

In the Long Run
it's the
Long Distance Log

VOLUME 9

SEPTEMBER 1964

NUMBER 105

4/ CAMP KARNEY 5.3 MILES
11/ BARTBOM 3 MILES ON TRACK
15/ 10 KM FAIRMOUNT PARK
15/ 10 MILES ON BARTBOM TRACK
24/ COBBS CREEK 9.2 MILES



27- COOPER RIVER 9 MILES

Basil Heatley about to enter the stadium at the end of his record breaking Poly. Marathon.

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Editor: H. B. Ross, 306 West Center St., Woodbury, N.J. 08096
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Municipal Games, Clifton Park, Baltimore, Md., June 20, 1964

6-Miles- 1. Joe House, BOC, 14:33.5; 2. Horst, Cumberland; 3. Silberts, Cumberland. 2-Mile- 1. John Gutzkecht, BOC, 9:24.3; 2. Frank Pflaging, BOC; 3. McLanshan, Cumberland. 1-Mile- 1. Burns, Grafton, 4:37.1; 2. Walsh, DOCH; 3. Rice, Chesapeake. Team: BOC 77, DOCH 29, Chesapeake 28, USAF 14, NOTC 12, AUTO 12.

800- 1. John Dunkelberg, NOTC, 1:55.9; 2. Gray, NOTC; 3. Burns, Chesapeake.

ALL EASTERN T&F MEET, Morgan State College, Baltimore, Md., July 26th- Teams: 1. Baltimore CC 60; 2. Phila. Pioneer Club 26; 3. DOCH 24; 4. Ridley Striders, 23; 5. NYAC 12; 6. AUTO 11
6-Mile- 1. Frank Pflaging, BOC, 32:12.2; 2. George DOCH; 3. Harris, DOCH. 3-Miles- 1. Vic Zwolak, NTS, 14:22.5; 2. Gentry, BOC; 3. Carver, Penn AC. 1-Mile- 1. Pat Traynor, NTS, 4:12.2; 2. Dave Patrick, BOC, 4:12.2; 3. Fran Carver, Penn AC. 800- 1. Lewis, una., 1:55.5; 2. Dodson, una.; 3. Brown, USA. (Patrick lost by inches. In two weeks of South Atlantic racing he gave former Villanova greats a look at what an upcoming Villanova great can do.)

GERRY LINDGREN is training for the Olympic 10,000 trials 3 times a day - 25-30 miles a day. The 5'6", 118 pound runner is doing all long distance work with very little sprinting on the track.



WINNERS - Winners in the third annual Colton Exchange Club and Hob Harriers Distance Jubilee Championships are, left to right, Kay Hughes, Los Angeles Track Club, first open division; Jim Harrington, Culver City, seniors 55+; Stanley E. Staffer, accepting Colton Hob Harriers team title; Marshall Clark, Los

Altos High School track, coaches division winner; Neery Lepper of San Bernardino, women's division; Ken Reed, Colton Union High School, high school division; John McDonald of Glendale, junior high division; and Marvin L. Rhine, representative of the Exchange Club, one of the sponsors.



MONARCHS OF THE MARATHON-Peter McArdle (right) of New York and William Mills of the Marine Corps happily wear their laurel wreaths after finishing one-two in the 17th annual Western Hemisphere Marathon at Culver City, Calif. They're now assured a trip to Tokyo, Japan, as members of the United States Olympic marathon team.

James Van Manon, una., Ventura, David Wiegand, Texas OC, Ralph Wusit, El Toro Marines, Charles Clark, LA Striders, Al Berrin, una., L.A., Bryce Smith, LATC, Robert Branch, una., L.A., Dale Severy, una., L.A., Steve Montoya, San Antonio, Texas, Victor Peralta, Mexico Olympic Team, William Netrica, una., L.A., Jerry Laird, una., Weldon Starling, Gordon Cooper. *--Qualified for U.S. Olympic team.

SPAAAU DISTRICT CHAMPIONSHIP
 1. Joe Tyler, LATC; 2. Nick Kist, LATC;
 3. Gene Gurule, LA Striders, Team: 1. Los Angeles TC, 6; 2. El Toro Marines, 15.

Open Team: 1. Los Angeles TC 6; 2. Marin AC 15; 3. U.S. Army, Texas, 28; 4. El Toro Marines 29.

Lap Times of Leaders: 5-miles, 26:25 Macy; 10-miles, 26:13 Macy, 15-miles, 28:05 Macy, 20-miles, 27:15 McArdle, 25 miles, 30:16 McArdle.

John Macy set an extremely fast pace for the first 10 miles that eventually proved too much for him. McArdle overtook him at about 18 miles. Van Dellen held 2d almost to the 25 mile mark. Past closing Billy Mills, in his very first marathon, had too much finish & may have caught McArdle if he had started his move earlier.

--Stan Stafford--

EVENT # 3 of the Bonion Derby at O'Connell H.S., Arlington, Virginia
 Wednesday, July 8, 1964 Course: out & back, hilly. Weather: less hot & humid than usual.

Open 5-Mile Handicap	Elap.	Handicap	Actual
1. Larry Pierce, una.,	34:16	4:15	30:01
2. Grant Glauch, EH,	34:24	4:05	30:19
3. Hugh Jascourt, AUTC,	34:31	2:25	32:06
4. John Donihoe, EH,	35:23	5:20	30:03
5. Hal Thorsen, AUTC,	35:28	3:10	32:18
6. George Gilder, AUTC,	35:41	8:30	27:11
7. Pat Foley, Millrose,	35:57	1:40	34:17
8. Orrington Hall, EH,	36:11	1:25	34:46
9. Dick Haines, AUTC,	36:11	11:00	25:11*
10. Marshall Windsor, EH,	"	9:25	26:46
11. Jason Page, AUTC,	36:15	8:55	27:20
12. George Cushman, EH,	36:18	8:10	28:08
13. John Gygar, Exp.H.,	36:36	9:45	26:51
14. Jim Heywood, EH,	36:36	8:45	27:51
15. Steve Paranya, RM,	36:58	10:00	26:58
16. Dave Knighton, AUTC,	37:12	8:45	28:27

* Old record-26:31, Kent Osborne, ECAS, 1963. Team Scoring: 1. Auto, 27; 2. Empire H., 28. Best Times: 1. Haines; 2. Windsor

Tenderfoot A 4-Mile Handicap (Record-20:26, Merle Valotto, No.Va. TC, 1963)

1. Merle Valotto, No.Va. TC,	22:46	2:05	20:41
2. Ernie O'Boyle, Empire H.,	23:09	2:15	20:54
3. Ken Dahms, Empire H.,	23:20	1:55	21:25

4. Bob Baheart, EH,	23:31	1:10	22:21
5. Geoff Lipsey, NVTC,	23:46	1:50	22:56
6. Bob Windsor, EH,	24:00	1:45	22:15
7. Steve Rice, CTC,	24:01	1:45	22:16
8. Ken Lawton, CTC,	24:50	2:05	22:45

Tenderfoot B 4-Mile Handicap (Penalty Handicap-post entry)

1. Mike Scurto, DCOH,	27:15	6:00	21:15
2. Gary Heim, Exp.H.,	27:49	5:30	22:19
3. John Moffett, EH,	27:53	2:45	25:08
4. Earl Lauer, una.,	28:10	4:55	23:15
5. Charles L. Sikora,	28:47	4:45	24:02
6. Ken Schmidt, una.,	29:04	5:10	23:54
7. Frank O'Hara, una.,	30:04	6:30*	23:34
8. Chip Millard, EH,	30:08	0*	30:08
9. Frank Moeller, AUTC,	30:22	4:35	25:47
10. Mark Gaffney, una.,	30:35	6:30*	24:05
11. Tom Barnett, NVTC,	30:39	6:30*	24:09
12. Earl Henderson,	33:16	6:30*	26:46
13. Jim Egan, una.,	33:18	6:30*	26:48

Run For Your Life 4-Mile Run

1. Ray Basil, AUTC, 27:03; 2. Robin Pierce, una. (Exhibition) 29:35; 3. Pat Speer Empire Harriers, 40:43.

Running Shorts...Tight races made for fast times tonight, as the handicaps did what they were supposed to do - make the slower men run nearer to their potential. (Although the back men had terrific deficits to make up!) In the Open race the first 3 finishers all ran over 2 mins. faster than previous performances led by Cornell Public Administration graduate student Larry Pierce, who took the lead from Jascourt with less than 800 to go. Pierce, former Seattle runner, is a special summer "intern" with the Bureau of the Budget. His wife Robin also runs. Less than 3 minutes separated the 16 finishers & in one stretch of 7 seconds 5 men finished. Dick Haines broke into the middle of that pack to edge Marshall Windsor (both in the same time) to win the race for AUTC by 1 point over the Exp.H. Mike Scurto, 15, became the first runner in 4 years of the Derby to win 3 consecutive races in a single year when he won the Tenderfoot B race in the excellent time of 21:15.

FRANCIS CARVER WINS N.A. PRO 5.3-MILE RUN

Woodstown, N.J., Friday, Aug. 7 - 7 p.m. Fran Carver ran strongly in the second half of the race & got very close (7 sec) to his course record tonight as he captured the 4th annual Kamp Karney 5.3-mi. road race in 26:45. Browning Ross & Roy Jernigan were close up during the early miles but slowly dropped back in the latter stages.
 1. Fran Carver, Penn AC, 26:45; 2. Browning Ross, So. Jersey TC, 27:09;

3. Roy Jernigan, Del. T&P, 28:03.5; 4. Tom Celer, SUTC, 26:21.5; 5. Bob Zollinhofer, MA, 28:31.6; 6. Bob Romansky, SUTC, 28:38; 7. Bill Gibson, Del. T&P, 28:56.4; 8. Ross Todd, Ridley Township Striders, 29:37; 9. Walt Jaconski, So. Jersey TC, 29:58.7; 10. Harry Berkowitz, SUTC, 30:45.8; 11. Henry Yost, Penn AC, 31:05.7; 12. Dave Romansky, SUTC, 31:32; 13. Jim Donohue, SUTC, 32:30.4; 14. Lew Ross, Glen-side, Pa., 36:43; 15. Barry Ross, una., 41:30; 16. Dave Lavery, una., 41:31.5; 17. Bob Gilchrist, Del. T&P, 41:51.
Weather: cool, windy, few trophies.

AUSTRALIAN RESULTS from Ray Young
N.S.W. 5-Miles Novice X-Country Champion-ship, May 23rd on a flat, sandy course at Remagato in good conditions.

1. John McDowell (formerly of Duncairn, Ireland) 26:51; 2. Ross Millington, New-castle Univ., 27:05. Team: St. George, 27.
N.S.W. Open 4 x 5 Miles Road Relay Cham-pionship--1. Western Suburbs (Keith Ollerenshaw 24:43, J. Daniels, 26:42, R. Tre-belcock 27:27, A. Harrison 28:02, 1:03:54); 2. Handwick-Botany (Kevin Morrissey 25:16, John Webb 26:26, Leo Saunders, 26:30, Ian Russell 26:49, 1:05:03; 3. St. George, 1:07:15; 4. Eastern Suburbs, 1:09:29; 5. Ryde-Hornsby, 1:10:05 (15 teams finished)

Fairfield Open 4-Miles Handicap

1. Alby Thomas, St. Geo. 24:55 4:15 19:40
2. Barry Wells, R-H, 25:04 1:15 23:49
3. Nick Cooke, R-H, 25:16 1:30 23:46
4. Roy Beadell, R.S., 25:33 3:20 22:13
5. Bruce Minnitt, Pair., 25:34 3:10 22:24
6. Alan Martin, R-H, 25:38 3:30 22:08
7. Peter Verstegen, Suth, 25:40 3:30 22:10
8. Gerry Piggott, R-H, 25:49 3:30 22:19
9. Mike Hunt, R.S., 25:52 3:05 22:47
10. Ray K. White, N.Ganb, 25:56 3:15 22:41
11. Kevin Little, W.S., 25:58 2:40 23:18
12. Colin Parkin, R-H, 25:59 4:30 21:29
13. Stan Chorlton, R-H, 26:02 4:30 21:32
14. Alan Harrison, W.S., 26:05 2:40 21:25
15. Keith Ollerenshaw, 26:07 4:50 21:17
(59 finishers over a trying course in fa-vorable weather conditions. Alby Thomas, running from scratch, displayed slashing form to pass the complete field to win going away.)

MCCARTHY COPS NATIONAL 35-KILO WALK TITLE

Long Branch, N.J., Sunday, July 26--Chris McCarthy, Univ. of Chicago graduate student, showed why he's a top contender for a U.S. Olympic walking berth by striding away from a powerful 40-man field in to-day's Nat. 35km (21-mile) walking cham-pionship race through Long Branch streets. McCarthy took the lead at the 12-mile

post & went on to win the event, co-sponsored by the City of Long Branch & the Long Branch Jaycees, by 500 yards from Army Lt. Akos Szekely.

1. Chris McCarthy, UCTO, 2:50:53; 2. Lt. Akos Szekely, USA, 2:53:22; 3. Dean Rasmussen, USMA, 2:55:51; 4. Bruce Mac-Donald, Fort Washington, N.Y., 2:56:19; 5. Sgt. Norm Mothe, USAF & UCTO, 3:02:14; 6. Ron Kulik, Montclair TC, 3:05:14; 7. Vladimir Grandy, Vancouver CC, 3:05:42; 8. Ron Daniel, NYAC, 3:08:12; 9. Bob Mims, Penn AC, 3:13:21; 10. Alan Blaks-lee, NYAC, 3:13:37; 11. Bill Osmeltchenko, NYPC, 3:17:29; 12. Dale Arnold, Ohio TC, 3:17:43; 13. Terry Anderson, CJTC, 3:18:41; 14. Paul Schell, MNC, 3:20:06; 15. Elliott Derman, NYPC, 3:20:22; 16. Dave Hasenfus, MNC, 3:20:52; 17. Lou Stalworth, CJTC, 3:31:25; 18. David Lakrits, una., New York, 3:36:06; 19. John Killinger, Maine AC, 3:36:10; 20. Sam Monastero, Penn AC, 3:39:21; 21. Bill Lorch, USMA, 3:40:46; 22. John Abbate, Penn AC, 3:42:11; 23. Ray Leach Penn AC, 3:44:15; 24. Kurt Steiner, NY PC, 3:46:46; 25. Joel Holman, Chesapeake TC, 3:50:21; 26. Bob Carlson, Briktown, N.Y., 3:54:04; 27. Lou Kelschloss, Johns-town, Pa., 3:56:53; 28. Jim Sucher, US-MA, 3:58:06; 29. Mike Ritchie, NYPC, 3:58:46; 30. Geo. Bramlund, Sparta Sports Club, 4:05:06. Team: 1. Penn AC, 24; 2. NYPC, 15; 3. US Merchant Marine Academy, 16. Jr. Nat. AAU Champ. 1. Szekely; 2. Rasmussen; 3. Schell; 4. D. Hasenfus; 5. Stalworth; 6. Lakrits. Jr. Team: 1. Merchant Marine Academy 6.

NATIONAL AAU 20-KILO WALKING CHAMPS & OLYMPIC TRIALS, Pittsburgh, Pa., Sunday,

July 5, 1968. Temp. High 70's to low 80's
1. Ron Laird, NYAC, 1:34:44.5; 2. Lt. Ron Zinn, G&O, 1:36:37; 3. Jack Ker-tland, Ohio TC, 1:37:05; 4. Don DeWoon, Air Force, 1:38:39; 5. Capt. Rudy Halusa NYPC, 1:41:16; 6. Akos Szekely, G&O, 1:41:57; 7. Olavi Toivola, Naples AC, 1:43:10; 8. Dean Rasmussen, USMA, 1:43:10; 9. Raimo Antti, una., 1:43:42; 10. Bob Bowman, SC Striders, 1:44:00; 11. Ron Kulik, Montclair TC, 1:45:08; 12. Philip McDonald, UCTO, 1:45:37; 13. Ed Glinder, USAF, 1:46:27; 14. Bruce Mac-Donald, una., 1:47:29; 15. Ron Daniel, NYAC, 1:48:55; 16. Jack Blackburn, CTO, 1:49:55; 17. Geo. Shilling, NYPC, 1:49:35; 18. John Shilling, NYPC, 1:50:22; 19. Bob Mims, Penn AC, 1:50:42; 20. Paul R. Schell, MNC, 1:51:06; 21. Dave Hasenfus, MNC, 1:51:40; 22. Arthur Mark, G&O, 1:51:00; 23. Bill Osmeltchenko, NYPC, 1:54:30. Team: 1. Green & Gold, Chicago 16; 2. NYAC, 19; 3. NYPC, 21; 4. Ohio TC, 27.

6 QUEBEC MARATHON CHAMPIONSHIP

Course: Absolutely flat, on road all the way, 100 yds over distance (Below)



Chris McCarthy, Chicago, crosses finish line after winning the National AAU 33 kilometer walking race in Long Beach. Councilman Edgar Dinkelhof prepares to hand him his official AAU badge.

3. Jim Ferris, 55:00 6:10 48:50.0
4. Harold Cole, 55:17.3 Sec. 41:47.30
5. Brian Clarke, 56:23.7 1:1 44:23.7
6. Don Cathcart, 62:20 13:30 62:20 * fast time & new course record, old mark 42:21 by Cole in 1963. At six miles the runners climbed a steep hill for 1/2 mile. All of Walla Walla & Honolulu can be seen from the top of this hill, but the runners never seem very interested. --Harold Cole--

M.A. RRC 2-MAN 10 MILE RELAY (each man ran 5 x 1 mile over rugged, hilly x-course) was very humid. 7:30 p.m., Tues. Aug. 11th, Kamp Karney, Woodtown, N.J. 3rd Annual

1. Bob Romansky & Browning Ross, South Jersey TC, 52:01 (New record, old mark, 52:15 by Bob Zollinhofer & Dick Dechus, BAA, 1962); 2. Larry Simmons & Cornelius Brown, Phila., 52:51; 3. Ross Todd, Ridley Striders & Ritchie Gosol, Princeton Univ., 53:10;

MONTREAL MARATHON, June 20, 1964:

1. Roland Michaud, Mt. Royal Franc-Amis, 3:04:30; 2. Herb Niechart, Gladstone AC, 3:39:48; 3. Sid Smith, St. Anthony's BC, 3:41:07; 4. Kurt Steiner, NYPC, 3:49:02; 5. Ron Trudeau, Pelestre Mat., 3:53:45; 6. Joe Kirby, St. Anthony's BC, 3:56:12; 7. Gordon Gilmour, Canada, 4:16:15; 8. Ed Caslette, Maine, 4:17:30; 9. Alton Chamberlin, Syracuse CC, 4:23:14; 10. Henri Teats, Penn AC, WTT; 11. Irving Kirsh, Montreal, WTT. (Temp. 94°, strong head wind all the way...very hot & humid.) 17 started --Kurt Steiner--

18 MILE RUN FROM SAN FRANCISCO TO HUNTING-GAME, CALIF., Sunday, July 12th (18 starters, 9 finishers) -

1. Arnold Hamala, 18, Golden Gate TC, 1:50:30 (ex-Cupertino HS, Calif. runner, now a freshman at the U. of Colorado); 2. Gordon Arnold, PTC, 1:52; 3. Esteban Valle, GOTO, 1:53; 4. Karl Griesenburg, GOTO, 1:55:01; 5. Daja Kolobetovic, GOTO, 2:02:13; 6. Phil Haslam, GOTO, 2:11:05; 7. Pat Witherspoon, GOTO, 2:16:21; 8. Bill Wentschler, Cupertino, 2:22:05; 9. Joe Singer, GOTO, 2:22:05.

MID-PACIFIC RRC 8-MILE HANDICAP ROAD RACE Aug. 8th (6 starters) 88 degrees

1. Roeben Dias, 52:53.3 5:45 45:08.3
2. Harold Kuha, 53:49.5 2:00 42:19.5

4. Joe Gaglia, Newark, Del. & Mike Lye Laurel, Del., 53:34; 5. Marty Reid, Pa & Chas. McCoy, WTS, 54:39; 6. Ken Williamson, & Ed Kremer, Dela. T&F, 57:21; 7. Keith Patton, SJTC, & Bill Tropia, Colwyn, Pa., 57:50; 8. Chas. & Brian Harrington, Dela. T&F, 58:44; 9. Dave Platt, Penn AC & Joseph Hannan, Barnabro, N.J., 59:25; 10. Hank Yeat, PAC Jim Donohue, SJTC, 63:04; 11. Burdett Joslan, una., 63:25; 12. Barry Ross & Dave Laverty, una., 77:49; 13. Bill Romansky & Bobby Romansky, una., 78:25. Prizes: Baskets of Jersey tomatoes & peaches, trophies & 1964 U.S. Annals to 18 finishers. (1963 winners- Jerry Ross & Browning Ross, SJTC, 53:51.6)

KELLEY CAPTURES 12-MILE ROAD RACE

New London, Conn., Sat., Aug. 1-12 Noon--Johnny Kelley, of Groton, Conn., won the Schaefer Brewing Co. & Ocean Beach Park 12-mile race today over New London & Waterford streets. He was tin in 57:13. Jim Lombardi, CJTC, was 2nd in 58:04 & Abe Fornex, NYPC, 3rd in 58:30. (Three trophies & 10 Pewter Mugs.) (Only results available)

BALTIMORE RELAYS, Catonsville, Md. N.S. July 12-4-Mi. R-1. Ridley Striders (D Morgan, Dave Hyland, Pat Traynor (next p

The great South African distance runner Donald Shepherd completed his epic run from Los Angeles to New York City on July 24, 1964. His journey was completed in 73 days, 8 hours, 20 minutes for the 3200 miles of literal cross country running. We saw his photograph on the front of the June issue of the Leg, but to my knowledge no information concerning his progress reached the national press until he finished last week. Fearful that this great runner would leave America before we could fully understand and appreciate what must be one of the greatest amateur, solo performances in modern running history, I arranged to meet him in New York just one day before he left for England. I will do my best to describe the impressions this most amazing athlete left during our three and one half hour interview. I beg his forgiveness for any errors.

It was 12:30 A.M. Harry Berkowitz and I stood in the lobby of the Sloane House YMCA trying to decide which of the many figures walking about might be an ultra marathoner. I had expected a rather small man, with short walking step and rather sickly appearance in street clothing. Nearly everyone's pot belly and double chin cancelled them out immediately. My eyes stopped on the figure of a straight man of about 5'11", with thick black hair that was slightly graying. He wore a light blue suit, had a small mustache and carried a small camera slung over his back. His skin had been deeply tanned. He seemed too young and his chest and shoulders seemed a bit too well developed for a 48 year old marathoner. As he saw me debating his appearance, he walked with long and energetic steps toward me and asked: "Tom Osler . . . can't you recognize a fellow marathoner?" His appearance and voice left the air of distinction that most Americans feel when in the presence of their English brothers. After the usual introductions we sat for lunch and a brisk discussion of various aspects of our sport. His enthusiasm seemed infinite as he explained to me his purpose in running here.

He began running at the age of 35, ten years ago. He had always been interested in athletics. After two years of haphazard running for pleasure, he entered his first race, the 55 mile Comrades Marathon. This is a very grueling run with a change in elevation of 2000 feet. He completed the race in about ten and a half hours, half an hour under the time limit. Eight years later, at age 47, he ran 8 hrs. 10 mins. Among the many distance records he established are:

1955	250 miles	Johannesburg to Ladysmith	5 days
1956	412 miles	Johannesburg to Durban (down)	7 days 9 hrs.
1957	412 miles	Durban to Johannesburg (up)	8 days 1 hrs.
1958	903 miles	Johannesburg to Capetown	23 days 7 hrs.
1959	876 miles	Lands End to John O'Groats, Eng.	20 days 7 1/2 hrs.
1961	412 miles	Johannesburg to Durban (walked)	9 days
1964	3200 miles	Los Angeles to New York	73 days 8 hrs. 20 min.

I was most eager to get detailed information on how he prepared for such incredible runs, anticipating a well regimented, gigantic program. To my surprise, he does not have any such system. He trains regularly, but prefers to let his impulses dictate the daily work. Usually, he runs from his home to the gold mine in which he works as a supervisor. This is a distance of 7 miles. He does this at about 6 miles an hour speed. After work he then runs home at a slightly slower pace, sometimes detouring for an hour swim. He was most

Balto. Relays--Continued--Vic Zwolak); 2. American Univ. 70; 3. BOC.
 2-Mile Relay- 1. BOC (Legat, Pflaging, Messenger, Patrick) 7:15.8; 2.
 NISley Striders; 3. Phila. Pioneer Club. Team: BOC 26, PPC & DC Cape 24.
 Ridley Striders 22. Autc 13.
 Dave Patrick (17) was touched off 6 yds back of Vic Zwolak in the 2-mile relay. Dave caught Vic on the homestretch & beat him by a yard. Dave did 1:51 while Vic had his best ever 880, a 1:53 plus.

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emphatic on the point that the runner must rule the training, not vice versa. He feels that the details concerning his training are of no importance. Many years ago he abandoned his training diary because it interfered with the spontaneity of his running. "If I say that I run 7 miles in the morning and 7 in the evening, then you will run 7½ miles at these hours and expect to break my record. It is not done that way. Each runner must pioneer with his own method." He attributes his ability to complete such marathons to four important principles: FAITH, CLEAN LIVING, TRAINING and PURPOSE. By faith he means "Belief in God who created all of us, and without whom we are as animals. By clean living I don't mean with soap and water, for running is a dirty, sweaty, bloody sport. I mean no smoking, drinking, lost sleep, and other results of civilization that cause us to deteriorate in body and mind." By purpose he refers to his goal in each race, such as the establishment of an amateur record or setting an example to modern man of his physical capabilities. He has a deep love for nature and the outdoor life. Somehow, I could not help but feel how sterile are the many training systems which produce good competitive results, but lack the natural joy of true amateur sport. Would I give look with favor on a runner who decided to abandon workout on the 36th interval for a swim in a nearby lake?

He considers his American record his greatest achievement in running. He was not able to train during the month prior to this run because of his travel from South Africa by ship, and the bus trip from New York to Los Angeles. "That bus ride cannot compare with running across your Country. Running is such more fun!"

My greatest surprise came when I asked who accompanied him when he ran across the U.S. I had expected that someone had provisions of food, water, bandages, etc. in a car to aid him throughout. He laughed and explained that he carried all that he needed with him in a small canvas pack strapped to his back, and that no one was with him. "You must depend on no one but yourself and God", he explained decisively. "On my record 903 mile run from Johannesburg to Capetown, I was accompanied by an assistant on a motor bike." He laughed heartily and explained that he had to detour on that run to obtain a doctor, "Not for me, but for the assistant! Three times during that run he wanted to quit on me. He carried my money and clothing. If he had quit, I also would have been forced to stop. No, no, you must depend on no one." He showed me the provisions he carried. The pack itself was hand made and entirely of canvas and soft sponge rubber pads to prevent irritation. He wore this in all his important record runs. In size, I would say that it would hold no more than a loaf of bread and was rather light. You can see the front of it on that cover photo of the June Log. It was secured by a wide strap across his abdomen and two cords from this belt over the shoulders to canvas straps along his back. It was very worn. During his run it contained a plastic rain coat, a kit for gluing rubber to the bottom of his tennis shoes, tooth paste, a razor, small diary and pen, a plastic bottle for water, a plastic container of vaseline, and enough travelers checks to allow him to spend \$10 a day for 70 days. Often he would find useful articles on the road and tuck them into the pack. There was no pre-arranged route. He would start early each morning with a road map in hand and decide on the best course for that day. Often he met unexpected road detours and found bridges washed out. In these cases it was necessary to back-track and try another course. He ran every one of the consecutive 73 days, for from 9 to 13½ hours per day. He went as far as 60 miles on some days and twice went 35 miles for his shortest runs. Often he was thirsty and hungry. In the evenings he would sleep in purchased accommodations or in a private home as the guest of some well wisher who heard in advance of his coming on the radio, television or newspaper. He was most impressed by the hospitality he received.

Because of it, he only spent \$6 a day compared to \$10 which he anticipated paying. On six different occasions he was asked to appear on TV. There were radio interviews and official welcoming parties by town officials throughout the 3200 mile run as news spread from town to town of his coming. From his virile appearance and intriguing personality and humor, I imagine he was quite a hit on TV.

I asked which day was the most difficult. "There were many days that share that honor. When crossing the State of Missouri, there were great floods. At one point that day I had to remove my shoes and wade through 1/2 mile of water waist deep. I was worried that my travelers checks might become wet and destroy the signatures. A few snakes and what appeared to be a beaver followed me for part of the way. I held my shoes high and was ready to strike at them if they attacked. You could lead to death there if you were bit below the water. It took 1 1/2 hours to cross that 1/2 mile of water." . . . It took 9 days to cross the desert. At one point when he was very dry he tried to call to a truck driver who had a water tank with him, but his throat was so parched that he could not speak. Fortunately, he was able to attract attention by clapping and waving his hands. . . . One day while running through Indiana it rained 3.8 inches. He began running at Logansport, but found his path blocked by a washed out bridge in Peru. Backtracking to locate another route, he finally retired at Mt. Etna after running 1 1/2 hours and gaining only 40 miles.

When he started in Los Angeles he weighed 165 lbs. and when he arrived in New York he was 33 lbs. lighter. He felt that he gained strength during the run and that the loss in weight made the running much easier.

Did you suffer any serious injury during the run? "Yes, but nothing was bad enough to cause me to stop. On one closed road I ran many miles over very rugged broken and cracked concrete. I seemed to wobble along. My legs were sore for several days after that. I had some swelling of my ankles as I crossed the Rockies. Too many runners baby their injuries. Often they quit races complaining of serious pain. Yes a runner should stop if he is doing himself harm. You cannot run on broken legs, but too many bloody chaps are looking for sympathy. Don't sympathize, give them hell! Tell them how disgusting it is to see them quit. Don't cry for these quitters, they don't deserve it." I thought of my own experience with tendon and muscle pain, as he continued to described other injuries that could not dampen his will. I have never run for longer than 3 1/2 hours, yet this magnificent tribute to the human capacity to overcome natures obstacles had gone for 73 days with no less than 9 hours of running each day. I glanced at the worn canvas pack and patched running trunks that were all that had sustained him. I was speechless.

After establishing the amateur record for crossing the U.S., Mayor Robert Wagner of New York City presented Don Shepherd a plaque commemorating the 100th anniversary of the City of New York. In presenting the award, he said that Donald Shepherd's great run was a contribution to the history of his City. This sentiment pleased him more than any other words of congratulations.

After treating us to coffee and pie, we wished Mr. Shepherd a safe return. Removing his camera, he took our pictures, and waived good-by, briskly striding down 14th Street.

He has successfully completed his final record attempt, a run which he began planning five years ago. There is always the Pan-American Highway, or across Eurasia from the Atlantic to the Pacific. But for now, he's going home to South Africa to rest-up by running a few ultra marathons.

SOUTH ATLANTIC ASSN A&U CHAMPS, Morgan State College, June 13--Baltimore
OC 132, Chesapeake TC 20, Cumberland Valley AA 13, Morgan St. 13, Bel Air
13, Oriole TC 6.. 880- 1. Dave Patrick, BOC, 1:56.7; 2. Burns, Chesapeake,
3. Costion, Cumberland Mills- 1. L. Sweet, BOC, 4:17.1; 2. Chas. Messenger,
BOC; 3. Thomas, Oriole.. 3-Mile- 1. Frank Pflaging, BOC, 14:36.5; 2. Sweet,
BOC; 3. Rouse, BOC, .6-Mile- 1. Pflaging, 31:04.6; 2. Bill Boyd, Elton, Md.
14:12; 3. Vaughn, Cumberland.

COURKAMP WINS 25 KILOMETER ROAD RUN

Aurora, Colorado, Sunday, July 19- Lee Courkamp of Denver University stepped out & held the lead all the way to win the 25km (15.53 miles) road race Sunday in over 90-degree heat. Joe Arrazola of the Denver Track Club was second with Bob Lowe and John Blank running a dead heat for third place. The race was run at Del Mar Park in Aurora.

1. Lee Courkamp, Denver U., 1:35:53; 2. Joe Arrazola, DTC, 1:42:12; 3. tie, Bob Lowe & John Blank, DTC, 1:45:55; 5. Buddy Bowker, DTC, 1:55:20; 6. Bill Cookin, C.U., 1:56:06; 7. Barry Clayton, DTC, 2:12:50; Allen Britton, Colorado Springs, 2:18:26; 9. Roger Newberry, DTC, 2:23:38; 10. Pat Dalrymple, DTC, 2:59:00.

Courkamp -min/mile- 6:10; Arrazola, 6:35.
--John Blank--

COURKAMP WINS BUENA VISTA 2-MILE RUN

Buena Vista, Colorado, Sat., July 11- Lee Courkamp of Denver Univ., & running for the Denver TC won the Annual 2-mile cross-country run held at Buena Vista today in 8:23 for the obviously short course. Roy Van Horn, the 1964 Colorado State Class A mile champion finished second in the race to place first in the Junior Division.

The Denver TC won the senior team trophy and Alamosa won the junior division trophy. 11 started & 29 finished.

SENIOR- 1. Lee Courkamp, DTC, 8:23; 2. Joe Arrazola, DTC, 8:59; 3. Bob Lowe, DTC, 9:06; 4. John Blank, DTC, 9:58; 5. Don Miller, DTC, 10:04; 6. Rodriguez, Alamosa, 10:05; 7. Jones, Alamosa, 10:08; 8. Ray VanHorn, Alamosa, 10:18; 9. Charles Williams, DTC, 11:03; 10. Ron Stauffer, B.V., 11:12.

JUNIOR- 1. Roy Van Horn, Alamosa, 8:52; 2. Wes Crist, B.V., 9:01; 3. Jeff Donaldson, DTC, 9:10; 4. Dave Mansfield, DTC, 9:20; 5. Jim Huggins, Alamosa, 9:21; 6. John Kelly, Alamosa, 9:31; 7. Vigil, Alamosa, 9:40; 8. Erik Blichahn, Alamosa, 9:46; 9. Jim DePriest, B.V., 10:11; 10. Buddy Bowker, DTC, 10:13; 11. Russ Erb, DTC, 10:46; 12. Roger Newberry, DTC, 10:54; 13. Thompson, B.V., 11:15; 14. McMullin, B.V., 11:20; 15. Don Crist, B.V., 11:25. (19 finishers).

CHIPPINDALE WINS 3-MILE HANDICAP RUN

Denver, Colorado, Sunday, July 12- Don Chippindale started back running after a knee injury & took full advantage of a 3-minute handicap to win a road run at Washington Park today. Lee Courkamp of Denver University starting from scratch caught all runners except Don & in doing so broke the course record by 25 secs.

1. Don Chippindale, DTC, 17:56 go 17:56
2. Lee Courkamp, DU, 18:21 3:00 18:21
3. Don Miller, Lowry AFB, 18:40 1:30 17:50
4. Bob Lowe, CSU, 18:44 2:30 16:20
5. Wes Crist, Buena Vista, 18:46 2:00 16:20
6. Pete Vanarsdale, DTC, 18:54 2:00 16:20
7. John Blank, DTC, 19:03 1:30 17:50
8. Mel Agozosa, DTC, 19:03 1:30 18:40
9. Don Britton, DTC, 19:15 1:00 18:10
10. Merl Finney, DTC, 19:23 1:30 18:40
11. Jeff Donaldson, DTC, 19:25 2:30 16:20
12. Jack Wilmore, DU, 19:26 3:00 16:20
13. Russ Erb, DTC, 19:45 00 19:45
14. Mike Raab, DTC, 19:46 1:30 18:10
15. Mike Leeds, DTC, 19:58 1:00 18:40
16. Terry Harrison, DTC, 19:58 3:00 16:20
17. Roger Newberry, DTC, 20:07 00 20:07
18. Dave Mansfield, DTC, 20:52 3:00 17:50
19. Dick Miles, DTC, 21:23 3:00 18:20
20. Paul Cattermole, DTC, 22:10 1:30 20:20
21. Bill Hewitt, DTC, 22:11 3:00 19:10
22. Harry Barnes, DTC, 22:37 3:00 19:10
23. John Casaner, DTC, 24:00 3:00 21:00
24. Clark Britton, DTC, 24:09 3:00 21:10
25. Terrence Belle, DTC, 25:09 3:00 22:10
26. Jerry Martinez, DTC, 25:13 3:00 22:10
--John Blank--

MIDDLE ATLANTIC AAU DEVELOPMENT T&F

Phila., Monday night, July 27- Bill Clark, former Philadelphia Catholic League '800' champion & record holder, now running for Notre Dame University, won his speciality in 1:57.6 tonight at Bartram High's field.

800- 1. Bill Clark, Penn AC, 1:57.6; 2. Joe McFalls, Ridley Striders; 3. Ed Kelly, Ridley Striders. **2-Miles-** 1. Paul Sanborn, Malts SC, 10:15.9; 2. Ross Todd, Ridley Striders; 3. Larry Simmons, South Jersey TC. **5-Mile Walk-** 1. Bob Mims, Penn AC, 7:45.0; 2. Joe Stefanowicz, Penn AC; 3. Tom Hallowen, unat.

UNITED AA 4-MILE RUN, Cross Island Pk

Rosedale, New York, July 18th (4 laps)
1. Bill Malacki, United AA, 22:14.0; 2. Nat Murchison, UAA, 22:49; 3. Esteban Santana, UAA, 23:18; 4. Bob Jackson, UAA, 23:20; 5. Vince Gagliano, UAA, 25:57; 6. Chris Foggy, UAA, 26:31; 7. Art Clinton, UAA, 28:05; 8. Edwando Edgie, UAA, 29:18; 9. Cal Rifkin, UAA, 29:52; 10. Fenton W. Walsh, Jr., UAA, 31:18.
Notes: Bill Malacki, 18, graduate of Westinghouse H.S., took the lead at 3 1/2 miles & led over 100 yards at the finish. '900', hot & humid. Back yard barbecue at Nat Cirulnick's following the race. Prizes: Trophy, emblems & 4 sets of tickets to the World's Fair donated by Fenton Walsh, Sr. --Ron Brewington

RRC POSTAL RACE DAY IN N.Y. ASSN AREA

New York, July 26- Today was a day long to be recalled in New York RRC running history. Ten mile runs were held in three different sites. Seven runners faced the starter on the Midwood H.S. track in Brooklyn and Jack Rubin of the United AA led all the way to win in 59:06.8. At the same time 16 runners were circling the Van Cortlandt Park track in their 40 laps of the National RRC Postal ten mile. Hal DeVestern, unattached of Forda, N.J., led for 3 1/2 miles until Abe Fornes (NYPC) put on the pressure & pulled away to a fast 53:07.2 clocking. At 7 p.m. six runners started on the Wagner College track in Staten Island as Joe Jones of the St. Anthony BC led all the way to win in 59:37.4. The feature of this race was the 2nd place finish of 18-year-old Al Digenhardt of Staten Island in the fine time of 61:25.2. Digenhardt was running his first 10-mile run & never ran in AAU competition before this summer. He expects to enter Villanova University this September.

After all the results were tabulated, Abe Fornes was the winner of the RRC N.Y. Assn ten mile postal title with his 53:07.2 clocking. John Garlepp (56:40) was 2nd and Dick Clapp (58:31) was third.

- 10 A.M. Midwood H.S., Brooklyn, N.Y.
 1. Jack Rubin, UAA, 59:06.8 (54:46, 11:35, 17:26, 23:18, 29:13, 35:08, 41:08, 47:10, 53:15, 59:06.8); 2. Nat Cirulnick, Millrose AA, 62:17.5; 3. Sid Gendin, UAA, 63:26; 4. Bill Pank, UAA, 67:26; 5. Vince Gagliano, UAA, 67:55. DNF- Gil Bersen, UAA, George Papes, United AA.

- 10:30 A.M. Van Cortlandt Park, Bronx
 1. Abe Fornes, NYPC, 53:07.2; 2. John Garlepp, Millrose AA, 56:40; 3. Dick Clapp, Millrose AA, 58:31; 4. Adrian Gately, Bruce TC, 59:31; 5. John Stenar, una., 60:01; 6. Dave Faherty, Maywood, N.J., 60:46; 7. Mike Attens, Suffern, N.Y., 61:01; 8. Dr. George Sheehan, CJTC, 61:29; 9. Joe Burns, Bogota, N.J., 61:44; 10. Joe Kirby, SABC, 62:23; 11. John McCarrroll, Bronx, 62:51; 12. Andy Saunders, Yonkers, N.Y., 65:31. DNF- Joe Moran, Maywood, N.J., Ralph Anivas, River Edge, N.J., Bill Castle, NYAC, Hal DeVestern, Forda, N.J. (Splits: 5:07, 10:17, 15:41, DeVestern, 21:04, 26:40, 31:58, 37:16, 42:28, 47:51, 53:07.2 Fornes)

- 7 P.M. Wagner College, Staten Island, N.Y.
 1. Joe Jones, St. Anthony's BC, 59:37.4 (5:26, 11:11, 17:00, 22:50, 28:48, 34:57, 41:05, 47:11, 53:40, 59:37.4); 2. Al Digenhardt, una., 61:25.2; 3. George Kochman, MAA, 65:04.2; 4. Ed Mazzonni, una., 66:59;

5. Gene Reems, una., 74:25.2; 6. Bill Welsh, Millrose AA, 77:44.2.

JOE ARRAZOLA WINS POSTAL 10 MILE RUN

Denver, Colo., Sunday, July 26- Joe Arrazola started out with a 5:18 first mile & held his lead to win the Rocky Mountain Road Runners annual 10-mile run held on Denver East's H.S. track. The results were sent in to the Nat'l RRC to be compared with all areas in the country to determine national standing. The heat, humidity, and clear sun took its toll as only 7 out of the 13 starters managed to finish. Pete VanAradale collapsed at the 8-mile mark & recovered after a brief stay at Denver General Hospital. Bob Lowe running his first ever 10 mile on a track should qualify high in the Novice class.

1. Joe Arrazola, Rocky Mtn. RRC, 58:36.8
 2. Bill Gookin, Rocky Mtn. RRC, 60:29
 3. Bob Lowe, Rocky Mtn. RRC, 62:42
 4. John Blank, Rocky Mtn. RRC, 66:33
 5. Don Chippindale, Rocky Mt. RRC, 66:55
 6. Buddy Bowser, Rocky Mtn. RRC, 72:50
 7. Charles Williams, Rocky Mt. RRC, 86:53
- DNF- Pete VanAradale, Merle Finney, Pat Delrymple, Edwin Gookin, Jack Wilmore, Jack Janella. (Bill Gookin of San Diego, Calif., is doing graduate work at Colorado University this year.) -John Blank-

MAAAU DEVELOPMENT T&F MEET, BARTRAM HS Track, Phila., Pa., Monday, August 3rd
 3/4-Mile- 1. Pat Traynor, Ridley Striders, 3:06.9; 2. Paul Sanborn, Malta BC; 3. Wardell Erwin, una., 1-Mile- 1. Cornelius Brown, una., 15:34.4; 2. Tom Oaler, South Jersey TC; 3. Larry Simmons, SOUTH JERSEY TC. 1-Mile Walk- 1. Bob Mims, Penn AC, 7:27.0; 2. Joe Stefanowicz, PAC; 3. Tom Malloran, Penn AC.

DC AAU 15-KILO CHAMPIONSHIP at Takoma Park, Md., Sat., July 4, 1964 5:40 p.m. Course: 2 loops, fairly hilly (Warm)
 45 starters, 39 "official" finishers

- | | |
|--------------------------------|-------------|
| | Final |
| 1. Paul Perry, American U.T.C. | 23:37 48M |
| 2. Gar Williams, Empire H., | 23:37 48:22 |
| 3. Dick Haines, AUTC, | 23:37 48:40 |
| 4. Browning Ross, SJTC, | 23:37 49:12 |
| 5. Lou Castagnola, AUTC, | 23:44 49:51 |
| 6. Jim Lombardi, CJTC, | 23:37 50:13 |
| 7. Jan Prosseda, MAAA, | 23:37 51:11 |
| 8. Roy Fernigan, Del.T&F, | 23:55 51:35 |
| 9. Ernie O'Boyle, Empire H., | 24:42 52:06 |
| 10. Ken Dahms, Empire H., | 25:07 52:33 |
| 11. Bob Zollinofer, BAA, | 25:18 52:39 |
| 12. Jim Harrison, BOC, | 25:40 52:40 |
| 13. Bill Greenplate DT&F, | 24:26 52:46 |
| 14. Ed Doda, Ridley Str., | 24:36 52:52 |

12		
15.	John Gyax, Empire H., 24:48	53:04
16.	Steve Jackson, Tidewater TC, 25:19	53:50
17.	Ted Bond, Elizabethtown College, 24:38	54:27
18.	Irwin Zablocky, Harrisburg AAA, 25:11	54:51
19.	Bill Gibson, DT&F, 25:51	55:06
20.	Bill Cory, AUTC, 25:33	55:22
21.	Ken Williamson, DT&F, 26:00	55:36
22.	Mark Walsh, DCCR, 26:00	55:45
23.	Bob Romansky, SJTC, 26:12	55:55
24.	John Osborne, USCG, 26:50	55:59
25.	Wayne Buyales, Tidew.TC, 27:43	56:46
26.	Merle Valotto, Mo.Va.TC, 24:57	56:54
27.	Jason Page, AUTC, 26:30	57:52
28.	Dave Gladstone, Exp.H., 26:15	58:17
29.	Paul Shimon, Empire H., 26:15	58:26
30.	John Donhee, Exp. H., 26:00	60:33
31.	Brian Fleming, DT&F, 26:35	62:00
32.	Craig Twentyman, AUTC, 26:35	63:08
33.	Oscar Neuhling, Chesapeake TC, 30:03	65:51
34.	Hal Thorsen, AUTC, 30:03	65:59
35.	Hugh Jascourt, AUTC, 31:06	66:56
36.	Pat Foley, Millrose AA, 32:37	69:52
37.	Orrington Hall, Exp.H., 33:37	72:46
38.	Bennett Arnold, Lansdale T&F, 36:32	73:03
39.	Bob Gilchrist, Del.T&F, 36:32	78:16
ran off course:		
	Don Heinicks, una., 27:38	55:21
	Gabe Mirkin, BOC, 27:37	55:26
	Dave Romansky, SJTC, 28:30	55:40
DNF-	Marshall Windsor, EM, 26:32	---
	Mike Helms, DCCR, 26:32	---
	Dave Walsh, una., 36:33	---

Meet Record- 48:47.6, Earl Eblen, Seattle Olympic Club, 1963
 DC AAU Record- 50:41, Dick Haines, NCAS, 1963

DC AAU Team Scoring: 1. American Univ.TC (Perry, Haines, Castagnola, Cory & Page) 1-3-4-8-9-25; 2. Empire Harriers, 30.

TEENAGE 1/2-MILE RACE (12 starters, 9 fin.)

1. Don Morgan, Ridley Striders, 25:00
 2. Steve Rice, Chesapeake TC, 25:10
 3. Ken Lawton, Chesapeake TC, 25:25
 4. Willie Day, Delaware T&F, 25:53
 5. Mike Scurto, DC Capitol Runners, 26:25
 6. Bob Windsor, Empire Harriers, 28:20
 7. Ken Schmidt, una., 28:25; 8. Frank O'Hara, una., 29:55; 9. Jim Egan, una., NPT.
- DNF- Bill Ripley, una., Jim Cheney, SJTC, Chip Millard, Exp.H. (All wandered off course)

Running Shorts...Takoma Park keeps getting faster each year. Last year Earl Eblen led 5 other finishers across the line faster than the meet record. Dick Haines was 7th last year with a new DC AAU record of 50:41 breaking his old mark of 51:16. This year again Haines set a new DC record & even eclipsed Eblen's record of 48:47.6 but this year it not only was not good enough to win the race it was not even

good enough to win the DC title which had held for two years. The new champ was Georgetown soph Paul Perry who ran 48:16 followed by Gar Williams in 48:40 & Haines in 48:40. Browning Ross, who improved 45s from last year, clocked 49:12 to be the only non-DC finisher. The first 5 as Lou Castagnola took the spot. This is the first year the race not been dominated by out of town ent. For half the race six men were close together but the final top three edged away with Haines looking strong on the uphill portions. At the end Perry and Williams had too much speed for Haines then Perry slowly edged away as this time Williams lacked the speed. O'Boy (9th) & Dahms (10th) are only high seniors. Tremendous merchandise prizes were given down to 30th place although Perry & the less experienced runners prefer the large trophies. The teenage race fouled up by some well-meaning spectators who misguided the runners up the wrong street once they left the parade ground. The runners all thought that the man was an official. As a result of this "practical joke" the first nine runners passed the official at the half-way mark along with the 15-kilo runners & were not to turn around. The last three did turn around on the abbreviated course & had be disqualified. Don Morgan, a 4:17.5 16-year-old Clearview Regional (N.J.) sophomore captured the fouled up race.

--Hugh Jascourt--

1964 WELSH & OPEN MARATHON at Fort Totten
 Wales- 1. Juan Taylor, Coventry Godiva, 2:15:37; 2. Billy Adcock, Coventry Godiva, 2:19:29; 3. Maurice Birons, Birchfield, 2:26:12; 4. Reg Souldes, Walton, 2:27:52; 5. R. Franklin, TVB, 2:28:50.

SCOTTISH T&F CHAMPIONSHIPS, Edinburgh, June 26-27--880- 1. R.T. Modelat, Glasgow Univ., 1:52.6; 2. Geo. Wenk, Anglo Scott, 1:53.4. Mile- 1. E.D. Ballantyne, RSH, 4:09.6; 2. G.E. Everitt, Shett'n, 4:11.5. 1-Mile- 1. A.P. Murray, BU, 1:47.6; 2. J.L. Stewart, 14:00.2; 3. M. Wards, 14:02.4. 6-Miles- 1. Murray, 29:05.2; 2. D.P. Macgregor, 29:09.6; 3. J. Taylor, 30:03.6; 4. W. Murray, 31:13.0. 1000s S'chase- 1. A.I. Heron, RSH, 9:12. R. Henderson, 9:30.2. Marathon- 1. A.J. Wood, Aber., 2:24:00; 2. H.K. Mitchell, Shett'n., 2:34:01; 3. C.J. McAlinden, 36W, 2:39:22; 4. D. Simpson, M'ns, 2:48:59.

Oxfam, England Marathon, June 27th- 1. John Moore, Selgrave, 2:42:37; 2. Ray Bett, Mitcham, 2:44:10; 3. Geoff Stott, Smeethwick, 2:45:55 (very warm)

3RD ANNUAL COLTON HUB HARRIERS AND EXCHANGE CLUB DISTANCE TEAM CHAMPIONSHIPS
Sponsored by: Hub Harriers & Colton Exchange Club Sanctioned by: Long Distance Running Committee of the S.P.A.A.A.U.
Meet Directors: Gerald V. Smith & Stanley Stafford Conditions: Very hot & humid
Courses: Macadam roads. Sat., July 11th
OPEN 5 MILE RUN

1. Ray Hughes, Los Angeles TC, 24:56.50
2. Alex Breckenridge, U.S.M.C., 25:01
3. Eugene Carson, Culver City AC, 25:35
4. George Husarak, CCAC, 25:55
5. Vince Sweetser, Orange Co. TC, 26:29
6. Robert Carman, CCAC, 26:46
7. Dennis Kennedy, CCAC, 26:54
8. Jimmy Allen, Hub Harriers, 26:59
9. Jeff Sawlings, Hub Harriers, 27:14
10. Stanley Stauble, Hub H., 27:18
11. Mike McCormick, CCAC, 27:43; 12.

Jerry Cartmell, USMC, 28:10; 13. Steve Wyper, CCAC, 28:24; 14. John Brower, una. 28:36; 15. Bill Crum, HH, 28:48; 16. Rick Vasquez, Pico Rivera United, 28:56; 17. Ray DeGagner, USMC, 29:39; 18. Jim Robertson, HH, 29:49; 19. Kay Turner, PHU, 30:02; 20. Lee Crawford, CCAC, 30:10; 21. Ralph White, USMC, 30:31; 22. Lt. Robert Adams, USMC, 31:13; 23. Robert Murray, PHU, 31:35; 24. Bryan Springer, una., Norwalk, 33:36; 25. Rick Mayo, HH, 33:44; 26. Gerald Smith, HH, 34:49; 27. Tim Cantrell, PHU, 35:57; 28. Darryl LeVesque, una., Montclair, 36:12.
DNF- Bruce Dorn, CCAC; John Adams, PHU.
* New Course Record; old record by Dick Martinez, 28:43 in 1963.

Team Scoring: 1. Culver City AC, 2-3-4-5-9--23; 2. Hub Harriers, 44; 3. USMC, 53.

SENIOR DIVISION (36 years or older) 5-MILE
1. James Harrington, 45, CCAC, 30:17; 2. Leo Bulick, 45, Hub H., 35:44; 3. Stanley Stafford, 39, HH, 36:03; 4. Mike Kish, 58, Hub Harriers, 36:51. Team: Hub H., 1-2-3--6.

COACHES & PROS 2-MILE RUN

1. Marshall Clark, Los Altos HS, 11:04.00
 2. Gilbert Dyrer, Colton HS, 11:29.7
- * New course record; old mark, 11:26 by Dyrer in 1963.

WOMEN & GIRLS 1.25 MILE RUN (Actual 1.5)

1. Merry Lepper, San Bernardino, 10:26.50
 2. Lynn Carman, San Bernardino, 11:18.5
 3. Diane Bulick, Baldwin Park, 12:27.0
- * Record, first time event held.

JUNIOR HIGH SCHOOL 3-MILE RUN (9th Grade and Under)-
1. John McDonald, Glendale TC, 15:43.8; 2. Mark Suchill, Hub H., 16:48; 3. Richard Raya, Glendale TC, 16:55; 4. Albert Alm, HH, 17:11; 5. Frank Nameric, HH, 17:14; 6. Richard Bulick, HH, 17:48; 7. Rick Anstine, HH, 18:12; 8. Mike Marsaman, Glendale TC, 19:01; 9. Terry Gorrell,

Apple Valley, 19:19; 10. Gary Moran, PHU, 19:21; 11. Carver Wickman, Glendale TC, 19:50; 12. Robert Guy, Apple Valley, 20:06. (18 finishers) Team: 1. Hub H., 24.

HIGH SCHOOL 3 MILE RUN

1. Ken Reed, Hub H., 15:47.00; 2. Steve Shawver, CCAC, 16:00; 3. George Payton, Pico Rivera United, 16:01; 4. Jess Hernandez, Hub H., 16:47; 5. Larry Torres, PHU, 16:49; 6. Edward Bessette, una., Norwalk, 16:52; 7. Frank Marshall, Orange County TC, 16:57; 8. Ricky Perez, una., Norwalk, 16:59; 9. Ricky Perez, PHU, 17:01; 10. Bill Quessada, PHU, 17:06; 11. Steve Bulick, Hub H., 17:08; 12. Don Vega, Hub H., 17:13; 13. Steve Gillette, Hub H., 17:36; 14. Harry Satterberg, una., Baldwin Park, 17:39; 15. Courtney Shaw, Hub H., 17:40. (27 finishers) Team: 1. PHU, 27; 2. HH, 28
* New course record, old mark 15:58 by Lane Mason in 1963.

OVERALL TEAM CHAMPIONSHIP (5-3-1 points given to teams in each division) 1. Hub Harriers, 5-3-3-5--16; 2. Culver City AC, 5 & PHU 5; 4. Glendale TC 3.

Notes...Temp. 95° during the 5-mile Open & the air was quite humid, but no less than 14 runners broke the course record, with Ray Hughes' blistering pace matching the temperature. It was veteran Alex Breckenridge who kept things hot for Ray throughout the race, but Alex couldn't handle Hughes' sprint finish. Young Eugene Carson (District 15km champ) held on well but faded near the finish.

Sensational 9th grader John McDonald captured the Jr. HS Div. in a faster time than the HS Div. winner.

SPRINGFIELD, ILLINOIS TAP MEET, July 16 (Springfield YMCA) 2-Mile- 1. Phil Loreno, 9:29.5; 2. Tom Cuffy; 3. Dennis Boshler; 4. Prillaman; 5. Brazier; 6. Goshanour. Mile- 1. Ed Schneider, Kirksville Mo., 4:15.1; 2. Steve Lawrence; 3. Jan Nilsson; 4. Hart; 5. Hunter. 2-Mi. Relay- 1. UCTC (Sloan, Frost, Schultz, Nilsson) 7:59.4; 2. UCTC "B"; 3. Springfield TC. 800- 1. Ed Schneider, 2:00.1; 2. L. James; 3. Ron Frost, U. of Chicago.

MEET AAU DEVELOPMENT MEET, Van Cortlandt Park Stadium, July 27th 7 P.M.
2-Mile (Handicap)- 1. Oscar Moore, NYPC, (SCF.) 8:53.4 (63s, 2:08, 3:16, 4:23.7, 5:31, 6:41, 7:49, 8:53.4 - last 440 in 64.0) New track record; 2. Craig Bennett una., (220y) 9:07.8; 3. Bill Malacki, United AA, (250y) 9:19.6; 4. Karl Firstenberg, una., (220y) 9:22.0. (42 starters) Following a 4:23.7 mile, Moore blasted away to win by almost 100 yards.

--Ron Brewington--

14 July 4, 1964
 RESULTS OF THE AAU JUNIOR NATIONAL AND
 HAWAIIAN SENIOR 25 KILOMETER ROAD RACE

	1st Lap	2nd Lap	Finish
1. Harold Cole, HS,	26:29	54:29	83:05
2. Brian Clarke, una.	28:19	57:37	86:00
3. Harold Kaha, HS,	27:13	56:11	87:06.6
4. Johnny Paerber, UN,	29:33	60:16	92:31
5. Ernest Jay, Jr. USA,	28:25	61:56	94:08
6. Heuban Dias, CHS,	29:30	61:05	94:37
7. Jim Ferris, HS,	29:05	59:58	95:17
8. Craig Nunyan, una.	31:17	65:09	97:42
9. Terry Wilhite, HM,	28:20	62:10	103:38
10. Jerry Hull, HM,	34:45	69:28	109:56
11. Ken Nakamura, una.	33:31	70:13	110:15

Other finishers in the following order:
 Tom Graham, Vic Juve, Robert Johnston,
 Peter Paffrath, John Martin & John Etwood,
 all of the Hawaii Marines.

Legend: HS-Hawaii Spikers; UN-Univ. of
 Hawaii; CHS-Castle High School.

(Each lap about 5.2 miles) Note: Senior
 runners were Harold Cole, winner of the
 Hawaiian Senior Division, and Brian
 Clarke. All other runners are in the Jr.
 Division with Harold Kaha, the winner
 of this year's event.

Record for Jr. Nat'l AAU 25km road race
 (Waikiki Course) held by Brian Clarke,
 established July 4, 1963, at 1:26:22.

There were 21 entries & 17 finishers.
 Harold Cole set the pace early in the
 race & won easily in 1:23:05. At no time
 were any others in contention. Clarke
 came from third place to pass Kaha on
 the last lap as he bettered his time of
 last year by 32s. Temp. in the 80's.
 The Waikiki course of three laps is flat
 & over asphalt pavement. The auto traf-
 fic was a little hectic, especially over
 the last lap of the race. --Ben Liu--

 THE CULVER CITY MARATHON STORY

By Steve Houliac

Despite running what he described as a
 "tactically stupid race," Pete McArdle
 won the 17th Western Hemisphere Marathon
 as Sioux Indian Billy Mills, 26, finished
 24 to join him & Buddy Edelen on the U.S.
 Olympic team.

Finishing very slow in the sweltering
 heat, which felled many of the pre-race
 favorites, McArdle clocked 2:27:01.4.
 Former Polish refugee-now U.S. citizen,
 John Macy, running for Houston TC, took
 off at the start & pulled rapidly away.
 He drew the Mexican Olympic team trio of
 Fidel Negrete, Victor Paralta & Antonio
 Marrique with him. The other contenders,
 save Ralph Buschmann, who started fast
 also, all clustered around McArdle who
 moved along comfortably. (McArdle comment-
 ed after the race that Macy went too fast
 too soon and that after he heard Macy's

10 mile time of 52:38 he knew he could
 beat him.) Macy looked strong to the
 turnaround at the halfway point & then
 "McArdle's group", which had been dimi-
 nishing in number from 25 or so to McArd-
 le, Mills, Van Dellen, Carson & Hal Hig-
 don, began to rapidly cut into his mar-
 gin, which at one time had been 500 yds.
 Coming down the one hill of the course
 at about 15 miles McArdle applied the
 pressure & broke Carson. A few hundred
 yards later Higdon lost contact. For the
 next ten miles it was McArdle, Van Del-
 len & Mills. Mills had been hurting much
 of the latter part of the race but at 23
 miles Van Dellen was in real trouble. At
 25 miles he walked & Mills made up a 100
 yards & passed him, he had only to stay
 on his feet to earn a trip to Tokyo. This
 he did, finishing strongly. Jim Green,
 who had run with Gordon McKenzie in the
 early stages after a slow start, passed
 many contenders in the latter stages but
 was too far back to threaten Mills.
 Macy complained of blisters when McArd-
 le passed him at 17 or 18 miles and at
 20 miles he stopped.

John J. Kelley never showed up after
 indicating he would.

In a post-race interview McArdle said
 that his tactical blunder was going after
 Macy too soon. When Macy began to fade
 McArdle, instead of waiting for Macy to
 come back to him, greatly increased his
 tempo, thus he was quite tired in the
 latter stages. The "flying mechanic" also
 said he was worried about a leg injury
 he suffered last winter when he slipped
 in the snow. He said it didn't affect
 his performance significantly but hurt
 him in the last six miles. The wispy 34-
 year-old Irish ace passed up the dual
 meet with Russia as he wanted to make
 the Olympic team in the marathon for
 fear that in four years he would be too
 old. He said the shoes he wore (looked
 like Spot-bill or Dresko's) bothered him
 & that he will wear a pair of Tiger shoes
 in Tokyo. This year there were no com-
 plaints about a short course. (Bobby
 Cons, who was told by a doctor to quit
 running when he snapped a blood vessel
 in his leg, double checked the course
 by walking over it with a measuring
 wheel.) The route covered one lap of last
 year's 4 loop course & then headed for
 Playa del Rey & two miles along the beach
 to the turnaround where it reversed it-
 self. The heat caused MANY to walk late
 in the race.

 Phila., Mon., July 20th- Dev. T&F Meet at
 Bartram HS- 3-MI. - 1. Moses Mayfield, RS,
 15:21; 2. Ross Todd, RS; 3. Larry Simmons

Mile- 1. Fran Carver, Penn AC, 4:40.1; 2. Paul Sanborn, Malta BC; 3. Ed Marshaleck, Ridley Striders. Mile Walk- 1. Bob Mims, Penn AC, 7:39.0; 2. Tom Halloran, una.; 3. Dennis Dyroff, Penn AC. 800- 1. Joe McFalls, Ridley Striders, 1:59.9; 2. Keith Patton, South Jersey TC; 3. John Mosley, una.

LORRENZ CAPTURES SUMMER X-COUNTRY RUN
Phila., Pa., Sunday, July 19 (7 p.m.)
By winning the Middle Atlantic NRC's summer 10,000m x-country run over the MAAAU course in Fairmount Park tonight, Herb Lorenz made it three consecutive wins this summer in Middle Atlantic competition.

Twenty-eight runners set off at a pace to suit the very warm conditions. By the time the halfway mark had been reached Lorenz was out on his own & he finished 2 1/2 ahead of hard-running Steve Whelan. Ed Dodd finished a creditable third in 32:06, excellent time on a warm muggy evening.

- 1. Herb Lorenz, Willingboro, N.J., 31:31
- 2. Steve Whelan, Fort Dix, N.J., 31:55
- 3. Ed Dodd, Ridley Striders, 32:06
- 4. Tom Galer, South Jersey TC, 32:41
- 5. Bill Greenplate, Delaware T&P, 32:49
- 6. Ross Todd, Ridley Striders, 32:52
- 7. Lou Coppens, Ridley Striders, 32:53
- 8. Harold DeVestern, Fords, N.J., 33:34
- 9. Larry Sizmons, South Jersey TC, 33:38
- 10. Vern Ordway, Phila., Pa., 33:53
- 11. Marty Reid, Penn AC, 34:33
- 12. Bob Romansky, South Jersey TC, 35:19
- 13. Leon Dreher, Philadelphia, 35:53
- 14. Charlie McCoy, Ridley Strid., 36:02
- 15. John Stokes, Philadelphia, 36:10
- 16. Jim Magford, Margate, N.J., 36:24
- 17. Keith Patton, So. Jersey TC, 36:34
- 18. Gary Glesk, Ridley Striders, 36:43
- 19. Henry Yost, Blackwood, N.J., 36:49
- 20. Gerhard Flessinger, unat., 36:52
- 21. Paul Ladniak, Glenside, Pa., 37:11
- 22. Bob Chambers, Ridley Striders, 37:17
- 23. Mike Johnson, Willow Grove, Pa., 38:01
- 24. Jim Donohue, Runnemede, N.J., 38:17
- 25. Dave Romansky, South Jersey TC, 39:08
- 26. Bill Holmes, Phila. Pioneers, 39:55
- 27. Larry Puffy, Delaware T&P, 40:23
- 28. Jerry Koch, Penn AC, 47:41

ROSS WINS M.A. NRC 10-MILE TRACK RACE
Phila., Pa., Sunday, July 26 (7 p.m.)
Browning Ross took the lead at the start & led all the way to win the M.A. NRC & National NRC postal 10-mile track championship tonight in 55:52. The race was held on the John Bartram H.S. track in warm, overcast weather. Roy Jernigan, Delaware T&P Club, was

second, over a lap behind. Trophies were presented to the top ten finishers.

- 1. Browning Ross, South Jersey TC, 55:52
- 2. Roy Jernigan, Delaware T&P, 57:37
- 3. Ed Dodd, Ridley Striders, 58:15
- 4. Tom Galer, South Jersey TC, 59:34
- 5. Bob Romansky, So. Jersey TC, 59:35
- 6. Vern Ordway, Phila., Pa., 59:48
- 7. Dave Romansky, South Jersey TC, 62:43
- 8. Mike Johnson, Willow Grove, Pa., 63:23
- 9. Henry Yost, Blackwood, N.J., 64:57
- 10. Jim Donohue, Runnemede, N.J., 65:41
- DNF- Bob Chambers, 3-miles; Jerry Koch, 5-miles; Bob Zollinhofer, 8 miles.
- Splits for Ross- 5:25, 10:46, 16:16, 21:46, 27:26, 33:05, 38:59, 44:36, 50:23, 55:52

6,000m Run, Wilmington, Delaware, Monday, July 27th 7:15 p.m. Towner Hill All-Weather track, hot & humid.

- 1. Browning Ross, South Jersey TC, 26:36.
- 7; 2. Bill Greenplate, Delaware T&P, 27:45; 3. Marty Reid, Penn AC, 28:26; 4. Joe Galia, Del.T&P, 28:41; 5. Bob Romansky, So. Jersey TC, 28:43; 6. Ken Williamson, Del.T&P, 29:05; 7. Bill Gibson, Del.T&P, 29:07; 8. Pete McCormie, una., 29:35; 9. Harry Morrison, Del.T&P, 30:03; 10. Gary Glesk, Ridley Striders, 30:34; 11. Dwight Meckett, Del.T&P, 30:40; 12. Ed Kremer, Del.T&P, 30:49; 13. Brian Harrington, Del T&P, 32:29; 14. Jim Cheney, SJTC, 35:46.



"In all of Fairmount Park you had to choose this spot for a picnic."

Wilmington, Del., July 9- 2d Dev. T&P West- 2-Mile- 1. Fran Carver, Penn AC, 9:23.3 (70, 2:18.6, 3:28.8, 4:40.2, 5:52.8, 7:06, 8:20) won with a burst of speed in last 150y.. 2. Bill Clark, Penn AC, 9:27.8; 3. Wes Steck, Del.T&P, 9:31; 4. Mike Lyon, D&P, 9:33.2. 800-D. Dodson, 1:56.

GORD DICKSON WINS OLYMPIC MARATHON TRIAL

Calgary, Alberta, Sat., July 18- Gord Dickson, forced from competition two years ago by a serious tendon injury, won the Canadian marathon championship & Olympic trial today.

Dickson, a 32-year-old Hamilton accountant, ran the course in 2:39:55.

Don Wallingford of Hamilton was 2nd in 2:43:02, and Doug Kyle, a Calgary geologist, was third with a time of 2:44:38.

Dickson started out in third place, moved to 2nd at the 3.5 mile mark & ran into the lead after 13 miles. Wallingford followed closely until the 19-mile point & at the 22-mile distance Dickson had a 2:25 edge.

Dickson said: "I was on my way to a fair time in my 27th comeback until about 21 miles when my lungs, chest and back hurt so bad I could hardly move. It seems that everyone was affected. Michaut was 10th at Yonkers & didn't finish today!"

Twenty-four runners from across Canada started the race, but only 12 finished the course through traffic-heavy city streets where police & members of the host Calgary track & field club fought to keep traffic lanes clear for runners. Dickson, a native of Calgary, has represented Canada in the British Empire Games & the Pan-American Games. He underwent a tendon operation shortly after a marathon about 24 years ago, & since then had run in only a 10-mile race before Saturday.

Bill Allen of the Toronto East York TC held the lead for 10 miles until he suffered a stitch in his side & had to slow down. He then fell from serious contention.

1. Gordon Dickson, una., Hamilton, 2:39:55
2. Don Wallingford, una., Hamilton, 2:43:02
3. Doug Kyle, Calgary, Alberta, 2:44:38
4. Ed Frost, Edmonton Olympic Club, 2:57:39
5. Herb Monck, Hamilton CC, 2:59:41
6. John Park, Calgary T&F Club, 3:04:42
7. Cor Omerwerk, Calgary T&F Club, 3:09:38
8. George Kinross, Calgary T&F, 3:12:40
9. Bill Harriot, Calgary T&F, 3:18:04
10. Lawrence King, Calgary T&F, 3:35:22
11. Deewees Wood, Calgary T&F, 3:40:00
12. Herb Eiechart, Gladstone AC, 3:50:18

DNP- Jim Haddock, Edmonton CC, Struan Robertson, Kimberley, B.C., Russ Evans, HOC, Dave Prokop, London, Ontario, Oscar Rosner, Lethbridge, Alberta, John Eccleston, Edmonton CC, Norm Webb, Russ Van Leuaden, Calgary T&F, Orville Atkins, EYTC, Bill Allen, KYTC, Charles Pell, TOC, Roland Michaut, Mount Royal Franco Amie, Montreal, P.Q.

(Although Dickson's 2:39 was probably worth much better with his past injury history he might not be selected for the Canadian team.) Late flash- He wasn't!

SANDER WINS REGIONAL 15 KILO HUN

Yonkers, N.Y., Sunday, July 19- Norbert Sander, former Fordham University barrier runner for the Gaelic American AC, won the 1st regional & Sr. & Jr. Metropolitan 15km championship today over a hilly, three lap course of the Pacey Club in 91° temperatures.

The race was the first in the new plan set up by Long Distance Chairman Aldo Scandurra to help the areas that lack championship races. Today's race drew runners from New Jersey, Connecticut & the Metropolitan AAU.

After early leader John Loeschhorn of the NYAC dropped out, Sander & Jim Keefe fought a tough race until the GAAC ace pulled away in the last two miles to win by over 220 yards.

Sander's time of 46:42 was well back of the course record of 46:05 set by Oscar Moore two years ago.

Sander was the Senior Net victor & the Junior title went to 12th place finisher Vince Chiappetta of the NYAC.

The field of 86 runners also included guests Ben Tucker & Ron Davis of San Jose State & Harry McCalla of Stanford.

- 3 lap course. --Joe Kleinerman--
1. Norbert Sander, GAAC, 46:42; 2. Jim Keefe, CCAA, 47:15; 3. Tom McCarthy, GAAC, 47:39; 4. Ron Davis, SJS, 48:01; 5. Jim Lombardi, CUTC, 48:32; 6. Gordon McKenzie, NYPC, 48:51; 7. Ray Others, CCAA, 49:05; 8. Jim O'Connell, SABC, 49:11; 9. Abe Fornes, NYPC, 49:17; 10. John Long, SABC, 49:57; 11. Ambrose Barfoot, CCAA, 50:01; 12. Vince Chiappetta, New York AC (1st Jr.), 50:50; 13. John Garlepp, Millrose AA, 51:09; 14. Jim McDonagh, GAAC (2d Jr.), 51:38; 15. Bill Shortell, CCAA, 52:02; 16. Tim Hawvelt, Suffern, N.Y. (3rd Jr.), 52:10; 17. Ben Tucker, San Jose State, 52:16; 18. John Kelly, MAA, 52:18; 19. Richard Degan, GAAC, 52:20; 20. Harry McCalla, Stanford, 52:21; 21. Steve Hayden, L.I. Striders, 52:41; 22. Gary Muhreks, MAA, 52:49; 23. Ed Coleman, CCAA, 53:05; 24. Ted Corbett, NYPC, 53:10; 25. Clarence Richer, una., 53:20; 26. Bennett Flax, SABC, 53:31; 27. Dick Clapp, MAA, 53:43; 28. Jim Reynolds, GAAC, 54:04; 29. Herb Navarro, SABC, 54:47; 30. Hugh McElaney, GAAC, 54:56; 31. Abe Asse, MAA, 55:09; 32. Robert Bamberger, Hartford TC, 55:15; 33. Joe Maggi, SABC, 55:29; 34. Jeff Levine, L.I. Striders, 55:33; 35. Bruce Dobrzt, CCAA, 56:10; 36. Bill Young, CCAA, 56:18; 37. Joe Burns, una., 56:20; 38. Joe Jones, SABC, 56:32; 39. Jim Fatten, United AA, 56:54; 40. Jim Fatten, CCAA, 56:55; 41. Don Lindsay, SABC, 57:05;

42. Jerry Givner, St. Anth. BC, 57:47; 43. Bill Casey, Bruce TC, 57:52; 44. Mike Attena, Suffern, N.Y., 57:56; 45. Jose Iglesias, NYPC, 58:10; 46. Al Williams, NYPC, 59:02; 47. Juan Rodriguez, Staten Island, 59:03; 48. Nat Cirulnick, MAA, 59:55; 49. Pat Hynes, CJTC, 60:04; 50. Archie McCoy, Bruce TC, 60:31; 51. Sid Gendin, United AA, 60:45; 52. Bob Brosowski, Stratford, Conn., 60:48; 53. John Sterner, una., 61:23; 54. Russ Karoven, Suffern, N.Y., 62:14; 55. Dave Littlehas, L.I. Striders, 63:52; 56. Frank Monroe, United AA, 64:05; 57. Ed Mazowski, Staten Island, 65:17; 58. Kurt Steiner, NYPC, 65:27; 59. Richard Wright, Staten Island, 66:00; 60. Steve Krebs, L.I. Striders, 67:25. (66 starters, 60 finishers)

REGIONAL TEAM SCORING: 1. Central Conn. AA 44; 2. Gaelic American AC 49; 3. St. Anth. BC 76; 4. NYPC 77; 5. Millrose AA 79.

SENIOR MET TEAM SCORING: 1. GAAC 36; 2. SABC 57; 3. Millrose AA 58; 4. NYPC 59. Officials: Joe Yansoy, Dave Lery, Sam Schwed, Lou White, Ron Brewington, Larry Lesser, Ken Abramson, Jim Lombardi, Joe LaRocca, Cy Barker, Ed Peterson. Directors: Aldo Scandurra, Joe Kleinsman.

OLYMPIC DEVELOPMENT 2-MILE RUN, Fargo Bldg, South Boston, Mass., July 13th

1. Mike Counihan, BAA, 11:12 :30 10:42
2. Howard Posa, una., 11:21 :45 10:36
3. Rod Tulomey, Reipas AC 11:22 :45 10:37
4. John Kneisel, una., 11:23 :15 11:08
5. Richard Mosley, Sp. AC, 11:24 :15 11:09
Fast time: George Gonsfroy, 12:14 2:15 9:59
33 competitors contested for the three Olympic Development medals.

BUSCHMANN WINS PORTSMOUTH, N.H. "10"

Portsmouth, N.H., July 18- Localite Art Scott, a 4:05 miler at Idaho Univ., took an early lead & held it for three miles before giving way to Tony Sapienza who led until the 5-mile mark. At that point Ralph Buschmann took over & led the rest of the way over the field of 42 starters in 92° temperature.

Lawn sprinklers were all along the course to keep the runners from roasting.

The Portsmouth Chamber of Commerce will build the race up in the future (June date in '65).

1. Ralph Buschmann, Spartan AC, 52:58
2. Tony Sapienza, Boston AA, 55:15
3. Mike Kimball, Univ. of N.H., 56:26
4. Robert Molvar, Boston AA, 56:58
5. John A. Kelley, una., 57:24
6. Richard Packard, Boston AA, 58:00
7. Art Scott, una., Portsmouth, 58:11
8. Richard Weeks, Lynn AC, 59:23
9. Royce Sawyer, No. Medford, 59:45

10. Wesley Williams, NMC, 60:33; 11. Kenneth Trufant, Spartan AC, 61:39; 12. Jesse Crowell, USAP, 61:53; 13. Rome Dorion, BAA, 62:29; 14. Alan Alter, Brockton AC, 64:24; 15. Ben Chapinaki, NMC, 64:45; 16. John Reitano, Lynn AC, 65:21; 17. John Counihan, BAA, 65:29; 18. Anthony Ronos, BAA, 65:58; 19. Dave Hasenbus, NMC, 66:25; 20. Ronald Clingmans, U. New Hampshire, 67:29; 21. Claude Ellis, NMC, 70:59; 22. Ed Quallot, Maine, 71:20; 23. John Soares, BAA, 72:24; 24. John Jordan, NMC, 72:52; 25. Ed Sienkiewicz, NMC, 73:02; 26. Ronald Gaff, BAA, 73:38; 27. Roger Patch, NMC, 73:53; 28. Steve Reisman, NMC, 74:52; 29. Richard Mosley, Spartan AC, 77:23; 30. Wm. Ginn, Spartan AC, 77:37; 31. Sigmond Podlozny, NMC, 78:06; 32. Tony Medeiros, NMC, 78:09; 33. Wally Furber, NMC, 79:13
34. Ira Locke, NMC, 79:42; 35. Sam Quallot, Maine, 82:47; 36. Beal Richardson, Bates College, 83:06; 37. Roland Dyer, una., NYT.
Team Scoring: 1. Boston AA, 2-3-4--9;
2. Spartan AC, 1-7-9--17; 3. NMC, 19.

3-MILE OLYMPIC DEVELOPMENT RUN, Fargo Bldg, South Boston, Mass., July 20, 1964

1. Paul Vergari, 17:28 :15 17:13
2. John Wallace, 17:41 Gun 17:41
3. George Gonsfroy 17:56 3:00 14:56
4. Pat Gonsfroy, 18:04 Gun 18:04
5. Myron Sigelow, 18:08 2:00 16:08
6. Robert Molvar, 18:11 2:30 15:41
7. Rod Tulomey, 18:12 2:00 16:12
8. Earle Pucillio, 18:13 2:00 16:13
9. Steve Lake, 18:14 2:00 16:14
10. Edmund Connor, 18:15 2:00 16:15
11. Mike Counihan, 18:17 2:00 16:17
12. Royce Sawyer, 18:18 2:00 16:18
(40 starters)

One Mile Olympic Development Walk
July 20, 1964 (17 starters)

1. Paul Schell, 8:16 :45 7:31
2. Paul Weller, 8:21 Gun 8:21
3. Steve Reisman, 8:51 :30 8:21
4. Carl Comstock, 9:05 :15 8:50
5. John Mosley, 9:34 Gun 9:34

OLYMPIC DEVELOPMENT 3-MILE RUN, Fargo Building, South Boston, Mass., July 26

1. Carlton Comstock, NMC, 17:30 Gun 17:30
2. Greg Kent, BAA, 17:49 3:00 14:49
3. Geo. Gonsfroy, BAC, 17:59 3:00 14:59
4. Pat Gonsfroy, BAC, 18:00 Gun 18:00
5. Robert Molvar, una., 18:12 2:45 15:27
6. Royce Sawyer, NMC, 18:16 1:45 16:31
7. Tom Elliott, una., 18:26 1:30 16:56
8. Bruce Lebane, una., 18:27 :30 17:57
9. Richard Packard, BAA, 18:34 2:00 16:34
10. Steven Lake, Spartan, 18:38 2:00 16:38
(40 starters)

3rd ANNUAL HONEY HILLS 4-MILE RUN
Sponsored by: Colton Hub Harriers
Sanctioned by: Long Distance Running
Committee of the Southern Pacific AAU
Meet Director: Stanley E. Stafford
Course: Very hilly over dirt roads.
Date: Saturday, June 13th 9 a.m.

	E.T.	Hdcap	Act.	T.
1. Tom Shay, CCAC,	29:15	6:30	25:45	
2. Robert Sebedra, FRU,	29:41	3:00	24:41	
3. Bruce Derrn, CCAC,	29:55	1:30	25:25	
4. Earl Duncan, una.,	30:05	2:00	24:05	
5. Stanley Stauble, HH,	30:04	4:45	22:49	
6. Steve Shawer, CCAC,	30:05	1:45	23:50	
7. Gerald Duncan, una.,	30:37	2:15	24:52	
8. Don Vega, HH,	30:39	1:30	26:09	
9. Hill Daughtry, una.,	30:52	Scr.	22:52	
10. John Darby, una.,	31:01	4:45	21:46	
11. Howard Besette, una.,	31:05	2:45	25:50	
12. Albert Ake, Hub H.,	31:09	2:30	25:39	
13. Rick Vasquez, FRU,	31:10	1:30	24:40	
14. Andy Mosqueda, una.,	31:11	7:00	30:11	
15. Jim Pigundes, una.,	31:12	2:45	25:57	
16. John Wells, una.,	31:24	2:30	25:54	
17. John Adams, FRU,	31:25	1:45	25:10	
18. Richard Bullock, HH,	31:33	2:45	26:18	
19. Manuel Alvarado, un.,	31:34	6:00	29:14	
20. Frank Membriles, un.,	31:44	2:15	25:59	
21. John Watkins, FRU,	31:50	2:15	26:20	
22. Dave Davis, Hub H.,	32:05	6:00	32:05	
23. Steve Bullock, HH,	32:15	2:00	26:15	
24. Jose Hernandez, HH,	32:18	1:30	25:48	
25. Rick Macabee, FRU,	32:24	6:30	30:54	
26. Frank Hall, Hub H.,	32:42	3:00	27:42	
27. Rick Mayo, Hub H.,	33:06	4:30	29:36	
28. Stan Stafford, HH,	33:09	6:00	33:09	
29. Bill Macias, HH,	33:22	2:45	28:07	
30. David Cacho, HH,	33:23	3:30	28:53	
31. Gerald Brown, una.,	33:32	1:45	27:17	
32. Tim Cantrell, FRU,	33:34	5:00	30:34	
33. G.V. Smith, Hub H.,	33:59	6:00	31:59	
34. Donnie Sumner, HH,	34:27	6:00	32:27	
35. John Cosgrove, una.,	34:53	4:00	30:53	
36. Larry Torres, FRU,	35:30	1:45	29:15	
37. George Payon, FRU,	36:05	1:45	29:50	
38. Gil Valeriano, FRU,	36:13	4:00	32:13	
39. Wayne Wingo, una.,	36:27	2:00	30:27	
40. Bob Davis, Hub H.,	36:30	10:00	38:30	

DMP- Ricky Harjis, Leo Crawford, Jim Robertson. Stauble will receive credit for a new course record since the course was slightly altered from last year.

Notes...Culver City AC's Tom Shay outlegged a field of mostly youngsters over the rugged Honey Hills course. It was Shay's first victory since coming west from New York. Another first was Stan Stauble's capture of fast time honors. The young frosh at San Bernardino Valley College & representing the Hub Harriers has been improving rapidly & the fruits of hard work paid off today. Second fast time went to Hill Daughtry, young high

schooler, who ran 4:15.7 for Glendale HS this past season. 9th grader Earl Duncan finished 5th in overall fast time.

THE WINDLAND SPEED RUNS, July 21, 1964, Victory Field, Queens, New York
8 Mile Relay (2 men- alternate 1 miles)
1. Jim O'Connell & John Long, St. Anth. BC, 39:02; 2. Fred Betz & Bennett Flax, St. Anth. BC, 41:17; 3. Don Knox & Tom Soeder, SABC, 42:32.5; 4. Sid Gendin & Mike Quano, United AA, 43:25; 5. Dieter Bonmann, SABC & Vincent Chiappetta, NYAC, 44:05. Race Director: Milt Fatsky.

4-Mile Jr. Relay (Under 19) (2 men - alternate 2 miles) - 1. Estaban Santana & William Malacki, United AA, 19:26.8; 2. Ed Johnson & Nat Marchison, UAA, 19:38; 3. Tomas Gowory & George Wisniewski, una. 19:41; 4. Nick Kirksey & Byron Dyce, UAA, 20:09; 5. Dan Rome & Don Rome, SABC, 20:09.1; 6. Juan Rodriguez & Rolf Anker, una., 21:06; 7. Fenton Walsh & W. Burwell United AA, 21:09; 8. Bryan Riley & Sam Fineman, Bruce TC, 21:20; 9. Bernie Wright & Eugene Rooms, una., 21:29; 10. Robert Woody & Dave Douse, una., NYT; 11. Richard Fredericks & Don Flack; 12. Pat O'Hara & Ken Danziger, una.

WINDLAND SUMMER SPEED PROGRAM, War Memorial Field, Yonkers, N.Y., July 24th Friday 6:30 p.m.

2-Mile Open- 1. Tom Brubacher, NYPC, 10:08; 2. Robert Pitts, una., 10:09; 3. Adrian Gabely, Bruce TC, 10:12; 4. Clarence Richey, una., 11:00 (rain & cool)
3,000m Jr. Run- 1. Steve Brown, Gaelic American AC, 9:17.2; 2. Bill Malacki, United AA, 9:17.5; 3. Estaban Santana, United AA, 9:19; 4. George Wisniewski, una., 9:29; 5. Nat Marchison, UAA, 9:34; 6. Bob Shanley, GAAC, 9:36; 7. Bob Levelle, GAAC, 9:39; 8. John Vangar, una., 9:45; 9. Frank O'Leary, GAAC, 9:51; 10. Tom Gowory, una., 9:58; 11. Ed Higgins, GAAC, 10:06; 12. John Kuhlman, GAAC, 10:06; 13. Al Hopko, GAAC, 10:41.

WILMINGTON, Del., June 9- Delaware's 16th annual State AAU T&F championship drew a small but select circle to Hayward Stadium here tonight. Six meet records were broken & a seventh tied in the closely-contested 22-event schedule. There were seven starters in the 800, which saw Phil Anderson, representing Phila. Pioneers, pushed to a record 1:56.0 clocking by Mike Lyon (Dela.T&F) who ran a stop behind him to the final straightaway.

Much of the excitement of the evening was packed into the mile, where Jim

Stafford & Don Ladd ran a blistering duel punctuated by sudden spurts that saw first one, then the other take the lead until Stafford passed Ladd on the final curve. Anderson's 1:56.0 in the 800 was six-tenths of a second better than the previous record established by Wes Stack (Del.T&F) last year. Stack did not defend his crown, stepping up to the 2-mile, which he won easily.

800- 1. Phil Anderson, 1:56.0; 2. Mike Lyon, 1:57.5; 3. Mike Newton, una.; 4. Wayne Desmond, Dela.T&F. 1-Mile- 1. Jim Stafford, Dela.T&F, 4:29.3; 2. Don Ladd, Dela.T&F, 4:31.5; 3. Bruce Rhoads, una. 2-Mile- 1. Wes Stack, 9:51.0; 2. Don Ladd, 10:06.3; 3. Dave Thome, una; 4. Tom Greer, Dela.T&F. --Bob Gilchrist--

LEBLANC AND PUSSELLER STAR IN NYC T&F MEET
New Orleans, Sat., July 25, 1964- Delton Leblanc and Dan Pusselier won two events each in a classy field of 29 track athletes Saturday morning at Tulane University track. The six event program, where each entry had his pick of any three events he wanted to participate in were: mile run, shot put, 440, broad jump, 100 yard dash & half mile. The meet was sponsored jointly by the New Orleans Road Runners Club & Mr. William Copping of Metropolitan Realty, who presented three gold cups to the winners. Leblanc, Northeast Louisiana's sprint champion won overall first place by the strength of two fifths, the 100 in 9.8s and the 440 in 51.2s, he also finished 2d in the broad jump with a 21'6". Pusselier, formerly of Southwestern won the two distance events, the half & the mile in the good times of 2:00.2 & 4:16.5 respectively, on the way to winning 2d place. Herb Stein, finishing high in three events won the third place prize. Other first place winners were: Ken Northrup with a 50'2" toss in the shot put & Mike Arsenaga who jumped 21'10" in the broad jump. More times of note were, Andy Thiel with a 9.9 100 yards, Pat Delouise, 4:39 mile & Nick Franchina with 52.6 in the quarter. 29 athletes competed. Weather: Hot & humid. Note: Running conditions in New Orleans in the summertime are almost impossible. Average humidity, year round is somewhere between 70% and 95%. In the winter time this can be tolerated to a certain degree, but in the summer with 85 to 95 degree temperatures it's tough. However, the New Orleans NYC is gaining a foot hold & improving with work & recognition.

--Richard D. Newcomb--

NEW ENGLAND 20km Walking Championship
Haverhill, Mass., July 5, 1964. Sponsored by the North Hadford Club. Ten trophies &

ten medals. 23 starters, 20 finishers.
1. John Gray, BAA, 1:44:15; 2. Ray Vagmemor, MMC, 1:46:54; 3. Ben Chapinaki, MMC, 1:53:37; 4. Tony Maderios, MMC, 1:53:50; 5. Steve Heban, MMC, 1:54:05; 6. John Killinger, Maine AC, 1:57:59; 7. Geo. Orsbein, MMC, 1:58:00; 8. Sig Podlozny, MMC, 1:58:52; 9. Fred Brown, MMC, 1:59:20; 10. Paul Kolodzinaki, MMC, 2:01:57; 11. Wally Parber, MMC, 2:02:13; 12. Jake Braderson, MMC, 2:03:11; 13. Winn Benton, MMC, 2:03:30; 14. Ed Siemkiewicz, MMC, 2:05:31; 15. Ted Miller, MMC, 2:07:41; 16. Larry Curtis, MMC, 2:11:26; 17. Arthur Madreau, MMC, 2:13:45; 18. Steven James, MMC, 2:15:40; 19. Tom Murphy, MMC, 2:15:41; 20. Gardner Spooner, MMC, 2:17:15. --Fred Brown, Sr.--

KINGSTON, ONTARIO, Friday and Saturday, July 17-18, 1964 - Eastern Canadian Sr. Men's & Women's T&F Championships held at the Royal Military College outer track. 800- 1. Bill Crothers, EYTC, 1:56.2; 2. Ray Tucker, Hamilton OC, 1:56.4; 3. Ergas Leps, Toronto Track Club, 1:56.8. 1-Mile- 1. Ergas Leps, TTC, 4:17.2; 2. Eric Boyd, EYTC, 4:27.9; 3. Peter Shaddeboom, St.Lambert, P.Q., TC, 4:29.2. 3-Miles- 1. Bruce Kidd, EYTC, 14:18.2; 2. Dan Shaughnessy, TC, 14:27.4; 3. Bob Vinlay, TC, 15:37.6. 6-Miles- 1. Chris Williamson, EYTC, 32:05.7; 2. Doug Scorrar, Perth, Ont., TC, 32:38.8; 3. Bill Arnold, Ottawa, Ont., Uplands Harriers, 34:36.0; 4. Paul Bervilleau, Gladstone AC, 39:53.0. 3,000m - 1. Jim Irons, TC, 9:11.4; 2. Dave Wip-pet, Toronto Striders, 10:17.4; 3. John McFall, Toronto Striders, 10:30.8. (No water jump). Women's 800- 1. Serena Doucette, Oakville TC, 2:22.7; 2. J. Anstett, Don Mills TC, 2:36.2. Notes by Paul Bervilleau... In all fairness to competitors in track events, due to a very soft track it was impossible to set up good times. However, it had been some 34 years since a full scale track meet had been held in Kingston and, personally, I'd like to give full credit to Mr. Tom Murray, president of the Kingston Track Club, and his associates for the hard work they put in in trying to revive the sport in this city of over 53,000. What the track lacked in condition was certainly replaced in hospitality & co-operation by all concerned.

GARY WEISIGER RUNS 4:01.0 MILES IN CANADA
Toronto, Sat., July 25- Gary Weisiger, whose training plan for this race was knocked off schedule somewhat by the arrival of a third son last Monday,

captured the mile run at the Police Games tonight in Varsity Stadium in 4:01. "This was the first time this season that I've had a good track & a good field in the same race," he noted. "My training volume is up 100 per cent this Summer, & I might have made four minutes with a faster pace."

Ergas Leps of Toronto TC equalled Bruce Kidd's Canadian native record of 4:01.4 while finishing second.

And Bruce Kidd who had suggested earlier in the week that Bill Crothers, himself & perhaps Leps too could be the first Canadians to run a sub-four-minute mile was never in contention. He finished 4th (4:08.8) behind Crothers (4:03.1).

Leps, a 24-year-old school teacher, trains about 3 1/2 hours daily, sandwiching a Summer school course at Ontario College of Education between morning & evening drills.

The early pace was supposed to come from added starter George Shephard of NYTC. But Shephard had already run a half mile, earlier, winning in 1:53.8. He dropped out after one & two-thirds laps, and the field hit the half in a "slow" 2:00.0.

Crothers, who hit 3:44.8 for 1,500m on route (lowering his own national mark), admitted that he was beaten about 200y from the wire when Ergas coasted past me. I was running all out. He passed me running easily.

Weisiger said: "Getting under four minutes is all sweat. Jim Ryan, the school-boy threat from Kansas, is showing us all something in this respect by running 60 quarter-miles in a single workout." "I wasn't aggressive enough," Kidd declared after the race. "I should have gone after Cary on the second lap, but I didn't."

Later, in gloomy dressing quarters under the Varsity playpen, Kidd expounded his introspection.

"Right now I'm the opposite of that line Shakespeare had Julius Caesar say, about you Cassius having a lean & hungry look."

"This Summer I'm sleek & fat & don't have a lean & hungry approach to running. I don't feel tigerish enough to be aggressive. Success in athletics is a compendium of sweat, toil, frustration, and then more toil, & sweat with, at the bottom of it all, an aggressiveness to go for the throat of a rival."

In three races over 5,000m, he has been first, third & sixth. He was 7th in a six-mile test in England, then 10th in a three-mile event. His best seasonal display, perhaps, was finishing second to Bill Baillie in two miles in California.

"This has been a Summer of searching reappraisal for me," Kidd was saying. "I'm beginning to wonder if running should be the end-all of my existence." The precocity he exhibited as a school boy has turned, at 21, to an inward questioning.

He said: "I used to have a Messianic approach to running, a desire to prove something every time I stepped on the track. I was prepared to sacrifice a lot to gain the altar of accomplishment. He shrugged his bare shoulders. "Now I've softened off."

Kidd talks in sentences, articulate & controlled, able to discuss himself objectively. Fortunate is the man who can look in the mirror of self-reflection & not allow self-prejudice to distort the image.

He said: "I don't know if formal religion is right when it says Man is put on earth for a purpose. But I feel Man must create a purpose. Just now I wonder if running, for me, is enough of a purpose."

He talked about "ideals," a good word that has become obsolete in this age of neurotic convention and spineless compromise.

"I'd like to begin contributing something to mankind, like my brother out there in Saskatchewan."

Kidd's brother Ross is spending the Summer with a railroad gang in the West, assigned there by Frontier College.

The college has a Peace Corps flavor. Volunteers offer to work with immigrants in the daytime, then assist them at night in learning the fundamentals of Canadian language and culture.

Bruce is working as a newspaper reporter, and likes scrambling in the scrum of this business, but he questions the worth of what he is doing.

Next year, or the year after, he may satisfy what he believes he must do by teaching in Africa. A man must do what is right for himself, or he abandons himself. The change in Kidd's perspective has reduced the mental toughness that running requires.

He said: "I'm physically as strong as ever, or more so. I'm like a fellow using the highest octane gas possible in a Volkswagen, & that's not getting poorer as economically as possible. Instead of being exhausted at the end of a race, I'm still full of run."

It comes down to whether Bruce Kidd wants to run for fun, & pursue loftier ideals than an Olympic medal, or dedicate himself to success in the Tokyo carnival. The only way he can lose, as

a human being, is to be ambushed by indecision.

Overshadowed by the much-publicized mile was the fastest two miles run in Canada this season. Chris Williamson of the University of New Brunswick and East York TC ran it in 8:50.4 & for 1½ miles seemed certain to beat Kidd's record of 8:46.4.

Inv. Mile- 1. Gary Weisiger, NCTC, 4:01; 2. Bruce Laps, TTC, 4:01.4; 3. Bill Crothers, NYTC, 4:03.1; 4. Bruce Kidd, EYTC; 5. Bill Dotson, Kansas, DHP- Jim Irons, TOC; George Shepherd, EYTC; Al Birtles, EYTC. Inv. 2-Mile- 1. Chris Williamson, EYTC, 8:50.4; 2. Dan Shaughnessy, TOC, 8:57.0; 3. Dave Bailey, EYTC, 9:15.4; 4. Gary Jackson, TS, 9:25.4; 5. Charles Pell, TOC, 9:46.2; 6. Dave Tippet, TS, 9:53.6. DHP- Dave Ellis, Toronto OC. 440- 1. Larry Dunn, EYTC (Arizona State) 47.3. 800- 1. Geo. Shepherd, EYTC, 1:53.6; 2. Dave McClure, EYTC; 3. Peter Nowett, EYTC.

Open Events--1-Mile Walk- 1. Alex Oakley, Oshawa, 22:28; 2. Jim Kiraly, Gladstone AC; 3. Gary Strong, OAC. Jr. 2-Miles- 1. Dave Savage, Toronto, 9:23.2; 2. Peter Thompson, EYTC; 3. Dave Fong, EYTC. Men's 800- 1. Keith Ranney, Ouelph Legion, 1:54.2; 2. Terry McDonald, TOC; 3. Fran Smith, Buffalo (39 runners-held in 3 heats). --Paul Bollaescu--

BREWERY BACKS HYLKE'S HOP

O'Keefe brewing people have subscribed \$300 to help send Hylke van der Wal to Europe for a crash program of seven meets in 19 days to sharpen him for the Canadian Olympic Trials. Van der Wal was recently reinstated from a 60 days suspension by the Southwestern Ontario branch of the AAU. The suspension was levied because Hylke did not secure an AAU permit to travel from Hamilton to the Texas Southern Relays last Spring.

O'Keefe president Danny Whittaker says, "When a man's of Olympic calibre, you have to go with him."

Van der Wal's best 3,000m steeplechase is 8:53.3, more than seven seconds outside the Olympic qualifying standard.

Ron Wallingford, Gordon Dickson & Hylke have resigned from the Hamilton Olympic Club as a result of Hylke's suspension.



Chris Williamson is 2-mile race winner.



GETTING IN next-to-last kicks before Games, Toronto's Bruce Kidd, Canada's hope in distance races, jogs.



DAN SHAUGHNESSY



CHARLES PELL

IRISH 3-MILE RECORD SHATTERED

Highlight of the All-Ireland Championships at the John Kennedy Stadium, Santry, Dublin, on June 20th was the wonderful performance of Derek Graham from Belfast when he returned the 7th fastest time in the world this year for 3 miles in setting a new Irish National record of 13:18.4. Tom O'Riordan was credited with the same time.

From the start O'Riordan set a very fast pace going through the mile mark in 4:21, closely followed by Graham & Mick Neville (Coventry). The time at 2 miles was 8:53 with Neville dropping out of the picture. Going into the final lap it was still neck & neck until Graham managed to edge in front 10 yards from the tape to win by inches. Neville in 3rd clocked 14:06.6.

The mile was disappointing, especially the running of John McDonnell, home on holiday from the U.S.A., who could finish only third (4:19) behind the defending champion, Colin Shillington, who won easily from J. McSamara (4:14.5) in 4:12.6. 880- 1. Derek McLennan, 1:50.9; 2. Basil Clifford, 1:52.1. Marathon- 1. W. Dunne, Donegal, 2:34:45; 2. R. Kirkland, Co. Ant., 2:37:25; 3. J. Hoey, Co. Ant., 2:42:28; 4. J. Cronin, Clonliffe, 2:46:47.



Derek Graham (left) and Tom O'Riordan (right) win the All-Ireland 3 miles in 13.18.4. Both being credited with the same time.
Flourish Clonliffe.

WOMEN'S A.A.A. Championships July 4th at the White City Stadium, London

880- 1. Anne Smith, 2:06.0;
2. Anita Webb, 2:10.5; 3. Abby Hoffman, Canada, 2:12.0. Mile- 1. Alison Leggott, 4:56.0; 2. Penny Gardner, 4:56.9

Men's Inv. 1500m
1. Derek Ibbotson 3:44.4 (last 880 1:57-his fastest converted mile for six years);
2. N. Duggan, 3:45.0; 3. B. Windel, West Germany, 3:45.2.

ENGLISH SOUTHERN T&P CHAMPIONSHIPS at White City, London, June 20th- 3-Miles- 1. Mike Wiggs, TVR, 13:16.6-third fastest in the world this year (4:23.8, 4:31.6, 4:21.2); 2. Jim Hogan, 13:21.0; 3. John Cooke, 13:31.6; 4. Pim Johnston, 13:37.0; 5. Martin Hyman, 13:37.0. Mile- 1. John Snowden, 4:06.4. 200- 1. L. Reed, SLB, 9:02.2.

BUDDY KOSICE WRITES U.S. RMC SECRETARY, BILL MAROT (June 7, 1964)

"Thanks for your letter. I am in New York for a day before returning to England. I'll try & answer your questions now as I feel I shall be very busy once I get back. I'm sorry I cannot make the New England Marathon - I'll be back in England teaching then (we do not break up for the holidays until the end of July!) Now to your questions - I may run the Kosice Marathon in August, but this will be the only one before Tokyo. I'll probably join the team in September in California & fly with them to Tokyo.

I'll be running numerous miles and two miles in small meets for my club the Hadleigh Glypslads in England. My volume will probably be reduced in training & I'll concentrate more on faster work on the track. Will step up my volume later.

At Yonkers I feared Kelley, McArdle & Higdon. I was also aware of the fine running of Norm Higgins. I feared the heat even more than I did the other runners. Johnny Kelley is a great runner. His record on the roads speaks for itself & the fact that he had won the Yonkers race 8 years in a row made me a bit apprehensive as to how I would do against him in this particular race. I was fortunate not to have suffered from the heat until the later stages of the race. My margin of victory was probably due to the fact that I did not suffer from the heat as much as Kelley & the others. A race three days later may have produced very different results.

The Yonkers course was quite tough. I did not find it as flat or easy as I was led to believe. However, I think when describing the course to me prior to the race many tended to compare it to the old course, which I understand was a killer. Therefore comparatively speaking I suppose it was easy. I had no trouble with the heat until about 15 to 16 miles & the effect was gradual. I found the last five miles very difficult. I felt fine at the finish, however, and recovered very rapidly. I jogged 6 to 7 miles at 6 a.m. the next day & aside from a bit of stiffness in the thighs, I felt recovered.

Boston in 1965? I've run almost all the big marathons except Boston. I'd love to run it but if I am living abroad I am afraid the cost will be prohibitive. I understand they do not pay expenses & I am afraid on a teacher salary (particularly if I'm still teaching in England) the trip would be too expensive. I'll keep running in top races for

some time to come. I hope. Unless I lose the desire or something unforeseen arises. I am a bit uncertain as to my plans after Tokyo. I may go to Belgium for a year & I also want to return to the USA in the next few years for my M.A. degree & possibly my P.H.D. later on.

The British KRC has helped me more than I can describe. Yes, I feel living in England has made the big difference; also the frequent competition I obtain on the continent in races from the 2-mile to the marathon (including x-country in the Winter season).

Fred Wilt has been a constant source of inspiration to me. He has advised me now for 5 years & has been chiefly responsible in getting me numerous invitations to various countries (especially during my first few years in England when I was just another runner & had not gained any recognition). He is completely unselfish in his efforts to help others. He has been doing everything possible to help me improve both as a person and as a runner. Fred is not dogmatic & likes me to think for myself from time to time. He guides me along but screams like hell if I get far out of line. We don't always agree with each other, but our ideas usually coincide & we have enjoyed a wonderful coach-athlete relationship for the past five years. I cannot praise Fred too highly.

Mel Batty is a training partner of mine in England and a good friend. We get together once or twice a week. You'll hear a lot more of him in the future. Brian Kilby is another top-notch & should make the team to Tokyo. With the standards so high in England it is difficult to tell who will make it to Tokyo in the distance events.

I must rate all runners in Tokyo a threat. My best to all & will do my best in Tokyo.

Buddy Edelen, 41 Westbourne Grove, Westoliff-on-sea, Essex, England

SAM MURWIS & NICK RAUBENHEIMER REPORT FROM SOUTH AFRICA--- The famous Comrades Marathon of 54 miles run this year (June 1st) the "up" way from Durban to Maritzburg was won by Jackie Mekler of Germiston Callies Harriers--his fourth victory in this gruelling road race which takes in a tortuous, mountainous route known as the "Valley of a Thousand Hills." Mekler has proved himself one of the greatest of all long distance runners by any standards. He needs one more win in this marathon to join three "immortals" of the long distance world who have achieved five victories --Arthur Newton, Hardy Ballington and Wally Hayward.

Mekler won virtually without opposition--unlike two years ago when the squad of British runners, headed by John Smith, swept the boards. Then, Smith came first, with Mekler second, but the British runners filled the next three places.

Mekler's time this year was 6 hr. 9 min. 54s--outside his own record of 5:56:32. Jackie said afterwards he was disappointed with his run. It must be remembered, however, he had run five strenuous marathon races in five months, winning the Southern Transvaal marathon (standard distance) the "Korkie" 18 miler from Pretoria to Germiston and the South African Marathon championship (2d to Jon Lang). He also finished 2d to Jan Bernard in the South African Games marathon. In the S.A. championship at Port Elizabeth, Mekler was only some 40s behind Lang as he finished in 2:27--his fastest ever marathon after running marathons for some 15 years. He is 32 years old & considered a "veteran."

In the Comrades Mekler had to make his own pace as he left his opposition trailing after three miles. A record field of 272 runners started (including our correspondents) with one overseas runner--Bob Herman of Australia. Second was Manie Kuhn, who is very promising & who finished very strongly in 6:19:37 with Charlie Chase of Germiston Callies third in 6:36:19. Then came Fritz Madel, like Kuhn of Savages Club, in 6:46:22, Frank Pearce of Durban AC, 6:49:31 & smiling Nick Raubenheimer in 6:50:57. (Nick was wearing a pair of Tiger shoes sent by Australian Geoff Watt. He reports that the shoes are terrific. "Like running bare-foot!") The first six gained gold medals

Once again epic stories of courage and determination and running against adversity emerged from the Comrades (which Sam likes to describe as the Agony & the Ecstasy--the agony of running and the ecstasy of finishing.) Ian Jardine, 63-year-old half-blind runner, "guided" along the route by Ron Clokie, won for the 9th time the oldest runner award when he finished beautifully in 9:32:11. And that great veteran Fred Bell of Germiston Callies also had a fine run, finishing well up. But perhaps the finest performance was by Vernon Jones of Darnall Estates, North Coast, Durban, who is in his 56th year. Vernon suffered from pleurisy a week or so before the race & was put to bed by his doctor. With the minimum of training and virtually against doctor's orders, he lined up. Sam Murwis fell out at 30 miles & then helped Vernon's two sons, Richard & Alan, to administer to Vernon.

He battled it out for he had a great incentive to finish. It was his 10th Comrades & silver medal & he joined a select few who have finished 10 or more times and thus have their numbers kept in perpetuity for this feat. It was an inspiring performance by Vernon, a charming man from whom young runners can take an example. More than 200 runners finished with in the stipulated 11 hours.

The race is becoming more and more popular & next year it is almost certain that 300 will line up at Durban for the "down" route to Maritzburg, the record of which is also held by Mekler at 5:21:20. Incidentally Leigo Boule of Wanderers gained his 24th medal in the race--a wonderful record which will be difficult to emulate. He is 54 years, stands only 5'4" and weighs about 119 lbs.

Mekler is in the running to go to the Olympics in the marathon with Jan Barnard. (If So. African competes). Jon Lang is studying in London & will later go to the Univ. of Pennsylvania, so don't be surprised if a South African finally lines up for the Boston Marathon next year.

Cross-country is in full swing at present & the So. African x-c champion Jan Barnard will have some difficulty retaining his title when the championships are held in Cape Town in September. For the first time a South African women's x-c championship will also be held, over about 2 1/2 miles, and in this respect Anne McKenzie, our national half-mile record holder will be favourite.

Those who will challenge Barnard for his title are Cyril Bentall of Johannesburg Harriers, a former champion, who is making a comeback after a long illness, Charlie Minnaar of N. Transvaal, Panie Steyn of Johannesburg Harriers and Willie Olivier of Cape Town, the policeman who did so well in the 3 and 6 miles on the track last track season.

In the walking sphere, George Haale, who came 12th & 13th for South Africa in the Rome Olympics, has maintained his great form at the age of 39 & recently was presented with the Helms Trophy for being the finest sportsman on the African continent. He is in the running--or should I say walking--to make the team for Tokyo, although now it looks like we won't be invited. So sad & unnecessary! It's grim when politics & sport clash.

LORENZ WINS 9.2-MILE COBBS CREEK RACE

Phila., Sunday, Aug. 2- Herb Lorenz scored a convincing victory in the annual Cobbs Creek Parkway 9.2 mile x-country run tonight. Lorenz summoned up his reserves

for the drive to the tape & pulled away from Browning Ross in the final half-mile to win by 60 yards. After 2 miles eight runners were bunched in the lead, but then Bill Holmes, Hal DeVestern, Lorenz & Ross started to pull away and at the end of the first lap they held a 100 yard lead on the rest of the field.

The listed lap times tell the story of the final three laps.

Moses Mayfield's course record of 48:12 established in last year's race was decisively shattered. Shattered by the 1st two finishers & Tom Oaler ran one of his better races to record the 4th fastest time recorded in this annual affair promoted & sponsored by Bob Chambers. A 1st class affair & worthy of better support by the road running clan. Fifteen fine trophies were awarded following refreshments & films of the National AAU meet & local distance races at the Chambers' home.

	2d lap	3d lap	1d lap Fin.
1. Herb Lorenz, una.,	23:38	35:30	47:02
2. Browning Ross, SJTC	23:38	35:30	47:15
3. Tom Oaler, SJTC,	25:14	36:26	48:42
4. Ed Dodd, RTS,	25:11	36:37	49:03
5. Larry Simons, SJTC	25:15	36:38	49:30
6. Jan Prosseda, MAAA	24:46	37:59	50:25
7. Vera Ordiway, una.	24:41	37:45	50:44
8. Marty Reid, PAC,	25:02	38:06	51:12
9. Bob Chambers, RTS,	25:42	39:04	51:59
10. Leon Droker, una.	25:41	39:02	52:23
11. H. Berkowitz, SJTC,	26:22	40:18	53:55
12. Henry Yost, PAC,	26:24	40:22	54:07
13. Ross Todd, RTS,	27:16	40:59	54:18
14. Dave Romanisky, SJ,	26:19	40:32	54:20
15. Jim Donohue, una.	27:07	41:35	56:34
16. Hal DeVestern,	26:28	37:55	57:06
DNF- Cornelius Brown,	24:32	----	----
Bill Holmes,	25:33	----	----
Keith Patton,	26:52	42:04	----
Wardell Ervin,	----	----	----

ROSS CAPTURES FINAL WILMINGTON 8,000m

Wilmington, Del., Tuesday, Aug. 4- Browning Ross of the South Jersey TC won tonight's 8,000-meter race staged by the Delaware T&F Club at Tower Hill School's all-weather (Hub-Kor) track. Ross' time of 25:41.5 cracked the listed 52-year-old American record of 25:44 established by W.J. Kramer at Celtic Park, N.Y., June 2, 1912. The 8,000m distance has not been on track meet programs since that time. The distance is shy of the five mile mark by some 51yds. Bill Greenplate of the Delaware T&F Club was second in 26:41, and Bob Romanisky of the South Jersey TC was third in 27:24. G. Ross' 10-year-old son, Barry seems to be ready to carry on for his grand father. The 4'4", 62 pounder was

timed in 39:35. For the elder Ross, the running wars are not quite over, but for young Barry, it's a "chip off the old block", the kid will be racing long into the 21st century.

Tonight's race climaxed a series of five weekly 8,000m races, staged by the Del. T&F Club to try for the new mark. Points were given on a time basis & ten trophies were awarded to the runners having the most points in three of the five races. A field of 18 competed tonight in ideal cool weather conditions.

4. Marty Reid, Penn AC, 27:54; 5. Gary Gleak, Ridley Striders, 28:17; 6. Ken Williamson Del. T&F, 28:27; 7. Dave Roman-sky, SFTC, 28:34; 8. Pete McCorkle, una., Claymont, Del., 29:18; 9. Brian Harrington, Claymont, 29:25; 10. Charlie McCoy, Ridley Striders, 30:01; 11. Dwight Mack-kett, Del. T&F, 30:22; 12. Brian Fleming, Del. T&F, 32:06.

KNOXVILLE TRACK CLUB ALL-COMERS T&F MEET
(1st of a series designed to help condition runners for x-country season) Aug. 1st Evans-Collins Field, Knoxville, Tennessee
Mile- 1. Tom Scott, 4:55.0; 2. Steve Deaton, 5:40; 3. Robert Spiras, 5:57. 2-Mile- 1. Steve Deaton, 12:26; 2. Mike Christy, 12:51; 3. Robert Spiras, 13:37. 4-Miles- 1. Copley Vickers, 22:50 15:35, 11:06, 16:55; 2. Steve Deaton, 23:58; 3. Harold Canfield, 26:50. The meet was run at 8 a.m. to about 10 a.m. The temperature was about 83 degrees & the humidity about 92 per cent. --Harold W. Canfield--

CENTRAL JERSEY TC RUNNERS SWEEP WINSLAND RUNS; ROWE, LOMBARDI & DR. SHEEHAN WIN

Grove Lake, Staten Island, N.Y., Sunday, August 2- Three CJTC runners cleaned up today by sweeping all three of the "Winsland Old Timers Day" races at Grove Lake.

Don Howe, 16-year-old student at Christian Brothers Academy, won the junior run of 3 miles by ten yards in 15:52.4. Mel Porter, former national marathon champion, started the race which drew 35 starters.

The open race at 6 miles was won by Jim Lombardi in 32:01.2. Just 24 hours earlier the hard running Central Jersey runner placed second in the Schaefer Brewing Co. 12-mile road race at New London, Ct.

There were 14 starters in this race started by Mike Devaney, coach of the Millrose AA & a member of the 1920 & 1924 Olympic teams.

The veterans run at 6 miles for runners over 45 saw Dr. George Sheehan win by 70 yards over the national long distance running chairman Aldo Scandurra. Dr. Sheehan was a member of Manhattan College's

track & cross-country teams in the late 1930's. Scandurra competed for CCNY during the same period. Lou White, the former great little distance runner of the New York Pioneer Club, was third. He was followed by one of the country's finest distance runners of the 30's Lou Gregory of the Millrose AA. Lou is now Dean of Men at Pensacola Jr. College in Florida. The starter of this race was old timer Harvey Lichtenstein. Many old timers were in attendance including Bill Wiklund, Joe Cece, Bill Steiner & others.

More sections of the country should bring back the old timers for a day. Baseball & other sports do it why not long distance running? --Joe Kleinerman--

6-Mile Veteran Run

1. Dr. George Sheehan, CJTC, 18:06 16:56
2. Aldo Scandurra, Millrose, 18:05 17:06
3. Lou White, NYPC, 18:50 18:52
4. Lou Gregory, Millrose AA, 19:24 19:31
5. Kurt Steiner, NYPC (Guest) 20:17 11:23
6. Joe Keller, St. Anth. BC, 20:20 42:34
DNF- Max Wechler, S.I. Warriors

Open 6-Miles

1. Jim Lombardi, CJTC, 15:48 32:01.2
2. Dave Faherty, una., Maywood, N.J. & Iona College, 33:05; 3. Joe Jones, St. Anth. BC, 33:28; 4. Clarence Kiehy, una. 34:11; 5. Mike Attena, Suffern, N.Y., 34:12; 6. John Vida, Lynhurst, N.J., 34:44; 7. Joe Burns, una., 35:06; 8. Dick Herrington, Hockville Center, L.I., 35:12
9. George Kochman, Millrose AA, 36:30;
10. Bill Punk, United AA, 37:50; 11. Sebastian Castiglia, NYAC, 38:53; 12. Bill Coyne, Millrose AA, 39:41.
DNF- Bill Casey, Bruce TC; Ralph Anievas, River Edge, N.J.

3-Mile Jr. Run

1. Don Rowe, CJTC, 15:52.4; 2. George Wisniewski, Brooklyn, N.Y., 15:55; 3. Bob Schmidt, St. Anth. BC, 16:05; 4. Bruce Selman, SABO, 16:10; 5. Juan Rodriguez, S.I., 16:11; 6. Jim Rocca, S.I., 16:14;
7. Gil Bersen, United AA, 16:28; 8. Leroy Gerber, Brooklyn, 16:38; 9. Fred Spavins, una., 16:51; 10. Frank Monroe, United AA, 16:56; 11. Bernie Wright, S.I., 17:13;
12. Pat Foy, S.I., 17:16; 13. Tom Gomory, Forest Hills, L.I., 17:24; 14. Tom Crossdale, Freeport, L.I., 17:28; 15. Colin White, Freeport, L.I., 17:29; 16. Ralph Anievas, River Edge, N.J., 17:32; 17. Ed Moasochi, S.I., 17:33; 18. Rip Regan, S.I., 17:42; 19. Vince Gagliano, United AA, 18:02; 20. Tom Morano, Freeport, L.I., 18:05. (34 finishers)
Officials: Bill Welsh, Joe Kleinerman, Ron Brewington, Larry Lesser, Ken Abramson, Betty Scandurra & family.

SOME RARE NEWS FROM THE SOUTHWEST!

SAN ANTONIO MARATHON RELAY, San Antonio, Texas, Sat., July 18th--In one of the first races of its kind held in S. Texas, six teams of five runners each, lined up in Boerne, Texas for a 25 mile relay to Wonderland Shopping Center in San Antonio. The race started at 6:30 P.M. to escape the heat, but the temp. was still in the 90's at starting time. It was a fairly hilly course for Texas and each mile was marked off with a white chalk mark.

The Modern Pentathlon Team grabbed an early lead, with a fine opening leg by Lt. Dave Kirkwood. The Pentathletes widened their lead in the next two carries by, PFC Jim Kerr and Lt. Jim Coats & the race looked like a runaway for the Army athletes. But hard running Steve Montoya, local high school star, made up almost a minute & a half handicap & closed the gap to 50 yards during the 4th leg to bring his San Antonio Track Club into a close second.

Pentathlon anchor man, 4th Army 10,000m champion, PFC Jim McFadden took advantage of his slight lead over San Antonio TC's anchor man (3:01 miler Richard Romo, U. of Texas) & kept the Longhorn ace behind for 4 1/2 miles. Then going up the last long hill, Romo drew even & finally pulled ahead as he rolled down hill to the finish with a time of 2h:30, best time of the day. McFadden's 2h:48 was the 2nd best time. Bob Conway (Columbia Univ.) turned in the 3rd best time of 26:40 in anchoring the Modern Pentathlon Jr. Clinic team to 3rd place.

The relay was sponsored by the Downtown

YMCA & was AAU sanctioned. Meet director Steve Montoya Sr., encouraged by response to the race, declared it will become an annual event. Another race may also be scheduled for this summer.

1. San Antonio Track Club, 2:16:30;
2. Modern Pentathlon Team;
3. M.P. Jr. Clinic Team;
4. Northside YMCA;
5. Carde Club;
6. Downtown YMCA.

JIM MURPHY WINS 20 KILO ROAD RACE

Denver, Colo., Sunday, Aug. 2--Jim Murphy, NCAA 5,000m co-champion, came up from the Air Force Academy to win the Rocky Mountain A.A.U. 20 Kilo (12.4) mi. championship at Washington Park today.

Lee Courkamp of Denver Univ. stuck with the leaders during the first part of the race but dropped out in the later stages, still tired from his 25 mile run in the Calver City Olympic tryout race. Bill Gookin of the San Diego T&F Club forced the race but could not match Murphy's finishing kick. Only 9 of the 14 starters finished due to the heat & fast early pace.

1. Jim Murphy, Air Force Academy, 1:12:50
 2. Bill Gookin, San Diego T&F, 1:13:58
 3. Joe Arrazola, Denver TC, 1:18:47
 4. Edwin Gookin, San Diego T&F, 1:21:51
 5. John Blank, Denver TC, 1:22:17
 6. David Brown, Air Force Academy, 1:27:02
 7. Jesse Overall, Air Force Acad., 1:27:37
 8. Don Chippindale, Denver TC, 1:33:17
 9. Barry Clayton, Colo. Springs, 1:35:04
- DNF- Lee Courkamp, Buddy Bowler, Frank James, Henry Armstrong & Gary Fierson.

PFLAGING WINS BEACH 3-MILE

Margate City, N.J., May 31--Frank Pflaging, 30-year-old Baltimore school teacher, won the Middle Atlantic AAU open 3-mile beach run, sponsored by the Margate City Recreation Commission today in 14:49.2. Pflaging also won this race in 1963. Charles Messenger, Kenwood H.S. of Baltimore two-mile scholastic ace, was second, while Lou Coppens, of Ridley Township Striders was third. Team: 1. Baltimore OC; 2. Ridley Township Striders; 3. BCC "B"; 4. St. Joseph's College AA; 5. Delaware T&F Club; 6. Penn AC. (Large trophies to 1st three & medals to 23rd.) Only results available.

Met AAU, Yonkers, N.Y., June 13
 5-Mile: 1. Oscar Moore, NYFC, 29:02.2; 2. Norbert Sander, NYAC, 30:26.2. 3-Mile: 1. Pete McHardie, una. 13:44.2



WINNING TEAM of Road Runners in 25-mile race from Boerne was (l-r) Mario Valdez, Jesse Garcia, Richard Romo, Steve Montoya, Jesse Martinez.

OWENS TRACK INAUGURAL

Philadelphia captured the first Jesse Owens Inter-City age group taf meet Sat., August 15th at Franklin Field, University of Pennsylvania. The local youngsters gained 10 first places & 19 seconds and totaled 129 points. Boston was next with 123, followed by Baltimore, 115, and Pittsburgh, 80. The meet, sponsored by Atlantic Refining Co., and held in cooperation with the Middle Atlantic AAU and Philadelphia Department of Recreation, will be an annual affair. The Boston & Pittsburgh youngsters were flown into the meet by Atlantic & the Baltimore team travelled by chartered buses.

Owens, looking younger than ever, presented trophy awards to the participants during a very fine banquet Saturday night for all athletes, friends, coaches & officials.

A special two-mile Olympic Development program was held in conjunction with the meet. Pat Traynor came from behind to nip Herb Lorens in 8:58.9 to feature these AAU events. The meet was televised & excellent coverage given on local radio stations. The TV announcer knew nothing about track & almost made a shambles of the meet until Jack Pyrah rushed up & practically took over. (The announcer was announcing the 100 yds as the 3,000m s'chase! & didn't even know how far one lap was.) Special 2-Mile- 1. Pat Traynor, Ridley Striders, 8:58.9; 2. Herb Lorens, una., Willingboro, N.J., 8:59.2; 3. Vic Zwolak, Ridley Striders, 8:59.8; 4. Fran Carver, Penn AC, 9:00.5; 5. Non Davis, L.I. Striders (San Jose State) 9:10.0; 6. Moses Mayfield, Ridley Striders, 9:35; 7. Ed Surin, una., Phila., 10:50.

(Race: 56.0 Zwolak, 2:13.0 Davis, 3:20, 4:29 Davis, 5:39 Carver & Zwolak, 6:50 Davis & Carver, 7:59 Traynor) (This event was scheduled to be a 3,000m s'chase but the groundskeeper refused to put in a water jump for the meet) AAU 4x400- 1. Don Smallwood, Phila. Pion., 48.5..100- 1. Mel Fender, Phila. Pion., 9.6..220- 1. Bill Del Vecchio, Pittsburgh, 21.3. Boys 880 (16 & 17) - 1. Dave Patrick, Baltimore. 62s, 1:57.6; 2. Cornelius Brown, Phila., 61s, 1:59.4; 3. Ruppert Leonard, Boston, 2:02.6; 4. Walter Porter, Pittsburgh.

LORENZ WINS COOPER RIVER 9 MILE FROM ROSS

Pennsauken, N.J., Sunday, Aug. 16- 7 p.m. Herb Lorens outran Browning Ross in the stretch tonight & won the annual M.A. AAU Olympic Development 9-mile x-country run around the Cooper River. Ross stepped out to an early lead but Lorens pulled even

at 7 miles & edged ahead in the final 200 yards to score by 40 yards. The rapidly improving former Trenton State ace was only 1 second off the course record established by Francis Carver in last year's race. Carver finished 4th tonight behind Maryland State bound Moses Mayfield.

1. Herb Lorens, una., Willingboro, N.J., 45:07.5; 2. Browning Ross, So. Jersey TC, 45:14; 3. Moses Mayfield, Ridley Striders, 45:30; 4. Francis Carver, Penn AC, 45:48.5; 5. Lou Coppens, Ridley Striders, 47:31; 6. Bill Holmes, Phila. Pioneer Club, 48:12; 7. Larry Simmons, SJTC, 48:25; 8. Bill Gibson, Delaware T&F, 49:06; 9. Vern Ordway, una., 49:45; 10. Marty Reid, Penn AC, 49:59; 11. Bob Chambers, Ridley Striders, 50:09; 12. Ed Myers, Penn AC, 50:18; 13. Keith Patton, SJTC, 50:19; 14. Harry Berkowitz, SJTC, 50:25; 15. Tom Galer, SJTC, 50:39; 16. Martin McGeehan, Ridley Str., 50:43; 17. Rich Myers, Penn AC, 50:45; 18. Dave Romanaky, SJTC, 52:42; 19. Henry Yost, Penn AC, 52:47; 20. Jim Donohue, SJTC, 54:11; 21. Bill Tropla, Ridley Striders, 54:33; 22. Steve Probert, una., 54:57; 23. Larry Delaney, SJTC, 56:27; 24. Bob Mims, Penn AC, 57:49; 25. Don Mitchell, una., 59:34; 26. Tom Tropla, Colwyn, Pa., 70:26; 27. Bob Gilchrist, Delaware T&F, 71:48.

Weather: cool, clear. Course: Two 4 1/2-mile laps around Cooper River on macadam road, flat. Trophies & plaques to 1st 10 1st Lap times: Lorens, 22:39; Ross, 22:28 CR; Mayfield, 22:42; Carver, 22:41; Coppens, 23:10; Holmes, 23:50; Simmons, 23:43; Gibson, 23:55; Ordway, 24:29; Reid, 24:36; Chambers, 25:17.

Team: 1. South Jersey TC, 1-5-9-10-11--36; 2. Ridley Township Striders 42; 3. Penn AC, 45.

WHO HUNIED WHO? - "This is the strongest most experienced team I have ever had," said Russian Coach Gavriil Korobkov, as he marched his athletes into Los Angeles Memorial Coliseum. Two days later, the strongest, most experienced flow home again--suffering from an acute dose of shellac. "You Americans are foolish to be ready so soon," sniffed the Soviet coach. "We will be ready when it counts at the Olympics in October." Despite their fantastic sports program, the Russians have apparently failed to develop much in the way of young athletes.

Who was the olive in our martini? Gerry Linden, of course, a mere babe of 18. And don't forget sprint finishing Bob Schul & hard working George Young.

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