; JUNIOR AWARDS: 15 Kilo- Hawaii, April; 20 KILO* Methuen, Mass. June 8; 25 Kilo* Met. Assn. Fishkill, N.Y. May 30; 30 Kilo* New England Assn. New Bedford, Mass. Mar. 23; Marathon - Middle Atlantic Assn. Phila. October; Cross Country - Michigan, Ypsilanti, Michigan. Nov. 30... For the first time in five years, Malta B.C. of Phila. defeated Fairmount R.A. in their annual Dual run in Fairmount Park, Nov. 24th. Malta, 27, Fairmount, 28. Jim Petit, Fairmount, won the run by about 20 yards in 33:05; 2. Joe H. Grosse, Malta, 33:20; 3. Joe Hasiak, Fairmount, 34:52... The breaks- rather, the dislocations- of the games of football and basketball turned Richard Donohue's sporting interests to running. Dick recently won the New England X-C. Championship for collegians. He is a 5'9" 150-pounder from Albany, N.Y., and is the Holy Cross, 2 mile record-holder (9:23). Dick competed in football and basketball in H.S., until, he said, "my shoulder gave me too much trouble. After dislocating my right shoulder five times, three times playing football, twice playing basketball, I decided I'd better give them up. I wanted to be in some sport, so I tried track." His improvement has been steady at Holy Cross & his mile time came down from a High School best of 4:43 to 4:21... Eastern fans will have a chance to see Max Truex in the eastern indoor meets this winter as he'll be at the Boston AA, Millrose and AAU. He has had eleven invites but will accept only five (Chicago, Milwaukee the others) as this guy is a better than B student and can't take time away from his studios... Incidentally the AP story from East Lansing was wrong. Truex is 22, not 23. He turned 22 just last Nov. 4th. He's 5'6" now (was 5'4 1/2" when he went out to USC in '54--must be that good Calif. sunshine!) and weighs 128... Mike Portanova, California, is the new Long Distance Chairman (as expected) replacing Bob Campbell of New England... Stanislav Jungwirth, the Czech runner who has a 3:59.1 mile to his credit, was defeated by two Australians on December 12th as he opened his tour of Australia in a 1000-meter run. John Murray won in 2:22.9s, bettering his Australian record by seven-tenths of a second. Doug Henderson finished five yards back in 2:23.6.. Jungwirth, who has a 1500-meter clocking of 3:38.1 up for official recognition as a world mark, was third in 2:23.8... Lincoln U., Franklin and Marshall and West Chester State Teachers were admitted to ICA membership on Dec. 12th bringing the list to 67 schools... Laszlo Taberi, the under-four minute Hungarian miler and his coach Mihaly Igloi who took refuge in the United States after the Olympic games in Australia a year ago, have decided to return to Europe, because they are not happy with the way things turned out here. Taberi, now 26, a shoemaker by trade, has been working with a shoe repair concern in San Francisco and Igloi has a temporary job as a shipping clerk in Oakland, across the bay...

30 KILOMETER ROAD RUN (18 Miles - 1128 yards) Metropolitan Assn. AAU Sr. Champ: Hold under the auspices of the St. Anthony's Boys Club of South Ozone Park, L.I. Sun., Dec. 8, 1957 11 A.M. at Macombs Dam Park, Bronx, NY. Course: 2 long laps and 2 short laps, hilly and a good 19 miles. Weather: Cloudy at the start with rain during the last part of the race. Temp. 45. Starters: 23 with 21 finishers. Prizes: Medals and team championship trophies, plus 11 inch Oscars to all finishers, donated by Ted Suito, St. Anthony's B.C. and the rest of the Met. runners. Ted Corbitt, captured the race for the New York Pioneer Club in 1:52.38. Corbitt, took over the lead from 45 year-old, Joe Kleinerman at the 11 mile mark. Joe stayed close for 3 more miles, then Ted pulled away. The veteran Kleinerman made a bold effort to win his first Metropolitan title. In all his years of Met competition he has always finished high up, but never a winner due to the presence of such fine runners as Lou Gregory, Eino Pentti, Vic Drygall, Corbitt etc.

Leader 1st lap (5 1/2 miles) Kleinerman, 31:00; 2nd Lap (11 miles) Corbitt, 1:02.45; 3rd lap (25 Kilo) Corbitt, 1:28....

- | | |
|--|---|
| 1. Ted Corbitt, NYPC, 1:52.38 | 13. Frank Barnott, NYPC, 2:10:30 |
| 2. Joe Kleinerman Mill. 1:54:58 | 14. Milt Pataky, St. Anth. 2:14:15 |
| 3. Aldo Scandurra, Mill. 1:56:16 | 15. Gus Kottakos, St. Anth. 2:24:18 |
| 4. Nate Cirulnick, NYPC, 1:58:06 | 16. Joe Keller, Unatt. 2:29:13 |
| 5. Vin Korn, Millrose AA, 1:59:00 | 17. Herb Navarro, St. Anth. 2:33.48 |
| 6. Al Silva, Unattached, 2:00:30 | 18. Al Givens, Mill. 2:36:35 |
| 7. Mike O'Hara, St. Anth. 2:04.04 | 19. Walter Drescher, St. Anth. 2:50:00 |
| 8. Shalim Kahalavi, Unatt. (ex-Israeli runner) 2:04:30 | 20. Bob Boch, St. Anthony's, No time |
| 9. John Conway, NYPC, 2:05.52 | 21. Gene Reschman, St. Anth. No time |
| 10. Clarence Richey, Unatt. 2:06:58 | Team Score: 1. Millrose AA, 2-3-5--10pts. |
| 11. Herb Benario, Millrose AA, 2:08:16 | 2. NY Pioneer Club, 1-4-7--12 points. |
| 12. Ted Suito, St. Anth. 2:09:01 | 3. St. Anthony's "A" 6-8-9-- 23 pts. |
| | 4. St. Anthony's "B" 10-11-12--33 pts. |

Ontario Cross Country Championships - Toronto, Riverdale Park course. Nov. 16/57 Senior - 6 Mile (actually 5 1/2 miles over a course made heavy from rain.)

1. Dick Carmichael, Toronto Olympic Club, 34:00; 2. Jim Irons, Toronto O.C. 35:25; 3. John Vampow, Toronto O.C. 35:34; 4. George Rankin, Toronto O.C. 35:59; 5. Al Claremont, Gladstone A.C. 36:28; 6. Ivor Robb, Gladstone AC, 36:38; 7. Paul Pocc, Toronto OC, 37:35; 8. John Foy, Gladstone AC, 37:45; 9. Charles Doyle, GAC, 38:09; 10. Bill Smith, Hamilton OC, 38:12; 11. Norm Neilson, Gladstone AC, 38:33; 12. A. Harris, GAC; 39:15; 13. George Norman, GAC, 39:35; 14. Bert Hay, GAC, 41:00; 15. Tom Kennedy, Hamilton OC, 42:07; 16. M. Clay, East York A.C. 46:17; 17. R. Gordon, East York A.C. 46:17... Team: 1. Toronto Olympic Club; 2. Gladstone A.C.

Junior - 2 1/2 Mile: 1. Ed Graydon, Hamilton O.C. 14:10; 2. Art Mackett, Guelph Legion F.C. 14:24.4; 3. Bruce Andrews, Guelph L.T.C. 14:29.5; 4. Frank Weaver, Guelph LTC; 14:38; 5. Al Arnold, Hamilton OC; 14:57; 6. Ernie Lops, Western Tech. 15:04; 7. Bryon Cornwall, Toronto OC; 15:13.5; 8. Paul Hoffman, TCC; 15:19; 9. Bryan Marsh, Guelph LTC, 15:25; 10. Chris Hall, Toronto Olympic Club, 15:25.5.. (field of 30 runners) Team: 1. Guelph Legion F.C. 2. Hamilton Olympic Club.

Details on Southern Pacific AAU 5-Mile Cross-Country Run (as reported in Nov. LDI) Nov. 2, 1957- Continela Park, Inglewood, Calif. (45 of 47 starters finished)..

- | | |
|----------------------------------|-------------------------------------|
| 1. Max Truox, SC... 23:27.4 | 6. Fernando Leon, Unatt. 25:52 |
| 2. Mal Robertson, SC. 24:30 | 7. Robert Drake, OCAJ, 25:58 |
| 3. Tom Sturak, Striders, 25:17.6 | 8. Wesley McLeod, Unat. 26:00 |
| 4. Ray Manion, Redlands, 25:38 | 9. Silvester Villa, Striders, 26:10 |
| 5. Walter E. Deike, UCTC, 25:48 | 10. Atis Peterson, SC, 26:10 |

Old course record- 25:51.8 set by Bobby Seaman, UCLA, in 1955. (Dick Bank reports course approximately 100 yards short, still it was a tremendous performance by the 22-year-old Truox!) Team scoring: U of Southern California 24, Southern Calif. Striders 53; Culver City Athletic Club 81; UCLA "B" 84; Los Angeles City Coll. 135.

Novice 2-Mile Run (14 of 16 starters finished) 1. Lee Miller, El Camino JC.. 9:50.1 2. Furman Marsh, Unat. 9:53; 3. Joseph Herzog, unat. 10:12; 4. Gordon J. Mol, SC, 10:12; 5. Dennis Holcomb, Unatt. 10:22; 6. William Flanagan, Redlands Fr. 10:23...

Southern Pacific AAU 5000-Meter Cross-Country Championships November 9, 1957 - UCLA course, Westwood, Los Angeles, California (67 of 71 finished) Team scoring: U of California at Los Angeles "A" 28, Occidental College 36, So. Calif. Striders, 70, UCLA "B" 97, Culver City AC, 102, LA City College 132..

- | | |
|----------------------------------|-------------------------------------|
| 1. Tyson Hadley, Oxy... 16:00.5 | 6. William Charlton, UCLA "A" 16:25 |
| 2. Robert Seaman, UCLA "A" 16:12 | 7. Ken Riding, UCLA "A" 16:29 |
| 3. Robert Soth, Unatt. 16:22 | 8. Ted White, Oxy, 16:32 |
| 4. Ray Manion, Redlands, 16:23 | 9. John Kerr, Oxy, 16:34 |
| 5. Tom Sturak, Striders, 16:25 | 10. Pete Rodriguez, UCLA "A" 16:38 |

Southern Pacific AAU 10,000-Meter Cross-Country Championships Nov. 16, 1957 - Westwood, Los Angeles, California (28 of 32 starters finished)

- | | |
|--|------------------------------------|
| 1. J. Thomas Sturak, Striders... 33:33.4 | 6. Walter E. Deike, UCTC, 35:13 |
| 2. Robert Drake, OCAJ... 33:46.9 | 7. Doug Kirkmeyer, Chapman, 36:03 |
| 3. Tom Ryan, Unatt. 34:26 | 8. John Barnes, Striders, 36:19 |
| 4. Silvester Villa, Striders... 34:31 | 9. Helmer Hanson, Striders, 36:20 |
| 5. Fernando Leon, Unatt. 35:08 | 10. Fred S. Maccorro, Unatt, 36:20 |
- Team scoring: So. California Striders 20, Culver City Athletic Club 35

7th Culver City AC Thanksgiving Week 10,000-Meter Road Run
 November 23, 1957 - Griffith Park, Los Angeles, California (42 of 43 finished)
 1. J. Thomas Sturak, Striders... 31:13.7 6. Russell L. Bennett, Oxy... 32:32
 2. Robert Drake, CCAC, 31:24 7. William Gookin, SDEFA... 32:35
 3. Fernando Leon, Unattached... 31:45 8. Alex Reisdorf, Oxy... 32:53
 4. Silvester Villa, Striders... 32:07 9. Doug Kirkmeyer, Chapman... 33:01
 5. Thomas Ryan, Unatt. 32:28 10. Walter E. Deike, UCFO... 33:07
 Team scoring: (for first time in this event: three-man teams, individual trophies to each member of winning team): Southern California Striders 15, Occidental College 19, San Diego Track and Field Association 20, Culver City AC, 24.....

35th Annual Camden, N.J. YMCA Handicap Road Run, 4.7 miles 12/7/57
 Edgar Ealey, Shanahan CC captured his 2nd handicap race in 2 weeks by 60 yards today over time prize winner, Browning Ross, Penn AC. Ross passed 43 men in winding up runner-up from a 5.20 handicap (scratch), actual time 21:42. This broke the course record of 21:49 set by Ross in 1951 and tied by John Joe Barry the following year. Changes made in the course due to snow in Farnham Park prevented the new record time from being entered into the books. (Actually this year's course was longer!) Of 73 original entrants, 45 runners braved the rain and cold to compete.

Prizes to first fifteen.	Elapsed	Handicap	Actual Time	
1. Edgar Ealey, Shanahan CC	26:48	1:50	24:58	
2. Browning Ross, Penn AC	27:02	5:20	21:42	Best Time
3. Ken Lovell, Woodrow Wilson HS	27:04	3:20	23:44	4th Time
4. Richard Donahue, Boston AA	27:06	1:50	25:16	
5. Ed Mather, Penn AC,	27:12	4:25	22:47	2nd Time
6. Charles Del Rossi, LaSalle Col.	27:19	2:30	24:49	
7. Jack St. Clair, Jr. Penn AC	27:25	2:55	24:30	
8. Larry Delaney, Shanahan CC.	27:31	1:40	25:51	
9. John Cunningham, Penn AC	27:32	4:05	23:27	3rd Time
10. Ed Swanick, Penn AC	27:34	2:00	25:34	
11. Dick Clapp, FCM College,	27:35	2:55	24:40	
12. Joe Rocco, Penn AC,	27:38	2:45	24:53	
13. Tom Osler, Shanahan CC	27:42	3:20	24:22	6th Time
14. Leon Droher, Shanahan CC	27:44	.40	27:04	
15. Klaus Praesant, Penn AC,	27:45	3:10	24:35	
16. Peter Schekeryk, Camden YMCA, 27:46 - go - 27:46; 17. Dick Zink, Shan. 27:49 - 2:30 - 25:19; 18. Henry Kinkaid, Penn AC, 27:50 - 2:55 - 24:55; 19. Joe McQuillon, Penn AC, 27:52 - 1:50 - 26:02; 20. John Chapman, Penn AC, 27:53 - 2:45 - 25:08; 21. Stan Lindner, Penn AC, 27:55 - 3:40 - 24:15 (5th Time); 22. Hugh Jascourt, PAC, 27:57 - 2:30 - 25:27; 23. Joe Stefanowicz, Penn AC, 28:02 - 3:10 - 24:52; 24. Harry Berkowitz, Woodrow Wilson HS, 28:05 - 2:45 - 25:20; 25. Bob McKemey, Woodrow Wilson HS, 28:14 - 1:40 - 26:34; 26. Francis Carver, Penn AC, 28:18 - 3:10 - 25:08; 27. John McKenna, Penn AC, 28:19 - 2:55 - 25:24; 28. Bob Rubin, Unatt. 28:22 - .40 - 27:42; 29. Tom Sharp, Malta BC, 28:23 - 1:50 - 26:33; 30. James Martin, Penn AC, 28:57 - 2:55 - 26:02; 31. Tom McElwoc, Woodrow Wilson HS, 29:05 - 2:15 - 26:50; 32. Don Mitchell, Penn AC, 29:12 - 2:30 - 26:42; 33. John Andrus, Woodrow Wilson HS, 29:22 - 1:20 - 28:02; 34. Jared Hoch, Penn AC, 29:24 - go - 29:24; 35. Bob Minn, Penn AC, 29:41 - .40 - 28:53; 36. Frank Kelly, Shan. 29:34 - .40 - 28:54; 37. Mike Kovalczyk, Unatt. 29:38 - go - 29:38; 38. Herb Carver, Penn AC, 29:40 - 1:20 - 28:20; 39. Ed Uhlmer, Penn AC, 29:54 - 2:00 - 27:54; 40. Bob Hurley, Shan. 30:07 - 1:00 - 29:07; 41. Richard Reeves, W. Wilson HS, 30:29 - 1:20 - 29:09; 42. Charles Washington, Unatt. 30:33 - 1:20 - 29:13; 43. John Uckle, Unatt. 35:11 - go - 35:11; 44. Novin Schopf, Penn AC, 35:16 - go - 35:16; 45. John Glazer, Camden YMCA, 36:00 - go - 36:00.				
Team Scoring: 1. Penn AC, 2-4-5-7-8-- 26 pts. 2. Shanahan CC, 1-8-9-10-11--37pts. 3. Woodrow Wilson HS, Camden, NJ. 3-12-13-14-15--57 pts. (Old timers prize -38 years of age and over, Jared Hoch, Penn AC) First Camden YMCA Member, Tom Osler, Shanahan CC. First South Jersey HS Runner, Ken Lovell, WWHS, Lions Club Trophy. John Glazer made his 35th consecutive appearance in the race.				

Chula Vista, Calif. Fiesta De Luna Four-Mile Road Race (19 entrants, 19 finished)
 1. Lowell Williams, Unat. 20:58.4*; 2. Robert Coon, SVAC, 22:21.6; 3. Wally Alcaraz, SVAC, 22:50.8; 4. John Whiteley, unat. 22:53.1; 5. Yldfonso Maduono, SYAC, 23:11.5; 6. Douglas Shaw, SYAC, 23:15.5; 7. Samuel McCombs, SYAC, 23:21.7; 8. F. Peace, SVAC, 23:32; 9. Jack Nelson, DAC, 23:38; 10. Ross Provence, EAC, 23:44.4
 * New Rec. -old record 22:09.8 by Williams in 1956. Team: Sweetwater Valley AC 1-2-6 9 points. Trophies to first three; medals to winning team. Hilly, road course. Very flat over last part, warm, around 68°.

More Wind Sprints: Do you tire of answering the same old question, "Why are today's runners so much better than those of yesteryear?" My answer, they aren't! Revolutionary changes in training have chopped distance running records to pieces, just as the raised sole on Stepanov's take off shoe has added three to five inches in extra height in the HJ. (It is, in effect a built-in lever for the upward leap.) They also say that the fibre glass pole used by Gutowski in the vault is worth nearly six inches. Thus, these achievements were due more to scientific gadgets than to man's mastery of space.. One can compare runners of different periods either by a relative assessment of their times or by singling out those who were so far ahead of contemporary or past opponents that they improved the world record by the biggest margins and were generally outstanding in physique and energy. W.G. George (G.B) and Gunder Haegg are two who outclassed their predecessors and, with modern training facilities might have pressed the world record to 3 mins. 55 seconds.

Phila. Pa., Sunday, Dec. 1, 1957 -5-Mile Handicap Run, sponsored by the May Club. Edgar Ealcy, 29-year-old Shanahan CC contender, won the revived five-mile AAU handicap road run of the May Club by a wide margin today at 2218 Frankford ave. Ealcy, who last took an AAU handicap 12 years ago, gained the lead after a half mile and held it. John Cunningham, Penn AC, ran a strong race finishing second from a 4:10 handicap. Cunningham captured the best time prize in 22:37. Jack Barry, Shanahan, had the second best time, 22:56 and Dick Hainos, Penn AC, had the third best time, 23:14. Prizes: Sterling silver bowls for 1st, 2nd 3rd & Best time, modals to 15th place. Team honors went to Shanahan CC with 19 points as against 36 for Penn AC and 65 for Cardinal Dougherty High School, of Philadelphia.

- | | |
|--|---|
| 1. Edgar Ealcy, Shanahan CC, 26:05-.40 - 25:25 | |
| 2. John Cunningham, Penn AC, 26:47-4:10 - 22:37 | (Ed. It is safe to say the course was quite short!) |
| 3. John Stokes, Shanahan CC, 26:52-2:40 - 24:12 | |
| 4. Tom Osler, Shanahan CC, 27:01-3:00 - 24:01 | 21. Herb Broehl, Malta, 3:00-24:23 |
| 5. Dick Clapp, F&M College, 27:03-2:30 - 24:33 | 22. Richard Donahue, BAA, 2:15-25.9 |
| 6. Dick Flint, Shanahan CC, 27:04-2:40 - 24:24 | 23. Ken Lovell, PAC, 3:30-24:01 |
| 7. Jack Barry, Shanahan CC, 27:06-4:10 - 22:56 | 24. Stan Lindner, " 3:50-23:49 |
| 8. Klaus Praosant, Penn AC, 27:11-3:00 - 24:11 | 25. Leon Droher, Shan. 27:40-27:00 |
| 9. Larry Delaney, Shanahan, 27:13-1:15 - 25:58 | 26. Ed Swanick, C.D. 27:45-25:29 |
| 10. Dick Hainos, Penn AC, 27:14-4:00 - 23:14 | 27. Frank Kelly, Shan. 27:46-27:06 |
| 11. Herb Carver, Penn AC, 27:15-1:30 - 25:45 | 28. Ed Ulmer, C.D. 27:59-25:59 |
| 12. John Chapman, Penn AC, 27:16-2:30 - 24:46 | 29. Bob Rubin, Unat. 28:02-27:47 |
| 13. Joe McQuillon, Card. Dough. 27:17-2:00 - 25:17 | 30. John McKenna, PAC 28:06-25:26 |
| 14. Joe Murphy, Cardinal Dough. 27:18-1:15 - 26:03 | 31. Joe McDonald, C.D. 28:21-26:41 |
| 15. Harry Berkowitz, Penn AC, 27:19-2:30 - 24:49 | 32. Tom Adams, Shan. 28:30-27:15 |
| 16. Henry James Martin, C. Dough. 27:19-2:40-24:39 | 33. Nevin Schopf, PAC, 28:53-28:53 |
| 17. Henry Kinkaid, Penn AC 27:20-2:40 - 24:40 | 34. Harry Sandoroff, " 29:27-27:57 |
| 18. John St. Clair, Jr. Penn AC 27:20-3:00-24:20 | 35. Chas. Washington, Un. 29:50-28:10 |
| 19. Bob Hurley, Shanahan CC, 27:21-1:00-26:21 | 36. Frank McIlhenny, CD, 30:09-29:09 |
| 20. Francis Carver, Card. Dough. 27:22-3:00-24:22 | 37. Ashley Angert, Unat. 30:30-30:30 |

12/14/57. New York 102nd Engineers Armory. 4th annual Bishop Loughlin HS indoor T&F meet. Mile: 1. Tom Dempsey, 17-yr-old senior at Archbishop Stopinac HS in White Plains, N.Y., 4:24.4 (old standard 4:30.6 by Arthur Dunn, Sowanhaka, HS, Long Island, NY, 1955), 2. Tom Laris, George Washington HS of Manhattan, 4:26.1, 3. Fornes, Morris HS, 4. Juve, Bayside... 1000 yd run: 1. Hogarty, St. Francis, 2:22.7; 2. Dante, Union, NJ; 3. Sullivan, Mt. St. Michael... 600 yds: 1. Clويدt, Mt. St. Michael, 1:14.9... 2 Mile Relay: 1. Roman Catholic of Phila. (Scott, McAndrew, Cannon, Nicastro) 8:13.2 (Nicastro-1:59.9) 2. Chaminado, 3. Fordham Prep... The meet, one of the largest scholastic one day affairs in the history of the sport, drew 2,300 entries from 120 schools. Athletes from N.Y., L.I., West Chester, N.J., Phila., and Schenectady competed. The meet started at 11 a.m.

Salute of the Month- "OLD JOHNNY KELLEY"

(Can be sung to tune of "Old Man River")

- | | |
|---|--|
| 1 "Old John Kelley
That old John Kelley
He must know somethin'
But don't say nothin'
He just keeps rolling
He keeps on running
Along. | 3 "You and me, we sweat and strain
Legs all aching and racked with pain---
Run that hill! Catch that man!
Try to catch old Johnny if you can---?!* |
| 2 "He don't start walkin'
Ain't even slowed down -
And them that does it
Are soon left 'mowed down'---
But old John Kelley
He just keeps rolling
Along. | 4 I gets weary, and sick of tryin'
I'm tired of chasing - feels like I'm
dyin'
But old John Kelley
He keeps on sprinting
Keeps on careening
Along.
* I can't yet - but maybe one of these
decades! |

Submitted by Dick Packard, Ass't Prof (Ch E)
Northeastern Univ.

From the Canadian Olympic Association Bulletin- The Kraus-Weber tests for muscular fitness are simple exercises like touching the toes without bending the knees, sit-ups and lifting the legs while lying flat on the back. These were given to 4,264 boys in rural, suburban, and city areas in the United States; then to 2,870 boys in comparable areas in Austria, Italy and Switzerland.. The results showed that 59.9% of the American boys failed one or more tests whereas only 8.7 % of the European youngsters flunked.. All 55 Canadian youths taking the tests in Ottawa failed one or more of the Kraus-Weber tests. The explanation? The European youngsters are muscularly fit because they haven't the benefit of our highly mechanized society; they do not use cars, school buses, elevators (ed. I wonder if this guy has been in Europe lately!) they walk, and play by using their bodies rather than lying in front of a television set."

Order direct from Long Distance Log. "Modern Athletics" The newly revised British monthly. Heavy on features, articles, technique. Of worldwide interest to fans and athletes. 32 pages. \$3.00 per year. "Cross Country Techniques Illustrated" by Michigan coach Don Canham (book) \$1.95.. Track & Field News, \$3.00 per year.. Track Newsletter (twice monthly) One year subscription \$6.00.. "Zatopok The Marathon Victor (book) Authoritative, detailed biography of the great Emil Zatopok, 300p. \$2.50 (a must for all runners).. World Sports: British Monthly. Lots of track. \$3 per year.. Scottish T&F Pamphlets: 10 pgs. pocket size, 7 booklets on most events, all for \$1.50...

12/15/57 (Sunday) -11th Annual Penn A.C. 5-Mile Handicap Run, Fairmount Park, Phila. Two high school lads from Northern Jersey, Jay Van Brunt, 17, Wayne HS junior, & Richard Kronigsberg, 16, Maplewood HS junior, finished one-two and Browning Ross, Penn AC captured the best time prize over a muddy & slippery course. Prizes: Trophies & Medals, 15 place prizes & 4 time prizes.

- | | | | |
|--|-------|-------|-------|
| 1. Jay Van Brunt, Central Jersey T&FC, 31:19 | 1:40 | 29:39 | |
| 2. Richard Kronigsberg, Central Jersey T&FC, 31:20 | 1:50 | 29:30 | |
| 3. Jim McShoa, unattached | 31:38 | 1:10 | 30:26 |
| 4. John DeMarrias, Central Jersey T&FC | 31:55 | :20 | 31:35 |
| 5. Dennis Coyle, Penn AC, | 32:03 | 1:20 | 30:43 |
| 6. Joe McDermott, Penn AC, | 32:05 | 1:50 | 30:15 |
| 7. Tom McDonnell, Penn AC, | 32:12 | 1:00 | 31:12 |
| 8. Harry Aldrich, unattached, | 32:15 | 1:00 | 31:15 |
| 9. Frank Murray, Central Jersey T&FC, | 32:16 | 3:20 | 28:56 |
| 10. Frank Batson, Penn AC, | 32:22 | 3:50 | 28:32 |
| 11. Francis Carver, Penn AC, | 32:24 | 2:40 | 29:44 |
| 12. Browning Ross, Penn AC, | 32:26 | 5:40 | 26:46 |
| 13. Joe Recco, Penn AC, | 32:28 | 2:50 | 29:38 |
| 14. Tom Carr, Penn AC, | 32:30 | 2:05 | 30:23 |
| 15. Ed Mather, Penn AC, | 32:31 | 4:25 | 28:06 |
- Best Time Prizes:
 1. Browning Ross, Penn AC, 26:46
 2. Ed Mather, Penn AC, 28:06
 3. Frank Batson, Penn AC, 28:32
 4. Wayne Gallatin, Baltimore Cross-Country Club, 28:42
16. James Martin, PAC, 32:32 - 2:05 - 30:27
 17. Dick Flint, Shan. 32:33-2:50-29:43
 18. Wayne Gallatin, Balt. CCC, 32:52-4:10-28:42
 19. Stan Lindner, Penn AC 32:57-29:27
 20. John McHamara, PAC, 33:02 - 2:40 - 30:22
 21. Dick Haines, PAC, 33:03-3:50-29:13
 22. Richard Donahue, Boston AA, 33:04-2:40- 30:24
 23. Joe McQuillon, PAC, 33:05-31:00
 24. George Brown, Balt. CCC, 33:08-4:10-28:58
 25. Vern Ordway, Shan. 33:09-2:05-31:4
 26. Larry Wilkos, Baltimore CCC, 33:10-30:45
 27. Don Masken, BCCC, 33:11-2:25-30:46
 28. Hugh Jancourt, PAC, 33:15-2:25-30:50
 29. Klaus Praesant, PAC, 33:17-3:20-29:57
 30. Larry Delaney, Shan. 33:18-2:05-31:13
 31. Peter Schokeryk, Camden Y, 33:19-32:59
 32. Jack St. Clair, PAC, 33:20-3:20-30:00
 33. Jack Walsh, Shan. 33:21-1:10-32:11
 34. Bob Hurley, Shan. 33:22-1:00-32:22
 35. Ed Ulmer, Penn AC, 33:23-1:40-31:43
 36. Dick Clapp, Shan. 33:29-3:05-30:24
 37. John Chapman, PAC, 33:32-2:40-30:52
 38. Dick Zink, Shan. 33:36-2:40-30:56
 39. Dick Svohla, Balt. CCC, 33:40-4:45-28:55
 40. Bruce Campbell, Balt. CCC, 33:44-1:50-31:54
 41. Tom Osler, Shan. 33:49-3:30-30:19
 42. Henry Kirtaid, Penn AC, 33:53-2:50-31:03
 43. Herb Broschl, Malta CC, 33:54-31:29
 44. Leon Dreher, Shan. 33:57-1:00-32:57
 45. Edgar Ealey, Shan. 34:01-2:50-31:11
 46. Lou Smith, Balt. CCC, 34:04-2:40-32:12
 47. Frank Kelly, Shan. 34:06-1:00-33:06
 48. Bob Rubin, Unattached, 34:08-.20- 33:48
 49. John Diogan, Con. Jer. TFC, 34:18-33:58
 50. Mickey Smith, Balt. CCC, 34:27-2:05-32:22
 51. Henry Kellor, LaSalle RA, 34:36-32:46
 52. Paul Sherman, Balt. CCC, 34:44-4:25-30:19
 53. Herb Carver, Penn AC, 34:54-33:34
 54. Chas. Washington, Unat. 34:57-1:00-33:57
 55. Wm. McElhaugh, Unat. 34:58- 34:58
 56. Bill Karavassily, Greek Federation, 35:10-35:10
 57. Ed Swanick, PAC, 35:15-32:50
 58. Bob Mimm, Penn AC, 35:43-34:43
 59. Harry Sanderoff, PAC, 36:19-1:10-35:09
 60. Jared Koch, Penn AC, 36:23-go-36:23 -- 70 finishers.... Team: 1. Penn AC, 4-5-6-8-9--32; 2. Central Jersey T&FC, 33; 3. Baltimore CCC, 71; 4. Shanahan CC, 74.
 (Note: Penn AC as race host presented team trophy to Central Jersey T&FC.)

Mailbag: From Ted Corbitt, New York City, "In my work at the Institute for the Crippled and Disabled I see many "visiting firemen". You might be interested in the following: In the recent story in the Log about Mimmun it was pointed out that he did not want it known that he was training for the marathon. I remember that after his great one hour run in the summer of 1956 he did announce (or so the papers said) that he did not intend to move up to the marathon. Well in September of 1956 a French physical therapist visited my place of employment and he told me that he had treated Mimmun with physical therapy and that there were times when the Algerian was in so much pain that he couldn't get out of bed (leg problems). Then he really surprised me by stating that Mimmun had often gone out into the woods to run 30 miles. I figured that he might mean 30 kilometers but he insisted that he meant 30 miles. So Mimmun was well prepared for that hard run at Melbourne. The longest single workouts reported for Zatopok before the Helsinki Marathon was the sixty quarters which counting the recovery runs came to 22.7 miles.. In the fall of 1957 a South African therapist, now residing in New Zealand for the past five years, stated that he used to follow the results of the annual Comrade's Marathon in South Africa. He also stated that one week after this race, another race is held for all non-whites. The same course is used but the name of the "event" is different. He couldn't give any figures as to how the times compared for the two races (events)."

From Charles W. Biddle, SP/3, (a runner from the 'Buckeye' state of Ohio, and now a GI who was recently sent to Korea after completing a course in Chinese at the Army's Foreign Language School in California) 8, Dec. 57... "In case you haven't heard, the marathon situation in Korea, which has produced some of the greatest marathoners of all time, is in a state bordering on convulsion. On Dec. 1st, three Koreans journeyed to Japan to compete in that country's Pan-Asian Games tryouts. The results were disastrous--all three quit with leg cramps. (Race conditions, names, and other data are unavailable at the moment.) The Korean Olympic Committee publicly spoke of reorganizing the Marathon Commission, in view of the fact that this sport provides the country with its only form of international athletic recognition. Although I have not yet met Y.C. Choi, a meeting is arranged for a week from Fri. Dec. 20. His younger brother, also quite a good marathoner, is well known to my Chinese teacher, and thus a meeting has been promised. Sometime after Jan. 1st I will write a summary on the marathon situation, Korean quotes, plus a few comments on the Japanese picture as seen from the mainland."

Mailbag - From Warren Child, M.D. Acting Director Cardioresnal Laboratory, Boston.

13
"The results of our studies performed before and after the Boston marathon of April 20th have now been completed and we have had a chance to take a look at what the facts and figures mean. First of all, in regard to the questionnaires, all marathoners appear to agree that they are able to tolerate a normal diet without interfering with either their training program or with their performance in competition. The pre-event meal in most runners appears to be fairly standard, namely the foods tending to be rich in supplies of rapidly available energy (honey and toast, etc.), very little extra fluids, and no additional salt. Of further interest is the fact that 7 of the runners take some form of vitamin supplement regularly. One runner takes vitamins occasionally, and 5 runners do not take vitamin supplements. In the medical literature are many statements and studies proving that an athlete consuming a balanced diet regardless of how strenuous his sport may be does not benefit from taking supplementary vitamins. However, I can see no harm from taking these vitamins provided they are not taken in excessive amounts (which can result in serious over-dosage), and provided that this does not tend to lead to loose bowels. It is not uncommon for people taking vitamins, especially as oils or in capsules, to notice that their bowel movements increase in frequency and become more loose. Five runners consumed either tea or coffee with their pre-event meal. Unfortunately, coffee and tea contain caffeine, a drug which gives mental boost shortly after taking it, but it results in a small degree of mental and physical fatigue about three hours after taking it (just at the time when the gun is about to go off). For that reason, I feel that tea and coffee should not be consumed on the day of a race. Before the race, all runners had a large amount of salt in their urine, indicating that they had been taking enough salt in their diet. That is why in cold weather adding salt in large amounts to the diet is probably unnecessary. However, in hot weather, weakness, cramps and heat collapse can result from inadequate salt intake. Thus, we feel that on warm days during training and before races a large amount of extra salt should be taken. After the race, the amount of salt in the urine had markedly decreased in most instances. Dehydration due to loss of water in an attempt by the body to get rid of the extra heat engendered by muscular exercise is very striking. Of the runners we studied who completed the race, one man lost as little as 7 pounds while another lost 11 pounds. Since this weight loss represents almost entirely loss of perspiration and since dehydration itself can be very weakening, I was surprised to notice in the questionnaires the very small amount of liquids which runners take for breakfast before the race. Because one cannot perspire rapidly enough to get rid of all the heat produced by violent exercise, the body temperature must inevitably rise. Among the runners who completed the 26 miles, one man's temperature rose as little as 2.3°f. and another's as much as 5.8°f. As I said before, the salt content of the urine drops after the race. This is due to the fact that the kidneys realize the body is losing salt in the sweat and therefore, must cut back on its excretion in the urine in order not to deplete severely the body's stores. However, other substances, we found, are excreted in larger concentrations after the race. These are substances which result from the breakdown and digestion of protein. There is not enough starch in the liver to supply enough calories to run a marathon; therefore, after the first hour or so (when the starch supplies in the liver have been exhausted) the body must call on other areas to supply these calories. Thus, small amounts of body protein and fat are used. The residue from their breakdown is then excreted in the urine accounting for the higher concentration of these substances in the urine after the race. It is for this reason that we feel it is of practical importance to make sure that the main storage area in the body for starch (namely the liver) be checked full of starch before a race. This can only be done by eating a lot of starched foods for a day or so before the race. The easiest way to do this is to increase your intake of whatever starches you happen to enjoy, (potato, bread, etc.). I intend to perform research probably in only one more race (a hot weather race to contrast it with the facts and figures we have obtained in these cooler races.)"

From Mike Allen, US Army in Germany - "The combat unit to which I am attached is in the field much of the time. This coupled with odd duty shifts and my Univ. of Maryland classes leaves me with little time to workout. As a result I competed in only three track meets against European runners (at 3000 and 25,000m.) I have however, conversed with a number of coaches and have gained knowledge which I hope to put into practice upon my release in January. I have a note or two which I thought you might find interesting. On a recent three day pass I had the opportunity to workout with a member of the Spear Athletic Club, coached by Josy Barthel. He said Barthel does not stress diet, but believes ten hours rest per night is necessary for best results. Winter training must be done, if one hopes to achieve his goal during the season. On a Sunday, a group of us ran in the woods and altho the runners competitive distances varied from 400-5,000 meters the same workout was done by all. A long warm-up (25-30mins.) followed by ten short 100-200m. bursts. No attempt was made to limit the recovery period. I was told this was their fundamental winter workout. During the winter of 51-52 Barthel often did 40 of these bursts. Barthel believes if he could devote the time during the autumn-winter period, that he could still stay with the men at 5,000m. He is sorry now that he didn't try 5000m instead of 1500 in 1956. I was fortunate enough to see Ibbotson break the world record for one mile. To my surprise Delany looked much more fatigued than either Ibbotson or Jungwirth at the finish. Joe Tyler's decision to retire from running was a tremendous blow to So. Calif. distance running."